



# **Thrive: A Guide to Optimal Health & Performance Through Plant-Based Whole Foods, Expanded Second Edition**

*Brendan Brazier*

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## **Thrive: A Guide to Optimal Health & Performance Through Plant-Based Whole Foods, Expanded Second Edition** Brendan Brazier

*Thrive: A guide to optimal health and performance through plant-based whole foods*, second edition (112 pages, Oceanside Publishing) is a concise and practical guide to reducing nutritional stress by incorporation more plant-based whole foods. The reduction of nutritional stress provides the body a platform for improved overall health which includes; a reduction in biological age, improved athletic performance, better sleep quality and reduced sugar cravings. Thrive also provides the athlete a sound strategy for transitioning to a high performance plant-based diet. It includes a sample meal plan and 15 unique, nutritionally balanced, delicious whole food recipes, all gluten free.

Dr. Zoltan Rona, medical editor of the Encyclopaedia of Natural Healing and author of the foreword of Thrive, highly recommends the book, and writes in the foreword, "I think that after reading this book, you will no doubt be convinced that a plant-based whole foods diet is the true future of optimal health."

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