

Plant Based Diet Test

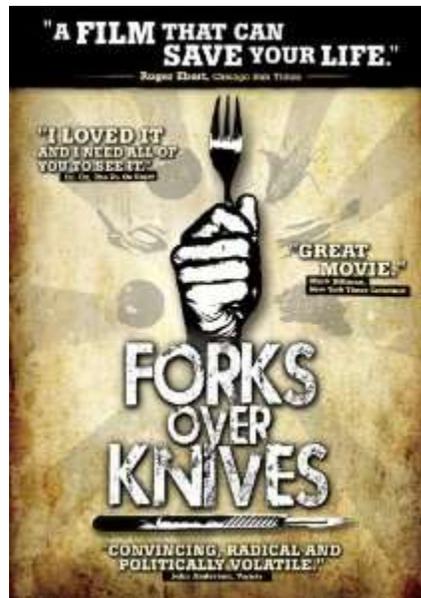
Highly recommended to do these steps in order.

The goal is to get you to feel better by discontinuing or reducing the amount of diabetic and blood pressure meds. If a person would like to test the effectiveness of a plant based diet (based on God's original diet for man found in Genesis 1:29), try it for 10 days. Results can be seen as early as 3-5 days.

Please consult with your physician before implementing this plant based diet because of its effectiveness. Make sure they are aware that you want to get off your medication and you are willing to change your lifestyle. Most physicians will be excited that you desire to make a lifestyle improvement.

1. Watch this documentary. It gives the best all-around information on how your diet either promotes, prevents or REVERSES diseases such as diabetes, hypertension, coronary artery disease, atherosclerosis, cancer, heart attacks, strokes, etc. Forks Over Knives is available for purchase at Amazon or available for free on Netflix.

Disclosure: I have no monetary gain or affiliation with this DVD or its presenters.



2. Smoothie recipe to eat for breakfast and supper: (lunch is whatever healthy choice you want)

1-cup NON dairy milk. (almond, soy, coconut, etc)
1-cup fruit (No sweetener added) (fresh is best, canned if in fruit juice, frozen)
1-banana
blend above 3 ingredients together
eat 1-handful of unsalted nuts after drinking smoothie (Warning: No nuts if you have diverticulosis)

3. The link below is an article critiquing the Forks over Knives documentary. It supports greatly reducing red meat and saturated fat while supporting consumption of fish (not fried).

<https://rawfoodsos.com/2011/09/22/forks-over-knives-is-the-science-legit-a-review-and-critique/#more-1487>

Legal Disclaimer: This is for informational purposes only, before beginning you should consult with your physician. The use of any information provided in this document is solely at your own risk.

