

FORKS OVER KNIVES THE PLANT BASED WAY TO HEALTH



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Forks Over Knives: The Plant-Based Way to Health [Gene Stone, T. Colin Campbell, Caldwell B. Esselstyn] on Amazon.com. *FREE* shipping on qualifying offers. The #1 New York Times bestseller answers: What if one simple change could save you from heart disease

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Forks Over Knives Official Website

Master the art of plant-based cooking. The Forks Over Knives online cooking course helps you learn new techniques, flavors, and styles for cooking delicious plant-based, oil-free meals at home.

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Forks Over Knives The Documentary Film

Host a Screening. The film that's changing the way America eats is available for community screenings.

Whether you're a health practitioner, coach, chef, author, lecturer, teacher, or just have an interest in food and health, Forks Over Knives is a powerful way to share science-backed information that can save lives.

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Forks Over Knives Wikipedia

Forks Over Knives is a 2011 American advocacy film and documentary that advocates a low-fat, whole-food, plant-based diet as a way to avoid or reverse several chronic diseases. The film stresses that processed foods and all oils should be avoided. This is sometimes confused with a vegan diet, which in practice can be very different. The whole-food, plant-based diet promotes eating whole

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Forks Over Knives vegan diet Food list what to eat

The Forks Over Knives video and series of books recommend a low-fat, whole-food, plant-based diet for health. Avoid all meat (including fish), dairy, eggs; also oils/fats and processed foods.

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