

**THE BEST OF THE PALEO AND VEGAN DIETS
DISTILLED INTO 21 PRINCIPLES FOR HEALTHY
EATING BY NEW YORK TIMES BESTSELLING
AUTHOR MARK HYMAN, MD**

For decades, the diet wars have pitted advocates of the low-carb, high-fat Paleo diet against advocates of the exclusively plant-based vegan diet—as well as dozens of other diets—leaving most of us bewildered and confused. Fortunately, there is finally a healthy middle ground. In *The Pegan Diet*, Mark Hyman offers a food-is-medicine approach to taking the best aspects of the Paleo diet and combining them with the best of the vegan diet to create a lifestyle that is not only good for your brain and your body, but also good for the planet.

Featuring 21 easy-to-remember principles that teach you how and what to eat and more than 30 recipes, *The Pegan Diet* offers a balanced, flexible, and nutritious approach to food that will help you get and stay fit, healthy, focused, and happy—for life.

MARK HYMAN, MD, is the head of strategy and innovation for the Cleveland Clinic Center for Functional Medicine, board president of clinical affairs for the Institute for Functional Medicine, founder and director of The UltraWellness Center, host of *The Doctor's Farmacy* podcast, and the bestselling author of numerous books.

READ BY THE AUTHOR



Running Time: Approx. 5 Hours • Unabridged

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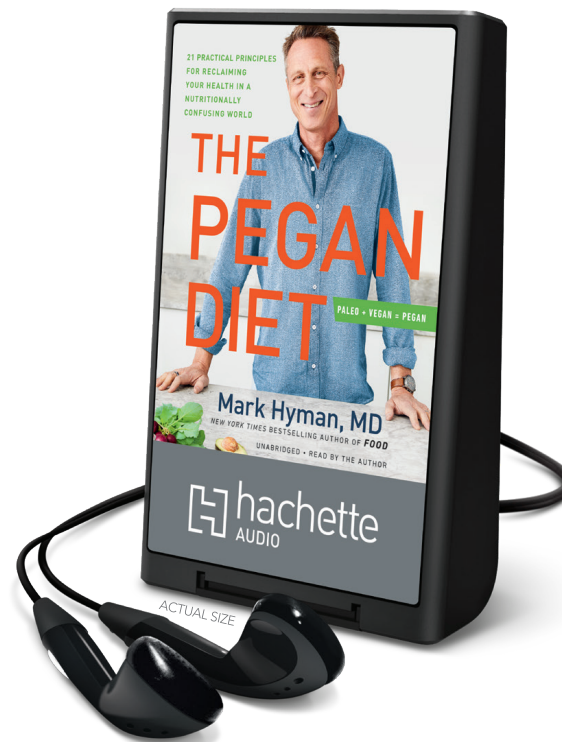
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THE PEGAN DIET
21 PRACTICAL PRINCIPLES FOR RECLAIMING YOUR HEALTH IN A NUTRITIONALLY CONFUSING WORLD

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