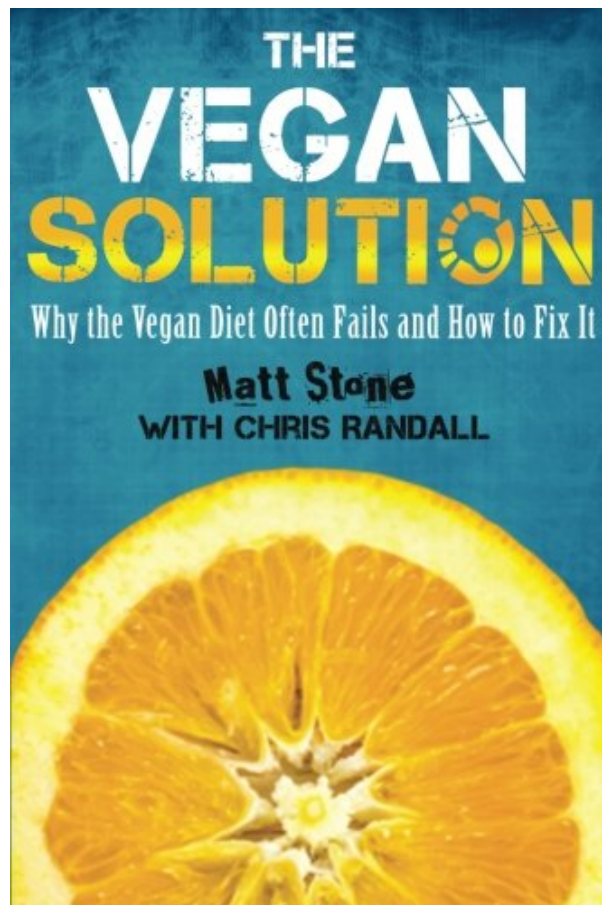
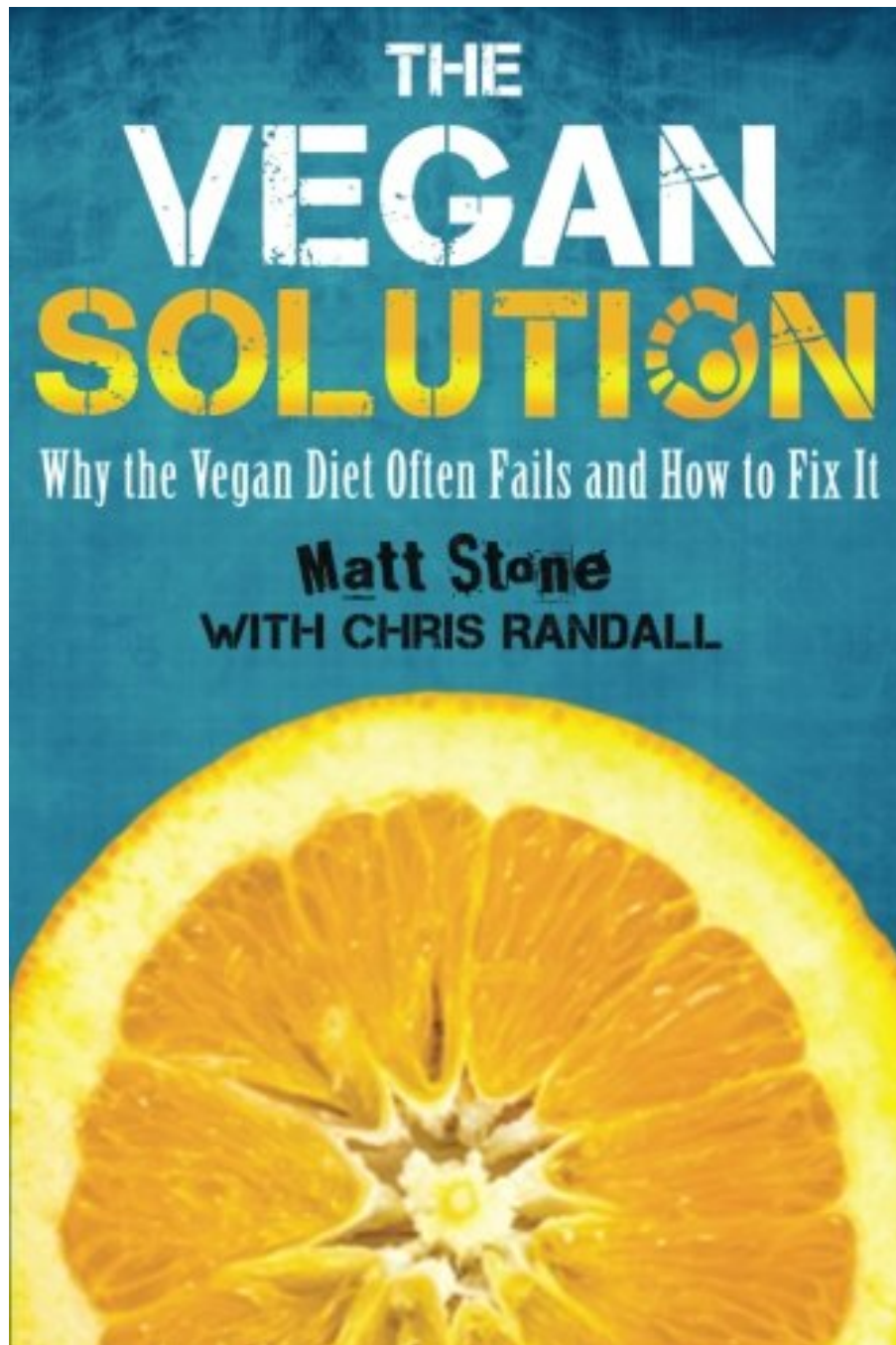


**THE VEGAN SOLUTION: WHY THE VEGAN
DIET OFTEN FAILS AND HOW TO FIX IT BY
MATT STONE**



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About the Author

Matt Stone is the founder of 180DegreeHealth. He is an independent health researcher and author of more than 10 books, including multiple titles that have made it to #1 in their respective categories on Amazon. Most of his research has drawn him towards metabolic rate and how many basic functions (digestion, reproduction, aging, immunity, inflammation, mood, circulation, sleep) perform better when metabolic rate is optimized. He is most notable for his criticisms of extreme diets and exposing many false diet industry claims, as well as his works on raising metabolic rate through simple changes in diet and lifestyle. His views and findings are discussed exhaustively on the site and cataloged in many of Stone's books available for sale through Amazon.

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"If you had told me 2 years ago that such a small change in my diet would yield such a big difference in my health, I would have laughed right in your face!" ~Chris Randall; Vegan

In "The Vegan Solution: Why the Vegan Diet Often Fails and How to Fix It," prolific author Matt Stone shares his pioneering research on the role of metabolic rate in health as applied to a vegan diet.

In the book you'll learn about "The Frigid Fourteen" - fourteen metabolism-lowering mistakes that are frequently being committed in the vegan world. These simple, misguided mistakes are commonplace and extremely detrimental to the metabolic rate and all of the body's systems affected by it. Yet they are all simple to fix, returning the body back to proper function, oftentimes while remaining completely vegan.

Popular Youtube vlogger Chris Randall, who lost 150 pounds and rid himself of many chronic health issues and has had a sensational return to health with a vegan diet, also chimes in with his personal experience and advice after applying many of Stone's methods.

Randall has spent many months as a personal client of Stone's, and has seen his body temperature return to normal, his strength and sex drive is soaring like never before, and he is getting progressively leaner and healthier eating in excess of 4,000 calories daily - far more than he was eating prior.

In the book you'll find out how you, vegan or not, can apply the same methods and achieve similar results - all with changes so minor it will seem far-fetched that it could actually yield such dramatic changes.

The common negatives you hear about a vegan diet - losing muscle mass and strength, hair loss, horrendous digestion, tooth decay, freezing cold hands and feet, frequent urination, insomnia, dry skin, loss of menstruation and sex drive, and more are things most assume to be a consequence of avoiding animal products. Stone and Randall propose otherwise and aim for "fixing" your vegan diet instead of rushing you down to the local steakhouse.

Whether you are thinking about trying out a vegan diet or have been at it for many years, this book is the manual for how you can properly meet your physiological needs, avoid the ravages of a poorly-designed vegetarian diet, and thrive.

In an endless sea of pseudo-scientific and cultish vegetarian literature and propaganda, "The Vegan Solution" offers up real, sound, simple advice based on the scientific reality of our human needs and biological function.

It's a must-read for anyone attempting to follow a vegan diet.

- Sales Rank: #753148 in Books
- Published on: 2013-04-10

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- Number of items: 1
- Dimensions: 9.00" h x .34" w x 6.00" l, .45 pounds
- Binding: Paperback
- 136 pages

About the Author

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Most helpful customer reviews

16 of 17 people found the following review helpful.

Interesting information, but....

By Laura

This writer's resources are questionable at best. Only five are from peer-reviewed, academic sources, and he even cites Wikipedia as a reference more than once! This book was interesting but when presenting such controversial and lesser known information on topics such as the cause of heart disease, Matt Stone would do well to cite more credible resources. I read this book with an open mind but really, who cites Wikipedia and expects their book to be taken seriously?

16 of 17 people found the following review helpful.

Food for Thought

By Florida2010

This book was a pretty quick read. Over all Stone is advocating a balanced caloric/starch/sugar diet that does not starve the body, but rather fuels your metabolism. He doesn't bash the Vegan diet, but offers tips/criticisms on how to achieve proper metabolism while aligning with that way of eating.

Pros: concise; practical advice

Cons: use of profanity/crude writing style isn't my thing

8 of 8 people found the following review helpful.

Terrible, but you should read it anyway.

By J. Mclamb

The writing is just terrible. You are going to have to wade through some seriously juvenile composition and the intro is basically every tired joke about being vegan that your coworkers and extended family think is still so so funny the umpteenth time they tell it. Just, ugh. So why 4 stars? I've been cold even as an omnivorous child that detested vegetables, and it was always irritating to have people attribute my shivers to my veganism when I knew that couldn't be the case. The advice in this book (which, really, could be one whole page) does indeed solve it. You will be warmer.

The title of this is really incorrect; it's not about the failure of the vegan diet at all (certainly not in a nutrient deficiency sense). The author, when he's done acting like a middle-school smarta-- does take pains to point out that the same problem arises in many common diets, such as paleo, gluten-free, etc. So feel free to grab

this cheaper title instead of Eat for Heat, since you'll get what you need with a lot less of this execrable prose. It's inexpensive, and you'll note a difference in just a few days.

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