



Taking the Guesswork Out of Adopting a Plant-Based Lifestyle

Tracey Eakin

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Chronic, degenerative disease has become so commonplace in our society that it is accepted as a natural part of aging. Yet there is a substantial and growing body of sound, peer-reviewed, scientific evidence which indicates that the key to preventing, arresting, reversing, and more effectively battling these diseases is within our control and lies at the tip of our fork. The answer is so simple yet continues to evade the majority of the general population. So that not one more life is lost needlessly, I have created this book. I designed it to be a quick read as our busy lifestyles should not impede our pursuit for optimal health through dietary excellence. A low-fat, whole food, plant-based lifestyle can impact the course of vascular disease (including heart disease and stroke), type II diabetes, overweight/obesity, gastrointestinal disorders, autoimmune conditions, cancer, and osteoporosis. Lifestyle changes take effort, patience, and an investment of time in the beginning, but isn't your life and the lives of your loves ones worth it? The right attitude is critical for success. Embrace every step of this journey and appreciate how your body responds. You are giving yourself and those you love one of the greatest gifts of all. I wish you the very best of health.

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