



Secrets of My Vegan Kitchen

Nara Schuler

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Our bodies are resilient. Still, many of us are dependent upon daily medications for chronic diseases that mask symptoms and often come with troublesome side effects. Thankfully, there is good news. It truly is possible to reduce health ailments by eliminating processed foods and incorporating a whole foods, plant-based diet that fuels our bodies with proper nutrition and sets us on a path to living life without medication, pain, or depression.

In an authentic, self-disclosing style, Nara Schuler chronicles her journey as she moved from eating Standard American diet that led her receive a type 2 diabetes diagnosis to adopting a new lifestyle and vegan eating plan that dramatically changed her overall health and reversed her diagnosis in just three months without medication. As she leads others through the ups and downs of changing her diet, Schuler reveals how she reinvented the way she eats, shares shopping lists and simple recipes, offers alternatives to processed foods, and provides well-researched facts that back up her theories.

Secrets of My Vegan Kitchen shares experiences and practical advice that will motivate anyone to shun old eating habits and incorporate a whole foods, plant-based diet to improve overall health and reverse medication-dependent diseases.

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