



FOREWORD BY  
JOHN MACKEY, CEO  
WHOLE FOODS MARKET

# THE PLANT-BASED SOLUTION

AMERICA'S HEALTHY HEART DOC'S  
PLAN TO POWER YOUR HEALTH

INCLUDES A 21-DAY PLAN WITH RECIPES

## JOEL K. KAHN, MD

*"An eloquent description of why coronary heart disease, the #1 cause of death, is completely preventable for most."*

DEAN ORNISH, MD  
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Joel K. Kahn MD

## The Plant-Based Solution: America's Healthy Heart Doc's Plan to Power Your Health



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A separate, compelling, and scientific argument for plant-based nutrition Are you set to feel better, appearance better, and heal the planet simultaneously? Then it's Known as America's With The Plant-Based Answer, leading cardiologist Dr. Joel Kahn's occurring inside your body, so that you can decide for yourself what to eat and why Inspiration from the real-life tales of people who have healed chronic illnesses Simple tips to start your changeover into veganism's time and energy to revolutionize your wellbeing from the within out.s Healthy Center Doc, Dr. Kahn has recently helped a large number of people prevent and reverse cardiovascular disease. Drawing from decades of experience, Dr. Kahn writes that these conditions and more can be improved with a plant-based diet plan Kahn has the proof to prove it. But how about other chronic circumstances, such as for example adult diabetes, obesity, gut wellness, osteoporosis, autoimmune disease, and even low libido?including bonus dishes from Dr. Kahn Highlights include: Learn how it is possible to lose weight, get off medication, reduce your risk of cancer, and reverse diabetes with a plant-based diet Myth-busting why a lot of people get it incorrect when it comes to calcium, protein, carbs, and more The unexpected links between a vegan diet as well as your sex drive, gut health, and human brain chemistry Why plants might contain the key to better aging Understand exactly what Joel Kahn displays how everyone can cultivate optimum well-being with a whole-foods, plant-based diet plan. including eating out, stocking your pantry, and visiting others A thoughtful exploration of how your health and the health of the earth are intertwined Nourishment to get the soul cultivating empathy and compassion through vegan living Includes a 21-day meal plan with over 60 delicious, easy tested recipes Kahn includes an abundance of scientific analysis and in-depth case studies to clearly demonstrate ways to consider change of your health. Kahn's Every day we have in your hands the energy of choosing to honor our anatomies, to promote inner and external well-being, to heal our world, and to treat animals with kindness and respect," "s popular vegan cafe, the GreenSpace Café and Dr. Kahn's With The Plant-Based Solution, he has an interesting, compelling, and useful guide for improving your health through plant-based nutrition.



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Easy to read, and I am on board and have bought the books pointed out to help with recipes. Too bad they don't let you know this in the doctor's workplace. The topic and substance of the book are great. Facts not fiction. Great book with well thought out recipes and information that is based on truth not fiction. Anybody can benefit from these details whether you have a heart condition or simply need to get and stay healthy. Great way to obtain information in this book. Forks over Knives includes a great wealth of information and dishes to keep you going and motivate you. Actually recommend this book to anyone seeking to get healthy and lose weight. However the subject and substance of the book are great. I enjoy Dr. Kahn's volume could be reduced by 50% without losing some of its value or overall message. While I commend Dr. Kahn for undertaking this project and bringing it to completion, I desire he previously better editorial support. However, "The Plant-Based Solution" is certainly a valuable addition to the nutrition related medical literature. The recipes that I've made up to now are delicious and easy. He includes a 21 day food plan that is easy to stick to and tasty recipes for family members and those that need a bit of help in the area of actually preparing meals without meats and dairy. There are plenty of authors addressing the convergence of proof supporting a plant-based diet plan, but I usually appreciate it slightly more when the info comes from the perspective of a practicing physician. I recommend this book for folks newly thinking about plant-based nutrition. By shifting to regional, organic plants because the core of your diet, you'll be marketing a healthy lifestyle that is ethical and sustainable. Cure Yourself The information in this book is quite helpful for anyone with cardiac disease. Five Stars Very interesting & He includes steps to move toward a vegan method of eating, but actually if you're not interested in go complete vegan, he puts forwards a compelling case for adding even more vegetation to your plate. Hard to put down. Great book. Plenty of great information about why a plant-based diet is preferred to cure disease. Evidence-centered nutrition science from a practicing cardiologist. The Oatmeal is indeed delicious I've eaten it almost everyday since I received this reserve - yum. Greger's How Not to Die, that is a much better book; love it! Clear and informative reserve on the values of adopting a complete food plant based diet, not merely for your health, but for the well-being of animals and our planet. The only reason I didn't provide 5 stars is basically because some of the recipes in the back use olive oil and refined bleached flour, which I don't understand because it seems to go against the message of the book. Otherwise, love it! Great information I simply received the book and I really can't wait around to dive in to the recipes. The recipes look really good. I only issue that I see is normally that he uses canola essential oil some recipes use essential olive oil and state it's optional therefore I will have to tweak it a bit I tried to consume oil free but in any event I'm looking towards these recipes. THE VERY BEST Plant Based Cookbook I've Found After hearing Dr. Kahn. That is a great publication if you are not used to the idea of a vegan diet plan, but want more info as to why you should pursue one on your own health, for the sake of the planet, or for a desire that pets not be senselessly harmed. As I proved helpful through the publication I also worked through the quality recipes in the back. The book itself was thorough and practical. Nevertheless, the writing might have been better in a number of respects including its firm, design, and repetitiveness. Kahn's evidence based method of nutrition, so when I examine I was thrilled and empowered to try his recipes. Though not really in the order he suggests, I produced every single recipe in the reserve including the few bonus recipes. Out of 60+ dishes, there were only 2 that personally, I wouldn't make once again. If you are looking for easy plant based dishes that taste superb, this is actually the book for you. Joel Kahn is an expert in the field and includes a broad grasp of this issue. Thank you Dr. Kahn. Groundbreaking! I do believe he understates the need to monitor and perhaps supplement B12. Informative! Bought this book for my daughter who is a proud vegan. That is a great book! Four Stars interesting. lots of statistics that I did not know about and only a plant based diet. Easy reading book that is an introduction to a complete food plant based diet. The author writes in an easily understood manner, describing the merits of a whole food plant centered diet from several different perspectives. Kahn on the Rich Roll Podcast, I instantly purchased his publication. You won't find too many

ingredients and you could find the majority of the elements used at your local grocery store. The book is compelling and easy to understand. A fantastic and up-to-day compendium of plant-based nutrition data written in a very approachable style. She loves the suggestions expressed in this publication and is currently using it for her nursing project. however, this is a good text message to lend to your nonreader friends, as it is a lot briefer and more available. I never considered to add pumpkin seeds and sunflower seeds to oatmeal - it makes it a particular treat. Good Summary of Plant-Based Eating This is just like a summary version of Dr. Leaves Little Question a Plant-Based Diet Can Improve Your Health Dr. Kahn did an excellent job with the study for this book in fact it is very clear that a plant-based diet will improve your wellbeing. informative book! Our food system is broken. It is also a excellent reference for all those well-versed in the research. Amazing! But otherwise, he presents among the best situations for a vegan method of eating I've go through in quite a while. This is a fantastic Book on WFPB Lifestyle Excellent intro and summary of why and how a plant-based diet can transform many chronic ailments and offer robust nutrition.



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