

THE OMEGA DIET

**The Lifesaving Nutritional Program
Based on the Diet of the Island of Crete**

"Of all the diets this is the one most apt to make most Americans feel better, live longer, and stay healthier. . . . The book is full of gems of dietary wisdom and practical advice." —Jean Carper



- Reduce your risk of heart disease and cancer
 - Create a "smart" immune system
- Enhance your mood and learning ability
- Achieve and maintain a healthy weight

**Artemis P. Simopoulos, M.D.,
and Jo Robinson**

PREVIOUSLY PUBLISHED AS *THE OMEGA PLAN*

The Omega Diet

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