



The Power of Plants: Why You Should Eat More (Paperback)

By Michael K

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you feeling the negative health effects of eating too much meat? Is it making you unhealthy and sluggish, all while giving you a feeling of guilt? It doesn't have to be that way! Would you rather have something more nutritious for breakfast, instead of fried eggs and bacon? Do your lunchtime consist of the usual ham, cheese, and bread? That seems kind of boring, and not very nutritious. People all over the planet are changing their diets, and learning how to harness the power of plants. What can eating a plant-based food do for you? Not only will you feel good for saving the lives of countless animals, who would have otherwise been slaughtered, and placed on your dinner table -- but you will also learn just what it means to feel healthier, fuller, and fitter! This book contains all of the following topics: The top myths about vegan and vegetarian diets, and why they're wrong. The key health benefits associated with plant-based diets, including a lower chance of cancer, diabetes, and heart disease, plus healthy weight loss. How...



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-- **Romaine Rippin**

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-- **Lyda Davis II**

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