



# The Vegetarian Way: Total Health for You and Your Family

*Virginia Messina, Mark Messina*

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**The Vegetarian Way: Total Health for You and Your Family** Virginia Messina, Mark Messina  
The Vegetarian Way is the vegetarian bible. It is an authoritative, comprehensive, single-source reference book for the growing number of people who are embracing a vegetarian diet, as well as for more than 12 million Americans who are already committed vegetarians.

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