

Download Forks Over Knives Plant Based Health

Forks Over Knives empowers people to live healthier lives by changing the way the world understands nutrition. We provide the tools and resources to make a plant-based lifestyle easy and enjoyable.

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125+ original plant-based recipes. 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.

A new health documentary - and social project - which aims to share the benefits of a plant-based diet is currently in production. The production team for Healing America includes the producer of Forks Over Knives, and director of PlantPure Nation.

The Forks Over Knives video and series of books recommend a low-fat, whole-food, plant-based diet for health. Avoid all meat (including fish), dairy, eggs; also oils/fats and processed foods.

LibraryThing Review User Review - Kristelh - LibraryThing. This book tells you why a "plant based diet" is the way to go. It also has some recipes and helps to help with the transition.

Other Files :

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