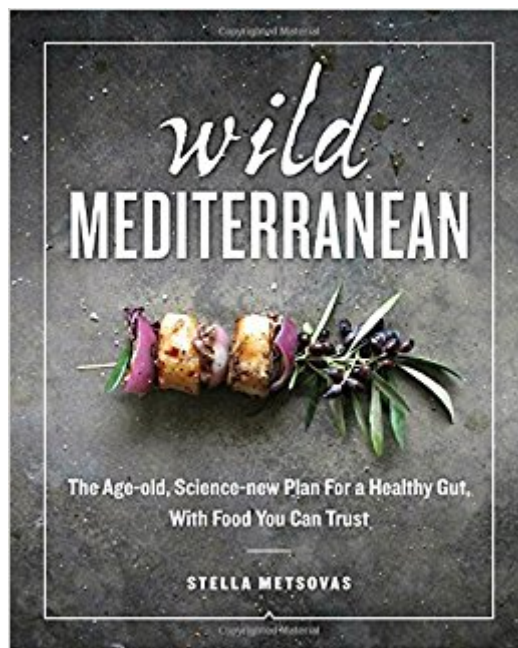




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# Wild Mediterranean: The Age-old, Science-new Plan For A Healthy Gut, With Food You Can Trust



## Synopsis

A practical resource for restoring the microbial balance in our guts and rebooting overall health, featuring a simple 6-day, 2-phase detox cleanse and over 50 delicious Paleo-meets-Mediterranean recipes. The key to great digestive health lies in rewilding the gut and keeping the diverse microbes that inhabit it happy and thriving. In *Wild Mediterranean* Stella Metsovas breaks down the complex science behind digestive health and shares a deceptively simple and down-to-earth plan for ending the digestive issues that can have far-reaching effects on our everyday lives. Using foods you already know, trust, and love—delicious Mediterranean cuisine—it's easy to reintroduce essential microbes to your system and cultivate a healthy microbiome to banish bloating, discomfort, and irregularity forever. At the heart of *Wild Mediterranean* are Stella's unique village-to-table recipes, all based on the historically prebiotic-rich cuisines favored by the world's healthiest populations and her own family heritage. Packed with pre-tox and detox protocols for preparing the gut to heal, key lifestyle practices to support overall wellness, and the scientific evidence to back it all up, *Wild Mediterranean* is a practical resource for restoring the microbial balance in your gut and realizing your best digestive health.

## Book Information

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## Customer Reviews

Stella Metsovas, CCN, is a globally recognized clinical nutritionist, media health expert, and specialist in food science and human nutrition, with over fifteen years of experience in the health and fitness industries. Stella has been in private practice for ten years, during which she has researched and promoted the importance of gut balance as a key component of complete wellness.

Stella has traveled the world with the United Nations in their "Food for Work" program, and has experienced the lifestyles and diets of the Blue Zone longevity villages firsthand. She lives in Los Angeles.

The publisher describes the recipes in *Wild Mediterranean* as "Paleo meets Mediterranean." That really caught my eye, since after triple bypass open heart surgery last year, I'm seriously into finding a diet that's heart-healthy. The Mediterranean diet is a modern nutritional recommendation originally inspired by the dietary patterns of Greece, Southern Italy, France, and Spain in the 1940s and 1950s. The principal aspects of this diet include fairly high consumption of olive oil, legumes, unrefined cereals, fruits, and vegetables, moderate to high consumption of fish, moderate consumption of dairy products (mostly as cheese and yogurt), moderate wine consumption, and low consumption of non-fish meat products. There is some evidence that the Mediterranean diet lowers the risk of heart disease and early death. Olive oil may be the main health-promoting component of the diet. (There is preliminary evidence that regular consumption of olive oil may lower the risk of cancer, cardiovascular disease, and several chronic diseases.) The Paleo diet is basically a nutritional plan based on the diet of wild plants and animals that our ancient ancestors are believed to have consumed during the Paleolithic era - a period which ended about 10,000 years ago with the development of agriculture and grain-based diets. This nutritional concept has been promoted by a number of authors and researchers. Paleolithic nutrition is based on the premise that modern humans are genetically adapted to the diet of our Paleolithic ancestors and that human genetics haven't significantly changed since the beginnings of agriculture, and therefore the ideal diet for human health and well-being is one that resembles our ancestral diet. On that basis, the foundation of the Paleo diet is meat, seafood, vegetables, and some fruit, nuts, seeds, and starches. Supporters claim that a Paleo diet can lower the risk of heart disease, blood pressure, and inflammation, plus aiding to lose weight, reduce acne, and promote optimum health. Also, eliminating or reducing salt and processed foods makes this low-sodium diet good for people with high blood pressure. The author has apparently melded the best of the two dietary concepts into an approach to healthy eating and living. She describes this approach to health as "age-old, science-new," as she realized that the foods and lifestyles of her Greek relatives was healthier than her own California lifestyle while visiting Greece. The author's theory is that much of our unhealthiness stems from a digestion system that's in need of repair and rejuvenation because our gut isn't getting the "wild" or whole-food-based nutrition it needs to thrive, and in turn, keep all of your body's systems working optimally. She proposes that a diet made up of foods traditionally

found in the Mediterranean (lean meat, seafood, seasonal fruits and vegetables, and olive oil and other healthy fats) provides the optimal balance of nutrients to keep the gut, or "microbiome," running the way it should. One chapter of the book is on "re-wilding" your body with whole foods, basically a detox program to restore your body's well-being. Then we come to the recipes, many of them comfort foods which have been made over to include more healthful ingredients. There are some classic Mediterranean dishes, as well as some that I'm not familiar with, that look delicious. The author singles out one of the book's recipes - Briam - as one of her favorites. It's a simple but very tasty and healthy dish of vegetables baked in olive oil. My wife and I made it, and it's as yummy as Ms. Metsovas says. I attached a photo of our Briam. Hot out of the oven and paired with a lean protein, it's a great meal. There are lots of dietary plans floating around, many of them with at least some scientific support. You'll have to choose for yourself which one(s) is for you. I'm not going to vouch yea or nay, but the author makes a credible case for her plan. My only serious negative comment is that recipes don't include nutrition information (calories, carbohydrates, fat, protein, sodium, fiber, etc.), although the number of servings is included. For a cookbook that's promoting healthy eating, that seems like a glaring omission.

Simply amazing book. Very easy read addressing the issues of a healthy gut. Love love LOVE the photos and organization of the book. Not necessarily a cookbook nor a diet book but rather the main premise of a healthy gut which governs our overall health. The Mediterranean Diet is a proven approach of longevity and lifestyle. Ms. Metsovas' twist of Paleo Mediterranean is absolute genius. Throughout my life I've done every fad diet out there. My weight was one constant yoyo. Then I discovered going back to the basic fresh veggies and lean meats. Finally, as a professional chef I find the recipes not only very authentically Mediterranean but very tasty. The first recipe tried was the "Mom's Secret Tzatziki" and "Not Your Typical Greek Salad". Hands down the best tzatziki I've experienced. Who would have thought to use the ingredients listed. Tomorrow I must try the Baklava Butter. In conclusion, the Author's approach is very natural and fresh using ingredients and concept easy for everyone to follow. This is my new favorite book.

The essence of this book is 'healthy gut-healthy life'. Author Stella Metsovas experienced her 'aha' moment when she realized that, despite eating the 'correct' diet while a competitive swimmer, she actually felt ill. That led her to think about the way her family (and their neighbors in Greece) ate and maintained excellent health, living into their 90s and longer. Going back to eating their way--a wild Mediterranean diet--restored her health and presented her with her life's work; helping others to

restore theirs. She is a clinical nutritionist, offering her advice based on experience, learning, and extensive research. Metsovas offers us a marriage of Paleo eating that blends with wild Mediterranean. She wants us to stick to eating foods that reintroduce healthy bacteria into our guts to heal them. She tells us which fruits (berries) are best for us, which veggies we need, and herbs that will aid balancing our guts' microbial health. It means eliminating the foods we've become accustomed to: processed, greasy, artificial sweeteners, white sugar, flour, etc. This eating plan is definitely not for vegetarians or vegans, however, as Metsovas says we need low fat meats and poultry, as well as certain fish. The author correlates this version of eating with lower incidences of cancer, heart problems, sleep apnea, improved circadian rhythms, to name but a few of the health issues that can be helped by eating a wild Mediterranean diet. There are two useful and considerate sections that she includes for us: The first, Resources, is a listing of websites for us to find some of the things she writes about. For example, under the headings of 'Meats', she recommends ( will not allow the URL to be put here.) and for 'Olive Oil', she offers ( will not allow the URL to be put here.) under the listing of Trader Joe's Premium 100% Greek Kalamata Extra Virgin Olive Oil. The second section is 'Notes'. There, Metsovas thoughtfully offers chapter-by-chapter websites that expand upon her sources when writing this book. The few full color photos in my Advanced Reader's Copy are wonderful. I hope that those appearing in black and white will be in color in the book's final edition. This is an easy to read and understand book. The recipes offered are indicative of how to eat wild Mediterranean-style. This is not a recipe book in the purest sense. While this book has some, it is primarily meant to be used to change your eating style, remembering a mantra of healthy gut, healthy life.

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