

Goin All Veggies: A Guide To Becoming A Vegetarian

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Because switching to a vegetarian diet could have you feeling better in no time! Its true. There are numerous benefits to eating a vegetarian diet, such as: On a balanced vegetarian diet one can very easily lose weight and stay fit. A vegetarian diet fights against cancer, including gender-related cancers such as breast cancer, uterine cancer, and prostate cancer. A vegetarian diet helps fight against heart disease. A vegetarian diet helps you avoid some illnesses caused by e coli, salmonella, and listera, which are the most virulent forms of food-borne illnesses. As far as money is concerned, its much cheaper to buy vegetarian food than quality meats and fish. Eating vegetarian is not only healthy, its good for the environment as livestock deplete enormous land and water resources.

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