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### **# Vegan Detox Smoothie - Benefits Of Detox Water Lemon**

The earliest record of vegetarianism comes from Indus Valley Civilization as early as the 7th century BCE, inculcating tolerance towards all living beings. Parshwanatha and Mahavira, the 23rd & 24th tirthankaras in Jainism respectively revived and advocated ahimsa and Jain vegetarianism in 8th to 6th century BC; the most comprehensive and strictest form of vegetarianism.

### **Vegetarianism - Wikipedia**

The China Study is a book by T. Colin Campbell, Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University, and his son Thomas M. Campbell II, a physician. It was first published in the United States in January 2005 and had sold over one million copies as of October 2013, making it one of America's best-selling books about nutrition.

### **The China Study - Wikipedia**

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