Beat: Vips

Alec Baldwin has a Radical Nutrition Plan

Replace Meal Replacement Bars

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USPA NEWS - Actor Alec Baldwin is giving radical nutrition advice to the millions who subsist on mundane meal replacement bars: Eat actual meals. In the 40-second public service announcement, Baldwin says the Physicians Committee's Meal Replacement Bar Replacement Meal Plan not only saves time and money...

Actor Alec Baldwin is giving radical nutrition advice to the millions who subsist on mundane meal replacement bars: Eat actual meals. In the 40-second public service announcement, Baldwin says the Physicians Committee's Meal Replacement Bar Replacement Meal Plan not only saves time and money, it's actually more nutritious than meal replacement bars.

His advice follows a new scientific study highlighting the many benefits of the Meal Replacement Bar Replacement Meal: Eating more fruits, vegetables, grains, and legumes could save millions of lives and trillions of dollars, according to the Proceedings of the National Academy of Sciences of the United States of America.

'Patients are raving that their meals“”and their lives“”have gone from bland and beige to delicious and dazzling on the Meal Replacement Bar Replacement Meal Plan,' says Physicians Committee president Neal Barnard, M.D. 'It's amazing what fruits, veggies, whole grains, and legumes can do for you.'

The Physicians Committee is a nonprofit health organization founded in 1985, with more than 12,000 doctor members. The organization promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

Source : Physicians Committee for Responsible Medicine

Ruby BIRD
http://www.portfolio.uspa24.com/
Yasmina BEDDOU
http://www.yasmina-beddou.uspa24.com/

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Editorial program service of General News Agency:
UPA United Press Agency LTD
483 Green Lanes
UK, London N13NV 4BS
contact (at) unitedpressagency.com
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