

Rainbow Green Live-Food Cuisine

By Gabriel Cousens M.D., Tree of Life Cafe Chefs

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Medical researchers have found that a high-fat, high-sugar diet, combined with environmental pollutants and stress, can lead to a buildup of toxins in the body collectively known as chronic degenerative disease. Here holistic physician Gabriel Cousens addresses the dangers of foods that have been genetically modified, treated with pesticides, microwaved, and irradiated—and presents an alternative diet of whole, natural, organic, and raw foods that can reverse chronic disease and restore vitality.

Both a guide to natural health and a cookbook, *Rainbow Green Live-Food Cuisine* features over 250 revolutionary vegan recipes from chefs at the Tree of Life Cafe, from Buttery Butternut Porridge to Raw-violis to Carob Coconut Cream Eclairs. Combining modern research on metabolism, ecological consciousness, and a rainbow of live foods, Dr. Cousens dishes up comprehensive, practical, and delectable solutions to the woes of the Western diet.

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Editorial Review

Review
"Gabriel Cousens, M.D., has once again contributed to the much-needed re-education of humanity. The research and practical advice, along with the recipes from the Tree of Life Cafe in *Rainbow Green Live-Food Cuisine*, help people awaken to a new understanding and regain control of their internal environment."
—Christopher Yashpal Jayne, N.D.

"*Rainbow Green Live-Food Cuisine* describes the holistic healing process of biological alchemy. It is a gift for us in how to live in these biologically toxic times."
—Richard Harvey and Mary Huston, Directors of Life Works

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 *Conscious Eating* (hailed by many as the "Bible of Vegetarianism"), *Spiritual Nutrition*, *Depression-Free for Life*, *Sevenfold 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.

Users Review

From reader reviews:

Wanda Stamper:

Here thing why that Rainbow Green Live-Food Cuisine are different and dependable to be yours. First of all studying a book is good however it depends in the content from it which is the content is as delicious as food or not. Rainbow Green Live-Food Cuisine giving you information deeper since different ways, you can find any book out there but there is no guide that similar with Rainbow Green Live-Food Cuisine. It gives you

thrill reading through journey, its open up your current eyes about the thing in which happened in the world which is might be can be happened around you. You can easily bring everywhere like in area, café, or even in your approach home by train. Should you be having difficulties in bringing the published book maybe the form of Rainbow Green Live-Food Cuisine in e-book can be your alternate.

Charles Lemaster:

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Angela Kiefer:

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