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The Ultimate Vegan Guide: Compassionate Living Without Sacrifice By Erik Marcus I've made the first edition of my Ultimate Vegan Guide available for free reading right from this page, since I would hate to think that anyone interested in eating fewer animal products might be hindered by the cost of learning how to do it.



The Ultimate Vegan Guide: Compassionate Living Without

– A vegan Facebook group has encouraged the reporting of a registered dietician to her licensing body because of a comment she made about a vegan diet for children: “it’s not safe and kids have died.” – The American and British dietetic organisations assert that a vegan diet is safe for

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Veganuary is a charity inspiring people to try vegan for January and throughout the rest of the year.