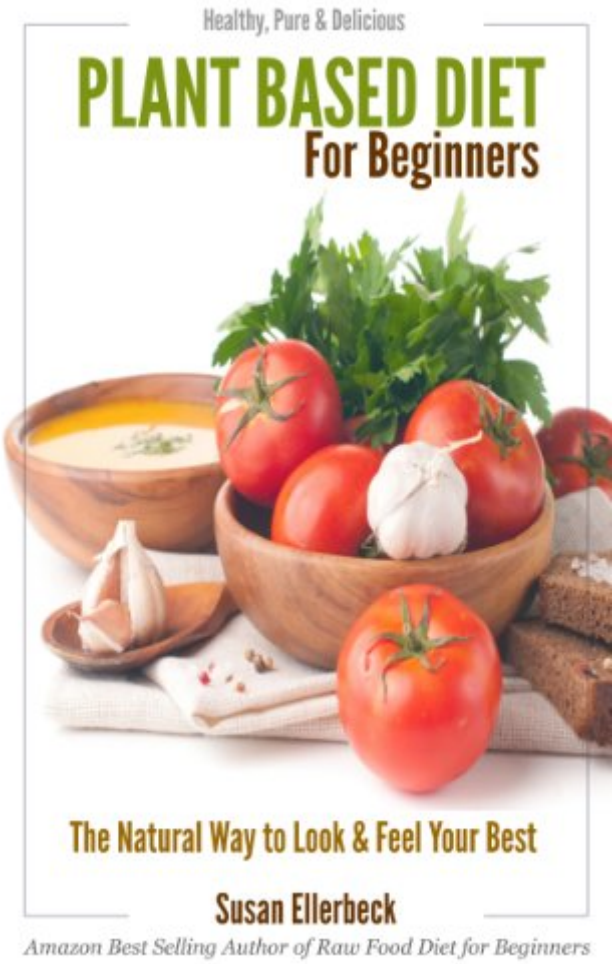
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Plant Based Diet For Beginners - Healthy, Pure & Delicious, The Natural Way To Look And Feel Your Best



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Synopsis

Lets face it, our health as a nation is in a sorry state of affairs. Obesity, heart attack, and cancer rates are at all time highs, and this is directly related to the Standard American Diet.We need a better way of eating. We need change.If you’re trying to get healthy, lose weight and feel great, one of the best things you can do is adopt a Plant Based Diet.A Plant Based Diet can help you:Lose WeightDecrease your blood pressureDecrease risk of death from any cause, including heart diseaseLower cholesterolReduce cancer riskImprove insulin sensitivityCut stroke riskWith so many health benefits it is no surprise that former President Bill Clinton adopted a plant based diet to help with his heart condition.But how does it all work and how do you begin? Plant Based Diet for Beginners shows you how easy it is to adjust your lifestyle and reap all the benefits a plant based diet has to offer.

Book Information

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Customer Reviews

A+

Great.

Its ok!

In Susan Ellerbeck’s book, she gives some good information on the benefits of why changing to a plant-based diet is healthy. While this information is helpful, she also provides a plan for making changes in this direction.For example, for people who currently eat meat and dairy and are trying to figure out how to eliminate them, she offers "Meatless Mondays" as a way to begin. Also, by keeping a journal of what you eat, she gives you suggestions of how to progress to substituting items for meats and dairy.To top things off, there is a helpful list of items to begin buying at the grocery store, along with a few recipes at the end to help you make substitutions for items like "cheese sauce."This guide will provide a beginner with a plan that helps take the mystery and confusion out of leaving the Standard American Diet (SAD) for a plant-based one.

Easy to read and create a transitional plan that will transform your life style for ever. Nice resource to give the first step.

This is a good starter book for anyone just beginning a healthier diet journey. It has some good basic tips for planning meals & converting to a healthier diet. I was hoping for some health success stories like how this person was cured of allergies and how maybe another lost so many pounds, but would still recommend for some basic, solid advise on how to get started.

I am just exploring becoming a vegetarian and this book gave me some good pointers. Not too much theory and just enough practical advice. I especially liked her advice to ease into the lifestyle.

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