

# [Ali M. Shapiro] The Roots of Going Green: Your Fork Your Power

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### Synopsis Books:

The U.S. industrial food system is the largest contributor to green house gases in the United States. And it's polluting more than just our environment. It's crippling our health-care system and national security. Yet the term "sustainable," and what consumers assume are its aliases-natural, local, and organic, is being used in an unsustainable way. Health Coach and author Ali Shapiro traveled to Sweden this summer with the University of Pennsylvania to study The Natural Step, an internationally recognized scientific framework that helps evaluate what decisions we make as companies and consumers are truly Green, versus a marketing gimmick. She emerged from the experience with a desire to write a quick and easy-to-read book filled with practical suggestions for the everyday concerned consumer. Attesting to its efficacy, the University of Pennsylvania recently adopted the book for use in their curriculum. In Ali's book, you'll discover: \* The connection between what you eat and its affect on the U.S. health-care and national security \* Five simple recommendations and strategies to eat more Green \* Which food brands to support \* Resources to support you in this transition \* A scientific yet understandable framework to judge all green claims so no more companies can pull a PR fast one on you!

### Tags

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