

RETHINK FOOD

100+ DOCTORS CAN'T BE WRONG



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Rethink Food: 100+ Doctors Can't Be Wrong



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Featuring more than 100 doctors, 8 renowned nutritionists, and 8 elite athletes from around the world, Rethink Meals empowers you with a tastefully basic solution for a wholesome, stronger, and smarter you! The misinformation concerning our health is one of today's greatest injustices. We have been led to think that meats and dairy are the foundation of great health. That is a myth and the technology can't be overlooked. From the Ivy Leagues of Harvard, Princeton, Yale, and Cornell to the united kingdom, India, Germany, Italy, Brazil, Mexico, and New Zealand, Rethink Food's specialists explain how we can reverse cardiovascular disease and diabetes, eliminate food allergens and autoimmune diseases, live pain- clear of arthritis, prevent Alzheimer's, actually bring tumor into remission and much more by completely eliminating all animal products from our plates. The simple truth is our health is not totally dictated by our genes. Rethink Food's doctors conclusively verify that we have the energy to reverse and stop today's leading health problems merely by choosing a complete food plant-based diet plan! In the history of disease we've nothing you've seen prior faced such rampant degrees of illnesses. We were motivated to write Rethink Food after watching family and friends struggle with today's most common illnesses for years and then totally rid themselves of the debilitating symptoms and re-gain their health and vitality within weeks by fully adopting a whole foods plant-based diet. We are turning to prescriptions for answers, but they do not address the primary cause of illnesses. Join us! Our meat and dairy diets are the primary reason behind our alarming rise in chronic health problems and disease. As these doctors attest, there is a powerful connection between disease and wellness that is strongly connected with our dietary choices. Changing what we eat has the power to modification our lives. It all starts with the courage to rethink meals. Plus mainly because Rethink Food's best professional athletes show, achieving peak performance and earning gold depends upon being powered by vegetation.



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Fabulous, Wonderful, ABOUT TIME!!) One Star So that it took 5 times for the peeling to start but it was a whole lot! To read testimonials from physicians from various medical/healing disciplines on the power and healing of entire foods, plant based nutrition, is a sign that the paradigm shift is now moving at accelerated speed. People are taking note. THEREFORE I began extracting my fruits & What I love most about it is that it's not one persons opinion, like the majority of books are. No more can the public be hypnotized by the false advertising, lies and deceptions spewed from the beef and dairy industries. The book is saving my entire life. The need for healthy eating isn't only for us humans, but also for the sake and sustainability of future generations and our much loved planet Earth.. These doctors have spoke out. My husband and I became vegan and are stronger with an increase of energy &The book has a chapter with a whole lot of top notch athletes, including John Salley who played basketball with Michael Jordan for several years (I like basketball) who are oriented towards high performance foods that doctors recommend. Wouldn't it be wonderful if someday we're able to transform our country from a Fat Area into a Blue Zone? Truly... I really believe this book is saving my life! Together, we are becoming a member of hands and hearts to place Elsie to pasture. It's the GAME CHANGER. It really is a Have to HAVE, kind of book. I started running marathons about three years ago. Since my blood circulation pressure is now high, my doctor recommended against marathons This book is broken down into a large amount of chapters , each addressing numerous health issues compiled by different doctors. To my amazement, not merely is my discomfort down about 50% in about a month or therefore, of earning smoothies with my Nutri-bullet (but I'm getting a Ninja again next time, like the small one I used to use), but my stomach hardly ever bothers me! This book lets you know everything you need to learn about . The sports chapter is assisting me with indurance and high energy foods. Take a read, move it on, remove your pantry and frig, and sign up for us in a movement toward health and wellness. The doctors in this book and specifically the sports chapter have world class athletes that discuss foods that are loaded with nutrients and energy. Each one of these athletes and doctors state they are attributing their high performance to phytonutrients... a term I discovered in Rethink Meals. BRAVA - THIS Reserve IS AN EXCELLENT READ and WELL WORTH THE SMALL COST! This book may save my life-LITERALLY!! And my father has Alzheimer's, therefore I'm sending this reserve to them ASAP! I have finally realized that I have to take my health into my own hands. I have a few types of arthritis, fibromyalgia, chronic fatigue syndrome, an unspecified auto-auto-immune disease &! But even before I acquired this reserve, I had began juicing.? get off of over 20 kinds of medicines. Testimonials of curing from chronic disease and illness are all on the internet. veggies, along with nuts & seeds for protein, and rarely eating meat because I don't like cooking any more, to be flawlessly honest. Plus, I halted acquiring the steroid for my abdomen around the same time, as an experiment. There are sports doctors in the reserve that talk about proteins, calcium and energy foods .! I knew some of this I already thanks to Dr MacDougal and Dr Greger but this places it in one place for different problems. BEST GUIDE TO HEALTHY LIVING EVER! READ FOR A HEALTHIER BETTER LIFE !We agree! I would and also have recommended this book to all my children and friends because I'd like them to live a healthier disease free Existence !It's SHOCKING to REALIZE THAT CHANGING ONES Diet plan can lengthen a healthy life. Their essays, 100 plus, are astounding. You do not get this kind of good details from doctors!This book is LIFE CHANGING FOR THE BETTER! IT SHOULD BE IN EVERY SENIOR HIGH SCHOOL /COLLEGE HEALTH CLASS! Five Stars GREAT! HIGHER QUALITY OF Lifestyle WITH LESS SICKNESS. Live like you provide a d*mn Heart disease, tumor, diabetes and weight problems are increasing and killing People in america at an astounding rate. If you believe that everything you eat either feeds or fights these illnesses then get this book. You need to own this book! This book is amazing! 100+ Doctors explaining the uncompensated technology behind consuming a plant based diet. Rethink Food is an absolutely amazing book. I've quoted it so many times I can't believe it! Healthy cooking/nutrition sites on plant based foods abound.

100+ doctors can't be wrong. This book ADDRESSES AND ANSWERS DISEASES and how to PREVENT THEM in a easy to comprehend and read format. It is so many, perfectly respected and experienced people saying a similar thing. (As for the person who wrote the review that says 100 doctors who would like you to consume vegan, obviously doesn't just like the message...he needs to find a book letting you know that eating loads of meat and dairy will treatment him of all his that ails him - The Atkins Diet probably? I had currently decided that my nutrition was going to be my ONLY hope to actually get better & I cannot put this book down. a non-curable tummy disorder. Day 5 appeared as if an extremely needed a pedicure, 6-9 were peeling constantly. I could see myself carrying out this three times a yr. It wasn't just underneath of my soles it had been all the pores and skin from my ankles down. you'll find plenty of useful and inspiring information This is one book I couldn't put down. I was mesmerized by the information. Whether you're a longtime vegetarian or just beginning, you'll find lots of useful and inspiring information. For me, the cardio chapter has so many doctors that have taught how to bring my high blood pressure to normal without getting on medications, which I dread. All I ask is certainly that for those of us who are passionate concerning this movement, we must pass on the message to family members, friends, and over the net that the best way to wellness and wellness, the way to halt the progression of cancer tumor, cardiovascular disease, diabetes, obesity, advertisement infinitum, also to deter the progression of weather change is to stop animal protein and dairy.. This book lets you know everything you need to know in what is wrong with the meals industry and how to change your thinking and life. None of us can afford to delay our modification of diet plan. I was lucky to meet Amy lately and she was enthusiastic and humble. Thank you!!



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