



Being Vegetarian for healthy, happy and sustainable living: A scientific study on adopting vegetarian lifestyle

Rajiv Dixit

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Why you should adopt a Vegetarian lifestyle ?

This book explains how adopting a vegetarian diet will help you lead a healthy and happy living. Here we bring some compelling facts with the scientific explanations supported by statistical data about the reasons for practicing a vegetarian lifestyle.

Following contents of the book.

The Global Warming disaster
Global warming and consumption of meat
vegetarian food sufficient enough to sustain the world
The marketing agenda behind meat consumption
Life loss due to the production of meat.
Water usage in meat production and consumption
The slaughter houses treatment to the animals
The earth quake relation to non vegetarian food
Veil: The new born calf meat
Vegetarians 23 times more healthier than Non vegetarians
Vegetarianism for peaceful, non violent and happy world
Non vegetarian food for proteins: A myth
Noteworthy points from the book

The book a must read to know the ecosystem and balance of our world.

Find the information about the being a vegan lifestyle and its impact to your health and the ecosystem you live in. Let me know your queries and comments through the review posts.

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