

CONTENT

Entry	5
Air	8
Sun.....	13
Water	19
Vegan food	24
Rest.....	30
Faith and Hope in God	37
Work.....	41
Work and Health (Chapter Two)	46
Content	51
How to Overcome Addictions	55
Product Compatibility	59
Compatible Foods	64
Sour fruits.....	68
Are deficiency states possible in vegans?	73
What is the alternative to animal protein?	76
Interesting facts about veganism.....	79
Honey	82
Mushrooms	90
Rubric of exclusive recipes.....	93