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Feb 04, 2015 The feature film Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or

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ISBN: 9781615190454 1615190457: OCLC Number: 712124031: Notes: "The how-to companion to the feature documentary Forks over knives"--Cover. "With 125 recipes"--Cover.

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Forks Over Knives: The Plant-Based Way to Health by Stone, Gene/ Campbell, T. Colin/ Esselstyn, Caldwell B., Jr. [Paperback]

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Apr 21, 2013 "Forks Over Knives" READ IT 5 Stars My husband & I cook everything from scratch & have for decades.

## **Forks over knives - wikipedia, the free**

Forks Over Knives is a 2011 American documentary film directed by American independent filmmaker Lee Forks Over Knives: The Plant Based Way to Health. 2011

## **Forks over knives: plant based diet**

Forks Over Knives also contains inspirational stories of dramatic health recoveries on this program, tips on how to transition to a plant-based diet and 125 recipes.

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