



# **What Doctors Eat: Tips, recipes, and the ultimate eating plan for lasting weight loss and perfect health**

*Tasneem Bhatia, The Editors of Prevention*

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# What Doctors Eat: Tips, recipes, and the ultimate eating plan for lasting weight loss and perfect health

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The biggest misconception people have about doctors? That they know nothing about food and nutrition. The fact is food has become an important part of medicine. Studies have shown that a healthy diet and other good lifestyle habits can reduce your odds of developing a serious illness by 82 percent!

*What Doctors Eat* brings together the collective dietary wisdom of 65 leading physicians and other health experts. They share the eating, exercise, and stress management advice they give to their patients and follow in their own lives along with their favorite healthy recipes. These dishes are packed with healing foods that are completely delicious.

Nutrition expert and holistic physician Tasneem Bhatia, MD, compiled all the dietary advice and delicious recipes into one amazingly powerful 30-day diet plan. The Doctor's Diet will help you drop pounds and put you on the road to a lifetime of perfect health. It's like having a healthy eating coach on call 24/7.

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#### **Colleen Greenwood:**

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