

# **Download Vegan Dosha Diet Heal Yourself And The World At The Same Time**

Let me introduce myself. My name is Mark Sisson. I'm 63 years young. I live and work in Malibu, California. In a past life I was a professional marathoner and triathlete. Lower Type 2 Diabetes Risk Diet ?, Type 2 Diabetes Is Not a Life Sentence: Most doctors only talk about diabetes treatment, diabetes management and diabetic control using drugs, pills, injections and surgery. You know, I am seriously considering doing this. I eat clean all the time, but there has been a bit of excessive indulging this past easter (plus its chocolate-y aftermath) and I feel the need to eat super-simple foods and drink stuff with ginger. Learn how to heal your digestion naturally with Ayurveda, rather than weaken and destroy it over time with the use of digestive enzymes.