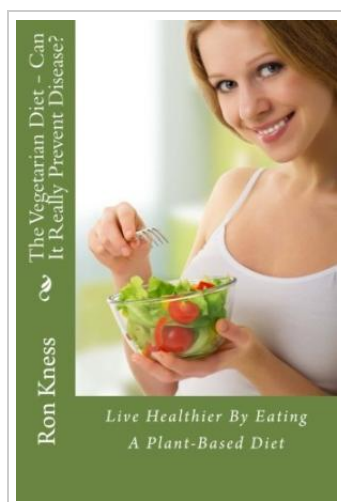




The Vegetarian Diet - Can It Really Prevent Disease?: Live Healthier by Eating a Plant-Based Diet (Paperback)

By Ron Kness

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Is a vegetarian diet right for you? Multiple studies have shown over and over that a vegetarian diet goes along way in preventing certain chronic diseases, such as: -Heart Disease -Cancer -Diverticulitis -Type 2 Diabetes -Hypertension -Obesity -Kidney Failure While study results have made it obvious that choosing a meat free lifestyle has major health benefits, many people also find that eating a diet that is comprised of plant foods brings them more energy and better health, along with helping prevent serious medical conditions that can result in premature death. Consider adopting a vegetarian lifestyle for your health and wellness!.

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