



# How to Eat Like a Rebel: The Science of Being Vegetarian

*Amir Shakir*

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## **How to Eat Like a Rebel: The Science of Being Vegetarian** Amir Shakir

This book introduces you to the science of healthy eating and the benefits of having a plant-based diet. Diseases associated with meat consumption are on the rise and so is genetically engineered food production. Find out how to select healthy foods and what you should be looking for. Scientific studies are providing some answers and solutions to food-related disease, but food production is still behind the curve. Find out about some of the chemicals in our foods and learn to avoid them. Learn about human nutrition and digestion in a big picture way, which you can use in the real world.

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#### **Carl Terrell:**

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