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Plant Based Diet: The 101 Best Whole Foods To Prevent Disease And Live Longer

**PLANT BASED
DIET**

**The 101 Best
Whole Foods To
Prevent Disease
and Live Longer**



Health Research Staff



Synopsis

One of the biggest problems in the diets of most people today is the fact that so much of our food consumption comes from processed meats and packaged foods. Not only will this cause the body's natural pH balance to shift, setting you up for problems, but it's also going to cause you to place a high number of toxins in your body that will end up damaging your organs, causing blood sugar instability, and could even impact the way your brain functions. By making the shift over to foods that are entirely natural, you eliminate the probability of these problems from ever occurring. If you've seen the outstanding documentary *Forks Over Knives* you know its premise that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. (If you haven't seen the film and you're contemplating a plant-based diet, it's a must-watch. Rent it tonight). The film gives an important overview of the 20-year China-Cornell-Oxford Project that led to findings that a number of diseases can be linked to the Western diet of processed and animal-based foods. Here are 101 of the best foods to be eating as part of your plant-based diet plan.

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Customer Reviews

I would recommend this book to anyone who is struggling with weight loss or low nutrient issues. It is very informative and descriptive about fruits, vegetables and spices that not only can help you lose more pounds on your current weight loss program but make you healthier as you go. It also provides you with food alternatives. Enjoy reading as it could make a significant difference in your overall health, happiness and fitness.

I got this book for my reference library. It is just perfect for this purpose, and should help in making better food choices. It is very informative and I think you will enjoy it as well.

Great information if you want to add healthy foods to your diet.

I could not take the statins, I felt like a zombie. Plant Based Diet --- 1 year later, Feeling great, I'm alive, I have loads of energy, I have lost 35 pounds, my cholesterol has gone down, I was very near pre dietetic --- I not pre dietetic any more. I'm not a doctor, nurse or anything medical. I'm not saying you should do this. I'm just relating what I'm doing and how I'm feeling. YOU have to find out what is best for you! Also "Food Over Medicine"

Very informative for my needs.

This book was very informative and well set up. Foods are in alphabetical order and so flipping through in search of any random fruit or whatever was very easy.

Years ago when I was a size five it is a reminder that I need to work towards health again

It's informative about the foods required for a plant based diet. It's helpful to begin with and maintain the focus.

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