



Sunfood Diet Infusion: 2nd Edition: Transforming Health and Preventing Disease Through Raw Veganism

By John McCabe

Carmania Books. Paperback. Book Condition: New. Paperback. 544 pages. Dimensions: 8.9in. x 6.1in. x 1.6in. John McCabe is the author of Sunfood Living: Resource Guide for Global Health, Sunfood Traveler: Guide to Raw Food Culture, and Igniting Your Life: Pathways to the Zenith of Health and Success. He has been a ghost co-author on other popular books about raw food. In this book McCabe covers a variety of issues to explain why so many people are turning to a diet consisting of raw, organic fruits, vegetables, sprouts, nuts, seeds, and sea vegetables. Sunfood Diet Infusion details a variety of reasons why a diet that is vegan and all or nearly all raw is vastly more healthful than what has become the Standard American Diet (SAD diet) of processed, chemical-laden, nutrient-deficient, disease-inducing, plasticized, mass-marketed corporate foods. Topics covered include the environmentally ruinous meat and dairy industries; the toxicity of farming chemicals; the benefits of organic gardening and locally-grown foods; the growing interest in permaculture; whole body nutrition; disease reversal; brain plasticity; maintaining vibrancy; the myths and truths of veganism; and the strong connection between global health and humanitys food choices. A helpful kitchen set-up and sample recipe section completes the book. McCabes...



Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- Joshua Gerhold PhD

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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