

Go Vegan! Review of the Science

A Comprehensive Guide to the Benefits of a Plant-Based Diet



Go Vegan? Review of Science Part 2 by Milos Pokimica

★★★★★ 5 out of 5

Language : English

File size : 2275 KB



Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 187 pages
Lending	: Enabled



Are you considering adopting a vegan diet? If so, you're in good company. Millions of people around the world are embracing veganism for its many health, environmental, and ethical benefits.

If you're new to veganism, you may be wondering what the science says about this way of eating. *Go Vegan! Review of the Science* is a comprehensive guide that provides an in-depth look at the scientific evidence supporting the vegan lifestyle.

In this book, you'll learn about the following topics:

- The health benefits of a plant-based diet, including reduced risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- The environmental benefits of veganism, such as reduced greenhouse gas emissions and water consumption
- The ethical concerns associated with animal agriculture
- How to make the transition to a vegan diet

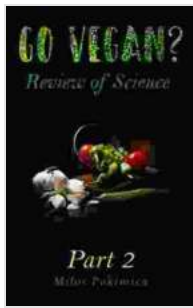
Go Vegan! Review of the Science is a valuable resource for anyone who is interested in learning more about the benefits of a plant-based diet.

Whether you're a vegan, vegetarian, or omnivore, this book will provide you with the information you need to make informed choices about your food.

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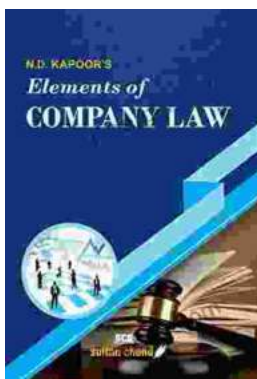
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