

The book was found

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 almost, 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.

Book Information

File Size: 158 KB

Print Length: 96 pages

Publisher: Millwood Media (March 18, 2012)

Publication Date: March 18, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B007M5H766

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #99,031 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #76 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Natural Foods #154 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine

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.

[Download to continue reading...](#)

Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge â“ Whole Foods Diet â“ Whole Foods Cookbook â“ Whole Foods Recipes (Whole Foods - Clean Eating) Plant Based Diet: The 101 Best

Whole Foods To Prevent Disease And Live Longer The Whole Foods Plant Based Diet: A Beginnerâ™s Guide to a Whole Foods Plant Based Diet Plant Based Diet: A Beginners' Guide to Choosing and Adopting a Whole Foods, Plant Based Diet Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â“ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â“ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost Metabolism and Prevent Diseases Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) The Fruit Diet: Get Healthy, Lose Weight, With a Fruitarian Meal Plan (Vegan Diet, Plant Based Whole Foods, High Carbohydrate, Low Fat,) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Cure Gum Disease Naturally: Heal and Prevent Periodontal Disease and Gingivitis with Whole Foods

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help