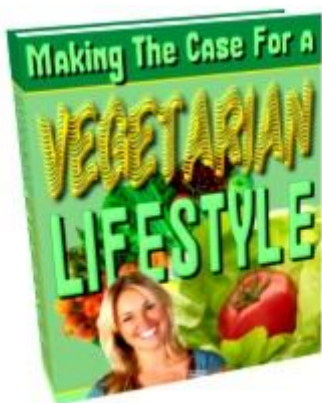


Making The Vegetarian Case For A Lifestyle



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Making The Vegetarian Case For A Lifestyle Who Else Wants to Look Better, Feel Better, Have More Energy and Even Add Years to Their Life by Living a Clean and Wholesome Vegetarian Lifestyle? Now You Can Discover How You can Your Family Can Easily and Safely Avoid the Chemicals, Preservatives, Growth Hormones and Other Harmful Toxins Found in Almost All of Today's Meats and Over-Processed Foods! Dear Friend Vegans and vegetarians the world over have discovered the truth - that you are what you eat! But if you're eaten meat and other animal products your whole life, you may be thinking Why Switch to a Vegetarian Diet? After all, you're lived your whole life eating eggs, hamburgers, dairy products, hot dogs, poultry, beef, pork, fish - so why should you go vegetarian now? There are a lot of good reasons to switch. Answer these questions to yourself and the reasoning behind a healthy vegetarian lifestyle will become very clear to you. Are you at a healthy body weight for your age? Do you look and feel good most of the time? Do you awake from your normal sleep feeling energized? Or instead, do you wake up tired and sluggish? Is your blood pressure within a healthy range? Are your cholesterol and blood sugar ranges normal? Do you feel energized after eating, as if you're fed your body what it needs? Or do you feel sluggish and often need a nap after eating? Most People Wouldn't Abuse Their Car Like They Abuse Their Bodies! Food should nourish and feed the body and leave us energized and refreshed. The human body is a machine that needs the right kind of fuel to keep it running right and in peak condition. When we eat high fat meats, low fiber processed foods, and fill our bodies with preservatives and chemicals, we're much more prone to high blood pressure, Type II diabetes, high cholesterol and other serious health issues. A car engine that hasn't been tuned or isn't getting the type of

gasoline it needs simply will not run efficiently, nor "live" for as long as it was intended to do. Your body is the same way. It needs the right kind of fuel to run at peak efficiency. And when you're eating high fat meat, or meat that's been fed antibiotics throughout its life, that's simply not the kind of fuel the human body is intended to use! Just Try Eating Vegetarian Do it just for a week or two. See for yourself if you feel different, more mentally acute, more physically fit and energized. Maybe you're thinking "but it's hard to change a lifetime of eating habits!" Well - it doesn't have to be that way, if you have the right information and you have a plan. And here it is! Introducing A Beginner's Guide to the Vegan and Vegetarian Lifestyle. Here Is How You Can Look Better, Feel Better, Have More Energy and Even Add Years To Your Life!

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