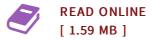




## Never Too Late to Go Vegan

By Carol J. Adams, Patti Breitman, Virginia Messina

Experiment LLC, The. Paperback. Book Condition: new. BRAND NEW, Never Too Late to Go Vegan, Carol J. Adams, Patti Breitman, Virginia Messina, Authors Carol J. Adams, Patti Breitman, and Virginia Messina bring 75 years of vegan experience to this book to address the unique concerns of those coming to veganism later in life, with guidance on: the nutritional needs that change with aging; how your diet choices can reduce your odds of developing heart disease, diabetes, cancer, and other conditions; easy steps for going vegan, including how to veganize your favorite recipes and navigate restaurant menus, travel, and more; how to discuss your decision to go vegan with friends and family; the challenges of caring for aging or ailing relatives who are not vegan; and many other topics of particular interest to those over 50. Warmly written, down-to-earth, and filled with practical advice, plus insights from dozens of seasoned over-50 vegans, Never Too Late to Go Vegan makes it easier than ever to reap the full rewards of a whole-foods, plant-rich diet.



## Reviews

This ebook will be worth buying. It is among the most amazing pdf i have read through. Your way of life period will likely be enhance the instant you complete reading this ebook.

-- Vita Ebert

This type of book is every little thing and taught me to seeking in advance plus more. it absolutely was writtern quite completely and beneficial. Its been designed in an remarkably simple way in fact it is merely after i finished reading this book where basically changed me, modify the way i really believe.

-- Dr. Retta Medhurst I