MY CITY-DWELLING YEAR OF RECLAIMING REAL FOOD



Unprocessed My City Dwelling Year Of Reclaiming Real Food

Phoebe Lapine

Unprocessed My City Dwelling Year Of Reclaiming Real Food:

Unprocessed Megan Kimble, 2015-06-23 In the tradition of Michael Pollan's bestselling In Defense of Food comes this remarkable chronicle from a founding editor of Edible Baja Arizona of a young woman's year long journey of eating only whole unprocessed foods intertwined with a journalistic exploration of what unprocessed really means why it matters and how to afford it In January of 2012 Megan Kimble was a twenty six year old living in a small apartment without even a garden plot to her name But she cared about where food came from how it was made and what it did to her body so she decided to go an entire year without eating processed foods Unprocessed is the narrative of Megan's extraordinary year in which she milled wheat extracted salt from the sea milked a goat slaughtered a sheep and more all while earning an income that fell well below the federal poverty line What makes a food processed As Megan would soon realize the answer to that question went far beyond cutting out snacks and sodas and became a fascinating journey through America's food system past and present She learned how wheat became white how fresh produce was globalized and animals industrialized But she also discovered that in daily life as she attempted to balance her project with a normal social life which included dating the question of what made a food processed was inextricably tied to gender and economy politics and money work and play Backed by extensive research and wide ranging interviews and including tips on how to ditch processed food and transition to a real food lifestyle Unprocessed offers provocative insights not only on the process of food but also the processes that shape our habits communities and day to day lives The Wellness Project Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions or just seeking healthy life balance the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well After she was diagnosed with an autoimmune disease in her early twenties Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list After experiencing mixed results and a life of deprivation that seemed unsustainable at best she adopted 12 of her own wellness directives including eliminating sugar switching to all natural beauty products and getting in touch with her spiritual side to find out which lifestyle changes truly impacted her health for the better The Wellness Project is the insightful and hilarious result of that year of exploration part memoir and part health and wellness primer complete with 20 healthy recipes it s a must read not just for those suffering from autoimmune disease but for anyone looking for simple ways to improve their health without sacrificing life s pleasures The Industrial Food Complex Joellen McCarty, 2019-07-15 As of 2015 one in three people worked in agriculture globally With agriculture contributing only 3 percent of the global GDP it is challenging for those workers to earn a living wage Concerns are levied against companies in the food industry with questions raised about their ethics and their treatment of workers livestock and the environment The massive scale of the industry makes regulation difficult but under regulation can result in public health crises The diverse viewpoints in this volume explore the controversies challenges and solutions involved in providing food in

our world today La fuente de la longevidad JOHN MACKEY/ALONA PULDE/MATTHEW LEDERMAN,2019-02-28 Comprueba el poder de una dieta natural y prolonga la vida que te mereces Un novedoso programa alimenticio que captura la ciencia de los alimentos naturales y pone freno a los padecimientos cr nicos para que vivas m s y mejor En este libro John Mackey fundador de la exitosa cadena de alimentos org nicos Whole Foods Market nos comparte su filosof a a trav s de un revolucionario programa nutricional basado 100% en alimentos naturales 90% de plantas y 10% de productos animales que mejor su vida y mejorar la tuya para siempre Junto a Mackey los doctores Alona Pulde y Matthew Lederman especialistas en revertir ciertas enfermedades como c ncer diabetes y obesidad mediante la nutrici n y medicina de estilo de vida complementan este plan que te dir c mo vivir m s a os en perfectas condiciones En parte gracias a su perspectiva tica y sustentable La fuente de la longevidad est inspirando a miles de personas en el mundo a renovar sus h bitos y a poner un alto al consumo de alimentos procesados y a la ingesta desenfrenada de carne que tanto han deteriorado su salud y la del planeta

Bienestar total Phoebe Lapine, 2018-04-20 Una gu a inteligente y divertida para sanar nuestro cuerpo sin renunciar a los placeres de la vida Escrita con humor y franqueza Bienestar total es la gu a definitiva para recuperar el control de tu salud y ser feliz sin grandes sacrificios Tras ser diagnosticada con una enfermedad autoinmune a los 22 a os Phoebe Lapine realiz un cambio en su estilo de vida cada mes a lo largo de un a o hasta descubrir los que impactaban de forma positiva su salud dejar el az car moderar sus antojos mejorar su postura El resultado de esa traves a es Bienestar total un libro divertido y honesto con m s de 100 consejos pr cticos y 22 sencillas recetas para desintoxicar tu cuerpo mejorar tu digesti n sanar tu piel tener m s energ a y mantener un equilibrio hormonal No importa si te enfrentas a un trastorno autoinmune a un desorden tiroideo o a padecimientos cr nicos como la diabetes incluso si s lo deseas una vida m s balanceada y saludable este libro es la qua que necesitas para iniciar el viaje hacia tu propia sanaci n y bienestar City Limits Megan Kimble, 2024-04-02 An eye opening investigation into how our ever expanding urban highways accelerated inequality and fractured communities and a call for a more just sustainable path forward Megan Kimble manages to turn a book about transportation and infrastructure into a fascinating human drama Michael Harriot New York Times bestselling author of Black AF History Every major American city has a highway tearing through its center Seventy years ago planners sold these highways as progress essential to our future prosperity The automobile promised freedom and highways were going to take us there Instead they divided cities displaced people from their homes chained us to our cars and locked us into a high emissions future And the more highways we built the worse traffic got Nowhere is this more visible than in Texas In Houston Dallas and Austin residents and activists are fighting against massive multi billion dollar highway expansions that will claim thousands of homes and businesses entrenching segregation and sprawl In City Limits journalist Megan Kimble weaves together the origins of urban highways with the stories of ordinary people impacted by our failed transportation system In Austin hundreds of families will lose child care if a preschool is demolished to expand Interstate 35 In Houston a young Black woman will lose her brand new home to a new lane on Interstate 10 just blocks away from where a seventy four year old nurse lost her home in the 1960s when that same highway was built And in Dallas an urban planner has improbably found himself at the center of a national conversation about highway removal What if instead of building our aging roads wider and higher we removed those highways altogether It s been done before first in San Francisco and more recently in Rochester where Kimble traces how highway removal has brought new life to a divided city With propulsive storytelling and ground level reporting City Limits exposes the enormous social and environmental costs wrought by our allegiance to a life of increasing speed and dispersion and brings to light the people who are fighting for a more sustainable connected future

The Year Unprocessed Megan Kimble,2013

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