



# Diet for a New America

*By John Robbins*

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"John Robbins has written a most extraordinary, compelling book, one bound to shake our innermost core. Diet for a New America is a must for anyone concerned about ecology."--The Las Vegas Sun. Photos.

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## Diet for a New America By John Robbins Bibliography

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## **Editorial Review**

From Publishers Weekly

This well-documented expose of America's "factory farms" should prompt even die-hard meat-and-potatoes lovers to reevaluate their diets. Asserting that "we are ingesting nightmares for breakfast, lunch and dinner," Robbins, who is medical director of the California Institute for Health and Healing, details how livestock is raised under increasingly industrialized conditions by "agribusiness oligopolies." Grazing and foraging have given way to debeaking, tail-docking, dehorning and castration, and treatment with pesticides, hormones, growth and appetite stimulants, tranquilizers and antibiotics which, in turn, are assimilated by humans. The author correlates our "protein obsessed" society with a higher incidence of arteriosclerosis, osteoporosis, cancer and other degenerative diseases, as well as freakish occurrences like premature puberty from estrogen contamination. As Robbins debunks nutritional myths perpetuated by the powerful meat and dairy industries (indicting as well his family's Baskin-Robbins ice-cream empire), this is sure to prove controversial. Photos not seen by PW.

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### **Review**

*Diet for a New America* is a powerful indictment of our dietary practices that should be read by everyone interested in healthy living. It is a well-researched, well-documented and eye-opening account of the myths and truths about meat, milk, fat and protein. I will recommend this book to patients, friends, and relatives. -- *Andrew Weil, M.D., Author, Spontaneous Healing*

*Diet for a New America* is a powerful tool on the journey towards consciousness and compassion. I recommend it without reservation, and hope that many, many people will read it. -- *Gary Zukav, Author, The Dancing Wu Li Masters*

*Diet for a New America* will vitalize the awakening of America. This easy-to-read yet mind-boggling book has its place in the kitchen and in the doctors office, in every classroom, from preschool to university. For those involved in ecological and political issues, this book is a must so it is for all of us who long for a practical economical way to foster a more sane, ethical and loving world. -- *Laura Huxley, Author, This Timeless Moment*

A reading must for all caring Americans. -- *Harvey and Marilyn Diamond, Authors, Fit for Life*

*Diet for a New America* is excellent! I can't speak highly enough of it. This book is a breakthrough in the science of health and a joy to read. No one who suffers (or whose loved ones suffer) from the diseases of our time can afford to ignore this potent message. In his captivating style, John Robbins shows us how to create health for ourselves, our children, and the world we live in. -- *Dr. John McDougall, Author, The McDougall Plan*

Every so often a book comes along which has the capacity to awaken the conscience of a nation. *Silent Spring* was one such book: I believe John Robbins volume is destined to be another. With consummate intelligence, thoroughness and skill, Robbins takes us on a multifaceted journey which should cause all sensitive people to question their eating habits most searchingly. I couldn't put it down. -- *Cleveland Amory, President, Fund for Animals, Author, The Cat Who Came for Christmas*

From the outset of reading this volume I was enthralled. The book is a pleasure to read, as engrossing as the

most exciting novel. Yet this is no novel it deals directly with the most important personal issues and decisions of our lives. When I finished reading *Diet for a New America*, I knew that in my hands lay one of the most profound studies ever written of how our eating habits affect our lives, and indeed all of life on our planet . . . If you read only one book this year, let it be this one. -- *Vegetarian Times* magazine

In a tender, not strident, voice Robbins shows us why a humane society cannot be built upon an inhumane system of food production. Robbins does not play on our guilt, but shows us how our own well-being is linked to the development of radically new sensibilities to non-human life. I promise you what you perceive behind the supermarket meat counter will never be the same after reading *Diet for a New America*. --  
*Frances Moore Lapp, Author, Diet for a Small Planet*

From the Publisher

To our readers: The books we publish are our contribution to an emerging world based on cooperation rather than on competition, on affirmation of the human spirit rather than on self-doubt, and on the certainty that all humanity is connected. Our goal is to touch as many lives as possible with a message of hope for a better world. Hal and Linda Kramer, Publishers

## **Users Review**

### **From reader reviews:**

#### **Heidi Fritz:**

This Diet for a New America book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is definitely information inside this e-book incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This Diet for a New America without we comprehend teach the one who studying it become critical in considering and analyzing. Don't always be worry Diet for a New America can bring when you are and not make your case space or bookshelves' come to be full because you can have it with your lovely laptop even cell phone. This Diet for a New America having good arrangement in word along with layout, so you will not experience uninterested in reading.

#### **Catherine Branch:**

Nowadays reading books are more than want or need but also work as a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge the particular information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of guide you read, if you want drive more knowledge just go with training books but if you want sense happy read one using theme for entertaining like comic or novel. The particular Diet for a New America is kind of publication which is giving the reader erratic experience.

#### **Leslie Bergeron:**

Why? Because this Diet for a New America is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book adjacent to it was fantastic author who write the book in such wonderful way makes the content inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of

not hesitating having this ever again or you going to regret it. This unique book will give you a lot of rewards than the other book have got such as help improving your skill and your critical thinking method. So , still want to postpone having that book? If I have been you I will go to the e-book store hurriedly.

**Gretchen Meehan:**

Don't be worry when you are afraid that this book will filled the space in your house, you can have it in e-book way, more simple and reachable. This kind of Diet for a New America can give you a lot of buddies because by you considering this one book you have factor that they don't and make an individual more like an interesting person. This specific book can be one of a step for you to get success. This book offer you information that perhaps your friend doesn't learn, by knowing more than other make you to be great folks. So , why hesitate? Let me have Diet for a New America.

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