

# Health Awareness



## The Way To A Healthy Heart

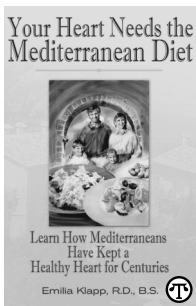
(NAPSA)—If you've ever wondered how Mediterraneans have kept a healthy heart for centuries, take heart. A new book, "Your Heart Needs the Mediterranean Diet" (Preventive Nutrition Press) by Emilia Klapp, R.D., B.S., may have the answer.



**Emilia Klapp**

In her book, Klapp points out that a healthy lifestyle does not have to mean deprivation and sacrifices. A registered dietitian, born and raised in Spain, she reveals a nutritional and lifestyle plan that sustains the whole person, including what you eat, how you get physical activity and ways to make time for family and community.

Readers will learn about the Mediterranean diet in an enjoyable way in this fact-filled, easy-to-read book sprinkled with simple and delectable recipes.



It is no news to most Americans that processed foods, sweets and saturated fats can lead to health problems. The good news is that many foods we associate with the Mediterranean countries, such as olive oil, garlic and tomatoes, are excellent at supporting good health. Klapp's gift is in combining the science of nutrition with her enthusiasm for the lifestyle of the Mediterranean region.

You can order the book online at [www.emiliaklapp.com](http://www.emiliaklapp.com) or by calling 1-800-247-6553.