



# The Mediterranean Diet: A Clinician's Guide for Patient Care

*Eric Zacharias*

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# The Mediterranean Diet: A Clinician's Guide for Patient Care

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## **The Mediterranean Diet: A Clinician's Guide for Patient Care** Eric Zacharias

This book updates clinicians on the Mediterranean diet, outlining its effects on heart disease, stroke, Alzheimer's, depression, cancer, allergies, asthma, arthritis and diabetes. Includes analysis of nutrients, and daily meal plans and recipes for patient use.

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