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# THE PLANT-BASED WAY TO HEALTH

The How-To Companion to the Landmark Documentary FORKS OVER KNIVES



"A seismic revolution in health will not come from a pill, procedure, or operation. It will occur only when the public is endowed with nutritional literacy, the kind of knowledge portrayed in Forks Over Knives and highlighted in this book." —from the Foreword by T. Colin Campbell, PhD, and Caldwell B. Esselstyn, JR, MD

EDITED BY GENE STONE

# **Forks Over Knives Guide Answers**

**R Sandford** 

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