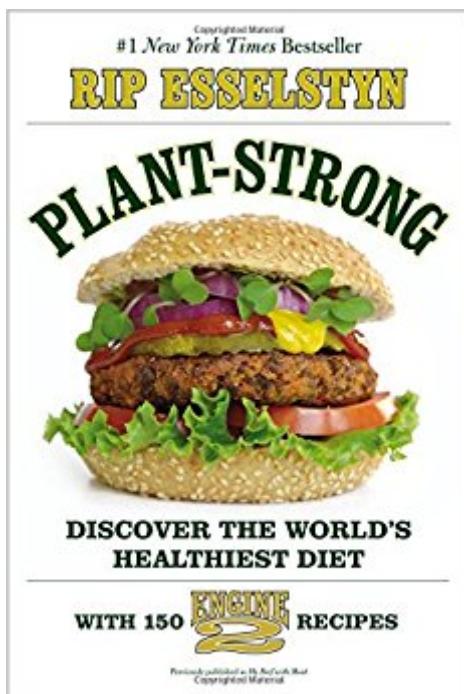


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# Plant-Strong: Discover The World's Healthiest Diet--with 150 Engine 2 Recipes



## Synopsis

The #1 New York Times bestseller--now in trade paperback for the first time! In this #1 New York Times bestseller (originally published as *My Beef with Meat*), Rip Esselstyn arms readers with the 36 most powerful facts that prove, once and for all, that a plant-based diet can save your life. Do you want to: Prevent cancer, heart attacks, stroke, and Type 2 Diabetes? Eat plants! Have stronger bones than milk could ever give you? Eat plants! Avoid dangerous carcinogens and contaminants? Eat plants! Lose weight and look great? Eat plants! On top of these arguments are 150 other reasons why plants rule--as in 150 delicious, mouth-watering Engine 2 recipes, including 10 that are exclusive to this new edition. Prepare to eat well, be healthy, and live plant-strong!

## Book Information

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## Customer Reviews

This new offering from Rip Esselstyn and Engine 2 is a winner. It is a Kitchen Keeper! *My Beef With Meat* packs a mega-load of extremely well researched recent nutritional information into 36 very short chapters that dispel many myths and misconceptions about nutrition and health. Rip has no political axe to grind, rather his entire focus is on presenting the latest scientific validated research and facts in an accessible manner to help the reader take charge of his/her own health. Despite its cheeky attitude, *My Beef With Meat* is definitely not another fad diet book, but an important book that will contribute much to health and palate. This is a book appropriate both for newbies and veterans of whole food plant-based diets. It's written for the American public: for those who are young, old, sick, healthy or just average meat-eating joes and janies. It is a terrific and informative

introduction for those considering making a change to their diet to lose weight and improve their health as well as a valuable way for those who have embraced this diet-style to know what to say when friends and family inevitably lob questions and criticism in their direction. Even after nearly 2 years eating a whole food, plant-based "plant-strong" diet, and delving into the many excellent offerings in this field, I learned new information. Rip writes in a fun, engaging, non-threatening style with chapters covering such topics as "Animal Protein is Dead Wrong", "The Mediterranean Myth", "Plants Are Bone-Strong", "Plants Perk Up Your Pecker", "Oil is the New Snake Oil", "Carbs Are King!", "Eat Plants. Lose Weight. Feel Great", and "Be Done with Dumb Diets." I particularly appreciated the chapter on why eating plant-based is beneficial for high level athletes, "Plant-Strong: The Athlete's X-Factor".

I'm a plant strong believer. Having lost 26 pounds in six weeks and off blood pressure medication. I've read quick read and I'll be trying the new recipes. Here are some high lights from the book. "[P]eople are waking up to the fact that our current paradigm is broken. [D]espite our attempts to medicate away our misery, Americans are sicker than ever. The answer is not another pill, procedure, or doctor, or more legislation. Unbelievably, the answer is right in front of our faces. But we've been blind because we had no idea the answer could be so simple. Plants can heal. Plants can nourish. Plants can give you everything you need to be the healthiest person you can be and live the life you deserve to live. The unfortunate reality is that the powerful meat and dairy lobbies have been successfully spreading their propaganda for many decades. [The] widespread misconception about protein is that plant proteins are somehow not 'complete'. This is a fallacy, based on outdated research that was weak to begin with." The author that started this belief rescinded her position ten years later. "[It is known] plant proteins have a healthier composition and balance of essential amino acids, and elegantly balanced by nature in a way that inherently protects us from inflammation and tumor growth." This is the best story from the book (because I've lived it too): Mike's Moderation. An email written to Rip after Mike achieved excellent results from a plant strong diet. Mike found out just how many "scientist" friends he had. "It's amazing, really. I never heard a word of concern when somebody saw me eat my fifth piece of pizza after polishing off a plate of wings and a few beers.

If you are deciding whether to eat a plant-based diet, there are plenty of choices for books to read. This book is a great choice. Several reasons--for one, this book avoids the preachiness of some books that advocate veganism for philosophical reasons. If you have that philosophy, I respect that.

But I personally would rather read a factual book, with recipes, leaving the philosophy to my own personal journey of discovery. "My Beef with Meat" is really more about what works for health, according to the author's research into the subject. Rip Esselstyn opens the book with his argument that a plant-based diet has health benefits, and seeing more and more of my friends improve their health in this manner, and seeing that I only maintain my weight using mainly plant-based foods, there seems to be some truth in it. So what's in this book? Chapters about the health benefits of plant-based diet, including why this diet may reverse arterial plaque, and of course, recipes for good-tasting food, new to this book and not in the previous "Firehouse" books. For example, there's quite a bit of pizza. Ok, so you don't eat wheat? What about polenta pizza? (corn based.) But there are also wheat doughs and toppings (no cheese, of course) using cashew cream, which I've had and can tell you tastes really good, or other creamy-feeling toppings such as guacamole, pesto, hummus or spinach artichoke dip. (Yes, not authentic Tomato Pie if you come from Philly but savory and good nonetheless.) There is also a variant on one of my top vegan faves of all times, Vegan Reuben, which uses tempeh (a bean cake that can be sliced and sauted and tastes savory) along with non-egg mayo/ketchup Russian dressing.

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