

how to lose weight with crohn's

The Role of Nutrition and Lifestyle in Managing Crohn's Disease and Weight

how to lose weight with crohn's can be a complex and often frustrating journey, but it is achievable with a strategic and informed approach. Crohn's disease, a chronic inflammatory bowel disease (IBD), can significantly impact digestion, nutrient absorption, and appetite, leading to unintentional weight loss for many individuals. However, for some, the condition can also contribute to weight gain due to inflammation, medication side effects, or dietary choices aimed at managing symptoms. This article will delve into the multifaceted strategies for achieving a healthy weight when living with Crohn's disease, exploring the critical interplay between nutrition, lifestyle modifications, and medical management. We will discuss identifying underlying causes of weight changes, tailoring dietary plans, understanding the impact of inflammation, and adopting lifestyle habits that support both Crohn's management and weight goals.

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Understanding Weight Changes in Crohn's Disease

Weight fluctuations are a common concern for individuals diagnosed with Crohn's disease. These changes are not always straightforward and can manifest as either unintentional weight loss or, in some cases, weight gain. Understanding the root causes behind these shifts is the crucial first step in developing an effective weight management plan.

Causes of Unintentional Weight Loss

Several factors inherent to Crohn's disease can lead to significant weight loss. The inflammation that characterizes the condition can affect any part of the digestive tract, impairing the body's ability to absorb essential nutrients from food. This malabsorption means that even if caloric intake remains consistent, the body isn't effectively utilizing the energy and nutrients it receives. Additionally, Crohn's can cause a decreased appetite due to pain, nausea, or a general feeling of unwellness, further limiting calorie consumption. Chronic inflammation itself is also metabolically demanding, meaning the body burns more calories at rest, contributing to a deficit. Ulcerations and scarring in the intestinal lining can also lead to diarrhea and frequent bowel movements, which can contribute to calorie and nutrient loss.

Causes of Weight Gain

While weight loss is more commonly associated with Crohn's, weight gain can also occur. Certain medications prescribed to manage Crohn's, such as corticosteroids, are known to cause increased

appetite and fluid retention, leading to weight gain. For individuals experiencing frequent flares, they might adopt a diet perceived as "safe" but which is often calorie-dense or high in processed foods, contributing to surplus calorie intake. Furthermore, a period of reduced physical activity due to fatigue or pain can also play a role. The psychological impact of living with a chronic illness can also lead to emotional eating, contributing to weight gain.

The Importance of Identifying the Cause

Before embarking on any weight loss or gain plan, it is paramount to identify the specific reasons for your current weight. Consulting with your gastroenterologist and a registered dietitian specializing in gastrointestinal disorders is essential. They can help differentiate between weight loss due to active disease and inflammation versus weight loss from other causes, and similarly, determine if weight gain is medication-induced or a result of dietary habits. This accurate diagnosis will guide the development of a safe and effective management strategy, ensuring that interventions do not exacerbate Crohn's symptoms or compromise overall health.

Nutritional Strategies for Healthy Weight Management

Nutrition plays a pivotal role in managing both Crohn's disease and weight. A tailored dietary approach can help alleviate symptoms, improve nutrient absorption, and support healthy weight goals. The key is to focus on nutrient-dense foods while being mindful of individual triggers and tolerances.

Focus on Nutrient-Dense Foods

When aiming to lose weight with Crohn's, the emphasis should be on maximizing nutrient intake per calorie. This means choosing foods that are rich in vitamins, minerals, and protein without being excessively high in calories or difficult to digest. Opting for lean protein sources such as chicken, fish, turkey, and eggs can support muscle mass, which is crucial for metabolism. Healthy fats from sources like avocados, olive oil, and nuts (if tolerated) provide energy and support nutrient absorption. Complex carbohydrates found in cooked, easily digestible vegetables and fruits, and sometimes in refined grains during flares, can provide sustained energy. Prioritizing whole, unprocessed foods whenever possible is generally beneficial.

Managing Food Intolerances and Triggers

A cornerstone of managing Crohn's is identifying and avoiding foods that trigger symptoms. These triggers can vary significantly from person to person and may include high-fiber foods, dairy, gluten, spicy foods, or fatty foods. Keeping a detailed food and symptom diary can be invaluable in pinpointing these offenders. Once identified, these foods should be limited or avoided, especially during active disease flares. For weight loss, eliminating entire food groups without proper substitution can lead to nutritional deficiencies. Therefore, working with a dietitian is crucial to find suitable alternatives that provide necessary nutrients without triggering symptoms.

Understanding Macronutrient Balance

Achieving a healthy weight often involves balancing macronutrients—proteins, carbohydrates, and fats. For weight loss, a moderate reduction in overall calorie intake is necessary, but the macronutrient distribution is also important for satiety and energy levels. Sufficient protein intake is vital for muscle maintenance, especially during caloric restriction. Carbohydrates should ideally come from easily digestible sources, and healthy fats are important for hormone production and nutrient absorption. A registered dietitian can help create a personalized macronutrient plan that supports weight loss while addressing the unique needs of Crohn's patients.

Hydration and Electrolyte Balance

Adequate hydration is fundamental for overall health and can play a role in weight management by promoting satiety and aiding digestion. Individuals with Crohn's, especially those experiencing diarrhea, are at a higher risk of dehydration and electrolyte imbalances. Water is the primary beverage of choice. Electrolyte-rich fluids, such as broths or oral rehydration solutions, may be necessary during periods of significant fluid loss. Avoiding sugary drinks, which can contribute to excess calorie intake, is also important when aiming for weight loss.

Meal Timing and Frequency

For some individuals with Crohn's, eating smaller, more frequent meals can be easier on the digestive system and help maintain consistent energy levels. This approach can also help prevent overeating and potentially aid in weight management by keeping hunger at bay. Experimenting with different meal timings and frequencies, in consultation with a healthcare provider or dietitian, can help identify what works best for symptom management and weight goals.

Lifestyle Factors Influencing Weight and Crohn's

Beyond diet, several lifestyle factors significantly influence weight and the management of Crohn's disease. Integrating these into daily life can create a supportive environment for achieving health goals.

The Role of Exercise and Physical Activity

Regular physical activity is beneficial for weight loss, improved mood, and reduced inflammation, even for individuals with Crohn's. However, the type and intensity of exercise need to be carefully considered. During periods of active disease or significant fatigue, gentle activities like walking, swimming, or yoga are often recommended. As symptoms improve, more vigorous activities can be gradually introduced. Exercise can help burn calories, build muscle mass, and improve overall well-being. It's important to listen to your body and avoid overexertion, especially during flares. Consulting with a physical therapist or exercise physiologist experienced with chronic conditions can provide personalized guidance.

Stress Management Techniques

Stress can significantly impact the gut-brain axis and exacerbate Crohn's symptoms, potentially leading to changes in appetite and weight. Implementing effective stress management techniques is therefore crucial. These can include mindfulness meditation, deep breathing exercises, progressive muscle relaxation, spending time in nature, or engaging in hobbies. Finding healthy coping mechanisms for stress can reduce inflammation and promote a sense of well-being, which in turn can positively influence appetite and eating behaviors, supporting weight management efforts.

Adequate Sleep and Rest

Sufficient, quality sleep is vital for hormonal balance, which influences appetite regulation and metabolism. Lack of sleep can disrupt hormones like ghrelin and leptin, leading to increased hunger and cravings, particularly for high-calorie, less nutritious foods. For individuals with Crohn's, poor sleep can also worsen fatigue and inflammation. Establishing a regular sleep schedule, creating a relaxing bedtime routine, and ensuring a comfortable sleep environment can significantly improve sleep quality, supporting both Crohn's management and weight loss goals.

The Importance of a Support System

Living with a chronic illness like Crohn's can be emotionally challenging, and this can indirectly affect weight management. Having a strong support system, whether it includes family, friends, or support groups, can provide emotional encouragement and practical assistance. Sharing experiences and challenges with others who understand can reduce feelings of isolation and provide motivation to stay on track with dietary and lifestyle changes. Professional counseling or therapy can also be beneficial in addressing the psychological aspects of living with Crohn's and managing weight.

When to Seek Professional Help

Navigating weight management with Crohn's disease requires a collaborative approach. While self-education and lifestyle adjustments are important, professional guidance is often indispensable for safe and effective outcomes.

Consulting Your Gastroenterologist

Your gastroenterologist is your primary physician for managing Crohn's disease. They can assess the activity of your disease, monitor for complications, and adjust your medical treatment plan. It is essential to discuss any significant weight changes, whether loss or gain, with your doctor. They can determine if these changes are directly related to the disease activity, medication side effects, or other underlying medical issues that need to be addressed. Their expertise is critical in ensuring that any weight management strategies do not negatively impact your Crohn's condition.

The Role of a Registered Dietitian

A registered dietitian (RD), particularly one with experience in gastrointestinal nutrition, is an invaluable partner in managing weight with Crohn's. They can help you develop a personalized meal plan that meets your nutritional needs, manages symptoms, and supports your weight goals. An RD can guide you through identifying trigger foods, creating balanced meals, ensuring adequate nutrient intake, and making sustainable dietary changes. Their expertise is crucial for preventing malnutrition and ensuring that weight loss is achieved in a healthy and sustainable manner without exacerbating your condition.

Other Healthcare Professionals

Depending on your specific situation, other healthcare professionals may also be beneficial. A therapist or counselor can help address the emotional and psychological aspects of living with a chronic illness and managing weight. A physical therapist or exercise physiologist can design a safe and effective exercise program tailored to your current physical condition and Crohn's status. Collaborating with a multidisciplinary healthcare team ensures a holistic approach to your health and well-being.

FAQ

Q: Can I lose weight safely with Crohn's disease?

A: Yes, it is possible to lose weight safely with Crohn's disease, but it requires a careful and personalized approach. The key is to work closely with your healthcare team, including your gastroenterologist and a registered dietitian, to ensure that weight loss strategies do not negatively impact your disease activity or nutritional status. Focusing on nutrient-dense foods, managing inflammation, and adopting a healthy lifestyle are crucial components.

Q: What are the biggest challenges to losing weight with Crohn's?

A: The biggest challenges often include decreased appetite due to pain or nausea, malabsorption of nutrients, increased metabolic demands from inflammation, medication side effects that can increase appetite, and the need to avoid certain foods that trigger symptoms, which can limit dietary options. Fatigue and reduced physical activity during flares also pose significant hurdles.

Q: Should I focus on calorie restriction or improving nutrient density when trying to lose weight with Crohn's?

A: The primary focus should be on improving nutrient density while ensuring a slight calorie deficit. For individuals with Crohn's, aggressive calorie restriction without adequate nutrient intake can lead to malnutrition and worsen disease symptoms. Prioritizing foods that are rich in vitamins, minerals, and protein while being easily digestible is more beneficial. A dietitian can help determine an appropriate calorie target.

Q: Are there specific diets recommended for weight loss in Crohn's patients?

A: There isn't a single "Crohn's diet" for weight loss, as individual tolerances vary greatly. However, a low-FODMAP diet may be beneficial for some by reducing gas and bloating. Often, a phased approach is recommended, starting with easily digestible foods during flares and gradually reintroducing a wider variety of nutrient-dense foods as symptoms improve. The Low Residue diet may be temporarily used during flares to reduce bowel bulk, but it is not suitable for long-term weight loss due to its nutrient limitations. Consulting a dietitian is essential to create a personalized eating plan.

Q: How does inflammation affect weight loss in Crohn's disease?

A: Chronic inflammation can increase your body's metabolic rate, meaning you burn more calories at rest. This can make it harder to create a calorie deficit for weight loss. Furthermore, inflammation can lead to muscle breakdown and fatigue, which can reduce your capacity for exercise. Managing inflammation through appropriate medical treatment and diet is therefore a prerequisite for effective and sustainable weight loss.

Q: Can exercise help with weight loss and Crohn's symptoms?

A: Yes, exercise can be very beneficial for both weight loss and managing Crohn's symptoms. It helps burn calories, build muscle, reduce stress, and can improve mood. However, it's crucial to choose exercises that are appropriate for your current condition. Gentle activities like walking, swimming, or yoga are often well-tolerated, especially during flares. Gradually increasing intensity as your health improves is recommended. Always listen to your body and consult with your doctor or a physical therapist.

Q: What are some signs that my weight loss is related to active Crohn's disease and not just a diet effort?

A: Signs that weight loss is related to active Crohn's disease include accompanying symptoms such as persistent diarrhea, abdominal pain, nausea, vomiting, fatigue, fever, blood in the stool, and a general feeling of unwellness. If you are experiencing these symptoms alongside unintentional weight loss, it is critical to consult your gastroenterologist immediately, as this indicates active inflammation that needs medical attention.

Q: How important is protein intake for someone trying to lose weight with Crohn's?

A: Protein intake is extremely important for individuals trying to lose weight with Crohn's. Protein helps preserve muscle mass during calorie restriction, which is essential for maintaining metabolism. It also promotes satiety, helping you feel fuller for longer, which can prevent overeating. Adequate protein is also crucial for tissue repair and immune function, which are vital for managing Crohn's disease. Lean protein sources are generally well-tolerated.

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how to lose weight with crohns: *100 Questions & Answers About Crohns Disease and Ulcerative Colitis: A Lahey Clinic Guide* Andrew S. Warner, Amy E. Barto, 2009-09-22 Drawn from questions asked by their patients with inflammatory bowel disease--IBD is the collective term for Crohn's disease and ulcerative colitis, Drs. Warner and Barto (gastroenterologists with the Lahey Clinic, Burlington, Massachusetts) answer questions about concerns ranging from treatment options and diet to IBD in pregnancy and children. The guide includes patients' perspectives about coping with IBD, resources, and a glossary.

how to lose weight with crohns: *Gastric Bypass and the Need to Lose Weight* Charles Christopher Thornton, 2013-09-24 Basically, gastric bypass is a form of surgery wherein a patient is helped to lose weight through the process of changing how the small intestine and the stomach handle the foods that are consumed. When the operation is complete, the stomach then becomes smaller and a person feels full when consuming even less food. Technically, the food that had been eaten no longer goes to the parts of the small intestine and stomach that break them down. This event keeps the body from absorbing the calories from the food that are consumed.

how to lose weight with crohns: *The Comprehensive Guide to Crohn's Disease* Monet Manbacci, Ph.D., 2019-12-23 If you are newly diagnosed or a parent or loved one who of someone diagnosed with Crohns disease and do not know where to turn, this book is the perfect place to begin. This book goes in-depth into Crohns disease, including what is Crohn's disease, the history of it, and important information that patients and their loved ones need to know. From symptoms to different types of Crohns disease and complications to medications, this guide has a wealth of essential knowledge. An Inflammatory Bowel Disease or IBD, is a type of disease that is characterized by chronic gut inflammation. There is two commonly experienced types of IBD: Ulcerative Colitis (UC) and Crohn's Disease (CD). Thousands of people suffer from Crohns disease all around the world, which many research studies considered as an autoimmune disorder. This book covers the following topics: * Differences between Crohns and colitis * Essential steps for newly diagnosed patients * Typical medications, medicines and medical procedures including surgery * Healthy nutritional choices for Crohn's patients including anti inflammatory supplements and vitamins * Family and Friend Supports * Pregnancy and fertility concerns * How to go your Crohn way! * Different diet options for Crohn's patients * Differences between IBD and Irritable Bowel Syndrome or IBS solution * Recommended foods for avoiding flare ups * Recommended foods for remission periods * Comprehensive lists of foods to avoid and foods to consume during flare-ups and remissions * Crohns disease diet tips and more! Although it is not a cookbook or a recipe book, this book is a fantastic diet guide, which includes paleo health critics and reviews specific diets for Crohns such as low fiber diet and low residue diet. The book is also a great source for you to see how to find relief from Crohns disease in long term. This guide also features two types of hints: the top 75 general tips for Crohns patients and 100 diet tips! You will be able to easily study (good for dummies) and memorize these tips for daily use for a safer, healthier, and happier way of living. In brief, this book has unique features compared with other books in the market such as comprehensive lists of foods to consume and to avoid, Crohns tips and diet comparison for Crohns patients. With this comprehensive guide and the features within, you will gain the knowledge and

tools to live with Crohns disease or to better understand and aid loved ones diagnosed with Crohns disease. It also provides comforting advice in the wake of diagnosis and inflammation. Begin your journey with *A Comprehensive Guide to Crohn's Disease, From Diagnosis to Management and Treatment*, and rest assured with all that you will learn!

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how to lose weight with crohns: The Hidden Plague Tara Grant, 2019-06 This is the new paperback version of the bestselling hardcover edition that has helped thousands of sufferers turn their health around. Read the couple hundred amazon reviews attached to the now out-of-print hardcover book. You be touched deeply by the level of suffering and frustration that people have endured, then achieved rapid results by following holistic plan presented in the Hidden Plague. Have you been plagued with boils, cysts, ingrown hairs, and acne-like bumps that take months to resolve, leave embarrassing scars, and cause considerable pain? Have you been to the doctor, only to leave with a prescription for antibiotics, few answers, and little to no hope? Hidradenitis suppurativa (HS) is a poorly understood skin condition that is believed to affect nearly twelve million people in the United States alone. Only a small fraction of those affected have been properly diagnosed, leaving many others to suffer in silence or pursue ill-advised conventional treatment methods that fail to address the cause of this painful condition. Tara Grant, a twenty-year sufferer of HS, has become an underground legend to her Internet community of HS victims by presenting a methodical, self-tested action plan to heal naturally. The centerpiece of her holistic approach rests on the understanding that HS is an autoimmune disorder caused by leaky gut syndrome. With a few simple dietary changes that eliminate certain trigger' foods, you can heal your gut, restore your skin, reclaim your health, and rid yourself of HS symptoms forever. That means no antibiotics, no experimental surgeries, and no more pain, suffering, or confusion. You will learn to adopt a big picture perspective about disease and dysfunction, and understand how autoimmunity (the body attacking itself in an adverse manner) represents the root cause of many frustrating chronic health conditions. By modifying your diet and other lifestyle habits, you can break free from the suffering, frustration and uncertainty that seems to go hand in hand with autoimmune conditions and skin conditions like HS in particular. Author Tara Grant has synthesized years of research, personal trial and error and cutting edge functional medicine and dietary strategies to give you a simple, do-able action plan to clean up your diet and clean up your skin. The Hidden Plague is a fabulous and comprehensive resource for not just HS specifically, but many other related inflammatory and autoimmune conditions.

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how to lose weight with crohns: Clinical Guide to Popular Diets Caroline Apovian, Elizabeth Brouillard, Lorraine Young, 2018-01-29 It is no secret that the United States is facing an obesity epidemic with the obesity rates continuing to rise year after year. According to the Center for Disease Control, one third of Americans are now obese. It is no longer sufficient to simply point out the health risks of obesity to our patients as the reason to lose weight. Patients are seeking guidance in terms of what specific diet plan to follow and what foods should be eaten. There are thousands of diets on the market with new ones introduced daily. Not all diet plans have proven results, nor will they work for every patient. More importantly, not all diets marketed to the public are safe to follow

for an extended timeframe. In fact, research shows us that diet composition is not the key to long term success, but compliance to a calorie deficient diet is the solution. So how does one choose which diet plan to recommend to patients? Finally, a book for clinicians is here to help answer this question. This book provides information to help patients understand several different research proven diets on the market today including: the Atkins diet, the DASH (Dietary Approaches to Stop Hypertension) diet, the I diet, the Mediterranean diet, Paleo Diets, South Beach, Vegetarian diets, Weight Watchers, and the Zone diet. Each diet is carefully and thoroughly reviewed in this book by some of America's top obesity medicine and weight management specialists to provide health practitioners a knowledge of the diet composition, current research evaluating the diet, typical weight loss results, the pros and cons of the diet as well as which patients would most benefit from each diet plan. This book provides the necessary tools for clinicians to feel comfortable discussing several of the more popular and scientifically researched diets with patients. This book offers solid information to advise patients, based on their specific health history, on which diet will afford the greatest chance for success.

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Quick, Suzanne Biers, Tan Arulampalam, 2019-12-17 Essential Surgery is well-established as one of the leading textbooks of surgery for medical students, core surgical trainees and those in professions allied to medicine. Covering general surgery, trauma, orthopaedics, vascular surgery, urology, paediatric surgery, cardiothoracic surgery, neurosurgery, maxillofacial surgery and ENT, it also incorporates appropriate levels of basic science throughout. The book is ideal to accompany clinical courses, as well as being a practical manual for readers at more advanced levels requiring a revision aid for exams. Its main aim is to stimulate the reader to a greater enjoyment and understanding of the practice of surgery. - The uniformity of the writing style and the clarity of elucidation will encourage continued reading, while the emphasis on the principles of surgery will enable a real understanding of the subject matter. - The book incorporates a problem-solving approach wherever possible, emphasising how diagnoses are made and why particular treatments are used. - The pathophysiological basis of surgical diseases is discussed in relation to their management, acting as a bridge between basic medical sciences and clinical problems. - The book's extensive use of original illustrations, colour photographs, radiology images, boxes and tables emphasises important concepts and will promote easy revision of topics. - The principles of operative surgery and pre-, peri- and postoperative care are explained together with outlines of common operations, enabling students and trainee surgeons to properly understand procedures and to participate intelligently in the operating department. - A major and comprehensive revision of the text has taken full account of the progressive evolution of surgery and includes new scientific and clinical concepts that have advanced medical understanding. - Ensuring the book's contents are aligned to the curriculum of the UK Intercollegiate MRCS examination has resulted in the addition of new topics including an emphasis on peri-operative care optimisation, enhanced recovery programmes, antibiotic use and resistance, updated cancer staging, minimally invasive surgery, and the evolving role of interventional radiology. - Additional essential governance and management topics are covered, including patient safety, surgical ethics, communication, consent, clinical audit and principles of research. - The broad experience of surgical teaching and training of two new editors and many new contributors, all with sub-specialist expertise, have brought a contemporary perspective on the book's contents and its presentation. - New national and international guidelines for managing common disorders have been incorporated where appropriate, including major haemorrhage management pathways and trauma. - There are new dedicated chapters on major trauma management and elective orthopaedics.

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learning, including original schematic diagrams, photos, and tables. Concept-focused summaries conclude each chapter for more effective learning and review. Suggested readings in every chapter provide a valuable resource for further investigation in physiological and clinical ideas.

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how to lose weight with crohns: **Plant Based Diet for Crohns Disease** Food Arena Publishing, 2020-02-19 PLANT BASED DIET FOR CROHNS DISEASE Did you know the way you eat could save your life? Or at least make it way better It's true. The plant-based diet can be life changing. Changing to a plant-based diet is one of the most important decisions you can make to improve your health, boost energy levels, and also prevent chronic diseases. Science shows that eating more healthily helps you to live longer, can also help the environment and reduce the risk of getting sick. Plant-based diets are really popular nowadays, and you might have heard about some of its advantages. In the long run, this diet can help you not only with your health but also your energy and make some changes that can completely change your life. You can easily find the basics of a plant-based diet in this book, it includes what you should eat, what to avoid, the benefits it has, and some recipes for beginners like you to start this new lifestyle. This book is also beneficial for those people who have wondered about the plant-based diet but had absolutely no idea where to start. This plant-based diet cookbook is looking forward to helping people make changes in their life, starting with their diet. Nothing in will ever stop you once you start your weight loss journey. If you want to start a plant-based diet but don't know exactly where to start, don't worry! This book is just for you. Here you can find everything so you can make this change easy and also enjoy it. Here you can find the answers to your questions, advice and some techniques that you may need. Includes: -Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote-Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew-Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables-Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant Steaks-Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls-The Amazing Bean: White Beans and Escarole with Parsnips-Great Grains: Polenta Pizza with Tomatoes and Basil-Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! This cookbook gives you the opportunity to nourish yourself in a simple, affordable, and delicious way. Start cooking with these plant-based recipes today as making this change could save your life! Welcome to the plant-based diet lifestyle. Enjoy! Scientific research is proving that a plant-based diet can reduce the risk many chronic diseases, such as Type 2 Diabetes, heart disease, certain types of cancer and other major illnesses. And even without worrying about the bigger concerns, a plant-based diet can just make your feel a lot better inside and out. Yes, a plant-based diet is 100% the way to go and this is the best for now. Plant-based eating is a holistic approach to better health, but in a tangible, simple, and actionable way that won't overwhelm you. In the Plant Based Diet for beginners you'll find: 1 Main Benefits of the Plant Based Diet 2 Basic Shopping List 3 A 21 Day Meal Plan that can help you to start and keep the new eating plan 4 Easy, Healthy and Fast Recipes from breakfasts and salads to mains and desserts, plus key macronutrient information

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