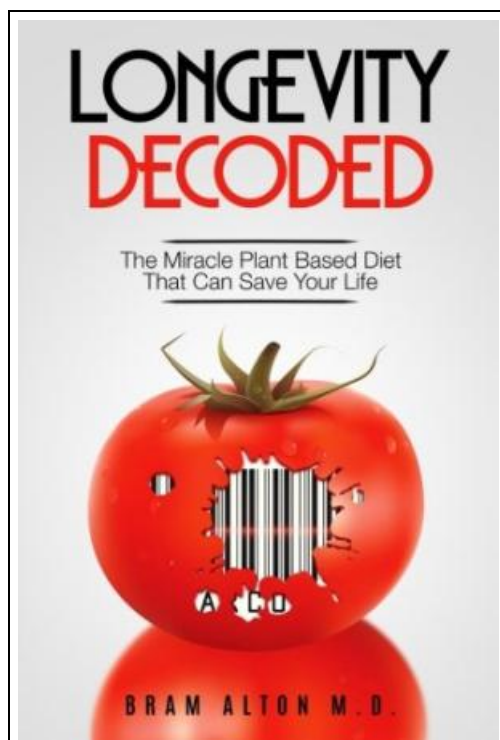


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Reviews

This publication will never be effortless to begin on studying but extremely entertaining to learn. It is probably the most incredible publication i have go through. I realized this ebook from my i and dad suggested this publication to learn.
(Austin O'Connell)

LONGEVITY DECODED: THE MIRACLE PLANT BASED DIET THAT CAN SAVE YOUR LIFE (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In the past and in many developing countries today, a disease is attributed to malnutrition. Lack of adequate food leads to a vitamin deficiency, prohibiting the body from functioning properly and being able to fight off illness, and ultimately, starvation. Modern society, though, has a bit of a paradox: simultaneous overnutrition and malnutrition. Many of the diseases that plague modern society, though, such as cancer, heart disease, obesity, and type 2 diabetes, are actually associated with an overabundance of food. The problem isn't that food is not available but that so many of the foods that are typically consumed in a modern Western diet are high in calories and very low in essential vitamins and minerals. As a result, as a society, we are overfed but still suffering from malnutrition. We get too much protein, calories, sodium, sugar, carbs, and bad fats but few of the essential nutrients that our bodies need to function properly. Many people insist that they need to eat a lot of carbs, especially sugar, to raise low blood sugar or provide quick energy. However, they are only masking the myriad of problems caused by poor diets. Our bodies don't need any sugar other than what is found naturally in fruit. We don't need more than 50 grams of protein a day. And we don't need any hydrogenated oils or any of the chemicals that are found in processed foods. The easiest way to reverse this trend of disease and malnutrition and gain back your own health is to adopt a plant-based diet. A plant-based diet is about eliminating sugar and all processed foods in favor of health-enhancing fruits and vegetables. Dairy, meat, and...



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