



Just as Al Gore Calls for Sustainable Living with his “Inconvenient Truth,” The Book “Soul-Full Eating” Provides Answers One Plate at a Time

If you've seen Al Gore's movie "An Inconvenient Truth," read his book, or even just resonate with his message, you're probably wondering how you can do your part to save the planet and protect the future for generations to come. Maureen Whitehouse's new book "Soul-Full Eating" (www.soulfulleating.com) delivers some immediate solutions to us, as she explains how the choices you make at meal-time can be more conscious and environmentally sound.

(PRWEB) March 20, 2007 -- It's easy to feel overwhelmed at the thought of responding to Al Gore's call for action in his eloquent book and movie, "An Inconvenient Truth." OK, we need to live in a more sustainable way in order to curb global warming. But what the heck does "sustainability" mean anyway?

"What people like Al Gore are talking about is the ability of human beings to stay alive on planet earth, today and in the future," notes "Soul-Full Eating" author Maureen Whitehouse. "Human demands take their toll on the planet and affect what it can give back. Our excessive demands also change the earth, with effects like global warming. But we can begin to make better daily choices, ones that will have less damaging or even positive effects."

With her new book "Soul-Full Eating," Maureen Whitehouse explains how our consumption of food can become more conscious -- allowing us to help heal the planet through the way we eat. "Better choices resonate within each of us on what I call 'a Soul level,' and they help us feel more connected. Feeling more connected to others, we make better choices more often. It's a positive cycle that builds."

Whitehouse notes that the steps that make a difference can start out small. For instance, you could begin to buy foods as close to their natural form as possible, foods which require less labor and energy to produce and use less packaging. You might choose an apple over a candy bar. You might choose to drink water over a can of soda. You could choose to avoid genetically engineered foods. Etc.

A virtual encyclopedia on how to eat well, "Soul-Full Eating" (www.soulfulleating.com) covers everything from how to learn to eat Soul-fully, to how and why to eat organic locally-grown foods whenever possible, to why raw, enzyme-rich foods are essential to include in your diet, to plenty of nutrition basics, plus a primer on the best food plans available today. The author originally researched nutrition because of a desire to stay thin and healthy as a high fashion model, and she has never stopped. Her depth of knowledge and level of consciousness make the read insightful, fun, delicious, and helpful to the planet.

"I'd like to offer people hope," said Whitehouse. "To deliver the news that there are simple things you can do to affect global change for the better. Yes, responding to Al Gore's call to action can start as simply as choosing different foods to put on your plate. And you can learn to make better choices more easily when you know how to eat in a way that resonates with your Soul."

To learn more about the book "Soul-Full Eating" and about making a difference, go to www.soulfulleating.com. Purchase this eye-opening book at bookstores, www.Amazon.com or www.soulfulleating.com.

About the Book:

Title: "Soul-Full Eating: A (Delicious!) Path to Higher Consciousness"

Author: Maureen Whitehouse

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