

Peace Food

Peace food – How to find peace with food at last



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ISBN:	978-3-8338-2286-5
Author:	Rüdiger Dahlke

USP:

A sound and holistic approach to the red-hot topic of the "low-meat diet"

Further Selling Points:

A new book by bestseller author Ruediger Dahlke, this time on one of the most heavily debated topics of our time.

- **Trend topic:** The ethics of a meat-free diet and its impact on health are currently under discussion everywhere – from the key media through to Internet forums. Ruediger Dahlke takes a well-founded approach to this issue and combines it with a holistic view on the body and soul, which is his concept for success.
- **Practical benefit:** 30 super delicious vegan recipes - more than just "muesli" - whet your appetite for "peace food".

Summary:

Even the diet holds a polarity: it can make us sick – or heal. After nutrition scientists have been demonizing carbohydrates for so many years, holistic physician Rüdiger Dahlke now offers a passionate plea: for a diet of peace. From his point of view, our food contains a lot of dead items and therefore makes us unhappy. Though the impact of the slaughter animals' fear hormones on our soul have yet to be researched exhaustively, an extensive long-term Chinese study has proven without doubt that there is a direct correlation between meat consumption and cancer incidents. And from Dahlke's point of view, cancer is clearly a disease of the soul. He counters this scenario with the healing diet, which deals with the latest findings from neuroendocrinology – which hormones determine our mental balance and how they can be fuelled with top-quality carbohydrates and fats. This goes far beyond well-known serotonin: numerous other hormones that drive and stimulate us, but also create balance such as dopamine, the growth hormone, tyrosine and GABA are also closely linked to our diet. But a Dahlke book never comes without a direct benefit: the book closes with a recipe section with thirty extremely tasty vegan recipes.

Content:

Personal introduction

Part I

Cardio-vascular diseases

 The relationship between food and the soul

 Heart and (its) soul

 The cholesterol issue

Cancer and diet

Two different types of carbohydrates

The big decision: dead or alive

The role of animal protein, especially milk (dairy products)

Autoimmune diseases

Obesity and adiposity

Protein fattening, low-carb and low-fat diets

Simple nutrition rules

Osteoporosis

Disease patterns of the aging brain

Benefits of the vegan diet

High praise for fibers

Antioxidants – the colorful abundance of foods

Between plants and animals – fathers of development and destitution

The fish issue

Beyond cow's milk

The soy problem

Food supplements – the long way around to covering wants

A review of the history of development

Fear eats soul

 The cattle slaughterhouse

 The suffering that we eat

The impact of animal suffering on ours

Ways out of the misery

Sobering conclusion

For your own health
For health on Earth
The solution for Earth

Part II

Good outlook
The re-discovered sun as a source of healing
Light in food?
Growth hormone for self-fulfillment
Fasting as hormonal therapy
Daily hormonal self-treatment
 Serotonin or the daily feel-good source
 Scientific evidence
More of the best
 Dopamine
 GABA
 Vitamins
 Minerals
Sleep to triple life energy
Promising steps into new vegan territory
Support from religions
Transition aids from animal to plant foods
The symphony of measures
Personal check list
30 vegan recipes by Dorothea Neumayr
Conclusion: The circle of life – and my own

FOR RIGHTS INFORMATION PLEASE CONTACT

Email: rights@graefe-und-unzer.de