

[PDF] The Pritikin Edge: 10 Essential Ingredients For A Long And Delicious Life

Dr. Robert A. Vogel, Paul Tager Lehr - pdf download free book

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Description:

Review "As a food journalist, I review every different diet and lifestyle program every year and I have no doubt that the best is The Pritikin Edge; it is the perfect guidebook for people, including baby boomers like me, who want to follow the path to good health for the rest of their lives." -- Phil Lempert , The Supermarket Guru, NBC's *Today Show*

"Pritikin is one of the most scientifically proven and effective lifestyle programs anywhere. I highly

recommend it." -- Dean Ornish, M.D., author of *The Spectrum* and clinical professor of medicine, University of California, San Francisco

"To achieve my maximum level of fitness, Pritikin is the perfect nutrition and lifestyle plan." -- Amy Yoder-Begley, 2008 U.S. Olympic Team, women's 10,000-meter run

"Whenever I need to get back down to 147 for a welterweight title defense, the Pritikin approach is the best and healthiest way to do it." -- Bob Costas, NBC/HBO broadcaster

"Pritikin is not just about looking your best; it's about feeling your best. It is something you definitely take with you." -- Adrienne Vittadini, American fashion designer

"The Pritikin Program, pioneer for the last 50 years and proven in more than 110 studies in leading medical journals, is a must to live the healthiest life we can. After years of helping celebrities and CEOs, the Pritikin Program is now neatly packaged in a fabulous new book -- *The Pritikin Edge*. Oh, and I don't want to forget to mention those recipes -- they're awesome." -- Charles Stuart Platkin, author of the nationally syndicated column *Diet Detective*

"Run, don't walk, to Pritikin! That's what I tell people who ask me what program delivers results for lasting weight loss and health and lifestyle changes. Pritikin changes -- and even saves -- lives." -- Susie Ellis, president, SpaFinder, Inc.

"Staying at Pritikin is the best thing I've done for myself in years." -- Tim Zagat, chairman and CEO, Zagat Survey

"The food at Pritikin tastes great and you can follow the program in the real world, and that's saying something for a steakhouse guy like me. Pritikin works, not only short term, but long term." -- John Timothy Gannon, cofounder, Outback Steakhouse, Inc.

About the Author Dr. Robert A. Vogel is a cardiologist, Pritikin's chief medical director, and professor of medicine at the University of Maryland. He has been designated as one of the best doctors in America by *Good Housekeeping* magazine and is a weight and heart consultant to the National Football League and a diet consultant to the National Health Institute.

Son of Pritikin cofounder Dr. David Lehr, **Paul Tager Lehr** is the president of the Pritikin Organization, which has helped more than 100,000 people worldwide who have gone to the Pritikin Longevity Center & Spa and the 10 million plus readers of Pritikin books lose weight and prevent and reverse obesity, heart disease, diabetes, high blood pressure, and high cholesterol.

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