



The Pritikin Edge: 10 Essential Ingredients for a Long and Delicious Life (Paperback)

By Dr Robert A Vogel, Paul Tager Lehr

SIMON SCHUSTER, United States, 2010. Paperback. Condition: New. Reprint. Language: English . Brand New Book. We Americans may reside in the greatest nation on earth, but our lifestyle is killing us. Onequarter of us still smoke, two-thirds of us are fat, three-quarters of us don t exercise, and stress and depression are ubiquitous. We wolf down oversize portions of fast food in minutes and boast of not having taken a vacation in years. We get misinformation like olive oil is healthy but then get fatter because drizzling three tablespoons of oil on a salad adds as many calories as two scoops of premium ice cream. Despite all our advances in drugs and surgery, obesity and the diseases it causes have shortened life expectancy; this is the first time in history that children can expect to die younger than their parents. The Pritikin Program was the first comprehensive lifestyle program in America, and after fifty years on the cutting edge of lifestyle science, it is still the longest-running, most successful program for reversing many of modern society s diseases, including obesity, heart disease, and diabetes. What sets Pritikin apart from the myriad of other diets is that its program is based...



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