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Tue, 19 Jun 2018 08:03:00 GMT - A book purported to expose the "hidden dangers" in healthy foods doesn't even pass the whiff test. Below is an approximation of this video's audio content. To see any graphs, charts, graphics, images, and quotes to which Dr. Greger may be referring, watch the above video. Earlier this year ...

Dr. Gundry's The Plant Paradox is Wrong | NutritionFacts.org-

Fri, 15 Jun 2018 11:14:00 GMT - Plant milk has been consumed for centuries in various cultures, both as a regular drink (such as the Spanish horchata) and as a substitute for dairy milk. The most popular varieties are soy milk, almond milk, rice milk and coconut milk. The protein content varies. It contains no lactose or cholesterol, and is usually sold with added calcium and vitamins, especially B 12.

Plant milk - Wikipedia -

Mon, 01 Aug 2016 11:44:00 GMT - A plant-based diet is a diet based on foods derived from plants, including vegetables, whole grains, nuts, seeds, legumes and fruits, but with few or no animal products. The use of the phrase has changed over time, and examples can be found of the phrase "plant-based diet" being used to refer to vegan diets, which contain no food from animal sources, to vegetarian diets which include eggs and ...

Plant-based diet - Wikipedia -

Tue, 19 Jun 2018 09:22:00 GMT - F Lopez-Jimenez, C J Lavie. Hispanics and cardiovascular health and the "Hispanic Paradox": what is known and what needs to be discovered? Prog Cardiovasc Dis. 2014 Nov-Dec;57(3):227-9.

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