

[Amir Shakir] How to Eat Like a Rebel Read Online eBook or Kindle ePUB

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Synopsis Books:

This book introduces you to the science of healthy eating through the benefits of a plant based diet. Diseases associated with meat consumption are on the rise and so is genetically engineered food production.

Scientific studies are providing answers and solutions to food related diseases but commercial food production is still

behind the curve. Learn how to stay in control of your health through knowledgeable food choices.

Get to know some of the chemicals contained in the foods you are eating. Learn simple but powerful concepts about human nutrition that you can apply every day.

Tags

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