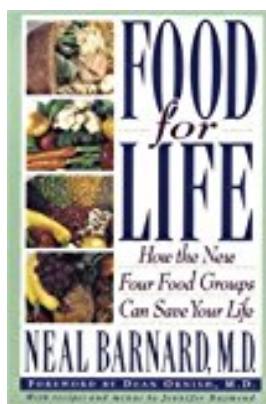


[PDF] Food For Life: How The New Four Food Groups Can Save Your Life

Neal Barnard - pdf download free book



Books Details:

Title: Food for Life: How the New Fo

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Description:

From Library Journal Vegetarianism is growing in this country, and the new food pyramid released by the Department of Agriculture has attracted media coverage. Barnard (medicine, George Washington Univ.) suggests his own food groups, which are grains, vegetables, fruits, and legumes. Dean Ornish (Eat More, Weigh Less, LJ 6/1/93) provides an introduction, but Barnard goes further than Ornish in advocating a complete vegan diet. He also goes further than Gene Spiller's The

Superpyramid Eating Program (LJ 3/15/93) in his claims for the health benefits of such a diet. While Barnard discusses the reduced risk of heart disease, cancer, obesity, and the danger of free radicals, he also mentions the likely effects of diet on balding, hormones and sexual function, early puberty, and general aging. Extensive chapter notes back up most assertions, with a few supported anecdotally. The recipes, though quick and easy to prepare, offer complex and delicious flavors and textures. This is recommended for collections on popular health and nutrition.

- *Carol Cubberley, Univ. of Southern Mississippi, Hattiesburg*

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From the Inside Flap Citing overwhelming medical evidence previously downplayed by powerful lobby groups, Dr. Barnard reveals why a diet based on the new four food groups (grains, legumes, vegetables, and fruits) will sharply decrease the risk of cancer and heart disease and dramatically increase life expectancy. He also unveils a 21-day program for a smooth transition to the new way of eating healthfully. **Line drawings.**

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