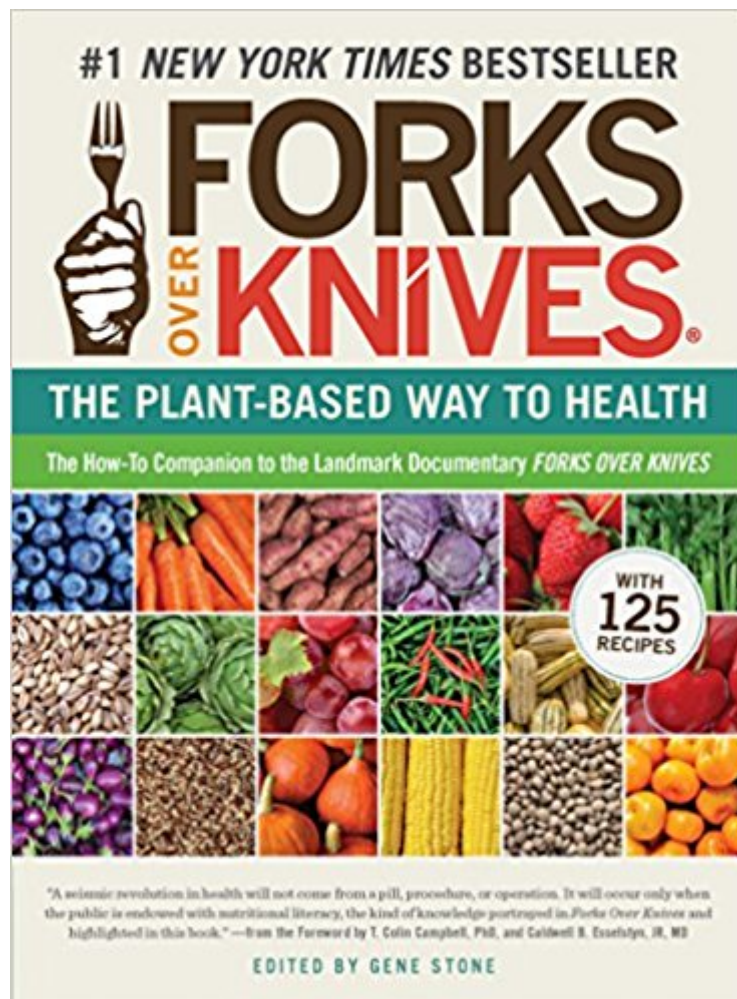




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# Forks Over Knives: The Plant-Based Way To Health



## Synopsis

The #1 New York Times bestseller answers: What if one simple change could save you from heart disease, diabetes, and cancer? For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary *Forks Over Knives*. Their answer? Eat a whole-foods, plant-based diet—it could save your life. It may overturn most of the diet advice you’ve heard—but the experts behind *Forks Over Knives* aren’t afraid to make waves. In his book *Prevent and Reverse Heart Disease*, Dr. Caldwell Esselstyn explained that eating meat, dairy, and oils injures the lining of our blood vessels, causing heart disease, heart attack, or stroke. In *The China Study*, Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm—and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet. Now, as *Forks Over Knives* is introducing more people than ever before to the plant-based way to health, this accessible guide provides the information you need to adopt and maintain a plant-based diet. Features include: Insights from the luminaries behind the film—Dr. Neal Barnard, Dr. John McDougall, *The Engine 2 Diet* author Rip Esselstyn, and many others; Success stories from converts to plant-based eating—like SanDera Prude, who no longer needs to medicate her diabetes, has lost weight, and feels great! The many benefits of a whole-foods, plant-based diet—for you, for animals and the environment, and for our future; A helpful primer on crafting a healthy diet rich in unprocessed fruits, vegetables, legumes, and whole grains, including tips on transitioning and essential kitchen tools; 125 recipes from 25 champions of plant-based dining—from Blueberry Oat Breakfast Muffins and Sunny Orange Yam Bisque to Garlic Rosemary Polenta and Raspberry-Pear Crisp—delicious, healthy, and for every meal, every day.

## Book Information

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## Customer Reviews

• "A great resource for folks toying with the idea of transitioning to vegetarianism." • "Carolyn Scott-Hamilton, in VegNews is an invaluable reference for anyone who still doesn't believe that the Standard American Diet (SAD) is in fact the cause for a majority of our personal, global and moral devastation. Highly recommended." • "This Dish is Veg"

Gene Stone is a writer, journalist, and former Peace Corps volunteer. He is the co-author, most recently, of The New York Times bestseller, The Engine 2 Diet, and his articles and columns have appeared in New York, Esquire, Vogue, Elle, GQ, and The Huffington Post. He lives in New York City and is a vegan (secret #17). His website is [www.secretsofpeople.com](http://www.secretsofpeople.com).

The book "Forks Over Knives" does a wonderful job of performing two disparate tasks: It provides concise explanations of why a whole-foods, plant-based diet is healthiest for people, the planet, and the animals, and it offers a wide range of amazing recipes to help people get started. The editor pairs these tasks to perform one goal: to help people live healthier lives through their food choices. The book does this in three parts: (i) why a plant-based diet is best for your health, the planet, and the animals (37 pages); (ii) basic facts on plant-based foods (19 pages), and (iii) recipes (133 pages). While the bulk of the book is for recipes, there is a lot of powerful information in the first two parts that has appeal for anyone from the newcomer to the most informed, with topics as diverse as the environmental impact of food choices to nutrition labels. Even after having read literally dozens of books on plant-based foods and having finished Campbell's eCornell course in plant-based nutrition, I became more informed after reading the first two parts. The third part is filled with tempting recipes from some of the top plant-based chefs who refuse to compromise on health to sell meals. The writing style is, for lack of a better word, "comfortable". You can almost imagine yourself having a casual discussion with 11 experts on healthy eating, with insights that would surprise your general practitioner, but with language suitable for the layperson. My only qualms with the book are

with the image quality of the graphs and people, which are technically disappointing, although still discernable, and with the arrangement of the bios, which seems out of order with their contributions. As a result of the dual tasks, some of the reviewers were negative. I've summarized them here, along with some counterpoints:

**Claim:** The educational part of the book was too concise and contained bios. If you are interested only in Dr. Esselstyn's work, try *Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure*. For more on Campbell's work, turn to *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health*. For the impact of our food choices on the environment or animals, there are hundreds of books that describe the effects in chilling detail. This book is not the most comprehensive, authoritative guide on any one of those subjects, but it is a very readable and compelling guide on what is arguably the most important topic for most readers: healthy eating. And it holds something for every nutritionist I've ever met, as well as for the overweight Wal-Mart shopper whose cart is filled with chips and soda, or laboratory-manufactured foods from aisle 17. I have yet to find a book that does a better job of balancing the tasks of enlightening readers and facilitating changes in diet.

**The book does offer bios on the people who are trying to help us live more healthy lives.** At first, I thought that this was a bit too much of a stretch for an already ambitious book...if I read a book on yoga, I'm not necessarily interested in the backgrounds of the leading proponents of yoga. But here I think the bios are justified because they offer a much needed perspective. The bio on T. Colin Campbell, Ph.D., explains how he grew up on a dairy farm and was preparing to continue working with animal-based foods, how he discovered that animal protein was a problem rather than a solution to health woes, and then how certain factions in the food industry tried to smear him to stop him from sharing his findings. Dr. Neal Barnard found that the ribs on his cafeteria tray looked and smelled eerily similar to the ribs he had just examined from a human cadaver, which led him to think differently about food. Dr. Caldwell Esselstyn tells of how he saved cardiovascular patients who had been told to "go home and prepare for death". I know of dozens of people with cardiovascular problems and one person who was also told to give up hope, so this latter bio may serve as a wakeup call where all else has failed. Collectively, these bios show how the leaders in the field came to the same conclusions from different perspectives, in spite of the traditional food and health industry pressures and tactics.

**Claim:** The book offered nothing that couldn't be found on the Internet. I've been a student of plant-based nutrition for 10 years and I've read everything I can on the topic, yet I found pieces here I'd never seen before: Bios that contain insights obviously drawn out from first-hand interviews with the subjects; success stories from people who chose to adopt this

healthier approach to eating; a very concise and thoughtful summary which compares whole, plant-based foods to animal products (styled like black box warning labels for food), and some great recipes from leading chefs. Claim: The book contained no bibliography and few footnotes. This comment, especially when juxtaposed with the above comment, shows the difficulty in pairing disparate tasks: it's impossible to please everyone. If everything could be found on the Internet, why would someone need a bibliography and dozens of footnotes? Actually, there is a bibliography--called a "bookshelf" on page 199, as well as a list of online references on page 198. There are few footnotes, which will disappoint the purist, but this is a guide, not the definitive source on every topic covered. Now, a comment on some of the "reviews": A review should summarize the content, offer a critical assessment (e.g., Was it noteworthy? Understandable? Persuasive?), and an argument as to why prospective readers might or might not enjoy the book. Some of the comments for this book are simply mean-spirited attacks on a book that aims to inform, persuade and help those who want to live longer, healthier lives in making better food choices--all for the low price of \$6.40, or less than one-tenth the cost of a doctor's visit, where the topic of whole, plant-based foods will likely never come up. Such attacks are to be expected when someone challenges long-held, but unjustifiable beliefs with extensive clinical and epidemiological evidence. Still, more thoughtful reviews would benefit customers.

I have become a Forks Over Knives convert. This book is a great companion after watching the movie (very cheap on YouTube). My wife and I have cut back on eating meat drastically, and have found loads of veggie recipes that taste great to such a point that we really don't even miss the meat. And I grew up loving meat in all its forms. At first I didn't understand the title, but once it was explained that using your fork to eat healthy foods is much better than going under the knife for surgery, it made sense. So many of my friends and co-workers eat a meat heavy diet, and yesterday we were told that one of them has to start immediate chemo after they found a very large cancerous tumor inside and outside his colon, and he is in his late 40s! In the book they talk about other parts of the world that eat mostly fruits and veggies (too poor for meat) and they have very low rates of cancer. If anyone ignores that warning, they are a fool.

I like this book, I had it already, but probably lent it out so I decided to reorder. The recipes are really good..

Very good book if you are going plant based eating

Excellent book for your health with recipes.

The book arrived in new condition, quick delivery and great price! Reading the results of others who have tried this diet and had terminal diseases is fascinating! There are meal plans, recipes as well! I am already energized to "try it" and, am surprised that I'm feeling the difference-for-the-better...and I've only just begun! I am not rigidly 'sticking to this diet/way-of-life' and if I get a yearning for a cup of coffee, or a little piece of dark chocolate, I'm 'guilty as charged' and enjoy it and keep going. I'm noticing the more I 'get up and keep going' the less the old food temptations tempt me. It's a good book!

A great book and a wonderful idea. I wish I'd found this earlier in life. After a year of eating mostly vegan, I've realized how easy it is once you cross one major hurdle - getting a set of menu ideas that work for you and you enjoy. I'd recommend not sweating the overall picture so much as you transition - go at your pace, and always be on the lookout for items that will make it easy and tasty to be vegan, and you'll be in good shape in no time. Veganomicon, despite the odd name for a cookbook, has been a great resource for me for menu ideas - I'd recommend it in a heartbeat. I haven't tasted a bad recipe there yet. If you choose to modify your lifestyle, however, please note that the biggest challenge will be people (friends, family) who just can't BELIEVE you wouldn't want to eat animal products. They will do everything they can to challenge your process, but try not to let them get your goat. The best way to deal with it for me is to downplay it whenever possible. They rarely understand, and I just have to content myself that the payoff is in better health.

The best way to a healthy lifestyle

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