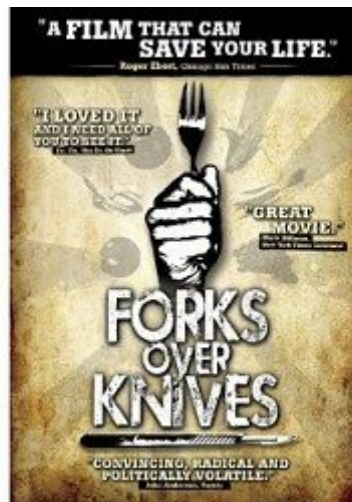


Forks Over Knives - A Film That Could Save Your Life PDF



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Forks Over Knives - A Film That Could Save Your Life by Lee Fulkerson ISBN B00LGD09GA

Forks Over Knives examines the profound claim that most, if not all, of the so-called "diseases of affluence" that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn. Dr. Campbell, a nutritional scientist at Cornell University, was concerned in the late 1960's with producing "high quality" animal protein to bring to the poor and malnourished areas of the third world. While in the Philippines, he made a life-changing discovery: the country's wealthier children, who were consuming relatively high amounts of animal-based foods, were much more likely to get liver cancer. Dr. Esselstyn, a top surgeon and head of the Breast Cancer Task Force at the world-renowned Cleveland Clinic, found that many of the diseases he routinely treated were virtually unknown in parts of the world where animal-based foods were rarely consumed.

Forks Over Knives - A Film That Could Save Your Life Review

This Forks Over Knives - A Film That Could Save Your Life book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Forks Over Knives - A Film That Could Save Your Life without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Forks Over Knives - A Film That Could Save Your Life can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Forks Over Knives - A Film That Could Save Your Life having great arrangement in word and layout, so you will not really feel uninterested in reading.