

# The Sicilian Secret Diet Podcast Hits 10,000 Downloads Milestone

*The Sicilian Secret Diet podcast, hosted by Drs. Sandra Cammarata and Giovanni Campanile, has reached a major milestone of 10,000 downloads.*

NEW YORK, UNITED STATES, January 26, 2024 /EINPresswire.com/ -- The [Sicilian Secret Diet podcast](#), hosted by [Drs. Sandra Cammarata and Giovanni Campanile](#), has reached a major milestone of 10,000 downloads.

The podcast shares the wisdom behind the traditional Sicilian diet and lifestyle that promotes health and longevity.

This achievement is a testament to the growing interest in learning about the Sicilian Secret Diet. and proof that people are looking for a natural, enjoyable way of eating that can increase their healthy years and life span.

The Sicilian Secret Diet podcast launched in March 2021 and releases new episodes twice a month. In each episode, Drs. Cammarata and Campanile provide insights into traditional Sicilian foods, meal recipes, lifestyle habits, and the scientific research that supports the diet's health benefits.

Topics covered include extra virgin olive oil, whole grains, seafood, greens, legumes, nuts and seeds, wine, community and more. The doctors also interview specialized doctors, distinguished researchers, centenarians, and supercentenarians to uncover their secrets to health and longevity.

Reaching 10,000 downloads shows that the message is connecting with individuals who want a



The Sicilian Secret Diet Podcast



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Be well deliciously"

*Drs. Sandra Cammarata and  
Giovanni Campanile*

sustainable, pleasurable approach to enhancing well-being. This milestone reinforces that people are seeking the type of healthy lifestyle the Sicilian diet and habits promote.

The milestone underscores the growing interest in the

Mediterranean diet, of which the Sicilian diet is a version rich in tradition and flavor. Drs. Cammarata and Campanile recently published the book "The Sicilian Secret Diet" based on their research and clinical experience.

The podcast is available on Apple Podcasts, Spotify, and other major platforms. Tune in now!  
[siciliansecretdiet.buzzsprout.com](https://siciliansecretdiet.buzzsprout.com)

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