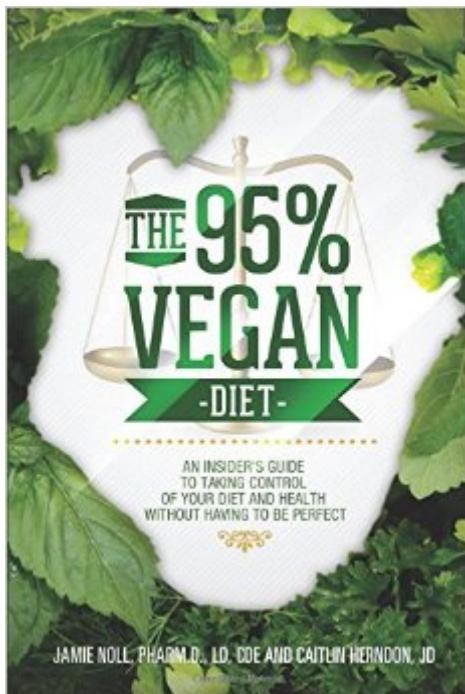


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# The 95% Vegan Diet: An Insider's Guide To Taking Control Of Your Diet And Health Without Having To Be Perfect



## **Synopsis**

'So, what do I do exactly?' This is the question most people ask once they have decided they would like to adopt a plant-based diet. At the same time, many people are also thinking, 'I could never give up (fill-in-the blank animal product) forever!' 95% Vegan is a scientifically credible resource to educate you on exactly how you can adopt a healthy vegan diet without demanding 100% perfection. 95% Vegan will inspire and guide you to take control of your nutritional and overall health. You will learn: -- How to plan a 95% Vegan diet with adequate protein and other nutrients -- How to customize your very own 95% Vegan weight loss plan -- The meaning of your blood work and how to improve the results -- How to decipher the health claims you see on nutritional supplements Reach all of your health goals by adopting the healthiest diet on the planet, become your own scientist and not a guinea pig for the pharmaceutical and supplement industries, and create a ripple effect for the health of future generations ahead by committing to the simple principles revealed in 95% Vegan!

## **Book Information**

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## **Customer Reviews**

This book is a nutrition classic! I was completely taken from the beginning, when the author talked about her journey to a vegan diet and wrote (paraphrasing), âœl knew I could give up meat, but how could I ever give up dairy?â • My feelings, exactly! Jamie and Caitlin educate readers with credible, fascinating science in a relaxed, understandable tone. The book is completely compelling and is extremely easy to read. The book teaches you step-by-step how to ease your life to a plant-based diet that is completely manageable. They realize that sometimes being vegan can be restrictive, so offer options for times when you are traveling and arenâ™t able to follow your normal

diet. The authors' education and professional experience give the book serious cred. In addition to learning about nutrition, there are really interesting chapters on understanding your home water quality; diabetes and veganism; and the pros and cons of vitamin supplementation. They also include great recipes. The authors also have a great blog. If you have questions, they answer them on the blog. One time, they reviewed different types of meat substitutes. I initially thought I would read the book quickly, because I was excited to get it. Instead, I found myself reading a chapter at a time, highlighting and really thinking about how to implement the ideas into my lifestyle. I looked forward to being able to read a chapter or two each day! I can't wait to dig into the accompanying workbook and learn more.

This book covered all of the major concerns I had about switching to a vegan diet. They covered in detail all of the nutritional and dietary concerns that come with this type of diet and exposed the myths that society has about it. Everything was backed up by studies and data too. They also constructed a practical plan including room for eating out and special occasions when it's simply too difficult to eat a vegan meal. I would recommend this book to anyone curious about a vegan diet; it's very beneficial to those who actually want to start eating a plant based diet, or even for those merely curious about it looking for information.

I have explored several diets....and given up on several. Not only did I want to look great, but I wanted to be **HEALTHY**. I have some friends who swear by a plant based/vegan diet but I kind of felt that I would have to give up a lot of good food. I thought "what in the world am I going to eat?" I really had no clue what this diet was about and needed some guidance. I gave this book a try because I figured I can follow a diet 95% of the time. It was a long book, but very easy to read and took no time at all. I have a much better understanding of the vegan diet and why it is so great for you. With that understanding, it is so much easier to actually stick with it this time! Not only is there a lot of scientific data, but plenty of helpful tips, food guides, grocery lists, etc. I am excited for my lifestyle change. I am at a healthy weight and feel great! This book gave me so many other healthy options, that I do not miss my old eating habits at all! I truly understand how to be healthy, by eating healthy. I highly recommend this book!

Amazing book! The authors made the transition to vegan with the detailed research seem easily obtainable, while also stressing the importance of nutrition as a whole. It covers everything you could image when considering making a lifestyle change to vegan! I can't wait to try the recipes

provided! Such a well written and insightful book

It is my pleasure to write an endorsement for this book: "The 95% Vegan Diet, An Insider Guide to Taking Control of your Diet and Health without having to be Perfect" by Drs. Jamie Noll and Caitlin Herndon. First, the 95% Vegan Diet is a superb book, rigorously researched and well written. Second, in the 95% Vegan Diet, Drs. Jamie Noll and Caitlin Herndon outline and clarify in detail and with careful research, natural principles and laws for healthy eating and lifestyle. They provide clear picture and present holistic approach of how to adopt healthy diet and achieve successful eating lifestyle. Drs. Jamie Noll writes out of an abundance of her professional and practical experience. Her book is a great contribution to the nutrition and health literature. The 95% Vegan Diet is a must read for anyone who wants to change their diet and take control of their health. The 95% Vegan Diet will empower all who will read it to achieve great health. I highly endorse and recommend its reading to dieters and non-dieters alike. I congratulate Drs. Jamie Noll and Caitlin Herndon for careful research and on their accomplishment of the writing of this very useful book. Review by C. K. Ekeke, Ph.D., M. Div. Leadership Coach, Author & Consultant Author of Leadership Wisdom and Leadership Liability

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