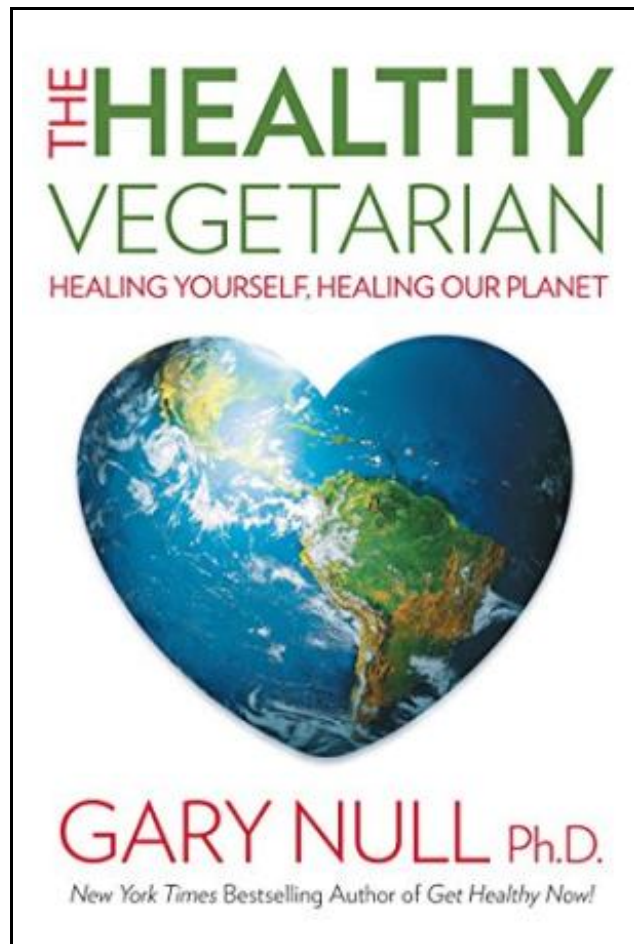


## The Healthy Vegetarian: Healing Yourself, Healing Our Planet



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## THE HEALTHY VEGETARIAN: HEALING YOURSELF, HEALING OUR PLANET

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Essential Publishing, Inc., United States, 2015. Paperback. Book Condition: New. 229 x 178 mm. Language: English . Brand New Book. New York Times best-selling author, Gary Null, Ph.D., with more than 70 titles to his name and nearly 40 million books sold to date offers this complete guide to becoming a successful and truly healthy vegetarian. In his characteristically engaging and matter-of-fact style, Dr. Null not only forwards a brilliant and thorough discussion on the importance of the vegetarian diet and how to be successful at it, but an in-depth understanding of the foundational spiritual practices of the lifestyle and their importance to both personal and planetary health. While studies now show that just shy of 10 of the U.S. population are vegetarians or have a vegetarian-inclined diet, there are a whole host that try and fail. Add to this, the percentage of self-proclaimed vegetarians that do not eat well, relying on a host of non-animal-based junk foods for nourishment, and we have a tragedy on our hands, states Dr. Null. This is especially troublesome when we have an abundance of professional support for these folks along with scientific proof that the plant-based diet not only significantly reduces but eradicates most every known lifestyle disease, he exclaims. In fact, there is a broad movement toward healthier eating in America, and the statistics bear out reason; the leading killers of Americans continue to be non-infectious lifestyle-related diseases like heart disease, cancer, diabetes, and lung diseases. About 600,000 people die of heart disease in the United States every year that s 1 in every 4 deaths. Currently, cancer is running almost equal to heart disease and climbing, and we are still contending with historically unprecedented levels of obesity and diabetes. Why, then, Dr. Null queries, aren t more people choosing the vegetarian...



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