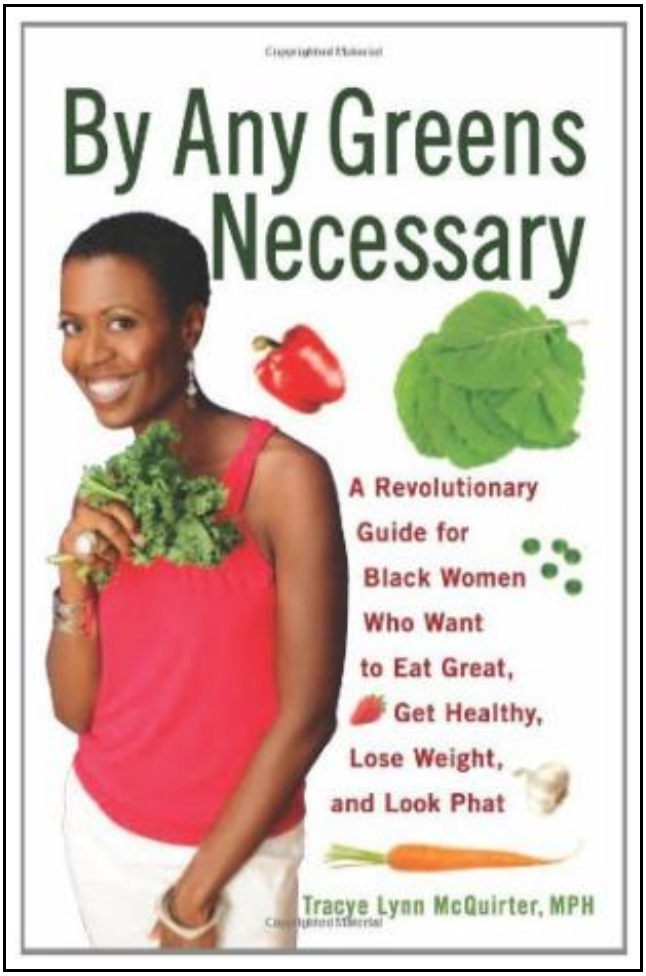
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BY ANY GREENS NECESSARY: A REVOLUTIONARY GUIDE FOR BLACK WOMEN WHO WANT TO EAT GREAT, GET HEALTHY, LOSE WEIGHT, AND LOOK PHAT

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Chicago Review Press. Paperback. Book Condition: new. BRAND NEW, By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat, Tracye Lynn McQuirter, With attitude and inspiration, this lifestyle guide shows black women how they can be healthy, hippy, and happy by eating plenty of fresh fruits and vegetables, whole grains, and legumes as part of an active lifestyle. African American women face a health crisis and explosive rates of death and disability from heart disease, stroke, and diabetes, and this book provides authoritative research to illustrate how a plant-based diet can reverse this trend. Encouraging readers to think about the foods they choose and what their choices mean to overall health, the manual shows that a diet of meat, fish, fowl, dairy, and refined grains is hazardous not only to human bodies but also to the planet and animals. With its much-needed nutritional analysis, the book also offers practical advice about how to transition to vegan foods; delicious and nutritious recipes; a comprehensive grocery shopping list for restocking the fridge and pantry; recommended resources; and inspirational vegetarian quotes from famous African Americans, including Oprah Winfrey, Alice Walker, Angela Bassett, Erykah Badu, Russell Simmons, and Dick Gregory.

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