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Dr. John P. Salerno Releases Acclaimed Diet Book In Paperback

Dr. Salerno's Silver Cloud Diet, The Sustainable Diet for the 21st Century

New York, New York - (May 1, 2011) After much success with his *Silver Cloud Diet* ebook, Dr. Salerno has released *The Silver Cloud Diet* in a paperback edition. The paperback book contains more health information and more award-winning low-carb recipes.

Dr. Salerno's *Silver Cloud Diet* is a three-step proactive approach to nutrition based on organic unprocessed foods, high protein, natural fat, and low-carbohydrate, low-glycemic choices, fortified with pure high quality supplements targeted to strengthen your immune system, reduce inflammation, and destroy free radicals. Dr. Salerno also advocates the use of bio-identical hormones, as well as a detox program to jump start your life plan.

In the book, readers get 75 original low-carb recipes developed by Dr. Salerno's co-author, James Beard Award winning cookbook author, Linda West Eckhardt, as well as step-by-step instructions for normalizing your weight, improving your health, and extending your life.

Dr. Salerno speaks of the influence Dr. Atkins had on *The Silver Cloud Diet*- "I owe an enormous debt of gratitude to the late, great Dr. Robert Atkins who was my boss, my mentor and my friend. I worked in his office as a young doc and saw with my own eyes the value of the protocols he developed- he changed, and quite literally saved, thousands of lives."

Dr. Salerno's *Silver Cloud Diet* is available for purchase in paperback for \$14.95 or as an ebook for \$9.99 on *The Silver Cloud Diet* website www.silverclouddiet.com or on Amazon.com.

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