

Being Vegan Keepin It Kind Being vegan is not about giving up anything Being vegan is about creating change, not just in your life, but in the world. Health Benefits of Being Vegan Gentle World Vegan Since animal products are so toxic to the human body, many people report that their health drastically improves as a result of adopting a vegan diet. V Is for Vegan The ABCs of Being Kind Introducing three to seven year olds to the ABCs of a compassionate lifestyle, V Is for Vegan is a must have for vegan and vegetarian parents, teachers, and activists The Quirks of Being Vegan Parents to Teenagers After a year or of having children, you tend to feel that you ve got it sussed Importance of please and thank you check Be kind to others check Eat Being Vegan, Breastfeeding, and Infant Safety The way most outlets had it, the vegan couple were exclusively breastfeeding their month old daughter when she fell ill and died The conclusion Being vegan isn t safe if you re breastfeeding. 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