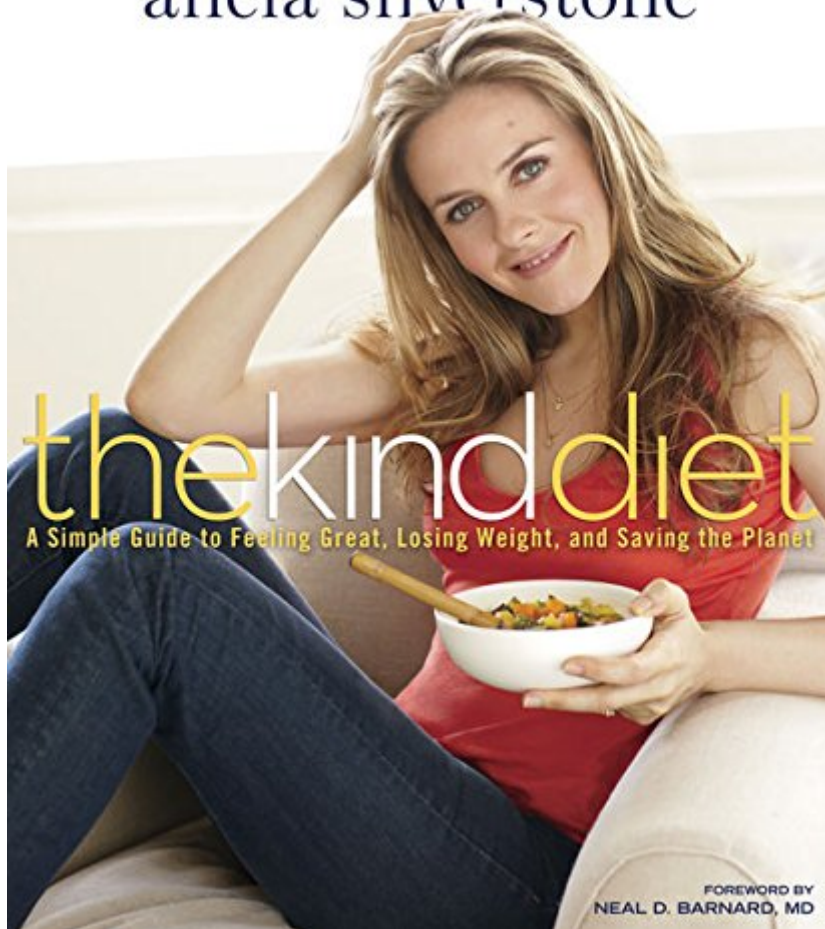


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# The Kind Diet: A Simple Guide To Feeling Great, Losing Weight, And Saving The Planet

alicia silverstone



## Synopsis

In *The Kind Diet*, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth digestion. She explains how meat, fish, milk, and cheese--the very foods we've been taught to regard as the cornerstone of good nutrition--are actually the culprits behind escalating rates of disease and the cause of dire, potentially permanent damage to our ecology. Yet going meat- and dairy-free doesn't mean suffering deprivation; to the contrary, *The Kind Diet* introduces irresistibly delicious food that satisfies on every level--it even includes amazing desserts to keep the most stubborn sweet tooth happy. Alicia also addresses the nutritional concerns faced by many who are new to a plant-based diet, and shows how to cover every nutritional base, from protein to calcium and beyond. Alicia knows that changing life-long dietary habits is a process, and that each person progresses at a different pace. For that reason, *The Kind Diet* encompasses 3 separate levels, from Flirting to Superhero. Flirts learn to dip a toe into the vegan pool, reducing their meat-eating and swapping out a few key foods for plant-based substitutes to see quickly how even small changes can reap big results. Vegans get to experience the life-altering effects of forgoing animal-products entirely, while still enjoying many convenience foods and meat substitutes in addition to the wonderful grains, vegetables and fruits that form the core of that diet. True enlightenment comes with the Superhero program, based on the principles of macrobiotics and built on a foundation of whole grains, vegetables, and other yummy foods that Alicia describes in detail. Whether your goal is to drop a few pounds, boost your energy and metabolism, or simply save the world, Alicia provides the encouragement, the information, and the tools you need to make the transition to a plant-based diet deliciously empowering.

## Book Information

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## Customer Reviews

I got interested in reading *The Kind Diet* soon after reading the book written by Jonathan Safran Foer titled "Eating Animals". Foer really made me think and I decided to research the idea of vegan living. In the chapter about "Nasty Foods" Alicia Silverstone's observations about meat industry were in line with those of Mr. Foer. And she does a good job of backing her statements with well-conducted studies from reputable sources. According to Alicia, in addition to meat, Nasty Foods include also dairy, refined sugar, and processed foods. These are the foods that we have to avoid in our daily diet. However, she realizes that it is very hard, if not impossible, for most people to just drop their normal nutritional habits and go totally vegan from one day to another. Therefore she suggests three levels of changing into Living in the Kind Life - from Flirting, via Going Vegan, to Becoming a Superhero. Alicia insists that by eliminate harmful foods like meat, dairy, refined sugar and processed products, and enjoying an endless variety of deeply nourishing grains, vegetables and other delectable whole foods, you will live in agreement with nature and get rid of obesity problem that plagues the modern societies. By changing your eating habits and becoming vegan you will say good-bye to dieting once for all. And that's while enjoying "irresistibly sweet treats, you can eat every single day, forever." I recently verified Alicia's statement on my recent trip to Central Europe. I discovered a restaurant chain called "Green Wave" that was serving plant foods only. Throughout the whole week I was consuming a variety of delicious meals not even once missing my traditional North American Big Burger.

The title: *The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet*, by Alicia Silverstone, says it all. The plant-based diet, according to Silverstone (and a few doctors quoted) will improve your health, help prevent disease, improve the environment and help you lose weight. The book begins with Silverstone's personal story. It includes her early attempts at not eating

meat, and an unhealthy period when she ate only raw foods. Then the book discusses the "nasty foods"--meat, dairy, white sugar and processed foods. We learn the many reasons these foods are unhealthy, bad for the planet and bad for animal's welfare. Next, we learn what the "kind foods" are--notably, whole grains, new proteins, veggies and healthy desserts. There is a chapter on nutritional FAQ's. Silverstone gets we are not all ready for a vegan diet, especially if we are used to a diet heavy in meats, dairy and processed foods. So, she presents three levels: flirting, vegan and superhero. In flirting, she makes recommendations like: go to a vegetarian restaurant and order a dish, buy some vegan products from her "Transitional food chart", and simply recommends we start adding vegan meals into our diets. In vegan, she presents a plan on how to build a meal and a vegan meal plan. Finally, the superhero level is loosely based on the macrobiotic diet (minus fish,) and features fresh, local and seasonal fare. Silverstone adds helpful tips, like chew your food really well, what to do about detoxing and cravings and more. There is a chapter on tips when away from home. Lifestyle tips is a very short chapter, mentioning things like the importance of reusing and buying secondhand.

I received my book yesterday afternoon and read chapters 1 thru 9 last night. It was insightful and finding out what it takes to keep animals in stock for food, and what happens to male calves (they become veal) and their few months on the planet vs. what happens to girl calves becoming milkers, and the mom being shot up with hormones to produce endless milk is madness. There are many systems in this world that are cruel and just don't make sense. This morning I went through Starbucks and ordered a green tea instead of decaffeinated coffee. Alicia's book helped me to start questioning "what is next" down the line. Okay, so I have my green tea, but now I have a paper cup, if I purchased a reusable cup and rinsed it out and let it air dry, then my carbon foot print will be reduced by 365 cups a year. I cooked the last of the ground turkey last night and had it for supper, Alicia recommends either giving it away or finishing what you have, no waste! I also baked a lot of brussels sprouts with olive oil, sea salt, and black pepper and that should last the remainder of the week. Tonight, I make the grains that Alicia talked about - for protein, and this morning I brought in a tomato and avocado for morning. Which is better than having nothing for breakfast, my normal routine. But ohhh, someone brought in donuts this morning. But I feel good. Because now that I know what processed sugars will do, it makes it easier. ONLY because I now understand the effect white sugar has on my body. I can't give up lemonade for now, eventually yes, but this being my first day - I'm going to wean into this gradually. The point is, whether it was Alicia or someone else, find the right book for you that has a message written so that you can understand.

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