



Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work

Susan Schenck LAc

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Beyond Broccoli is authored by **Susan Schenck**, who herself was a raw vegan for six years, followed by a year of raw vegetarianism (raw dairy and eggs included). Her journey has culminated with the reintroduction of just a bit of raw and lightly cooked meat.

Going raw had originally proved to have so many benefits that **Ms. Schenck** had already penned the 2-time award-winning, and still relevant, book *The Live Food Factor*. But after a few years of veganism, she began to exhibit health concerns: deficiencies of vitamin B12, memory problems, muscle tissue loss, bloatedness, irritability, and cravings.

Her further research, spurred on by **Dr. Stanley Bass**, led her to conclude that it was a lack of vital nutrients found only in animal products that were causing the problems. **Dr. Bass**, with his more than 50 years of clinical experience in raw vegan and nonvegan diet counseling, contributed the foreword to the resulting *Beyond Broccoli*.

The book begins with the author's story of why she resumed eating a bit of animal products and how she manages to stay mostly raw even so. It also includes a chapter on other vegans and vegetarians (some who eat raw, others who eat cooked) who made this decision for their own health reasons.

This book addresses the following issues: vegetarian myths; why human brains have shrunk 11% in the last 11,000 years; the importance of animal foods in pregnant and lactating women; man's dietary history of eating meat for 2.6 million years; how the vegan diet affects the brain and emotions; critical nutrients found only in meat, eggs, and dairy, as well as some found only in meat; the difficulty of getting enough healthful protein on a vegan diet, especially raw; the dangers of soy; the different metabolic types, which explain why some succeed on veg diets while others fail; the dangers of overeating animal protein; how to eat meat so that it is not dangerous; the benefits of eating raw or lightly cooked meat and how to do it safely and make it taste good; spiritual, moral, and environmental issues with meat eating; the importance of eating clean meat from compassionately raised animals; eating a high raw Paleo diet, which is what we evolved eating; the importance of eating raw; flaws in the China Study; the benefits of a low-glycemic diet; important foods if you choose to be a vegan or vegetarian; and more.

This book also addresses issues such as the fact that not everyone can efficiently convert plant nutrients to critical nutrients needed by the body: omega-3 fats into DHA and EPA needed by the brain; beta-carotene into true vitamin A; essential amino acids into nonessential ones; vitamin D2 into D3; and vitamin K1 into K2.

Not everyone has the metabolic type to go veg either. A resource section with related websites and doctors who approve of raw, nonvegan diets is located in the back of the book.

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