

# alicia's foodfor thought

With her new book *The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet*, actress, activist and environmentalist **Alicia Silverstone** takes on her most important role yet: **Truth-teller**.

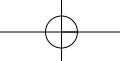
Amidst an animated stream-of-consciousness discourse on food, Alicia Silverstone suddenly pauses to collect her thoughts. "I get very passionate about anything that I'm working on," she explains apologetically. "I really love working, and I have a lot of missions." Silverstone's latest mission is *The Kind Diet* (Rodale Books), a vegan cookbook and lifestyle guide that she hopes will inspire people to become their best selves.

A culmination of 11 years of kitchen experimentation, Silverstone's *Kind Diet* recipes range from playful vegan treats to macrobiotic dishes with specific healing purposes. But all her recipes are united by deep nourishment, which Silverstone asserts can bring transcendental benefits. In addition to weight loss, Silverstone promises *The Kind Diet* will boost energy, enhance well-being and reverse the aging process.

On a more esoteric level, she hints *The Kind Diet* helps fine-tune intuition and strengthen the mind-body connection. As if that weren't enough, kind eating also ends animal suffering and saves the environment.

Living proof of her diet's results, Silverstone is earnest, open and friendly. She bubbles with enthusiasm over her chocolate peanut butter cups and overflows with love of cooking vegan dishes for family and friends. She shares foods' "magical" properties with the exuberance of a child who's bursting at the seams to reveal a secret. Silverstone attributes her positive vibes to veganism, a lifestyle change she proclaims is "the single best decision I've ever made in my life."

But don't let her sunny exterior fool you. When it comes to food, Silverstone is also a scholar – quoting vegetarian viewpoints from Einstein and Gandhi, reciting foods'



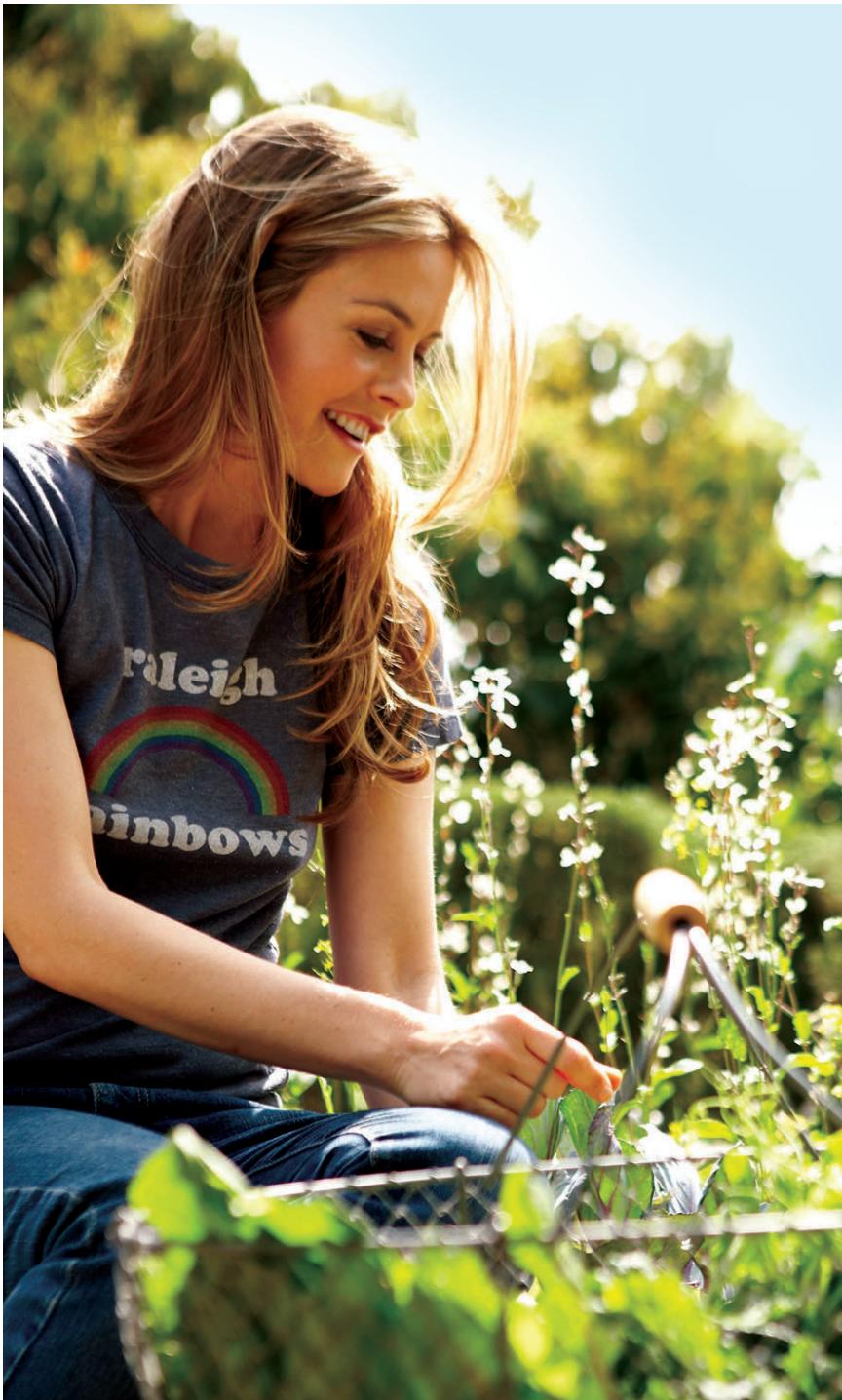
alicia silverstone

# the kind diet

A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet

PREFACE BY  
SIR PAUL McCARTNEY  
FOREWORD BY  
NEAL D. BARNARD, MD





vitamin and mineral content and reeling off stats on meat's environmental impact. Caught up in a moment of passion, she wells up with indignation: "I don't even think people are being nourished," she laments. "There are a lot of forces at work trying to keep us asleep, and it's disturbing to me that the truth about food isn't widely available."

Silverstone aims to be the truth-teller that awakens Americans to reality, reminding us that food is inexorably tied to our physical, emotional and spiritual well-being – as well as the health of our planet and all other life forms that inhabit it.

Of course, the jump to veganism is daunting, even more so when the fate of the world is at stake. That's why Silverstone,

a self-proclaimed "foodie," emphasizes *The Kind Diet*'s deliciousness while gently persuading with humor and girl-next-door charm. "My favorite concept is that it's not all or nothing," she points out. "You don't have to become a vegan to feel better and save the planet . . . it would be the best choice, but even just starting to understand *The Kind Diet*'s principles can help, too."

*Rx Complement* sat down with Alicia Silverstone to discuss *The Kind Diet* and how her labor of love may help to enlighten minds and change the world for good.

**RxC: What is your mission with *The Kind Diet*?**

**ALICIA SILVERSTONE:** I want to give people the tools to be the healthiest and happiest they can be – to feel amazing. And I want them to feel like it's easy and delicious. You don't have to sacrifice pleasure. It just takes a little bit of effort, and ultimately you can feel so much better, look your best and be kind to the planet all at the same time. There's this beautiful toolbox that I was lucky enough to come upon, and I've practiced with it for a long time. I just want to share it so people can make good choices for themselves and feel the magic, because there's so much magic and beauty in being truly nourished.

**RxC: Can you elaborate on the "magic" of this lifestyle?**

**AS:** I call it magic because it's so easy and I absolutely know for a fact that it works. All the "kind" foods are magical, but some are specially-endowed foods that can really boost your immune system and heal your organs; foods like Umeboshi plums, miso, and greens. Every one of the *Kind Diet* dishes is incredibly nutrient-rich; they're made with kind foods that serve a purpose in your body. Seaweed is another one, it's so high in calcium and minerals, it makes your skin and eyes radiant and glowing . . . it's powerful!

**RxC: How does *The Kind Diet* make you feel?**

**AS:** When you start to remove the nasty foods from your life and incorporate kind foods, all this tightness melts away from your body. Your heart softens and you become more in tune . . . it's like the universe is tapping right into you, and you feel yourself rooted on this planet. Eating kind foods opens you up; you start to be able to listen to your body and have this dialogue with yourself. Suddenly there you are, knowing exactly what you want or need about everything in life.



## alicia silverstone's mixed berry cheesecake

SERVES 8

- 3/4 cup Earth Balance™ butter**
- 2 cups graham cracker crumbs (see Note)**
- 1 (12-ounce) package silken tofu**
- 1 cup nondairy cream cheese**
- 1 tablespoon safflower oil**
- 1/4 cup maple syrup plus an additional 1 to 2 teaspoons if using a fresh fruit topping**
- 1/4 cup soy milk**
- 2 teaspoons arrowroot**
- 1 teaspoon vanilla extract**
- 1/2 teaspoon lemon or orange extract (optional)**
- Fresh mixed berries for topping (or frozen mixed berries, thawed)**

Preheat the oven to 350°F. Oil an 8" or 9" springform pan. Melt the butter in a small saucepan. Turn off the heat, and stir in the graham cracker crumbs. Press the crumb mixture into the bottom and slightly up the sides of the prepared pan, and bake for 5 minutes. Let cool on a baking rack. Combine the tofu, cream cheese, oil, 1/4 cup syrup, milk, arrowroot, vanilla extract, and citrus extract (if using) in a blender or food processor and process until smooth. Pour the mixture into the graham cracker crust, and smooth the top with a spatula. Bake the cheesecake for 45 minutes to 1 hour. Let the cheesecake cool to room temperature. If using fresh berries, toss them with 1 to 2 teaspoons syrup to create a slightly glazed effect. Top the cheesecake with the berries, and chill until you're ready to serve.

**RxC:** You say this way of eating also helps to "release your true self." What does this mean?

**AS:** When you can hear yourself better, eventually you get closer to your truth. The answers will be in your heart, where there is an intuitive sense about the next steps in your life. All of that comes from a foundation of eating well. When you have toxic gunk clogging every part of your system, you don't get to enjoy this life the same way. When you're in touch with your true self, you're actually in a nourishing mode where everything is working to support you. You have so much more time and energy. It feels like you're born again. You feel free and you start to get younger instead of aging. I feel younger now than I ever have.

**RxC:** It seems you're only half-joking when you say "Superhero" eating will make you levitate...

**AS:** When I'm eating Superhero day after day, my eyes are gleaming white, my skin is radiant and I feel like I can do anything. I'm giddy and happy for no reason. I'm productive and focused. If I go off the Superhero diet, I can always self-correct. One meal of eating properly and literally you feel completely different. It's like a practical joke to me; it amazes me every time.

**Note:** To make graham cracker crumbs, place graham cracker squares in a sealed plastic bag and smash with a rolling pin, or grind graham cracker squares in a food processor. You'll need 12 to 13 graham cracker squares to make 2 cups graham cracker crumbs.

**RxC: Can you discuss the food-environment connection?**

**AS:** Let's say you're an environmentalist, so you are conscious of what you use and mindful of not using a lot of water. You should then also understand that one steak requires the water equivalent of six months of showering to produce. So with this information, maybe instead of having steak once a week, you'll have it once a month. Maybe you'll go all the way to vegan, maybe you won't. But I really want people to feel like every choice they make matters, because it does.

**RxC: What is your favorite *Kind Diet* indulgence?**

**AS:** I indulge in life! I'm incredibly passionate about this life. I'm so excited and honored and grateful to be here. I indulge in all the beauty the universe provides, and so much of it revolves around food. I really enjoy the art of food and the art of nourishing yourself. It's creating, it's fun to do with people that you love, and that's beautiful. If I'm being playfully naughty, I may indulge in my coffee fudge brownies, peanut butter cups, mixed berry cheesecake or maple roasted Jerusalem artichoke lotus root dish . . . it's so delicious, it's like candy!

**RxC: How do you define yourself?**

**AS:** I think I'm just a creative person and I'm finding my creativity in many different places. I feel deeply compelled to share and teach. I think my purpose is to be a truth-teller. I do that in my acting, in my life, as a good friend and as a good partner. With *The Kind Diet*, I let people have the truth and they will do with it what is meant to be done. Of course I would love to have everyone be the happiest they can be, that's my goal. But I'm not trying to change anyone or impose anything. I am trying to gently excite them and awaken their senses that there is another way that works – I promise it from the bottom of my heart.

**RxC: Where else are you finding your creativity these days?**

**AS:** I have created these girly cosmetics bags called ecotools™, made with hemp, vegetable dyes, recycled metals, recycled plastics and bamboo. They are beautiful, inexpensive and really good for the planet – you can find them at major retailers. I'm also doing a play called *Time Stands Still* in January in New York.

**RxC: What have you taken away from this chapter of your life?**

**AS:** It's so profoundly deep to me that the things that make you well and reduce suffering and help the planet are all rooted in the same place. Mother Nature knew what she was doing. I have also come to realize that we're at a critical

**three levels of kindness**

Based on her own stage-by-stage progression to veganism, Silverstone offers three *Kind Diet* approaches and encourages readers to choose what feels right for them:

**1 FLIRTING:** Sticking your toe in the pool of *The Kind Diet*. Staying open to new food ideas without feeling any pressure to commit.

**2 VEGAN:** For experienced Flirts and those who are ready to dedicate themselves to a plant-based diet.

**3 SUPERHERO:** Emphasizes macrobiotic principles including whole grains, organic vegetables and sea vegetables. Superhero eating will make you levitate. (Well, almost.)

tipping point, but I believe that tipping point is for good. Energy is soaring for every conscious-minded person that wakes up and gets healthy. This movement is really catching on quickly. We absolutely have an opportunity to change things, if nothing else, just for yourself to live happier on this planet while you're here. Rx

{ For bonus interview content, including Alicia's vegan Chocolate Peanut Butter Cups recipe, visit [www.vibrantlifepublishing.com](http://www.vibrantlifepublishing.com). }