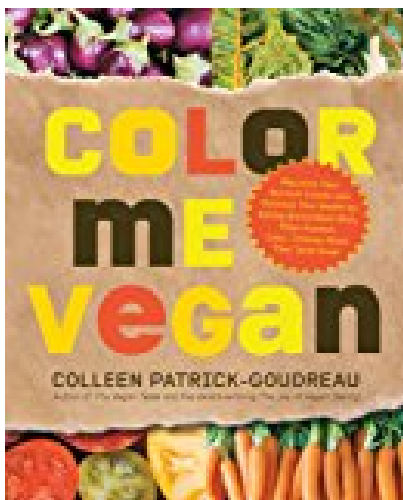


Color Me Vegan Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich Fiber-Packed Color-Intense Meals That Taste Great



BOOK DETAILS

- Author : Colleen Patrick-Goudreau
- Pages : 272 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592334393

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BOOK SYNOPSIS

Internationally known vegan and bestselling author John Robbins has continued his observations and investigations into food politics and food-related issues of the day in his popular HuffingtonPost column, foodrevolution.org. No Happy Cows collects these recent observations along with never before published material for the first time in book form. 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. Topics include: The skinny on grassfed beef, Greed and salmonella, Junk food marketing to kids, Soy and Alzheimer's, Hormones in our milk, Plus many more. Robbin's trenchant and provocative observations into the relationships between animals and the humans who raise them remind us of the importance of working for a more compassionate and environmentally responsible world.

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