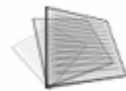


# **MyBestDietPlan.com Revolutionizes Modern E- Dieting Finally a source for honest information on dieting!**



MY BEST DIET PLAN.COM

Information You Can Trust

Released on = June 13, 2007, 1:32 pm

Press Release Author = [MyBestDietPlan.com](http://MyBestDietPlan.com)

Industry = [Healthcare](#)

Press Release Summary = [MyBestDietPlan.com](http://MyBestDietPlan.com) is proud to announce the grand opening of our brand new FREE ACCESS website dedicated to providing honest and straightforward information on dieting.

Press Release Body = NEW YORK - June 12, 2007 - [MyBestDietPlan.com](http://MyBestDietPlan.com) is proud to announce the grand opening of our brand new FREE ACCESS website dedicated to providing honest and straightforward information on dieting. With the overwhelming number of choices in today's diet world, [MyBestDietPlan.com](http://MyBestDietPlan.com) aims to sort the myths from the facts. Informational articles, worthy tips and diet reviews have made MyBestDietPlan.com an authority in the business. Below please find one of our newest diet reviews.

The increasing pace at which we live our lives has caused many Americans to neglect their health in the name of convenience. A nice homemade dinner with family or friends has been replaced by something we pull from a greasy fast food bag. It is not as good for us as homemade food, but it is typically inexpensive, tasty and most importantly, easy.

The convenience factor of fast food cannot be denied; all too often we find ourselves with more to do and less time to do it in. As a result we do not take the time we should to care for our health or our bodies. To help combat this growing health concern **Dr. Caroline Cederquist, M.D.** has developed new type of real world diet.

**Dr. Cederquist's Bistro M.D. program**, which was formerly known as **Diet To Your Door**, delivers healthy gourmet quality diet meals to clients' homes. The nutritional guidelines of the plan and the recipes are all developed by Dr. Cederquist herself. While currently, there are only a handful of companies offering this service there is already quite the competition brewing.

It appears that **Bistro M.D.** is well poised to be a front-runner in this field. From the research conducted we have found that **Bistro M.D.** has two advantages; a qualified medical doctor and food that tastes great.

Having healthy food that actually tastes good delivered to your door seems to be a great answer to our dieting concerns. By taking the work out of dieting home diet programs can help people overcome their dieting problems. For more information on dieting please visit our newly launched site at [www.MyBestDietPlan.com](http://www.MyBestDietPlan.com)

**Web Site = <http://MyBestDietPlan.com>**

**Contact Details = [My Best Diet Plan](http://MyBestDietPlan.com)**

**239-653-9179**

**Info@MyBestDietPlan.com**