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The Healthy Vegetarian: Healing Yourself, Healing Our Planet

By Gary Null

Essential Publishing, Inc., United States, 2015. Paperback. Book Condition: New. 229 x 178 mm. Language: English . Brand New Book. New York Times best-selling author, Gary Null, Ph.D., with more than 70 titles to his name and nearly 40 million books sold to date offers this complete guide to becoming a successful and truly healthy vegetarian. In his characteristically engaging and matter-of-fact style, Dr. Null not only forwards a brilliant and thorough discussion on the importance of the vegetarian diet and how to be successful at it, but an in-depth understanding of the foundational spiritual practices of the lifestyle and their importance to both personal and planetary health. While studies now show that just shy of 10 of the U.S. population are vegetarians or have a vegetarian-inclined diet, there are a whole host that try and fail. Add to this, the percentage of self-proclaimed vegetarians that do not eat well, relying on a host of non-animal-based junk foods for nourishment, and we have a tragedy on our hands, states Dr. Null. This is especially troublesome when we have an abundance of professional support for these folks along with scientific proof that the plant-based diet not only significantly reduces but eradicates...



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