

**A Guide To Vegan Lifestyle: What You Need To Know
About Vegan Diet And Health [Kindle Edition] By Chris
Jones**

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Introduce yourself - are you vegetarian / vegan? -

Hello My name is Jill and I've been vegetarian since 1993 and I've been sticking to a vegan diet for almost a year now after going vegan/veg for a couple of years.

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