

[PDF] Diet For A New America

John Robbins - pdf download free book

Books Details:

Title: Diet for a New America

Author: John Robbins

Released: 1987-09-01

Language:

Pages: 423

ISBN: 0913299553

ISBN13: 978-0913299555

ASIN: 0913299553



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly This well-documented expose of America's "factory farms" should prompt even die-hard meat-and-potatoes lovers to reevaluate their diets. Asserting that "we are ingesting nightmares for breakfast, lunch and dinner," Robbins, who is medical director of the California Institute for Health and Healing, details how livestock is raised under increasingly industrialized conditions by "agribusiness oligopolies." Grazing and foraging have given way to debeaking, tail-docking, dehorning and castration, and treatment with pesticides, hormones, growth and appetite stimulants, tranquilizers and antibiotics which, in turn, are assimilated by humans. The author correlates our "protein obsessed" society with a higher incidence of arteriosclerosis, osteoporosis, cancer and other degenerative diseases, as well as freakish occurrences like premature puberty from estrogen contamination. As Robbins debunks nutritional myths perpetuated by the powerful meat and dairy industries (indicting as well his family's Baskin-Robbins ice-cream empire), this is sure to prove controversial. Photos not seen by PW.

Copyright 1987 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Review *Diet for a New America* is a powerful indictment of our dietary practices that should be read by everyone interested in healthy living. It is a well-researched, well-documented and eye-opening account of the myths and truths about meat, milk, fat and protein. I will recommend this book to patients, friends, and relatives. -- *Andrew Weil, M.D., Author, Spontaneous Healing*

Diet for a New America is a powerful tool on the journey towards consciousness and compassion. I recommend it without reservation, and hope that many, many people will read it. -- *Gary Zukav, Author, The Dancing Wu Li Masters*

Diet for a New America will vitalize the awakening of America. This easy-to-read yet mind-boggling book has its place in the kitchen and in the doctors office, in every classroom, from preschool to university. For those involved in ecological and political issues, this book is a must so it is for all of us who long for a practical economical way to foster a more sane, ethical and loving world. -- *Laura Huxley, Author, This Timeless Moment*

A reading must for all caring Americans. -- *Harvey and Marilyn Diamond, Authors, Fit for Life*

Diet for a New America is excellent! I can't speak highly enough of it. This book is a breakthrough in the science of health and a joy to read. No one who suffers (or whose loved ones suffer) from the diseases of our time can afford to ignore this potent message. In his captivating style, John Robbins shows us how to create health for ourselves, our children, and the world we live in. -- *Dr. John McDougall, Author, The McDougall Plan*

Every so often a book comes along which has the capacity to awaken the conscience of a nation. *Silent Spring* was one such book: I believe John Robbins volume is destined to be another. With consummate intelligence, thoroughness and skill, Robbins takes us on a multifaceted journey which should cause all sensitive people to question their eating habits most searchingly. I couldn't put it down. -- *Cleveland Amory, President, Fund for Animals, Author, The Cat Who Came for Christmas*

From the outset of reading this volume I was enthralled. The book is a pleasure to read, as engrossing as the most exciting novel. Yet this is no novel it deals directly with the most important personal issues and decisions of our lives. When I finished reading *Diet for a New America*, I knew that in my hands lay one of the most profound studies ever written of how our eating habits affect our lives, and indeed all of life on our planet . . . If you read only one book this year, let it be this one. -- *Vegetarian Times magazine*

In a tender, not strident, voice Robbins shows us why a humane society cannot be built upon an inhumane system of food production. Robbins does not play on our guilt, but shows us how our own well-being is linked to the development of radically new sensibilities to non-human life. I promise you what you perceive behind the supermarket meat counter will never be the same after reading *Diet for a New America*. -- *Frances Moore Lapp, Author, Diet for a Small Planet* --This text refers to an out of print or unavailable edition of this title.

- Title: Diet for a New America
 - Author: John Robbins
 - Released: 1987-09-01
 - Language:
 - Pages: 423
 - ISBN: 0913299553
 - ISBN13: 978-0913299555
 - ASIN: 0913299553
-