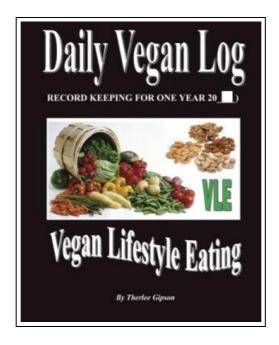
Daily Vegan Log: Vegan Lifestyle Eating



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(Lucile Morissette)

DAILY VEGAN LOG: VEGAN LIFESTYLE EATING



Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand ******. Veganismis the practice of abstaining from the use ofanimal products, particularly in diet, as well as an associated philosophy that rejects thecommoditystatus ofsentientanimals. A follower of Veganism is known as aVegan. Distinctions are sometimes made between different categories of Veganism. Dietary Vegans(or strictVegetarians) refrain from consuming animal products, not only meat and fish but, in contrast toovo-lacto Vegetarians, also eggs, dairy products and other animal-derived substances. The termethical Veganis often applied to those who not only follow a Vegan diet, but extend the Vegan philosophy into other areas of their lives, and oppose the use of animals or animal products for any purpose. Another term used isenvironmental Veganism, which refers to the rejection of animal products on the premise that the harvesting or industrial farming of animals is environmentally damaging andunsustainable. Beware of Red Meat. Red meat is our biggest diet contributor of excess protein and saturated fat levels No one argues that less fat in our diet is healthier, or that saturated fats are the most harmful. Knowing this, livestock growers and butchers have made some changes for the better. Red meat are acid forming in the body; when red meat is cooked too well done, chemical compounds are created that are capable of causing many diseases. Most of us eat more meat than we really need. A 100 gram serving of meat is the size of a deck of cards. Red meat is significantly harder to digest than plant foods. Meat digestion requires more oxygen in the bloodstream. Watch Chinese food, because It has the potential of raising blood sugar level in diabetics. Stay away from smoking and other bad habits; they only make matters worse. Of...



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