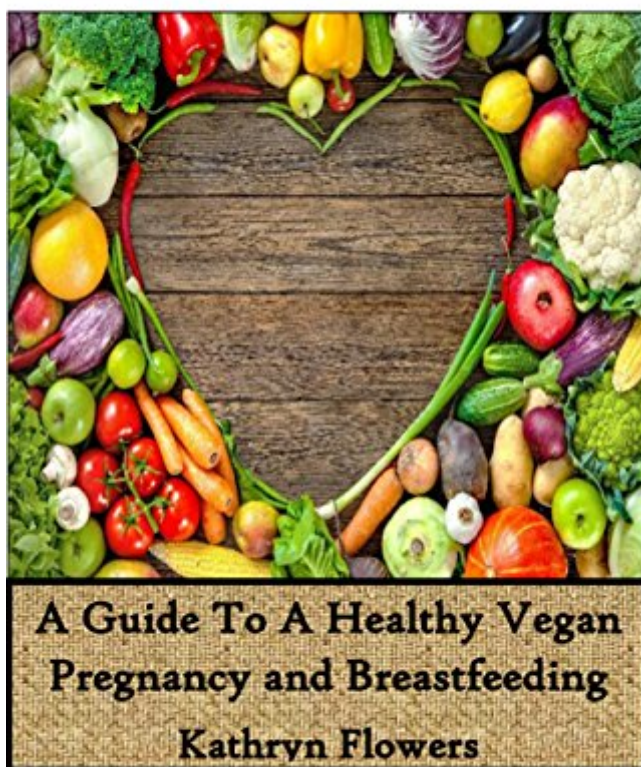


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# A Guide To Having A Healthy Vegan Pregnancy And Breastfeeding: Transitioning To And Maintaining An Ethical Plant-Based Vegan Lifestyle When Pregnant And Breastfeeding





## Synopsis

This guide on how to have a healthy vegan pregnancy and breastfeed. will cover how to transition to veganism, how to do so cheaply, nutrition, address common concerns and myths about veganism, and give you tools to build a healthy, sustainable, and ethical lifestyle. While this book caters to new vegans or those interested in becoming vegan, veteran vegans will still find valuable information in this book relating not only to breastfeeding and pregnancy, but also on building healthy and long lasting habits. This guide is not only well researched, but the information it contains all comes from reputable sources so you can rest assured that both yourself and your little one will be getting only quality and safe information in an easy-to-read, organized and convenient format.

## Book Information

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