

The page features a decorative design with three overlapping blue circles of varying sizes and shades, arranged vertically on the right side. Two thin blue lines intersect at the top left, forming a large 'V' shape that frames the text area.

Silver Cloud Diet eBook

May, 2009

**Sustainable Eating for the 21st
Century**

Whole and Unprocessed Foods

**For Health, Weight Control, and
Long Life**





Silver Cloud Diet

Silver Cloud Diet Centers, New York, NY



eBook By:

Dr. John Salerno, Chief Medical Officer
Board Certified Family Practice
Complementary Medicine

Linda Eckhardt,
James Beard Award winning Cookbook Author



Table of Contents

FAQS about the Silver Cloud	7-20
Preface: Why you need to read this book	21
Introduction: The Silver Cloud Diet Explained	30
How The Diet Works	32
Slow Food Nation	39
The Yale Connection	40
Health Issues the Silver Cloud Lifestyle Plan addresses	42
Preventing and Treating Type 2 Diabetes	42
Obesity and the Metabolic Syndrome	55
The Role of the Environment	57
The Importance of supplements	62
The Silver Cloud Diet Detox plan: The Full Fat Fast	68
Sample Menus	69
Foods to adore and foods to abhor	70
Recipes and menu suggestions	71
The Marathon: A graduated plan adding good carbohydrates	103
5 Easy Steps to Success	105
Foods to adore and foods to abhor	110
Recipes and menu suggestions	119
What Others Are Saying	157