

The Vegan Sourcebook Joanne Stepaniak

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The Vegan Sourcebook Joanne Stepaniak

Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. A follower of the diet or the philosophy is known as a vegan (/ ' v i: g ə n / VEE-gən). Distinctions may be made between several categories of veganism. Dietary vegans (or strict vegetarians) refrain from consuming animal ...

Veganism - Wikipedia

Veganism involves observing a vegan diet—which is a diet that includes no animals or animal products of any kind. It can extend to an entire lifestyle that precludes animal products from all aspects of life. Besides food, vegans may also choose to avoid clothes that utilise products such as leather and fur, cosmetics that have been tested on animals, and blood sports such as bullfighting and ...

List of vegans - Wikipedia

9. Take vitamin B12 —about 10 mcgs a day, or 2000 mcgs once per week. I'd like to think this would be pretty obvious by now, but there are some lingering vegan authorities who seem to underplay the B-12 issue or even deny it altogether. Even "The China Study" makes B12 seem like small potatoes, when T. Colin Campbell writes: "If you do not eat any animal products for three years or ...

For Vegans | Denise Minger

Veganismus ist eine aus dem Vegetarismus hervorgegangene Einstellung sowie Lebens- und Ernährungsweise. Vegan lebende Menschen meiden entweder alle Nahrungsmittel tierischen Ursprungs, oder sie lehnen generell die Verwertung tierischer Produkte und Ausbeutung der Tiere ab. Ethisch motivierte Veganer achten zumeist auch bei Kleidung und anderen Waren darauf, dass diese frei von Tierprodukten ...

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Veganismus - Wikipedia

7 steps to becoming vegetarian or simply eating less meat. Those are really great tips. Especially the planning! It took me about 15 years to become vegetarian (15 years from the moment that I first had the thought that I wanted to do so), and then only one month after that to become vegan.

7 Steps to Eating Less Meat Now - No Meat Athlete

El veganismo (del inglés veganism) [a] es la práctica que rechaza el uso y consumo de todos los productos de origen animal. A quien practica el veganismo se le llama vegano o vegana. [1] El término «veganismo» fue acuñado en 1944 por Donald Watson, con el objetivo de definir el vegetarianismo que excluye todos los alimentos derivados de animales por razones éticas distinguiéndolo del ...

Veganismo - Wikipedia, la enciclopedia libre

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