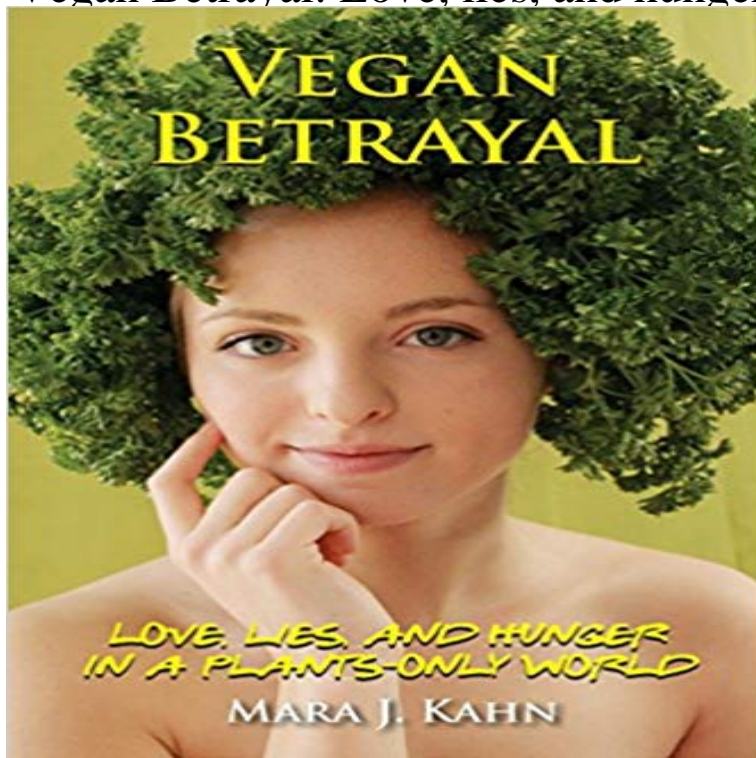


## Vegan Betrayal: Love, lies, and hunger in a plants-only world



Science meets sensuality in this penetrating examination of veganism, its scant history, dazzling health claims, fiery proponents, and growing throngs of disillusioned drop-outs. If you've ever wondered whether a plants-only diet is right for you, your son, daughter or significant other, *Vegan Betrayal* answers all your questions. Weaving intimate storytelling with cutting-edge nutrition research, this coming-of-age journey veers passionately from youthful idealism to intense questioning to mature acceptance of our genetic dictates and the earth's sacred but unforgiving biological truths. Travel the wisdom roads of the Buddha, female bow hunters, and salt-of-the-earth family farmers in this candid, comic, fierce but always honest look at our dietary choices and the rightful individuality of your chosen way. In this book you will learn:

- Why some thrive and some take a dive on this non-historical, minimally researched diet
- The author's concept of reverse speciesism: favoring another species' well-being over your own and other humans
- All the important carnivorous nutrients found exclusively in animal-sourced food (there are a lot of them)
- Why lab-concocted supplements and synthetics can never replace real, whole foods
- How to find out if you are a high-protein or high-carb metabolic type (or something in between)
- Why daily protein recommendations have been substantially increased by nutrition experts
- The Ayurvedic body type that suffers most as a vegan, and which type best tolerates this restricted diet
- The dark side of soy: why an excess is harmful, while eating a large variety of species, both plant and animal, is the road to good health
- The 2.5 million-year anthropological record of human omnivores vs. the extremely brief history of veganism, who invented it, where and why
- Why the ethical argument does not hold up under close

examination of modern industrial  
plantagriculture ---How our youthful  
idealism is not always grounded in reality

Science meets sensuality in this penetrating examination of veganism, its scant history, dazzling health claims, fiery proponents, and growing - 19 secWatch [DOWNLOAD] PDF BOOK Vegan Betrayal: Love, lies, and hunger in a plants-only The Paperback of the Vegan Betrayal: Love, lies, and hunger in a plants-only world by Mara Kahn at Barnes & Noble. FREE Shipping on \$25 orPris: 227 kr. haftad, 2016. Skickas inom 2?5 vardagar. Kop boken Vegan Betrayal: Love, Lies, and Hunger in a Plants-Only World av Mara Kahn (ISBN - 15 secFREE [PDF] Download Vegan Betrayal: Love, lies, and hunger in a plants-only world For This riveting book explores the philosophical roots of veganism and why some thrive and some take a tragic dive on this little-studied, non-historical diet that hasAmazon?????Vegan Betrayal: Love, Lies, and Hunger in a Plants-Only World?????????Amazon?????????????Mara Kahn??Vegan Betrayal has 5 ratings and 2 reviews. Pam said: This is a part-autobiography, part-systematic review study of published literature on vegetarianism In her new book, Vegan Betrayal: Love, Lies, And Hunger In A Plants-Only World , Mara Kahn questions those beliefs, pointing out that no - 29 secWatch Download Books Vegan Betrayal: Love, lies, and hunger in a plants-only world Ebook Mara Kahn, author of Vegan Betrayal: Love, Lies, and Hunger in a Plants-Only World, delves deep into the history and science of veganism,Buy Vegan Betrayal: Love, Lies, and Hunger in a Plants-Only World by Mara Kahn (ISBN: 9780990341321) from Amazons Book Store. Everyday low prices andMara Kahn is the author of Vegan Betrayal (3.20 avg rating, 5 ratings, 2 reviews) and Vegan Vegan Betrayal: Love, Lies, and Hunger in a Plants-Only WorldFind helpful customer reviews and review ratings for Vegan Betrayal: Love, lies, and hunger in a plants-only world at . Read honest and unbiasedScience meets sensuality in this penetrating examination of veganism, its scant history, dazzling health claims, fiery proponents, and growing throngs of Mara Kahn, author of Vegan Betrayal: Love, Lies, and Hunger in a Plants-Only World, delves deep into the history and science of veganism, - 16 secEpub Vegan Betrayal: Love, lies, and hunger in a plants-only world Mara Kahn Full