



# **Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work**

*Susan Schenck LAc*

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*Beyond Broccoli* is authored by **Susan Schenck**, who herself was a raw vegan for six years, followed by a year of raw vegetarianism (raw dairy and eggs included). Her journey has culminated with the reintroduction of just a bit of raw and lightly cooked meat.

Going raw had originally proved to have so many benefits that **Ms. Schenck** had already penned the 2-time award-winning, and still relevant, book *The Live Food Factor*. But after a few years of veganism, she began to exhibit health concerns: deficiencies of vitamin B12, memory problems, muscle tissue loss, bloatedness, irritability, and cravings.

Her further research, spurred on by **Dr. Stanley Bass**, led her to conclude that it was a lack of vital nutrients found only in animal products that were causing the problems. **Dr. Bass**, with his more than 50 years of clinical experience in raw vegan and nonvegan diet counseling, contributed the foreword to the resulting *Beyond Broccoli*.

The book begins with the author's story of why she resumed eating a bit of animal products and how she manages to stay mostly raw even so. It also includes a chapter on other vegans and vegetarians (some who eat raw, others who eat cooked) who made this decision for their own health reasons.

This book addresses the following issues: vegetarian myths; why human brains have shrunk 11% in the last 11,000 years; the importance of animal foods in pregnant and lactating women; man's dietary history of eating meat for 2.6 million years; how the vegan diet affects the brain and emotions; critical nutrients found only in meat, eggs, and dairy, as well as some found only in meat; the difficulty of getting enough healthful protein on a vegan diet, especially raw; the dangers of soy; the different metabolic types, which explain why some succeed on veg diets while others fail; the dangers of overeating animal protein; how to eat meat so that it is not dangerous; the benefits of eating raw or lightly cooked meat and how to do it safely and make it taste good; spiritual, moral, and environmental issues with meat eating; the importance of eating clean meat from compassionately raised animals; eating a high raw Paleo diet, which is what we evolved eating; the importance of eating raw; flaws in the China Study; the benefits of a low-glycemic diet; important foods if you choose to be a vegan or vegetarian; and more.

This book also addresses issues such as the fact that not everyone can efficiently convert plant nutrients to critical nutrients needed by the body: omega-3 fats into DHA and EPA needed by the brain; beta-carotene into true vitamin A; essential amino acids into nonessential ones; vitamin D2 into D3; and vitamin K1 into K2.

Not everyone has the metabolic type to go veg either. A resource section with related websites and doctors who approve of raw, nonvegan diets is located in the back of the book.

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In this period of time globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. The actual book that recommended for your requirements is *Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work* this e-book consist a lot of the information on the condition of this world now. This kind of book was represented how does the world has grown up. The dialect styles that writer use for explain it is easy to understand. The actual writer made some exploration when he makes this book. Here is why this book ideal all of you.

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