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Healthy Eating with Forks Over Knives: Guide to Healthy Eating with the Natural Foods

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Healthy Eating with Forks Over Knives: Guide to Healthy Eating with the Natural Foods Based Way In “Forks Over Knives: Guide to Healthy Eating with The Plant Based Way” you’ll learn how the nutritional propaganda machine has pulled the wool over our eyes and actually place us on a path toward poorer health rather than better health. You’ll learn what the real problems are and how to deal with them correctly in order to restore your body’s health and decrease your risk for cardiovascular problems, obesity and diabetes, among other common ailments. This book also offers eye-opening research on the optimum ratio of carbohydrates, fats, and proteins, and the relative importance of various food groups and supplements. Find out how to choose wisely between different types of fats, which fruits and vegetables provide the best health insurance, and the proportions of each to integrate into their daily diet. (Forks Over Knives, healthy eating, healthy living, healthy habits, eat to live, clean eating, eat pray love, eat beautiful, eating well, healthy recipes, eat this not that)

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Joann Hamilton:

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Martina Barton:

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