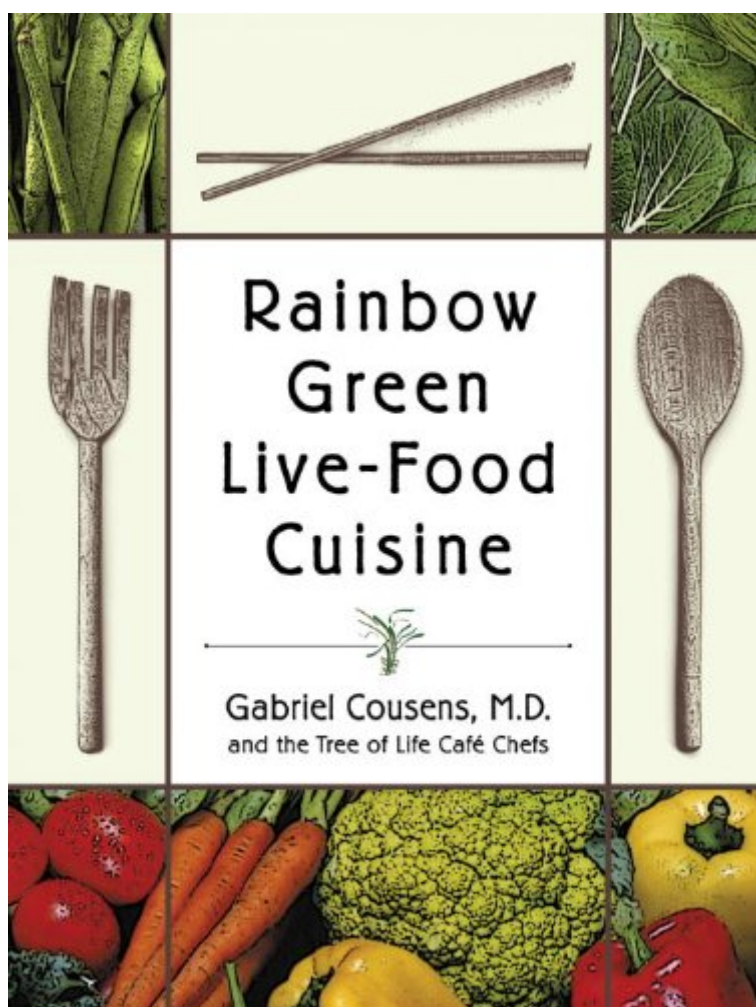


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# Rainbow Green Live-Food Cuisine



## Synopsis

Medical researchers have found that a high-fat, high-sugar diet, combined with environmental pollutants and stress, can lead to a buildup of toxins in the body collectively known as chronic degenerative disease. Here holistic physician Gabriel Cousens addresses the dangers of foods that have been genetically modified, treated with pesticides, microwaved, and irradiated and presents an alternative diet of whole, natural, organic, and raw foods that can reverse chronic disease and restore vitality. Both a guide to natural health and a cookbook, *Rainbow Green Live-Food Cuisine* features over 250 revolutionary vegan recipes from chefs at the Tree of Life Cafe, from Buttery Butternut Porridge to Raw-violis to Carob Coconut Cream Eclairs. Combining modern research on metabolism, ecological consciousness, and a rainbow of live foods, Dr. Cousens dishes up comprehensive, practical, and delectable solutions to the woes of the Western diet.

## Book Information

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## Customer Reviews

I received my copy hot off the press only a few days ago and already it is quite evident that Gabriel and the Tree of Life chefs have provided us with the best live-food book currently existing. The few

recipes I have tried are outstanding, and I am having a difficult time deciding which to try next, since all of them appeal to me. Perhaps the single best thing about this book are Gabriel's updates concerning live-food nutrition. Though he frequently cites Conscious Eating for a more thorough discussion of many topics, Gabriel also extends his previous theoretical insights with new, exciting evidence published for the first time. His extended discussion of mycosis and the concept of a "compost button" vis-a-vis body metabolism are particularly intriguing. For instance, Gabriel cites the brilliant work of Dr. Robert Young (cf the book, Sick and Tired?) as support for the fact that high-glycemic foods, including many of our favorite raw fruits (e.g. dates, mangoes, bananas, etc.), create biological conditions favorable for the proliferation in our blood of bacteria, yeasts, fungus, molds and other nasties whose primary function is to compost dead matter. So long as we continue eating foods that undermine the vibrancy of our internal biological terrain, our "compost button" remains switched "on" and organisms which compromise our health continue their nasty business. Gabriel provides vivid evidence of this process of degeneration by presenting a series of color photographs that clearly show, via darkfield microscopy, the breakdown of our red blood cells and the proliferation of bacteria, yeasts, fungus and molds.

How to transform your life in record time with the most delicious and energetic food on the planet! This book is an essential addition to the library of any serious student of health. It is my favorite book on health and nutrition. It also contains some of the best recipes I've made. If you want to learn about health, you must study those who have mastered the art of healthy living. You must look to the world's best health and healing retreats: "The Tree of Life Rejuvenation Center" in Arizona, and "Hippocrates Health Institute" in Florida. Brian Clement is the director of Hippocrates and his book, Living Foods for Optimum Health, is required reading. Dr. Gabriel Cousens is the director of the Tree of Life. Rainbow Green contains the diet used at the Tree of Life for healing and rejuvenation. I use the recipes in Rainbow Green daily. The cakes, cookies, soups, salad dressings, nut milks, pates, sauces, fermented foods, crackers, and other recipes are easy and delicious. I also enjoy making the vegan kefir drinks, Kimchi, and essential oil delicacies. Rainbow Green discusses how there are microscopic organisms in the blood such as yeast, mold, fungus, and bacteria. These organisms enter the blood through various food and beverages and they contribute to poor health. They are fed by foods high in sugar, and they thrive in an acidic body. In Rainbow Green you'll discover how to alkalinize your body to prevent the microorganisms from growing. You'll discover which foods to eat and which to avoid for optimal health. Rainbow Green foods are classified low-glycemic, high-mineral, and high-vibrational foods.

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Here's How you do It (Health, Vegan Food, Green and Lean)

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