



Why Animals Aren't Food, Book 3: Summary: Deficiencies & Consequences (Volume 3)

Rohan Millson

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The nutrition book vegans have been waiting for... And the one book all animal eaters should read too. Why Animals Aren't Food is the first comprehensive nutrition guide to name and shame the dozens of animal substances beyond cholesterol which injure us; the multiple mechanisms by which they maim us; the myriad parasites, bacteria and viruses with which they infect us; the environmental pollutants with which they contaminate us; and the many healing processes and vital nutrients they lack. Book 3 (Summary and Consequences) explains more than 50 animal deficiencies; follows an animal meal to show how it causes ill-health; details the consequences for humanity of eating animals, and ends with The Good News about how Planting can heal us, our civilization and our planet. Not a weight-loss manual, Why Animals Aren't Food contains the only 10 words of weight loss advice we'll ever need. When we eat ourselves healthy, ideal weight management follows automatically.

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