Australia

USA

Germany

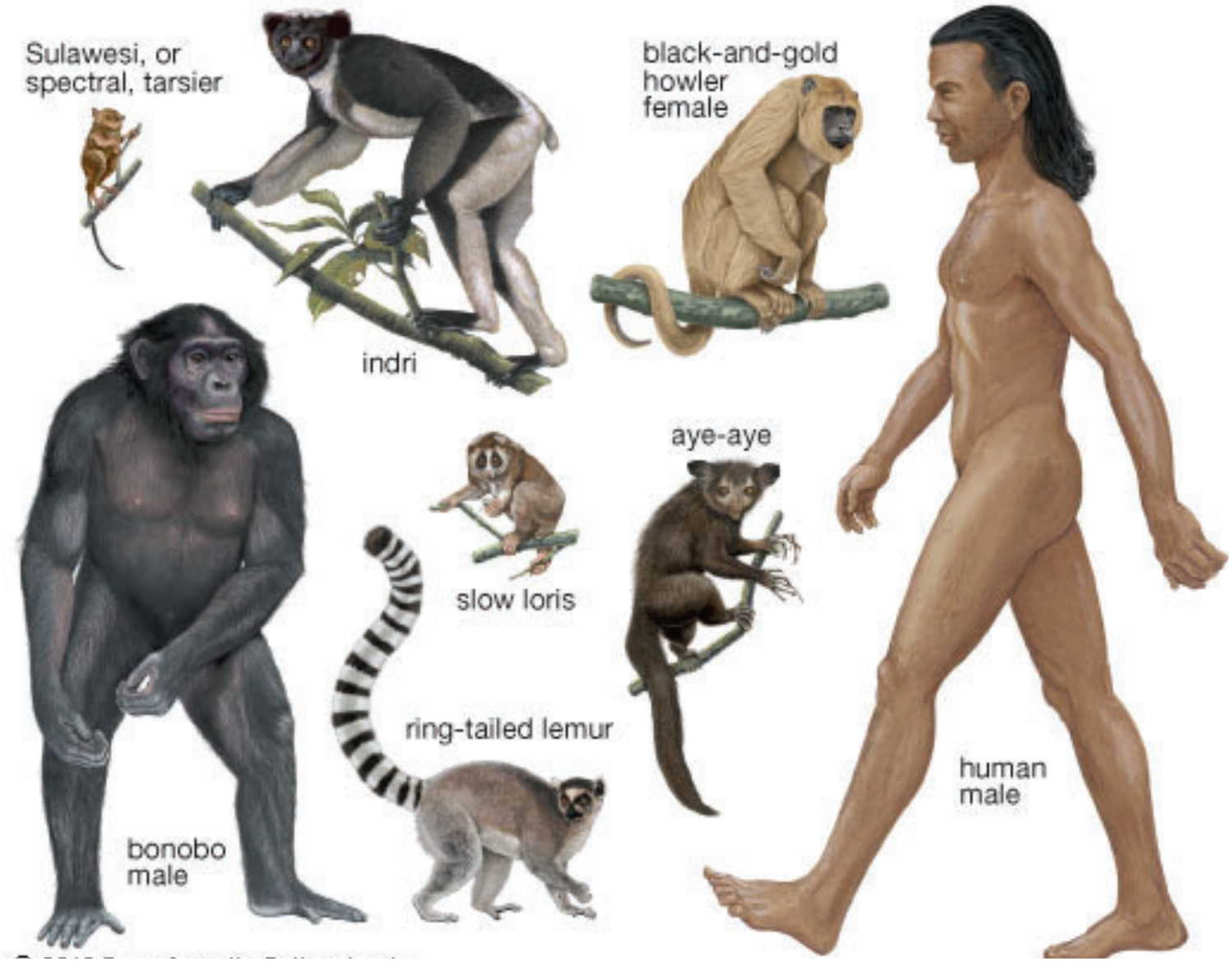
USA

Japan

Bhutan

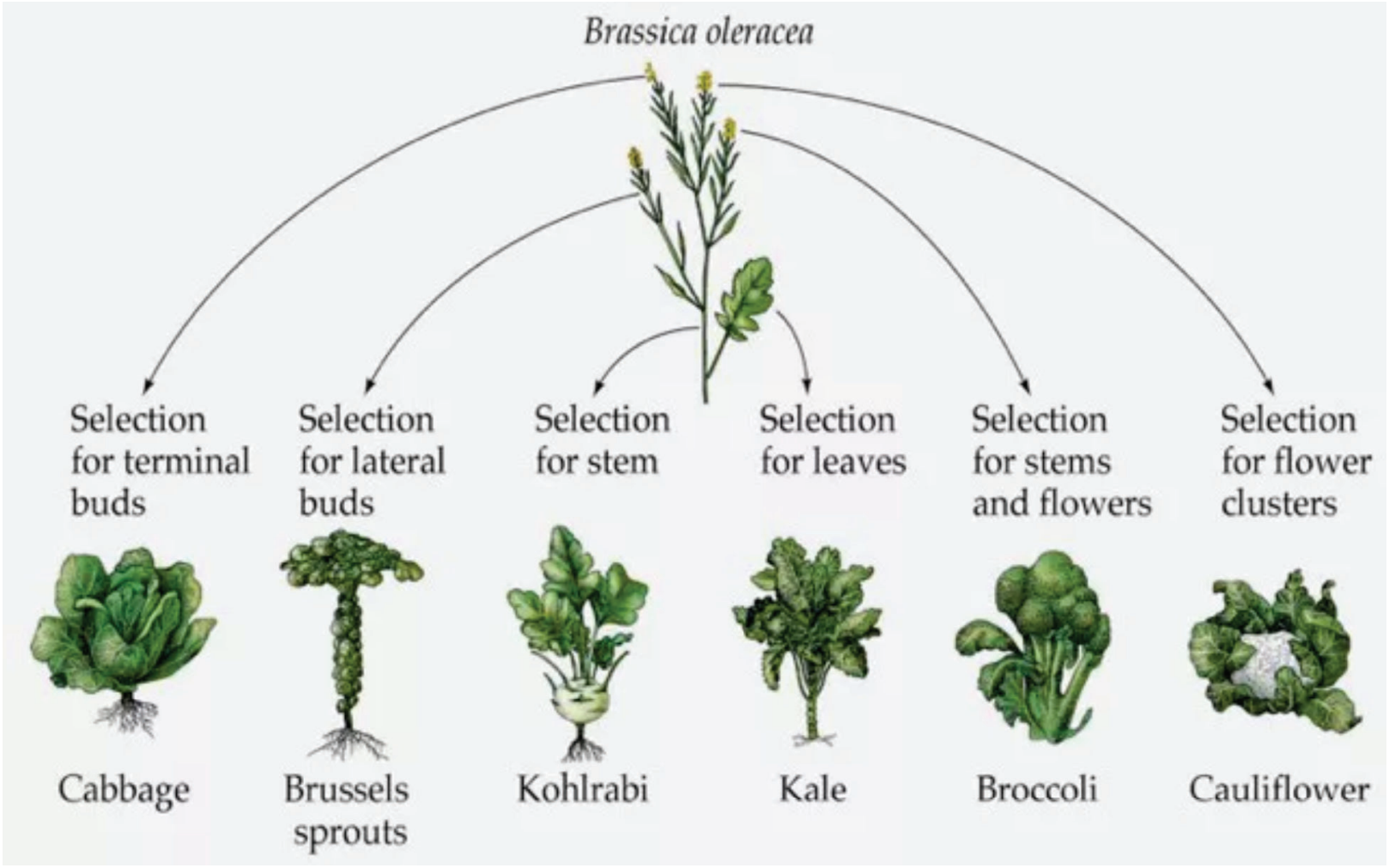
South America

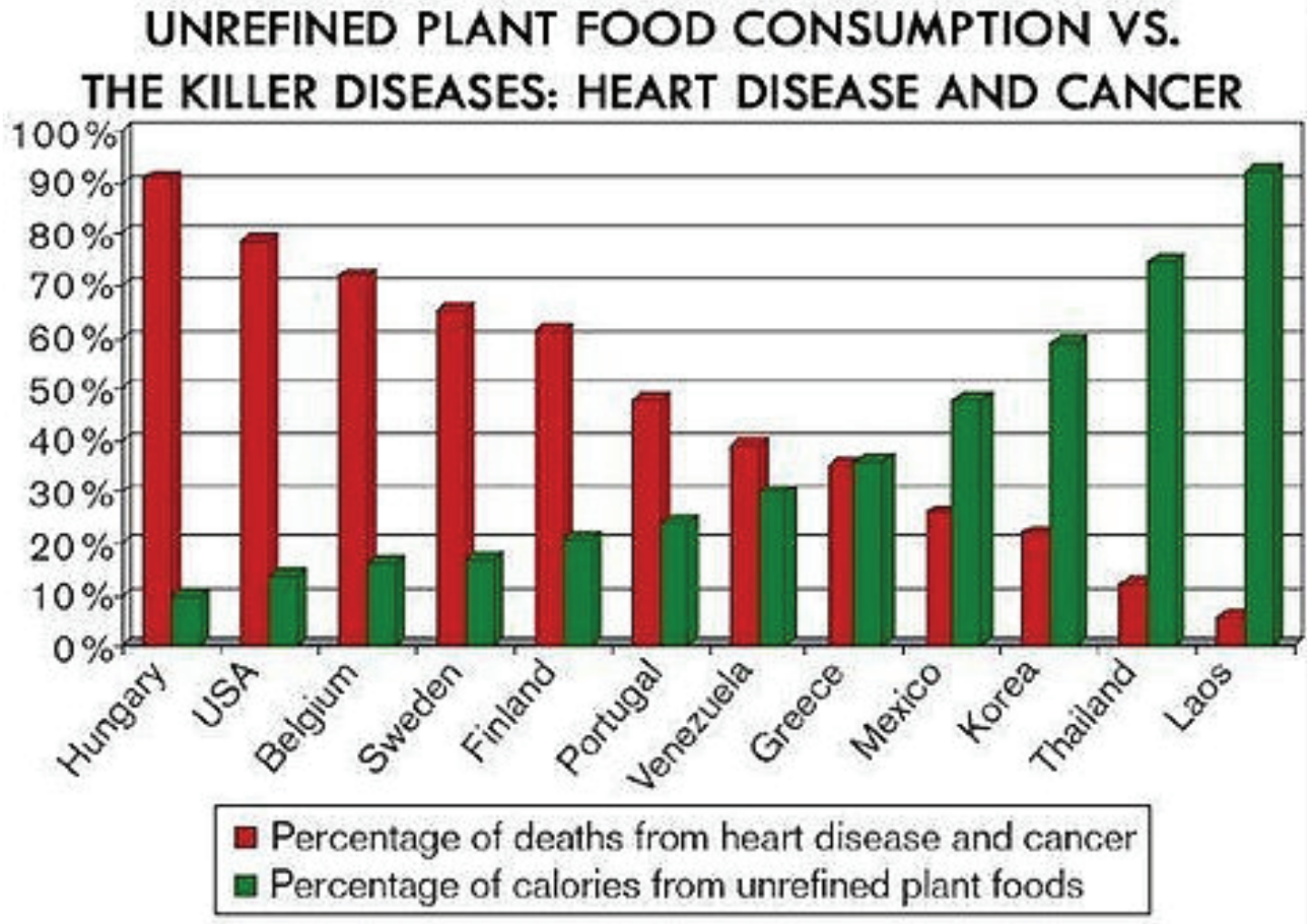
Refugee Camp Chad Africa


Sulawesi, or spectral, tarsier
indri
black-and-gold howler female
aye-aye
slow loris
ring-tailed lemur
bonobo male
human male

You literally drink in life & health
Water is a catalyst
for every single biological
function in the body

we gather our food ⅓ without moving our bodies we would literally starve, the sun moving our bodies
we are bathed by the sun as
bodies
it's photosynthesis and plants


Brassica oleracea
Selection for terminal buds
Selection for lateral buds
Selection for stem
Selection for leaves
Selection for stems and flowers
Selection for flower clusters
Cabbage
Brussels sprouts
Kohlrabi
Kale
Broccoli
Cauliflower


UNREFINED PLANT FOOD CONSUMPTION VS.
THE KILLER DISEASES: HEART DISEASE AND CANCER
100%
90%
80%
70%
60%
50%
40%
30%
20%
10%
0%
Hungary
USA
Belgium
Sweden
Finland
Portugal
Venezuela
Greece
Mexico
Korea
Thailand
Laos
Percentage of deaths from heart disease and cancer
Percentage of calories from unrefined plant foods

"I've only been gluten-free for a week, but I'm already really annoying."

Banana - Wikipedia

en.wikipedia.org

Wild banana species: their ...

molcyt.org

Wild banana

didyouknow.