



Veganize your life!: Das große Buch des veganen Lebens - 1000 Fakten zu Peace Food (German Edition)

Ruediger Dahlke, Renato Pichler

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Die neue Bibel für veganes Leben

Das große Faktenbuch zu Ruediger Dahlkes Bestseller Peace Food belegt in Zahlen, Statistiken und Grafiken anschaulich und überzeugend, dass Veganismus der Lebensstil der Zukunft ist. So ist eine Ernährung ohne tierische Produkte gesünder: Der Verzehr von Milchprodukten beispielsweise erhöht das Risiko für unzählige Erkrankungen. Das vegane Leben ist auch nachhaltiger und umweltfreundlicher, denn die Fleischproduktion verschlingt Unmengen an Ressourcen. Ruediger Dahlke und Renato Pichler widerlegen mit fundiertem Faktenwissen die vielen kursierenden Halb- und Unwahrheiten zum Thema Veganismus und unterstützen mit ethischen, ökologischen, wirtschaftlichen und gesundheitlichen Argumenten alle, die noch mehr Gründe für ihr neues veganes Leben suchen.

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