



Rethink Food: 100+ Doctors Can't Be Wrong

By Shushana Castle, Amy-Lee Goodman

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Featuring over 100 doctors, 8 renowned nutritionists, and 8 elite athletes from around the world, Rethink Food empowers you with a tastefully simple solution for a healthier, stronger, and smarter you! The misinformation regarding our health is one of today's greatest injustices. We have been led to believe that meat and dairy are the foundation of good health. This is a myth and the science can no longer be ignored. From the Ivy Leagues of Harvard, Princeton, Yale, and Cornell to the UK, India, Germany, Italy, Brazil, Mexico, and New Zealand, ReThink Food's experts explain how we can reverse heart disease and diabetes, eliminate food allergens and autoimmune diseases, live pain-free from arthritis, prevent Alzheimer's, even bring cancer into remission and much more by completely removing all animal products from our plates. In the history of disease we have never before faced such rampant levels of illnesses. We are turning to prescriptions for answers, but they do not address the root cause of diseases. The truth is our health is not completely dictated by our genes. Our meat and dairy diets are the primary cause of our alarming rise in chronic health problems and disease. Rethink Food's doctors conclusively prove that we have the power to reverse and prevent today's leading health problems simply by choosing a whole food plant-based diet! Plus as Rethink Food's top professional athletes show, achieving peak performance and winning gold depends on being powered by plants. We were inspired to write ReThink Food after watching family and friends struggle with today's most common diseases for years and then completely rid themselves of the debilitating symptoms and re-gain their health and vitality within months by fully adopting a whole foods plant-based diet. As these doctors attest, there is a powerful connection between disease and wellness that is strongly associated with our dietary choices. Changing what we eat has the power to change our lives. It all begins with the courage to rethink food. Join us!

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Editorial Review

About the Author

Shushana Castle worked in the financial sector for 25 years and sits on numerous environmental boards. A self proclaimed super foodie, she loves hiking and splits her time between Houston and Telluride. Amy-Lee Goodman is a Wellesley College graduate and co-founded the plant-based food company Zibble Inc that partners with non-profits to frost a better future. She loves to travel and lives in New York. Shushana and Amy are seasoned co-author team passionate about helping others change their diet, to change their life. The authors have appeared on dozens of TV and radio shows interviewing leading doctors and scientists in their respective fields about how our food choices are intimately connected to our health and the environmental crisis. Their next book, "The Meaty Truth: The Stinking Facts About Our Food" releases Fall of 2014.

Users Review

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