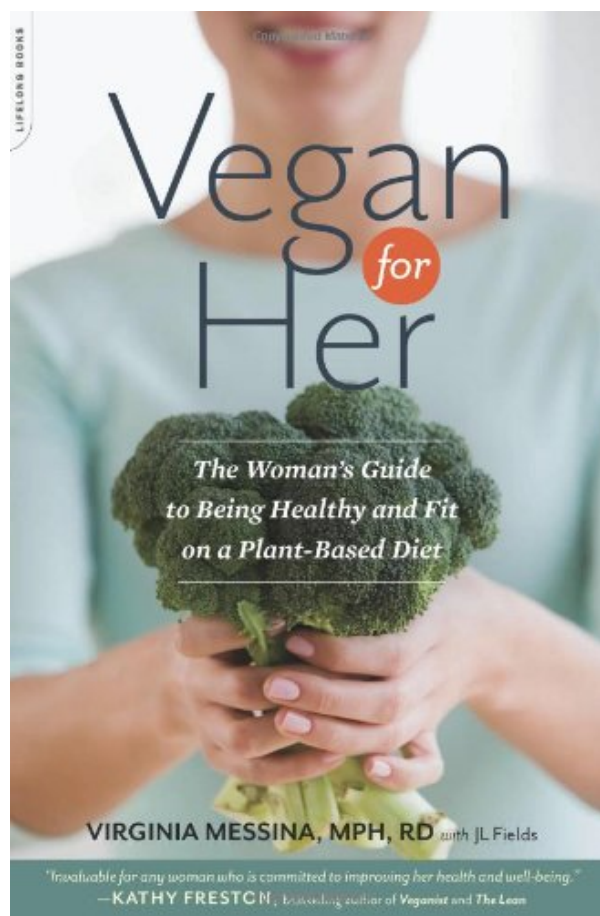
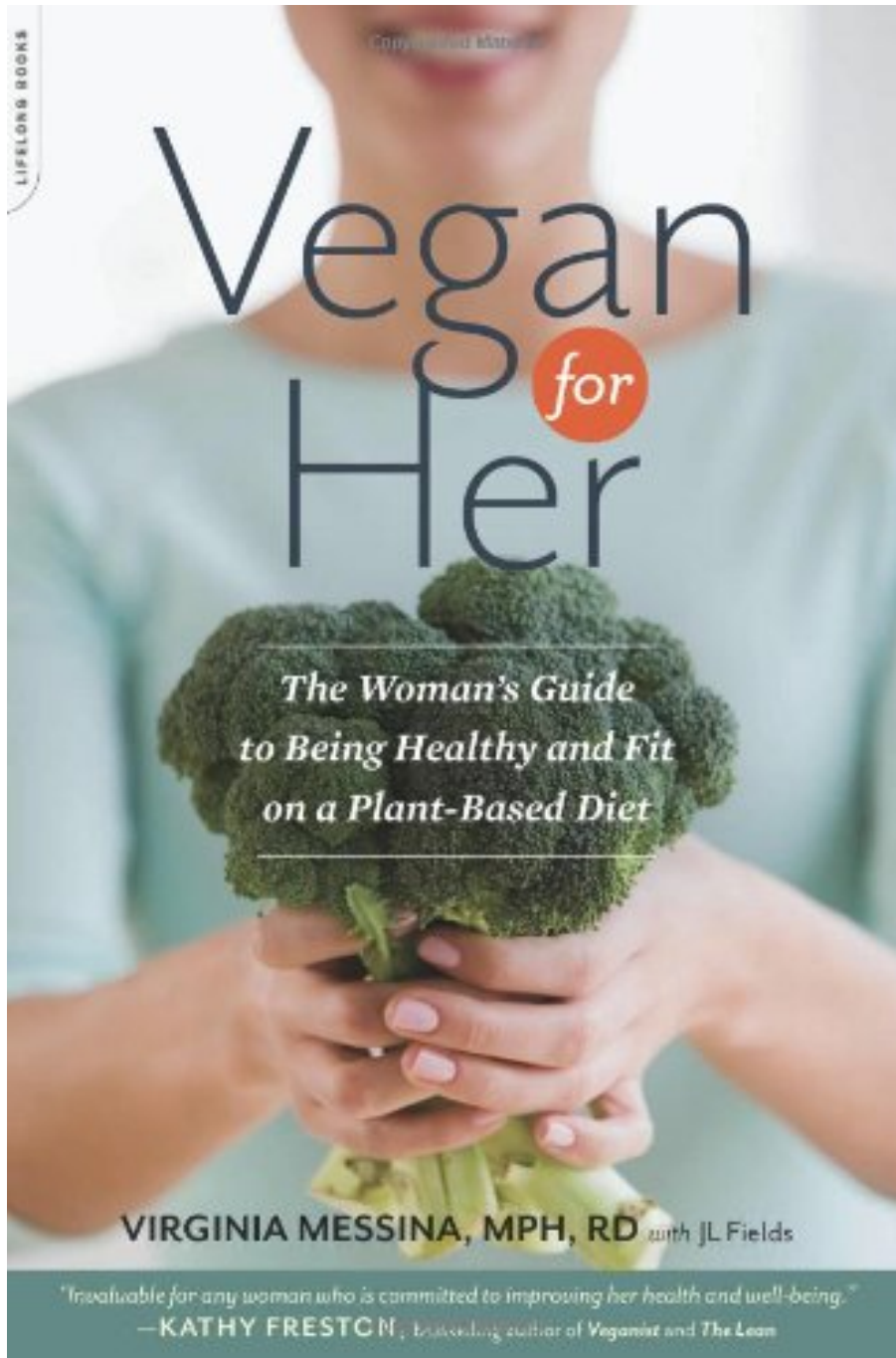


VEGAN FOR HER: THE WOMAN'S GUIDE TO BEING HEALTHY AND FIT ON A PLANT- BASED DIET BY VIRGINIA MESSINA, JL FIELDS



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Most helpful customer reviews

73 of 76 people found the following review helpful.

A really useful book for vegan women

By Leanne

When I became vegan a few months ago, I bought a bunch of books, and the most useful of all of them -- from a nutrition standpoint -- was *Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet*. That book was incredibly helpful for me in terms of understanding how to make sure that I met my nutritional needs.

When I saw that Virginia Messina, one of the co-authors of *_Vegan for Life_*, had this new book out, I was really curious about it, but wasn't sure if it would have enough new information to warrant purchasing it. I asked a reviewer about it in the comments section of his review, and took his advice to order it. I'm very glad I did!

Virginia Messina is the primary author, but JL Fields contributed the recipes and the chapter called "Veganism beyond the Plate" to it. In the introduction, Messina explains that this book discusses "how to eat to lower your risk of breast cancer, diabetes, and heart disease; manage hunger and eat intuitively; protect your skin and brain as you get older; boost your mood; and deal with PMS, cramps, infertility, and painful conditions like arthritis and migraine headaches." The book also includes chapters on being a vegan athlete and finding your "happy weight" naturally through intuitive eating and a vegan diet.

If you're new to a vegan lifestyle, the first section opens with information about how to transition into it. Even though I've been eating this way for a few months, I still picked up new tips.

Also, I found it interesting that Messina mentions that she previously worked for Dr. Neal Bernard's Physicians Committee for Responsible Medicine (PCRM). The PCRM group has a free program called the "21-Day Kickstart" that helps you make the transition to vegan eating by offering meal plans and daily emails with motivational tips. Whereas the Kickstart program encourages you to go vegan all at once, Messina offers the suggestion of transitioning more slowly to a vegan lifestyle in this book, which I find to be more helpful. (Dr. Bernard's book *21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health* is a good book to check out if you're interested in the program, but you can do the whole thing for free.)

Unlike Dr. Joel Fuhrman's program in *Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss, Revised Edition*, Messina also encourages her readers to eat whole grains and oils in moderation.

Messina and Fields have also set up a free forum for vegan women. I've only taken a quick glance at the nascent site, but it looks like it'll be a great resource once it gets more traffic and visitors.

I also really liked JL Fields' chapter on how to pick out vegan-friendly shoes, clothes, and beauty products.

She explained a few concepts, like what the logos mean on bottles, that were really helpful, and gives a list of vegan-friendly brands like Abba and Aubrey.

If you already own *_Vegan for Life_*, you probably don't need this book since VFL covers similar information, but if, like me, you're interesting in learning as much as possible about a vegan diet and how it specifically affects women, I'd definitely recommend adding this book to your library since it complements VFL so nicely. If you don't own either and are trying to choose between them, I'd say to go with this one since it covers a lot of similar information as *_Vegan for Life_*, with, obviously, more information that is focused on women's unique nutritional needs.

31 of 31 people found the following review helpful.

Vegan For Her

By Roobrain

What initially appealed to me about this book is that there is NOTHING faddist about it, unlike so many other vegan books out there. The commonly accepted advice that McDougall, the Healthy Herbivore and T. Colin Campbell give - to go ultra low or even no fat and not to worry about protein - just did not work for me. It made me sick. And when I read a vegan blog, *Bonzai Aphrodite - Failing Health As a Vegan*, it really spoke to me. I started eating more protein, nuts and healthy extra virgin olive oil, etc. and I felt better within the first week. There was no need to abandon my plant-based eating after all. Further, I fear that advice would discourage many from pursuing a plant based diet.

I look forward to the author's newest book "Never Too Late To Go Vegan" which is a primer for us folks over 50!

Highly, highly recommended.

2 of 2 people found the following review helpful.

This book is well written with a lot of useful information for new and long time vegan women

By Wendy Cunningham

This book is well written with a lot of useful information for new and long time vegan women. I was familiar with most of the information after reading *Vegan for Life*, but this did have some nice info just for women.

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