



Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet

Virginia Messina

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Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet

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Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet Virginia Messina *Vegan for Her*, a blueprint for optimal health and wellness at any age, will show you how to: lower your risk for breast cancer and heart disease; manage conditions like arthritis and migraines; diminish PMS and cramps; build strong bones for life; enhance fertility; make an easy transition to a vegan diet; and incorporate principles of both fashion and compassion into your home and wardrobe.

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