

A collection of various protein-rich foods arranged on a dark surface. In the top left, a white bowl contains cooked chicken pieces. Next to it is a plate of sliced deli meat. To the right, a small white bowl holds a dark, chunky spread, possibly liver pâté. In the center, a wooden cutting board displays two thick steaks. To the right of the steaks, a white plate features two large portions of cooked salmon. In the bottom center, a small white dish contains several cooked shrimp. A glass pitcher filled with white milk is on the left, and two white eggs are on the right.

While **ANIMAL-Based foods** do provide “some” **nutrients** ... they come with a “heavy cost” to **health** - as follows ...

In contrast, **PLANT-Based foods** are rich in essential nutrients and fiber, offering all the benefits - without the risks. A starch-based diet - centered on Whole Plant foods - is the most effective way to “prevent” - and even “reverse” - many chronic illnesses ... while promoting overall health and well-being. MORE: >>>>>>>>>>>> [Click HERE!](#)

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