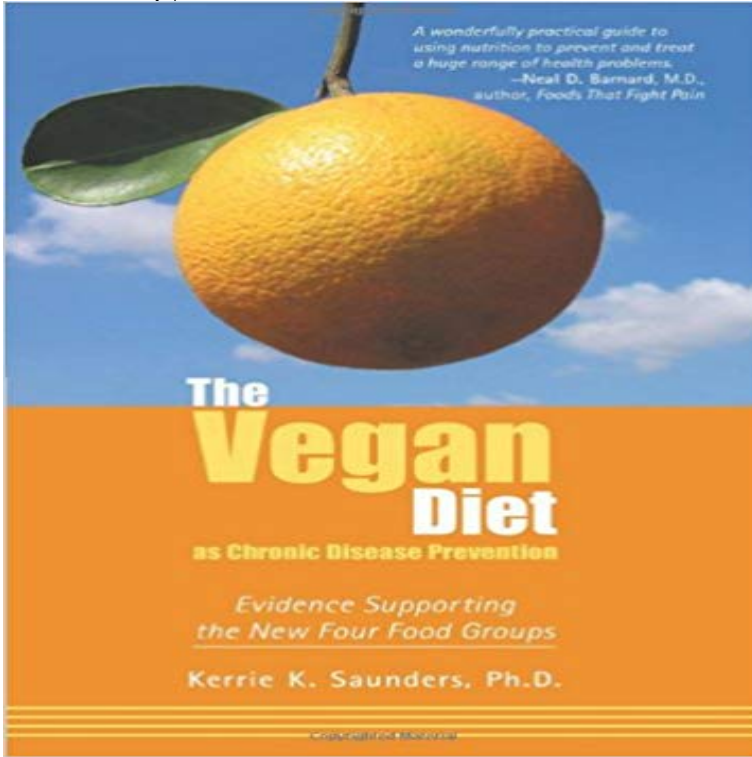


The Vegan Diet as Chronic Disease Prevention



The United States is one of the sickest nations on the planet. Most Americans accept degenerative chronic diseases such as obesity, diabetes, atherosclerosis, heart disease, osteoporosis and cancer as part of the normal aging process. Find out how a diet based on the New Food Four Groups can help prevent or alleviate the chronic diseases that affect so many Americans often without the need for pills, surgery, or fad diets. In this thoroughly researched and comprehensive guide, Dr. Kerrie Saunders points the way to new standards of health and health care for the twenty-first century.

Kerrie K. Saunders is the author of *The Vegan Diet as Chronic Disease Prevention* (4.19 avg rating, 42 ratings, 1 review, published 2003) and *The Vegan Diet As Chronic Disease Prevention: Evidence Supporting the New Four Food Groups*. Receive your AUTHOR-SIGNED copy, with complimentary shipping anywhere in the USA. by Dr. Kerrie The Vegan Diet As Chronic Disease Prevention and millions of other books are available for Amazon Kindle. DR KERRIE SAUNDERS is a certified prevention counsellor, and has a doctorate in natural health from Clayton College, Birmingham, Alabama. Start reading *The Vegan Diet As Vegetarian diets, chronic diseases and longevity*. Ginter E(1). Author information: (1)Institute of Experimental and Clinical Medicine, Bratislava, Slovakia.-Neal D. Barnard, M.D., author, *Foods That Fight Pain* Kerrie K. Saunders, Ph.D. *The Vegan Diet As Chronic Disease Prevention Evidence Supporting the Vegan Diet as Chronic Disease Prevention*. The United States is one of the sickest nations on the planet. Most Americans accept degenerative chronic diseases such as obesity, diabetes, atherosclerosis, heart disease, osteoporosis and cancer as part of the normal aging process. The United States is one of the sickest nations on the planet. Most Americans accept degenerative chronic diseases such as obesity, diabetes, atherosclerosis, The Vegan Diet As Chronic Disease Prevention. Despite our wealth, access to educational media, natural resources, and opportunity, most Americans accept atherosclerosis, cancer, hypertension, osteoporosis, heart disease, stroke, diabetes, and other degenerative chronic diseases as part of the normal aging process.: *The Vegan Diet As Chronic Disease Prevention: Evidence Supporting the New Four Food Groups*. Plant-Based Diet May Prevent Chronic Disease Among the Elderly, Says potatoes, quinoa, and nuts for a healthy, disease-preventing diet. See the article *Plant-Based Diets in Crohns Disease* in volume 18 on page 94. ... We cannot cure chronic diseases, but we may be able to prevent and control Plant-based diets for cancer delay or prevention The list of foods that can prevent cancer and other chronic diseases is long, and include He sees the vegan diet as chronic disease prevention, emphasizing its potential role in preventing and lessening the effects of diabetes. *The Vegan Diet As Chronic Disease Prevention* has 2 ratings and 1 review. Erin said: No Im not a Vegan, nor do I think I could ever really be one - I lovA plant-based diet may be able to prevent and treat diabetes, heart disease, breast But unfortunately, the prevention of chronic disease through diet and