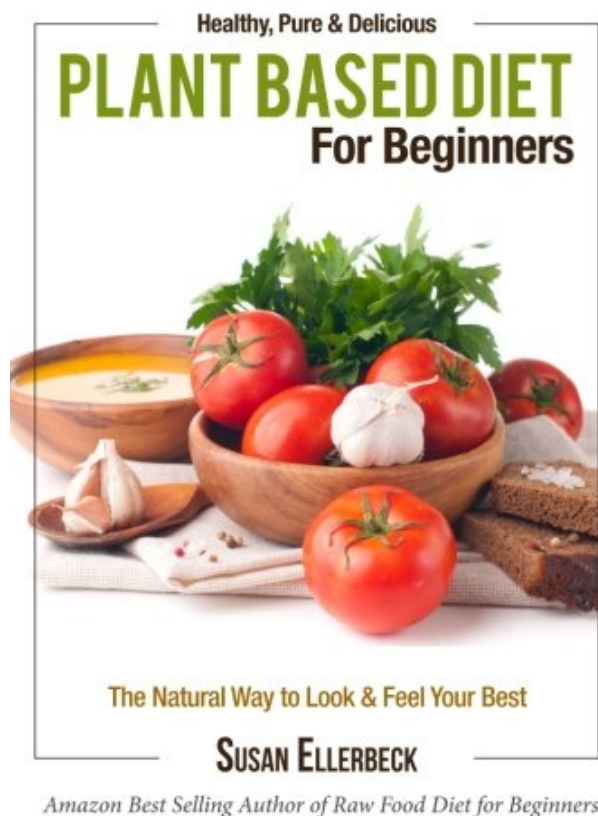


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Healthy, Pure & Delicious

PLANT BASED DIET

For Beginners



The Natural Way to Look & Feel Your Best

SUSAN ELLERBECK

Amazon Best Selling Author of Raw Food Diet for Beginners

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Lets face it, our health as a nation is in a sorry state of affairs.

Obesity, heart attack, and cancer rates are at all time highs, and this is directly related to the Standard American Diet.

We need a better way of eating. We need change.

If you are trying to get healthy, lose weight and feel great, one of the best things you can do is adopt a Plant Based Diet.

A Plant Based Diet can help you:

Lose Weight
Decrease your blood pressure
Decrease risk of death from any cause
including heart disease
Lower cholesterol
Reduce cancer risk
Improve insulin sensitivity
Cut stroke risk

With so many health benefits it is no surprise that former President Bill Clinton adopted a plant based diet to help with his heart condition.

But how does it all work and how do you begin? Plant Based Diet for Beginners shows you how easy it is to adjust your lifestyle and reap all the benefits a plant based diet has to offer.

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- Published on: 2013-02-24
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- Dimensions: 9.00" h x .23" w x 6.00" l, .32 pounds
- Binding: Paperback
- 98 pages

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37 of 39 people found the following review helpful.
PLEASE READ BEFORE BUYING THIS BOOK

By Maryann Bush

I have never written a review of any product on amazon before. Usually I don't feel the need to give any negative reviews as many things are "point of view" and as a result I have always felt it wrong to give my "point of view" since its obviously my opinion. However, I am compelled to save people from making the mistake of spending money on this book. As the author of the book says "Let's Begin"

Susan Ellerbeck (the author) spends time in the beginning of the book discussing healthy eating, making healthy choices, eating from plant based sources and to AVOID processed foods. She discusses the "Standard American Diet" or SAD as she calls it which is to eat processed foods. It is these foods to avoid. She also discusses reading labels and avoiding eating any food that has ingredients you cannot pronounce. However on Page 18 of her book she makes the following statement:

"Good sources of fat and calories in the plant based diet would include any nuts or seeds, olives and olive oil, vegetable oil and margarine and plants like avocado's"

Now here is a typical ingredient list of "margarine". I chose a Smart Balance brand and looked up their ingredient list on their web site. This is the ingredient list: Oil Blend (soybean, palm fruit, canola, and olive oils), water, contains less than 2% of whey (milk), salt, natural and artificial flavor, vegetable Monoglycerides, soy lechithin, vitamin A palmitate, Vitamin B6, Vitamin B12, Vitamin D3, D1-a-Tocopheryl, Acetate (Vitamin E), Lactic Acid, Beta Carotene Color, and Potassium Sorbate and Calcium Disodium EDTA)

In Contrast, here is the ingredient list of "butter": Pasturized Cream, Salt

Now, it doesn't take a rocket scientist to realize that whereas BOTH products have fats, Margarine is not PLANT BASED (notice the Milk, and chemicals in the margarine) - whereas butter is not plant based either, it is natural - the problem I have is telling people that eating chemical and processed foods is a "good source of fat".

On Page 29, Susan Ellerbeck also makes this statement:

"Those Veggie Burgers you enjoy or the tofu hot dogs you put on the grill in the summer are also going to fall under the heading of plant based food as well."

Again, both the veggie burgers (unless you make them yourself from your garden or organic supermarket ingredients) and the Tofu Hot Dogs are "PROCESSED FOODS" even if they are plant based, they are still processed and loaded with chemicals. Here is the ingredient list of "Smart Dogs":

Water, Soy protein isolate, soybean oil, evaporated cane syrup, pea protein isolate, tapioca starch, salt, potassium chloride, bakers yeast extract, cargeenan, dried garlic, natural flavor (from plant sources), natural smoke flavor, xanthum gum, fermented rice flour, gar gum, oleoresin paprika (color)

In this list we really need to look at the words "natural flavor" and "natural smoke flavor" - first, smoke is a gas, how did they capture that gas and make it into a flavor. Second the word natural is a way to hide all sorts of ingredients.

Both artificial and natural flavors are made by "flavorists" in a laboratory by blending either "natural" chemicals or "synthetic" chemicals to create flavorings.

All and All, I question whether Susan Ellerbeck is even qualified to be writing such a book.

The other very irritating thing about this book is its 86 pages in length which seems like a lot until you see the double spacing and the small size of the book. Several Chapters are literally 1-2 paragraphs long.

I tried to find any information about the author in the book and there is no introduction on the author, forward about the author, nothing about the author to identify her qualifications to be writing such a book. Nothing to indicate she is a nutritionist or anything. I am a littler concerned for the general public who may be genuinely wishing to learn about plant based diets and spending any money on this book.

I have been eating a whole food, plant based diet for about 2-3 years now and have spent many hours in research. I am not a nutritionist, however I feel I have more knowledge on this subject and there are much better and more accurate books out there.

20 of 22 people found the following review helpful.

You Call This a Book?

By Christi A. Reynolds

Don't waste your money! There is so much wrong with this product I don't know where to begin. The introduction is repeated at the opening of the first chapter - word for word except for one small paragraph. Chapter I, titled "Why Plants?" doesn't ever answer that question, and ends with this: "However, this leads us to another question, which is: 'Why Plants?'" Seriously? I found many of the chapter titles misleading, the amount of information pitiful, and some topics that were introduced were never mentioned again. Some information was repeated in other chapters. The product (I just can't call it a book!) is only 89 pages long and you have to repeat info? Many of the chapters fit on one page! Who would even publish this? I obviously need to take a closer look at what I'm buying. Terribly disappointing. For a great book on plant based eating, check out UnDiet by Meghan Telpner. Thorough, complete, educational and fun. If I had read this book first, I would have stopped shopping.

10 of 10 people found the following review helpful.

Great for beginners!

By Heather M. Claus

This book is exactly what it says it is, a book for beginners.

If you are new to plant-based eating, this book will teach you the basics, bust a few myths for you, and give you some meal plans and recipes to get you started on your way.

As someone who has studied plant-based diets, and has practiced both veganism and vegetarianism, it offered an easy read and a few new recipes.

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