

The Plant-Based Solution A Vegan Cardiologists Plan to Save Your Life and the Planet



BOOK DETAILS

- Author : Joel Kahn MD
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BOOK SYNOPSIS

With more and more physicians promoting grass-fed beef, free-range eggs, and organic butter as miracle foods, have we forgotten about the scientifically proven power of a vegan diet? Leading cardiologist Dr. Joel Kahn wants to set the record straight--eating plants can save your life and the planet too. With *The Plant-Based Solution*, Dr. Kahn provides a comprehensive guide for moving toward a plant-based diet, supported by decades of scientific studies on our health and our environment. A vegan of over 30 years, Dr. Kahn includes a 21-day plan for implementing changes in your own life, complete with easy and delicious recipes from his popular vegan restaurant, the Greenspace Caf  in Ferndale, Michigan. Join Dr. Kahn to explore: Expanding compassion through vegan living; how plant-based eating impacts global warming; plants and your gut health; major religions and veganism; the surprising link between vegan diets and sex drive; reversing cancer and autoimmune disease; why plants might hold the key to better aging; and more!

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