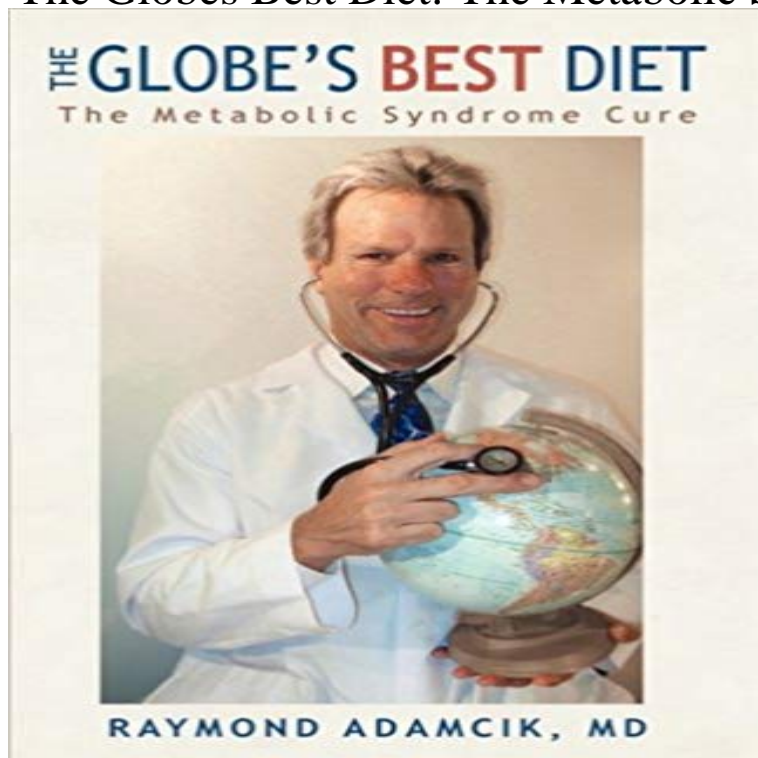


## The Globes Best Diet: The Metabolic Syndrome Cure



The world is experiencing an epidemic of obesity, cardiometabolic syndrome, diabetes, and other complications of weight gain that cannot be solved by short-term changes. Long-term lifestyle changes are necessary to combat this epidemic. In *The Globes Best Diet*, author and Dr. Raymond Adamcik provides step-by-step, easy-to-follow instructions to changing your habits, developing a healthier attitude, and living a longer, fuller, more active life.

Culled from Dr. Adamcik's extensive global research and more than thirty years of medical expertise, *The Globes Best Diet* debunks dangerous fad diets and the low-fat lie and helps you learn how to savor the rich, pleasurable experience of eating well. In addition, Dr. Adamcik will delve into ways to control your weight that are effective as well as safe and healthy. *The Globes Best Diet* includes sample menus, nutritious and tasty recipes, and sample exercise regimens to assist you in this long-term journey that will provide you with abundant health, energy, and happiness. When it comes to losing weight, there's everything to gain.

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Raymond Adamcik provides step-by-step, easy-to-follow instructions to changing your habits, developing a healthier

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