

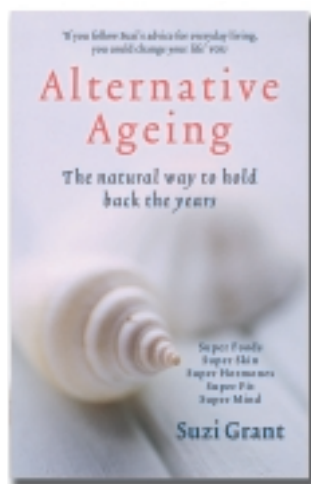


What Have You Read Lately?

Book Reviews

What have you read lately?

You can tell so much about a person by the books they read.....



Alternative Ageing

Suzi Grant

ISBN

978-0-718-14846-1

£12.99

This is a book for all those who wish to age gracefully and avoid the blue rinse!

Suzi Grant is one of the UK's leading nutritionists who now in her fifties, has shared her experiences and research on the latest breakthroughs on natural ageing techniques. Her practical 12 simple steps are fun and inspirational as she translates the science into an easy plan.

she looks at Super agers, hormones, foods, drinks, supplements, fats, anti-ageing diet, your body, skin, fitness, with tips on living your life to the full.

According to Suzi, "The secret to healthy ageing isn't surgery, but the food we put into our bodies, some fantastic non-surgical procedures, the lifestyle we lead, and the attitude we have to life"

So for those who wish to avoid the blue rinse and sensible shoes, who want to grow old gracefully, youthfully and disgracefully, I urge you to read this inspirational book.



Animal, Vegetable, Miracle. Our year of seasonal eating by Barbara Kingsolver. - Barbara Kingsolver ISBN 978-0-571-23356-4 £16.99

The idea that for 12 months you only eat what you either grow yourself or purchase locally is very topical, and great for debating.

Barbara Kingsolver's reasons for doing it were straightforward, – an experiment that would cut out "food miles" and hidden unwanted additives from their meals, whilst at the same time they would be supporting the local community.

As a wannabe vegetable grower, I read this book, expecting a month by month directory of what to plant and how to look after the crop. This is not however, what the book is about.

What you get is an entertaining and educational account of the family life as they throw themselves wholeheartedly into the experiment. They are each allowed one "sin" (such as coffee) that they cannot survive without, but other than that – the book is an account of their adventures as they grow, rear or locally source all their dietary requirements.

Barbara's descriptive style of writing draws you into their world – she skillfully conjures up vivid images of the farm, the vegetables and the animals that they rear. You begin to feel part of the family. Her holiday in Tuscany sounds so idyllic that you long to go there and experience it for yourself.

As the growing season moves into harvest time, the kitchen becomes the main focus of family life, as family, friends and neighbours work together in a frenzy to dry, bottle, cook, butcher and freeze enough to keep them supplied throughout the "hungry months." They also have to get to grips with the sex life of turkeys – which is the miracle part of the book title.

Scattered amongst the chapters are statistics on industrial farming techniques and American agricultural policies that are quite astounding. America exports 1.1 million tons of potatoes, whilst at the same time importing 1.4 million tons!

The book is complemented by recipes, and a website www.animalvegetablemiracle.com The website contains abundant links to related sites for you to investigate and learn more for yourself.

This book will make you nostalgic for a past era, and will inspire you to at least think a little more about where your food comes from, and what chemicals it has been treated with to get it to you.