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Healthy Eating - Introduction to Vegetables

By John Davidson, Dueep J Singh

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Introduction Someone once asked me whether I was a vegetarian, and when I said that I had tried vegetarianism for about five years, she asked me whether I found some improvement in my health. And even my mental and spiritual behavior and outlook? As she is a strict vegetarian, and is rather fanatical about promoting vegetarianism in her circle. She was a bit disappointed when I said, well, I can take it or leave it, and I did not find any great change in health, when I was a vegetarian, and then one fine day I decided to go back to my state of omnivorous grazing, which included everything from vegetables, roots, bark, leaves to...



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