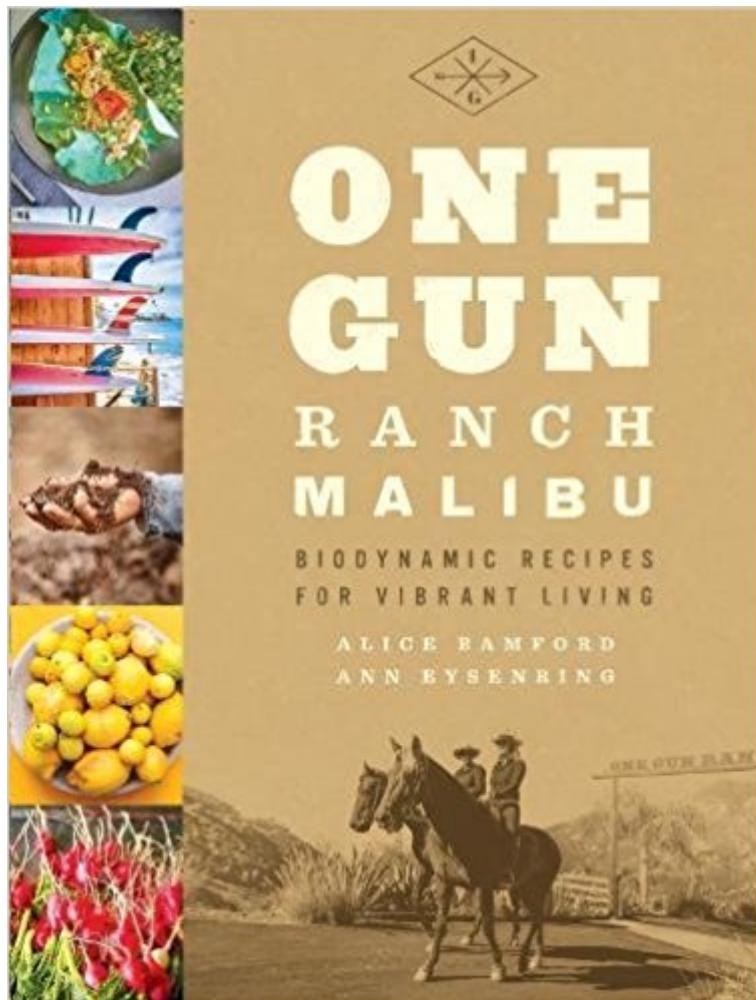




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One Gun Ranch, Malibu: Biodynamic Recipes For Vibrant Living



Synopsis

Inspired by one of Malibu's most beautiful and innovative farms, One Gun Ranch, this book will help empower readers to totally reshape their life, with easy, approachable ways to reinvent the way they eat, exercise, and rejuvenate their minds and bodies. This book will change your life forever. With easy, approachable steps, One Gun Ranch will have you eating better, exercising with more pleasure, and feeling healthier in just weeks. Inspired by the beautiful setting and seasons of Malibu, this is a diet that will give you actionable steps for choosing the healthiest foods for you and the planet, growing your own vegetables (even if you live in an apartment), establishing a fun, energizing exercise routine, and embracing a holistic approach to improving your mind and body. Authors Alice Bamford and Ann Eysenring, have perfected the biodynamic lifestyle at their farm One Gun Ranch, a paradise of verdant green vegetables, running dogs and horses, perched high above the Pacific Ocean. With thoughtful, careful growing, they have created a dreamland of delicious, healthy food with an approach that goes beyond just organic, to grow, plant, and harvest one's food based on the cycles of the moon and the natural elements, resulting in the healthiest and tastiest food possible. For many generations leading farmers around the world have been practicing these same principles, but they have never quite reached the mainstream. Now, thanks to the easy-to-use and approachable style of this book, anyone will be able to take these same ideas and apply it to their own garden and diet. They will also learn about how to exercise, meditate, and shape their diet along the principles of a biodynamic life. This book will bring the biodynamic lifestyle into the mainstream.

Book Information

Hardcover: 352 pages

Publisher: Regan Arts.; 1 edition (April 4, 2017)

Language: English

ISBN-10: 1941393527

ISBN-13: 978-1941393529

Product Dimensions: 7.5 x 2 x 10 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 10 customer reviews

Best Sellers Rank: #64,826 in Books (See Top 100 in Books) #27 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #45 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic #89 in Books > Health, Fitness & Dieting > Diets & Weight Loss >

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Customer Reviews

"An enthusiastic, provocative ideal of southern California living." — Booklist

Alice Bamford is a film producer, healthy living advocate, and farmer. Ann Eysenring is a leading real estate strategist and biodynamic farmer. Together they own One Gun Ranch in Malibu, California.

This organic cookbook is like no other! It's the perfect mix of delicious recipes and ways to incorporate superfood into daily eats, work-outs and tips for healthy living, and interesting stories and pictures from the beautiful One Gun Ranch in Malibu Canyon. I was blown away by all the beautiful pictures inside and have even ordered a second copy for my mom as a gift now. I also can't believe how low the price was!

Well put together with beautiful photos!! I loved learning how everything has importance and how I can give back. I didn't even know the effect of the moon and how it plays a part! Food was astonishing. I'm happier and healthier in more ways than one and it wasn't too difficult to do! All around wellness that I did not expect from a cookbook. Thank you for such a refreshing guide book to what it truly means to live a powerful life!

The most beautiful book I have in my library. Amazing recipes and insight into clean living from the soil up. Alice and Ann are a dynamic duo and they did an incredible job. I love the design and paper as well. Very special. Love it and am giving it to all friends for mother's and father's day.

If you're looking for inspiration in the kitchen or a re-boost for summer, this is the PERFECT book for you. I'm in love with the recipes. You truly can't beat the beet brownies!!!

BEST Guidebook/Cookbook I've seen in YEARS!!! OMG LOVE this! You are what you eat and this book makes it easy, simple and yummy! Jump started my love of biodynamic and living healthy! Thank you!

Absolutely LOVE this. Full of amazing recipes and tips for healthy living. I bought a copy for my mom and for a few girlfriends. The book is very applicable to all! I highly recommend.

Great book. The recipes are amazing. Try pesto and carrots!!!

The book came in "new" condition, no problem there. I Perused it, but haven't had time to really get into it yet. It looks good, has recipes, which is why I ordered it, so I'm anxious to spend some time there. I think I'll be glad I got it ;)

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