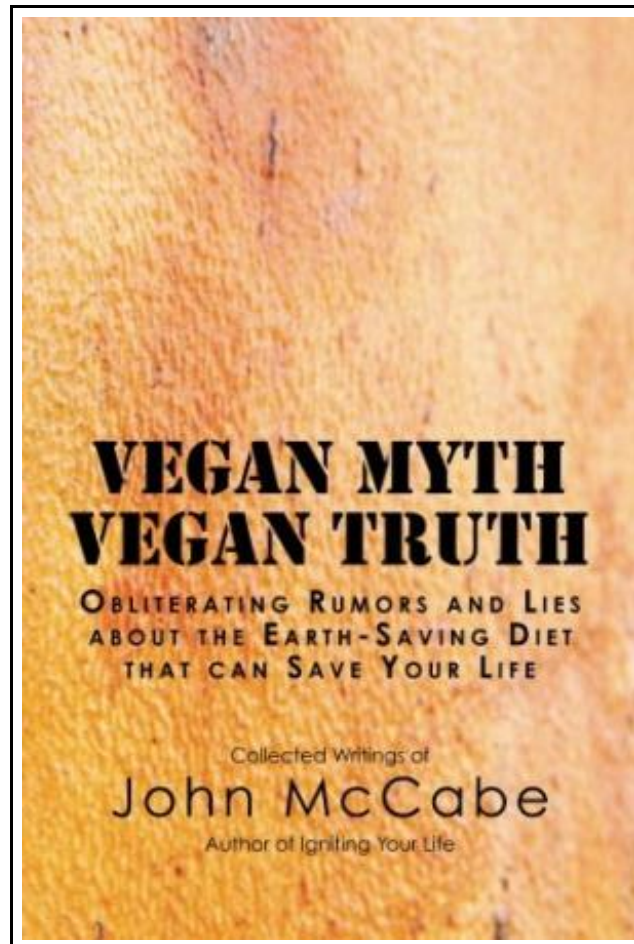


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VEGAN MYTH VEGAN TRUTH: OBLITERATING RUMORS AND LIES ABOUT THE EARTH-SAVING DIET

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Carmania Books, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In **Vegan Myth Vegan Truth** author McCabe tackles the myths, rumors, and lies surrounding the vegan diet. While hundreds of thousands of Americans undergo surgeries relating to cardiovascular disease, organ diseases, and cancer largely because they have eaten a diet heavy in meat, dairy, and eggs, some people consider the vegan diet to be extreme. What should be considered extreme is a populace consuming mass quantities of foods known to cause disease. Those foods include meat, dairy, and eggs, and those containing processed sugars and salts, synthetic chemicals, and damaging fats. What should not be considered extreme is a low fat vegan diet rich in raw fruits and vegetables, along with some nuts and seeds. It is a diet that infuses health. It greatly reduces the chances of experiencing what have become common degenerative and chronic diseases, including cardiovascular disease, cancer, diabetes, obesity, MS, Alzheimer s, Chron s, arthritis, osteoporosis, macular degeneration, and kidney disease. What have become the common foods in America are becoming common in other countries. Because of this, rates of chronic and degenerative diseases are increasing globally. Incidence of heart attacks, strokes, diabetic coma, and conditions such as arthritis and erectile dysfunction largely can be traced to low quality dietary choices, and chiefly to diets rich in animal protein, unhealthful fats, clarified sugars, processed foods, and synthetic chemicals. Studies conducted by leading institutions around the planet are concluding that a diet free of animal protein and processed foods, but rich in fresh fruits and vegetables is a way of greatly improving health while reducing the risk of common diseases. From an environmental standpoint, a plant based diet is more sustainable. It reduces the...



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