



Time For Change: Whole Foods For Whole Health!

Danielle Bussone

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Danielle Bussone's journey through medical errors and complications devastated her health and nearly claimed her life. In severe chronic pain and disillusioned by the medical industry, Danielle turned to foods to recover her health.

In "Time for Change: Whole Foods For Whole Health!," Danielle Bussone shows us that becoming vegan is an exciting expedition into a new world of flavors and cultural culinary experiences. Whether you wish to fully embrace a WFPB lifestyle or would just like to add healthy foods to your current diet, Bussone arms the reader with mouthwatering, healthy recipes that will make the inclusion of whole foods easy, delicious and restorative.

What People Are Saying About Time For Change:

"Time For Change" is a comprehensive, engaging and passionate book by an intrepid woman who fought through years of catastrophic medical events. By continuous reading, research, and diligently listening to her body, Bussone has found her way back to good health by means of a plant-based diet. Here she shares her story, her research findings, her contagious enthusiasm and her wonderful methods and recipes of vegan cooking. This book is also a fervent cry against pesticides, genetically modified, and highly processed foods. — P. Kandle, MD

This book shouts, "Wellness happens!" An intelligent and enjoyable read for both laypersons and medical professionals. "Time For Change" offers a vegan lifestyle that creates and sustains vitality. Ms Bussone has done her research. Everyone should read this book! — Teresa Wood, DDS

Until Danielle Bussone introduced me to a plant-based lifestyle, I suffered from chronic crippling migraines, often lasting over fifteen days. I was an avid carnivore, a triathlete with a terrible diet, and a college kid who didn't sleep enough. Unwilling as I was to embrace a vegan diet, I managed to restrict myself for two days to "give it a go." Forty-eight hours later, I was migraine-free! Meat looked wholly unappetizing; I felt stronger, slimmer, faster, harder, and was refreshed after a full night's sleep. ...for me, her book, freedom from debilitating headaches, and a fitter body is enough to keep me motivated! — Catherine Deborah Davidson-Hiers, College Student, Triathlete

Danielle's story of adopting a vegan diet to recover her health is an inspiration. "Time For Change" offers a strong foundation to the benefits of a plant-based diet and is filled with delicious recipes to whet your appetite. This book is a must-have for every pantry and bookshelf! — Kate Strong, Vegan Athlete, 2014 World Champion Women's Long-Distance Triathlon

...awesome tips towards healthy living and more in this one-stop Go Vegan book for beginners and seasoned vegans. — Omowale Adewale, Vegan Athlete, Super-Middleweight Boxing Champion

...well-written and information-packed book, "Time For Change," helps to make the transition in a well-informed and healthy manner. This book answers many of the questions often asked of individuals living a whole food plant-based lifestyle, such as: "Where do you get your protein?" Each chapter is filled with personal insights and guidance. - Lisa Harris, Naturopath and Author of "Rebuilding the Temple: A

Practical Guide to Health and Wellness"

Horrific. Heroic. A must read for anyone who has to deal with doctors and hospitals. — Bill Kaiser, Journalist, Author of "Bloodroot" and "Hellebore"

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