

# The Rounding Of America

Many new vegans effortlessly lose weight because plants are calorie-light and loaded with cleansing fiber that increases regularity. The evolutionary response to weight loss is that it's a result of famine or disease.

But Americans have gotten so heavy that what was once a healthy look now seems deficient. If you are eating a colorful variety of whole plant foods, getting enough Vitamin B12, D, & Omega-3, and have a good BMI, but family & friends express concern about your new, lean look, show them this.

## 1970's Norm



## 2000's Norm



## Clinton Before...



## ...After Plant-Based Diet

