



## Webinar Replay: Going Plant-Based: How to Get Started and Stay in the Game with Tim Kaufman

By Tim Kaufman  
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Learn the secrets of lasting success on a whole-food, plant-based diet from **real-life success story** Tim Kaufman.

In this inspiring webinar, Tim Kaufman of [FatManRants](#) shares his amazing personal journey to health and happiness through a whole-food, plant-based lifestyle. He opens up about his struggles and successes in overcoming morbid obesity, chronic illnesses, addiction, and a genetic disease called Ehlers-Danlos Syndrome, and shares his best advice on getting started with a plant-based diet and how to stay in the game for the long term.

**WATCH THE REPLAY**

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