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Warwick's Cooking Club Event!

Alicia Silverstone

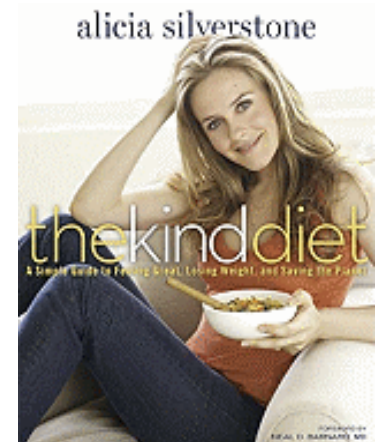
The Kind Diet

Thursday, October 29, 2009

6:00 pm

Dinner, Speaking & Signing
at *Isabel's Cantina*

966 Felspar St., Pacific Beach 92109



In *The Kind Diet*, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth digestion. She explains how meat, fish, milk, and cheese--the very foods we've been taught to regard as the cornerstone of good nutrition--are actually the culprits behind escalating rates of disease "and" the cause of dire, potentially permanent damage to our ecology.

Yet going meat- and dairy-free doesn't mean suffering deprivation; to the contrary, *The Kind Diet* introduces irresistibly delicious food that satisfies on every level--it even includes amazing desserts to keep the most stubborn sweet tooth happy. Alicia also addresses the nutritional concerns faced by many who are new to a plant-based diet, and shows how to cover every nutritional base, from protein to calcium and beyond. Whether your goal is to drop a few pounds, boost your energy and metabolism, or simply save the world, Alicia provides the encouragement, the information, and the tools you need to make the transition to a plant-based diet deliciously empowering.

For only \$85* (Warwick's Cooking Club members pay only \$70) you will experience an evening of *The Kind Diet*. Event includes dinner (appetizer, entree and dessert), complimentary wine, speaking & signing, and of course we wouldn't want you to go home without a signed copy of Alicia's cookbook. If you wish to come as a couple and share one book, you may purchase one additional dinner for \$55 (Warwick's Cooking Club members can purchase one additional guest ticket for \$50).