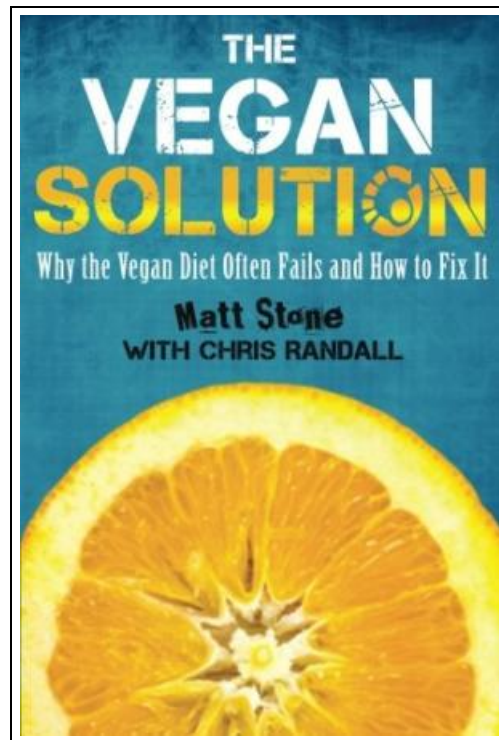


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 8.8in. x 6.0in. x 0.5in. If you had told me 2 years ago that such a small change in my diet would yield such a big difference in my health, I would have laughed right in your face! Chris Randall; Vegan In The Vegan Solution: Why the Vegan Diet Often Fails and How to Fix It, prolific author Matt Stone shares his pioneering research on the role of metabolic rate in health as applied to a vegan diet. In the book you'll learn about The Frigid Fourteen - fourteen metabolism-lowering mistakes that are frequently being committed in the vegan world. These simple, misguided mistakes are commonplace and extremely detrimental to the metabolic rate and all of the body's systems affected by it. Yet they are all simple to fix, returning the body back to proper function, oftentimes while remaining completely vegan. Popular Youtube vlogger Chris Randall, who lost 150 pounds and rid himself of many chronic health issues and has had a sensational return to health with a vegan diet, also chimes in with his personal experience and advice after applying many of Stone's methods. Randall has spent many months as a personal client of Stone's, and has seen his body temperature return to normal, his strength and sex drive is soaring like never before, and he is getting progressively leaner and healthier eating in excess of 4,000 calories daily - far more than he was eating prior. In the book you'll find out how you, vegan or not, can apply the same methods and achieve similar results - all with changes so minor it will seem far-fetched that it could actually yield such dramatic changes. The common negatives you hear about...



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