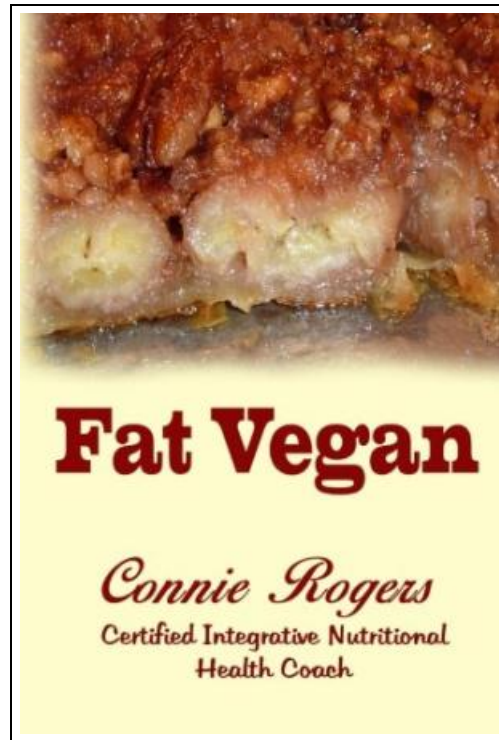


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FAT VEGAN (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is a handbook for your health. This book will help you define what a Healthy Vegan is and what it is not. Meat eating athletes may find red meat, processed meat and dairy have more to do with ill health, than gaining muscle or satisfying cravings. In the U.S. alone we can honestly say a Fat Vegan can suffer from eating a poor diet including an abundance of sugars with less consumption of green leafy vegetables at each meal. What is needed is to invert this equation. Why is this important? Because obvious symptoms of poor gut bacteria is poor immunity and this can manifest as a FAT VEGAN. Offering interesting insights. 1- Find out what does boost metabolism in a healthy direction. 2-Find how the body can get the necessary proteins it requires from fruits and vegetables. 3- Find out why it s necessary to take a serious look at those toxins you put in your mouth. Why is this important? Toxins make a FAT VEGAN. The more fat cells you have, the more the body has a harder time eliminating waste. Fat cells not only store toxins but increases inflammation within the body. You may find Veganism is not for everyone. However, choosing to eat clean is. This book includes 13 small chapters offering simple steps with healthy solutions.



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