



How to Be a Healthy Vegetarian: Complete Nutrition Guide & Recipe Book

Nancy Addison

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How to Be a Healthy Vegetarian (second edition) includes links to **FREE RESOURCES and SPECIAL GIFTS** for readers only! Nancy Addison's book How to Be a Healthy Vegetarian is the definitive guide that you cannot be without. The content is easy to understand and a great resource for anyone looking to live a healthier lifestyle and learn more about vegetarianism, veganism, raw foods, living foods, healthy lifestyle, wellness, organic foods, disease prevention, diets, preventative care, and much more. **Why You Need a Plant-Based Diet** Studies show that a plant-based diet is the healing diet, and whether you are a vegetarian, vegan, paleo eater, raw foodist, or someone who just wants to be healthier, when you add more plant based foods (fruits and vegetables) to your diet, your health will benefit. Many have called this book the quintessential encyclopedia of health because it is filled with well-researched nutritional information that benefits everyone. Packed full with over 110 simple gourmet recipes, amazing shopping information, nontoxic homemade cleaning and body care information, fantastic natural remedies for healthy hair, foods to help alleviate stress and increase your libido, and awesome resources, we recommend that you get this book today. **The Celebrity Chef** You will find out why Celebrity Chef and Nutrition Expert Nancy Addison has been sought out by doctors from all over the world as well as celebrities like Larry Hagman, Linda Grey, Bob Fanucci, Sir Earl Toon, Bill Booth, Beth Morgan, Suzie Humphreys, Maryann De Leo, and many others. Scroll up and grab a copy today.

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