



## The Transition Diet: How to Transition to a Vegetarian or Semi-Vegetarian Diet

By David Yager

Peach Blossom Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.VEGETARIANS AND SEMI-VEGETARIANS LIVE LONGER AND HEALTHIER LIVES The healthiest and longest living people on earth eat plenty of vegetables, fruit and natural dairy products and very little meat according to author Dan Buettner who partnered with National Geographic and the National Institute on Aging to study the longest living people on earth. The mountain inhabitants in Sardinia, Italy, have the highest number of male centenarians in the world (10.8 per 1,000 newborns). In the isolated mountain villages of Sardinia they only eat pork or lamb on special occasions and only a little, but on a daily basis they eat plenty of cheese, especially pecorino cheese made from sheep's milk. Their very low meat consumption and high vegetable and cheese consumption makes them virtually lacto-vegetarians. The healthiest Americans are the vegetarian Seventh Day Adventists. A slow, gradual transition is needed to avoid shocking the body and mind as it detoxifies. The Transition Diet will take you step-by-step through the stages so your experience will be as smooth and pleasurable as possible. Based on 10 years...

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