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In The Kind Diet, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged

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her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth digestion.

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Like countless celebrities before her, actress Alicia Silverstone has put together a book that she says reveals the secrets of how she stays fit and healthy. In *The Kind*

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Diet, Silverstone she swears that a diet of only organic, vegan diet, free of meat, dairy, white sugar and processed foods is what keeps he

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lose weight, get healthy,
or help save the world,
transitioning to a vegan
Great Losing ...

Weight And
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out, research ties a
vegetarian diet to a lower
risk of heart disease. A
recent study reveals that
it may slash the odds by

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as much as one-third.
Research also shows
that...

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Paperback – 5 April
2011 by Alicia Silverstone
(Author)

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Seasonal. Sweet Potato
Latkes With Almond
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Guide to Feeling Great,
Losing Weight and
Saving the Planet is a
vegan cookbook written
by actress and animal
rights activist Alicia

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Silverstone. [1]

Silverstone told New York Times interviewer Patrick Healy that for three years she has turned down roles in films and television to have time to work on her book, as well as do plays.

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Overview. Whether you want to lose weight, get

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healthy, or help save the world, transitioning to a vegan diet is easy with advice, tips, and recipes from actress Alicia Silverstone. In *The Kind Diet*, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever, and outlines the spectacular

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The kind diet dials down our insane consumption of resources like fresh water, oil, coal, and the precious rainforest. It helps heal the environment by denying support to toxic food industries. It is a significant move toward ending world hunger and distributing food more equitably.

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The kind diet : a simple guide to feeling great, losing weight, and saving the planet. [Alicia Silverstone; Victoria Pearson] -- Addresses the nutritional concerns faced by many who are new to plant-based, vegetarian diets and shows how to cover every nutritional base, from protein to calcium and

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If you ' re trying to lose weight, the sheer number of available diet plans may make it difficult to get started, as you ' re

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unsure which one is most
suitable, sustainable, and
effective. Here ...

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