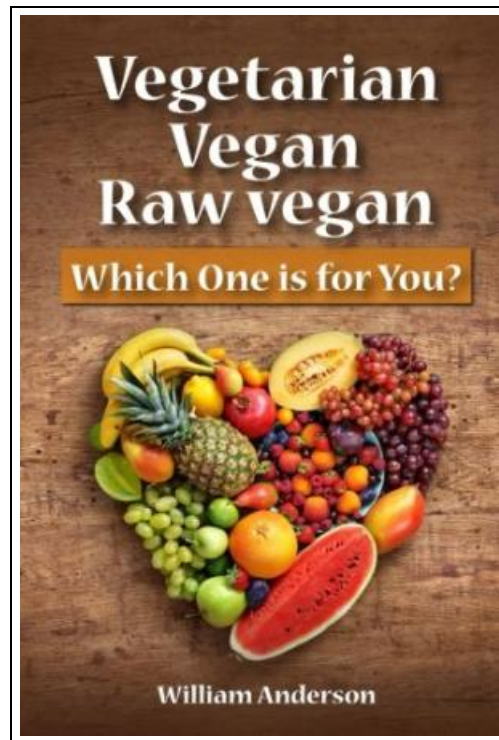


## Vegetarian, Vegan, Raw Vegan: Which One Is for You? (Paperback)



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### **Reviews**

*A brand new electronic book with a new standpoint. It is written in basic phrases rather than confusing. It has been designed in an extremely basic way which is merely right after I finished reading through this publication where it basically altered me, change the way I believe.*

*(Kitty Crooks)*

## VEGETARIAN, VEGAN, RAW VEGAN: WHICH ONE IS FOR YOU? (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Vegetarian, vegan and raw vegan diets have been considered to be the healthiest diets with many studies carried out outlining various unique benefits that can be derived from following the diets. The benefits attributed to vegetarianism range from prevention of chronic diseases such as cancer, diabetes, kidney issues, stroke and heart conditions to improved life span. As much as the diets may seem great, it's important that one understands the diet effectively well as not all the vegetables have the same level of nutrients that are required by the body to function effectively. The fact that raw vegans consume unprocessed and uncooked plant products also makes nutrient levels in the diets to differ. Nutrients like Vitamin B12, calcium, iron, vitamin D and such like are required by the body daily for proper functioning. One needs to understand how to ensure that their chosen vegetarian, vegan or raw vegan diet is nutritionally appropriate and meets with the body needs. Vegetarianism should not be viewed just as a diet but as a lifestyle and with that comes adjustments in habits and way of life that needs to be altered if one is to adopt the lifestyle effectively. This book has shared in detail all about vegetarian, vegan and raw vegan diet, the transitioning process and what one should do to ensure that they realize success through the process. There are numerous foods and alternatives that can substitute one's previous diet. However it's important that emphasis is given to healthy foods which consist of vegetables, whole grains, nuts, beans and legumes. It's also advisable that one commits to eating sufficient variety of foods so that any nutritional deficiency doesn't arise....



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