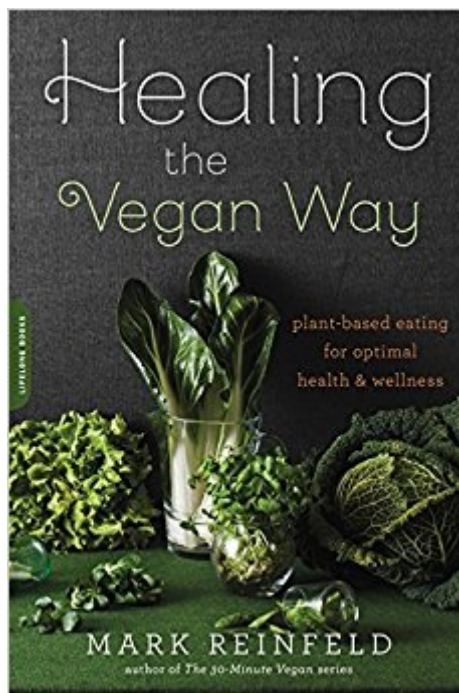




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# Healing The Vegan Way: Plant-Based Eating For Optimal Health And Wellness



## Synopsis

According to increasing evidence, plant-based diets are better for the health of both people and the planet, leading to a dietary revolution. But with all the conflicting nutritional theories out there, how do you decide which foods are truly best for you? With contributions from leading medical professionals like Dr. Michael Klaper, Dr. Michael Greger, and Dr. Joel Kahn, *Healing the Vegan Way* demonstrates a Clear and Simple path through the latest medical research on different approaches. With practical tips for plant-based living, 200 simple whole-food recipes, health-supportive cleanses, menu plans, and more, *Healing the Vegan Way* helps you maximize benefits for both body and mind.

## Book Information

Paperback: 416 pages

Publisher: Da Capo Lifelong Books; 1 edition (July 12, 2016)

Language: English

ISBN-10: 0738217778

ISBN-13: 978-0738217772

Product Dimensions: 7 x 1 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 28 customer reviews

Best Sellers Rank: #54,034 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #73 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #211 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

"Healing the Vegan Way is more than just an amazing cookbook. It's an invaluable guide for anyone in search of the way to optimum health through a plant-based diet. A must-read!!" —Marco Borges, plant-based advocate and New York Times bestselling author, founder of 22 Days Nutrition program  
"If you're interested in how eating plants can heal your body and nourish your spirit, look no further. Mark Reinfeld is a superb guide on the journey. His recipes are fabulous and his wisdom reliable." —John Robbins, author of *Diet For A New America*, President of the Food Revolution Network  
"Healing the Vegan Way is a rich document that goes clearly beyond a cookbook. It is a thorough scientific resource with excellent documentations surrounding great recipes." —Hans A. Diehl, DrHSc, MPH, CNS, FACN Clinical Professor of Preventive Medicine,

School of Medicine, Loma Linda University Founder, CHIP and Lifestyle Medicine Institute" This guy can seriously cook. Went to a conference where Mark made all the meals, and incredible does not begin to describe the culinary experience. If the whole world had Mark as their chef, I would be out of business. His new recipe book is beautiful and practical."#151;Dr. Garth Davis, author of Proteinaholic" No one I know can make [culinary] magic happen better than Mark Reinfeld. In Healing the Vegan Way, Mark presents principles for creating a delicious menu that will help heal all the tissues and organs of the body#151;while also bringing delight to the tongue and palate. Bon app tit!"#151;Michael Klaper, M.D."Healing the Vegan Way is a wonderfully written resource for anyone interested in the countless health benefits of a plant-based diet. Mark Reinfeld combines comprehensive expert testimonies with an extensive array of delicious, easy-to-prepare recipes that will impress everyone at the table."#151;Neal Barnard, MD#147;When plant foods are incorporated into healthy recipes and diets, they can play a critical role in treating and even reversing the common diseases we face today. Healing the Vegan Way is a valuable, practical guide that shows us the way to enjoy optimal health.  •#151;John Westerdahl, PhD, MPH, RD; Chair, Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics Milwaukee Shepherd Express, 8/30/16#147;Healing the Vegan Way underlies the recipes with a message, and in this case, the title says it all. The selling point for [Mark Reinfeld#39;s] whole-food, plant-based dietary agenda is the recipes themselves.  #1 Best Books for Vegan of 2016? Philly.com

Mark Reinfeld, founding chef of the celebrated Blossoming Lotus Restaurant, has been preparing inspired vegan and live food cuisine for more than twenty years. His Vegan Fusion World Cuisine has won nine international awards, including a Gourmand Award for "Best Vegetarian Cookbook in the USA." He is also the author of The 30-Minute Vegan, The 30-Minute Vegan's Taste of the East, The 30-Minute Vegan's Taste of Europe, and The 30-Minute Vegan: Soup's On!. He teaches vegan and raw food workshops and immersions internationally and online at [veganfusion.com](http://veganfusion.com).

A cookbook everyone should own. The broccoli quiche recipe as one of your go to meals for family and guests is worth the price of the book. However, Mark Reinfeld keeps on giving with his knowledge of flavor, food combinations and absolutely delicious recipes. I am so impressed with this book that I purchased 10 more copies for friends.

Healing the Vegan Way is a treasure trove of awesome information by Mark Reinfeld. I like the fact

that this book is not a traditional recipe book. Thus has insights from leading doctors in the area are great and the data behind the art of cooking makes it solidify in the minds of the readers. The first part is the introduction all the data. I love the chapter on the extraordinary health benefits of raw whole foods. I was already on Raw till Noon lifestyle. Each of the pillars in the plant kingdom like beets, cabbage, kale, broccoli, spinach, pepper and several others are given detailed explanation as to what they offer, what are their benefits. You also learn a lot about the nuts and legumes family in the first part. The lesser known Moringa also has a special mention! Be sure to check out your local farmers market if you are reading this book. You can make it a weekly ritual and with the help of this book will make a wholesome week. The book gives you lot of guidance and I love the fact that Ayurvedic recipes are given through the book as well. I am not into meal plans though everybody is different. I just like having set of fresh organic produce, and legumes and whole grains and cooking simplistic and minimalistic meals. The book will help you achieve just that and you feel energized and great. The part 2 is just amazing. There are 200 recipes, good for a whole year! You should try out ginger turmeric shooter. It's like a magic potion. One of my other favorite was date glazed sweet potatoes. If someone says there is not much variety in vegan or vegan foods are bland, please do a favor and gift this book to them. You can count another convert from that time. For me veganism or eating a whole plant food is for 3 reasons "health, animal welfare and environment. How can one go wrong with this approach? The author has made a very strong case using data and recipes which are well tested and precise to make the transition very easy for people. People who are already following the lifestyle gets more reinforcement and more recipes! I strongly recommend this book. If you read this far and love how food can help your health and (environment and animals), do check out the books in my library/audio book collections. These reaffirm and make it concrete why a whole food plant based diet is scientifically proven to be THE BEST for us. ENJOY YOUR NEW FOUND HEALTH.

1. Dr. Thomas Campbell, MD and Dr. T. Colin Campbell, PhD: The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet
2. Dr. Caldwell B. Esselstyn Jr., PhD Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure
3. Dr. Garth Davis, MD: Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It
4. Dr. Michael Greger How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease
5. Dr. John A. McDougall, MD: The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!
6. Rich Roll, The Plant Power Way
7. Dr. T. Colin Campbell, PhD and Howard Jacobson: Whole: Rethinking the Science of Nutrition
8. Gene Stone, Forks Over Knives: The Plant-Based Way to Health
9. Dan Buettner, The Blue Zones Solution: Eating and

Living Like the World's Healthiest People<sup>10</sup>. Rich Roll: Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself<sup>11</sup>. Dr. Fred Bisci, Your Healthy Journey: Discover your body's full potential to change (87 yr old fit, 50 years on raw foods)<sup>12</sup>. Sonia Faruqi "Project Animal Farm: An Accidental Journey into the Secret World of Farming and the Truth About Our Food"<sup>13</sup>. Keegan Kuhn, Kip Andersen "The Sustainability Secret: Rethinking Our Diet to Transform the World"<sup>14</sup>. Sailesh Rao, Carbon Dharma: The Occupation of Butterflies<sup>15</sup>. Movie: Cowspiracy, has references to all facts relating to environmental impact and savings from adopting a WFPB diet.

I love Mark's newest book! I really appreciate not only all of the new and delicious recipes but also the valuable insight into nutrition, disease prevention, and how we can indeed heal ourselves through food. I highly recommend this one as an essential for anyone who is plant-based, interested in eating for optimal wellness, and also for those who just enjoy amazing food.

Excellent book! I had his older Vegan World Fusion cookbook and always loved it. This one is about half information on this way of eating. Then the recipes for eating more whole grains, more veges, legumes, etc. Some are very simple and quite tasty! The book covers a lot of territory and I look forward to more cookbooks from him.

I love the scientific basis for veganism, and this supports that! The extra added bonus is that there are 200 recipes at the end! Knowing the facts, and then being able to "put feet to your knowledge" is a great plus! I love this book, and can hardly wait to get it back from my nurse practitioner!

Great information in this book on healthy eating and using food to heal your body. The recipes can get a bit complex but I would recommend this for the information alone.

This is more than just a cookbook. There are many delicious recipes and there is also a lot of information about the benefits of a plant based diet.

I think this book is more complete in how to approach a vegan diet/lifestyle than most of the other related books I've read! Not only does it have some really killer recipes that makes even the staunchest omnivore (myself!) reconsider, but it also includes lots of helpful statistics about where my food comes from, what kind of resources it takes to produce the food that I use and eat, as well

as ways to be more conservative and ecologically conscious. Thumbs up!

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Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan Slow Cooker Recipes for Beginners: Vegan Cookbook of Low Carb, Animal-Free, Plant-Based Vegan Recipes for Healthy Living and Weight Loss for your ... Low Carb and helps with Weight Loss 3)

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