



Mediterranean Diet for Heart Health and Weight Loss: My 24 Weeks Research and Findings with 5 Overweight People on Mediterranean Diet (Paperback)

By Jennifer Robson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Mediterranean Diet For Heart Health and Weight Loss My 24 Weeks Research And Findings With 5 Overweight People On Mediterranean Diet I am an independent professional researcher with a keen interest in diet regimens and health routines. I have a Master s degree in statistics, and I have worked as a freelancer for several for-profit and nonprofit organizations on various case studies and researches. This book is based on one of the researches I carried out for a company and is part of a three series book in which I will be covering my research on three popular diet regiments- the Ketogenic Diet, Mediterranean Diet, and Fast Metabolism Diet. When I carried out this research, I wasn t allowed to publish or share my findings, as per contract, for 12 months. Now that, that period has passed, I am excited at the prospect of finally being able to share my test research along with results. I feel that, too often, people are misled by fad diets, and when they don t experience any concrete results, they give up. Sometimes,...



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