

BEYOND BROCCOLI

**Creating a Biologically Balanced Diet
When a Vegetarian Diet Doesn't Work**



Susan Schenck, LAc

Author of The Live Food Factor

Susan Schenck LAc and

Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work



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Beyond Broccoli is authored by Susan Schenck, who herself was a natural vegan for 6 years, followed by a season of raw vegetarianism (natural dairy and eggs included). Her trip offers culminated with the reintroduction of just a little of raw and lightly cooked meat. Going raw experienced originally proved to have so many benefits that Ms. Schenck had currently penned the 2-period award-winning, but still relevant, book *The Live Food Factor*. The book begins with the author's story of why she resumed eating a bit of animal products and how she manages to stay mostly raw however. Her further research, spurred on by Dr. Stanley Bass, led her to conclude that it was too little vital nutrients found just in animal products which were causing the issues. Dr. the benefits of a low-glycemic diet; But after a few years of veganism, she began to exhibit health concerns: deficiencies of supplement B12, memory problems, muscle tissue reduction, bloatedness, irritability, and cravings. In addition, it includes a chapter on various other vegans and vegetarians (some who eat raw, others who eat prepared) who produced this decision for their own health reasons. This book addresses the following issues: vegetarian myths; why individual's brains have shrunk 11% within the last 11,000 years; the risks of overeating animal protein; man's dietary background of eating meats for 2.6 million years; A source section with related websites and doctors who approve of natural, nonvegan diets is situated in the back of the book. crucial nutrients found just in meat, eggs, and dairy, and also some found only in meat; the difficulty to getting enough healthful protein on a vegan diet plan, especially raw; the importance of eating raw; and even more. the need for pet foods in pregnant and lactating ladies; flaws in the China Study; the benefits of eating raw or lightly cooked meat and how exactly to do it securely and make it taste good; spiritual, moral, and environmental issues with meats eating; the importance of eating clean meat from compassionately raised pets; vitamin D2 into D3; the risks of soy; how exactly to eat meat in order that it isn't dangerous; Bass, with his more than 50 years of clinical encounter in raw vegan and nonvegan diet plan guidance, contributed the foreword to the resulting *Beyond Broccoli*. essential foods if you opt to be considered a vegan or vegetarian; the different metabolic types, which describe why some succeed on veg diets while others fail; This book also addresses issues like the fact that not everyone can efficiently convert plant nutrients to critical nutrients needed by the body: omega-3 fats into DHA and EPA needed by the brain; beta-carotene into true vitamin A; essential proteins into non-essential ones; eating a high raw Paleo diet, which can be what we evolved consuming; and vitamin K1 into K2. Not everyone gets the metabolic type to go veg either. the way the vegan diet affects the mind and emotions;



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{OMG As I write this quick review, my left hand is holding my cell phone. I will be contacting this author for coaching. Susan Schenck offers a thoughtful, exceptionally well-researched book on how to change your life through better food choices and preparation. In my first read-through I have picked up many ideas that I can immediately use. As a diabetic, for instance, I must be cautious about carbs. I learned from her which vegetables and fruits work better for me (green bell peppers, berries, cucumbers, among others). I am also the recently published author of *Your Primal Body: The Paleo Way to Living Lean, Fit and Healthy at Any Age* (Da Capo Press, 2012). She also addresses animal rights issues, critical to many of her readers, I am sure. I must read her book again, take good notes, and experiment to find my best options, which she suggests doing.) She also talks about the 'religion' of veganism and the militancy surrounding all the myths about veganism. Any reader can take home something important from this book that will improve their diet and their life. The book is easy to read, informative, and inspiring. Thank you, Thank you, Susan Schenk A friend of mine recommended this book because she is mostly vegetarian but does eat some fish or eggs periodically. I found Susan Schenck's book to be refreshing. Susan was a former raw vegan who noticed her health slowly decline & I suspect it must have been hard for her to do so, given that she was a vegan for ethical - and not just health - reasons. (And she actually became overweight because she was trying to satisfy her hunger with huge amounts of carbs and nuts! I read the book because, for medical reasons, I decided to change my lifestyle (about time) and my diet, but I needed guidance. Meanwhile, I've become a fan! In addition, she discusses how agriculture, not meat production, has negatively impacted the planet. This is probably a very controversial book for some because of their beliefs about diet and spirituality, but the facts speak for themselves if people are open enough to even read this book. No one on this planet is meant to eat a totally vegetarian diet. The facts are out there - you just have to be open to truths and research rather than following the myths. But when he got a severe case of asthma, and doctors suggested he eat meat, he did, and recovered. He had also experienced MAJOR health problems including nerve damage from going on a 100% Raw Vegan diet...Everyone on the planet is unique and there is no one correct diet for anyone! Good health requires meat, my favorite. Highly recommended reading! Liked the book. egotistical. I liked the content of *Beyond Broccoli* (Kindle edition) very much. Susan Schenck wrote the raw vegan bestseller 'Live Food Factor'. Having eaten a vegan diet for many years, she eventually developed nutritional deficiencies and health problems, so she experimented with some animal-based foods to see if that would help. According to 'Beyond Broccoli', it did. The e-book I purchased was full of typos. For once, someone has come out with the truth about a totally raw vegan diet and explores everything she went through as she tried tirelessly to continue the diet for 6 years and became so ill she became almost non-functional. I gave the book four stars rather than five because the Kindle edition is full of distracting punctuation typos (full stops in the middle of words, etc.). It should have been copy-edited more carefully. Thank God Someone Has Finally Told the Truth I have been a raw foodist since 2002, Raw Vegan in the beginning. After going through some minor (compared to the health disasters of other raw vegans) health blurps, I sought the advice of a raw food mentor named Nazariah.. His solution was to add back raw egg yolks, raw dairy etc into his diet and all of his nerve damage was healed. Nazariah told me that MANY raw food GURUS suffered health issues and would even seek him out for counseling, but they would not disclose their struggles to their public. Instead they would take major quantities of supplements like B12, or eat animal products in secret just to combat their failing health. Yet they would STILL defend 100% Raw Veganism to the death in front of their seminar audiences or in their books. CRAZY &! Did not like the typos. I am health and fitness professional who has explored many approaches to diet and exercise over the past twenty years. My health was NEVER better after doing that & A few fellow raw foodists stood up with me, some at least defended my right to share my own experience, but the MAJORITY of the members became downright disgusting in their tirades. I was so lost. I was totally blasted and basically spent most of the following time on the forum defending myself. I was able to stay on raw foods yet have healthy hair, skin, weight, energy etc! So if any of you wonder why Susan sounds as if she is defending herself in her beliefs, you can only imagine the coorespondence she gets from die hard zealous vegans who are furious at her for popping their bubble of their "superior diet". I mean, what could possibly be beyond broccoli? Her body needed meat and so she renounced her vegan vows and began to eat meat (the hormone-free stuff, of course, and raw or rare, of course)..I never felt like I could hold it over other people's heads that MY way was the superior way & other people were somehow disgusting or

contaminated or weak. Wallace was an avowed vegetarian who spoke in public about his belief. the egos GROW! These days, I do also drink raw milk from Organic Pastures..some raw cheese (unsalted) and raw grass fed ground beef made into meatballs that I season up & mix with raw egg yolk. I also can do sashimi (raw sushi grade fish) but I can't bring myself to eat raw liver or raw poultry. sorry! LOLI can however SEAR the liver which is how I usually have that w/ some sauteed onions! For a treat I will whip up some raw cream, stevia and serve it with berries. Thank you, thank you Susan Schenk for writing the book that will prevent more 100% raw vegans, etc from going down that dangerous road of nutritional deficiency!. I encourage people to do the research for themselves and find out the truth!. Susan also courageously goes against many of the findings of the China Study, again with supporting data. totally irresponsible & It's hard to understand everything. It is a good book. Susan helped me. The REALLY shocking part is that when I shared this information on a raw foods forum I belonged to I was ATTACKED for daring to suggest adding "raw egg yolk" into my diet!. I read a lot of books and now I just listen to my body. Sensible Dietary Ideas As someone who's lived thru many dietary tweaks, and read many books supporting extremely varying dietary suggestions--from vegetarian, low carb, hi carb, fruitarian, etc. Her husband has become fanatic about veganism and he's driving her nuts. So, knowing my situation and opinions on veganism as a 'cure' for everything, I find this book refreshing and I'm happy she recommended it. went in search of answers. Her book clearly explains why eating a balanced diet, including small amounts of protein, & That takes a lot of courage! Susan Schenck makes it so. 5 STARS to you! With all the nutritional voices we are subjected to the past few years this book makes alotta sense. Part two looks at the "Evolution of the Human Diet", how man evolved eating meat, and that a diet high in seafood is the reason our brains grew larger. It ...I think it was honest and brave of Susan Schenck to write a book detailing the issues she encountered on a long-term vegan diet and offering ways to ameliorate those problems by judiciously adding non-vegan foods to her diet. It didn't provide the kind of authoritative information I was hoping for. It's heavily footnoted, but largely refers to "alternative" sources rather than mainstream medical and scientific journals. Then she did a very wise thing, she reevaluated her beliefs regarding nutrition, which lead to her changing her lifestyle, and, by the way, to writing this book. Susan Schenck, is a long time raw food vegan and author of the award winning book, The Live Food Factor, who switched to a Paleolithic diet and then wrote about it. I began adding in 5 raw egg yolks per day when I found myself craving them like crazy. I had wondered about the safety of eating raw meats, and she gives straight forward instructions on choosing and preparing these foods. So I am a big fan of the Paleo approach to health and fitness based on my own personal experience and the results of my clients. Even so, I found Beyond Broccoli: Creating a Biologically Balanced Diet when a Vegetarian Diet Doesn't Work to be a compelling read. Chock full of information! varying your food sources prevents repeated exposure to same toxins over & Part one of the book "The Vegetarian Mystique" dispels some of the myths including "A diet low in saturated fats and cholesterol is more healthful." She also includes a chapter on some of the more famous vegetarians who went back to eating meat. The e-book I purchased was full of typos. VERY CONVINCING This is a very well researched and written book, very convincing in its arguments. It is a rare act of courage that has allowed Ms Schenck to change her position from being an author that had espoused vegetarian to writing a book about the wisdom and necessity of consuming animal protein, a position supported with a lot of evidence of its effectiveness. I am reminded of Alfred Russel Wallace, co-discoverer of the Theory of Natural Selection together with Charles Darwin. But you would be surprised at how many vegans/raw vegans do feel superior &. Ms Schenck does not advocate indiscrimination in eating meat -- it has to be conscious and in very modest proportions. Helpful Information Well Presented I never thought the history of the human diet could be interesting reading, but it is. over. And she obviously did some very thorough research as she "demythifies" the body of knowledge surrounding nutrition. She debunks 22 myths about the subject!. While searching on Kindle, I was intrigued by the title, Beyond Broccoli. I started eating raw foods on recommendation that I wouldn't have to worry about calorie counting etc and that was true for me. So, I looked inside the book and found out. Schenk was a vegan at one time and became sick for a lack of animal products (I call it meat).. Her body responded quickly and she regained her health. I appreciated the author's sincerity in trying to find a healthful way of eating and agree with her skepticism about conventional nutritional advice. Hence, it turns out that what's beyond broccoli is meat. Man cannot live by veges alone. This book is one of many that are out there on the topic

but this is extremely well organized, documented, and written. I got close to this book and it has served me well.



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