



Love, Peace and Vegetables

Recipes for Conscious Living

By Marcela Benson, M.A.

A Spiritual Inspiration, Meditation on and Guide to the Wonder of Live Food Cuisine

Marcela Benson's Unique Coffee-Table Style Book Offers Both Mouthwatering AND Soul Delight

ABOUT THE BOOK

Trying to categorize Marcela Benson's *Love, Peace and Vegetables* is nigh unto impossible...you could think of it as a beautiful coffee-table book filled with imaginative uplifting and eye-popping art. It's even reminiscent of the botanical treatises of the 19th century with loving graphic renderings of plants and vegetables. You might consider it a spiritual meditation and inspirational guide. Maybe it's a poetry book with its many lovely verses. Perhaps you might see it as a manifesto for the live food lifestyle and eating completely clean of all disempowering influences, with all the instructions on food preparation that implies. But mostly, there are the scrumptious, mouthwatering, astonishing recipes for filling your table with simple, but gourmet live food cuisine.

Marcela Benson's amazing Love, Peace and Vegetables is all of those things!

Subtitled Recipes for Conscious Living, *Love, Peace and Vegetables* is meant to replenish your soul, not just your body!

This remarkable book celebrates the spiritual connection between what we put into our bodies and our spiritual essence in the highest, most blissful way.

Love, Peace and Vegetables is the result of Marcela's journey to realization, beginning as a child in Buenos Aires, Argentina. With a mashup of Syrian and Israeli Jewish parentage, and the South American cosmopolitan upbringing of Buenos Aires, she was the embodiment of cross-cultural influences, embracing ritual, family and culture of all. But her family history and habits also marked her for something darker—obesity. *At the age of twenty-five*, she stood on a scale that showed her the terrible truth – she weighed 258 pounds!

As she recalls, "In that moment, I knew I had to choose between a life of obesity and illness or one of health and wellness. I knew I had to seek out wise teachers to show me how to break out of the patterns that had destroyed the health of so many of my family members. Luckily, I firmly believed I had the power to change my life and I chose to make drastic life-altering changes."

Love, Peace and Vegetables assembles what she learned, so that she can share and pass it along to the world. Embracing a spiritual approach to conscious living and total immersion into the Live Food Lifestyle, Marcela is an elegant ambassador for the life she espouses.

This incredible book, filled with arresting art, poetry, spiritual inspiration, pristine eating food prep instruction never before assembled in one place, gorgeous photography of luscious dishes worthy of Gourmet Magazine, and hundreds of yummy recipes that will entice the pallet—is a one-of-a-kind labor of love. And it is a guidebook for self-love and a manual for adding more love into the world.

And when it specifically celebrates the food itself, *Love, Peace and Vegetables* offers:

- Instruction on cleaning, soaking and sprouting
- The secret natural ingredients that subtly influence the power of our food
- Inspirational and health-restoring meal plan menus
- Menus for Parties with Purpose

And, of course, recipes that cover:

- Liquids of all kinds
- Nut patés, spreads and rollups
- Soups, salads, wraps and sushi
- Hearty live fun foods (including rawvioli, pizzas and burgers!)
- Cooked vegan recipes
- Breads, chips and crackers
- Butter, cheese, jams and condiments
- Scrumptious live foods desserts

Marcela Benson's *Love, Peace and Vegetables: Recipes for Conscious Living* is a feast for the eyes, palette and the soul. It is available from Infinite Light Publishing, Amazon, and all major bookstores.



TITLE: Love, Peace and Vegetables: Recipes for Conscious Living

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MARCELA BENSON BIOGRAPHY

Marcela Tobal Benson, M.A. is a Spiritual Nutrition Counselor based in Miami Beach, Florida. As one of the world's leading teachers in the conscious eating movement, Marcela has been instrumental in carrying the knowledge to an international audience, inspiring nutrition revolutions across the globe. Marcela studied under Gabriel Cousens, M.D., M.D (H), D.D at Cousens School of Holistic Wellness, where she graduated with mastery in Spiritual Nutrition, specializing in spiritual fasting and healing diabetes naturally.

Marcela holds an M.A. in Vegan and Live Food Nutrition from the University of Integrated Science California. She has a background in Ayurvedic science, Amazonian herbalism, crystal, zero-point energy healing, Chinese tonic herbalism, bio-resonance, biofeedback, and frequencies for harmonization and holistic wellness. Marcela holds a certificate of Ordination from the Essene Order of Light of the School of Melchizadek. She is certified as a Quantum Reflex Analysis Practitioner and completed a "Heal the Healers" intensive with Premier Research Labs. Professor David Wagner, the creator, and founder of Tachyon Technologies, personally mentored Marcela as a therapist. In addition, she is qualified as a trainer and teaches workshops in pain management, emotional release, and pain body release to aspiring practitioners.

Marcela was the Coordinator and Principal Teacher of Tree of Life Miami and South America and is the only graduate teacher in the region. Her healing recipes have appeared in a number of bestselling health and wellness books, both in Spanish and English — including the second edition of *There Is A Cure For Diabetes* by Gabriel Cousens, M.D., M.D(H), D.D., and *Nutricion Inteligente* by Sacha Barrios, which sold 26,000 copies in six months.

Marcela is the author of ***Love, Peace & Vegetables: Recipes for Conscious Living***. This Magnus opus holds more than 18 years of research in the field of body, mind, spirit and vegan nutrition. She brings this knowledge together as an exquisitely designed book that includes lifestyle advice, inspiration, affirmations, tips, menus, over 150 Live-Food, Vegan recipes, original art, and color pictures. Marcela teaches us how to structure water and our kitchen for holistic health and the power behind these upgrades. The book is an inspiration that will guide the reader to create delicious, healthy, and balanced meals that can heal us and change our lives for the better. Her book is a celebration of compassion, love, and peace.

Marcela is a passionate poet, mystic, and alchemist in the kitchen. She is the mother of two amazing grownups and a spiritual mother to many of her students. With more than 22 years in professional practice, students praise her passion, devotion, and encyclopedic knowledge, as well as her willingness to teach from her own life experiences.

ON AIR INTRODUCTION

Marcela Benson, M.A. Is a Spiritual Nutrition Counselor, Essene Priestess, and author based in Miami Beach, Florida. She is a healer, passionate poet, avid student and spiritual teacher.

She has been trained by Dr. Gabriel Cousens, MD., at his School of Holistic Wellness in Arizona, where she graduated with a Mastery in Vegan Live Food Nutrition, specializing in spiritual fasting and recovering from diabetes naturally.

She has studied superfood nutrition, Ayurvedic science, Chinese tonic herbalism, Amazonian herbalism, zero-point energy healing, healing with gems and stones, and application of bio-resonance, biofeedback, and frequencies for harmonization at some of the top institutes in the world.

Her mission is to help the world evolve into a new way of living & eating.

Her Magnus opus coffee table book, ***Love, Peace & Vegetables: Recipes for Conscious Living*** was created as an inspirational guide to bring health, spirituality, positivity, and compassion to your home. This Magnus opus holds more than 18 years of research in the field of body, mind, spirit and vegan nutrition. She brings this knowledge together as an exquisitely designed book that includes lifestyle advice, inspiration, affirmations, tips, menus, over 150 Live-Food, Vegan recipes, original art, and color pictures. For more information and recipes, visit <https://marcela.love>

Marcela is here today to offer some delicious information from ***Love, Peace & Vegetables***.

QUESTIONS FOR MARCELA BENSON

1. Tell us your story...how and why you became a leading expert in live food cuisine
2. What is your intention for Peace, Love, and Vegetables?
3. What makes this different from other recipe books?
4. Tell us about all the unique art in the book? And the poetry?
5. Most people like the concept of cooking their food, why should they be receptive to eating live food cuisine?
6. You've elevated this a level that's worthy of a 3-star Michelin chef or a Bon Appetit magazine. Where do you get inspiration for your recipes?
7. What's your favorite recipe in the book?
8. If somebody was getting started in this lifestyle, which new foods or habits will be a simple way to start?
9. What are some tips you can offer about food prep?
10. What are some of your favorite snacks?
11. What are some of your main courses?
12. What about desserts that don't have sugar or ... in them?
13. What specific cutlery, kitchenware or appliances are essential for live food cuisine?
14. Water is a key theme...talk about why this is essential and what people need to know?
15. What message would you like to share with the world through your book?
16. What should someone do with this book?
17. Is there anything that you have been studying that is not in your book?
18. What is your number one recommendation for someone who want to upgrade their life?
19. Do you have any recommendation for taking care of yourself in the hard times we are living today?

6 ONE-WORD ANSWER QUESTIONS

1. Favorite fruit?
2. Favorite recipe in the book?
3. Favorite herb?
4. Essential oil?
5. What is your favorite cheat food?
6. If there is one thing everyone needs to buy right now, what is it?

