



Plant Based Diet for Beginners: Healthy, Pure & Delicious, The Natural Way to Look and Feel Your Best

Susan Ellerbeck

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Lets face it, our health as a nation is in a sorry state of affairs.

Obesity, heart attack, and cancer rates are at all time highs, and this is directly related to the Standard American Diet.

We need a better way of eating. We need change.

If you are trying to get healthy, lose weight and feel great, one of the best things you can do is adopt a **Plant Based Diet**.

A Plant Based Diet can help you:

Lose Weight

Decrease your blood pressure

Decrease risk of death from any cause

including heart disease

Lower cholesterol

Reduce cancer risk

Improve insulin sensitivity

Cut stroke risk

With so many health benefits it is no surprise that former President Bill Clinton adopted a plant based diet to help with his heart condition.

But how does it all work and how do you begin? **Plant Based Diet for Beginners** shows you how easy it is to adjust your lifestyle and reap all the benefits a plant based diet has to offer.

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