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THE TRANSITION DIET: HOW TO TRANSITION TO A VEGETARIAN OR SEMI-VEGETARIAN DIET

Peach Blossom Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.VEGETARIANS AND SEMI-VEGETARIANS LIVE LONGER AND HEALTHIER LIVES The healthiest and longest living people on earth eat plenty of vegetables, fruit and natural dairy products and very little meat according to author Dan Buettner who partnered with National Geographic and the National Institute on Aging to study the longest living people on earth. The mountain inhabitants...

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- Authored by David Yager
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