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## The Middle Way Diet for Health and Fitness: Healthy Mind and Body (Paperback)

By Emil Payman Moshedi

iUniverse, United States, 2007. Paperback. Book Condition: New. 224 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Battling a weight problem after years of stressful work and study, Emil Payman Moshedi, MD, sought a remedy for his aging body and mind. After years of medical school, residency, scientific research and personal struggles, he learned how to see the reality of health and fitness. This led him to develop a revolutionary philosophy for living that enabled him to transform his overweight body and unstable mind. In The Middle Way Diet for Health and Fitness, Dr. Moshedi shares his plan to help you realistically attain a healthy body and mind using an approach that avoids extreme ideas, views, and practices. You will learn a new philosophical approach of how to perceive food and exercise. You will see the connection of your healthy body with a happy mind. Filled with informative and valid content, you will receive diet tips, food choice suggestions, and exercise advice. A revolutionary food ratio guide is also included. Dr. Moshedi teaches how easily living healthy today can improve the quality of your life as soon as tomorrow. Nothing outside of yourself, individual, pill,...



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