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The Kind Diet

A Simple

Guide To

Feeling Great

Losing

Weight And

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Alicia

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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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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 benefits of adopting a plant-based diet, from effortless weight loss

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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 Diet*, Silverstone she swears that a diet of only organic, vegan

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diet, free of meat, dairy, white sugar and processed foods is what keeps he

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As The Kind Diet points out, research ties a vegetarian diet to a lower risk of heart disease. A recent study reveals that it may slash the odds by as much as one-third. Research also shows that...

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~~Weight Loss Plan~~

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– 5 April 2011 by

Alicia Silverstone

(Author)

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Simple. Sweet Seasonal. Sweet Potato Latkes With Almond Crème Fraîche.

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The Kind Diet: A Simple 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 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

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– March 15 2011 by

Alicia Silverstone

(Author), Neal D.

Barnard (Foreword)

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The kind diet : a simple guide to feeling great, losing weight, and saving the planet. [Alicia Silverstone; Victoria Pearson] --

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Simple, vegetarian diets and shows how to cover every nutritional base, from protein to calcium and beyond.

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In The Kind Diet, actress, activist, and committed conservationist Alicia

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

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