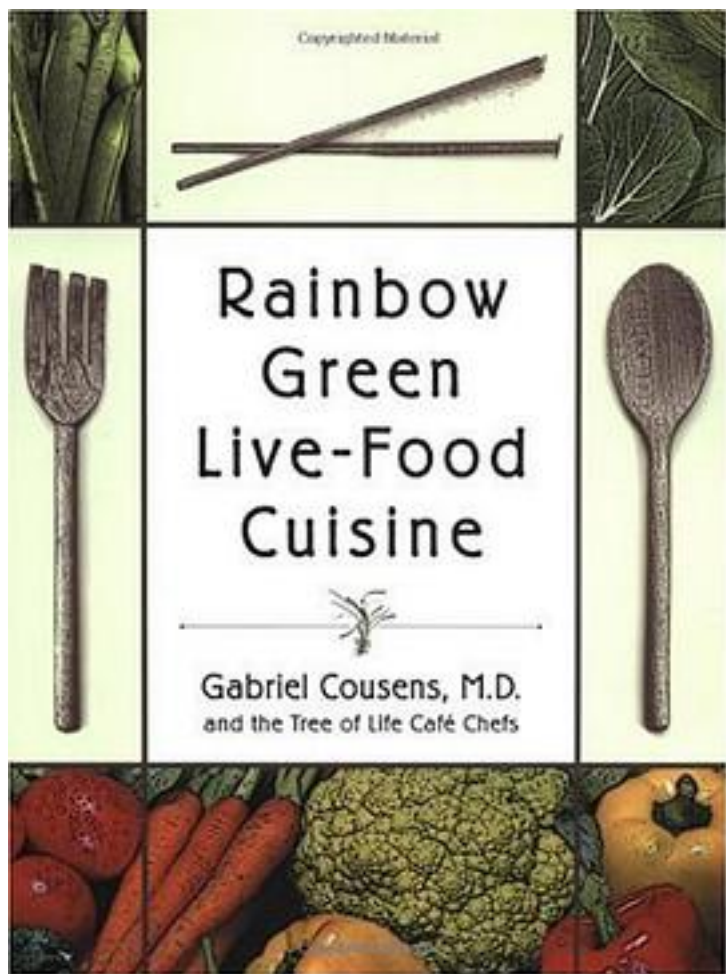


Rainbow Green Cuisine



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著者:Cousens, Gabriel

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Medical researchers have found that a high-fat, high-sugar diet, combined with environmental pollutants and stress, can lead to a buildup of toxins in the body

collectively known as chronic degenerative disease. Here holistic physician Gabriel Cousens addresses the dangers of foods that have been genetically modified, treated with pesticides, microwaved, and irradiated—and presents an alternative diet of whole, natural, organic, and raw foods that can reverse chronic disease and restore vitality.

Both a guide to natural health and a cookbook, Rainbow Green Live-Food Cuisine features over 250 revolutionary vegan recipes from chefs at the Tree of Life Cafe, from Buttery Butternut Porridge to Raw-violis to Carob Coconut Cream Eclairs. Combining modern research on metabolism, ecological consciousness, and a rainbow of live foods, Dr. Cousens dishes up comprehensive, practical, and delectable solutions to the woes of the Western diet.

作者介绍:

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