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In The Kind Diet, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and

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dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth digestion.

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energy, and smooth digestion.

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Like countless celebrities before her, actress Alicia Silverstone has put together a book that she says reveals the secrets of how she stays fit and healthy. In *The Kind Diet*, Silverstone she swears that a diet of only organic, vegan diet, free of meat, dairy, white sugar and processed foods is what

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Whether you want to lose weight, get healthy, or help save the world, transitioning to a vegan ...

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As The Kind Diet points out, research

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ties a vegetarian diet to a lower risk of heart disease. A recent study reveals that it may slash the odds by as much as one-third. Research also shows that...

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The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet Paperback – 5 April 2011 by Alicia Silverstone (Author)

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Latest. Featured Green Life Seasonal.
Christmas and Chanukah Eco Style.
Apps & Snacks Delicious Entrees
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Potato Latkes With Almond Crème Fraîche.

Home | ~~the kind life~~

The Kind Diet: A Simple Guide to Feeling Great, Losing Weight and Saving the Planet is a vegan cookbook written by actress and animal rights

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activist Alicia Silverstone. [1]

Silverstone told New York Times interviewer Patrick Healy that for three years she has turned down roles in films and television to have time to work on her book, as well as do plays.

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Overview. Whether you want to lose weight, get healthy, or help save the world, transitioning to a vegan diet is easy with advice, tips, and recipes from actress Alicia Silverstone. In The Kind Diet, actress, activist, and committed conservationist Alicia Silverstone shares the insights that

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encouraged her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth ...

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The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet Paperback – March 15, 2011 by Alicia Silverstone (Author), Neal D. Barnard (Foreword)

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The kind diet dials down our insane

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consumption of resources like fresh water, oil, coal, and the precious rainforest. It helps heal the environment by denying support to toxic food industries. It is a significant move toward ending world hunger and distributing food more equitably.

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Books | the kind life

The kind diet : a simple guide to feeling great, losing weight, and saving the planet. [Alicia Silverstone; Victoria Pearson] -- Addresses the nutritional concerns faced by many who are new to plant-based, vegetarian diets and shows how to

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covering every nutritional base, from protein to calcium and beyond.

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If you 're trying to lose weight, the sheer number of available diet plans may make it difficult to get started, as you 're unsure which one is most suitable, sustainable, and effective. Here ...

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Addresses the nutritional concerns
faced by many who are new to plant-
based, vegetarian diets and shows
how to cover every nutritional base,
from protein to calcium and beyond.
Features irresistibly delicious food

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that satisfies on every level --including amazing desserts to keep the most stubborn sweet tooth happy.

Whether you want to lose weight, get healthy, or help save the world, transitioning to a vegan diet is easy with advice, tips, and recipes from

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actress Alicia Silverstone. In The Kind Diet, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to

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clear skin, off-the-chart energy, and smooth digestion. She explains how meat, fish, milk, and cheese—the very foods we've been taught to regard as the cornerstone of good nutrition—are actually the culprits behind escalating rates of disease and the cause of dire, potentially

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Resistibly Delicious 2009 Hardcover

permanent damage to our ecology. Yet going meat- and dairy-free doesn't mean suffering deprivation; to the contrary, The Kind Diet introduces irresistibly delicious food that satisfies on every level—it even includes amazing desserts to keep the most stubborn sweet tooth happy. Alicia

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also addresses the nutritional concerns faced by many who are new to a plant-based diet, and shows how to cover every nutritional base, from protein to calcium and beyond.

Whether your goal is to drop a few pounds, boost your energy and metabolism, or simply save the world,

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Alicia provides the encouragement, the information, and the tools you need to make the transition to a plant-based diet deliciously empowering.

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In *The Kind Diet*, actress, activist, and committed conservationist Alicia Silverstone shares the insights that

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encouraged her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth digestion. She explains how meat, fish, milk, and cheese—the very foods we 've been

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taught to regard as the cornerstone of good nutrition—are actually the culprits behind escalating rates of disease and the cause of dire, potentially permanent damage to our ecology. Yet going meat- and dairy-free doesn't mean suffering deprivation; to the contrary, The Kind

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Diet introduces irresistibly delicious food that satisfies on every level—it even includes amazing desserts to keep the most stubborn sweet tooth happy. Alicia also addresses the nutritional concerns faced by many who are new to a plant-based diet, and shows how to cover every nutritional

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base, from protein to calcium and beyond. Alicia knows that changing life-long dietary habits is a process, and that each person progresses at a different pace. For that reason, The Kind Diet encompasses 3 separate levels, from Flirting to Superhero. Flirts learn to dip a toe into the vegan

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pool, reducing their meat-eating and swapping out a few key foods for plant-based substitutes to see quickly how even small changes can reap big results. Vegans get to experience the life-altering effects of forgoing animal-products entirely, while still enjoying many convenience foods and meat

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substitutes in addition to the wonderful grains, vegetables and fruits that form the core of that diet. True enlightenment comes with the Superhero program, based on the principles of macrobiotics and built on a foundation of whole grains, vegetables, and other yummy foods

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that Alicia describes in detail.

Whether your goal is to drop a few pounds, boost your energy and metabolism, or simply save the world, Alicia provides the encouragement, the information, and the tools you need to make the transition to a plant-based diet deliciously empowering.

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When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of considering diet and lifestyle factors, doctors pump their patients full of expensive and invasive fertility treatments. Once

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pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal—and then assume that new motherhood will be just as challenging, from breastfeeding woes to screaming fits. It doesn't have to be that way. In The

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Kind Mama, Alicia Silverstone has created a comprehensive and practical guide empowering women to take charge of their fertility, pregnancy, and first 6 months with baby. Drawing on her own experience, as well as that of obstetricians, midwives, nutritionists, holistic health

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counselors, and others, Silverstone offers advice on getting one's "baby house" in order through nutrient-rocking foods that heal and nourish, and, once pregnant, gentle ways to boost comfort, energy, and health during each trimester. She helps readers navigate everything from

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prenatal testing and birth plans to successful breastfeeding and creating a supportive "baby nest." The result is an authoritative, one-stop guide that empowers women to trust their instincts during this vital milestone, while helping them embark on a healthy and more vibrant path to

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Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for

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the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both extreme diets

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have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change?

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Feeling must be a better way!
Fortunately, there is. With The Pegan Diet's food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh,

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healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get, and

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stay, fit, healthy, focused, and
happy—for life.

"Discover the eating plan that
revolutionized the way Americans
think about their meals, updated for
its fiftieth anniversary with new
recipes for the modern meatless chef.

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"In the . . . years since the publication of Diet for a Small Planet, a movement dedicated to the reform of the food system has taken root in America.

Lappé's groundbreaking book connected the dots between something as ordinary and all-American as a hamburger and the

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environmental crisis, as well as world hunger." --Michael Pollan. Upon its release in 1971, Diet for a Small Planet was truly groundbreaking. This extraordinary book taught America the social and personal significance of a new way of eating : environmental vegetarianism. World hunger was not

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a matter of lack of food, it argued, but of lack of justice in our food systems. Half a century later, it is still a complete guide for eating well in the Twenty-First century. Sharing her personal evolution and how this revolutionary vegetarian-focused book changed her own life, world-renowned

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food expert Frances Moore Lappé offers a fascinating philosophy on changing yourself--and the world--by changing the way you eat. This edition features 85 modern meatless recipes, including more than a dozen new entries by celebrity chefs such as Mark Bittman, Padma Lakshmi, Alice

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Waters, José Andrés, Bryant Terry,
Mollie Katzen, and Sean Sherman"--

Explains the advantages of a plant-
based diet for families with children
and offers a collection of family-
friendly vegan recipes for breakfast
foods, soups, salads, sandwiches,

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snacks, main and side dishes, breads, and desserts.

Discover the original international diet sensation—used by Adele, heavyweight champion David Haye, and Pippa Middleton—that will help you lose seven pounds in seven days

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while experiencing lasting energy and eating all the foods you love. Over the past few years, fasting has become a popular diet option. Studies show that fasting—whether through moderate calorie restriction every day or the more severe but less frequent intermittent fasting—can help people

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lose about thirteen to fourteen pounds in six months and reduce their risk of developing disease. When we fast, our body's energy stores activate what is known as sirtuins, or the "skinny gene," and many positive changes ensue. Fat storage is switched off, and our body stops its normal growth

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processes and goes into “survival” mode. Fat burning is stimulated and the genes involved in the repair and rejuvenation of our cells are turned on—which all results to weight loss and improved resistance to disease. But if not done correctly, fasting can lead to hunger, irritability, fatigue, and

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loss of muscle. Enter Sirtfoods: a newly discovered group of foods that is revolutionizing healthy eating. Ranging from chocolate and red wine to garlic and walnuts, sirtfoods are particularly rich in special nutrients that help us activate the same skinny genes in our bodies that fasting

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triggers. Nutritionists Aidan Goggins and Glen Matten have created The Sirtfood Diet to help you effectively lose weight and improve your resistance to disease, while still giving you incredible energy and glowing health.

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The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL 's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at

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an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of The TB12 Method,

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Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he

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cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady 's own training regimen, The TB12 Method provides step-by-

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step guidance on how develop and maintain one ' s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation,

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cognitive fitness, restorative sleep,
and nutritious, easy-to-execute recipes
to help readers fuel-up and recover.

Brady steadfastly believes that the

TB12 approach has kept him

competitive while extending his

career, and that it can make any

athlete, male or female, in any sport

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and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, The TB12 Method gives you a better way to train and get results

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with Tom Brady himself as living
proof.

A guide that cuts through the haze of
misinformation and delivers an
insightful message to anyone living
with or at risk from the following:
cancer, diabetes, heart disease,

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obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and

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Opportunist Scientists. Part medical thriller, part governmental exposé.

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