

***Plant Power* by Ian K. Smith, M.D.**

This book promises that those who follow its simple 4-week plan will “flip your plate, change your weight.” Smith makes it clear why it’s so very hard to eat and stay healthy in our modern over-processed world. Although I haven’t yet found the willpower to implement all the changes he suggests, I do find myself evaluating my plate of food to see if I am coming close, at least, to the right balance of vegetables, protein, and carbs. Thirty interesting recipes make up Chapter 9, “Plant Power Recipes.” Also intriguing are the lists in Chapter 10 of “Plant Power Snacks.” Try these strategies to find more energy, improve your health, and (incidentally) take better care of our planet.