

A Plant-Based Diet Has Many Health Benefits ...

- Type 2 diabetes can be prevented and reversed
- Heart disease can be prevented and even reversed
- Hypertension control
- Lower incidence of strokes
- Much lower cholesterol
- Reduced risk of cancer (35-60% of cancer has a dietary cause), including breast, ovarian, prostate, colorectal, gastric, kidney, pancreas
- Lower incidence of kidney disease
- Fewer kidney stones and gallstones
- Reduced risk of Alzheimer's disease
- Fewer angina attacks
- Skin health (from lycopene, vitamin C, etc.)
- Eye health (from vitamin A, lutein, zeaxanthin, etc.)
- Weight loss (feel fuller with fewer calories)
- Better digestion, increased energy, better sleep, better emotional state



NJveg.org
NJveg.org@gmail.com
609-557-7077
PO Box 174,
Pemberton NJ 08068

