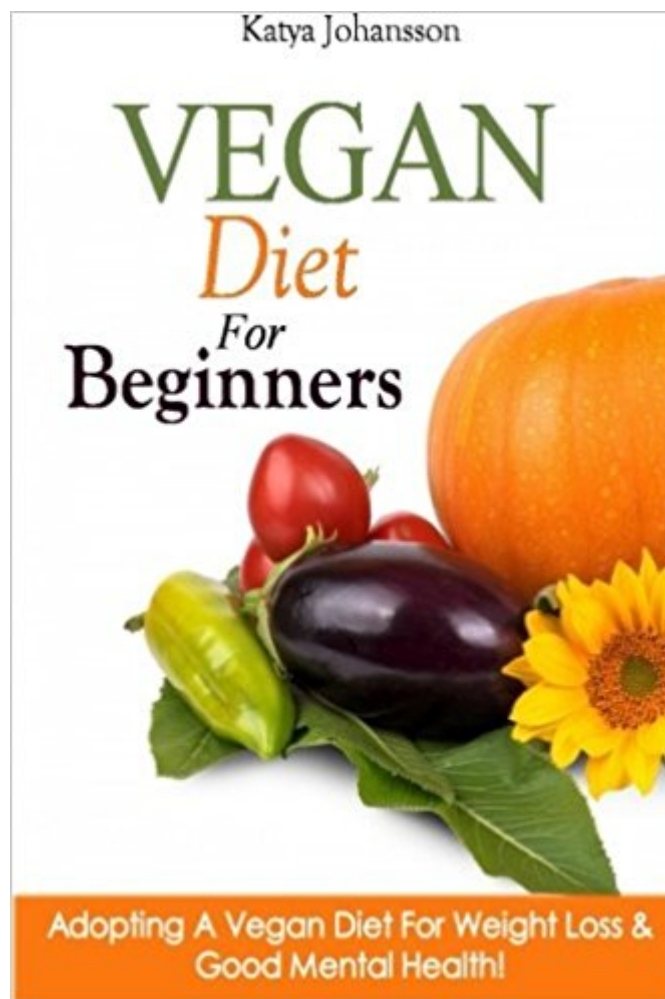




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# Vegan Diet For Beginners: Adopting A Vegan Diet For Weight Loss & Good Mental Health!



## Synopsis

What's A Vegan Diet? A vegan diet means that you eat no animal products containing dairy products. Eradicating what makes up the majority of foods used up in the typical American diet can be extremely overwhelming. My first suggestion is transition in steps and don't do it all at once. Take a slow start. Even if you're not involved in the vegan diet this book is a great addition to your collection due to the informative section about desires. Ever have those desires for something crispy, or sweet and salty for some chocolate? Well, these needs are described in detail and suggests a healthy alternative that recognizes the vitamin deficiency and the food that would address that desire. For instance, have an impulsive desire for chocolate? It means our body might actually be craving magnesium which can be found in seeds, nuts, fruit and Legumes. Are you craving for sweet or sugary foods? Then your body might require carbon, sulfur, phosphorus or chromium. These vitamins are found in fresh fruits and broccoli just to name a few.

**Why You Should Buy This Book** This book is the vital book for learning about the benefits of a vegan diet. It will helped you understand the science behind a vegan diet and showed to you that veganism was the way to go. The books explains in simple terms how a vegan diet is the sturdiest tool we have against disease and ailment. It is easy to read and will entirely change how you ponder about food. You'll be hooked by the Introduction where the book tells you that by simply changing your diet, you can completely avoid heart disease, diabetes, and obesity. It also reexamines the myth about protein and depicts how not only vegans are getting sufficient protein, but that eating a lot of protein actually promotes cancer. This book teaches you how to eat in order to make your health best and longevity, and tells why you haven't been educated proper diet before. The book lastly looks at the frightening truth as to why there is so much distortion about how we should be eating. This is a fantastic Vegan For Beginners Guide. Plain & Simple.

## Book Information

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## Customer Reviews

I liked it because it gave me a little more motivation to go vegan from being a lacto ovo vegetarian

I recommend this to anyone thinking of transitioning. Great starter kit and guide. This was inspiring and really helpful. Thank you

Good for beginners....feel better with this diet.

This book has got me interested on how to start a vegan diet. It explains here that vegan diet is one that consists of only plant-derived foods. The book provides a comprehensive guide to start this healthy lifestyle, having a recipe collection such as this one is really helpful, inspired and rich plates that are appetizing, is exactly the help I needed to get more used to the change. Vegan Diet for Beginners has a good balance of information, philosophy, practical advice and easy tips. It is a quick start informative guide to help us gravitate towards the path of a vegan lifestyle. I'm glad I bought this book and I will be referring to it again.

Thank you for this easy vegan read. I am already practicing this lifestyle and found it inspiring to keep on this path. However, it may not be ideal to sway meat-eaters, as suggested. It would be more effective if the author included more facts and less opinion. The grammar was a bit off, there were a few typos, and some points were repetitive, but it wasn't too difficult to understand. Otherwise I enjoyed this book and the information provided.

Poorly edited. This reads like the result of an afternoon spent googling the topic of vegetarianism and copying and pasting it into a word document. I don't know what I was expecting, but this wasn't it.

I found this book to be very informative and helpful. It made my choice of being vegan doable and a comfortable decision. I can refer to it readily by being on my Kindle.

This was a good read, short, sweet and right to the point. A someone who is considering veganism this was the perfect read without being too overwhelming. I would definitely recommend to others who are curious about a healthier life.

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