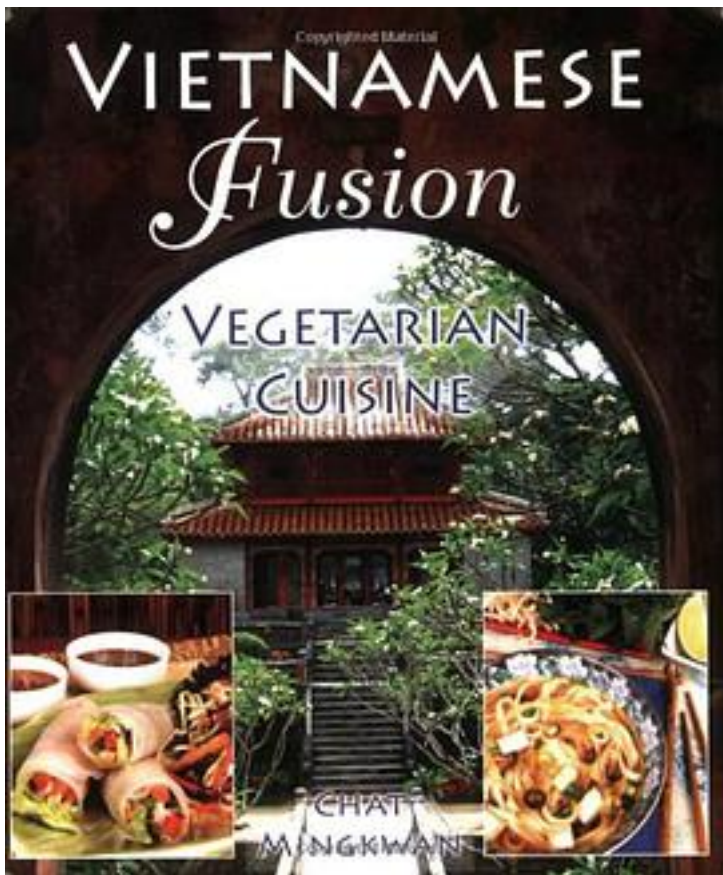


# Vietnamese Fusion



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Concise, comprehensive and to the point, The Vegetarian Solution explains how a plant-based diet can help prevent common health problems such as cancer, heart disease, diabetes and other diseases, reduce world hunger through more efficient farming, and help eliminate some of the causes of global warming. Even those who are not ready to fully embrace a vegetarian lifestyle will find this information

thought-provoking and motivational enough to follow suggestions on how to make a difference one day and one bite at a time. Complete with nutritional information and guidelines for all ages, as well as references and resources.

作者介绍:

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