

Easy Vegetarianism

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If you've eaten meat and animal products your whole life, you might think, why switch to a vegetarian diet? You've lived your whole life eating eggs, hamburgers, hot dogs, poultry, so why switch now? There could be many reasons to switch. Start by looking in the mirror. Are you at a healthy weight? Do you look and feel good most of the time? Do you wake up energized? Or do you wake up tired and sluggish? How is your general health? Is your blood pressure within a healthy range? Are your cholesterol and blood sugar ranges normal? If they're not, consider what you're eating on a daily basis. Inside Easy Vegetarianism: Why Becoming a Vegetarian Will Add Years to Your Life is perfect for someone who wants to make the switch from meat eating and it also helps current vegetarians keep on going!

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