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# The Pioppi Diet: A 21-Day Lifestyle Plan

Dr Assem Malhotra & Donal O'Neill

## The Pioppi Diet

A 21-Day Lifestyle Plan



Lose weight, feel great and  
drastically reduce your risk of Type-2  
diabetes and heart disease 



## **Synopsis**

As heard on Sky News, BBC Radio 4 Today, BBC World News, BBC Asian Network, London Live News and as seen in The Telegraph . . . 'This book has the power to make millions of people healthier and happier.' Andy Burnham, former Secretary of State for Health\*\*\*The easy 21-day plan for a happier, healthier and longer life We are not being given the truth about our health . . . We're told to avoid saturated fats, we're marketed health food that is laden with sugar and we're encouraged to pound out miles at the gym. However, our chances of getting obese are increasing - raising our risk of Type-2 diabetes, cancer, dementia and heart disease. Yet in the tiny Italian village of Pioppi, life is as simple as it is long and healthy. There is no gym, no supermarket, the food is delicious and they enjoy a glass of wine every evening. Now cardiologist Dr Aseem Malhotra - a world-leading obesity expert and Britain's number one anti-sugar campaigner - and acclaimed filmmaker Donal O'Neill combine the wisdom of this remarkably long lived population with decades of nutrition and medical research to cut through long-standing dietary myths and create this easy-to-follow lifestyle plan. This isn't a diet or lifestyle which requires saying 'no' to the things you love, or exercising for hours upon end. In just three weeks, The Pioppi Diet will help you make simple, achievable and long-lasting changes to how you eat, sleep and move - changes that all of us, no matter how busy we are, can make. 'Revolutionary' Richard Thompson, former physician to HRH Queen Elizabeth

## **Book Information**

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## Customer Reviews

Informative book on healthier lifestyle in terms of nutrition and exercise/movement. One worth keeping for lifetime and changing your lifestyle through it

This is an exceptionally well-written book on an exceptionally important topic. There is no doubt that it will attract the attention of two groups: those willing to listen and understand and those unwilling to accept the totality of the evidence that supports long overdue changes to the way we eat and what we eat. Aseem and his co-author are to be congratulated for their courage in stepping out and putting the influencers of dietary policy on notice. Much needed change is required to the current guidelines on dietary strategies for management of type 2 diabetes this book will hopefully act as a catalyst.

A real treat to read - holistic, practical, beautiful photos, and includes simple, quick exercises that can be done throughout the day (to help with blood flow and metabolizing foods). Pioppi Diet also includes clear, simple explanations of key biological processes involved in health and metabolism. The section on reducing stress is the best thing that I've read on that general topic. I'll be giving several copies as gifts, because it's an excellent resource.

Brilliant read. These people really know what they've talking about. I watched the documentary and the booking ties in completely. Well done all involved.

recommend this book to any one who wants to follow a healthy lifestyle and stay off medication.

This is interesting with some good advice

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