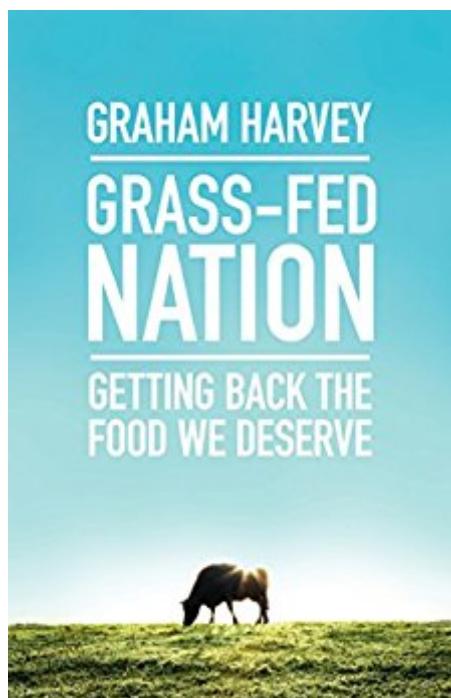


The book was found

Grass-Fed Nation: Getting Back The Food We Deserve



Synopsis

For years weâ™ve been told that traditional foods are unhealthy because of their saturated fat content. In place of grass-fed meat, grass-fed dairy products, and eggs from hens running on pasture, we now mostly eat grain-fed meat and processed factory foods â“ and weâ™ve witnessed an epidemic of disease, from type-2 diabetes to heart disease and cancer. Modern agriculture has locked us into an unhealthy, vicious circle, with degraded foods pouring from an overstretched, impoverished landscape. Thereâ™s a simple remedy: the grass-fed movement. We can make sure that the meat, dairy foods and eggs we buy come from animals grazing on or running in pasture, as they always used to. This will also put life back into our soils and wildlife back onto our farmland. Graham Harvey, agricultural advisor to BBC Radio 4â™s *The Archers*, lays out all the arguments for grass-fed food â“ why itâ™s good for us, and why itâ™s good for the planet.

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Customer Reviews

I loved it, but primarily because it says things I would like to believe. I have long regretted animals

disappearing from farms and reappearing in putrid feed lots and industrial sheds. I would love to go back 60 or 70 years to the bucolic farms I remember as a boy with grazing animals of all sorts, horses, chickens, pigs, cows, sheep, and goats, wandering the sweet-smelling meadows shared with bees, butterflies, and fresh breezes. Regrettably, the book does not present a scientifically based case for the human health benefits of grass-fed over grain-fed meat and dairy. Rather than being a deficiency of the author's, I suspect it more reflects a regrettable deficiency of such research though I am sure there is more available than was presented here. The next book of Harvey's I so badly want to read will say, "YES, grass-fed meat and dairy are integral parts of the healthiest possible diet for people, i.e. food grown directly on healthy soils ... and here's the research to prove it." Still an inspiring read and I'm glad it's part of my library.

A outstanding sequel to Harvey's earlier book, "The Carbon Fields". It further exposes the harms induced on us and the planet perpetrated by the adverse influences of chemical fertilizers and the planting of annual crops such as grains and Soy, robbing us of the foods we deserve.

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