

"WHAT'S GOOD FOR YOU IS ALSO GOOD FOR OUR PLANET. HEART DISEASE AND DIABETES ARE COMPLETELY PREVENTABLE AND EVEN REVERSIBLE FOR MOST PEOPLE TODAY BY CHANGING DIET AND LIFESTYLE. THIS BOOK SHOWS YOU HOW."

—DEAN ORNISH, MD, CLINICAL PROFESSOR OF MEDICINE, UC SAN FRANCISCO, AUTHOR, *THE SPECTRUM* AND DR. DEAN ORNISH'S PROGRAM FOR REVERSING HEART DISEASE

# HEALTHY EATING HEALTHY WORLD

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UNLEASHING THE POWER OF PLANT-BASED NUTRITION

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J. MORRIS HICKS  
WITH J. STANFIELD HICKS



FOREWORD BY  
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# Healthy Eating, Healthy World: Unleashing the Power of Plant-Based Nutrition



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not necessarily becoming vegetarian or vegan. T. As Dr. Colin Campbell says, "It turns out that if we consume the way that promotes the very best health for ourselves, we also promote the very best health for the earth." Just like a blinding flash of the most obvious, the single most viable solution to most of these issues is an aggressive move around in the direction of consuming much more whole, plant-based foods&#151;This book is focused on the single most powerful move that humans can make to promote health, reduce obesity, lower the cost of healthcare, nurture our fragile environment, conserve our energy resources, feed the world's steadily growing population, and greatly reduce the suffering of animals in factory farms across the world. It just requires educating yourself, making better choices in what you eat, and then talk about all that you have discovered with everyone you value. Fortunately, despite the amazing complexity of our current problem, the solution is refreshingly simple. This book obviously explains how and just why we began eating the wrong food for our species and helpful guidelines for getting us back on the path to vibrant health insurance and effortless weight-loss. There's never been anything more important in the history of the world.



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Best single summary of the arguments helping a plant-based diet up to now! I had to change the way I ate to save my entire life, very short story. Recommended reading and recommend to change. He covers it all. Ethical. Economic.. Health..BTW, for an excellent video intro to the reasons to become a vegan, look at the You Tube piece entitled "Why Vegan. I guess if people won't swallow the complete (no pun intended) story, then maybe less is better than none -- however, not much better in terms of health. It is somewhat amazing that someone without a science or health background could pull all this collectively AND present it in a logical cogent manner. I am recommending Healthy Feeding on Healthy Globe to all of my patients. Now if we could simply get our legislators to read it. Buy it today and a couple additional copies for your friends and family. My one quibble can be that the Leaf plan appears to detract from the main thrust of the reserve." In the event that you haven't viewed this hour-lengthy lecture to a university class, do so once you can. He mostly took others research and findings that is fine but like. Recommended reading and recommend to improve A motivational reserve to keep me heading on the way I eat and enforcement I am doing the proper thing to live longer. Jim Hicks offers written probably the most comprehensive study of the arguments for each and every living soul to adopt a plant-based diet presently available. This will be short and sweet. It cuts to the chase.. changing to whole foods saved my life. My heart doctor is amazed how I transformed and healed myself, I went from heart failure problems to none and my skipping heart beat is at the very least. Well packaged.. in just 9 months. If your brand-new to plant based eating or need a little motivation. Perfect, if slightly preachy, summary I have browse a lot of function from a few authors that lend their arguments and research to the book, and only some of the others, but the general message is clear: While a complete foods, plant-based diet is paramount to vibrant health and the prevention/reversal of disease, it is also a powerful tool in helping to get rid of hunger, protect animal welfare, and save the earth. By far the best component was the section where they broke down the major arguments against it (i.e. How about protein?) from a nutritional standpoint, supported by sound science.! I've read many books in this field and I have to say that was probably the most enjoyable ones and also probably one of the most inspiring. Though, to become fair, the clock is normally ticking. Great I have read nearly every vegan/plant based diet plan book available; and studied every site imaginable. I get that 10-20%fat is the greatest but he acts as if you can't actually eat avocado or nuts, he's like "limit this, don't consume that fat" like ok seriously.. Highlights just what a fresh plant based eater must know. I would recommend this book. It gives simply enough of the info you need. I'll continue to stick to a whole foods... Excellent Great book about the impact of meals on a lot more than just our anatomies.read this. wonderful. Changed my life..), and I felt it sounded a little too preachy near the end.. It's all within one very readable volume.a real pep-talk for getting on with what We am already trying to accomplish. So pleased I read this. Worth Reading The book gave four good reasons for eating plant foods, one of which is its health benefits, which were more explicitly included in other books. Many thanks for the fantastic deal. Great section on what animal products are harmful to the surroundings that was good. As physician with sufferers getting sicker at all times I knew diet plan mattered, however when viewed with the health of the earth and the tragic slaughter of animals I was completely overwhelmed by the Big Picture... An excellent book. He mainly took others research and findings which is fine but like Kind of the same information from the China Stuffy by Dr. Campbell and far of his analysis is offered.My congrats to Hicks for a long-needed summary superbly completed!..read their books? lol. Most important book I've ever read. Didn't care for some of the slight sexism, where he recommended a "book for the guys" about plant based food for weightlifters and sports athletes, like really, females could reap the benefits of that book as well. And he uses "he" in lots of examples instead of utilizing a neutral pronoun. After all not a big deal it just bugged me. Also, he talks like fat may be the devil and makes it seem like it is possible to barley eat any fat or your likely to be unhealthy. I thought this reserve was great. I am entire foods plant structured and I still eat some healthy body fat like it's fine. I just read this and LOVED IT! I just read this and

LOVED IT!! I didn't give it five stars due to the fact I felt just like the authors could did a more satisfactory job explaining that this way of eating is far from bland or boring (normally we wouldn't eat it! If, on the other hand, you've never read a nutrition reserve before, this might be a good someone to start with to find out where to go from there. every one on earth should read this every one on earth should read this book this book is useless and difficult to acquire anything new to take from .. Environmental. This book takes pieces of other nutrition books and combines them. If you have read the others, this publication is ineffective and difficult to find anything new to take from it. It opened up my eyes to why we all should be a part of a different life-style and what we put in our mouths. Would Recommend it On time delivery.. However reviewing all the factors, as this publication does, helps it be a useful browse, only if to keep in mind the four factors. Loving my commute audiobook ;)



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