



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

By Joey Lott

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...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**