

Read Free The Real Meal  
Revolution The Radical  
Sustainable Approach To  
**The Real Meal**  
Healthy Eating  
**Revolution The**  
**Radical**  
**Sustainable**

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**Approach To**  
Sustainable Approach To  
**Healthy Eating**  
Healthy Eating

When someone kills dieting guru, Professor Tim Noakes, Detective Bennie September has more suspects than solutions.

# Read Free The Real Meal Revolution The Radical Sustainable Approach To

Healthy Eating  
It's not a whodunit, it's a who-donut. Banting culture, otherwise known as the HFLC lifestyle (high fat, low carb), spearheaded by Professor Tim Noakes, has exploded in South Africa and is soon to hit the world. The Real

## Read Free The Real Meal Revolution The Radical

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Meal Revolution (Quivertree, 2013), has sold more than 200,000 copies and is still picking up speed. Noakes is constantly in the South African news for his controversial, game-changing theories. His new book

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on infant nutrition has just launched as an instant bestseller in South Africa, and The Real Meal Revolution has gone global, launching in the UK in August. In this hilarious novel, Paige Nick prods and pokes at both the fans

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and the detractors of South Africa's biggest dieting craze. So whatever side of the debate you fall on, you'll find something to laugh at. This laugh-out-loud novel will have you spurting bulletproof coffee out your nose.

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The Real Meal Revolution: Low Carb Cookery is the go-to resource for anyone who wants to cook better low-carb foods right now and for many years to come. It is a book that will teach you the fundamentals behind

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making any dish delicious by honing in on classic flavour combinations, basic cooking techniques and affordable, readily accessible ingredients. Low-carb eating is currently on trend but this is not a book that



# Read Free The Real Meal Revolution The Radical Sustainable Approach To Healthy Eating

follows the eating trends of 'right now'. It is a book packed with lessons to last a lifetime. And every single recipe is low carb. This timeless and comprehensive guide to cooking well and eating healthily

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showcases classic flavour combinations; foolproof methods to bring out the best in any ingredients; foods that will help to ensure good health for life. This book comprises: 300 low-carb recipes; 20-40 cooking

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lessons; over 120 colour  
photographs; brief and to-the-  
point dietary advice.

Heal your body, lose excess  
weight, and free yourself from  
toxic food with this simple guide  
focusing on sustainable food

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that has "depth, spirit, and [a] breadth of information" (Rip Esselstyn, New York Times bestselling author). 31-Day Food Revolution is your guide to liberation from a toxic food world. Author Ocean Robbins

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reveals the secrets the industrialized food industry doesn't want you to know, how specific ingredients and methods could be making you sick -- and what to do about it. And he shows you how -- in just 31 days

# Read Free The Real Meal Revolution The Radical Sustainable Approach To Healthy Eating

-- you can use the amazing power of delicious food to heal your gut, lose excess weight, and lower your risk for disease, all while contributing to a healthier planet. Ocean's plan includes 31 simple and

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affordable step-by-step actions that give you a road map to healthy, ethical, and sustainable food. He breaks it down into four parts: Detoxify: Get rid of the unhealthy foods and environmental factors making

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you sick. Nourish: Fuel your body with the healthy micronutrients you need to thrive. Gather: Build your community and surround yourself with supportive, positive people. Transform: YOU can be



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part of the solution. It's a lot easier to change the world than you imagine! You'll discover amazing secrets, such as how to stop food cravings, why nuts are one of the best snack foods, time-saving habits, and how to catch

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dangerous ingredients hiding in food labels. In his nonjudgmental and down-to-earth way, Ocean Robbins meets you wherever you are on your personal journey with food. Then, he provides you with tools that make it easy to

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eat less sugar, processed foods,  
and unhealthy animal products-  
and to happily enjoy whole plant  
foods, and more fair trade, local,  
organic, and otherwise  
consciously sourced fare. Ocean  
helps you make small

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improvements that lead to big results. If you want to feel better, enjoy your food more, and help sustain the planet, start reading this book today. In just 31 days you can change your health for the better. And your body will

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thank you for the rest of your life. An award-winning food writer takes us on a global tour of what the world eats--and shows us how we can change it for the better Food is one of life's great joys. So why has eating become

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such a source of anxiety and confusion? Bee Wilson shows that in two generations the world has undergone a massive shift from traditional, limited diets to more globalized ways of eating, from bubble tea to quinoa, from

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Soylent to meal kits.

Paradoxically, our diets are getting healthier and less healthy at the same time. For some, there has never been a happier food era than today: a time of unusual herbs, farmers' markets, and

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internet recipe swaps. Yet modern food also kills--diabetes and heart disease are on the rise everywhere on earth. This is a book about the good, the terrible, and the avocado toast. A riveting exploration of the hidden forces



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behind what we eat, The Way We Eat Now explains how this food revolution has transformed our bodies, our social lives, and the world we live in.

Minimalist Baker's Everyday  
Cooking

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Why the Secret to Health and  
Weight Loss is Already in Your  
Gut

The Real Meal Revolution 2.0  
How the Diet Dictators Tried to  
Destroy a Top Scientist  
How Your Diet Can Help Save

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Your Life and Our World  
Healthy Eating

A DIY Guide to Living Well with  
Chronic Illness

7 Day Meal Plans

Lore of Nutrition

**Leanne Vogel, the voice behind  
the highly acclaimed website**

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**Healthful Pursuit, brings an entirely new approach to achieving health, healing, weight loss, and happiness through a keto-adapted lifestyle with The Keto Diet: The Complete Guide to a High-Fat Diet. For too long we've**

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**blamed dietary fat for weight gain and health problems. The truth is, a diet that's high in natural, healthy fats can actually help your body burn fat! That's the secret behind the ketogenic diet. As you get more of your calories from**

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**healthy fats and cut back on  
carbs, you'll start burning fat,  
losing weight, and feeling strong  
and energetic—without feeling  
hungry or deprived. The Keto Diet  
does away with the “one size fits  
all” philosophy offering a**

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**customizable approach that is  
tailored to the unique needs of the  
individual. Leanne provides the  
tools to empower everyone to  
develop a personalized nutrition  
plan, offering limitless options  
while taking away the many**

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**restrictions of a traditional  
ketogenic diet. A one-stop guide to  
the ketogenic way of eating, The  
Keto Diet shows you how to  
transition to and maintain a whole  
foods-based, paleo-friendly,  
ketogenic diet with a key focus on**



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**practical strategies—and tons of mouthwatering recipes. It includes:**

- **Over 125 healthy and delicious whole-food recipes that will help your body burn fat, including:**
- **Chicken Crisps**
- **Bacon-Wrapped Mini Meatloaf's**

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**• Keto Sandwich Bread • Waldorf-  
Stuffed Tomatoes • No Nuts!  
Granola with Clusters • Chicken  
Pot Pie • Chocolate-Covered  
Coffee Bites • Five 28-day meal  
plans that walk you through a  
month of eating keto • Tools to**

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**make your high-fat life a breeze  
including guides for your favorite  
grocery stores, yes/no food lists,  
food sensitivity replacements, how  
to go dairy-free to reduce  
inflammation, and more The Keto  
Diet will help you gain energy,**

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**lose weight, improve your health,  
and turn you into the ultimate fat-  
burning machine—all without  
restricting or even counting  
calories. You'll have all the tools  
you need to fall in love with your  
body and banish your fear of fat**

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**forever!**  
Healthy Eating

**This “must-read” memoir of human-scale agriculture offers an insider’s view of today’s food system by a leading voice in sustainable farming (Daniel Bouldud). After years of working**

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**at the ends of the earth in human rights and development, Brent Preston and his wife were die-hard city dwellers. But when their second child arrived, the shine came off urban living. In 2003 they bought a hundred acres and a**

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**rundown farmhouse, determined  
to build a farm that would sustain  
their family, nourish their  
community, heal their  
environment—and turn a profit.  
The New Farm is Preston's  
memoir of a decade of toil and**

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**perseverance. Farming is a complex and precarious business, and they made plenty of mistakes along the way. But as they learned how to grow food, and to succeed at the business of farming, they also found that a small,**



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**sustainable, organic farm could be  
an engine for change, a path to a  
more just and sustainable food  
system. Today, The New Farm  
supplies top restaurants, supports  
community food banks, hosts  
events with leading chefs, and**

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**grows extraordinary produce.**

**Told with humor and heart, The  
New Farm is a joy, a passionate  
book by an important new voice.  
Part myth-busting scientific  
thriller, part mouthwatering  
cookbook, the goal of The Real**

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**Meal Revolution is to change your life by teaching you how to take charge of your weight and your health through the way you eat. A scientist, a nutritionist, and two chef-athletes - the crack squad behind The Real Meal Revolution**

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**have walked or in some cases run  
the hard yards through the  
gauntlets of nutritional science  
and self-experimentation. The  
revelatory stance and the mouth-  
watering recipes in this book is  
the result of their experience**

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**combined with overwhelming  
scientific evidence.**

**There is so much dietary advice  
out there, much of it conflicting,  
that it can be difficult for busy  
parents to make sense of it all.  
Medical doctor and sports**

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**scientist, Professor Tim Noakes,  
chef and long-distance swimmer,  
Jonno Proudfoot, and dietitian  
Bridget Surtees, a specialist in  
paediatric nutrition, cut through  
the clamour to provide clear,  
proven guidelines and simple,**

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**delicious recipes to feed your family well, inexpensively and without fuss. Following their phenomenal, record-breaking success with The Real Meal Revolution, the Real Meal team set out to rethink the way we feed**

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**our children. The result,  
Superfood for Superchildren,  
challenges many ingrained dietary  
beliefs and advocates a real-food  
diet for children - from toddlers  
to teens - that is low in sugar and  
refined carbohydrates. Their**



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**advice is solidly underpinned by a critical, scientific interrogation of the the children's food industry. By combining the latest peer-reviewed scientific evidence with straightforward, mouthwatering recipes, most of them for the**

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**whole family, Superfood for  
Superchildren shows clearly how  
to provide your children with the  
best possible nutrition to help  
them to grow up healthy and  
happy.**

**The Street Art Stencil Book**

*Page 50/258*

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**The Banting Pocket Guide**  
**Eat Fat, Get Fit**

**Rose Reisman's Meal Revolution**  
**What the Fat?**

**Our Ten Years on the Front Lines**  
**of the Good Food Revolution**

**Black Food Matters**

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## **Healthy Eating, Green Groceries, and the Return of the American Family Farm**

**'I am almost two weeks  
into Restoration and I  
am feeling great. Went  
for a blood pressure**

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**check and my readings  
have dropped since I  
started the program. My  
GP is thinking that if I  
keep going the way I am  
that I will be able to  
come off the medication**

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**really soon which is  
fantastic.' Maxine,  
Launceston, Australia  
'Halfway through week  
three of Restoration and  
weighed myself today!! I  
dropped 5.6 kgs so far.**

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**I can't tell you how  
elated I am. By this  
time next week if I  
stick to the plan and my  
daily walking target I  
could be in double  
digits instead of triple**

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**digits, that is such a  
big deal to me!' Michael  
Markoulides, United  
Kingdom 'At the time  
that I started with the  
Banting, I weighed 70.3  
kg. My goal is to weigh**



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**55 kg. After 13 weeks of  
strict Banting (and a  
little cheating) I have  
lost a total of 11.6 kg.  
So I am almost there.'  
Monique Pretorius,  
Rustenburg, South Africa**

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**'I love this program  
EVEN MORE! I am not  
craving and feel full  
for a long time. I'm in  
week two [of  
Restoration] and I have  
to say Jonno's recipes**

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**are fantastic. I'm down  
four pounds.' Shari  
Kuntz, Kansas, United  
States 'I'm doing so  
well, I've lost 3 kg for  
the past three weeks [in  
Restoration] and 7 cm**

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**from my waistline.'**  
**Nthabiseng Mogosoane,**  
**South Africa The**  
**original book, The Real**  
**Meal Revolution,**  
**promoting a diet low in**  
**carbohydrates and**

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**unafraid of healthy fats  
has sold hundreds of  
thousands of copies all  
over the world,  
inspiring a profound and  
widespread change in  
eating habits and**

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**improved health for  
thousands. The Real Meal  
Revolution 2.0 provides  
the distillation of  
three years of data  
analysis from 120,000  
online users and**

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**thousands of success stories, combined with the latest nutritional science and behavioural research. The result is a cutting-edge, four-phase approach that**

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**isn't simply about  
losing weight - it's  
about being healthy,  
happy and absolutely  
awesome! · Achieve your  
awesome weight quickly  
and without compromise ·**



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**Save money by avoiding  
expensive supplements  
and medication · Conquer  
the weight-loss plateau  
and other pitfalls of  
dieting · Discover non-  
food related weight-loss**

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**techniques to make part  
of your daily routine .  
Enjoy supposedly taboo  
foods while maintaining  
a healthy lifestyle If  
you want sustainable  
weight loss (without**

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**cravings or side  
effects), boundless  
energy, improved blood  
readings, bulletproof  
gut health, increased  
mental focus, enhanced  
athletic performance and**

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**better sleep, then The  
Real Meal Revolution 2.0  
is for you. [www.realmeal  
revolution.com](http://www.realmealrevolution.com)**

**Dr. Noakes explores the  
physiology of running,  
all aspects of training,**

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**and recognizing,  
avoiding, and treating  
injuries. 133  
illustrations.**

**You hear miraculous  
stories in the news all  
the time—a man loses 370**

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**pounds, another is able  
to return ten of his  
twelve medications at  
the pharmacy, and an  
epileptic child suddenly  
stops having  
seizures—each**

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**experiences a miraculous  
change in health, all  
from simply changing his  
or her diet.**

**Fascinatingly, these  
stories all have one  
thing in common; the**

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**subjects started eating  
the opposite of what  
they had previously been  
told was healthy. The  
dietary guidelines they  
had learned growing up  
had failed them. Medical**



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**science has long turned  
a blind eye to such  
stories. But now the  
tide is changing, as  
more and more major  
studies are being  
conducted on what the**

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**body truly needs to survive—and the findings are alarming. The belief in eating less fat and less saturated fat is mistaken. Inadvertently, this advice may be the**

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**biggest reason behind  
the obesity and diabetes  
epidemic. It's time to  
take a stand; it's time  
for real food again! In  
Low Carb, High Fat Food  
Revolution, Dr. Andreas**

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**Eenfeldt takes the  
offensive by exploring  
the severe systematic  
failures on which many  
of today's dietary  
guidelines are based.  
For Eenfeldt's patients,**

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**the solution has been a  
low-carb, high-fat diet  
that allows you to eat  
your fill—and still lose  
weight. The book  
concludes with a guide  
section full of tips and**

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**recipes—everything you  
need to start your own  
food revolution.**

**The pandemic proved that  
it is one thing to sit  
around waiting for  
scientists to develop a**

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**vaccine against a new  
virus, but it is quite  
another for doctors and  
dietitians to tell  
people to ignore a  
weapon already close at  
hand, in their kitchens,**

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**that can protect them  
from the worst effects  
of COVID-19 infection.  
That weapon is a low-  
carb, high-fat diet ...  
It took a viral pandemic  
to reinvigorate the**



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**evidence that a low-carb, high-fat (LCHF) diet may be a 'vaccine' against ill health and premature death. The Eat Right Revolution exposes the real pandemic we**

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**should all worry about –  
not another coronavirus,  
but a diet-related  
medical condition that  
threatens people's life  
expectancy and well-  
being globally. The Eat**

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**Right Revolution sets  
out a quick, safe, cheap  
and effective investment  
you can make for  
lifelong health in body  
and mind. It exposes the  
root causes of chronic,**

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**life-threatening  
comorbidities, such as  
obesity, type-2  
diabetes, heart disease  
and more, and explains  
why LCHF and ketogenic  
diets can be safer, more**

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**effective solutions than  
drugs to beat these  
diseases. With recipes,  
food lists and meal  
plans, as well as  
updated, personalised  
do's and don'ts on the**

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**right LCHF approach for  
each individual, this  
book is an essential  
guide to living a  
longer, stronger,  
healthier life.**

**The Diet Myth**

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**Keto Diet**

**The Real Meal Revolution**

**Death by Carbs**

**Lore of Running**

**Your guide to living a  
longer, healthier life**

**Lose the Wheat, Lose the**

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**Weight, and Find Your  
Path Back to Health  
Diet for a Small Planet**

*An in-depth look at Black food  
and the challenges it faces today  
For Black Americans, the food  
system is broken. When it comes*



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*to nutrition, Black consumers experience an unjust and inequitable distribution of resources. Black Food Matters examines these issues through in-depth essays that analyze how Blackness is contested*

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*through food, differing ideas of what makes our sustenance “healthy,” and Black individuals’ own beliefs about what their cuisine should be. Primarily written by nonwhite scholars, and framed through a focus on*

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*Black agency instead of deprivation, the essays here showcase Black communities fighting for the survival of their food culture. The book takes readers into the real world of Black sustenance, examining*

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*animal husbandry practices in South Carolina, the work done by the Black Panthers to ensure food equality, and Black women who are pioneering urban agriculture. These essays also explore individual and*

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*community values, the influence of history, and the ongoing struggle to meet needs and affirm Black life. A comprehensive look at Black food culture and the various forms of violence that threaten*

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*the future of this cuisine, Black Food Matters centers Blackness in a field that has too often framed Black issues through a white-centric lens, offering new ways to think about access, privilege, equity, and justice.*

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*Forson, U of Maryland, College  
Park; Willie J. Wright, Rutgers U.*

*"Real food on trial, how diet  
dictators tried to destroy a top  
scientist, has been called the  
'John Grisham of the non-fiction  
world', a 'blockbuster, jaw-*

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*dropping page-turner'. Another reviewer calls it a book that "should be fiction ... yet it isn't". It is a revised and an updated edition of the groundbreaking original, Lore Of Nutrition, Challenging Conventional*

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*Dietary Beliefs, first published in South Africa in November 2017 and now for the international market. It continues the true and shocking story of a world-first: the unprecedented prosecution and persecution of Professor Tim*

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*Noakes, a distinguished scientist and medical doctor, in a multimillion rand case that stretched over more than four years. All for a single tweet giving his opinion on nutrition.Noakes and*

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*investigative journalist Marika Sboros have added up-to-date, robust scientific evidence in support of his views that launched the case against him. They have added a new chapter on the appeal hearing – a last-*

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*gasp attempt by establishment forces to overturn a comprehensive not-guilty verdict on all 10 aspects of the trumped-up charge of unprofessional conduct for the tweet. It also contains a new foreword by*

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*internationally renowned  
endurance swimmer and UN  
Patron of the Oceans, Lewis  
Pugh. Noakes helped Pugh be  
the first to swim successfully  
across some of the coldest  
oceans on the planet. A maritime*

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*lawyer by profession, Pugh writes of the passion he shares with Noakes: “for the pursuit of truth and justice and a natural antipathy towards bullies and liars”. That points a major theme of Real Food On Trial: a*



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*penetrating deep dive into the global scourge of academic bullying, or academic mobbing, as it is popularly known. The authors show how academic mobbing infects all of South Africa's top universities at the*

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*highest levels. They probe the soft underbelly of the powerful vested interests in food and drug industries and the medical, dietetic and scientific mobsters that front them. They lay bare the heavy price that Professor*

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*Noakes has paid, professionally, emotionally and financially, for going against orthodoxy. And for daring to challenge the medical and dietary dogma that keeps people fat and sick across the globe. Pugh writes that, from the*

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*outset, he saw the trial as a freedom of speech issue. He was “troubled” when the country’s medical regulatory body, the Health Professions Council of South Africa (HPCSA), went to war with*

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*Noakes on the basis of his  
scientific opinion on nutrition.*

*“After all, it’s one thing to deny  
the Holocaust or to say  
something that incites racial,  
religious hatred or violence. It’s  
quite another to say that you*

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*think meat, fish, chicken, eggs and dairy are good first foods for infants," Pugh says. This book shines light into the heart of darkness of a uniquely strange scientific saga. It's not over yet. Watch this space."* -- Provided by

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*publisher.*  
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*In this authoritative and  
immensely readable insider's  
account, celebrated cookbook  
author and former chef Joyce  
Goldstein traces the  
development of California cuisine*

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*from its formative years in the 1970s to 2000, when farm-to-table, foraging, and fusion cooking had become part of the national vocabulary. Interviews with almost two hundred chefs, purveyors, artisans, winemakers,*



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*and food writers bring to life an approach to cooking grounded in passion, bold innovation, and a dedication to "flavor first."*

*Goldstein explains how the counterculture movement in the West gave rise to a restaurant*

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*culture characterized by open  
kitchens, women in leadership  
positions, and a surprising  
number of chefs and artisanal  
food producers who lacked  
formal training. The new cuisine  
challenged the conventional*

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*kitchen hierarchy and French dominance in fine dining, leading to a more egalitarian and informal food scene. In weaving Goldstein's views on California food culture with profiles of those who played a part in its*

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*development—from Alice Waters  
to Bill Niman to Wolfgang  
Puck—Inside the California Food  
Revolution demonstrates that,  
while fresh produce and locally  
sourced ingredients are iconic in  
California, what transforms these*

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*elements into a unique cuisine is a distinctly Western culture of openness, creativity, and collaboration. Engagingly written and full of captivating anecdotes, this book shows how the inspirations that emerged in*

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*California went on to transform  
the experience of eating  
throughout the United States and  
the world.*

*Banting has moved on since the  
Real Food Revolution. and wow  
what a success story It Is ... By*

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*watching the detail an estimated millions of HG's have been lost and health has returned to so many. Rita Venter. Ifounder! Kim Blom and Natalie Lawson are the darllngs of Banting 7 Day fvteal Plans Facebook group.*

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*spreading love and kindness and  
In so doing turning lives around.  
They are not scientists. doctors.  
or nutritionists but decided to  
take back their health and help  
others do the same. Through  
extensive research. personal*



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*testing and adapting where  
necessary. they regained their  
energy, their bodies and their  
lives.*

*Changing the World, One Meal  
at a Time*

*Heal Your Body, Feel Great, and*

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*Transform Your World*

*The Autoimmune Wellness  
Handbook*

*The Way We Eat Now*

*Real Food on Trial*

*The Radical, Sustainable*

*Approach to Healthy Eating*

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*101 Entirely Plant-based, Mostly  
Gluten-Free, Easy and Delicious  
Recipes*

*The Eat Right Revolution*

Tim Noakes is one of the world's  
leading authorities on the science  
behind sport and a successful

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sportsman in his own right.

Through a lifetime of research, he has developed key scientific concepts in sport that have not only redefined the way elite athletes and teams approach their professions, but challenged

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conventional global thinking in these areas. In this new and updated edition of Challenging Beliefs, Noakes shares his views on everything from the myths perpetuated by the sports-drink industry to the prevalence of

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banned substances, the need to make rugby a safer sport and the benefits of a high-protein, low-carb diet. The teams and athletes with whom Noakes has worked make fascinating backdrops to these topics, highlighting the importance

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of science in sport in human terms. In providing an intimate look at the golden threads running through Noakes's life and career, this remarkable book reveals the landmark theories and principles generated by one of the greatest

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minds in the history of sports  
science.

In December 2010, Professor Tim Noakes was introduced to a way of eating that was contrary to everything he had been taught and was accepted as conventional



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nutrition 'wisdom'. Having observed the benefits of the low-carb, high-fat lifestyle first-hand, and after thorough and intensive research, Noakes enthusiastically revealed his findings to the South African public in 2012. The

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backlash from his colleagues in the medical establishment was as swift as it was brutal, and culminated in a misconduct inquiry launched by the Health Professions Council of South Africa. The subsequent hearing

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lasted well over a year, but Noakes ultimately triumphed, being found not guilty of unprofessional conduct in April 2017. In Lore of Nutrition, he explains the science behind the low-carb, high-fat/Banting diet, and why he

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champions this lifestyle despite the constant persecution and efforts to silence him. He also discusses at length what he has come to see as a medical and scientific code of silence that discourages anyone in the

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profession from speaking out against the current dietary guidelines. Leading food, health and medical journalist Marika Sboros, who attended every day of the HPCSA hearing, provides the fascinating backstory to the

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inquiry, which often reads like a spy novel. Lore of Nutrition is an eye-opener and a must-read for anyone who cares about their health.

As you probably know, poor diet is the number one cause for a

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decline in health. Obesity, diabetes, cancer, and various autoimmune disorders are running rampant while overly complex diets create confusion rather than help, leaving many people frustrated and feeling hopeless.

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What's missing from diets today is simplicity. EAT FAT, GET FIT is a ground-breaking yet SIMPLE new diet program founded on the latest science showing the importance of consuming fat for permanent weight-loss and peak physical



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fitness, from #1 bestselling  
Ketogenic Diet author Eric Stein.  
We were told our whole lives that  
fat makes us fat, creates sickness,  
slows metabolism, and degrades  
our overall health and vitality.  
Science and real-world results

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have shown otherwise. Marathon runners and high intensity performance athletes are using high-fat diets to crush their competition, while millions around the world are reporting everything from dramatic weight-loss to

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complete disease reversal. Using super-foods such as eggs, nuts, oils, avocados, and even butter, Kitchen Coach Eric Stein introduces a dietary program to bring weight-loss and physical fitness to anyone. By providing

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recipes, realistic meal plans, and shopping guidelines, EAT FAT, GET FIT gives the reader all necessary information needed for a total body transformation. In this book you will discover: How to properly incorporate more fat into your diet

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The truth about calories and their role in your diet How your emotions will affect what you eat Helpful tips on approaching social engagements to ensure success "Success is determined by your ability to overcome failure" -Eric

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Stein Order your copy today to  
receive the FREE APPROVED  
FOODS GUIDE!

'A book of wonders' Bee Wilson,  
Sunday Times, Books of the Year  
'Dan Saladino inspires us to  
believe that turning the tide is still

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possible.' Yotam Ottolenghi 'I love this book... I wish the whole world could read it' Raymond Blanc Eating to Extinction is an astonishing journey through the past, present and future of food, a love letter to the diversity of global

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food cultures, and a work of great urgency and hope. From a tiny crimson pear in the west of England to great chunks of fermented sheep meat in the Faroe Islands to an exploding corn in Mexico that might just hold the



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key to the future of food - these are just some of the thousands of foods around the world today that are at risk of being lost for ever. In this captivating and wide-ranging book, Dan Saladino spans the globe to uncover the stories of

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these foods. He meets the pioneering farmers, scientists, cooks, food producers and indigenous communities who are preserving food traditions and fighting for change. All human history is woven through these

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stories, from the first great migrations to the slave trade to the refugee crisis today. But Eating to Extinction is about so much more than preserving the past. Eating to Extinction reveals a world at a crisis point: the future of

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our planet depends on reclaiming genetic biodiversity before it is too late.

The World's Rarest Foods and Why We Need to Save Them

The Food Revolution  
Real Meal Revolution

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The upgrade to the radical,  
sustainable approach to healthy  
eating that has taken the world by  
storm

300 Low-Carb, Sugar-Free and  
Gluten-Free Recipes  
Memoirs of a Career

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Sustainable Approach To  
Stories from The New Yorker  
Healthy Eating

Break Free from the Hidden Toxins  
in Your Food and Lose Weight,  
Look Years Younger, and Get  
Healthy in Just 21 Days!

We Americans love our food. It's  
part of what has made this nation

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great. Our fertile farmlands and the abundance and variety of our agricultural output are the envy of the world. For most of our history, we lived close to the land, food was accessed locally, and we processed it in our own

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kitchens. But as our population and economy has boomed in the last century and we concentrated in cities, we industrialized our food system—with food coming far from home and processed multiple times. As foods rich in



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natural taste declined, we relied on high amounts of added sugar, fat, and salt to entice our palates. And it has taken a toll: our soil is polluted, our practices are unsustainable, and our health problems, including everything

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from allergy-related disease to obesity, are on the rise. This has all contributed to historic levels of heart disease, stroke, diabetes, and other causes of preventable death. The good news is that people are starting to find

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solutions. They're voting with their pocketbooks for a new kind of food system—family farm, 21st-century style. Suburban and urban moms (and dads) want to know what's in their food and where it comes from. No more

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snack packs, Ding Dongs, and soda for lunch. This revolution is not only in how people eat, but also in how they grow, distribute, shop for, and prepare food. And the food is better tasting, better looking, and better for you. The

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Real Food Revolution by  
Congressman Tim Ryan is a

manifesto for this new food movement. In it, readers will find information on:

- The history and current state of our food systems
- Myriad negative impacts of our

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present food practices on our health and our planet • Pros and cons of the current farm bill and what changes could help restore our nation • What's happening both at the national and local levels • How people can get

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involved, with actionable steps at the end of each chapter This is a non-partisan, good-news message that will inform, inspire, and help readers around the country get involved. The era of the Twinkie and the hot-dog-

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stuffed-crust pizza has been fun, but now it's time for a change. Hailed as the "patron saint of farmers' markets" by the Guardian and called one of the "great food activists" by Vanity Fair's David Kamp, Nina Planck



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was on the vanguard of the real food movement, and her first book remains a vital and original contribution to the hot debate about what to eat and why. In lively, personal chapters on produce, dairy, meat, fish,

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chocolate, and other real foods, Nina explains how ancient foods like beef and butter have been falsely accused, while industrial foods like corn syrup and soybean oil have created a triple epidemic of obesity, diabetes,

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and heart disease. The New York Times said that Real Food "poses a convincing alternative to the prevailing dietary guidelines, even those treated as gospel." A rebuttal to dietary fads and a clarion call for the return to

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old-fashioned foods, Real Food no longer seems radical, if only because the conversation has caught up to Nina Planck. Indeed, it has become gospel in its own right. This special tenth-anniversary edition includes a

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foreword by Nina Teicholz (The Big Fat Surprise) and a new introduction from the author. Designed to make following LCHF (Low Calorie, Healthy Fat) lifestyle simple. Enjoyable and nourishing, What the Fat?

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Recipes brings together the authors' go-to easy, delicious and nutritious LCHF recipes. Embracing unique cultural flavours from across the globe and tried-and-trusted household staples, this comprehensive

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collection of over 130 recipes  
has all your LCHF meals  
covered. Broken into breakfasts,  
lunches, dinners, snacks, sweets  
and drinks-and even children's  
party treats, each recipe includes  
per serve nutritional information

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for carbs, protein, fat and energy as well as dietary guidelines for dairy-free, sugar free and vegetarian options. You won't believe how easy and tasty it is to live a LCHF lifestyle!

The Real Meal RevolutionThe



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Radical, Sustainable Approach  
to Healthy Eating Robinson

Challenging conventional dietary  
beliefs

Wheat Belly

Low Carb, High Fat Food

Revolution

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The Food Babe Way  
Healthy Eating

The Book That Started a  
Revolution in the Way Americans  
Eat

20 Under 40

Real Food

Raising Superheroes

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***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***

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***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***

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***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***

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***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,***

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***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***

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***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.***



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***The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to***

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***true wellness is in holistic  
treatment, although they might  
not know how to begin their  
journey to total recovery. The  
Autoimmune Wellness  
Handbook, from Mickey  
Trescott and Angie Alt of***

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***Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt***

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***introduce a complementary  
solution that focuses on seven  
key steps to recovery: inform,  
collaborate, nourish, rest,  
breathe, move, and connect.  
Each step demystifies the  
process to reclaim total mind***

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***and body health. With five  
autoimmune conditions  
between them, Trescott and  
Alt have achieved astounding  
results using the premises laid  
out in the book. The  
Autoimmune Wellness***

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***Handbook goes well beyond  
nutrition and provides the  
missing link so that you can  
get back to living a vibrant,  
healthy life.***

***The book that started a  
revolution in the way***

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***Americans eat The  
extraordinary book that taught  
America the social and  
personal significance of a new  
way of eating is still a  
complete guide for eating well  
in the twenty-first century.***

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***Sharing her personal evolution  
and how this groundbreaking  
book changed her own life,  
world-renowned food expert  
Frances Moore Lappé offers  
an all-new, even more  
fascinating philosophy on***



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***changing yourself—and the world—by changing the way you eat. The Diet for a Small Planet features:***

- simple rules for a healthy diet***
- streamlined, easy-to-use format***
- food combinations***

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***that make delicious, protein-rich meals without meat • indispensable kitchen hints—a comprehensive reference guide for planning and preparing meals and snacks • hundreds of wonderful recipes***

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***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.***

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***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***

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***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***

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***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***

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***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***

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***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***



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***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***

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***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***

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***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***

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***Revolution is the next book for  
you!***

***Advice and Recipes to  
Improve Your Health and  
Reduce Your Weight  
Challenging Beliefs  
What to Eat and Why***

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***Racial Justice in the Wake of  
Food Justice***

***Banting 2.0***

***Inside the California Food  
Revolution***

***Recipes***

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*Containing 20 laser cut stencils from the world's leading street artists, this book is a must for artists, illustrators, and anyone who loves street art. The stencils are printed on perforated*

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*card stock so that they can be removed and used. Each artist has created an in-situ photograph to accompany their stencil, showing how they would use it. The book includes an interview with*

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*Sustainable Approach To  
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*the founder of stencil art, the  
Paris-based artist Blek Le  
Rat.*

*From the team behind the  
acclaimed Ada Lovelace,  
Poet of Science comes a  
delicious nonfiction picture*



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*book biography about  
pioneering chef Alice Waters  
who kickstarted the organic  
food movement. Whenever  
young Alice Waters tasted  
something delicious, like the  
sun-warmed berries from her*

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*family's garden or a crisp, ripe apple picked straight from the tree, she would remember it for the rest of her life. Later, as she tasted many more wonderful foods, she realized what made*

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*them so good—they were fresh and ripe, grown or made the old-fashioned way. When Alice grew up, she opened a restaurant called Chez Panisse. As part of her quest to make delicious*

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*food, Alice sought out small, local farmers to provide the meat, dairy, and produce. The restaurant made her famous, but it did much more than that—it started a food revolution. Today, home*

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*cooks and chefs alike are all discovering the simple secret to the Best! Food! Ever! This book is a celebration of food, cooking, and the woman whose curiosity and devotion to flavor kickstarted*

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*America's interest in buying local, organic food.*

*In June 2010, the editors of The New Yorker announced to widespread media coverage their selection of "20 Under 40"—the young*

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*fiction writers who are, or will be, central to their generation. The magazine published twenty stories by this stellar group of writers over the course of the summer. They are now*

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*collected for the first time in  
one volume. The range of  
voices is extraordinary.*

*There is the lyrical realism of  
Nell Freudenberger, Philipp  
Meyer, C. E. Morgan, and  
Salvatore Scibona; the*



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*satirical comedy of Joshua  
Ferris and Gary Shteyngart;  
and the genre-bending tales  
of Jonathan Safran Foer,  
Nicole Krauss, and Téa  
Obreht. David Bezmozgis  
and Dinaw Mengestu offer*

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*clear eyed portraits of  
immigration and identity;  
Sarah Shun-lien Bynum, ZZ  
Packer, and Wells Tower  
offer voice-driven,  
idiosyncratic narratives.  
Then there are the haunting*

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*sociopolitical stories of  
Chimamanda Ngozi Adichie,  
Daniel Alarcón, and Yiyun Li,  
and the metaphysical  
fantasies of Chris Adrian,  
Rivka Galchen, and Karen  
Russell. Each of these writers*

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*reminds us why we read.  
And each is aiming for  
greatness: fighting to get  
and to hold our attention in a  
culture that is flooded with  
words, sounds, and pictures;  
fighting to surprise, to*

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*entertain, to teach, and to  
move not only us but  
generations of readers to  
come. A landmark collection,  
20 Under 40 stands as a  
testament to the vitality of  
fiction today.*

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*Canada's Food Guide was first published in 1942, undergoing 8 revisions by 2019. None had been truly successful in getting people to eat better because the guide lacked accessible*

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*explanations of how to use it. Yet, healthy eating may lower the risk of obesity, heart and stroke disease, diabetes type 2, certain cancers and autoimmune diseases.* □ *The latest Food*

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*Guide is the most user-friendly, practical, and healthy to date. Eating more plant proteins improves both your health and the environment. Here's the breakdown of the ideal meal:*



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- 50% vegetables and fruits,
- 25% whole grains, and •  
25% lean protein coming  
from either plant or meat  
sources. Rose Reisman's  
Meal Revolution is the first  
cookbook to teach the

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*principles behind the Food  
Guide in practical terms. This  
book incorporates cooking  
trends such as Instant Pot  
and Sheet Pan meals, main  
course bowls, smoothies,  
and plenty of vegetarian and*

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*vegan options. Each recipe includes symbols for gluten-free, dairy-free, vegetarian, or vegan to help you navigate your dietary needs. Now you too can cook at home, “break bread” with*

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*family and friends, and  
improve the quality of your  
meals. Reisman offers you a  
wealth of easy, nutritious  
and delicious recipes that  
help everyday cooks  
understand the new food*

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*guide—and put it into use.*

*The Keto Cookbook  
How Eating Fat Unlocks  
Permanent Weight Loss and  
Peak Physical Performance  
Thirty Years That Changed  
Our Culinary Consciousness*

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*Delicious, low-sugar recipes  
for healthy, happy children,  
from toddlers to teens*

*Recipes Inspired by Canada's  
New Food Guide*

*31-Day Food Revolution*

*Super Food for Superchildren*

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*How the Food Revolution Has  
Transformed Our Lives, Our  
Bodies, and Our World*

'Scientists labelled fat the enemy . . .  
they were wrong.' Time magazine  
We've been told for years that eating  
fat is bad for us, that it is a primary

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cause of high blood pressure, heart disease and obesity. The Real Meal Revolution debunks this lie and shows us the way back to restored health through eating what human beings are meant to eat. This book will radically transform your life by showing you clearly, and easily, how to take control



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of not just your weight, but your overall health, too - through what you eat. And you can eat meat, seafood, eggs, cheese, butter, nuts . . . often the first things to be prohibited or severely restricted on most diets. This is Banting, or Low-Carb, High-Fat (LCHF) eating, for a new generation,

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solidly underpinned by years of scientific research and by now incontrovertible evidence. This extraordinary book, already a phenomenal bestseller, overturns the conventional dietary wisdom of recent decades that placed carbohydrates at the base of the supposedly healthy-

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eating pyramid and that has led directly to a worldwide epidemic of obesity and diabetes. Both a startling revelation, and as old as humanity itself, it offers a truly revolutionary approach to healthy eating that explodes the myth, among others, that cholesterol is bad for us. This is

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emphatically not just another unsustainable, quick-fix diet or a fad waiting to be forgotten, but a long-delayed return to the way human beings are supposed to eat. The Real Meal Revolution is an ebook which maintains the design of the book, and as a result will not display correctly on

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some basic reading devices.

What should we eat? It's a simple and fundamental question that still bewilders us, despite a seemingly infinite amount of available information on which foods are best for our bodies. Scientists, dieticians, and even governments regularly publish

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research on the dangers of too much fat and sugar, as well as on the benefits of exercise, and yet the global obesity crisis is only worsening. Most diet plans prove to be only short-term solutions, and few strategies work for everyone. Why can one person eat a certain meal and gain weight, while

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another eating the same meal drops pounds? Part of the truth lies in genetics, but more and more, scientists are finding that the answer isn't so much what we put into our stomachs, but rather the essential digestive microbes already in them. Drawing on the latest science

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and his team's own pioneering research, *The Diet Myth* explores the hidden world of the microbiome, and demystifies the common misconceptions about fat, calories, vitamins, and nutrients. Dr. Tim Spector shows us that only by understanding what makes our own



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personal microbes tick and interact  
can we overcome the confusion of  
modern nutrition, allowing us to regain  
natural balance in our bodies.

Countless recent scientific papers  
have been written on weight-loss  
topics like prebiotics and fructans, and  
The Diet Myth gathers these latest

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findings into one place, revealing new information about how best to lose weight and manage our bodies. Mixing cutting-edge discoveries, illuminating science, and his own case studies, Spector reveals why we should abandon fads and instead embrace diversity for a balanced diet, a healthy

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stomach, and a nourished body.

The ketogenic diet, which is very high in fats and low in carbohydrates, was first developed almost 80 years ago. It makes the body burn fat for energy instead of glucose. When carefully monitored by a medical team familiar with its use, the diet helps two out of

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three children who are tried on it and may prevent seizures completely in one out of three. It is a strict diet, and takes a strong commitment from the whole family. The ketogenic diet is not a do-it-yourself diet. It is a serious form of treatment that, like other therapies for epilepsy, has some side effects

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that have to be watched for. The Keto Cookbook is a cookbook for those using the diet to treat epilepsy and other neurologic conditions. The ketogenic diet is extremely strict- where one extra bite of food can have serious repercussions on a child's health - and thus hard to maintain. The

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Keto Cookbook contains 96 recipes grouped by breakfast and brunch, appetizers & snacks, lunch, dinner, and sweets and treats. The book includes a 16-page color insert illustrating each recipe. Since many children start on the Keto Diet before they can speak, the pictures of the

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meal and snack options will allow children to choose what they want.

And help to overcome food refusal due to lack of variety of foods and/or child's loss of control over food options. It will also address common eating personalities such as "grazers", children with texture aversions, the

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sweet tooth, unpredictable-eaters and adventurous-eaters. There will be options for all. Most parents of children on the ketogenic diet are busy and do not have the time or resources to experiment with different foods and preparation methods, so this book provides them with options that have



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already been tested and are both kid- and Registered Dietician- approved. There will be symbols on the recipes to indicate which food personality for which they are most appropriate. Or how long they take. For example, a recipe for cookies would have a symbol indicating that a "sweet-tooth"

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child may like this recipe. Allergy information will also be available for the top eight most common children's allergens. The book will also provide tips for "keto-proofing" your life, from the kitchen, to the car, to the classroom. Sample shopping lists and vacation guidelines will also help

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families prepare for the unexpected. It will include sample letters for getting through airport security, guidelines for visits to the hospital and outpatient procedures, and ways to prevent accidental "breaking" of the ketogenic diet. Special Features of The Keto Cookbook include 96 kid and dietician

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tested and approved recipes for the keto diet presented in full color  
Recipes will coded by symbol to indicate personality type and cooking times Allergy information for the eight most common allergens Practical suggestions to help people "keto-proof" their life, from the kitchen, to the

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car, to the classroom. Four sample shopping list and vacation guidelines will help families prepare for the unexpected

Eliminate toxins from your diet and transform the way you feel in just 21 days with this national bestseller full of shopping lists, meal plans, and mouth-

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watering recipes. Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are safe to eat. But much of what we're putting

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into our bodies is either tainted with chemicals or processed in a way that makes us gain weight, feel sick, and age before our time. Luckily, Vani Hari -- aka the Food Babe -- has got your back. A food activist who has courageously put the heat on big food companies to disclose ingredients and

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remove toxic additives from their products, Hari has made it her life's mission to educate the world about how to live a clean, organic, healthy lifestyle in an overprocessed, contaminated-food world, and how to look and feel fabulous while doing it. In *The Food Babe Way*, Hari invites you



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to follow an easy and accessible plan that will transform the way you feel in three weeks. Learn how to: Remove unnatural chemicals from your diet Rid your body of toxins Lose weight without counting calories Restore your natural glow Including anecdotes of her own transformation along with

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easy-to-follow shopping lists, meal plans, and tantalizing recipes, The Food Babe Way will empower you to change your food, change your body, and change the world.

The New Farm

Banting

The Real Meal Revolution: Low Carb

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Cooking  
Eating to Extinction

Alice Waters Cooks Up a Food  
Revolution

Innovative Delicious Meals for Staying  
on the Ketogenic Diet

The Real Food Revolution

**Includes a sneak peek of**

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**Undoctored—the new book from Dr. Davis! In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day,**

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**over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that**

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preventive cardiologist William  
Davis calls "wheat bellies."

**According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000**

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**patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In Wheat**

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**Belly, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle.**



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**Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, Wheat Belly is an illuminating look at what**

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**is truly making Americans sick and  
an action plan to clear our plates of  
this seemingly benign ingredient.**