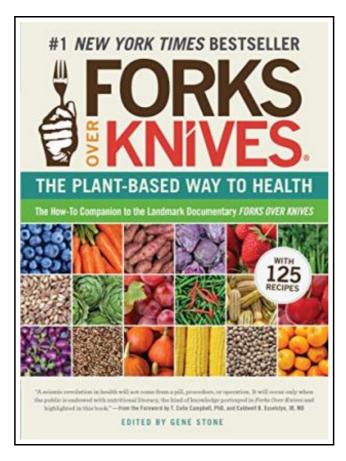
Forks Over Knives: the Plant-based Way to Health



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Reviews

It is simple in study easier to fully grasp. It is definitely basic but unexpected situations within the fifty percent in the ebook. I am delighted to let you know that this is actually the finest publication i have got read inside my own life and could be he very best ebook for actually. (Destiny Walsh)

FORKS OVER KNIVES: THE PLANT-BASED WAY TO HEALTH



Experiment LLC, The. Paperback. Book Condition: new. BRAND NEW, Forks Over Knives: the Plant-based Way to Health, Gene Stone, T Colin Campbell, Caldwell B Esselstyn, What if one simple change could save you from heart disease, diabetes, and cancer?For decades, that question has fascinated a small circle of impassioned doctors and researchers and now, their life-changing research is making headlines in the hit documentary "Forks Over Knives." Their answer? Eat a whole-foods, plant-based diet it could save your life. It may overturn most of the diet advice you ve heard but the experts behind "Forks Over Knives" aren't afraid to make waves. In his book "Prevent and Reverse Heart Disease," Dr. Caldwell Esselstyn explained that eating meat, dairy, and oils injures the lining of our blood vessels, causing heart disease, heart attack, or stroke. In "The China Study," Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet.Now, as "Forks Over Knives" is introducing more people than ever before to the plant-based way to health, this accessible guide provides the information you need to adopt and maintain a plant-based diet. Features include: Insights from the luminaries behind the film Dr. Neal Barnard, Dr. John McDougall, The Engine 2 Diet author Rip Esselstyn, and many othersSuccess stories from converts to plant-based eating like San Dera Prude, who no longer needs to medicate her diabetes, has lost weight, and feels great! The many benefits of a wholefoods, plant-based diet for you, for animals and the environment, and for our futureA helpful primer on crafting a healthy diet...

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