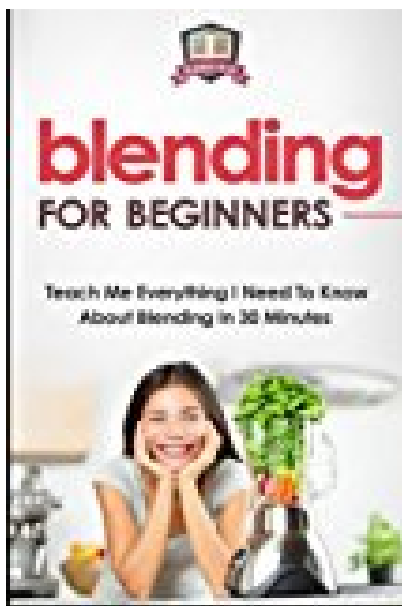


Blending For Beginners Teach Me Everything I Need To Know About Blending In 30 Minutes Healing - Juicing - Blenders - Smoothies



BOOK DETAILS

- Author : 30 Minute Reads
- Pages : 26 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

According to increasing evidence, plant-based diets are better for the health of both people and the planet, leading to a dietary revolution. But with all the conflicting nutritional theories out there, how do you decide which foods are truly best for you? With contributions from leading medical professionals like Dr. Michael Klaper, Dr. Michael Greger, and Dr. Joel Kahn, *Healing the Vegan Way* demonstrates a Clear and Simple path through the latest medical research on different approaches. With practical tips for plant-based living, 200 simple whole-food recipes, health-supportive cleanses, menu plans, and more, *Healing the Vegan Way* helps you maximize benefits for both body and mind.

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