

# YOUR HEALTH

## A Scientist's Guide To Sustainable Weight Loss

(NAPSA)—Losing weight in a way that's effective and painless and that keeps you happy should not have to be rocket science.

It can even be easy and enjoyable, says Dr. Brooks Carder, author of "The Laguna Beach Diet: A Scientist's Guide to Painless and Sustainable Weight Loss" (Basic Health Publications).

Carder's book encourages eating a wide range of fresh food, including many ethnic dishes that are simple to cook and easy to find in restaurants. It even allows pasta, bread and potatoes.

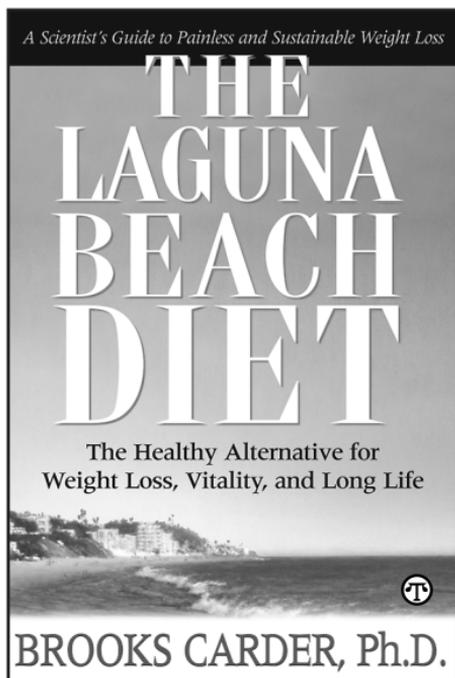
Not only does his Laguna Beach diet help your weight go down, but the healthy eating it encourages helps improve cardiovascular health and reduces the likelihood of type 2 diabetes, some forms of cancer and even Alzheimer's disease.

The program was developed based on the science behind the Mediterranean diet and its proven record for improving health and maintaining weight loss. Carder's study of the latest scientific literature on obesity, weight loss and diets led him to a way of losing weight without deprivation or discomfort.

In his book, he explains how simply it works, how adaptable it is to all kinds of restaurants and for cooking at home, and how much fun it is to eat delicious foods (including Italian, Greek, Indian, Thai, Japanese, Chinese and Mexican) and lose weight.

For those who love to cook, Carder also includes a lot of recipes and encourages people to improvise.

For example, many Italian sauces start with sofrito, which is



**Dr. Brooks Carder's research into Mediterranean diet principles and study of scientific literature on obesity led him to develop a new approach to weight management.**

onion and garlic sauteed in olive oil until the onions become translucent.

Starting with sofrito, you can make a pasta sauce out of a nearly infinite variety of main ingredients such as tomatoes, brussels sprouts, leftover lamb or whatever else you may have lying around.

The key is to work with the principles of the Mediterranean diet—and then enjoy your food. The weight loss comes from following the principles—and you keep the weight off because you eat well and happily.

The book is available in bookstores, health food stores, online or by calling (800) 575-8890.