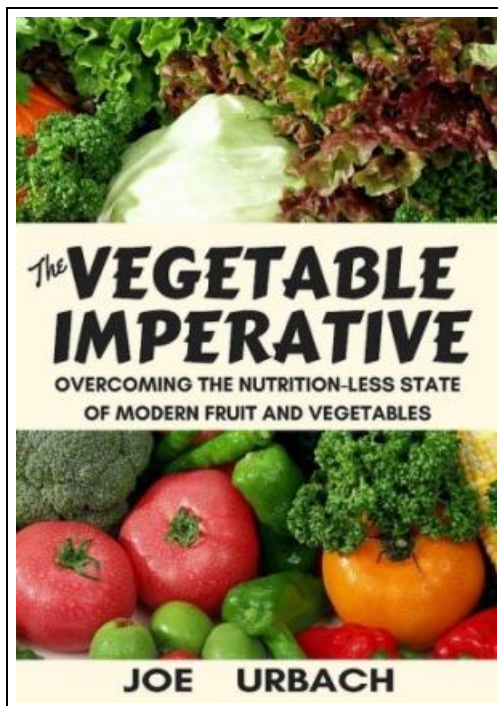


## The Vegetable Imperative: Overcoming the Nutrition-Less State of Modern Fruit and Vegetables (Paperback)



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*A must buy book if you need to adding benefit. It is actually writter in basic phrases and never difficult to understand. I found out this book from my dad and i advised this publication to find out.*  
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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the nearly 300 informative pages of this work, author and Newspaper columnist, Joe Urbach, reveals what the government and media do not want you to know: Modern fruits and vegetables are not as nutritious as they once were! In chapter after informative chapter Joe will breakdown the causes of the problem, help us to understand the breath and scope of the problem, and then offer suggestions on how we can overcome the problem! You will see how to make a difference in your own life and the lives of others: -We can buy organic produce -We can shop at farmer s markets -We can take advantage of food synergy -We can avoid GMO and processed foods -We can insist on sustainable agriculture -We can employ composting and vermiculture at home, and insist on it in our communities (such as at schools, churches, etc.) -We can grow our own phytonutrient rich varieties of fruits and vegetables in well maintained, compost-rich, super healthy soil -We can learn better ways to cook our foods -We can learn to break through the misleading labels we find on food packages Industrial agriculture promised, for years now, that they will save us, but why should we believe that industrial farming could be our savior when the mess we need saving from is a result of their actions and the collusion of the Federal Government? Since the dawn of the industrial age we have been fed lies about how industrial farming will end hunger, but hunger has only increased. We have been promised better living through chemistry for over half a century, but all we have gotten is widespread death and disease from chemicals, the eradication...



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