



Green Gastronomy

By Colin Spencer

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Green Gastronomy, Colin Spencer, Research has shown that vegans are the longest-living group in the world, with the lowest rate of heart disease, cancers and osteoporosis. Supported by up-to-the-minute medical evidence, this book demonstrates how the havoc and disease caused by the Western diet can be remedied by the simple omission of certain foodstuffs. This simple act can also alleviate environmental destruction (as more and more forests are cleared for animal grazing, for example) and the needless suffering of animals. Colin Spencer disproves common misconceptions about veganism, such as "second-class" proteins and iron/vitamin deficiency. The final third of the book is devoted to 160 healthy, yet delicious, recipes, which anyone can make and enjoy. It includes special recipes for festive occasions, such as Christmas, Valentine's Day and Hallowe'en, and practical strategies for healthy eating and gradual weight loss (about 2 pounds a week). Colin Spencer is the author of "Heretics Feast" and "Colin Spencer's Vegetable Guide".



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