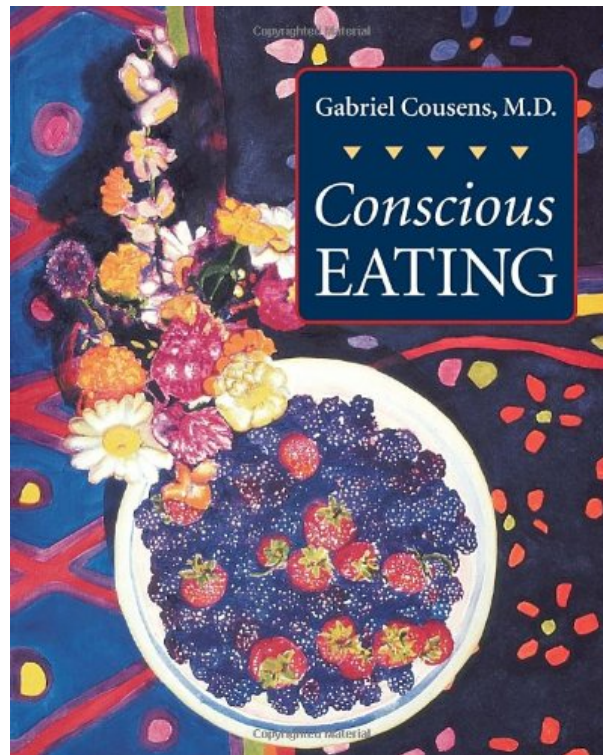
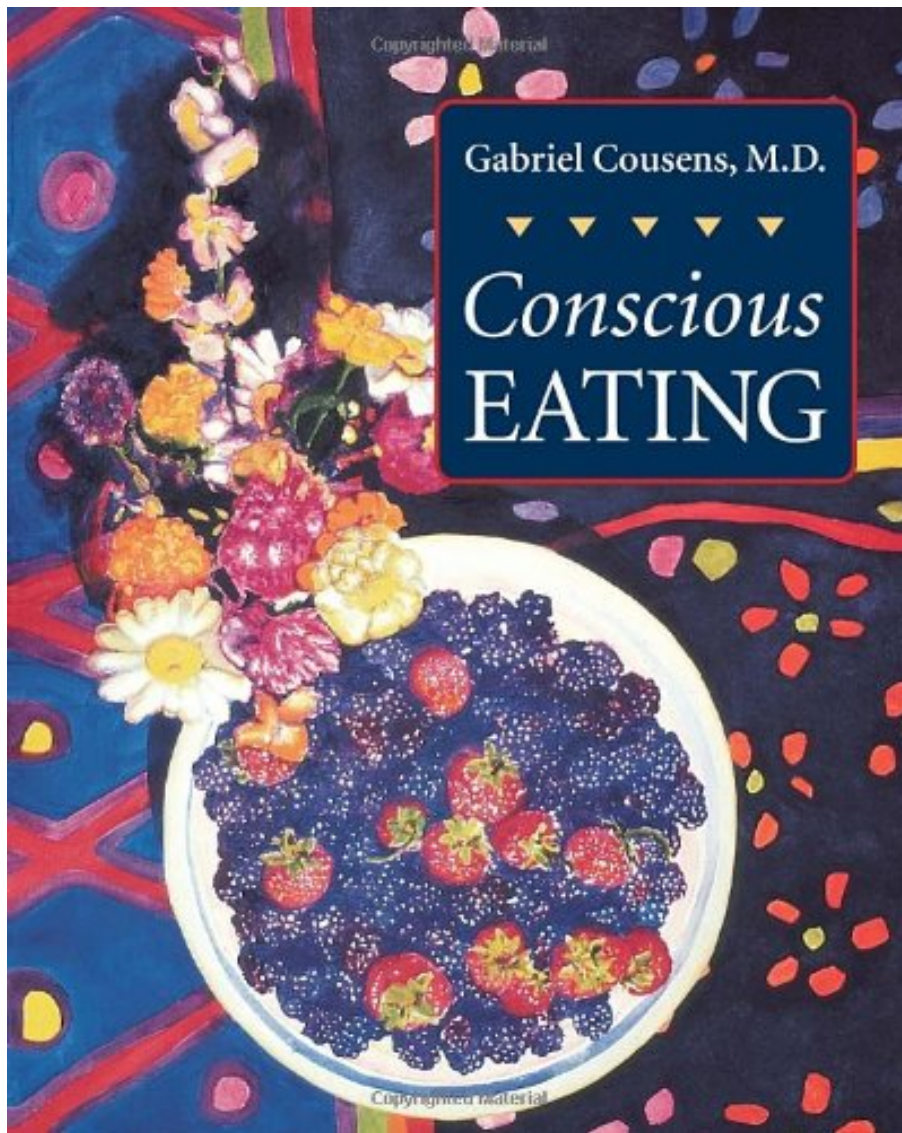


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Review

"In this book, an expanded revision of his 1992 work, Cousens endeavors to make his readers aware of how their food choices affect their bodies, minds, emotions, and spiritual life. He emphasizes there is no one-diet-fits-all approach, but rather a consciousness on the part of the individual of what works. He includes information on the oxidative, autonomic, ayurvedic, anabolic-catabolic, endocrine, blood-type, and acid base diet systems. In personalizing a diet, the individual needs to answer these questions:

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"The author establishes guidelines for healthy eating by recommending that people consume natural, whole, and organic foods and that the diet be primarily fresh, live raw foods. He advocates a high-complex-carbohydrate, low-protein, and low-fat regimen with attention to receiving adequate sunlight. Deep breathing, bathing, and contact with nature in the form of gardening or hikes all have therapeutic effects.

"In this era where so many things are condensed or encapsulated, reading a book with 850 pages is a daunting task. In this case, it's worth the effort. In Conscious Eating Gabriel Cousens has compiled a handbook that emphasizes the benefits of a raw food diet. He has woven together many philosophies from around the world and incorporated them into a body-mind-spirit program that will be beneficial to the individual and to all mankind. The book is a valuable reference tool that belongs in every vegetarian's library."

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Conscious Eating has been referred to as the "Bible of Vegetarians," for both beginners and advanced students of health. This classic work in the field of live-food nutrition is an inspirational journey and a manual for life. Included is new information on enzymes, vegetarian nutrition for pregnancy, and an innovative international 14-day menu of gourmet, Kosher, vegetarian, live-food cuisine, plus 150 recipes.

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Features

- Used Book in Good Condition

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Quality diet book worth reading. Interesting,

By Amazon Customer

This is an interesting book, and I am still reading it. The overall idea is that to feed the body properly is a basic necessity to healthy living. These types of health diet books do emphasize to feed the body nutrition instead of feeding the body junk food, as junk food feeds the unhealthy fungi/bacteria in the body that can produce toxins in the body and also help one gain weight by cravings. When one is on a raw foods diet, one can see how filled one gets just after eating a carrot, and it is interesting that a raw carrot helps fight fungus and a cooked carrot does not. One can understand how models do not each much since raw foods is very filling and does not usually induce the cravings for junk food. I am new to raw foods, and I do not have other books on raw foods to compare this book. There is much interesting information in this book. However, I find some of the recipes quite good, but not enough versatility on some of them. I found out about Dr. Cousens after watching a UTUBE video of him helping people lose weight at his AZ clinic, and I was happy to see he offered books to read. I am a vegetarian for the past twenty years, but I was unable to lose the weight I wanted, and I find that some of his raw foods diet is very helpful in overall health benefits, and making better food choices.

3 of 3 people found the following review helpful.

Conscious Eating brings health and creative ideas to life.

By Betsy Craig Cook

I find this an amazing book. It is written in a style that invites you to be a family member and sit around the table to talk and listen. It is a book of self-discovery and world-discovery, about viewing the living world around us as accessible and wise and worth connecting to. It has helped me think about food in new and refreshing ways, that food is part of the life that prospers on this most amazing planet. There are so many ways to connect to this book: information about vegan diet, common sense about developing and maintaining a connection and love for nature and garden and the plants that are our companions, and a huge section on exploring who I am, what foods match me, and how to turn my most persistent difficulties into areas of growth and exploration. It is one book I can read anytime and find fruitful. It is so kindly written that I also feel built up after a read, thus is good to read right before sleep, because it helps with rest. I am a slow reader, so it will take me another month to finish it, but it is one of those books you never quit reading and referring back to. I found this book because the author is friends with the beloved Viktoras H Kulvinskis, who wrote Love Your Body and Survival in the 21st Century. These kind of books can become, for the adult, like a well loved children's book, because the author shares pertinent things about our growth and wellbeing from an informed mind AND from the heart! Thank you Gabriel, you have yet another friend!

3 of 3 people found the following review helpful.

Amazing in its depth; A most sincere thank you Dr. Cousens!!!

By Amish Lover

As a long term vegan (30 years) and raw living foods vegan (10 years) I find this an amazing compilation. This is the best volume teaching us how to healthfully maintain perfect balance while living the raw vegan lifestyle. It is profoundly educational, a huge read, and accurate beyond description if you truly practice what is taught here.

I have many vegan and raw books. This is the only one I recommend when someone asks. . ."If you could recommend one book, what would it be? "

Lots of vegans today are offering advice that is . . . not at all what I'd suggest to achieve true health over the Long Term. This volume offers such guidance. I highly recommend it.

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