

# Tomatoland

The Ultimate Pet Health Guide Tomatoland Gary Richter, MS, DVM Barry Estabrook  
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as a holistic veterinarian and scientist dr gary richter helps dog and cat owners to navigate the thicket of treatment options and separate the fact from the fiction he wants us to use what actually works not just what western science or alternative medicine say should work this multifaceted approach to health is known as integrative medicine dr richter examines traditional medicine from many cultures alongside modern medical techniques describing the best of complementary care and the best of conventional veterinary medicine every treatment he recommends has the backing of scientific research or years of successful outcomes in his clinical practice after explaining the treatment he offers specific recommendations for an integrative approach to common diseases including allergies skin conditions diabetes heart disease and cancer a holistic approach to health includes nutrition as it sets up the foundation for your pet s health dr richter cuts through the hype in the pet food world and explains how to choose the best commercial foods and supplements and even includes both raw and cooked dog and cat food recipes for general diet as well as to treat specific needs he also explains how we can use the right foods and supplements to hack the body s processes including the immune system

2012 iacp award winner in the food matters category supermarket produce sections bulging with a year round supply of perfectly round bright red orange tomatoes have become all but a national birthright but in tomatoland which is based on his james beard award winning article the price of tomatoes investigative food journalist barry estabrook reveals the huge human and environmental cost of the 5 billion fresh tomato industry fields are sprayed with more than one hundred different herbicides and pesticides tomatoes are picked hard and green and artificially gassed until their skins acquire a marketable hue modern plant breeding has tripled yields but has also produced fruits with dramatically reduced amounts of calcium vitamin a and vitamin c and tomatoes that have fourteen times more sodium than the tomatoes our parents enjoyed the relentless drive for low costs has fostered a thriving modern day slave trade in the united states how have we come to this point estabrook traces the supermarket tomato from its birthplace in the deserts of peru to the impoverished town of immokalee florida a k a the tomato capital of the united states he visits the laboratories of seedsmen trying to develop varieties that can withstand the rigors of agribusiness and still taste like a garden tomato and then moves on to commercial growers who operate on tens of thousands of acres and eventually to a hillside field in pennsylvania where he meets an obsessed farmer who produces delectable tomatoes for the nation s top restaurants throughout tomatoland estabrook presents a who s who cast of characters in the tomato industry the avuncular octogenarian whose conglomerate grows one out of every eight tomatoes eaten in the united states the ex marine who heads the group that dictates the size color and shape of every tomato shipped out of florida the u s attorney who has doggedly prosecuted human traffickers for the past decade and the guatemalan peasant who came north to earn money for his parents medical bills and found himself enslaved for two years tomatoland reads like a suspenseful whodunit as well as an exposé of today s agribusiness systems and the price we pay as a society when we take taste and thought out of our food purchases

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