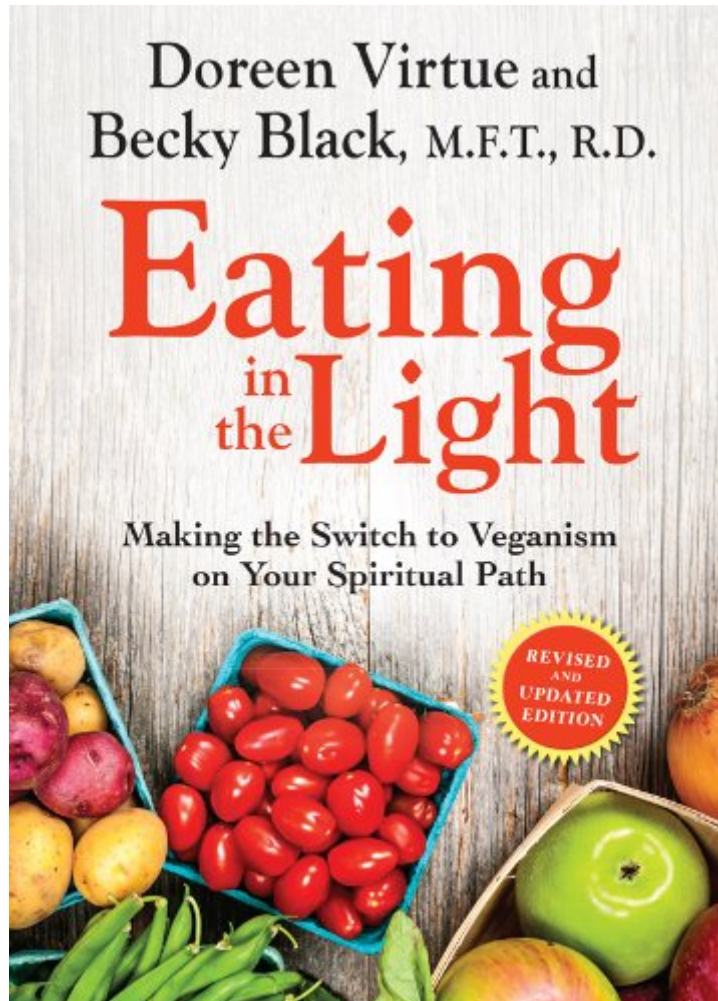


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# Eating In The Light: Making The Switch To Veganism On Your Spiritual Path



## Synopsis

Is veganism the right path for you? This book will give you all the information you need to make that very personal decision for yourself. Doreen Virtue and Becky Black, M.F.T., R.D., show you that it isn't just the fat or carbohydrate content that counts when making dietary choices—it's the "œspiritual vibrational" quality of what you eat that truly makes a difference in how you look and feel. In this fascinating guide, you'll learn how veganism can elevate your energy, help you become more psychic, and enhance your spiritual growth. You'll also read practical and nutritionally sound tips on how to:

- Ensure you get adequate protein and calcium
- Increase your spiritual vibrations and gifts
- Reduce or eliminate your cravings for meat and dairy products
- Adopt a cruelty-free lifestyle
- Cook vegan meals for yourself and your family
- Deal with skeptical meat-eating friends and family members
- Eat vegan meals at restaurants and while traveling

## Book Information

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## Customer Reviews

I thoroughly enjoyed reading *Eating in the Light, Making the Switch to Veganism on Your Spiritual Path* by Doreen Virtue and Becky Black, M.F.T., R.D. There is a surprisingly large amount of information included in such a small book of 148 pages. This book is a good place to start if you are

considering going Vegan. It covers the reasons a person should consider being a Vegan and addresses some of the myths associated with it. While this is not a recipe book, it does include guidelines, some food substitutions for dairy and meat, and recommended vitamin and mineral supplements. The book also has food suggestions for children, such as quick and portable snacks, meals and protein sources. There is a brief section on how various foods have an effect on your chakras and spiritual well being. I was hoping that this topic would have had more information, such as a list of high vibrational foods or foods associated with each chakra, but that was not included in this book. It does however, give you a small list of GMO foods to avoid, which is helpful, and does give you daily nutritional suggestions. There is a list for how much fat and oils are recommended daily, nuts, seeds and eggs, vegetables, meats breads and proteins. I also liked the chart that listed protein equivalents to plant food. One warning though to the more sensitive folks out there - the book does talk a little about conditions in slaughterhouses and how some animals are treated. The book is a quick read that will point you in the right direction without being preachy. FTC Disclosure: I received this book for free from Hay House Publishing for this review. The opinion in this review is unbiased and reflects my honest judgment of the product.

I started transitioning into a vegetarian diet about 2 months ago & have been gobbling up so to speak any information on the veggie/vegan lifestyle possible. The book is a fast read with important nutritional facts that would be good for someone really just starting out. A very good, first vegan book. However I was looking for more on the spiritual aspect & there was very little. Also since I've been reading a lot of books on the subject I didn't feel that it provided me with any additional information other than that food can pick up energy. I still enjoyed the read & would recommend it to someone who is looking for basic information on veganism because the book was created for that. I was just hoping for a little more.

Eating in the Light is full of wonderful information and is a quick read. Doreen Virtue's words are gentle as she speaks of making the switch to Veganism and clearly states that one does not have to be vegan in order to be spiritual. People that are on their spiritual path might become inclined to change their lifestyle in many ways and food consumption might be one of those changes. This book isn't just about going vegan. It is full of great information about the food that is available today and how to make good choices when it comes to what to buy and what to eat. I would recommend this book to anyone who would like to learn about eating healthy and making an easy transition so it becomes a lifestyle and not just a diet. I have already made my transition into

veganism years ago and glad that I did. This book confirms all of the reasons why I choose the lifestyle that I do. I hope this book reaches and speaks to many souls. I was not financially compensated for this post. I received the book from Hay House for review purposes. The opinions are completely my own based on my experience.

I was very happy to see this book about spirituality and veganism. However, the authors recommend vitamin D fortified milk, as well as other dairy products. Milk is not vegan and the human consumption of milk creates an enormous amount of unnecessary suffering for the dairy cows as well as calves (males are sent to veal crates within 48 hours). Not to mention the fact that milk contains bovine growth hormones, which are not healthy for humans. The title is unfortunately misleading since this is neither a book on veganism, or spiritual growth through kind food choices. I really did feel misled by the title. For that reason, I cannot recommend this book to anyone.

I've rated this book as 2 stars because it seemed rather "elementary" in content... I was expecting more discussion of the spiritual-path aspects (body/mind/spirit) of veganism and although that topic was discussed, it was glossed over with information most conscientious consumers would already be aware of... the inhumane treatment of CAFO creatures and the effects of that on our mind/body/spirit, etc., and religious beliefs of many peoples regarding the consumption of fruits/veggies/nuts/seeds/grains and excluding flesh, for instance. The author wrote about the lack of our soil's ability to introduce adequate nutrients into commercially produced veggies/fruits along with what may be detrimental to those plants and to us (pesticides, GMOs) as well as how "life" seems to be processed "out" of living things prior to consumption and several other points worthy of consideration. People who consume SAD-type diets might become enlightened to a few eye-opening revelations, but probably not enough to be inspired to "go vegan" because there's nothing in this book that hasn't been said a billion times already about the nutritional/esoteric pros/cons of vegan/vegetarian diets vs meat-eating diets that can't be found by even the most superficial search on the 'net re food and its effects on our whole mind/body/spirit self.

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