



## Simply Yummy: Vegan Vegetarian Cookbook

*Prettyman Melody*

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## **Simply Yummy: Vegan Vegetarian Cookbook** Prettyman Melody

Did you know? A whole plant-based diet is your best source of prevention and healing with the most powerful dose of medicine you receive at least two times a day. Our Bodies were designed to be healthy and we shouldn't need drugs or surgeries except in cases of emergencies, and yet we've become dependent on these alternatives. What if you knew Melody's secrets for preparing simple delicious recipes that could help you control type II Diabetes, fight cancer, assist with weight loss, reverse heart disease, and improve overall health? What if you could reduce or eliminate medications? Melody Prettyman has information that can change your life like never before. "I am living proof of what a whole plant-based diet can do to completely change our lives. No medicine is stronger for your chronic lifestyle diseases than nutrition. Many doctors are now using nutrition to treat and eliminate that drugs don't."

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