



## Vegan: Vegan Diet for Beginners: Easy Delicious Recipes and Diet Plan to Inceas (Paperback)

By Lee Douglas

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover Easy Delicious Vegan Recipes and Diet Plan To Increase Your Health and Energy! This is for those of you who have decided that your levels of health and energy may benefit from going vegan. There is enough scientific, factual and indisputable evidence - not to mention anecdotal success stories - to demonstrate to us that eating a diet of plant foods is good for us. Going Vegan is not about adopting one of the hundreds of diets that are out there. It is simply a 21st-century trend in taking personal responsibility for your own health, vitality, energy levels and overall wellness. It is simply a decision to go back to nature and choose living, nutritious and health-giving foods - as Mother Nature provides them to us. You can recreate natural health and wellness, virtually through food alone. I m not making this up. I m not just sharing my personal experience. The medical, scientific and academic communities have been studying the contribution of whole, fresh, natural fruit and vegetables, nuts and seeds to our body s health for decades....



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