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# Sacred Cow: The Case for (Better) Meat

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"The answer to our broken food system is not no meat, it's better meat. If you are concerned about red meat's impact on your health and the planet, this book is for you."  
—MARK HYMAN, MD, Cleveland Clinic Center for Functional Medicine

WHY WELL-RAISED MEAT IS GOOD FOR YOU  
AND GOOD FOR THE PLANET



THE CASE FOR (BETTER) MEAT

# SACRED COW

DIANA RODGERS, RD  
ROBB WOLF

*New York Times* bestselling author of *The Paleo*®

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**Author : Diana Rodgers Pages : pages Publisher : Blackstone Publishing Language : eng  
ISBN-10 : B0899FLWND ISBN-13 :**