



The Answer is Vegan

Carol Cymerint

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Your body is a jet engine! It runs on fuel, and sure, you can fill it with "junk" fuel, and it will run, for many years, but eventually it will catch up to you. You need jet fuel, clean, pure fuel that lets you run at capacity, without clogging up the pipes, and keeps you feeling good, decade after decade. In "The Answer is Vegan™", Carol Cymerint lays out a clear path to keep your engine running at peak performance. The health benefits of eating a plant based diet continue to be revealed at a record pace, year in and year out. By simply changing your diet to a plant based diet you can significantly reduce your risk of heart disease, cancer, diabetes, and obesity?

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