



The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet

Benji Kurtz

Download now

[Click here](#) if your download doesn't start automatically

The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet

Benji Kurtz

The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet Benji Kurtz

Benji Kurtz is on the side of science. For twenty years he struggled with obesity; he experimented with all kinds of catchy, fad diets that had everything going for them but scientific truth. In *The Plant Advantage*, he explains how a movie changed his life, inspiring him to eat the way human beings were designed to eat. And he subsequently lost half his weight, from 260 pounds to 130, in eighteen months. Without struggling.

In his thoughtful and sometimes comic analysis of nutrition and weight-loss, co-written with author Glen Merzer (*Off the Reservation*), Kurtz uses ample scientific evidence to explain the many advantages of a low-fat, plant-based, whole foods diet. But it's his own remarkable experience that seals the deal.

"A delightful read for anyone who may be confused by the gibberish infusing the public discussion on food and health-In this very special book, Benji Kurtz speaks with a voice and personal conviction that is original and refreshingly honest. Kurtz honestly relates his uncertainties and confusion as he searched for an answer why he could not shed a large amount of excess body weight. Although not a scientist, he presents the scientific evidence with a reliability that is rare for a layperson. Even though I have been a researcher in this field for more than a half century, I found myself being his student as he sought answers to his unusually intuitive questions about the scientific evidence. The Plant Advantage is a really good read for anyone caught in the squeeze between what is real and what is not on matters of food and health."—**Dr. T. Colin Campbell, Author, *The China Study*, and *Whole* and Professor Emeritus of Nutritional Sciences, Cornell University**

"Together with Glen Merzer, Benji Kurtz has shared awareness of whole-food plant-based nutrition and epic personal transformation. This book concisely defines the science and skills enabling the lifestyle and nutritional literacy required for a long and healthy life." -**Caldwell B. Esselstyn, Jr., M.D., author, *Prevent and Reverse Heart Disease***

"Benji Kurtz's personal journey is an inspiration, and his wisdom and practical information will help you maximize your own health. In our clinical research studies at the Physicians Committee, we see many people make wonderful transformations, and I hope you will read about his experiences and jump into your own journey toward better health. You, too, can become a success story!"—**Dr. Neal Barnard, Author, *A Physician's Slimming Guide*, and President, Physician's Committee for Responsible Medicine**

*"Benji Kurtz is the best kind of expert on weight-loss: someone who has LIVED the struggle and come out victorious!! Combined with wit, intelligence, and fantastic recipes, *The Plant Advantage* shows the reader how they can have his success too!"* —**Lindsay S. Nixon, Author, *The Happy Herbivore Cookbook Series***

"The odds of losing a large amount of weight and keeping it off are small. Most people fail because they do not take an effective approach. For all those that say it can't be done, Benji Kurtz presents a proven plan that is both successful and health promoting." —**Alan Goldhamer, Director, TrueNorth Health Center**

"This book is a treasure. It is engaging, entertaining and enlightening. It is one of the rare "nutrition" books that is hard to put down. The story Benji Kurtz tells is one that millions of people can relate to. It gives

others hope for health. I wholeheartedly recommend reading it then sharing it with friends and family!"
—**Brenda Davis, RD, Co-author, *Becoming Vegan: The Complete Guide to Adopting a Healthy, Plant-Based Diet***, comprehensive and express editions

 [Download The Plant Advantage: How I Lost Half My Weight on ...pdf](#)

 [Read Online The Plant Advantage: How I Lost Half My Weight o ...pdf](#)

Download and Read Free Online The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet Benji Kurtz

From reader reviews:

Debra Rubino:

The feeling that you get from The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet may be the more deep you excavating the information that hide inside the words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet giving you enjoyment feeling of reading. The writer conveys their point in certain way that can be understood simply by anyone who read that because the author of this publication is well-known enough. This specific book also makes your current vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having this specific The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet instantly.

Patricia Welling:

This The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet are usually reliable for you who want to become a successful person, why. The reason of this The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet can be one of many great books you must have is giving you more than just simple looking at food but feed an individual with information that possibly will shock your prior knowledge. This book will be handy, you can bring it everywhere and whenever your conditions throughout the e-book and printed ones. Beside that this The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet forcing you to have an enormous of experience such as rich vocabulary, giving you demo of critical thinking that we realize it useful in your day pastime. So , let's have it and enjoy reading.

Paul Steinbach:

Playing with family inside a park, coming to see the marine world or hanging out with good friends is thing that usually you have done when you have spare time, then why you don't try point that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet, you may enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't obtain it, oh come on its named reading friends.

John Hagen:

In this particular era which is the greater man or who has ability to do something more are more valuable than other. Do you want to become among it? It is just simple way to have that. What you must do is just spending your time almost no but quite enough to enjoy a look at some books. Among the books in the top record in your reading list is usually The Plant Advantage: How I Lost Half My Weight on The Fuel Plus

Fortification Diet. This book which is qualified as The Hungry Mountains can get you closer in turning into precious person. By looking right up and review this publication you can get many advantages.

Download and Read Online The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet Benji Kurtz #I0NYXZPTLSH

Read The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet by Benji Kurtz for online ebook

The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet by Benji Kurtz Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet by Benji Kurtz books to read online.

Online The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet by Benji Kurtz ebook PDF download

The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet by Benji Kurtz Doc

The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet by Benji Kurtz Mobipocket

The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet by Benji Kurtz EPub