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[Vegan For Life The Vegan RD](#)

Vegan Nutrition 101. Becoming a Vegan RD; Vegan Nutrition Primers. Iron: A Vegan Nutrition Primer; Vitamin B12: A Vegan Nutrition Primer; Plant Protein: A Vegan Nutrition Primer ; Calcium: A Vegan Nutrition Primer; Protecting Bone Health on a Vegan Diet; The Plant Plate; Nutrition Resources; Preventing Ex-Vegans. Preventing Ex-Vegans: Managing Expectations; Preventing Ex-Vegans: The Power of Vegan for Life - SHARAN

life) and ahimsa (non-violence) exist in Indian philosophy. Dr William Lambe, FRCP (1765-1848), was the first medical doctor to recommend a vegan diet for his patients. [Vegan for Life - nurturersofknowledge.weebly.com](#) INTRODUCTION Going Vegan for Life A vegan diet is the world's most simple solution to a host of complex problems. For almost all of human history, people ate whatever they could get.

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