



# Spicy Tasty Vegan Cuisine: An Informative Guide To Healthy Living (Black & White) (Volume 1)

*Mama Naasira Ageela*

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## **Spicy Tasty Vegan Cuisine: An Informative Guide To Healthy Living (Black & White) (Volume 1)**

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Who knew a plant-based diet could taste so good? MAMA Naasira and Dr. Joe's collection of wholesome, nutritious gluten-free and non-soy dishes along with a practical, sustainable approach for weekly cooking makes it easier than ever to live vegan. This book provides information on herbs and spices that can target ills and maladies and allow a tailored approach to improve health, vitality and maintenance of optimum health. Information is provided on the dangers of chlorine and fluoride and healthy alternatives to eliminating them with various water and filtration systems. This guide to healthy living provides a history of the introduction of soy and vegetable oils into the American diet and tells why they should be avoided. The "protein myth" is exposed explaining why meat is not necessary and the challenges it causes. Uterine and Prostate problems are explained along with effective methods of avoiding and/or healing them. Learn healthy, tasty alternatives to cow's milk and the best type of cookware to use. View stunning color photos and read 75 testimonies validating over 50 tasty, healthy and delicious recipes.

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