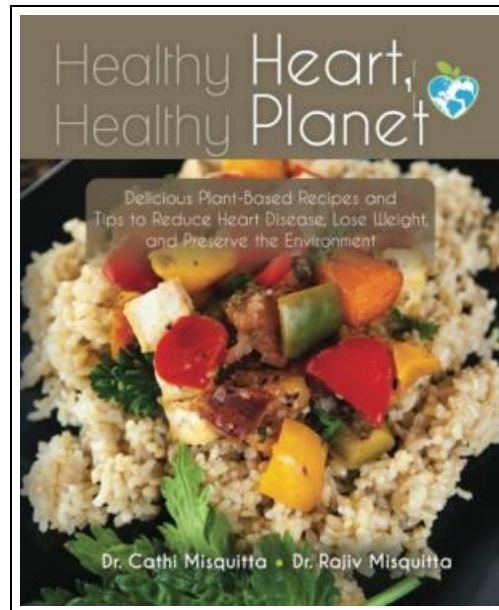


Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes and Tips to Reduce Heart Disease, Lose Weight, and Preserve the Environment



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Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.
(Felicia Nikolaus)

HEALTHY HEART, HEALTHY PLANET: DELICIOUS PLANT-BASED RECIPES AND TIPS TO REDUCE HEART DISEASE, LOSE WEIGHT, AND PRESERVE THE ENVIRONMENT

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 234 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.After a heart attack scare at the age of forty, physician Rajiv Misquitta and his pharmacist wife, Cathi, set out to find ways to change their lifestyle to ensure they lived long enough to see their children grow up. Learning that roughly six hundred thousand people in the United States die annually from heart disease, Rajiv researched the medical literature and discovered that a low-fat vegan diet can actually reverse heart disease as well as help people lose weight-not to mention have a positive impact on the ecosystem. Finding existing vegetarian and vegan cookbooks less than satisfying, Cathi developed her own vegan recipes. Compiled and presented here is a bountiful collection of more than one hundred heart-healthy, eco-friendly, everyday vegan recipes for breakfast, lunch, dinner-and even snacks. Inspired by cuisines from around the world, the recipes include plenty of protein-rich grains and legumes as well as seasonal variations for a balanced diet that s in tune with nature. In addition, the book provides advice on transitioning to a vegan lifestyle, and each chapter offers an eco-friendly kitchen tip. And with weekly sample menus and grocery lists, **Healthy Heart, Healthy Planet** delivers both inspiration and empowerment for anyone who desires to live a healthy life and ensure a healthy planet.



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