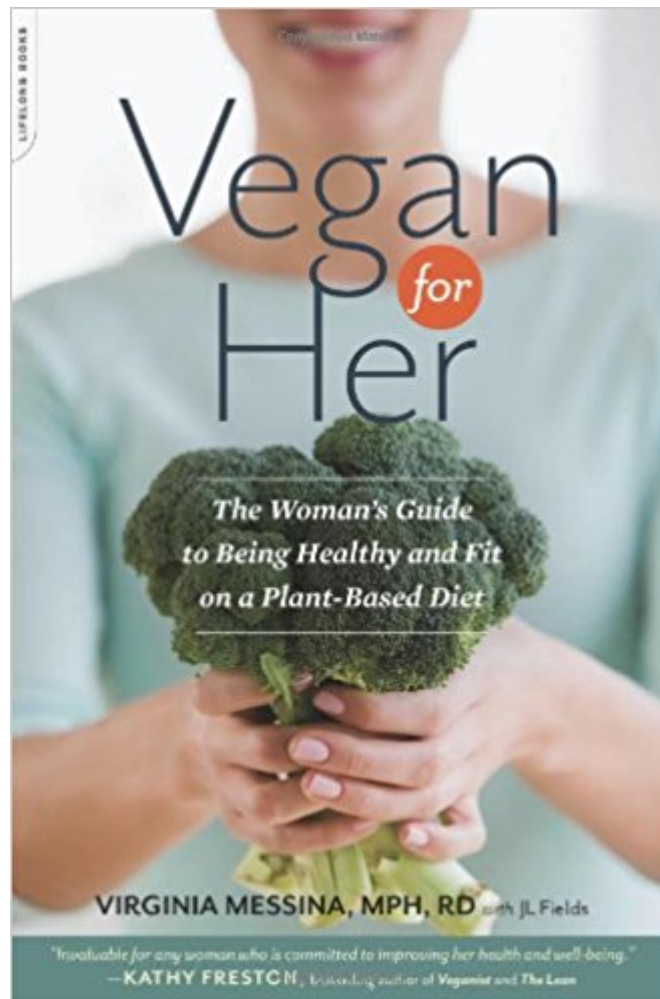


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# Vegan For Her: The Woman's Guide To Being Healthy And Fit On A Plant-Based Diet



## Synopsis

Vegan for Her, a blueprint for optimal health and wellness at any age, will show you how to: lower your risk for breast cancer and heart disease; manage conditions like arthritis and migraines; diminish PMS and cramps; build strong bones for life; enhance fertility; make an easy transition to a vegan diet; and incorporate principles of both fashion and compassion into your home and wardrobe.

## Book Information

Paperback: 400 pages

Publisher: Da Capo Lifelong Books (July 9, 2013)

Language: English

ISBN-10: 0738216712

ISBN-13: 978-0738216713

Product Dimensions: 6 x 1.1 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (72 customer reviews)

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## Customer Reviews

When I became vegan a few months ago, I bought a bunch of books, and the most useful of all of them -- from a nutrition standpoint -- was *Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet*. That book was incredibly helpful for me in terms of understanding how to make sure that I met my nutritional needs. When I saw that Virginia Messina, one of the co-authors of *Vegan for Life*, had this new book out, I was really curious about it, but wasn't sure if it would have enough new information to warrant purchasing it. I asked a reviewer about it in the comments section of his review, and took his advice to order it. I'm very glad I did! Virginia Messina is the primary author, but JL Fields contributed the recipes and the chapter called "Veganism beyond the Plate" to it. In the introduction, Messina explains that this book discusses "how to eat to lower your risk of breast cancer, diabetes, and heart disease; manage hunger and eat intuitively; protect your skin and brain as you get older; boost your mood; and deal with PMS, cramps, infertility, and painful conditions like arthritis and migraine headaches." The book

also includes chapters on being a vegan athlete and finding your "happy weight" naturally through intuitive eating and a vegan diet. If you're new to a vegan lifestyle, the first section opens with information about how to transition into it. Even though I've been eating this way for a few months, I still picked up new tips. Also, I found it interesting that Messina mentions that she previously worked for Dr.

What I like best about this book is that it presents to you the most current nutritional information and takes a really realistic approach to healthy eating. This is not a diet book, and it's not a fad book, it's also not a restrictive eating book. It outlines how you can optimize your nutritional intake, and healthify your diet without making it complicated. The research is sound, and the information is good, unlike many, many other vegan books this book doesn't exaggerate vegan health claims, but instead it gives you a practical well-rounded stack of information. It also doesn't pass judgements, I hate that some vegan health books take a really judgmental "perfectionist" attitude to health and nutrition. I personally don't find that helpful, in fact I think that kind of rigid, fanaticism does more harm than good in the long run. Luckily that attitude is completely absent from this book. The writing style was fluent and easy-going. Nutrition is not always the most interesting topic but Virginia Messina writes in a way that is informative and interesting without being preachy or dry. Her style is matter of fact, and down to earth, it's easy to understand, and easy to remember which in turn makes it easy for you to relate it back to someone else. JL Fields who contributed the recipes as well as a Chapter entitled "Vegan Beyond the Plate" has a similarly engaging style. It also must be said that I really like that this book is woman-centered, and woman specific. That means virtually everything in the book is applicable - except the pregnancy chapter which you can skip if that isn't something you need to know about. - and relatable. I find that inspiring and empowering.

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