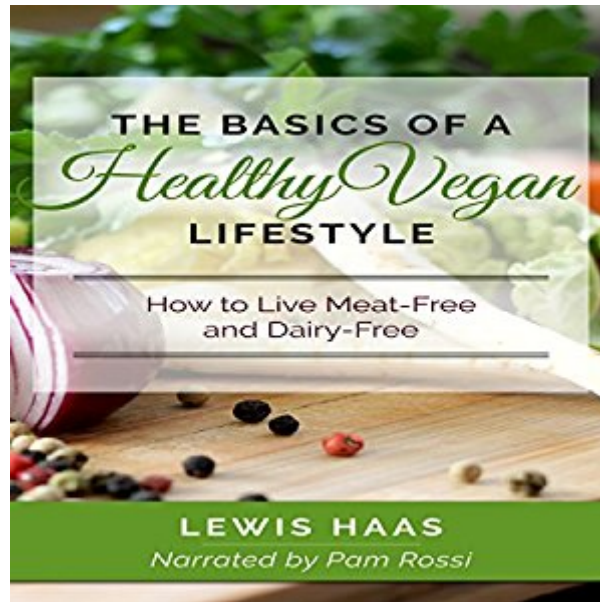


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# The Basics Of A Healthy Vegan Lifestyle: How To Live Meat-Free And Dairy-Free



## Synopsis

The vegan diet is not just another popular diet plan, and health enthusiasts are beginning to know why. This diet plan is helpful for those who wish to live a healthier life, lose weight, reduce risk of chronic disease, and much more. But one of the greatest reasons to become vegan is to put an end to the unethical slaughter of animals for human consumption.

## Book Information

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## Customer Reviews

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.

"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.

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 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 came 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.

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 have read several books for vegans, and this one is different. It contains information rarely found. For instance, there is a great chapter on advice on eating vegan when you are with others eating at a restaurant. Indian, Thai and middle eastern restaurants are suggested, and it is suggested that you tell the waiter of your lactose allergy. Great idea!

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The Basics of a Healthy Vegan Lifestyle: How to Live Meat-Free and Dairy-Free  
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