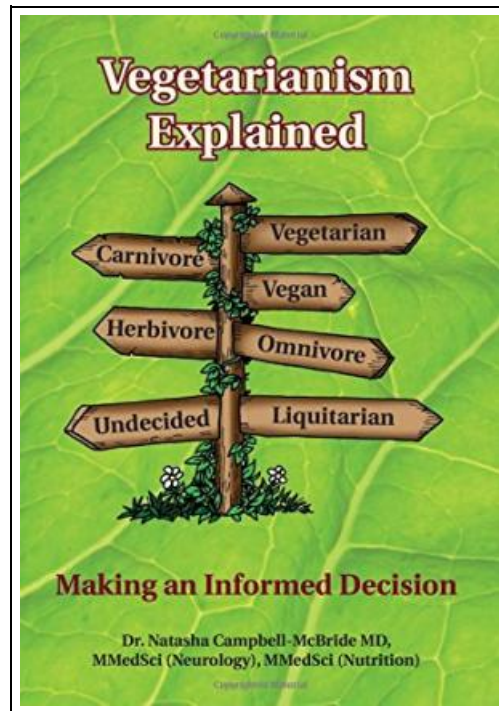


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Medinform Publishing, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Another blockbuster from Dr. Natasha Campbell-McBride, the creator and author of the GAPS Protocol--Gut And Psychology / Gut And Physiology Syndrome. Her GAPS Nutritional Protocol has been used successfully by hundreds of thousands of people around the world for treating a plethora of chronic health problems, from mental illness to physical disorders. Her book Gut and Psychology Syndrome has been translated into sixteen languages. She has now undertaken an intense study into the value of plant foods versus animal foods. Vegetarianism Explained: Making an Informed Decision is the result of this study. Dr Campbell-McBride gives a full scientific description of how animal and plant foods are digested and used by the human body. This information will give the reader a good understanding on how to feed their body to achieve optimal health and vitality. This book is an essential read for those who are considering a plant-based lifestyle and those who are already following a vegetarian or a vegan diet. The subject of fasting is covered and will give the reader a good understanding on how to use this method for healing and health. This book will also answer questions on where our food comes from and how it is produced, how to eat in harmony with your body's needs and how we should introduce small children to the world of food. Dr Natasha Campbell-McBride is known for her ability to explain complex scientific concepts in a language easily understood by all. Vegetarianism Explained will be enjoyed by all ages of adults - from young teenagers to mature professionals. For those who are scientifically minded the book is fully referenced.



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