



Sunfood Diet Infusion: 2nd Edition: Transforming Health and Preventing Disease Through Raw Veganism

By John McCabe

Carmania Books. Paperback. Book Condition: New. Paperback. 544 pages. Dimensions: 8.9in. x 6.1in. x 1.6in. John McCabe is the author of Sunfood Living: Resource Guide for Global Health, Sunfood Traveler: Guide to Raw Food Culture, and Igniting Your Life: Pathways to the Zenith of Health and Success. He has been a ghost co-author on other popular books about raw food. In this book McCabe covers a variety of issues to explain why so many people are turning to a diet consisting of raw, organic fruits, vegetables, sprouts, nuts, seeds, and sea vegetables. Sunfood Diet Infusion details a variety of reasons why a diet that is vegan and all or nearly all raw is vastly more healthful than what has become the Standard American Diet (SAD diet) of processed, chemical-laden, nutrient-deficient, disease-inducing, plasticized, mass-marketed corporate foods. Topics covered include the environmentally ruinous meat and dairy industries; the toxicity of farming chemicals; the benefits of organic gardening and locally-grown foods; the growing interest in permaculture; whole body nutrition; disease reversal; brain plasticity; maintaining vibrancy; the myths and truths of veganism; and the strong connection between global health and humanity's food choices. A helpful kitchen set-up and sample recipe section completes the book. McCabes...



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