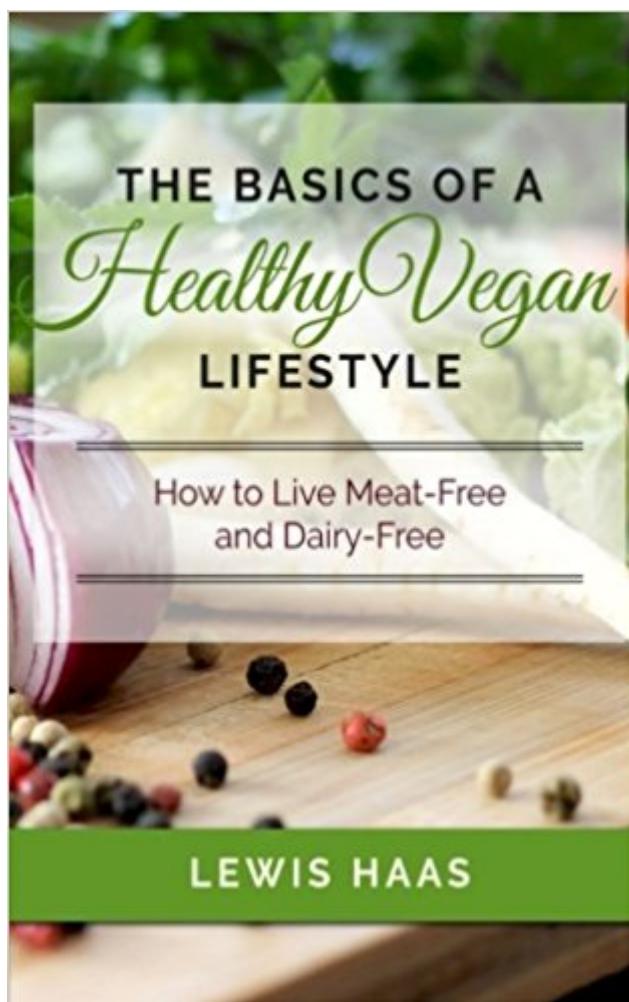


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# The Basics Of A Healthy Vegan Lifestyle: How To Live Meat-Free And Dairy-Free



## Synopsis

A Simple Guide for the Vegan BeginnerLearn how veganism can transform your life TODAY!Whether you're a vegan newbie, on-the-fence vegetarian, or simply curious about veganism, this book clarifies the brilliant simplicity and incredible benefits of a plant-based diet. "The Basics of a Healthy Vegan Lifestyle" shares the advantages of removing meat and dairy while still maintaining a healthy lifestyle."The Basics of Healthy Vegan Lifestyle" discusses issues such as:What makes veganism the best, most cost-effective lifestyleThe scientific proof of why veganism is the better optionHow to stay adequately nourished and healthy with veganismVegan nutrition myths debunked Best sources of nutrients such as protein, vitamin D, iron and vitamin B12Secrets of the vegan athletes for eating out and travelingVarious delicious, nutrient-rich, plant-based recipesAnd so much more!What Are You Waiting For? Give Veganism a Shot! Scroll Up and Click the Buy Button to Learn More TODAY!

## Book Information

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## Customer Reviews

Lewis Haas is a father of 3 girls and a freelance writer. He enjoys daily meditation, exercising and spending time with his family. Currently residing in Tampa, Florida, his favorite time of year is winter when he meditates in the great outdoors.

"The Basics of a Healthy Vegan Lifestyle" by Lewis Haas is packed with valuable advice on the vegan diet and variants like the flexitarian diet and the pescatarian diet. Flexitarians cut back on meat and fish consumption while pescatarians refrain from eating meat only. The mainstay of a

vegan diet is very much akin to the diet of hunter-gatherers. The basic food components are fruits, vegetables, seeds, nuts, legumes and water. Food experts can add chia and bok choy as superfood alternatives which date back centuries. The book has a good discussion on protein alternatives like peanut butter, lentils, tofu, whole grain bread, spinach, kale and broccoli. A book about diet would not be complete without a discussion of vitamin D. Vitamin D is critical for optimal immune system functioning -particularly during winters or rainy seasons with little sunlight. Physicians should test for the vitamin D levels in a standard blood chemistry; however, too many physicians omit this important immune system barometer. A vitamin D deficiency could be related to uncontrolled ebola viruses because these viruses thrive in environments with extensive rainy seasons and little sunlight. Herein are the potential benefits of vitamin D3 supplementation to correct vitamin D deficiencies due to a paucity of sunlight. The book has some excellent specialties cited like raw sunflower seed butter. In addition, there are ample recipes to whet the appetite with delicious and high nutrient foods. In addition, dieters need micronutrients like vitamins cu., zn, se, mg and others to complete the inventory of macronutrients and micronutrients. The vegetarian diet should assist with normalizing glucose, the A1C blood statistic and the C-reactive protein marker for non-specific internal inflammation. Overall, "The Basics of a Healthy Vegan Lifestyle" is a perfect gem for your library of health and wellness books.

As someone trying to eat more plant based food, I found this to be an author on a soapbox. No real recipes just a few menus. Waste of \$. If you really want to know, or care enough to know, all the different titles for the varying degrees of vegetarians, then this book is for you. If you want recipes, and a true starter path to eat more vegetarian, ask your vegan friends. That's what I did too late and got way better books to help me. This author spends far too much time venting on why we should not be wearing leather or wool products, eating honey (bee slavery) and so on. Not for me.

I decided to become a vegan about 6 months ago, due to trying to improve my overall health and skin. I have always been an avid meat eater, however after watching a friend successfully switch I decided to do the same. I must admit that the first few months were a novelty, finding new foods to try and new tastes that I'd hadn't experienced. However in recent months I have struggled with regular cravings and simply to find recipes and ideas that truly were tasty. I cam across this book while browsing and I haven't looked back since. It has really opened my mind to the endless possibilities of a vegan life style. The chapters on why become a vegan and vegan nutrition were really informative and further reinforced my decision to switch from meat and has given me

confidence once again that my decision to become a vegan was the right one. The book also has explanations on essential vitamins your body needs, clear easy to follow meal plans and even guidance on eating out. This book never leaves my side! If you are serious about a vegan lifestyle then this book is definitely for you.

This book is amazing. It has great tips for vegans and how to have a healthier life style. If you want to save animals, this is the book for you. It has great content that is easy to follow and you will see results in no time. After following the author's tips I feel a change in my diet already. I recommend buying this book and giving it a try.

This book was informative and enlightening on the subject of health and diet. The author encourages a slow pace to living a life as a vegan, which I totally agree with. He also makes it abundantly clear that we can optimize our health by eliminating animal products from our diet. A great read with great recipes to help you on the path of food options. Extremely informative. Highly recommend.

After reading this book, it is clear that this is not the case when using this book secret. You can easily use the information inside to have a healthy lifestyle that is sustainable for the long term. As someone that believes in fitness and a healthy lifestyle, I think that this type of long term planning is the only way to go.

I am a huge fan of the vegan lifestyle. I recently began buying vegan recipe books, but the majority of them are so bland and boring that I simply can not enjoy the foods I am making. My problem was that I never really took the time to understand the vegan lifestyle first, I simply just wanted to eat healthier. This book walks you through the process, and it is laid out in such a manner than anyone can easily follow along. I recommend this book to anyone considering the vegan lifestyle.

I wish I had read this before I became a vegan 2 months ago, I probably would have started this journey earlier in my life. The information is straight forward and easy to understand, the sample menus were budget friendly, simple yet delicious, but most importantly, his empathy and compassion to those starting the vegan lifestyle really shows through in his writing. Would highly recommend this to everyone.

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