

THE **OVER-50** GUIDE TO ADOPTING AND THRIVING ON A PLANT-BASED DIET

WITH
MORE THAN
75 RECIPES
FOR EVERYDAY
AND FESTIVE
EATING

"This in-depth guide will inspire you to make
the change and will hold your hand every step of the way."
Neal D. Barnard, MD, author of *Power Foods for the Brain*

NEVER TOO LATE to GO VEGAN

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**Never Too Late to Go Vegan: The Over-50 Guide to Adopting and Thriving
on a Plant-Based Diet**



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) a vegan diet and lifestyle that will advantage your health, animals, and the planet, search no further than this important all-in-one resource. If you are 50 or over and thinking (or already committed to! Adams, Patti Breitman, and Virginia Messina bring 75 years of vegan knowledge to this publication to address the unique concerns of those arriving at veganism later in lifestyle, with help with:

- The nutritional requirements that change with ageing
- How your diet choices can reduce your odds of developing cardiovascular disease, diabetes, tumor, and other conditions
- Easy steps for going vegan, including how to veganize your preferred recipes and navigate cafe menus, travel, and even more
- How exactly to discuss your decision to move vegan with close friends and family
- The problems of looking after aging or ailing relatives who are not vegan
- And many other topics of particular interest to those over 50.

Authors Carol J. Warmly written, down-to-earth, and filled with practical advice, plus insights from a large number of seasoned over-50 vegans, *Never Too Late to Go Vegan* helps it be easier than ever before to reap the full rewards of a whole-foods, plant-rich diet.



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I had tried to become vegan several times previously, because of my love for animals. We am in my late 50s. They convinced me! I was just never able to perform it. The dishes look good but I admit that I haven't attempted any however. The chapters on how best to travel as a vegan and how to speak to people about becoming a vegan are superb. I feel no deprivation whatsoever. My desire for animal foods is usually fading FAST. Maybe you are, too.. The book is incredibly informative in addition to inspirational. While I anticipated that but still found it fascinating, a nice surprise was the prosperity of nutritional knowledge included... I understood that in my center of hearts I am a vegan. The reserve helped me realize that there are great-tasting vegan versions of practically anything.. Not Vegan, But Loved the Book I purchased the book to learn more about the decision to be vegan. OK book.. It's worth the purchase price just to find out about the incredible array of vegan assets that are offered out there. Studying how my specific meals choices directly affect my body was terrific. That foods will lower blood pressure to the choices that will help to make me generally feel better, I gained therefore much information that has already informed my choices. Plus, the recipes are spectacular -- an easy task to make and delicious. As the saying goes in the book, people often love vegan dishes as long as they don't understand they're vegan. And its own title is true: It really is Never Too Past due to Move Vegan. I browse the book completely, also the recipes and found it more than satisfying. If you are looking for a great source about healthier consuming, even though you aren't heading vegan just yet or ever, this reserve will more than do the job for you. Very good in case you are over 50 and have made a decision to . I loved the complete book, but a single feature I especially liked was 'Our Vegan Lives' when Ginny, Carol and Patti answered particular questions like: 'What's in our fridges', 'What's inside our vegan homes', 'Tips that helped us become vegan', etc.. Very good if you are over 50 and have decided to adopt a whole foods, plant-based diet. A significant take on Veganism. It's even good in case you are see-sawing about producing the commitment. I have been vegan for simply per month now and currently feel better, smile more and move just a little quicker. This book covers just about every concern you might have about making the change. Just the right mix of science and the personal touch This is the book that made me invest in veganism after 40 years of flirting with it. I've been a vegetarian, and mainly "vegan-ish" since I was 18, but it's taken me all that time to actually forget about some of my craves, like dairy and typical baked goods.. This publication is the one created for my era with solid evidence-based science, and also the personal contact. It's a masterpiece! I set up the Happycow. great if you are curious! I must say i enjoyed this book, and it's one I'll keep for reference and reading pleasure... As well as the authors, many contributors tell of their trip to veganism and how they are living as vegans. This reserve is full of useful information: the health and nutritional info are top-notch, there are plenty of great recipes and suggestions for fast and simple meals, tips for community, managing family and social situations, work and travel, and a delicate discussion of care giving and assisted living factors. Highly recommended! I am Definitely Going Vegan! I am taking part in the Eat to Live diet and also have been off dairy food (aside from cheese) for nearly a year now. I am 55 and I feel better when not eating animal products. After reading this book I have a better idea on how best to become vegan in a non-vegan world. I liked that there surely is a portion of one chapter specialized in factory farming but that's only a small part of this reserve. I am now an extremely happy fledgling vegan. Not long ago i tested them when planing a trip to my relatives' house. Great if you are vegan; net app in my phone and we could actually find exceptional restaurants, etc. I also brought the majority of my own food to my relative's home so that helped too. There's much nutritional description about the associations between what we consume and commonly "accepted" diseases. Best book so far I'm only on page 30 and I have so many things I underlined. This book got me on the hump. I favor Isa Chandra Moskowitz's cookbooks. It Really is Never Too Late I purchased this for my mother, but started reading it myself. Despite the fact that I am currently vegan, it has great wellness tips and switches into why it is so healthy for older women and men to go vegan. I must say i believe humans live the healthiest on a vegan diet plan, and biologically we are best suited for it. it's an extremely comforting book for me personally. it's

like We wanna soak all of the info these 3 writers give me... That point really hit me. This book presents a solid case for eating vegan whether your reasons be for your wellbeing or concerns about the animal kingdom. As a librarian who provides seen many different cookbooks, etc. Really useful may be the chart on page 213, "How to Build a Healthy Vegan Meal", the chapter on how to make substitutions for vegan consuming, how exactly to stay vegan in a carnivore environment, and several recipes. This book is a good source for anyone who would like to eat a healthier diet. While I'm not really prepared to make that leap just yet, the reserve was a eyes opener on therefore many levels. Much less I expected. Just OK book. Wouldn't normally read again. Two Stars Not many recipes in here. still an excellent read informative for me being truly a vegan ,,,, a 5 star maybe for some . Many vegan resources are aimed at young-ish ladies because they appear to be the demographic most likely to be vegan--that's too bad, because people start to new ideas when they see people just like themselves in it, if they can imagine they'll belong.. still an excellent read Thanks because of this Great Book!. I found some good information regarding the advantages of changing my life-style even at my advanced age (more than 50). I've already produced a soup that got rave testimonials and found a cheese substitute in dietary yeast that made my palate and my arteries happier. I did it at age 58 and you will be Vegan for ever. This book is a great read for individuals who are Vegan-curious or new to plant-based eating.. Great reserve, gave this as something special to my more than fifty co worker plus they adored it..He told me it was an excellent read and he linked to the author telling their story. That is a great all around book on how to successfully go Vegan. This book presents a chorus of welcoming voices. Five Stars Very informative instruction to making the transition to be vegan after 50 years of age. Three Stars I received the book today and it doesn't look like it had been handled right., this was also a reward.The authors mention that certain of the things people most regret on their deathbeds is not surviving in accordance making use of their true selves - going along with the culture or family or church or whatever, when their real selves want to go in a different direction. And when feels so good to become finally living in keeping with my convictions. This book is a great resource for anyone who would like to eat a healthier . What better legacy than to find compassion and refuse to contribute to the profitable and pervasive business of pet suffering and torture?.. This book can certainly help you find out.. Not just that, but as you become older, you would like to leave a legacy behind.. It's not simply a list of factors to end up being vegan, it offers a thorough overview of the ways that the use of animals and animal products inside our foods and our clothes impacts the environment..like they're holding my hand as I produce the transition to veganism.. Great all around reserve on becoming Vegan after 50. A great publication.will write another review when I'm done....definitely pleased with this purchase



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