



Forks Over Knives: The Plant-Based Way to Health

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What if one simple change could save you from heart disease, diabetes, and cancer? For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary *Forks Over Knives*.

Their answer? Eat a whole-foods, plant-based diet—it could save your life. It may overturn most of the diet advice you've heard—but the experts behind *Forks Over Knives* aren't afraid to make waves. In his book *Prevent and Reverse Heart Disease*, Dr. Caldwell Esselstyn explained that eating meat, dairy, and oils injures the lining of our blood vessels, causing heart disease, heart attack, or stroke.

In *The China Study*, Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm—and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet.

Now, as *Forks Over Knives* is introducing more people than ever before to the plant-based way to health, this accessible guide provides the information you need to adopt and maintain a plant-based diet. Features include:

- Insights from the luminaries behind the film—Dr. Neal Barnard, Dr. John McDougall, The Engine 2 Diet author Rip Esselstyn, and many others
- Success stories from converts to plant-based eating—like San'Dera Prude, who no longer needs to medicate her diabetes, has lost weight, and feels great!
- The many benefits of a whole-foods, plant-based diet—for you, for animals and the environment, and for our future
- A helpful primer on crafting a healthy diet rich in unprocessed fruits, vegetables, legumes, and whole grains, including tips on transitioning and essential kitchen tools
- 125 recipes from 25 champions of plant-based dining—from Blueberry Oat Breakfast Muffins and Sunny Orange Yam Bisque to Garlic Rosemary Polenta and Raspberry-Pear Crisp—delicious, healthy, and for every meal, every day.

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