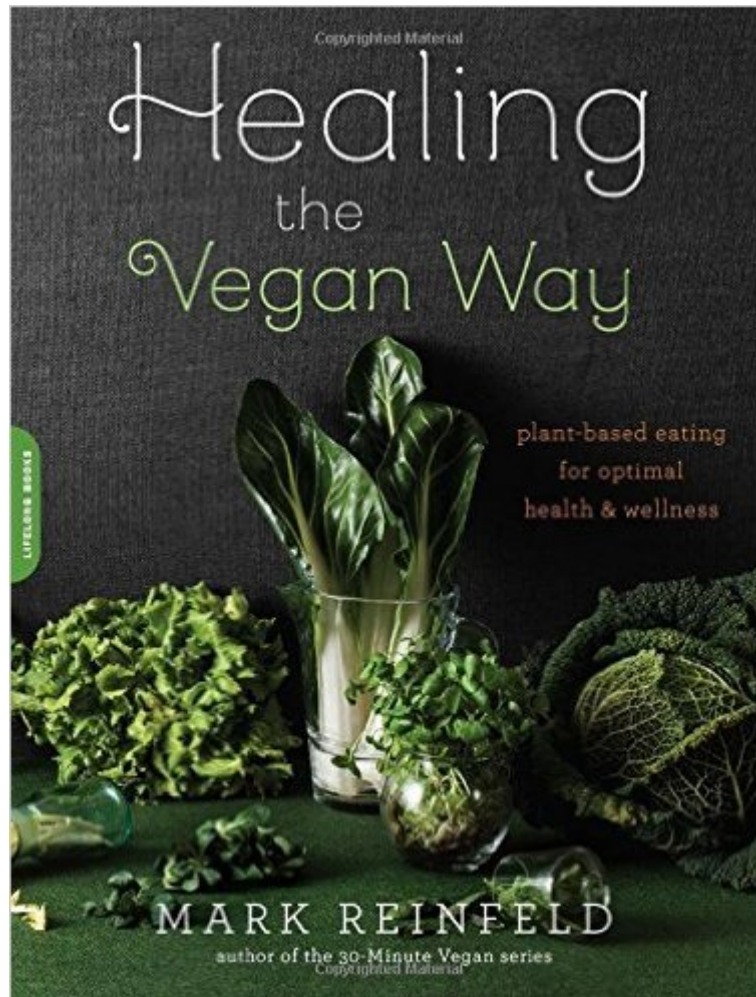


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# Healing The Vegan Way: Plant-Based Eating For Optimal Health And Wellness



## Synopsis

According to increasing evidence, plant-based diets are better for the health of both people and the planet, leading to a dietary revolution. But with all the conflicting nutritional theories out there, how do you decide which foods are truly best for you? With contributions from leading medical professionals like Dr. Michael Klaper, Dr. Michael Greger, and Dr. Joel Kahn, *Healing the Vegan Way* demonstrates a Clear and Simple path through the latest medical research on different approaches. With practical tips for plant-based living, 200 simple whole-food recipes, health-supportive cleanses, menu plans, and more, *Healing the Vegan Way* helps you maximize benefits for both body and mind.

## Book Information

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## Customer Reviews

I think this book is more complete in how to approach a vegan diet/lifestyle than most of the other related books I've read! Not only does it have some really killer recipes that makes even the staunchest omnivore (myself!) reconsider, but it also includes lots of helpful statistics about where my food comes from, what kind of resources it takes to produce the food that I use and eat, as well as ways to be more conservative and ecologically conscious. Thumbs up!

The recipes in this book take plant-based cooking and eating to a new, delicious level. I particularly like the template recipes; the many sauces and dressings, and, for me, the gentle introduction to raw foods. I have many vegan cookbooks. This one is a treasure.

I have purchased other books promising help, but very lacking. This book has given me just what it has promised. Great explanations, recipes that are out of this world. So helpful when you are trying to do the best for your recovering health. Thank you Mark, you are definitely my hero.

Healing the Vegan Way is a treasure trove of awesome information by Mark Reinfeld. I like the fact that this book is not a traditional recipe book. Thus has insights from leading doctors in the area are great and the data behind the art of cooking makes it solidify in the minds of the readers. The first part is the introduction all the data. I love the chapter on the extraordinary health benefits of raw whole foods. I was already on Raw till Noon lifestyle. Each of the pillars in the plant kingdom like beets, cabbage, kale, broccoli, spinach, pepper and several others are given detailed explanation as to what they offer, what are their benefits. You also learn a lot about the nuts and legumes family in the first part. The lesser known Moringa also has a special mention! Be sure to check out your local farmers market if you are reading this book. You can make it a weekly ritual and with the help of this book will make a wholesome week. The book gives you lot of guidance and I love the fact that Ayurvedic recipes are given through the book as well. I am not into meal plans though everybody is different. I just like having set of fresh organic produce, and legumes and whole grains and cooking simplistic and minimalistic meals. The book will help you achieve just that and you feel energized and great. The part 2 is just amazing. There are 200 recipes, good for a whole year! You should try out ginger turmeric shooter. It's like a magic potion. One of my other favorite was date glazed sweet potatoes. If someone says there is not much variety in vegan or vegan foods are bland, please do a favor and gift this book to them. You can count another convert from that time. For me veganism or eating a whole plant food is for 3 reasons "health, animal welfare and environment. How can one go wrong with this approach? The author has made a very strong case using data and recipes which are well tested and precise to make the transition very easy for people. People who are already following the lifestyle gets more reinforcement and more recipes! I strongly recommend this book. If you read this far and love how food can help your health and (environment and animals), do check out the books in my library/audio book collections. These reaffirm and make it concrete why a whole food plant based diet is scientifically proven to be THE BEST for us. ENJOY YOUR NEW FOUND HEALTH. 1. Dr. Thomas Campbell, MD and Dr. T. Colin Campbell, PhD: The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet 2. Dr. Caldwell B. Esselstyn Jr., PhD Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure 3. Dr. Garth Davis, MD:

Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It<sup>4</sup>. Dr. Michael Greger How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease<sup>5</sup>. Dr. John A. McDougall, MD: The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!<sup>6</sup>. Rich Roll, The Plant Power Way<sup>7</sup>. Dr. T. Colin Campbell, PhD and Howard Jacobson: Whole: Rethinking the Science of Nutrition<sup>8</sup>. Gene Stone, Forks Over Knives: The Plant-Based Way to Health<sup>9</sup>. Dan Buettner, The Blue Zones Solution: Eating and Living Like the World's Healthiest People<sup>10</sup>. Rich Roll: Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself<sup>11</sup>. Dr. Fred Bisci, Your Healthy Journey: Discover your body's full potential to change (87 yr old fit, 50 years on raw foods)<sup>12</sup>. Sonia Faruqi "Project Animal Farm: An Accidental Journey into the Secret World of Farming and the Truth About Our Food"<sup>13</sup>. Keegan Kuhn, Kip Andersen "The Sustainability Secret: Rethinking Our Diet to Transform the World"<sup>14</sup>. Sailesh Rao, Carbon Dharma: The Occupation of Butterflies<sup>15</sup>. Movie: Cowspiracy, has references to all facts relating to environmental impact and savings from adopting a WFPB diet.

A cookbook everyone should own. The broccoli quiche recipe as one of your go to meals for family and guests is worth the price of the book. However, Mark Reinfeld keeps on giving with his knowledge of flavor, food combinations and absolutely delicious recipes. I am so impressed with this book that I purchased 10 more copies for friends.

I love Mark's newest book! I really appreciate not only all of the new and delicious recipes but also the valuable insight into nutrition, disease prevention, and how we can indeed heal ourselves through food. I highly recommend this one as an essential for anyone who is plant-based, interested in eating for optimal wellness, and also for those who just enjoy amazing food.

I got to taste first hand the delicious food that Chef Mark Reinfeld makes! Let me tell you, everything was so delicious that even meat eaters would be astounded by the flavors. I just love the thoroughness of this book. It is not just a cookbook with delicious recipes. So many things are explained in great detail, from health to preparing your kitchen, to putting all of this knowledge into practice! I highly would recommend this book to people already eating a whole foods, plant based diet, to people who are thinking about taking the plunge! the title says it all, who wouldn't want to heal the vegan way!

I read the book over three nights. It makes an excellent case for a vegan lifestyle and one that is in no way diminished gastronomically. The recipes are superbly augmented by the latest scientific research as well as personal anecdotes from medical professionals and ordinary people who have changed their health and their life for the better, The book is perhaps the best combination of the art of cooking and science that I have read, Great recipes that taste all the better knowing that they are good for you and good for the planet. Whether you are a carnivore, vegetarian or vegan there is something in this book for all of you. Buy it and change your life for the better.

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Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Healing the Vegan Way: Plant-Based Eating for Optimal Health and Wellness Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes for Optimal Health Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) A Life in Balance: Delicious Plant-based Recipes for Optimal Health Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel Well Fed Vegan: 25 Best Plant-Based Recipes For Energy & Weight Loss (Good Food Series) The Healing Kitchen: Cooking with Nourishing Herbs for Health, Wellness, and Vitality Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot,Quick Meals,Slowcooker,Cast Iron) Eating For Energy: Transforming Your Life Through Living Plant-Based Whole Foods

