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Vegetarianism / v ɛː dɛː ɛː ɛː t ɛː ɛː r i ɛː n ɛː z ɛː m / is the practice of abstaining from the consumption of meat (red meat, poultry, seafood, and the flesh of any other animal), and may also include abstention from by-products of animal slaughter.. Vegetarianism may be adopted for various reasons. Many people object to eating meat out of respect for sentient life. . Such ethical motivations ...

Vegetarianism - Wikipedia

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Marination is the process of soaking foods in a seasoned, often acidic, liquid before cooking. The origin of the word alludes to the use of brine (aqua marina) in the pickling process, which led to the technique of adding flavor by immersion in liquid. The liquid in question, the 'marinade', can be either acidic (made with ingredients such as vinegar, lemon juice, or wine) or enzymatic (made ...

Marination - Wikipedia

Award-winning public speaker, New York Times bestselling author and world-renowned health expert, Dr. Sarah Ballantyne, PhD (aka The Paleo Mom) believes the key to reversing the current epidemics of chronic disease is scientific literacy.

Are all lectins bad? (and what are lectins, anyway?) ~ The

Phytic acid is the principal storage form of phosphorus in many plant tissues, especially the bran portion of grains and other seeds. It contains the mineral phosphorus tightly bound in a snowflake-like molecule.

Living With Phytic Acid - The Weston A. Price Foundation

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ekĀĀi sĀĀziĀ¼k - kutsal bilgi kaynaĀĀ± - eksisozluk.com

Desde los orĀ±genes, la humanidad ha tenido que hacer frente a una cuestiĀ³n fundamental: la forma de preservar y transmitir su cultura, es decir, sus creencias y conocimientos, tanto en el espacio como en el tiempo.

Libro - Wikipedia, la enciclopedia libre

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