



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

By Kevin Gianni

 Download

 Read Online

**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.

 [Download Kale and Coffee: A Renegade's Guide to Health, H ...pdf](#)

 [Read Online Kale and Coffee: A Renegade's Guide to Health, ...pdf](#)

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

By Kevin Gianni

**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.

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

- Sales Rank: #509760 in Books
- Published on: 2015-07-21
- Released on: 2015-07-21
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 1.00" w x 6.30" l, .0 pounds

- Binding: Hardcover
- 248 pages

 [Download Kale and Coffee: A Renegade's Guide to Health, H...pdf](#)

 [Read Online Kale and Coffee: A Renegade's Guide to Health, ...pdf](#)

## Download and Read Free Online Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity By Kevin Gianni

---

### 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](http://www.RenegadeHealth.com)) and [www.KevinGianni.com](http://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

### From reader reviews:

#### Edward Phillips:

The book Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity make one feel enjoy for your spare time. You may use to make your capable a lot more increase. Book can to become your best friend when you getting anxiety or having big problem with the subject. If you can make looking at a book Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity being your habit, you can get much more advantages, like add your current capable, increase your knowledge about a few or all subjects. You could know everything if you like start and read a guide Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity. Kinds of book are a lot of. It means that, science book or encyclopedia or other individuals. So , how do you think about this reserve?

#### Keri Yokum:

Now a day those who Living in the era where everything reachable by interact with the internet and the resources included can be true or not require people to be aware of each info they get. How a lot more to be smart in obtaining any information nowadays? Of course the answer is reading a book. Reading a book can help people out of this uncertainty Information mainly this Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity book because book offers you rich info and knowledge. Of course the information in this book hundred % guarantees there is no doubt in it you know.

#### Harold Felix:

Beside this particular Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity in your phone, it could give you a way to get more close to the new knowledge or information. The information and the knowledge you are going to got here is fresh through the oven so don't always be worry if you feel like an previous people live in narrow village. It is good thing to have Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity because this book offers to you readable information. Do you occasionally have book but you seldom get what it's all about. Oh come on, that will not happen if you have this inside your hand. The Enjoyable agreement here cannot be questionable, including treasuring beautiful island. Techniques you still want to miss it? Find this book in addition to read it from at this point!

#### Kevin Lemon:

Do you like reading a reserve? Confuse to looking for your favorite book? Or your book was rare? Why so many problem for the book? But virtually any people feel that they enjoy with regard to reading. Some people likes examining, not only science book and also novel and Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity or perhaps others sources were given expertise for you. After you know how the fantastic a book, you feel want to read more and more. Science guide was created for teacher as well as students especially. Those ebooks are helping them to bring their knowledge. In various other case, beside science publication, any other book likes Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity to make your spare time considerably more colorful. Many types of book like this.

**Download and Read Online Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity By Kevin Gianni  
#HO0YD8WLNKR**

## **Read Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity By Kevin Gianni for online ebook**

Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity By Kevin Gianni Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity By Kevin Gianni books to read online.

### **Online Kale and Coffee: A Renegade's Guide to Health, Happiness, and Longevity By Kevin Gianni ebook PDF download**

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

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

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