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~~Julieanna Hever, MS, RD, CPT: Author of \"The Complete Idiot's Guide to Plant-Based Nutrition\" Plant Based Nutrition: Julieanna Hever at TEDxConejo 2012 Big Fat Nutrition Policy | Nina Teicholz~~

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~~healthy vegan recipes~~
~~How to Succeed on a Plant Based Diet - Matt Lederman MD~~
How Long Does It Take On A Plant-Based Diet To Lower Your Cholesterol?
by Caldwell Esselstyn
The Easy Way To Switch To A Plant-Based Diet
DEBUNKING WHAT THE HEALTH FILM w/ Dr. Neal Barnard

~~EPISODE 36 - WEIGHT LOSS WEDNESDAY - WHAT I EAT IN A DAY~~
~~How to Begin a Whole Food Plant Based Lifestyle~~
~~Green Lightning Bowl - our favorite!~~
~~WHY DOCTORS DON'T RECOMMEND VEGANISM #3: Dr John McDougall~~
~~A VERY SPECIAL CONVERSATION WITH DR. JOHN AND MARY McDOUGALL~~
~~How to Lose Weight Without Losing Your Mind~~
~~The Plant-Based Physician Farmer - Ron Weiss MD~~
The Ideal Diet | Dave Asprey, Kip Andersen
*** Dr. Joel Kahn | Talks at Google**
Dr Will Bulsiewicz - Optimise Your Gut With a Plant-Based Program
Brenda Davis - Becoming Vegan: The Guide to Adopting a Healthy Plant-Based Diet - Offstage
DR. GARTH DAVIS ON WEIGHT LOSS SURGERY AND PLANT BASED DIETS
Truth About Food | David L Katz, MD
What Specific Plant Based, Or Raw Diet Do You Recommend?
Is a Plant Based Diet REALLY Healthier?
| Interview of a Reformed Cardiologist, Dr. Robert Ostfeld
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Ray Cronise is a scientist-innovator focused on disrupting diet and nutrition advice. He's the mastermind behind Las Vegas magicians, Penn Jillette's plant-based diet 100-pound weight loss.

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idiots guide to plant based nutrition by julieanna hever is a beautifully written work which explains the importance of healthy eating the book is designed for people who know little about plant based nutrition and for those who are fully knowledgeable the complete idiots guide to plant based

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nutrition

~~The Complete Idiots Guide To Plant Based Nutrition~~

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The Complete Idiot's Guide to Plant Based Nutrition, by Julieanna Hever is a beautifully written work which explains the importance of healthy eating. The book is designed for people who know little about plant based nutrition, and for those who are fully knowledgeable.

~~The Complete Idiot's Guide to Plant Based Nutrition ...~~

This book is hands down the BEST guide to plant-based nutrition! It is extremely lengthy, but well written and incredibly informative. I follow a plant-based lifestyle and am familiar with a lot of the topics that were discussed but it was nice to be able to read about them more in-depth.

Previous edition titled: The complete idiot's guide to plant-based nutrition.

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The healthy vegan diet-made easy. Vegans face their own special challenges when it comes to nutrition and this book provides answers. There are about one million vegans in the U.S. and about 50,000 new ones every year. A growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In *The Complete Idiot's Guide® to Plant-Based Nutrition*, readers will find:

- ? Where to get nutrients that others get from meat and dairy.
- ? How to avoid the vegan pitfall of overfed but undernourished.
- ? How to spot hidden animal ingredients in packaged foods.
- ? Tips for eating at restaurants.
- ? Special considerations for children and seniors.

Whether you're vegan, vegetarian, or omnivore, getting your nutrition from plant-based foods is one of the best things you can do for your health-and it's easier than you might think! The science confirms that a diet rich in whole, plant-based foods can help your body thrive. In fact, a growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In this all new edition, leading plant-based dietician, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a

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plant-based diet, including: A wealth of information on the most nutrient-dense foods in the plant kingdom A new Food Triangle, representing a completely new way of looking at food and nutrition New perspectives on macronutrients, and why categorizing protein, carbs, and fats as food groups causes unnecessary confusion about what to eat The latest science on oxidative priority and how it explains why many common recipes drive unintentional weight gain Healthspan and longevity recommendations based on the latest research All new recipes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier Sample menus to get you started on a plant-based lifestyle Tips for stocking your kitchen, boosting the nutritional content of your favorite dishes, and dining out healthfully

The ultimate guide for those suffering from celiac disease and other gluten intolerances! Offers more unique gluten-free dishes than other cookbooks Simplifies preparing delicious gluten-free meals Includes gluten-free options for breakfast, lunch, dinners, and even snacks and desserts

Increase your lifespan and optimize your health with plant-based recipes for a longer, more vibrant life. Authors and leading plant-based nutrition experts Julieanna Hever and

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Ray Cronise have spent over a decade researching diet and nutrition, analyzing longevity studies, and helping their clients achieve sustainable, lasting health benefits by adopting a whole food, plant-based diet. In *The Healthspan Solution*, they share the simple and effective diet that has allowed their clients to lose weight, reverse disease, reduce or eliminate medication use, and achieve optimal health. This accessible and easy-to-follow guide examines the health risks posed by typical Western eating habits and explains how a diet rich in vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs and spices can lead to lower blood pressure, healthy weight management, and longer life. Their flexible, customizable approach to eating challenges the conventional idea of breakfast, lunch, and dinner and focuses instead on soups, salads, sides, and sweets. With 100 delicious recipes to choose from, *The Healthspan Solution* make adopting a plant-based lifestyle simple and sustainable. Evidence-based research on the scientific underpinnings of the healthspan diet Easy-to-follow guidelines simplify food choices without being restrictive Beautifully photographed recipes offer options and flexibility Praise for *The Healthspan Solution*: "Ray and Julieanna didn't write a fad diet book. It's about making a permanent lifestyle transformation. The magic is I still can eat anything I want. The trick is

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what I want has profoundly changed. They did the trick for me and saved my life-now let them help you."-Penn Jillette, Las Vegas entertainer and magician "Ray is a scientific visionary and Julieanna is a master of nutrition. Together they've written a fact-based recipe book for longevity that belongs in every kitchen. Buy it."-David Sinclair, PhD, AO, Professor of Genetics, Harvard Medical School "Working with Julieanna and Ray has given me a profoundly new understanding of how food impacts health and how what we eat is often dictated by social influences. I'm excited to be a part of their effort to push to this message out to a far bigger audience."-Cyan Banister, angel investor and entrepreneur "Julieanna and Ray are an incredible team. While others have sought to demonstrate the adequacy of an exclusively plant-sourced diet, they teach how it can be superior and mimics longevity research."-Rich Roll, plant-powered ultra athlete and author

Whether you're vegan, vegetarian, or omnivore, getting your nutrition from plant-based foods is one of the best things you can do for your health-and it's easier than you might think! The science confirms that a diet rich in whole, plant-based foods can help your body thrive. In fact, a growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and

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cancer. In this all new edition, leading plant-based dietician, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a plant-based diet, including: A wealth of information on the most nutrient-dense foods in the plant kingdom A new Food Triangle, representing a completely new way of looking at food and nutrition New perspectives on macronutrients, and why categorizing protein, carbs, and fats as food groups causes unnecessary confusion about what to eat The latest science on oxidative priority and how it explains why many common recipes drive unintentional weight gain Healthspan and longevity recommendations based on the latest research All new recipes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier Sample menus to get you started on a plant-based lifestyle Tips for stocking your kitchen, boosting the nutritional content of your favorite dishes, and dining out healthfully

Get healthy, lose weight, and feel great on a plant-based diet The benefits of a plant-based diet have been publicized far and wide, and you can no longer deny it—you're fully ready to experience the health benefits of this lifestyle. Plant-Based Diet For Dummies has

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been created to help even the most stubborn carnivores adapt to and even learn to find joy in a plant-based diet. Besides providing useful tips, delicious recipes, and meal ideas, this lively resource discusses all you have to gain from adopting healthier eating habits, including a decreased risk for cancer, a lower risk of heart disease and stroke, a lower cholesterol count and blood pressure, and a lower risk, and prevention, of diabetes. A meat-free lifestyle has many benefits for your body, and author Marni Wasserman takes you on a journey of discovery into the exciting world of fruits, vegetables, and other nutrient-rich foods. A plant-based diet, while similar to vegetarian and vegan diets, is different in that it allows an individual to experience the benefits of vegetarianism without focusing on the politics of a meat-free lifestyle. This book takes the mystery out of adopting better food habits and making better meal choices. It shows you how to stock your kitchen, cook fantastic meals, and discover the wealth of delicious ingredients at your fingertips. Discusses how to improve energy, lower cholesterol, and protect the body's cells, all through better diet options Includes more than 40 mouthwatering recipes and sample menu plans Gives specific advice and instructions for athletes, those battling illnesses, expectant parents, seniors, and children Covers which plant foods are good sources of fat, protein, complex

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carbohydrates, and fiber Get healthy, lose weight, and feel great on a plant-based diet.

The Mediterranean diet has been the gold standard dietary pattern for decades, and with good reason: it has been linked with lowered risks of cardiovascular disease, cancer, diabetes, and Alzheimer's. Now, Julieanna Hever takes the Med to a whole new level! By focusing on whole-plant foods that promote long-term wellness and ideal weight management, you can reap the benefits of the most researched and beloved diet—made even healthier. The Vegiterranean Diet offers: comprehensive nutrition info shopping lists with everyday ingredients more than 40 delicious, budget-friendly recipes flexible meal plans (great for families, too!) strategies for overall health

Get off the diet roller coaster and empower yourself to change your relationship with food Julieanna Hever, also known as the Plant-Based Dietitian, has helped thousands of people lose weight and achieve optimal health by following a plant-based diet. In *The Choose You Now Diet*, Julieanna condenses the experience she has accumulated over 15 years into 10 easy-to-follow tenets for lasting weight loss and health gains. Instead of counting calories, her joyful approach to eating embraces the health benefits of a whole-food, plant-based diet: one that's focused on vegetables, fruits, whole grains,

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legumes, mushrooms, nuts, seeds, herbs, and spices. Her low-sugar, plant-based method combined with strategic time-restricted eating and mindfulness techniques has a proven record of success. As Julieanna likes to say, "Results are typical." Supported by 75 delicious, plant-based recipes, *The Choose You Now Diet* provides the information and motivation you need to drop your extra pounds and change your relationship with food for good. "A book for our times written by a teacher and dietitian for our times. Choose to read this book now, and you will choose healthy and delicious eating for a lifetime."-Michael Klaper, MD, author of *Vegan Nutrition: Pure and Simple*

Penn Jillette's New York Times bestselling account of his "extremely funny and somewhat profane journey to discovering a healthy lifestyle...that will motivate others to seek weight-loss solutions" (*The Washington Post*). More than three hundred and thirty pounds and saddled with a systolic blood pressure reading at dangerous heights, legendary magician Penn Jillette found himself at a crossroads. He needed a drastic lifestyle change if wanted to see his small children grow up. Enter Crazy Ray. A former NASA scientist and unconventional, passionate innovator, Ray Cronise changed Penn Jillette's life with his wild "potato diet." In *Presto*, Jillette takes us along on his journey from skepticism to the inspiring,

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life-changing momentum that transformed the magician's body and mind. He describes the process in hilarious detail, as he performs his Las Vegas show, takes meetings with Hollywood executives, hangs out with his celebrity friends and fellow eccentric performers, all while remaining a dedicated husband and father. Throughout, he weaves in his views on sex, religion, and pop culture, making his story a refreshing, genre-busting account. Outspoken, frank, and bitingly clever, Presto is an incisive, rollicking read. In the end, it is "undeniably inspiring" (Booklist).

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