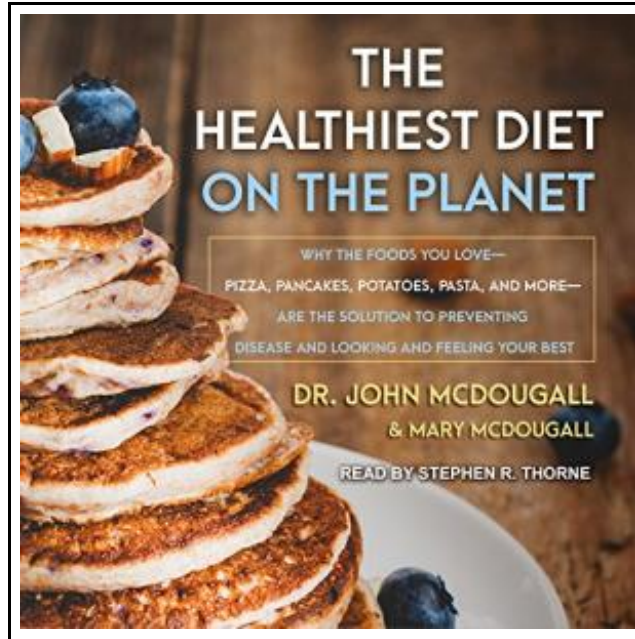


The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best



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Reviews

This publication is really gripping and fascinating. It is among the most amazing ebook i have study. I am just quickly could possibly get a satisfaction of looking at a written ebook.
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Tantor Media, Inc, United States, 2017. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. High in calories and cholesterol, animal fats and proteins too often leave you hungry and lead to overeating and weight gain. They are often the root causes of a host of avoidable health problems-from indigestion, ulcers, and constipation to obesity, diabetes, heart disease, and cancer. On the other hand, complex carbohydrates like whole grains, legumes, tubers, and other starches provide your body with essential proteins and nutrients that satisfy the appetite while simultaneously fighting illness. But Americans eat far too few calories from carbohydrates-only about forty percent, according to Dr. John McDougall, internationally renowned expert on nutrition and health, featured on the documentary *Forks Over Knives*. In this book, McDougall takes on the propaganda machines pushing dangerous, high-fat fad diets and cuts through the smoke and mirrors of the diet industry. He offers a clear, proven guide to what we should and shouldn't eat to prevent disease, slow the aging process, improve our physical fitness, be kind to the environment, and be our most attractive selves. Featuring mouth-watering, easy-to-follow recipes, *The Healthiest Diet on the Planet* will help you look great, feel better, and forever change the way you think about health and nutrition.

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