



## Conscious Eating: Second Edition

By Gabriel Cousens Md

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*Conscious Eating* has been referred to as the "Bible of Vegetarians," for both beginners and advanced students of health. This classic work in the field of live-food nutrition is an inspirational journey and a manual for life. Included is new information on enzymes, vegetarian nutrition for pregnancy, and an innovative international 14-day menu of gourmet, Kosher, vegetarian, live-food cuisine, plus 150 recipes.

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## Conscious Eating: Second Edition By Gabriel Cousens Md Bibliography

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## **Editorial Review**

### Review

"In this book, an expanded revision of his 1992 work, Cousens endeavors to make his readers aware of how their food choices affect their bodies, minds, emotions, and spiritual life. He emphasizes there is no one-diet-fits-all approach, but rather a consciousness on the part of the individual of what works. He includes information on the oxidative, autonomic, ayurvedic, anabolic-catabolic, endocrine, blood-type, and acid base diet systems. In personalizing a diet, the individual needs to answer these questions:

- Am I emotionally stable after eating?
- Do I have increased physical energy after eating?
- Am I craving any foods?

"Cousens details studies where poor diets were fed to indigenous groups such as the Kurds, Yemenites, and Zulus. The indigenous people studied had been introduced to highly refined carbohydrate foods and suffered from degenerative conditions like heart disease, diabetes, and cancer. He points to a diet of fast, frozen, and processed foods, adopted by Americans and peoples of most industrialized nations, as one that is inadequate. He characterizes this diet as one loaded with refined sugar, white flour, and pesticides.

"The author establishes guidelines for healthy eating by recommending that people consume natural, whole, and organic foods and that the diet be primarily fresh, live raw foods. He advocates a high-complex-carbohydrate, low-protein, and low-fat regimen with attention to receiving adequate sunlight. Deep breathing, bathing, and contact with nature in the form of gardening or hikes all have therapeutic effects.

"In this era where so many things are condensed or encapsulated, reading a book with 850 pages is a daunting task. In this case, it's worth the effort. In *Conscious Eating* Gabriel Cousens has compiled a handbook that emphasizes the benefits of a raw food diet. He has woven together many philosophies from around the world and incorporated them into a bo...

### About the Author

Dr. Gabriel Cousens, M.D. is an internationally celebrated spiritual teacher, author, lecturer, world peace worker, and physician of the soul. He is the world's foremost physician promoting live food nutrition for physical health and spiritual growth. He received his M.D. degree from Columbia Medical School in 1969, and completed his psychiatry residency in 1973. As a leading researcher and practitioner in the field of rejuvenation, he specializes in the healing of many chronic degenerative diseases. To the healing process he also brings experience as a homeopathic physician (M.D. (H)), Diplomate in Ayurveda, family therapist, and live-food nutritionist.

Dr. Cousens is also a Doctor of Divinity (D.D.), a Rebbe who has received rabbinical initiation, a student of Ecstatic Kabbalah since 1986, a certified Senior Essene Teacher in the Kabbalistic tradition, a recognized Yogi, a four-year Sundancer adopted into the Lakota Nation, and the White Buffalo Spirit Dance Chief.

He is the author of a number of titles, including *Rainbow Green Live Food Cuisine*, *Spiritual Nutrition*, *Depression-Free for Life*, *Creating Peace by Being Peace*, and *Tachyon Energy: A New Paradigm in Holistic Healing*, co-authored with David Wagner, the creator of the Tachyon process. Dr. Cousens presents seminars worldwide on many topics including health and nutrition, psycho-spiritual healing, meditation, and spiritual awareness.

Dr. Cousens founded and directs the Tree of Life Foundation, Tree of Life Rejuvenation Center, and Tree of

Life Health Practice in Patagonia, Arizona. He is a frequent guest on popular radio talk shows, and has published articles in health journals and popular magazines on a number of health, nutrition, and social topics. Visit his website at [www.treeoflife.nu](http://www.treeoflife.nu).

## **Users Review**

### **From reader reviews:**

#### **Melanie Archer:**

Book is to be different for every single grade. Book for children right up until adult are different content. To be sure that book is very important for us. The book *Conscious Eating: Second Edition* was making you to know about other know-how and of course you can take more information. It is rather advantages for you. The book *Conscious Eating: Second Edition* is not only giving you a lot more new information but also to be your friend when you experience bored. You can spend your personal spend time to read your reserve. Try to make relationship with all the book *Conscious Eating: Second Edition*. You never experience lose out for everything in the event you read some books.

#### **Dolly Taylor:**

Now a day folks who Living in the era wherever everything reachable by interact with the internet and the resources included can be true or not need people to be aware of each data they get. How individuals to be smart in having any information nowadays? Of course the solution is reading a book. Studying a book can help persons out of this uncertainty Information specially this *Conscious Eating: Second Edition* book because book offers you rich info and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it as you know.

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#### **Ronald Malone:**

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