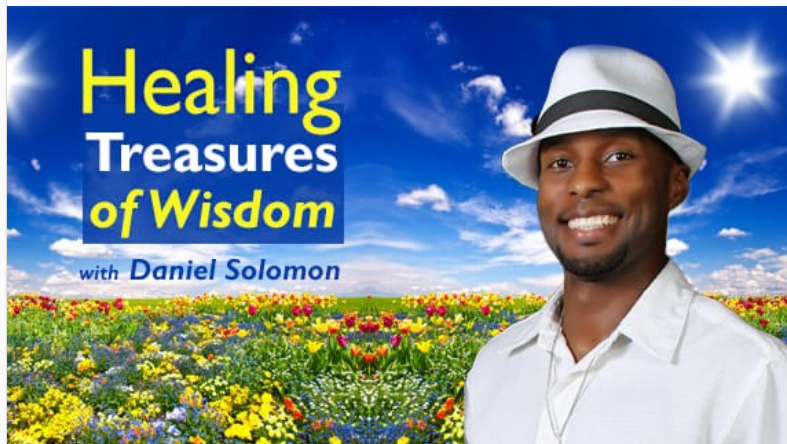


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HEALTH & WELLNESS



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Today, my guest, Dr. Curtis Duncan and I will be discussing a very hot, passionate, and debated topic amongst many health circles. Veganism and vegetarianism, is it a good and healthy lifestyle, or does it destroy the body and the mind? Is meat eating evil? Does eating meat clog the arteries and make one sluggish? Or do we need the protein and nutrient combinations that animal meats provide, which cannot be gained through any other foods? In this episode we will finally lay to rest the meat eater vs vegetarian/vegan debate. My guest Dr. Curtis Duncan is a holistic health and weight loss expert

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### Dr. Curtis Duncan

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