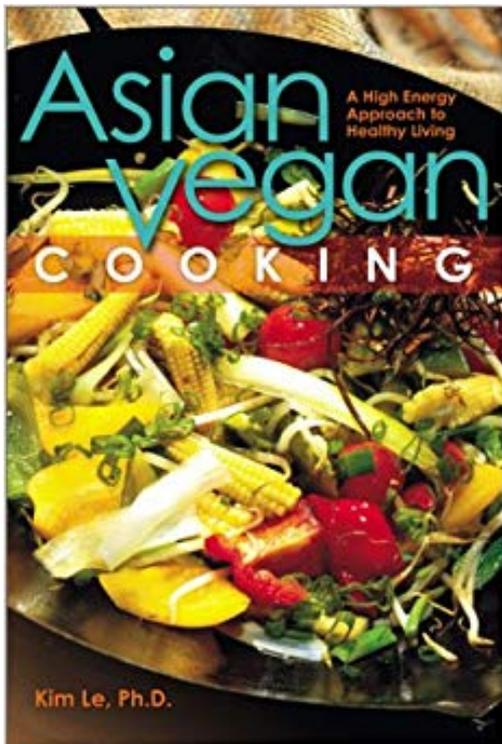


Asian Vegan Cooking: A High-Energy Approach to Healthy Living *by* Kim Le



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ISBN: 1402706278

ISBN13: 978-1402706271

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Book title: Asian Vegan Cooking: A High-Energy Approach to Healthy Living

Pages: 262 pages

Publisher: Sterling (May 1, 2003)

Language: English

Category: Regional & International

Size PDF version: 1813 kb

Size ePUB version: 1462 kb

Size DJVU version: 1463 kb

Other formats: mbr docx lrf lrf

Switching to a diet of Asian-inspired vegan foods can lead to a healthier, more balanced lifestyle. It's easy to make the transition with these more than 150 delicious, simple recipes and sample menus for every meal from renowned healer, Dr. Kim Le. Le debunks myths about vegetarianism, and explains exactly why these vegetables increase alertness, reduce physical toxicity, support emotional stability, and aid sleep. Most important, these dishes sound wonderfully tempting: Banana Nut or Blueberry Oatmeal Muffins; Lotus Seed and Tofu Soup (excellent for the heart); Eggless Egg Rolls; Bean Sprout Salad, topped with fresh strawberries; Stir-Fried Soba Noodles; and Asparagus and Shitake Mushroom Splendor. Plus, there are teas and smoothies, and desserts too. Added self-help treatments cover asthma, cancer, allergies, joint problems, and diabetes.



Reviews of the **Asian Vegan Cooking: A High-Energy**

Approach to Healthy Living *by* Kim Le

Mala

I bought this book at a half price bookstore and paid more for it than here on Amazon. There is a lot of good information and simple recipes in this book. She mentions a friend who she advised to eat brown rice and sesame seeds because of a serious cancer diagnosis and recovered. Not sure what else she ate but seems advice wrong Dr. Le help her heal. This way of eating is very much like microbotics which has an asian influence and also heals some people with cancer if they are willing to change their lifestyles. I believe food is medicine so I know I will enjoy this book.

Carrot

In general, I'm not a person who believes in "Asian" food. Try food from Thailand, Canton, Mongolia, and Korea, and tell me those are the same. However, it's not the cuisine that Dr. Le is referring to as "Asian," but the diet. This is a guide to eating and cooking for a particular Chinese diet which has spread to various other Asian countries, including Thailand and Viet Nam. In addition to abstention from all animal products (including eggs and dairy), this diet avoids or eschews tobacco, onions, garlic, and two other similar "pungent spices." (Dr. Le lists chives, shallots, and leeks, and does not mention tobacco for cooking.) So that's what the "Asian" part of the title is all about.

This is the only English book I know of dealing with this "Asian" veganism. American veganism tends to be all about garlic-worship. If you're into this, or one of those sattvic diets from which the Hare Krsnas take their cue, this is the only vegan cookbook I know of that isn't dominated by the "pungent spices."

The recipes are good, but quite simple. For someone switching from eating brisket and quiche to garlic-free veganism, the book is ideal. Experienced vegans will likely find the introductory section (one third of the book) well-trodden ground, and experienced vegan cooks who don't particularly care about the garlic- or onion-content of their dishes won't find the recipes exciting or new (which is not to say that they're not good).

In addition to those who have a particular interest in "Asian" veganism, the book will be interesting to those who are curious about veganism from another cultural standpoint - the author was born and raised in Viet Nam, and this has decidedly influenced her view of her diet.

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