



# How to Be a Healthy Vegetarian

*Nancy Addison*

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## **How to Be a Healthy Vegetarian** Nancy Addison

Nancy Addison's book ***How To Be A Healthy Vegetarian*** is the definitive guide that you cannot be without. The content within is easy to understand and a great resource for anyone who is looking to live a healthier lifestyle and learn more about vegetarianism, veganism, raw foods, living foods, healthy lifestyle, wellness, organic foods, disease prevention, diets, preventative care and much more.

Studies show that a plant based diet is the healing diet, and whether you are a vegetarian, vegan, paleo eater, raw foodist or someone who just wants to be healthier, when you add more plant based foods (fruits and vegetables) to your diet, your health is going to benefit. Many have called this books the quintessential encyclopedia of health because it is filled with well researched nutritional information that benefits everyone.

Packed full with over 110 simple gourmet recipes, amazing shopping information, non-toxic homemade cleaning and body care information, fantastic natural remedies for healthy hair, foods to help alleviate stress and your libido and awesome resources, we recommend that you get this book today.


You will find out why Celebrity Chef and Nutrition Expert Nancy Addison has been sought out by Doctors from all over the world as well as celebrities and other famous people like Larry Hagman, Linda Grey, Bob Fanucci, Sir Earl Toon, Bill Booth, Beth Morgan, Suzie Humphreys, Maryann De Leo and many others.

How To Be A Healthy Vegetarian includes links to ***FREE RESOURCES*** and ***SPECIAL GIFTS*** for readers only.

Nancy Addison is the author of numerous books on health and nutrition. She travels internationally speaking to corporations, groups and schools. She has workshops and classes and is a favorite media personality because of her glowing health and her radiant personality.

She is also the Founder of **OrganicHealthyLifestyle.com** and lives in Dallas, Texas

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