



## Forks Over Knives: The Plant-Based Way to Health (Hardback)

By -

Turtleback Books, United States, 2011. Hardback. Book Condition: New. Turtleback School Library ed.. 211 x 157 mm. Language: English . Brand New Book. What if one simple change could save you from heart disease, diabetes, and cancer? For decades, that question has fascinated a small circle of impassioned doctors and researchers and now, their life-changing research is making headlines in the hit documentary Forks Over Knives. Their answer? Eat a whole-foods, plant-based diet it could save your life. It may overturn most of the diet advice you've heard but the experts behind Forks Over Knives aren't afraid to make waves. In his book Prevent and Reverse Heart Disease, Dr. Caldwell Esselstyn explained that eating meat, dairy, and oils injures the lining of our blood vessels, causing heart disease, heart attack, or stroke. In The China Study, Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet. Now, as Forks Over Knives...

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