



Plant Roots: 101 Reasons Why the Human Diet Is Rooted Exclusively In Plants

Rex Bowlby

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Given that the majority of Americans consume a meat, dairy, and egg-based diet its hard to swallow the supposition that humans are natural vegetarians. But after reading Plant Roots even the most die-hard will question their carnivorous habits. Comprehensively researched and uniquely presented, Plant Roots will have an influence on our dietary choices in the st century.

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