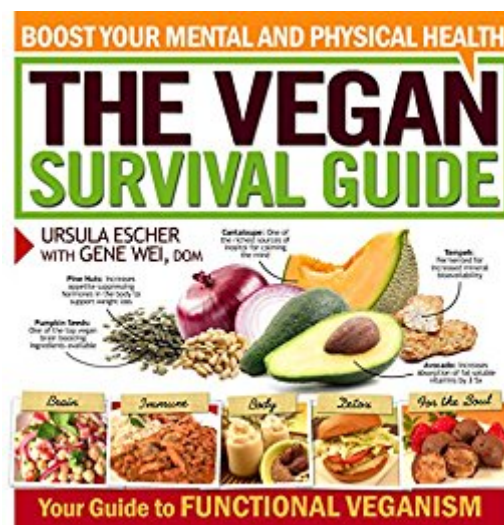




The book was found

The Vegan Survival Guide: Boost Your Mental And Physical Health: Your Guide To Functional Veganism



Synopsis

What's The VSG difference? Learn how to maximize your meals with everyday plant based ingredients to feed your BRAIN, IMMUNE, BODY, DETOX and SOUL. As Hippocrates once said, "Let food be thy medicine and medicine be thy food." The VSG Vegan Cookbook is divided into 5 categories...Brain: Your brain relies on neurotransmitters like dopamine, serotonin and GABA. So let's maximize your brain power with easy and mind-blowing vegan recipes to keep you happy, focused, and motivated!Immune: Our immune boosting recipes show you how to combine the most nutritious vegan ingredients to help you boost and keep your immune system healthy, strong and balanced!Body: Whether you want to boost your athletic abilities, or just lose a few pounds... we will show you what to do, what not to do, and how to make it tasty, delicious and fun! :)Detox: Our modern world is full of unhealthy toxins and pollutants, but luckily the body is designed to detoxify itself! The VSG vegan cookbook shows you how, with common and flavorful everyday ingredients!For the Soul: Let's face it... we all love and crave snacks and desserts. So let's enjoy some tasty VSG vegan treats that are just as healthy as they are delicious!VSG! It's like GPS for your vegan diet!With the Vegan Survival Guide Cookbook, you'll discover how nutrients interact with your physiology, and how to optimize your brain, body, and soul with everyday vegan ingredients! With 75 illustrated recipes and nutrient charts, you'll learn how to get the most from each and every meal.Learn how to boost your immune system, detoxify the body, optimize your brain function, and more. All of the recipes in the Vegan Survival Guide Cookbook have been thoroughly tested so that you can make a delicious meal on the first try. Most of the recipes are gluten free, and we also provide plenty of options for those who are soy free and/or follow a low fat diet.So whether you're a long-term vegan or just trying to optimize your meals with maximum nutrition, the VSG is for you!About the Authors...Ursula Escher naturally gravitated towards veganism as a child; but without guidance this proved to be a challenging road. She slowly learned to overcome each challenge while also living a high performance lifestyle.Dr. Gene Wei, DOM worked with Ursula on the VSG to adapt his dietary recommendations for the vegan diet. As a practitioner of Oriental Medicine he often recommends nutritional therapies to his patients for optimal health.

Book Information

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Customer Reviews

I bought this book during a special sale the author was having and wasn't sure what to expect aside from liking the posts the author has on her Facebook page, and I have to say that I am pleasantly surprised by the book. I like that there is a variety of important information, such as the following: different ingredients to cook with and how to best use them, being mindful of pesticides and GMOs, using foods to naturally boost things (e.g. brain and muscle strength), recipes, etc. I'm sort of picky about what I like to make for meals, and I have to say that many of the recipes actually look appealing to me. And they appear to be healthy, which is important to me as someone who strives not to be a "junk food vegan".

I saw this book posted on Facebook and I took advantage of a special limited offer in order to have it. It's a big, beautiful trade size paperback with tons of info, facts, recipes, and nutritional guidelines for going completely animal product free. The authors have taken the time to compile an enormous amount of data that is organized into easy to digest bits. The recipes go from the simple to the sublime. I highly recommend this book for anyone thinking about a healthy and ethical diet, to loose weight, to maintain health, to improve stamina and body, and benefit our animal friends and the earth.

I own a lot of vegan cookbooks, and this one is a unique add to my collection because it teaches you about the foods and cooking methods. I love the chapter on oils because it actually walks the

reader through the selection of oils and explains which oils can be used for cooking at specific temperatures. The author brilliantly suggests that we use a laser thermometer to check cook temperature (p.s. the laser thermometers also double as a great cat toy). I would prefer to see color food pictures, but the food detail bubbles surrounding the pictures more than make up for the lack of color. I made the Mashed Rosemary Garlic Cauliflower for some cruciferous aficionados, and they loved this unique recipe. I'm looking forward to trying the Peaches and Cream Chia! Yum!

This book takes care of all those nutrition worries that all/others have about being vegan. It is very very clear, the layout is simple, entertaining, not overwhelming, and informative. I believe nutrition plays a big role in our mood and this book will definitely get you where you want to be. This book is a must have in your vegan book collection, I cannot wait to see what they put out next.

Where was this book decades ago, when vegetarians were told they would die on a plant-based diet? The layout, photos, and information are helpful for new and old vegans. I love the reminders of what certain foods can do to add to your health. This is an excellent gift for new vegans and their worried parents.

I don't love the recipes, but the information - what veg contain what things - is very unique. It's a cheap print job - color photos would have made this book a lot better and I just don't like many of the recipes. But a unique and useful book for anyone trying not to eat meat or dairy.

My friend told me I would be interested in this book, he was sure right and I love how it gives you the break down to the foods we need to eat to help us not just survive but thrive. If you were thinking of becoming a vegan I would highly recommend this book

It is like the author chatting with you rather than you're reading the book. So, you'll learn a lot more easier and be amazed how this will motivate you to try these wonderful ingredients in a friendly mode! Have fun and be healthier is a great result from Ursula!

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