



# **Authentic Veganism - On Critical Positions Against Veganism 3: Individual Impact and the Authentic Vegan Response**

*Authentic Vegan Consulting*

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## **Authentic Veganism - On Critical Positions Against Veganism 3: Individual Impact and the Authentic Vegan Response** Authentic Vegan Consulting

Authentic Veganism: The Journal for Macrobiotic Topics and Issues Relevant for Human Life publishes articles on macrobiotic veganism with an aim of providing conclusive and comprehensive discussions on selected topics of relevance from the perspective of authentic macrobiotic veganism, a form of veganism endowed with a dietary vision capable of defining and identifying those plant-origin nourishment items with an existential purpose of human nourishment provision. This first volume's third issue contains an article titled "On Critical Positions against Veganism 3: Individual Impact and the Authentic Vegan Response," which is the third part of a series of articles motivated by the German Nutrition Society's critical viewpoint towards veganism's capacity to provide adequate nutrient supply. This article series, published consecutively in this journal, argues that disapproving positions towards veganism are misguided relying on erroneous interpretations of scientific findings, for the actual existential purpose of nutritional science as a field of science is to reveal to humanity that only selected plants have been created and intended as human nourishment.

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Date : Published March 10th 2017 by Blurb

ISBN : 9781366938312

Author : Authentic Vegan Consulting

Format : Paperback 46 pages

Genre :



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