

# THE PLANT-BASED HANDBOOK FOR PRACTITIONERS



Unlock the extraordinary possibilities of plant-based living with *The Plant-Based Handbook* – an indispensable asset for practitioners who seek to inspire clients with the boundless potential of a plant-powered lifestyle. This invaluable resource combines comprehensive tools and practical tips to support various health goals. It is an expert guide that will support your efforts to help clients enhance their well-being through the transformative power of plants.

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**"This book makes  
explaining the benefits of  
plants simple and easy."**

## ABOUT THE AUTHOR

Brandy is on a mission to help people simplify plant-based living. From entrepreneurs to communities and families, she shifts the mindset of anyone who is curious about the plant-based lifestyle, thereby improving people's personal and professional lives. After reading *The China Study*, Brandy was fascinated by plant-based living and wanted to see how practical its adoption could be. So, she decided to convert one of her grandma's cake recipes into a plant-healthy one featuring butter beans and dates. Once she saw that it worked, she started to explore how the different textures of plants – combined with familiar flavor profiles – could create food that everyone loved. Ultimately, Brandy discovered that a splash of creativity, a dash of openness, and a lot of spice make plant-based living enjoyable and fun!



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