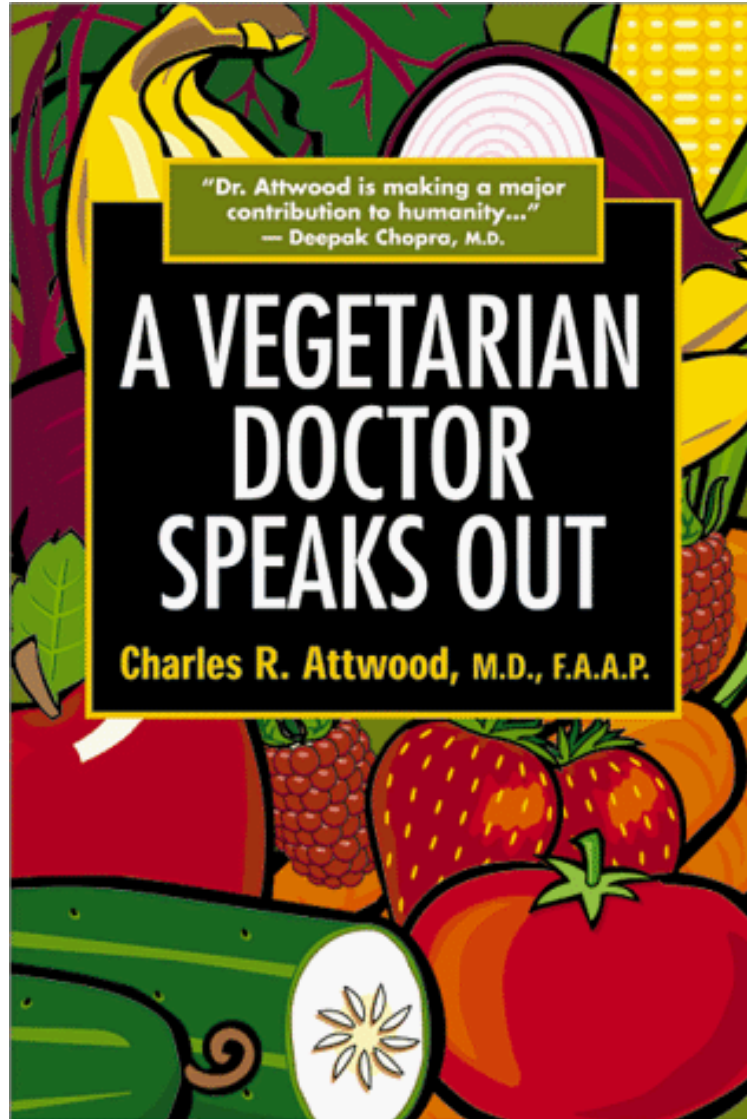


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A Vegetarian Doctor Speaks Out

Charles Attwood, First Last
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Charles Attwood, First Last : A Vegetarian Doctor Speaks Out before purchasing it in order to gage whether or not it would be worth my time, and all praised A Vegetarian Doctor Speaks Out:

6 of 8 people found the following review helpful. Interesting reading, even if a little too conciseBy A CustomerThis book and many other veggie books out there expose the myths surrounding meat, eggs, and dairy products and the many diseases which they raise our risk of. The chapter on the American Dietetic Association's Position Paper on Vegetarian Diets is helpful and has info on how to get a free printed copy. The vegan diet that Dr. Attwood recommends may be a little too low in fat for some so I highly recommend also reading The Vegetarian Way by

Virginia and Mark Messina. Whatever you do, consider eating a more plant based diet. Dramatically reduce your risk of heart disease, cancer, diabetes, obesity, and feel better too! I switched from an omnivorous diet to a lacto-vegetarian and finally to a vegan diet and now feel much better. Pardon me for being so blunt but all that stuff about meat being necessary for protein is just superstition! As is the idea that we need to drink cow's milk! If you are interested in improving your child's health and nutrition, read this book and also other books like Becoming Vegan and The Vegetarian Way. This review is being written by a nutrition major. 1 of 2 people found the following review helpful.

Lacks fiber....By A Customer
Though an open-minded vegetarian myself, I was severely disappointed by the content of this book. First off, it is printed in huge type with extra spacing between lines and lots of blank pages. This book could have practically been printed on a single sheet of paper. You should be aware that Dr. Attwood is a pediatrician, and much of his advice focuses on kids. Dr. Attwood makes virtually no attempt to back up his statements with actual research. The reader is supposed to swallow conjecture, feelings, and opinions as sound advice simply because they come from a doctor. There are many, many benefits to a vegetarian/vegan diet, but Dr. Attwood does a great disservice to the "vegetarian cause" by publishing unsubstantiated propaganda like this.

Proclaiming the life-saving benefits of a plant-based diet, the author of this guide sets out to demolish the myths, the prejudice and the ignorance surrounding the subject of nutrition. He discusses topics such as: the link between high-fat consumption and disease; obesity; and food allergies.

About the Author
POUSSIN ET MOISE 2