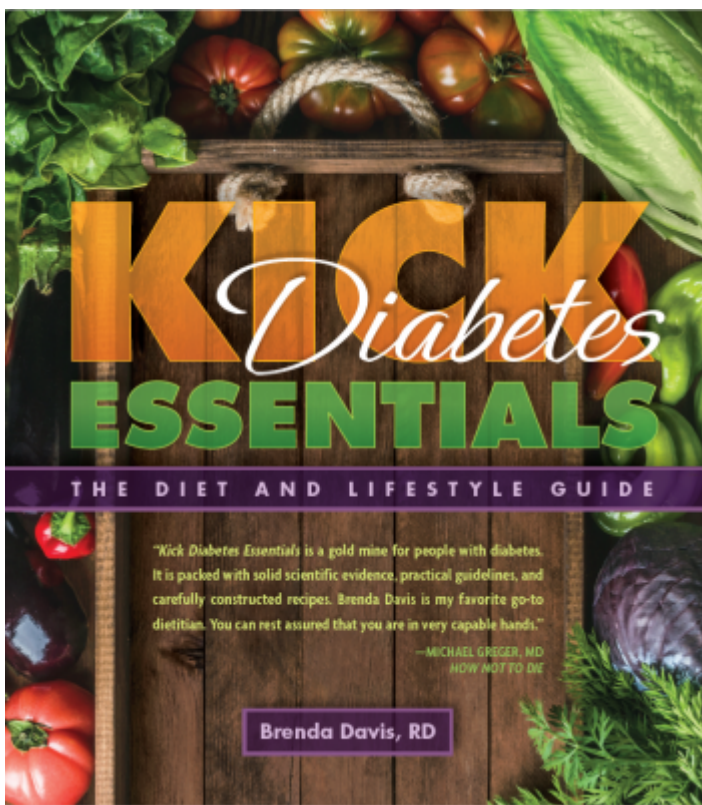


# Home



## [Kick Diabetes: The Essential Diet and Lifestyle Guide](#)

This book provides the fine details of how to kick diabetes with a plant-based diet and lifestyle. [More info →](#)



Over the last fifty years, nutrition researchers have built upon each others work to prove that a diet based on plant foods could reduce diabetes risk and in many cases reverse

diabetes. Kick Diabetes cites the latest research into why plant foods lead to success, which foods are the most effective, and how to construct a diabetes-busting diet that not only gets results but also is simply delicious. In addition, it combines diet, exercise, rest, and stress management into a powerful prescription for health. Included are menu plans based on over 40 recipes featuring the nutrient-dense foods needed to reverse diabetes. Inspiring stories demonstrate how the initial success of the Kick Diabetes diet builds confidence and encourages people to adopt a healthier lifestyle.



▪ Cow-free Calcium;



## Where Do Vegans Get Their Protein?

Brenda Davis, Registered Dietitian, co-author of the new "Becoming Vegan: Express Edition" illustrates calcium sources in a plant-based diet, and discusses how to meet calcium needs without a drop of cow's milk. Also see "Becoming Raw" by Brenda Davis and Vesanto Melina and "Cooking Vegan" by Vesanto Melina and Joseph Forest, both with The Book Publishing Company, 2012. <http://becomingvegan.ca>  
<http://www.brendadavisrd.com> <http://nutrispeak.com>