

The Scientific Basis of Vegetarianism

William Harris, D.Sc.



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Mike Jess



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The Scientific Basis of Vegetarianism R. T. Trall,1996-09 Chemical analysis has determined the fact that many of the grains and leguminous products are richer in nutritive elements than the roast beef of old England *Scientific Basis of Vegetarianism* M.D. Trall,R.T. Trall,1993-07-01 **History of Vegetarianism and Veganism Worldwide (1430 BCE to 1969)** William Shurtleff; Akiko Aoyagi,2022-03-07 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 109 photographs and illustrations some color Free of charge in digital PDF format *The Scientific Basis of Vegetarianism* Russell Thacher Trall,1899 *The Scientific Basis of Vegetarianism* William Harris (M.D.),1995-01-01 **The Logic of Vegetarianism** Henry Stephens Salt,2020-08-14 Reproduction of the original *The Logic of Vegetarianism* by Henry Stephens Salt *The Vegetarian Magazine* ,1908 **Sylvester Graham's Lectures on the science of human life, condensed by T. Baker** Sylvester Graham,1881 *The Logic of Vegetarianism* Henry S. Salt,1899 **Jesus and Mary were Kosher Vegetarians, the Evidence from the Bible, the Early Church and Nutrition** James C. Tibbetts,2015-05-29 This book is perhaps the most complete scholarly book out today showing that Jesus and Mary were kosher vegetarians The evidence from the scriptures the early Church period the Jewish literature the mystics and nutrition indicates that Jesus and Mary were kosher and also that they were vegetarian This book proposes that Jesus and Mary were the new Adam and Eve who ate a plant based diet They were the first penitents of the Christian era leading us into a penitential lifestyle a lifestyle of purification involving a kosher plant based diet and fasting There is evidence from multiple sources that people in the early Church believed that Jesus and Mary and some of the disciples were vegetarians The monastics have carried on the plant based practice for centuries **The Publishers' Trade List Annual** ,1893 **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 **The**

Dietetic Reformer and Vegetarian Messenger ,1861

The Hygienic Way of Life Hereward Carrington,1996-09

The Foreign Quarterly Review ,1874

The Westminster review [afterw.] *The London and Westminster review* [afterw.]

The Westminster review [afterw.] *The Westminster and foreign quarterly review* [afterw.] *The Westminster review* [ed. by sir

J. Bowring and other]. sir John Bowring,1874

The Westminster Review ,1874

The Natural Food of Man Hereward

Carrington,2022-07-21 In *The Natural Food of Man* Hereward Carrington explores the significance of dietary choices in relation to human health and spirituality Utilizing a blend of scientific analysis and philosophical inquiry Carrington delves into the historical and cultural contexts of food consumption advocating for a return to natural unprocessed foods His literary style is characterized by clarity and rigor punctuated with vivid examples and personal anecdotes that illustrate his arguments This work also fits into the early 20th century movement toward health and well being engaging with contemporary discussions around vegetarianism and holistic living that resonate with the emerging wellness zeitgeist of the time Carrington a prominent figure in the realms of psychical research and natural health brings a wealth of knowledge and personal experience to this topic His lifelong investigations into the relationship between physical health and mental clarity evidently informed his perspective as he believed that what we consume profoundly impacts our consciousness This conviction combined with his scientific background empowered him to challenge prevalent dietary norms and advocate for a more harmonious connection with nature This book is highly recommended for readers interested in the intersections of food health and philosophy Carrington s insightful arguments invite readers to reconsider their dietary habits and the broader implications of food choices on physical and spiritual well being Engaging and thoroughly researched *The Natural Food of Man* is essential reading for anyone seeking to deepen their understanding of natural living *Vegetarian Times* ,1990-02 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 *Yoga Journal* ,1987-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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