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In 1987, John Robbins published Diet for a New America, which was an early version of this book, and he started the food revolution. He continues to work tirelessly to promote conscious food choices more than 20 years later.

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The Food Revolution is a remarkable book. John Robbins was heir to the Baskin-Robbins ice cream fortune, but turned it down to become a vegan activist. His earlier book Diet for a New America, published in the mid-80s, opened a lot of people's eyes to the horrible conditions animals live in on American "factory" farms.

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The Food Revolution How Your Diet Can Help Save Your Life

The Food Revolution is an eye-opening book if you haven't done your homework about how food is produced in this country and the environmental impact that it has! The commercialization of meat production illustrates most clearly how taking control of our food supply (domesticating, breeding, and artificial feeding) has affected its nutritional content and our physical health.

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Low Carb High Fat Food Revolution Advice and Recipes to

The Paperback of the Low Carb, High Fat Food Revolution: Advice and Recipes to Improve Your Health and Reduce Your Weight by Andreas Eenfeldt at Barnes Book Recs Best Books of 2018

<http://ebookslibrary.club/download/Low-Carb--High-Fat-Food-Revolution--Advice-and-Recipes-to--.pdf>

Real Meal Revolution Banting Diet Made Simple Delicious

Real Meal Revolution combines award winning recipes and meal plans, awesome tracking and planning tech tools, customised support offerings, expert advice and the Keto / Low-Carb philosophy to bring you a mobile friendly, fun, engaging and easy to follow online weight loss and healthy eating program.

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John Robbins Official Site

John Robbins shares his dispatches from the frontlines of the food revolution: From his undercover investigations of feed lots and slaughterhouses, to the rise of food contamination, the slave trade behind chocolate and coffee, what he calls the sham of "Vitamin Water," and the effects of hormones on animals and animal products.

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