HEALTH BENEFITS OF PLANT BASED-DIET

Whole Food, Plant-Based DIET (WFPB)

A Whole Food Plant-Based diet IS KEY to a healthy, and fulfilling, life:

- **1)** First, what **IS** a Whole Food, Plant-Based (**WFPB**) diet? It is a dietary approach centered around consuming whole, unprocessed, **plant** foods while "minimizing" (or <u>eliminating!</u>) the intake of **animal** products and processed foods. This [Starch-Based] diet puts heavy emphasis on consumption of fruits / vegetables / whole grains / legumes / nuts / seeds / rice / pastas / potatoes / breads ... which are all extremely rich in essential NUTRIENTS, and FIBER.
- **2)** How Does the Whole Food, Plant-Based (WFPB) Diet "Differ" from Vegan / Vegetarian / Low-Carb Diets? Well, The WFPB diet "prioritizes" nutrient-dense whole foods rather than just "excluding ANIMAL products". And, unlike "low-carb" diets (like Keto), a WFPB diet emphasizes consuming carbohydrates from "whole grains, fruits, and vegetables" + minimizing added "fats".
- **3)** What Are the "Benefits" of a Whole Food, Plant-Based (WFPB) Diet? You can provide your body with the essential VITAMINS / MINERALS / ANTIOXIDANTS that are "necessary" for optimal HEALTH & WELLNESS with increased energy levels, improved mood, and a much 'strengthened' IMMUNE System. **MORE** - -
- <u>Chronic Diseases</u> Research shows that a WFPB diet is associated with a <u>reduced risk</u> of chronic diseases, such as <u>HEART DISEASE</u> / <u>TYPE 2 DIABETES</u> / <u>CANCER</u>. This is likely due to the "abundance" of <u>Fiber</u> / <u>Phytonutrients</u> / <u>Antioxidants</u> found in all <u>PLANT-BASED</u> foods. Moreover, proper WFPB diets have even <u>REVERSED</u> serious diseases!!
- <u>Weight Loss</u> a **WFPB** diet can be highly beneficial, since individuals consume "lower CALORIE density" foods while maximizing much "higher NUTRIENT content". This <u>can</u> support weight loss efforts, and help maintain a healthy body weight, in the long term.
- Increased Energy and Improved Digestion The "high fiber" content in WFPB foods promotes Healthy DIGESTION - and can alleviate issues like CONSTIPATION. As well, all the "natural sugars" and "complex carbohydrates" found in Fruits / Vegetables / Whole Grains provide you with sustained ENERGY throughout the day.
- <u>Positive Impact on the 'Environment', and Animal Welfare</u> By reducing (or <u>eliminating</u>) the consumption of <u>ANIMAL products</u>, you can "support ethical considerations", and "reduce the demand for Factory Farming / Animal Agriculture" for a <u>healthier PLANET</u> as <u>well</u> as <u>YOU</u>.
- WATER + FIBER + EXERCISE! >>>>>>>>>>> Click HERE!

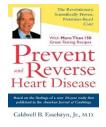
Now, before going any further - what will come <u>next</u>, is of "paramount" IMPORTANCE, because ALL of the information represents **1000% PROOF** - <u>based on deep, long term</u>

<u>RESEARCH + empirical EVIDENCE + extensive scientific FACTS</u> - from 'top' **Experts**:



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WHY "SELF Education"? See the <u>FULL</u> story >>> <u>Click HERE!</u>



Again, here's a best-seller <u>book</u>, by the famous heart surgeon / cancer specialist, <u>Dr. Caldwell B. Esselstyn, Jr, MD</u> - one of the "great" **WFPB** experts in the 'first' Video above - along with <u>Dr. T. Colin Campbell, PhD</u> ("<u>The China Study</u>") + [the <u>late</u>] <u>Dr. John McDougall, MD</u> (<u>POISON</u> foods).

<<< (Click)

Check out this Great GUIDE >>>>>> Click HERE.

Adopting this lifestyle, however, requires from you, careful consideration, planning, motivation, determination, and support - to truly, achieve SUCCESS! As well, transitioning to a **WFPB** diet is a "gradual" process, that requires <u>patience</u>, and <u>experimentation</u>. That is ... "adding more" PLANT-BASED meals into your daily routine ... and, "reducing" the consumption of ANIMAL products + PROCESSED & JUNK foods ... gradually. See what Dr. E. says on >>> DISEASE!

What About NUTRITIONAL SUPPLEMENTS - and especially, Super Greens? >>> Click HERE.

[[Ok, adopting a [primarily] **WFPB** diet <u>will</u> likely come with <u>CHALLENGES</u> - including <u>cravings</u> - <u>social pressures</u> - and difficulties 'finding' PLANT-BASED options, <u>when dining out</u>. So, seeking "professional guidance, and support" can make a <u>significant</u> difference in your progress, while adopting a **WFPB** diet. That is, perhaps seeking the assistance of a Registered Nutritionist, or of a Certified Dietitian, who "specializes" in PLANT-BASED nutrition - to address your own (and your <u>family's!</u>) specific dietary concerns, and who also provides you "personalized recommendations", and "meal planning" assistance, so that you can successfully embrace this nourishing, and sustainable, proper way of eating - not only for YOURSELF - but for a much healthier **PLANET!** : >)]]