



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:

Martha Doughty:

The book The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet can give more knowledge and also the precise product information about everything you want. So why must we leave the great thing like a book The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet? A number of you have a different opinion about book. But one aim that will book can give many details for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or data that you take for that, it is possible to give for each other; you can share all of these. Book The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet has simple shape but the truth is know; it has great and massive function for you. You can appear the enormous world by wide open and read a publication. So it is very wonderful.

Lloyd Lake:

What do you regarding book? It is not important to you? Or just adding material when you want something to explain what you problem? How about your extra time? Or are you busy man? If you don't have spare time to do others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? Everyone has many questions above. They need to answer that question since just their can do that. It said that about e-book. Book is familiar in each person. Yes, it is proper. Because start from on pre-school until university need this specific The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet to read.

Kay Davidson:

Reading a book to be new life style in this season; every people loves to learn a book. When you study a book you can get a lots of benefit. When you read textbooks, you can improve your knowledge, due to the fact book has a lot of information onto it. The information that you will get depend on what sorts of book that you have read. In order to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, such us novel, comics, in addition to soon. The The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet provide you with a new experience in reading a book.

Stephen Porter:

Is it a person who having spare time then spend it whole day by simply watching television programs or just lying on the bed? Do you need something totally new? This The Plant Advantage: How I Lost Half My Weight on The Fuel Plus Fortification Diet can be the response, oh how comes? A book you know. You are therefore out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these ebooks have than the others?

**Download and Read Online The Plant Advantage: How I Lost Half
My Weight on The Fuel Plus Fortification Diet Benji Kurtz
#JNP7MEX2SB3**

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