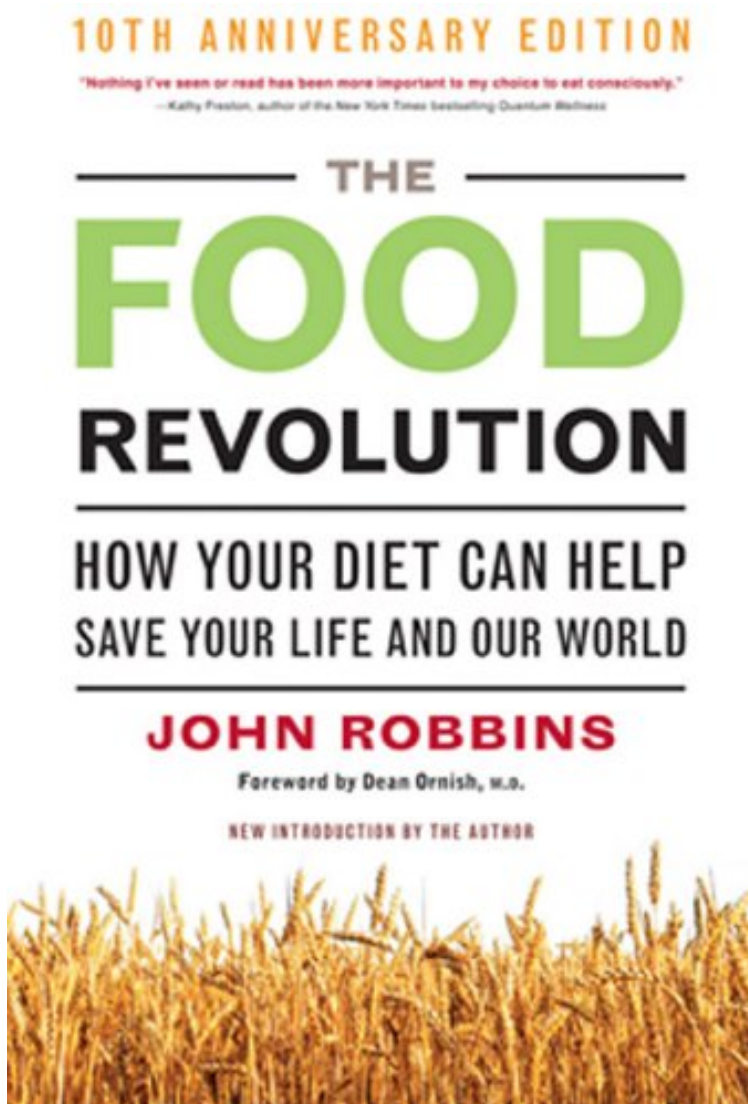


(Read ebook) File size: 73.Mb

The Food Revolution: How Your Diet Can Help Save Your Life and Our World



Par John Robbins
*Download PDF | ePub | DOC |
audiobook | ebooks

Dtails sur le produit Rang parmi les ventes
: #61436 dans eBooksPubli le: 2010-11-
01Sorti le: 2010-11-01Format: Ebook
Kindle

(Read ebook) The Food Revolution: How
Your Diet Can Help Save Your Life and
Our World

Par John Robbins : **The Food Revolution:
How Your Diet Can Help Save Your Life
and Our World** before purchasing it in order
to gage whether or not it would be worth my
time, and all praised The Food Revolution:
How Your Diet Can Help Save Your Life and
Our World:

 Download

 Read Online

Description : Description du produitHere, the man who started the "food revolution" with the million-plus-selling *Diet for a New America*, boldly posits that, collectively, our personal diet can save ourselves and the world. If, according to chaos theory, the beating of a butterfly's wing can cause a hurricane in another part of the world, try this out for chaotic cause and effect: monarch butterflies are dying in droves due to genetically-engineered corn growing in the Midwest. There is also a direct correlation between the Big Mac in your hand and the mile-wide river now running across the North Pole. Learn the truth about foods we are eating that are, in Robbins' words, "unsafe on any plate."

Prsentation de l'diteurIn 1987, John Robbins published *Diet for a New America*, which was an early version

of this book, and he started the food revolution. He continues to work tirelessly to promote conscious food choices more than 20 years later. First published in 2001, *The Food Revolution* is still one of the most frequently cited and talked about books of the food-politics revolution. It was one of the very first books to discuss the negative health effects of eating genetically modified foods and animal products of all kinds, to expose the dangers inherent in our factory farming system, and to advocate a complete plant-based diet. The book garnered endorsements by everyone from Paul Hawken to Neal Donald Walsch, Marianne Williamson to Julia Butterfly Hill. After ten years in print, *The Food Revolution* is timelier than ever and a very compelling read. The 10th anniversary edition has an updated, new contemporary look and a new introduction by the author.