

"Radical Vegetarianism is a feast of words...
If vegetarianism has its cult classic, this is it."
—Victoria Monson, in *Animals' Agenda*

RADICAL VEGETARIANISM

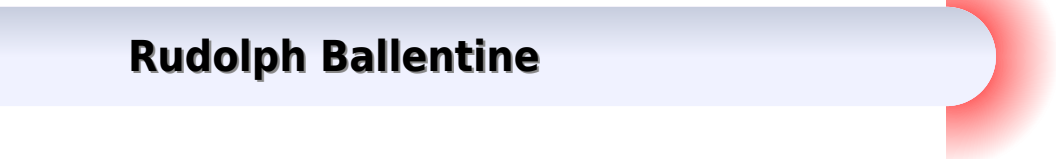
A Dialectic of Diet and Ethic



Mark Mathew Braunstein

Radical Vegetarianism

Rudolph Ballentine



Radical Vegetarianism:

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good health animal suffering and the environmental impacts of meat production but such issues as the meaning of food world hunger religion and spirituality and significantly the links share between vegetarianism and other human rights movements and ideologies particularly feminism In an extensive chapter that addresses arguments made by advocates of meat eating Fox speaks to claims of humans as natural carnivores animals as replaceable and vegetarians as anti feminist He also addresses arguments surrounding the eating habits of indigenous peoples eating free range animals and carnivorous behavior among animals The most complete examination of the vegetarian outlook to date Deep Vegetarianism reveals the broad range of philosophical views that contribute to such a choice It recognizes and calls for a conscious awareness of and an individual responsibility to the issues that exist in the moral political and social spheres of our existence With its lively and controversial discussion Deep Vegetarianism promises to appeal to anyone looking to explore the relationship between dietary choice lifestyle the treatment of animals and the environment and personal ethical responsibility It will also be particularly useful for students and teachers of moral philosophy ethics religion comparative cultures ecology and feminism

Transition to Vegetarianism Rudolph Ballentine,1999-02-08 For those who are not fully convinced about making the shift to a vegetarian diet this book explores the many health benefits associated with vegetarianism and helps the aspiring vegetarian make the transition in a way that provides the greatest benefits Well researched and easy to read this is an excellent resource for both seasoned and would be vegetarians Publisher's website

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Radical Vegetarianism Mark Mathew Braunstein,2010 Vegetarians are not a better sort of people just a better sort of carnivore writes Braunstein in Radical Vegetarianism and carnivores are just a better sort of cannibal In this updated edition of the 1981 classic Braunstein courageously takes on the canned canards sacred cows and wooly thinking of carnivores and vegetarians alike and proposes a vegetarianism that goes beyond the stereotypes of pot lucks and Birkenstocks to one that embraces contradiction and candor or as Braunstein says channeling the Ancients Gnaw Thyself

Vegetarian Times ,1983-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

Vegetarian Times ,1982-09 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large

group of Americans VT's goal To embrace both **Jewish Veganism and Vegetarianism** Jacob Ari Labendz, Shmuly Yanklowitz, 2019-04-01 In recent decades as more Jews have adopted plant based lifestyles Jewish vegan and vegetarian movements have become increasingly prominent This book explores the intellectual religious and historical roots of veganism and vegetarianism among Jews and presents compelling new directions in Jewish thought ethics and foodways The contributors including scholars rabbis and activists explore how Judaism has inspired Jews to eschew animal products and how such choices even when not directly inspired by Judaism have enriched and helped define Jewishness Individually and as a collection the chapters in this book provide an opportunity to meditate on what may make veganism and vegetarianism particularly Jewish as well as the potential distinctiveness of Jewish veganism and vegetarianism The authors also examine the connections between Jewish veganism and vegetarianism and other movements while calling attention to divisions among Jewish vegans and vegetarians to the specific challenges of fusing Jewishness and a plant based lifestyle and to the resistance Jewish vegans and vegetarians can face from parts of the Jewish community The book's various perspectives represent the cultural theological and ideological diversity among Jews invested in such conversations and introduce prominent debates within their movements **Cultural Encyclopedia of Vegetarianism** Margaret Puskar-Pasewicz, 2010-09-16 Intended for students general readers vegetarians and vegans as well as those interested in animal welfare and liberation this A Z encyclopedia explores the historical and cultural significance of vegetarianism in the United States and beyond Vegetarianism in the United States did not start in the 1960s it has a much longer complex history going back to the early 1800s Cultural Encyclopedia of Vegetarianism examines that history through the lens of culture focusing on what vegetarianism has had to say to and about Americans This A Z encyclopedia brings together the work of a number of scholars from diverse fields including history sociology philosophy religious studies anthropology nutrition American studies religious studies women's and gender history and the history of medicine Approximately 100 essay entries cover cultural and historical aspects of vegetarianism primarily but not exclusively in relation to the United States shedding light on the practice's roots in ancient cultures and challenging popular myths and misconceptions related to both vegetarianism and veganism With discussions on everything from activist movements to cookbooks the encyclopedia offers a unique wide ranging exploration that will appeal to students practitioners and anyone else who wants to know more *Vegetarian Times*, 1982-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both *Radical Healing* Rudolph Ballentine, 1999 This extraordinary book offers nothing less than a new vision of medical care Rudolph Ballentine M D has created a unique integrative blending of the primary holistic schools of healing that is far more potent than any one of these alone Like Deepak Chopra and Andrew Weil

Rudolph Ballentine is a medical doctor who became intrigued by the workings of mind body medicine and looked beyond the West in his search for understanding. Drawing on thirty years of medical study and practice Dr Ballentine has accomplished a singular feat integrating the wisdom of the great traditional healing systems especially Ayurveda homeopathy Traditional Chinese Medicine European and Native American herbology nutrition psychotherapy and bodywork. Melded together the profound principles buried in these systems become clearer and stronger and a new level of effectiveness becomes possible. Healing and reorganization are accelerated and deepened physically emotionally and spiritually. The result is transformation. The result is radical healing. Radical Healing harnesses nature's medicinals plants and other natural substances with commonsense essentials such as diet exercise and cleansing as well as the most profound principles of spiritual and psychological transformation. In Dr Ballentine's synthesis illness is an opportunity for growth that can go far beyond recovery. Through radical healing old habits and attitudes that supported the development of disease fall away to be replaced by the clarity that comes with a whole new way of being in the world.

The Sexual Politics of Meat - 25th Anniversary

Edition Carol J. Adams, 2015-10-29 The Sexual Politics of Meat is Carol Adams' inspiring and controversial exploration of the interplay between contemporary society's ingrained cultural misogyny and its obsession with meat and masculinity. First published in 1990, the book has continued to change the lives of tens of thousands of readers into the second decade of the 21st century. Published in the year of the book's 25th anniversary, the Bloomsbury Revelations edition includes a substantial new afterword including more than 20 new images and discussions of recent events that prove beyond doubt the continuing relevance of Adams' revolutionary book.

Of Victorians and Vegetarians James Gregory, 2007-06-29 Nineteenth century Britain was one of the birthplaces of modern vegetarianism in the west and was to become a reform movement attracting thousands of people. From the Vegetarian Society's foundation in 1847, men, women and their families abandoned conventional diet for reasons as varied as self advancement via personal thrift, dissatisfaction with medical orthodoxy, repugnance towards animal cruelty and the belief that carnivorousism stimulated alcoholism and bellicosity. They joined in the pursuit of a more perfect society in which food reform combined with causes such as socialism and land reform. James Gregory provides an extensive exploration of the movement with its often colourful and sometimes eccentric leaders and grass roots supporters. He explores the rich culture of branch associations, competing national societies, proliferating restaurants and food stores and experiments in vegetarian farms and colonies. Of Victorians and Vegetarians examines the wider significance of Victorian vegetarians, embracing concerns about gender and class, national identity, race and empire and religious authority. Vegetarianism embodied the Victorians' complicated response to modernity. While some vegetarians were averse to features of the industrial and urban world, other vegetarian entrepreneurs embraced technology in the creation of substitute foods and other commodities. Hostile like the associated anti vivisectionists and anti vaccinationists to a new priesthood of scientists, vegetarians defended themselves through the new sciences of nutrition and chemistry. Of Victorians

and Vegetarians uncovers who the vegetarians were how they attempted to convert their fellow Britons and the world beyond to their bloodless diet and the response of contemporaries in a variety of media and genres Through a close study of the vegetarian periodicals and organisational archives extensive biographical research and a broader examination of texts relating to food dietary reform and allied reform movements James Gregory provides us with the first fascinating foray into the impact of vegetarianism on the Victorians In doing so he gives revealing insights into the development of animal welfare other contemporary reform movements and the histories of food and diet

Diet for a New America John Robbins, 2012 An H J Kramer book published in a joint venture with New World Library

Delve into the emotional tapestry woven by in Experience **Radical Vegetarianism** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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