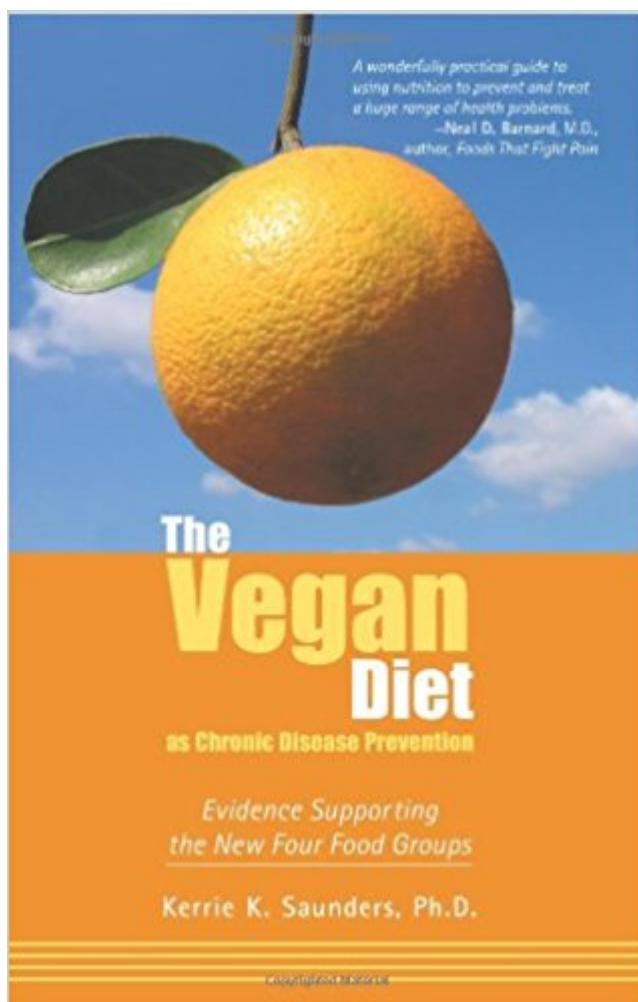


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# The Vegan Diet As Chronic Disease Prevention: Evidence Supporting The New Four Food Groups



## **Synopsis**

The United States is one of the sickest nations on the planet. Most Americans accept degenerative chronic diseases such as obesity, diabetes, atherosclerosis, heart disease, osteoporosis and cancer as part of the normal aging process. Find out how a diet based on the New Food Four Groups can help prevent or alleviate the chronic diseases that affect so many Americans—often without the need for pills, surgery, or fad diets. In this thoroughly researched and comprehensive guide, Dr. Kerrie Saunders points the way to new standards of health and health care for the twenty-first century.

## **Book Information**

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## **Customer Reviews**

Psychologist and prevention consultant Kerrie K. Saunders posits that America is one of the sickest nations and that many of our diseases can be controlled or eliminated through diet. In *The Vegan Diet as Chronic Disease Prevention: Evidence Supporting the New Four Food Groups*, she begins with documentation from writings throughout history positing that meat and fat are dietary dangers. The diets of other cultures indicate that four food groups constitute a healthy diet: fruits, grains, vegetables and legumes alone and in combination will provide all the essentials for optimum nutrition. While foods are recommended to improve specific conditions, this is not a recipe or meal plan source but rather a series of essays arguing for the vegan lifestyle. Ample citations are provided to support the theories, and charts and boxes break out lists of foods and resources where applicable. Copyright 2003 Reed Business Information, Inc.

Reviewed by Eve Spencer DR KERRIE SAUNDERS is a certified prevention counsellor, and has a doctorate in natural health from Clayton College, Birmingham, Alabama. Dr Saunders currently provides consultations to professionals and clinic patients at an integrative medicine office in Michigan. This is an excellent book that Dr Neal Barnard states is a "wonderfully practical guide to using nutrition to prevent and treat a huge range of health problems." Dr John McDougall states that this book "is a compelling and concise argument for the overwhelming benefits to the human being of a pure vegetarian diet ... every person should live by these principles." And they are so right. I like the way the author gives the background to the various physical conditions, with historical data making fascinating reading. The chapter on related ethical and political issues gives invaluable information, including ecological implications of pesticides and genetically modified organisms. The chapter of Dr Saunders' conclusions must not be overlooked. There are nine chapters in all, and the chapter headings speak for themselves, including Diabetes and Hypoglycemia; Osteoporosis; Cancer; Atherosclerosis, Stroke, Cardiovascular Disease and Hypertension; Obesity; and Related Ethical and Political Issues. There is also a full bibliography, an appendix of the PCRM Diet, an appendix of helpful family resources, and a useful appendix of fact sheets showing food sources for all the various vitamins. The book is beautifully indexed, there are footnotes at the end of each chapter, and the text is obviously thoroughly researched and referenced. The author tells us that in completing the research and literature for this book, she came to the conclusion that ecosystem interconnectedness should be taught in every family, school and business. Dr Saunders says: "If we know a plant-based diet is superior for human health, helps to prevent animal abuse, helps to preserve topsoil, rainforests, air and water quality, and feeds more humans than an animal-based diet, what are we waiting for? What are you waiting for?" This is such a handy, inexpensive little soft-cover book that anyone coming into contact with students, environmentalists, family or friends can be confident that whatever statements are made about veganism or diet, there is a perfect response here. We often consider that we could do more research, look up details, browse the web for this or that—well, Dr Saunders has done the research herself, and draws on the research of others in the field. Once you read this book, you will never want to be without it—couldn't be more highly recommended. 10 March 2003 Psychologist and prevention consultant Kerrie K. Saunders posits that America is one of the sickest nations and that many of our diseases can be controlled or eliminated through diet. In *The Vegan Diet as Chronic Disease Prevention*, she begins with documentation from writings throughout history positing that meat and fat are dietary dangers. The diets of other cultures indicate that four food groups constitute a healthy diet: fruits, grains,

vegetables and legumes alone and in combination will provide all the essentials for optimum nutrition. While foods are recommended to improve specific conditions, this is not a recipe or meal plan source but rather a series of essays arguing for the vegan lifestyle. Ample citations are provided to support the theories, and charts and boxes break out lists of foods and resources where applicable.

I love this book! I call it a Manifesto for a Vegan Diet because it contains a wealth of scientific evidence supporting a vegan diet. It was instrumental in my own research on healthy aging and helped me to overcome my dietary prejudices and biases. Anything that can help us to give up the SAD diet (Standard American diet) is good news. It's so sad that we baby boomers are the least healthy age-group in America. If we want to 'live long and prosper' it's crucial to learn the truth: We are what we eat. Our health and well-being are profoundly influenced by diet--as well as exercise and other positive lifestyle factors. This book is concise and well-informed with everything you need to know to guide your decision to become a vegan. Try it, and you will find compelling evidence to change your whole diet around. Believe me, it will be the best thing you've ever done. I know from personal experience, but I learned the hard way; I had to be grossly overweight and diagnosed with prostate cancer before I took the full plunge to a vegan diet. But a vegan diet (combined with vigorous exercise) worked for me. I'm convinced that a vegan diet and vigorous exercise is the true Fountain of Youth. I went from being 265-pound, 50-year old meat, cheese and junk food addict to a lean and trim 190-pound participant in the Hotter'N'Hell 100 bicycle race at age 56! We owe it to ourselves to learn what it takes to age successfully. Richard Kownacki, Ph.D. Author of "Do Not Go Gentle: Successful Aging for Baby Boomers and All Generations"

Great product - Awesome Price!

So many health problems today are food related and this book addresses a good portion of them in a way that is clear and easy to understand.

Useful in backing up arguments supporting vegan dietary choices

This book makes very interesting reading. I wish every dietitian and physician would read it! We are so brainwashed in the Western world to believe that the only healthy way to live is through eating dairy and meat that this book makes a welcome change to that philosophy.

Real eye- opener and put a lot of beliefs into perspective. I would recommended reading this if you're debating becoming vegan or just for general knowledge

What a good book! Very informative and easy to understand. Makes the desicion to become a vegan a no-brainer!Get this book and get healthy!!!

I think the problem I had with this book is that I read it immediately after having read Joel Fuhrman's Eat to live. Dr Fuhrman presented the same information (and more) in a much more engaging manner. Not to mention that Fuhrman is a practicing physician who actually "prescribes" a vegan diet to hundreds of patients/year and monitors the results. I was inspired by Fuhrman's book. This one? Not so much.

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