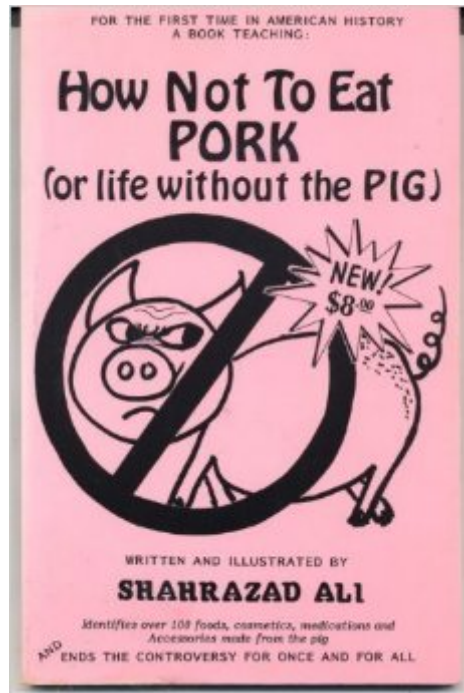


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# How Not To Eat Pork (or Life Without The Pig)



## Synopsis

How Not to Eat Pork, or Life without the Pig. Paperback version.

## Book Information

Paperback: 88 pages

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Average Customer Review: 2.7 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #1,384,982 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Nutrition > Food Additives](#) #9072 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #267900 in [Books > Textbooks](#)

## Customer Reviews

I don't know how many copies of this book i've handed out...and bar none, everyone i gave one to stopped eating pork, and report very favorable health and attitude changes. I'm Muslim, so i already was pork free. before i converted, another person gave me this book, therefore, i was pork phobic years earlier. i pay the favor forward to all my Christian and non-religious friends. As time has gone on, i'm meeting more people who have already come to the same conclusion.the first chapter alone is enough to make you question the need for pork. it sounds exaggerated, but the writer simply expresses herself in a way that makes the poison of the meat apparent. later on she gets into the various religious texts and their quotes of not eating pork, and gives tips on how to break the addiction to the taste and how to find pork based ingredients in foods, cosmetics, etc.Like sugar, 'the new white meat' is everywhere.for those who want to boost their commitment to being pork free, read this. if you want to help others to quit, copy the first chapter and give it to them. During the 2-3 decades since this has been written, there are many more online and more scientifically written sources to verify what the writer says. the writer's style is not the most eloquent and is a bit dated. but eloquence often hides facts needed to understand fully of what is being imparted. she's in your face and conversational, which has more impact on the 'regular guy' who doesn't usually read scientific journals. when it was written, pork was eaten by nearly everyone. today, millions of people have caught up to the dangers of pork eating...this book is a nostalgic argument that is an

interesting change of pace.

This book makes an excellent case of proving that the hog is simply not fit for human consumption. It also shows the folly of mankind in that this filthy swine has been made into products that permeate every aspect of our culture. It has become almost impossible for the sensible person to avoid pork and pork products. I have done some independent research and found that most of her facts are true. Even though some scientists argue that most hogs are not infested with the trichinae worm, do you really want to take that chance? Besides, there are many other hazards associated with the raising, slaughter and eating of this scavenger. What I really like is the incredibly humorous manner in which Ms. Ali makes her case. A hearty laugh is good medicine and this book is chock full of laughs. It's likely that the only people who don't find this book funny are those die-hard pork eaters.

I don't see how her interviews on Dr. Drew has anything to do with the content within this book. Not only does she provide reasons from a religious perspective but from a health perspective as well.

This book really breaks down everyeverything about pork. And its not thick its straight to the point,

Shahrazad, Ali "tells it like it is," in a very informative and humorous way. She leaves it up to the reader to make the choices but she gives the reader the "whole nine yards," on the consequences if the right choices aren't made! A must read for those trying to lead a well-being lifestyle.

Kind of raggity.

great

This book is very enlighting and good reference book for any Moslem.

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