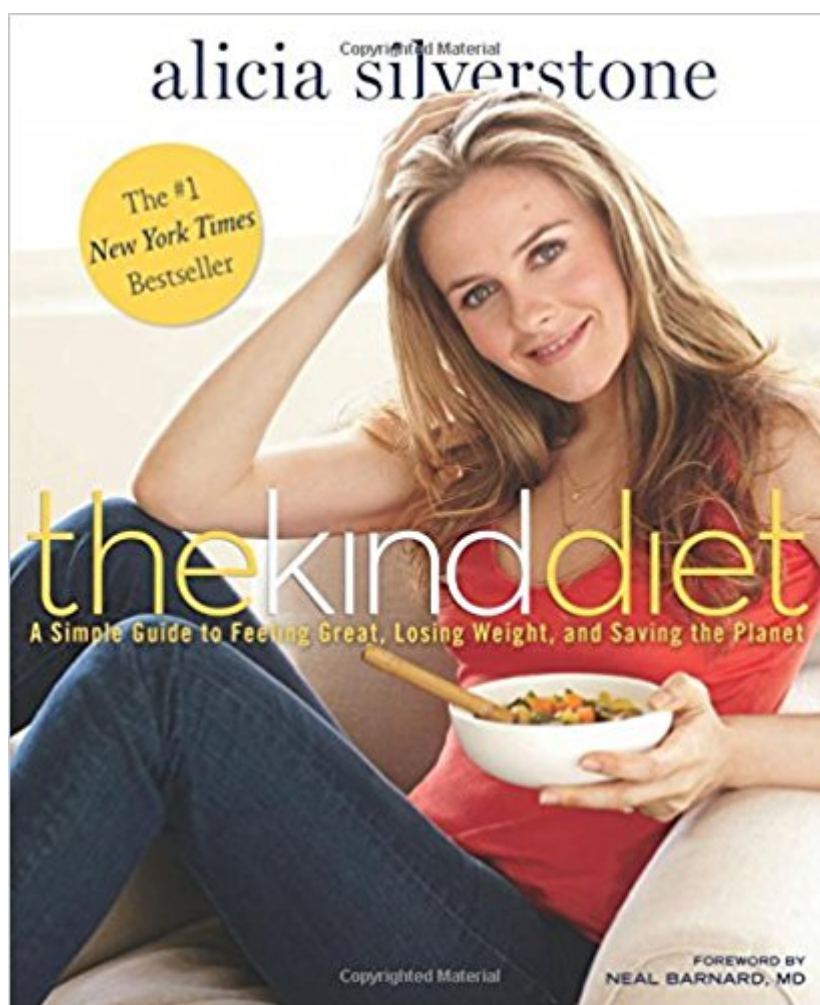


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# The Kind Diet: A Simple Guide To Feeling Great, Losing Weight, And Saving The Planet



## 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

Alicia Silverstone, perhaps best known for her generation-defining turn in *Clueless*, continues to work steadily in film, television, and theater. A dynamic fixture in the acting, political, and scientific communities, she is a dedicated advocate on behalf of the planet and its animals, and was voted "Sexiest Vegetarian Alive" in 2004. She lives in Los Angeles with her husband, Christopher, and their four rescued dogs.

Great book!!! I learned a lot and have begun to make healthier choices for me and my family. Reading from this "down to earth" book helped me make these healthier choices without feeling guilty for not changing "everything" at this point. I do what I can, when I can, and that's okay...I do my best with a clean conscience and it helps me with the day to day demands of life.~ ~ ~,

Love this book. Alicia Silverstone is a very insightful woman about foods and health. I like her as an actress as well and decided that I would give the book a chance. I'm so glad that I did. I now buy a certain type of butter spread that she recommended and it's organic. Love it. She gets her information from doctors and has recipes at the end of the book as well. It's a good read, and worth the money.

This book is divided into a few sections. I like that the beginning of the book gives you information on the environmental and personal health impacts of consuming meat and dairy. The recipes sections include basic vegan recipes, and what she calls a "superhero" section (which is really macrobiotic and the main reason I bought the book.) I've already made several of the recipes and they are fantastic!

I've been interested in more vegan/vegetarian options and that's why I picked up this book. At first I didn't want to because it is by Alicia Silverstone. I guess I didn't give her any credit. I figured she's a ditzzy has-been with a freaky "star" dietary plan. Not very nice at all. She's not any of those things and I'm sorry I thought that! This book is really good from beginning to end. It's thick (with the second half or so being recipes), but I read it really fast. Alicia Silverstone is really likeable. This is

well-written and it's really informative. She discusses how animal protein foods clog up your body, how different she felt after giving it up, ethical reason to give it up, physical reasons to give it up, methods of giving it up, etc. Then she offers up a lot of recipes. She provides three levels of approaching a vegan lifestyle: Flirting, Vegan and Superhero, which has a macrobiotic bent. Downsides: Most of the recipes are Asian-inspired, which is fine except that there are a lot of unrecognizable ingredients, some of which I suspect might be hard to find unless I drive 45 minutes each way to the Asian market. Also, she promotes heavily processed items like fake butter and mayonnaise, even (although she doesn't overly encourage it) phony hot dogs. She never mentions coconut oil, which surprises me because it's so hyped as a health food, as necessary fats and good for you. It can be used in place of butter or oils (she promotes saffron oil a lot, which I don't know much about). Overall, I liked the book a lot. It inspired me to move toward a lifestyle with much less animal protein.

There's a little vegan blood in my family. I grew up a vegan until I was about 15. After that my mom could only deny the existence of meat and processed foods for so long. I have never been a "must have meat person", but I did enjoy chicken and sometimes hamburger and the very occasional steak. I never really thought too much about the animal end of things. I liked animals and wouldn't want them to be hurt, but I never thought too much about what might be going on behind the meat making curtain. I'm now in my late 20's and almost a year ago I had the biggest wake up call with regard to what I eat. It's a long story, but basically I kicked sugar, white flour, and most processed foods altogether and switched wherever possible to organics. This book was the final and much needed step in my journey back to the vegan way of life. I'd been flirting with the idea of going vegan again, but thought I would miss the occasional chicken and turkey I thought I'd continue to want. I have never had any particular love for Alicia Silverstone, she was just kind of there, but reading this book tells me how truly amazing she is. After reading this book, I did some extensive research into the meat industry. After finding out that everything she said was true, I decided I was done. I will not support an industry that treats living creatures that way and does so with no regard for the damage it does to the earth. In addition, she's also right about the human body not being designed to digest meat and who's body wouldn't be better off without all the chemicals and cholesterol in meat? I'll get the bad news out first and start off with the few things that I didn't enjoy about it, but there are reverse sides to both. First, she says at some point that vegetable juices are not as good for you as the actual vegetable because they're stripped of their fiber. I have devoted months to the study of juicing and can confidently state the opposite. There are many nutrients in

vegetables that you cannot get to UNTIL they're stripped of their fiber. One example is carrots: the beta-carotene miracle. You would have to eat about 15 raw, unpeeled carrots to get the beta carotene in one 8 oz glass of fresh carrot juice. Not only would that be hard on your jaw, it would take a very long time, and you wouldn't end up with all the beta-carotene anyway because half of it wouldn't be absorbed because of digestion time. The reason I don't hold this against her is because a lot of people simply have not had the opportunity to learn about juicing. Keep in mind, I AM NOT SUGGESTING YOU SUBSTITUTE JUICE FOR THE REAL THING. Just add it to your diet and you WILL see amazing results. I also believe there should be more fruit in your diet than she recommends. Next, in defense of the other reviewers, she does call for several ingredients which, depending on where you live can be almost impossible to find. She also said that it was unlikely that there was not a vegetarian restaurant nearby. This shows a little naivety on her part, but the reverse side is that if you've never lived in a small town or remote area, you don't know that they don't have those items available. I found that out the first time I moved to a smaller city. Also, in her defense, she does often suggest alternatives to use in place of the harder to find items. In several places, she also makes the great point that these recipes are not law. These are vegetables people! Be creative! Try the sauces or seasonings with vegetables you do have access to and enjoy them. I have made several of the recipes now and have enjoyed every one. No cookbook is perfect or guaranteed to deliver a perfect dish for every person. I've cooked from books where things turned out lousy. Doesn't mean the book was lousy or that I'm a bad cook (but there's no denying I'm not usually very good at it). It just means that every book, recipe, taste and person is different. I'm sure there will be one or more in there that I won't care for so much, but as she states several times. Mix it up! Try the seasonings from recipe a with the vegetables or rice in recipe c. She's trying to encourage people into a way of life, not make a living as a culinary professor. She had a wake up call, this book is meant to be a wake up call. The book is an easy, pleasant read (I mean pleasant the way she writes it, not pleasant to read the things that happen to the animals). Her style and language is down to earth and fun. She displays a very obvious and selfless desire to spread the word about what's happening to our planet. Bottom line, no possible negative impact could come from living the way she recommends except for maybe being made fun of by a few people. However, if they're making fun of you for improving the way you live, maybe you shouldn't be around them in the first place. Alicia's "kind life" is life as it was meant to be lived in terms of food, the environment, and health. It's how people lived before we built machines so that we could cover the earth with concrete and destroy natural resources. I believe that people like Alicia were put in potentially influential positions for a reason. If it was just me spouting this stuff, no one would listen.

Most people know who she is so her voice is louder and reaches farther. I hope it reaches as many people as possible and I know I'll always be monumentally grateful that it reached me.

I really liked this book and I can't wait to try the recipes. I say try because some of the recipes have ingredients that I've never heard of before and my local grocery stores do not carry those items. So it is a little aggravating not having the things that I need close by when I want to spontaneously make a recipe; I will have to find the ingredients online and purchase it and then wait for it to arrive. when I say ingredients I mean like spices, vinegars, and certain types of condiments that's what I'm talking about. My grocery stores do carry a lot of the produce mentioned.

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