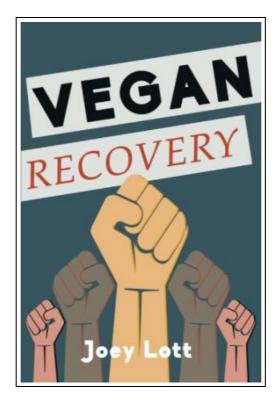
# Vegan Recovery: How to Ditch the Dogma That Has Misled You and Free Yourself to Be Healthy and Happy



Filesize: 2 MB

### Reviews

Extensive guideline! Its such a great go through. It is definitely basic but surprises in the 50 % of the pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Fernando Hahn)

# VEGAN RECOVERY: HOW TO DITCH THE DOGMA THAT HAS MISLED YOU AND FREE YOURSELF TO BE HEALTHY AND HAPPY



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Setting Straight the Vegan Propaganda, Once and For All! Are you a vegan who s considering eating animal foods again, but you re afraid of the consequences? After months or years or even decades on a vegan diet, you ve probably heard all the arguments: that animal products cause heart disease and osteoporosis, that animal agriculture is ruining the earth, that saturated fat will give you heart disease and meat will rot in your gut. But what if all those arguments were wrong? In his compelling new book, author Joey Lott goes through the arguments one by one, taking them apart at the roots. Everything from health to environmentalism to ethics is covered, and you ll be left wondering why the vegan movement ever gained traction in the first place. Learn What Humans Are Really Meant to Eat For hundreds of thousands of years, humans have relied on animals for food. In addition, there has never been a totally vegan society. So can it really be true that humans are not designed to eat meat, as so many vegan advocates claim? Lott examines this in depth, revealing the truth about what humans are designed to eat. Hint: we re not actually herbivores, which is why you don t see many people-vegan or not-standing outside, chewing on grass all day! Take Your Part in the Cycle of Life After 17 years as a vegan, Lott knows all about the fear, shame, and guilt that can go along with wanting to quit being vegan. But having come out the other side, wiser and healthier, he shares his perspectives on life and what it really means to do no harm. With...



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