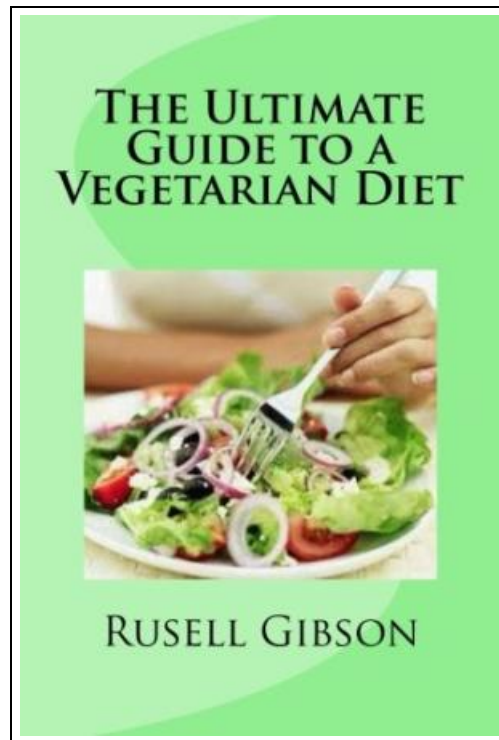


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book contains proven steps and strategies on how to follow the vegetarian diet for life. The decision to go vegetarian can stem from different motivations, it may be environmental, ethical, religious or health related. When starting, most people can be a bit confused and slightly overwhelmed by all the different information out there. If you want to make the plant-based diet switch, but still uncertain about how to start, then worry no more, because this complete yet concise book will show you how to follow the diet without any distress. Recent scientific research shows that 70 of degenerative ailments are linked with meat based foods that we eat every day. To prevent these awful diseases, health experts recommend healthy diets such as vegetarian diet. A vegetarian diet will help you lose weight and look great, lower the risk of heart attack, cancer, stroke and type 2 diabetes. The book gives you easy to cook, mouthwatering breakfast, appetizer, side dish, main dish and vegetarian dessert recipes.



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