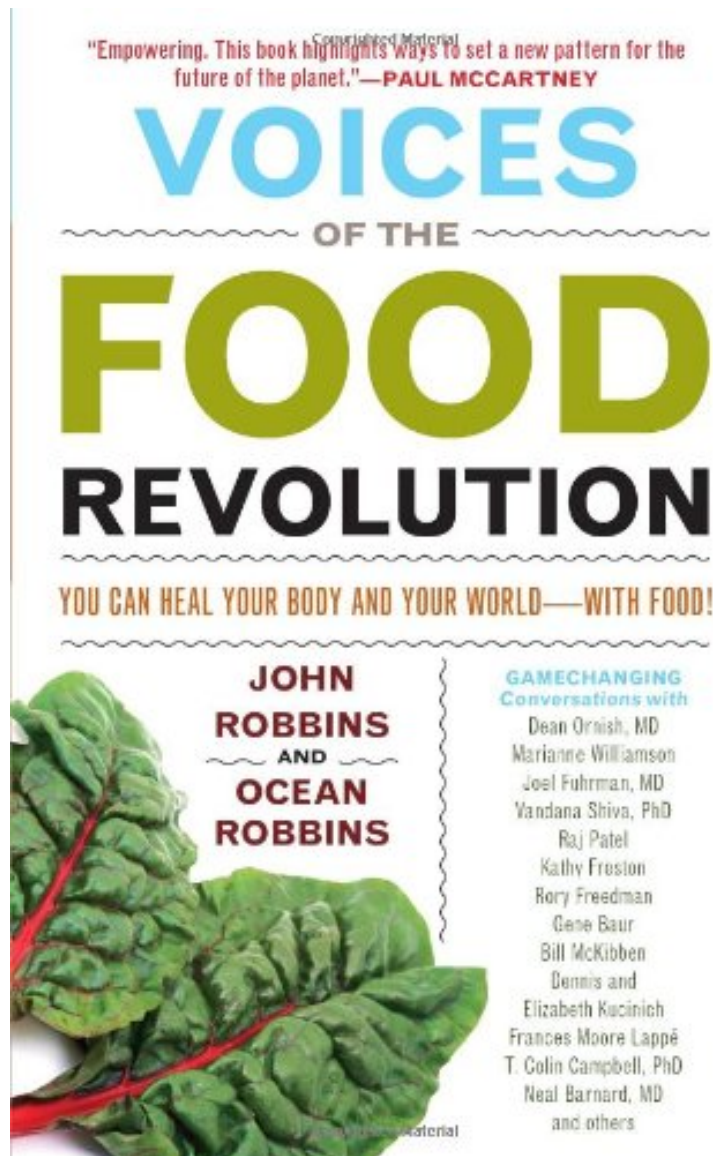


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Voices of the Food Revolution: You Can Heal Your Body and Your World with Food!

John Robbins, Ocean Robbins
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John Robbins, Ocean Robbins : Voices of the Food Revolution: You Can Heal Your Body and Your World with Food! before purchasing it in order to gage whether or not it would be worth my time, and all praised Voices of the Food Revolution: You Can Heal Your Body and Your World with Food!:

22 of 22 people found the following review helpful. if you want to read one book, let this be it By CENKI've been reading quite a lot of books since I watched the film, called FAT, SICK AND NEARLY DEAD, which really changed my life. It has turned into a sort of hobby. Once you get into this area, one thing leads to another and you end up several books to understand all aspects of it. Healthy living is not just about losing weight, or getting organic foods etc. It has several aspects to look at, and this book is organised to provide all the angles you need to know about healthy living. The people they interviewed are truly the best in their fields and it saves tons of money and time to read and watch everyone of their output. Instead, get this book and read the entire story. I really liked the sections on the spiritual aspects of going vegetarian. May be it is because I've read all about the others for quite sometime, and this part was the only missing part, and the book does it duty very efficiently. 5 of 5 people found the following review helpful. The book to scare the heck out of you By A. J. This book has opened my eyes to what the controversy is really about. If you live in CA you are educated and told. If you live elsewhere you have to look toward CA to tell us what is going on. This book really tells it all. I guess being a Vietnam age person, the fact that Monsanto is using Agent Orange on our food products and seeds is the biggest shock of all. Then again this is just one of many poisons being used around the world to poison our food, seeds and even things like cotton. I highly recommend buying this book especially if you have children, are pregnant or planning to eat or drink. We must stand against the giants like Monsanto and all the other producers of poisons being pumped into us every minute of the day. Don't believe it? Think water! 3 of 3 people found the following review helpful. WELL DONE COLLECTION OF INTERVIEWS By Ancient Activist, Aspiring Alchemist The author interviews experts in the organic food field and the facts are astounding. For people who are seriously concerned with what's on the average grocer's shelf or for those who resent corporate manipulation of our food supply, this book is a must. Each interview is a stand-alone and the interviewee a spokesperson for their specific field. In view of all the food hype via TV advertising and the increase in health issues in America, this book is a must-read. You may not be comfortable with what is said, but you'll sure be better informed when you grocery shop.

Did you know that: More than 80% of the foods you eat in restaurants and buy at supermarkets contain genetically engineered ingredients, and that these ingredients have been linked to toxic and allergic reactions in people; sickness, sterility, and fatalities in livestock; and damage to virtually every organ studied in lab animals? If you don't count French fries, ketchup or pizza as vegetables, more than half of Americans eat no vegetables at all? Cows raised for meat are impacting our climate more than cars? It's possible to be a positive food revolutionary without sounding like a self-righteous nag? Join John and Ocean Robbins for 21 intimate, game-changing conversations with some of the world's leading "food revolutionaries": scientists, doctors, teachers, farmers, economists, activists, and nutritionists working on food issues today. Introduced and with commentary by John Robbins and his son Ocean, the book features luminaries such as: Dean Ornish, MD, on his years-in-the-making breakthrough with Medicare (his program for healing heart disease is now covered) Kathy Freston on making incremental, manageable changes to how we eat T. Colin Campbell, PhD, (author of the famed China Study) with the latest research on animal protein and human health Joel Fuhrman, MD (author of the bestselling Eat to Live), on achieving excellent health through diet Caldwell Esselstyn, MD, of the Cleveland Clinic on wiping out heart disease by changing what we eat Vandana Shiva, PhD, on GMOs and Big Ag Rory Freedman on how to stop eating misery and start looking fabulous Raj Patel on building a saner global food policy Each contributor discusses his or her work in depth, but together they make one rallying cry: for a healthy, sustainable, humane, and delicious revolution in how we and the world are fed. Over twenty-five years ago John Robbins started a revolution. This book is proof of how far we've come, a fascinating look behind the scenes of the multi-faceted food movement, and a call to join in the work of ensuring our health and food future.

"Have you ever wanted to sit down and talk to the most powerful and visionary thought-leaders, doctors, environmentalists, and humanitarians and ask them the most important and pressing questions about food, questions that can help not only you but also the world? Now you have that chance. This riveting book of insightful interviews offers fascinating and crucial information about the most important decision we collectively make each day - what we eat. Read it for yourself. Read it for animals. Read it for the planet." -Zoe Weil, president, Institute for Humane Education, author of Most Good, Least Harm, Above All, Be Kind, The Power and Promise of Humane Education and Claude and Medea "The planet is under pressure and our choices have never been more important. Voices of the Food Revolution is an informative and empowering tool which highlights ways to set a new pattern for the future of the planet." --Paul McCartney "If optimal health ranks high on your life's priority list, then Voices of the Food Revolution may be one of the most important books you will ever read. You will thank yourself as you enjoy the blessings of food in ways you never thought possible." --Rev. Michael Bernard Beckwith, author of Life Visioning About the Author John Robbins is the author of the bestselling The Food Revolution, Diet for a New America, and No Happy Cows. His life and work have been featured on PBS. Ocean Robbins founded and for 20 years directed Youth for Environmental Sanity (YES!), starting at age 16, and is now CEO of The Food Revolution Network. Visit them at

