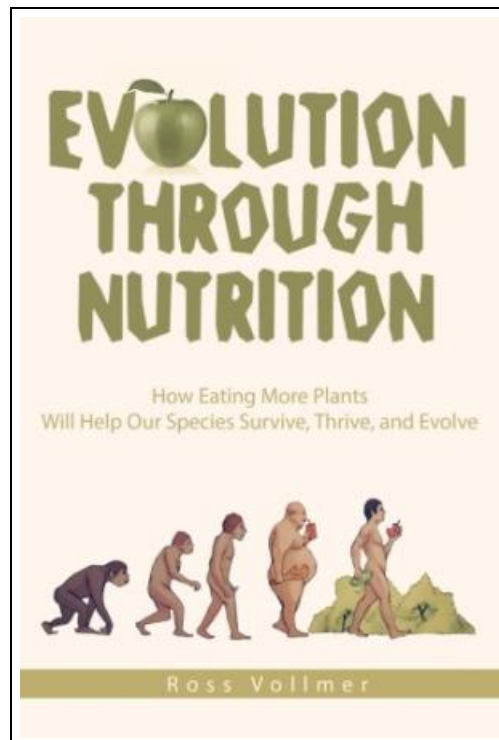


Evolution Through Nutrition: How Eating More Plants Will Help Our Species Survive, Thrive, and Evolve



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Reviews

The ebook is fantastic and great. I am quite late in start reading this one, but better then never. Your life period will probably be convert as soon as you comprehensive reading this ebook.
(Dr. Albertha Hoppe)

EVOLUTION THROUGH NUTRITION: HOW EATING MORE PLANTS WILL HELP OUR SPECIES SURVIVE, THRIVE, AND EVOLVE

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Humans have a tremendous amount of potential. We have the ability to accomplish unbelievable feats of strength and athleticism with our bodies, we can remember massive amounts of detailed information and perform complex calculations with our minds, and we can contemplate the nature of reality and the meaning of life. There is a problem, though. Most of us are too mentally and physically sick to realize this potential. Despite all of the advances in medical and nutrition science, food is killing and disabling more people today than ever before. In *Evolution through Nutrition*, Ross Vollmer shows us how food actually affects us at every level of our health, how food production affects animals and the environment, why everyone is so confused about what to eat, and what we can do to fix the problem. He shows us that if we use food as a tool for growth instead of simply eating to satisfy cravings, we can evolve into the most powerful versions of ourselves and realize our true potential, both as individuals and as a species.



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