



Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity

By Kevin Gianni

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Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity By Kevin Gianni

“Four years ago, when I was something of a YouTube health celebrity, I was on top of the world [and] . . . the diet pyramid. I ate the cleanest, most nutritious diet on the planet (or so I thought). A raw-food vegan diet . . . not only pure in its contents but also pure in its intention. With this type of diet, you eat straight from the earth, only as nature intended. I ate kale salad, raw nut butters, goji berries, raw chocolate, and dehydrated flax crackers. I drank green smoothies, green juice, wheatgrass, and hemp milk. I even tried a fruitarian diet . . . I thought about food from the moment I woke up until the second I fell asleep . . . I was an addict in search of the purest dope: raw, vegan, organic food . . . I was headed down a path of self-destruction. So it's not surprising that, like any hardcore addict, I eventually hit rock bottom.”

So begins the saga of health blogger Kevin Gianni and his wife, Annmarie, as they travel the world to learn as much as they can about health and nutrition. Along the way they meet unlikely people in unlikely places as Kevin seeks an answer to his burning question: What—and how much—should we eat?

Gianni's lighthearted debunking of the hype and nonsense surrounding much of the health and nutrition world today should be encouraging to anyone who's ever tried a fad diet and failed. *Kale and Coffee* is packed with research—delivered in Gianni's warm and humorous voice—but the aim throughout is to empower you to create the diet and lifestyle best suited to you alone.

Kale and Coffee offers practical tips for wellness, from testing your body—and pantry—for toxic metals to selecting the healthiest coffee, wines, and green drinks to consume. And don't miss the Kale and Coffee 21-Day Jumpstart to

launch you on your own journey of transformation.

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Editorial Review

Review

“Fantastic! One of the most entertaining health books I’ve ever read.”

—Sara Gottfried, M.D., *New York Times* best-selling author of *The Hormone Cure*

“This is *The Omnivore's Dilemma* for anyone on a diet. This book takes you on a journey that explores why so much of what we think we know about diet is epically wrong—and then shares exactly what we need to do to really be healthy—how to eat right, feel energized, and never feel guilty about our food and lifestyle choices again.”

—Nick Ortner, *New York Times* best-selling author of *The Tapping Solution*

“*Kale and Coffee* isn’t a typical health book—and that’s a good thing. Think Michael Pollan meets Bill Bryson with a dash of Jon Stewart, and that will tell you how illuminating and enjoyable this book is to read. In fact, once I started I had a hard time putting it down. When was the last time you said that about a health book?”

—Chris Kresser, *New York Times* best-selling author of *Your Personal Paleo Code*

“Kevin has graciously and articulately shared his ongoing health journey. His ability to sift through all types of health philosophies, protocols, and diets and come up with fresh, interesting conclusions—with a ton of humor and no bias—will help you determine what’s going to improve your personal health. It’s rare to read a health book that is both helpful and incredibly entertaining.”

—Alan Christianson, NMD, *New York Times* best-selling author of *The Adrenal Reset Diet*

About the Author

Kevin Gianni started researching natural healthcare therapies and prevention in 2002, when he was struck with the realization that cancer ran deep in his family and if he didn’t change the way he was living, he might well go down the same path. Since then, he has experimented with a wide range of diets and medical protocols in his quest to separate myth from reality. Along the way, he has written hundreds of articles and six self-published books on natural health, diet, and fitness, and has produced more than 900 YouTube videos, garnering over 10 million views to date. He continues to travel the world searching for the best methods, foods, medicines, and clinics to introduce to readers of his blogs, Renegade Health (www.RenegadeHealth.com) and www.KevinGianni.com. One of the most widely read natural health blogs on the Internet, Renegade Health draws hundreds of thousands of visitors a month from 150 countries.

Kevin Gianni is also the co-founder with his wife, Annmarie, of Annmarie Skin Care, a line of natural organic beauty products.

Users Review

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Louise Wax:

Book is written, printed, or illustrated for everything. You can understand everything you want by a guide. Book has a different type. As you may know that book is important issue to bring us around the world. Close to that you can your reading expertise was fluently. A book Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity will make you to become smarter. You can feel far more confidence if you can know about anything. But some of you think in which open or reading some sort of book make you bored. It is not make you fun. Why they may be thought like that? Have you looking for best book or suitable book with you?

Daniel Miller:

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George Pinard:

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Alexander Goodman:

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