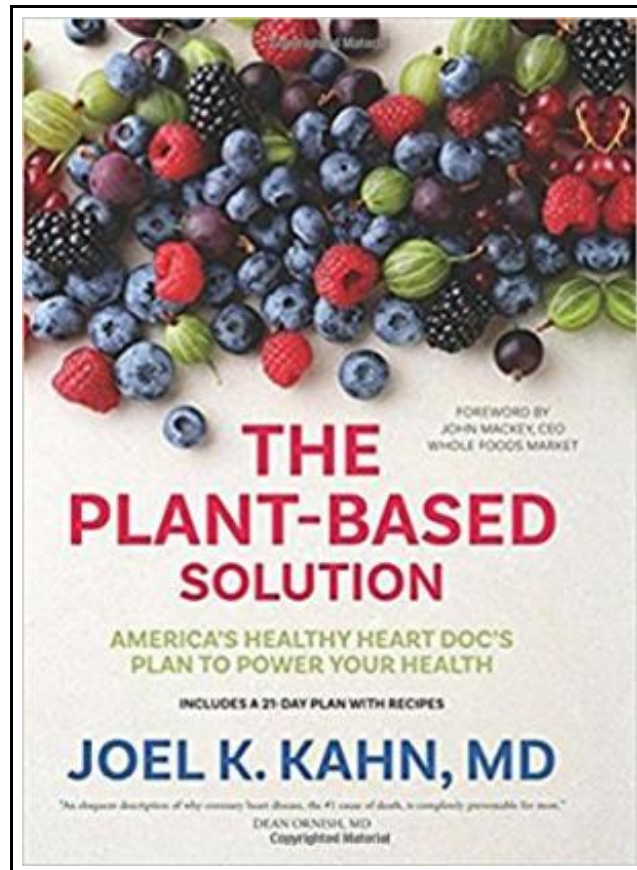


The Plant-Based Solution: A Vegan Cardiologist's Plan to Save Your Life and the Planet (Hardback)



Filesize: 5.67 MB

Reviews

*A top quality publication along with the font utilized was exciting to learn. It can be full of wisdom and knowledge Your way of life span will be transform when you comprehensive reading this book.
(Sherwood Kshlerin IV)*

THE PLANT-BASED SOLUTION: A VEGAN CARDIOLOGIST S PLAN TO SAVE YOUR LIFE AND THE PLANET (HARDBACK)



SOUNDS TRUE INC, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. A passionate, compelling, and scientific argument for plant-based nutrition Are you ready to feel better, look better, and heal the planet at the same time? Then it s time to revolutionize your health from the inside out. With The Plant-Based Solution, leading cardiologist Dr. Joel Kahn shows how everyone can cultivate optimal well-being with a whole-foods, plant-based diet. Known as America s Healthy Heart Doc, Dr. Kahn has already helped thousands of people prevent and reverse heart disease. But what about other chronic conditions, such as adult diabetes, obesity, gut health, osteoporosis, autoimmune disease, and even low sex drive? It turns out that all these conditions and more can be improved with a plant-based diet--and Dr. Kahn has the evidence to prove it. Drawing from decades of experience, Dr. Kahn brings together a wealth of scientific research and in-depth case studies to clearly demonstrate how you can take charge of your own health. Highlights include: Learn how you can lose weight, get off medication, reduce your risk of cancer, and reverse diabetes with a plant-based dietMyth-busting--why most people get it wrong when it comes to calcium, protein, carbs, and moreThe surprising links between a vegan diet and your sex drive, gut health, and brain chemistryWhy plants might hold the key to better agingUnderstand exactly what s happening inside your body, so you can decide for yourself what to eat and whyInspiration from the real-life stories of people who have healed chronic illnessesSimple tips to start your transition into veganism--including eating out, stocking your pantry, and visiting othersA thoughtful exploration of how your health and the health of the planet are intertwinedNourishment for the soul--cultivating empathy and compassion through vegan livingIncludes a 21-day meal plan with...



[Read The Plant-Based Solution: A Vegan Cardiologist s Plan to Save Your Life and the Planet \(Hardback\) Online](#)



[Download PDF The Plant-Based Solution: A Vegan Cardiologist s Plan to Save Your Life and the Planet \(Hardback\)](#)

Relevant Books



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

[Save PDF »](#)



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Save PDF »](#)



How to Start a Conversation and Make Friends

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, How to Start a Conversation and Make Friends, Don Gabor, For over twenty-five years, small-talk expert Don Gabor has helped thousands of people communicate with wit,...

[Save PDF »](#)



Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to...

[Save PDF »](#)



Supernatural Deliverance: Freedom For Your Soul Mind And Emotions

Whitaker House. PAPERBACK. Book Condition: New. 1629115983 Feed My Sheep Books: A Family Ministry, Competing For YHWH Online Since 2001. Support the Assembly Before Buying Big Box-store Books. We Shrink Wrap & Carefully Package Your...

[Save PDF »](#)