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"A seismic revolution in health will not come from a pill, procedure, or operation. It will occur only when the public is endowed with nutritional literacy, the kind of knowledge portrayed in *Forks Over Knives* and highlighted in this book." —from the Foreword by T. Colin Campbell, PhD, and Caldwell B. Esselstyn, JR, MD

**EDITED BY GENE STONE**

# Forks Over Knives The Plant Based Way To Health

**Ian Pickup**



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