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less processed foods which are the biggest thieves of
your mental clarity plus eating more plant foods means
more efficient digestion and more efficient digestion
means more energy and time your body can spend on
doing other things like thinking clearly 9 you ll have
better sex'

'6 ways to make milk with less waste eco age

May 27th, 2020 - max la manna shares 6 simple ways to
make milk with less waste including oat milk and

almond milk to help reduce your plastic waste at home as a zero waste chef and advocate of mindful consumption i m always looking for ways of creating the lowest impact possible consumption and waste wise'

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foods play a role in the prevention and management of
a number of health issues and diseases by adding more
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food like antioxidants vitamins minerals and fiber
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'simple plant powered summer meals

June 2nd, 2020 - family features with more than half
of americans willing to eat more plants and less meat
in 2020 and beyond according to a study conducted by

yale and earth day network one thing holds true'

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