



A 100% Vegetarian Diet - Staying Healthy through Vegetarian Foods

Dueep Jyot Singh, John Davidson

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Table of Contents Introduction The Importance of Vitamin C in Your Diet Vitamin A Proteins Gaining Full Benefit of Vegetables and Fruit How to Use Vegetables Effectively Fruit Juice Cures Fruit Peels Time-Tested Tips Diarrhea Traditional Khichri Jaundice Eczema Cough and cold Chickenpox Sciatica Healthy Vegetarian Dishes Traditional Pizza Traditional Pizza sauce –Passata sauce Spinach With Cream Conclusion Author Bio Publisher Introduction For centuries people have been very particular about the things they eat. What should be eaten, what should not be eaten, what should be eaten within its spanned season, and other factors related to food, are a part and parcel of our daily lives. This book is going to give you plenty of information about how a vegetarian diet can keep you healthy and long-lived, along with a number of recipes, which you can incorporate into your lifestyle right now. And for all those people who cannot do without their pizzas, one of the recipes is going to include a magnificent traditional pizza recipe. Down the ages, people have known that they are some essential nutrients, which are available only in the bounty of nature, and which cannot be obtained by any other resource. These are vitamins, proteins, carbohydrates, fats, minerals, and other essential nutrients, which are necessary to keep you healthy and strong.

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