

# Forks Over Knives The Plant Based Way To Health Gene Stone

Eventually, you will completely discover a additional experience and attainment by spending more cash. still when? accomplish you understand that you require to acquire those every needs with having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to understand even more concerning the globe, experience, some places, in the manner of history, amusement, and a lot more?

It is your utterly own mature to function reviewing habit. accompanied by guides you could enjoy now is **Forks Over Knives The Plant Based Way To Health Gene Stone** below.



The Mindful Vegan The Experiment

NEW YORK TIMES BESTSELLER What happens when you eat an apple? The answer is vastly more complex than you imagine. Every apple contains thousands of antioxidants whose names, beyond a few like vitamin C, are unfamiliar to us, and each of these powerful chemicals has the potential to play an important role in supporting our health. They impact thousands upon thousands of metabolic reactions inside the human body. But calculating the specific influence of each of these chemicals isn't nearly sufficient to explain the effect of the apple as a whole. Because almost every chemical can affect every other chemical, there is an almost infinite number of possible biological consequences. And that's just from an apple. Nutritional science, long stuck in a reductionist mindset, is at the cusp of a revolution. The traditional "gold standard" of nutrition research has been to study one chemical at a time in an attempt to determine its particular impact on the human body. These sorts of studies are helpful to food companies trying to prove there is a chemical in milk or pre-packaged dinners that is "good" for us, but they provide little insight into the complexity of what actually happens in our bodies or how those chemicals contribute to our health. In *The China Study*, T. Colin Campbell (alongside his son, Thomas M. Campbell) revolutionized the way we think about our food with the evidence that a whole food, plant-based diet is the healthiest way to eat. Now, in *Whole*, he explains the science behind that evidence, the ways our current scientific paradigm ignores the fascinating complexity of the human body, and why, if we have such overwhelming evidence that everything we think we know about nutrition is wrong, our eating habits haven't changed. *Whole* is an eye-opening, paradigm-changing journey through cutting-edge thinking on nutrition, a scientific tour de force with powerful implications for our health and for our world.

Plant-Strong Rodale Books

Lose weight, lower cholesterol, significantly

reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition--several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: Dozens of easy, mouthwatering recipes--from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts--that will keep you looking forward to every bite. **Pantry-stocking tips** will take the panic out of inevitable cravings and on-the-fly meals. **Guidelines on menu choices** that will allow you to eat out, wherever and whenever you want. **Rip's simple, firefighter-inspired exercise program** that will boost your metabolism and melt your fat away. **Medically approved, easy-to-follow, and amazingly effective**, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being--all without heroic effort. "Want to be as strong as a

Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life--whether you're a man or a woman. Highly recommended!" --Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California, SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease Forks Over Knives—The Cookbook BenBella Books

A groundbreaking holistic self-care manual for the heart that reveals how to reverse and prevent heart disease now. Cardiovascular disease (CV) is the number one killer in the Western world. But it doesn't need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In *The Whole Heart Solution*, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away—from drinking your veggies to opening your windows to walking barefoot—to make yourself heart attack proof. Here's what leading physicians and other experts have to say about *The Whole Heart Solution*: "If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read." --Mark Hyman, MD, New York Times bestselling author of *UltraMetabolism*, *Blood Sugar Solution* and others "Coronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America." --Joel Fuhrman, MD, New York Times bestselling author of *Eat to Live*, *The End of Diabetes* and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation "This is an important book that everyone needs to read. Dr. Kahn is an expert at translating complex information into easy-to-understand, usable techniques to have a better heart and brain." --Daniel G. Amen, MD, New York Times bestselling author of *Change Your Brain*, *Change Your Life* and others "Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn, America would be a whole lot healthier and happier." --Jason Wachob, founder and CEO, MindBodyGreen.com "Dr. Joel Kahn has a national

reputation as one of the top cardiologists in the US. [His book] will be a tremendous asset to patients, their families and physicians. ” --Mark Houston, MD, MS, Director, Hypertension Institute and Vascular Biology of Nashville, TN, and author of *What Your Doctor May Not Tell You about Heart Disease*

“ The heart can be strengthened in so many ways without surgery. Doctors need to be champions of real health, food-based health, fitness-based health. I know champions and Dr. Kahn is a champion. ” --John Salley, four-time NBA champion

“ Dr. Joel Kahn is a...leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions. His book will be a winner for all involved. ” --Neal D. Barnard, MD, Adjunct Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of *Dr. Neal Barnard's Program for Reversing Diabetes*

“ The Whole Heart Solution by Dr. Joel Kahn is an enlightened comprehensive examination by a dedicated physician as well as a treasure chest of opportunities to enhance a full and healthy life. ” --Caldwell B. Esselstyn, Jr., M.D., author of *Prevent and Reverse Heart Disease*

### The Whole Heart Solution Penguin

The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or "Dr. B," illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of

fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65 recipes, along with essential advice on food sensitivities, *Fiber Fueled* offers the blueprint to start turbocharging your gut for lifelong health today.

BenBella Books

More people than ever are eating a whole-food, plant-based diet. Studies show that it is better for our bodies and better for the planet, but it isn't always easy. Whether you're taking your first steps on this path to wellness or recommitting yourself to success, author Micaela Cook Karlsen clearly maps the way. Her program enables you to set your own pace and stay the course--without relying on willpower. Drawing on personal experience and the latest research, *A Plant-Based Life* reveals how to: Find and sustain your motivation Gradually add more whole, plant foods into your diet Break old food addictions and establish new habits Translate favorite recipes to create delicious, nourishing meals Reshape your food environment (at home, at work, and on the go) to make healthy eating a no-brainer Cultivate relationships that celebrate and support your new lifestyle Especially valuable are directions for navigating roadblocks. You'll find strategies for getting family members on board and for allaying friends' concerns about your food choices with evidence-based nutrition information. Take advantage of shopping tips, pantry lists, menu plans, and more than 100 mouth watering recipes, with contributions from plant-based leaders. If your goal is a healthier, more energized life, make *A Plant-Based Life* your personal GPS. The journey will be more satisfying than you ever imagined.

The Secrets to Ultimate Weight Loss BenBella Books

A bestselling author's groundbreaking eating plan that challenges the notion that starch is unhealthy From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing. In *The Starch Solution*, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. *The Starch Solution* is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills. Fad diets come and go, but Dr. McDougall has been a proponent of the plant-based diet for decades, and his medical credibility is unassailable. He is one of the mainstay experts cited in the bestselling and now seminal *China Study*--called the "Grand Prix of epidemiology" by the New York Times. But what *The China Study*

lacks is a plan. Dr. McDougall grounds *The Starch Solution* in rigorous scientific fact and research, giving readers easy tools to implement these changes into their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered lifethreatening illnesses such as diabetes and cardiac ailments.

Forks Over Knives Mango Media Inc.

Discover how to “ feed your family a plant-based diet that is delicious, cost-effective, and easy ” (Mayim Bialik, author of *Mayim 's Vegan Table*) with this complete and accessible cookbook filled with more than 125 delicious and kid-friendly recipes and plenty of tips for raising a whole-foods-loving family. After the trailblazing film *Forks Over Knives* helped spark a medical and nutritional revolution, more and more people continue to adopt a whole-food, plant-based lifestyle. Now, doctors Alona Pulde and Matthew Lederman share those same values for the entire family. Filled with more than 125 quick and easy recipes, helpful tips, and the latest in scientific findings, *Forks Over Knives Family* teaches you why whole food, plant-based eating is the best way to keep your family well-nourished through the years. Beginning with pregnancy and moving into the teenage years, this guide tackles all the most important topics to keep your family 's health on track, from dealing with allergies to traveling to parties and play dates, and more. Providing an in-depth look at the role of nutrition at every stage of a child 's development and bolstered by easy-to-understand tips and tricks, “ Forks Over Knives Family serves up delicious, whole food recipes that everyone in your house will enjoy ” (Michelle and Matt, authors of the New York Times bestseller *Thug Kitchen*).

Dreena's Kind Kitchen Fresh Awakenings

The #1 New York Times bestseller answers: What if one simple change could save you from heart disease, diabetes, and cancer? For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary *Forks Over Knives*. Their answer? Eat a whole-foods, plant-based diet—it could save your life. It may overturn most of the diet advice you 've heard—but the experts behind *Forks Over Knives* aren 't afraid to make waves. In his book *Prevent and Reverse Heart Disease*, Dr. Caldwell Esselstyn explained that

eating meat, dairy, and oils injures the lining of our blood vessels, causing heart disease, heart attack, or stroke. In *The China Study*, Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm—and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet. Now, as *Forks Over Knives* is introducing more people than ever before to the plant-based way to health, this accessible guide provides the information you need to adopt and maintain a plant-based diet. Features include: Insights from the luminaries behind the film—Dr. Neal Barnard, Dr. John McDougall, *The Engine 2 Diet* author Rip Esselstyn, and many others Success stories from converts to plant-based eating—like Sanja Dera Prude, who no longer needs to medicate her diabetes, has lost weight, and feels great! The many benefits of a whole-foods, plant-based diet—for you, for animals and the environment, and for our future A helpful primer on crafting a healthy diet rich in unprocessed fruits, vegetables, legumes, and whole grains, including tips on transitioning and essential kitchen tools 125 recipes from 25 champions of plant-based dining—from Blueberry Oat Breakfast Muffins and Sunny Orange Yam Bisque to Garlic Rosemary Polenta and Raspberry-Pear Crisp—delicious, healthy, and for every meal, every day. The McDougall Program BenBella Books

**The Saving Power of the Plant-Based Diet** A revolution in food-politics. When John Robbins released an early version of this book in 1987, he took the first steps in launching the food revolution. His viewpoint and insight on the harms of America's eating habits was a wake-up call for many. By bringing to our attention fundamental issues in our eating habits, such as our dependence on animal products, Robbins provokes our awareness and promotes change. Making conscious food choices. It is obvious to us that what we eat affects our own bodies, but what we may not realize is that what we eat also affects our world. In fact, most of the foods that are bad for us (think: genetically modified products) also negatively impact our environment. By approaching our eating habits with intentionality, we benefit our own health and that of the world we live in. The value of a plant-based diet. Robbins' arguments for a plant-based diet are compelling and backed by over 20 years of work focused on the subject of conscious eating. Through exposing the dangers in our factory farming system, Robbins makes a definitive case for solely plant-based eating. This timely read on healthy eating will enlighten

those curious about plant-based diets and fortify the mindsets of the already converted. Read John Robbins' book, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World*, and discover... • The negative effects your current eating habits could be having on you • A powerful case for plant-based eating • Wisdom from one of the most frequently cited books of the food-politics revolution If books such as *We are the Weather*, *How Not to Die*, *31-Day Food Revolution*, or *Fast Food Genocide* have interested you, then *The Food Revolution* is the next book for you! *The PlantPure Nation Cookbook* Createspace Independent Publishing Platform

From the creators of the groundbreaking documentary comes the New York Times bestselling diet plan Sanjay Gupta called "the prescription you need to live a long, healthy life"—a plan to transition to a delicious whole-foods, plant-based diet in just twenty-eight days. The trailblazing film *Forks Over Knives* helped spark a medical and nutritional revolution. Backed by scientific research, the film's doctors and expert researchers made a radical but convincing case that modern diseases can be prevented and often reversed by leaving meat, dairy, and highly refined foods off the plate and adopting a whole-food, plant-based diet instead. Now, *The Forks Over Knives Plan* shows you how to put this life-saving, delicious diet into practice in your own life. This easy-to-follow, meal-by-meal makeover is the approach Doctors Alona Pulde and Matthew Lederman (featured in the documentary) use every day in their nutritional health practice—a simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium. In just four short weeks you'll learn how to stock your refrigerator, plan meals, combat cravings, and discover all the tips and tricks you'll need to eat on the go and snack healthily. You'll also get 100 simple, tasty recipes to keep you on the right track, beautiful photographs, a 28-day eating guide, and advice throughout the book from people just like you. Whether you're already a convert and just want a dietary reboot, or you're trying a plant-based diet for the first time, *The Forks Over Knives Plan* makes it easier than ever to transition to this healthiest way of eating...and to maintain it for life.

**Plant-Powered Families** Rodale Books

In this ground-breaking book, Dr. John McDougall, bestselling author and creator of the nationally renowned diet and exercise program at the St. Helena Hospital in Deer Park, California, introduces his remarkable twelve-day plan. Building on the idea that the traditional meat-rich American diet is hazardous to our health, Dr. McDougall has developed a medically sound, low-fat, starch-based diet that not only facilitates weight loss but also reverses serious illness, without drugs, and provides a broad range of dramatic and lasting health benefits. Step-by-step, he takes you through his revolutionary new program, providing: Over 130 easy-to-prepare recipes Delicious day-by-day menus Suggestions for healthful dining out Plus a comprehensive listing of health problems from arthritis to ulcer disease, comparing the traditional, often drastic medical approach and The

McDougall Program's nutritionally based alternative. As featured in the book and movie *Forks and Knives*, John A. McDougall delivers a powerful and effective food regiment.

**Fiber Fueled Grand Central Life & Style**

A definitive guide to a plant-based diet, with 100+ easy and satisfying recipes packed with all the nutrition and energy to fuel great workouts and even lose weight. Plants have superpowers. They can fill your stomach, fuel your workouts, and even extend your life. But for some people, a plant-based diet might seem stressful, especially if they believe the "experts" who tell us to eat only plants. Not true. Smart plant-based diets are nutritious and delicious and still make room for meat, fish, dairy and eggs. In fact, they aren't diets at all, but blueprints for a lifetime of eating well. The recipes and simple guidelines in *Men's Health Plant-Based Eating*, devised with help from some of the most brilliant minds in nutrition, will help you harness the full powers of plants. Inside you'll find: • Five simple steps to start eating plant-based meals • 100+ filling and flavorful recipes • The top 15 plant-based protein sources. You'll never guess the plant that offers a whopping 19 grams per ½ cup. Hint: It's NOT tofu. • Plant-based shakes that help you build muscle fast • Six amazing grains for weight loss • A foreword by Brian St. Pierre RD, CSCS and a comprehensive introduction by Paul Kita, food and nutrition editor for *Men's Health* • Vibrant color photos and complete nutrition information with every recipe • Lie-flat binding for easy use With this cookbook, you'll learn how to make dozens of hearty, delicious meals so you can add muscle, defend against disease, maintain a healthy weight, and unleash a ton of energy.

**The Engine 2 Diet** AMACOM

The #1 New York Times bestseller--now in trade paperback for the first time! In this #1 New York Times bestseller (originally published as *My Beef with Meat*), Rip Esselstyn arms readers with the 36 most powerful facts that prove, once and for all, that a plant-based diet can save your life. Do you want to: Prevent cancer, heart attacks, stroke, and Type 2 Diabetes? Eat plants! Have stronger bones than milk could ever give you? Eat plants! Avoid dangerous carcinogens and contaminants? Eat plants! Lose weight and look great? Eat plants! On top of these arguments are 150 other reasons why plants rule--as in 150 delicious, mouth-watering Engine 2 recipes, including 10 that are exclusive to this new edition. Prepare to eat well, be healthy, and live plant-strong!

**Prevent and Reverse Heart Disease** Hachette GO

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan

recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

#### The Future of Nutrition Harper Wave

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including:

- Weight loss, which often leads to increased speed-
- Easier digestion and faster recovery after workouts-
- Improved energy levels to help with not just athletic performance but your day-to-day life
- Reduced impact on the planet

Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

#### The Food Revolution Fair Winds Press (MA)

The first four-color Forks Over Knives cookbook: head chef Darshana Thacker offers 150 delicious, all-new, easy-to-prepare whole-food, plant-based recipes for internationally inspired meals. The 2011 documentary Forks Over Knives ignited a revolution, empowering people to live healthier and happier

lives. The film revealed the indisputable link between the average American diet—heavy in meat, dairy, and refined foods—and heart disease, stroke, cancer, and diabetes. It also showed how, by focusing on a whole-food, plant-based diet, these chronic illnesses could not only be prevented, but sometimes even reversed. Through its meal plans, website, and New York Times bestselling cookbooks, Forks Over Knives has proven that a diet based on fruits, vegetables, tubers, whole grains, and legumes isn't just good for you, it tastes good too. Now, Forks Over Knives shows you how to take your whole-food kitchen to the next level, adding international flair to every meal. Forks Over Knives: Flavor! showcases dozens of recipes—all exclusive to this book—accompanied by over eighty gorgeous photographs that capture the flavors of cuisines from around the world, including: Black Bean Chilaquiles with Fire-Roasted Tomatillo Salsa Moo Shu Vegetable Wraps with Hoisin Sauce Polenta Pizza with Summer Garden Vegetables Persian Yellow Split Pea and Eggplant Stew Thai Red Curry Noodles with Stir-Fry Vegetables German Marble Cake with Raspberries Sure to please health-conscious eaters and the most discriminating palates, these oil-free, plant-based riffs on culinary favorites teach readers new techniques and introduce them to heady spice blends and a wide range of ethnic traditions from around the globe. Convenient, affordable, and wildly creative, Forks Over Knives: Flavor! is a must-have for the health-conscious cook. Whole BenBella Books, Inc.

A revolution has begun... From a creative team that includes the producer and writer of Forks Over Knives, the documentary film PlantPure Nation captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, The PlantPure Nation Cookbook brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet. Author Kim Campbell is the wife of PlantPure Nation Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of The China Study and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In PlantPure Nation Cookbook, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as: Buffalo Beans and Greens No-Bake Chocolate Pumpkin Pie Spinach Lasagna Green Pepper Tofu Scramble Reuben Casserole With a foreword by Dr. Campbell, The PlantPure Nation Cookbook is also filled with tips,

tricks, and grocery lists for people interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from PlantPure Nation film, this companion cookbook is a must-have for stimulating healthful eating in your home. Join the revolution to jumpstart your health!

What Do We Learn from the Forks Over Knives Atria Books Whether you're vegan, vegetarian, or omnivore, getting your nutrition from plant-based foods is one of the best things you can do for your health—and it's easier than you might think! The science confirms that a diet rich in whole, plant-based foods can help your body thrive. In fact, a growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In this all new edition, leading plant-based dietician, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a plant-based diet, including: A wealth of information on the most nutrient-dense foods in the plant kingdom A new Food Triangle, representing a completely new way of looking at food and nutrition New perspectives on macronutrients, and why categorizing protein, carbs, and fats as food groups causes unnecessary confusion about what to eat The latest science on oxidative priority and how it explains why many common recipes drive unintentional weight gain Healthspan and longevity recommendations based on the latest research All new recipes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier Sample menus to get you started on a plant-based lifestyle Tips for stocking your kitchen, boosting the nutritional content of your favorite dishes, and dining out healthfully

#### No Meat Athlete BenBella Books

We can all learn how to enjoy good health naturally at any age—and it starts in our kitchens by changing how we eat. In Joyful, Delicious, Vegan: Life Without Heart Disease, Sherra Aguirre equips readers with the simplest, most effective way to prevent or reverse heart disease, our number one killer here in the US—especially for African American women, who are on the front lines of the fight against heart disease, diabetes, and other chronic illnesses. In this empowering guide to healthy eating, Aguirre shares her own story of reversing hypertension and other heart disease symptoms, despite a long family history; she presents current knowledge about the effectiveness of a plant-based diet in reversing disease; and she offers up recommendations from two world-renowned cardiologists who have demonstrated results with patients for many years. Joyful,

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Delicious, Vegan: Life Without Heart Disease guides readers in building a simple food plan around their particular needs with delicious anti-inflammatory foods and provides support for developing the habit of mindful eating. Aguirre explores ways in which choosing a vegan diet and eating consciously are compassionate acts that can positively impact many areas of our lives—and includes tips to help readers sustain results. Full of tips for success based on Aguirre ' s personal experience and the experience of others, Joyful, Delicious, Vegan: Life Without Heart Disease is a source of inspiration, encouragement, and staying power for all readers.

Plant-Based Nutrition, 2E Simon and Schuster

Referred to as the "Grand Prix of epidemiology" by The New York Times, this study examines more than 350 variables of health and nutrition with surveys from 6,500 adults in more than 2,500 counties across China and Taiwan, and conclusively demonstrates the link between nutrition and heart disease, diabetes, and cancer. While revealing that proper nutrition can have a dramatic effect on reducing and reversing these ailments as well as curbing obesity, this text calls into question the practices of many of the current dietary programs, such as the Atkins diet, that are widely popular in the West. The politics of nutrition and the impact of special interest groups in the creation and dissemination of public information are also discussed.