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Plant-Based Diet For Dummies

By Marni Wasserman, Consumer Dummies

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Plant-Based Diet For Dummies, Marni Wasserman, Consumer Dummies, Get healthy, lose weight, and feel great on a plant-based diet The benefits of a plant-based diet have been publicized far and wide, and you can no longer deny it-you're fully ready to experience the health benefits of this lifestyle. Plant-Based Diet For Dummies has been created to help even the most stubborn carnivores adapt to and even learn to find joy in a plant-based diet. Besides providing useful tips, delicious recipes, and meal ideas, this lively resource discusses all you have to gain from adopting healthier eating habits, including a decreased risk for cancer, a lower risk of heart disease and stroke, a lower cholesterol count and blood pressure, and a lower risk, and prevention, of diabetes. A meat-free lifestyle has many benefits for your body, and author Marni Wasserman takes you on a journey of discovery into the exciting world of fruits, vegetables, and other nutrient-rich foods. A plant-based diet, while similar to vegetarian and vegan diets, is different in that it allows an individual to experience the benefits of vegetarianism without focusing on the politics of a meat-free...



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