



The Vegetarian Solution: Your Answer to Heart Disease, Cancer, Global Warming, and More

Stewart Rose

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Get the most up-to-date information on how a vegetarian diet can improve your health and the world you live in! Learn how to achieve optimal nutrition through your diet that will prevent most chronic diseases, reduce global warming, yield more food for the world and require fewer natural resources to do so. Written in a light-hearted and supportive manner, you'll discover learning about the importance of your food choices can be fun and rewarding.

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