

## The Goodness and Best-Kept Secrets of Mediterranean Food: Slow Down the Ageing Process



The secret to a long, healthy life isn't found in some new diet pill, injection, or modern medical breakthrough. The keys to a longer, healthier, happier life can be found within ancient traditions based on Mother Nature's bounty. Mediterranean grandmothers know that people survive longer and live better simply by eating fresh, organic, healthy, raw food every day.

This is the effortless practice followed by the people of the Mediterranean for millennia. The Mediterranean diet is packed with delicious foods rich in anti-ageing antioxidants, carbohydrates, fibre, protein, and minerals: homemade bread, pasta, fresh organic vegetables picked from the garden, fresh Mediterranean herbs and spices, tomatoes, onions, garlic, basil, extra virgin olive oil, cheese, fresh milk and dairy, polenta, rice, parsley, mixed salad, capsicum, lemon, eggplant, green and black olives, lentils, legumes, spinach, cereals, nuts, fresh and dried beans, peas, corn, fresh and dried fruit, and seafood, with eggs, poultry, and red meat limited to just once or twice a week. Now these ancient secrets and recipes are updated for a new generation. You don't need to follow a torturous diet framed around deprivation and manufactured pills, shakes, and processed diet foods to reach or maintain your health goals. The people of the Mediterranean treat their bodies as holy temples, offering up only the best and healthiest food. Eating a healthier diet can help you to look and feel younger and you are never too old to start reversing the ravages of time.

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