



# The Abascal Way

*Kathy Abascal*

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## **The Abascal Way** Kathy Abascal

The Abascal Way is a unique diet that has taken an island in the Pacific Northwest by storm. Some 15% of the adults on Vashon have taken the Abascal Way TQI diet classes; a diet now going viral in Seattle and across the country. This simple but sophisticated diet quickly reduces aches and pains, improves the symptoms of chronic illnesses, ignites weight loss, and increases wellbeing. In Michael Overlake's words: "I came to class overweight, my joints ached, I had psoriasis, IBS, and my blood pressure was out of control even on medication. Two months later, I have lost 22 pounds, I am pain free, my IBS is gone, my skin is clearing, and I am off hypertensive medication and my blood pressure is normal." Rex is an inspiration: "I weighed over 300 pounds, was a type 2 diabetic on over 100 units of insulin a day, and could not exercise. Today, my doctor says I am no longer diabetic, I no longer use insulin or any other medication. I have lost 85 pounds and am able to exercise again." Dr. Ronald Singler MD, Medical director of the Highline Medical Group recommends Abascal Way classes: "Kathy Abascal teaches evidence-based, well researched classes on the nourishment human bodies and minds need. The facts, strategies, recipes, and shopping hints are practical and well-prepared. This is the best nutrition class I have ever experienced. I recommend the classes to family, friends, colleagues, co-workers, and patients. All who have taken the class have thanked me. For some particularly stubborn, medically needy friends, I promised to pay for the class if they were dissatisfied. So far, I have not had to pay up." For the first time, these extraordinary classes are now available in book form. The Abascal Way fits all: It works for carnivores and vegans, for mainstream American and traditional ethnic diets. Calories are not counted and portions are not limited. Instead, it offers an incredibly satisfying, effective, and healthy way to quickly improve both health and appearance.

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