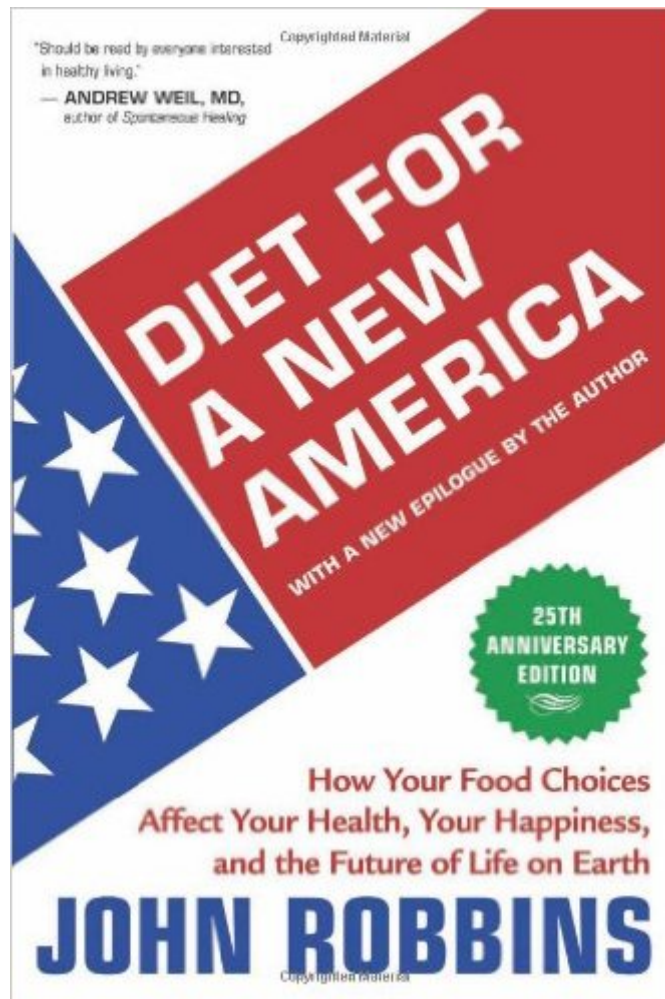


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Diet For A New America: How Your Food Choices Affect Your Health, Happiness And The Future Of Life On Earth Second Edition



Synopsis

From John Robbins, a new edition of the classic that awakened the conscience of a nation. Since the 1987 publication of *Diet for a New America*, beef consumption in the United States has fallen a remarkable 19%. While many forces are contributing to this dramatic shift in our habits, *Diet for a New America* is considered to be one of the most important. *Diet for a New America* is a startling examination of the food we currently buy and eat in the United States, and the astounding moral, economic, and emotional price we pay for it. In Section I, John Robbins takes an extraordinary look at our dependence on animals for food and the inhumane conditions under which these animals are raised. It becomes clear that the price we pay for our eating habits is measured in the suffering of animals, a suffering so extreme and needless that it disrupts our very place in the web of life. Section II challenges the belief that consuming meat is a requirement for health by pointing out the vastly increased rate of disease caused by pesticides, hormones, additives, and other chemicals now a routine part of our food production. The author shows us that the high health risk is unnecessary, and that the production, preparation, and consumption of food can once again be a healthy process. In Section III, Robbins looks at the global implications of a meat-based diet and concludes that the consumption of the resources necessary to produce meat is a major factor in our ecological crisis. *Diet for a New America* is the single most eloquent argument for a vegetarian lifestyle ever published. Eloquently, evocatively, and entertainingly written, it is a can't put down book guaranteed to amaze, infuriate, but ultimately educate and empower the reader. A pivotal book nominated for the Pulitzer Prize for Non-Fiction in 1987.

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Customer Reviews

I read the original edition of this book over 21 years ago. As a vegetarian at the time, I was shocked to learn about the connection between the meat industry and the dairy and egg industries, as well as the environmental and health implications of the Standard American Diet. I immediately dropped all animal products from my diet and have been a vegan for more than half of my life now. I credit this book and John Robbins for changing my life in a very powerful way. This has been one of the most profound books of my life.

Plant-Based Nutrition -- helps heal YOU and the planet! It is definitely "The Diet for All Reasons," per Dr. Michael Klaper! Back in 1991 I encountered the first edition of this life-changing book and the "Diet for a New America" video. I played the video at a noon-hour "Making A Difference" Club meeting at The Aerospace Corporation, where I worked in El Segundo CA. We busy humans need continuing re-inforcement to get the correct education and motivation to make big life changes, such as going to much improved nutrition. Deciding what is "correct human nutrition" is hard, when so much bad guidance comes from our government guidelines and from such diets as Atkins and Paleo ones! It took until Jan. 2003 for my family of four to go "Plant-based, whole-foods optimal nutrition for health" after we participated in Dr. John McDougall's "TOTAL HEALTH SOLUTION" 10-day clinic. Dr. McDougall has been helping people get well for over 40 years -- on , get his 2012 book "The Starch Solution." Also get the free, best, health education and guidance at the drmcDougall.com website! For a month, you can watch an October 2012 video talk by John Robbins and his 38 year old son, Ocean Robbins, for free at VegSource. I just ordered Robbin's updated book to add to my big library of healthy lifestyle books. We are all very fortunate to have many long-time experts singing from the same songbook on what is the best nutrition for humans! Besides John Robbins and Dr. McDougall, add Dr. Caldwell Esselstyn, Dr. T. Colin Campbell PhD, Dr. Michael Klaper, Dr. Hans Diehl, Dr. Neal Barnard, Dr. Michael Greger, Dr. Pam Popper, RD Jeff Novick, Dr. Gabriel Cousens, Dr. William Harris, writer Ellen Jaffe-Jones, writer J. Morris Hicks, to name some! Most of them have their books and videos available at .Oh - And we have many celebrities endorsing the plant-strong nutrition -- Pres. Bill Clinton stands out here!

This book written back in 1987 is as relevant today as when it was written. Every student as well as every adult should read it. The first section deals with factory farms, the second with the healthiest diets, and the third section with environmental issues. It is one of the best books I have ever read on how to live happily, healthily, and help promote animal rights. Part 1 is an eye opener on cruelty to

animals on factory farms so for the faint hearted begin first with second two. John Robbins book Healthy at 100 is also highly recommended for those who want to live a long life that's disease free. His books are based on scientific studies and research. For more information about the author check out his website johnrobbins.info and listen to his latest videos.

I'm struggling with this book and can only read a little at a time. I'm well aware that animal cruelty goes on, and I sign petitions against cruelty to animals constantly. Seeing it in the written word just compounds the whole ugly image of the business. I would like to see this book introduced into the school curriculum during 1st and 2nd year high school or in a compacted issue in grade 6 (now I'm dreaming). The one way we will change these ugly practices and reform these ugly people running these ugly businesses is through the education of our young, while we wait until the oldies die out - or perhaps we could send them on a truck, ship, etc etc on their last worldwide journey into their retirement without telling them what their outcome will be at the end of their journey - surprise. What a lovely thought. This is a must read book for every body - not only for vegetarians - everybody and anybody who cares for the welfare of the animals we consume that are treated in such a brutal fashion all in the name of the dollar. Any wonder we are full of diseases ourselves. Do these uglies look into the eyes of these poor creatures? A must read book but I am struggling.

In 1987, a very good friend who was a vegetarian gave me this newly published book to read. At the time, I was a Double Whopper with Cheese kind of eater, and had discovered In and Out Burger....thinking it was manna from heaven! I lived on junk and processed foods exclusively. The book opened my eyes with shocking clarity. How could I have missed all the negatives of a meat-based diet. Health, environment, cruelty, waste, and ethics? My mind reeled, and two days later, I gave up meat and fowl cold turkey....forever. Next year I will celebrate my 30th year without meat or fowl...and I am so much better for it....mentally, spiritually, healthily, and happily. John Robbins was my saviour. The detailed studies, powerful lobbies, evil ethics, and the horrors of meat production he exposes in the book should be the mandatory textbook that nutritionists and students of Health Studies use in their classrooms. Now, 25+ years later, the book is as important as it was at the time of its original publication. And while the 25th anniversary Epilogue by John is more of a shotgun blast, than a rifle shot....going beyond food and climbing on the Global Warming bandwagon....I am nonetheless happy to have the book in hand once again to remind me why I became a vegetarian in the first place. Nothing has changed in the interim. Since the book was written, there have been major discoveries and new organic techniques for producing healthy,

abundant, and nutritious plant food that heal the land, and provide superb sustenance. Things like the development and value of Aquaponics, Worm Composting, BioChar added to soils after the discovery of Terra Preta (google it), and other natural organic means of growing, give life to the potential of a sustainable and rich soil, as well as providing for the health of billions. Thank you John Robbins for rejecting your inheritance, and helping to save the world, the animals, and our health!

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