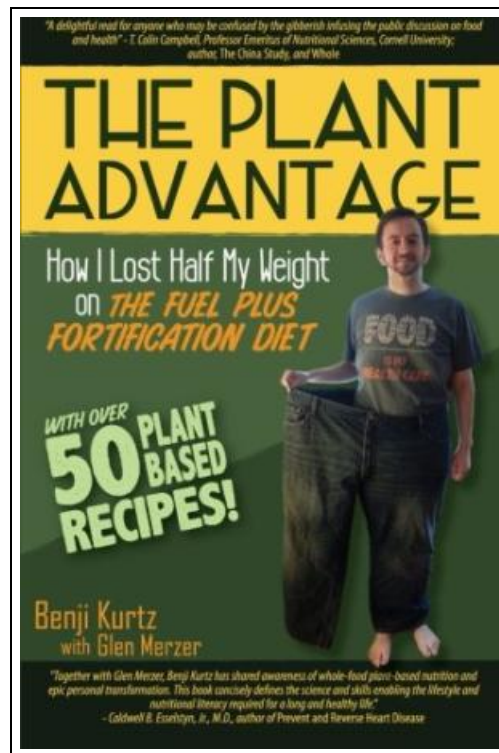


The Plant Advantage: How I Lost Half My Weight on the Fuel Plus Fortification Diet (Paperback)



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Reviews

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THE PLANT ADVANTAGE: HOW I LOST HALF MY WEIGHT ON THE FUEL PLUS FORTIFICATION DIET (PAPERBACK)



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Vivid Thoughts Press, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Benji Kurtz is on the side of science. For twenty years he struggled with obesity; he experimented with all kinds of catchy, fad diets that had everything going for them but scientific truth. In *The Plant Advantage*, he explains how a movie changed his life, inspiring him to eat the way human beings were designed to eat. And he subsequently lost half his weight, from 260 pounds to 130, in eighteen months. Without struggling. In his thoughtful and sometimes comic analysis of nutrition and weight-loss, co-written with author Glen Merzer (*Off the Reservation*), Kurtz uses ample scientific evidence to explain the many advantages of a low-fat, plant-based, whole foods diet. But it's his own remarkable experience that seals the deal. A delightful read for anyone who may be confused by the gibberish infusing the public discussion on food and health. In this very special book, Benji Kurtz speaks with a voice and personal conviction that is original and refreshingly honest. Kurtz honestly relates his uncertainties and confusion as he searched for an answer why he could not shed a large amount of excess body weight. Although not a scientist, he presents the scientific evidence with a reliability that is rare for a layperson. Even though I have been a researcher in this field for more than a half century, I found myself being his student as he sought answers to his unusually intuitive questions about the scientific evidence. *The Plant Advantage* is a really good read for anyone caught in the squeeze between what is real and what is not on matters of food and health. -Dr. T. Colin Campbell, Author, *The China Study*, and Whole and Professor Emeritus of Nutritional Sciences, Cornell...



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