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A New Look at Vegetarianism: Its Positive Effects on Health and Disease Control (Paperback)

By Sukhraj S Dhillon

Createspace, United States, 2013. Paperback. Book Condition: New. Revised. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. A New Look at Vegetarianism contains various aspects of plant-based, or meatless, diets. It provides not only economic, cultural, biological and evolutionary aspect of vegetarian diets but also modern perspectives on health promotion and disease prevention. Plant foods with small or minimal amounts of animal foods may be the remedy for obesity and diseases related to modern life-style. However, vegetarians in general and vegans in particular should be concerned about balanced nutrition such as complete protein, vitamins B12 and D. Their children may require special attention and this book can help you raise a healthy vegetarian family. In addition to nutritional aspect, there is information on phytochemicals and herbal sources that can be used against cancer, heart problems, and even to live-longer. This book will leave you with the impression that vegetarian diets are safe, palatable, healthy, and nutritionally sound. Always Remember: In a vegetarian world no one needs to worry about Kosher, Halal, Bird Flu, Mad Cow Disease and pollution from the waste of billions day to day killings. What you eat in private; you...



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