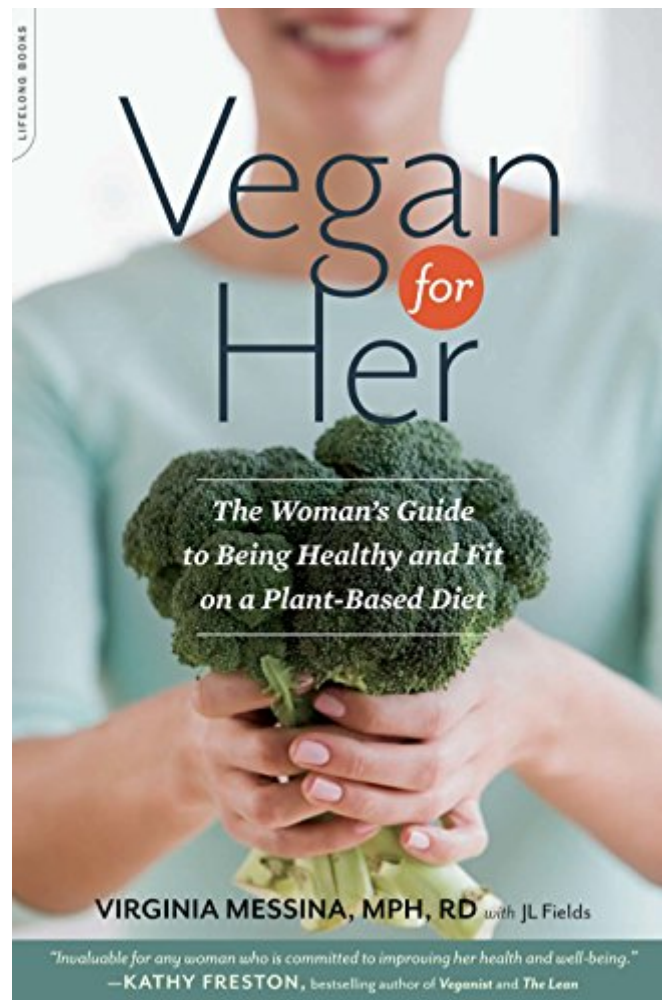




The book was found

Vegan For Her: The Woman's Guide To Being Healthy And Fit On A Plant-Based Diet



Synopsis

Vegan for Her, a blueprint for optimal health and wellness at any age, will show you how to: lower your risk for breast cancer and heart disease; manage conditions like arthritis and migraines; diminish PMs and cramps; build strong bones for life; enhance fertility; make an easy transition to a vegan diet; and incorporate principles of both fashion and compassion into your home and wardrobe.

Book Information

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Customer Reviews

This is the book I have been looking for. The information is balanced and practical. It makes becoming vegan simple, without ignoring some of the challenges that might be encountered along the way. I particularly appreciated the nod to healthy body image and a healthy relationship with food, all within a framework of compassion - for ourselves and for animals. I found this book to be both positive and useful, which I think can be tricky. Thank you to the authors for a wonderful vegan foundation!

When I became vegan a few months ago, I bought a bunch of books, and the most useful of all of them -- from a nutrition standpoint -- was *Vegan for Life: Everything You Need to Know to Be*

Healthy and Fit on a Plant-Based Diet. That book was incredibly helpful for me in terms of understanding how to make sure that I met my nutritional needs. When I saw that Virginia Messina, one of the co-authors of *_Vegan for Life_*, had this new book out, I was really curious about it, but wasn't sure if it would have enough new information to warrant purchasing it. I asked a reviewer about it in the comments section of his review, and took his advice to order it. I'm very glad I did! Virginia Messina is the primary author, but JL Fields contributed the recipes and the chapter called "Veganism beyond the Plate" to it. In the introduction, Messina explains that this book discusses "how to eat to lower your risk of breast cancer, diabetes, and heart disease; manage hunger and eat intuitively; protect your skin and brain as you get older; boost your mood; and deal with PMS, cramps, infertility, and painful conditions like arthritis and migraine headaches." The book also includes chapters on being a vegan athlete and finding your "happy weight" naturally through intuitive eating and a vegan diet. If you're new to a vegan lifestyle, the first section opens with information about how to transition into it. Even though I've been eating this way for a few months, I still picked up new tips. Also, I found it interesting that Messina mentions that she previously worked for Dr. Neal Bernard's Physicians Committee for Responsible Medicine (PCRM). The PCRM group has a free program called the "21-Day Kickstart" that helps you make the transition to vegan eating by offering meal plans and daily emails with motivational tips. Whereas the Kickstart program encourages you to go vegan all at once, Messina offers the suggestion of transitioning more slowly to a vegan lifestyle in this book, which I find to be more helpful. (Dr. Bernard's book *21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health* is a good book to check out if you're interested in the program, but you can do the whole thing for free.) Unlike Dr. Joel Fuhrman's program in *Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss, Revised Edition*, Messina also encourages her readers to eat whole grains and oils in moderation. Messina and Fields have also set up a free forum for vegan women. I've only taken a quick glance at the nascent site, but it looks like it'll be a great resource once it gets more traffic and visitors. I also really liked JL Fields' chapter on how to pick out vegan-friendly shoes, clothes, and beauty products. She explained a few concepts, like what the logos mean on bottles, that were really helpful, and gives a list of vegan-friendly brands like Abba and Aubrey. If you already own *_Vegan for Life_*, you probably don't need this book since VFL covers similar information, but if, like me, you're interesting in learning as much as possible about a vegan diet and how it specifically affects women, I'd definitely recommend adding this book to your library since it complements VFL so nicely. If you don't own either and are trying to choose between them, I'd say to go with this one since it covers a lot of similar information as *_Vegan for Life_*, with,

obviously, more information that is focused on women's unique nutritional needs.

I am so in love with this book. I read it front to back and learned so much that I'm starting over again to reread it a second time. I want to buy a digital copy as well so I can bookmark my favorite pages and have access to them. I'm already planning to give my sister a copy, and I would strongly recommend it to vegans of all ages. Unless you're a vegan nutritionist already, you're bound to find useful information and ideas in this book.

This book is well written with a lot of useful information for new and long time vegan women. I was familiar with most of the information after reading Vegan for Life, but this did have some nice info just for women.

I've been vegan for 14 years, and this is the first book on vegan nutrition I found that back up its claims with sound science. I usually read books then get rid of them, but this will sit on my shelf forever. I plan to get copies for all my friends who are vegan or thinking of becoming vegan.

Excellent book to get your started on your way to veganism! I got both this and Vegan for Life. I would hands down choose this one alone, has all the information of Vegan for Life and then some.

This is a really great source of information for anyone who is interested in expanding their knowledge on following a plant-based diet. This covers being a vegan woman throughout your entire life span. I am more encouraged than ever to be vegan!

Very informative book, love it.

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