

V Alaska Vegetarian Society Newsletter

September 2011

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[We're In This Together](#) *Julie and Tom Pickard's Vegan Story*

I didn't find anything that really worked until we started eating a low-fat vegan diet.

I was impressed with how so many common health problems could actually be reversed by a plant-based diet and there was evidence to back it.

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**A
Deeper
Look**
by Delisa Renideo

[The Joyful Vegan](#)

I get comments and questions quite often from non-vegans something to the effect: "It must be hard to be vegan. I could never do that! I enjoy eating too much." I think many people think it is a constant battle of will to take on the "serious" business of eating a plant-based diet. If I then admit that indeed, I also do not smoke or drink, they are convinced that I truly do not have any fun.

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[Nutrition Nuggets: Get the Latest in Nutritional Information](#) by Delisa Renideo

Wouldn't it be great if there were one place you could go to find the latest clinical research about nutrition--in plain English so we can all understand it? Well, now there is. It is called NutritionFacts.org.

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[News & Events](#)

Another Great Reason to Avoid Meat

DISCOUNTS **New Benefits of AVS Membership**

[Click here to read more](#)

[New Food for Life Nutrition & Cooking Classes and Bread Baking Class](#)

New classes starting September 20th. Save \$10 if you register by Sept. 8th.

[Click here for more information](#)

Recipe of the Month: [Tom's Favorite Chili](#)

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[Home](#)