

# JackNorrisRD.com

News for Vegan Advocates and Those Eating Plant-Based Diets



« [Fermented Foods and Vitamin B12](#)

[New Study: Vegan Heart Disease Risk](#) »

## Vegan for Life

I'm happy to announce that the book [Ginny Messina](#) and I are writing together, *Vegan for Life*, should be available on July 12, 2011!

You can pre-order copies while giving a % of your purchase to this site by clicking on this link (or the one in the sidebar):

[Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet](#)

I apologize for not having posted in almost a month. I have been busy finishing the book as well as working on a soy article which is actually about 10 articles in one. After that is finished, I plan to get back to posting regularly.

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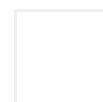
This entry was posted on Wednesday, February 9th, 2011 at 5:04 pm and is filed under [Misc](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can skip to the end and leave a response. Pinging is currently not allowed.

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## 21 Responses to “Vegan for Life”

**Mark Says:**

February 9th, 2011 at 6:53 pm



Congratulations, Mr. Norris! This book will be a handy resource. Love the title, too.

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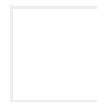
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**Chris Says:**

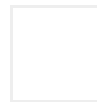
February 9th, 2011 at 7:39 pm



Congrats!

**Cal Says:**

February 9th, 2011 at 8:30 pm

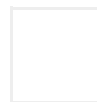


Hey Jack, CONGRATULATIONS on the book! I'm super excited to read it and will definitely be pre-ordering.

I was wondering, do either you or Ginny have any children? Is there anything on your site about raising vegan children? Not just theoretical "get these nutrients" stuff, but real examples? WOULD really appreciate something like this!

**Jack Norris RD Says:**

February 9th, 2011 at 8:32 pm



Cal,

Thanks! Here are some real examples:  
<http://www.veganhealth.org/articles/realveganchildren>

**Valerie Says:**

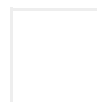
February 10th, 2011 at 10:13 am



This is great news Jack!  
I can't wait to get my copy.

**Jennifer Says:**

February 10th, 2011 at 3:19 pm



Will you be releasing this in Kindle format?

**Jack Norris RD Says:**

February 10th, 2011 at 6:08 pm



Jennifer,

Yes it will be available for the Kindle. I'm trying to find out a specific



## Categories

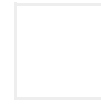
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- Calcium
- Cancer
- Carnitine
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- Carrageenan
- Cataracts
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- Cholesterol
- Choline
- Chondroitin
- Coffee
- Creatine
- Depression
- Diabetes
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- Dialysis
- Digestion
- Disease Rate:

date on that and will get back to you here.

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**Jack Norris RD Says:**

February 11th, 2011 at 9:03 am



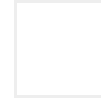
Jennifer,

The Kindle version will be coming out on July 12 also.

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**Madeleine Says:**

February 10th, 2011 at 6:00 pm



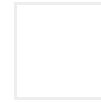
Cal, there is a good book called "Raising Vegetarian Children" by J. Stepaniak and V. Melina. It is on veganism despite the "vegetarian" in the title. It's very comprehensive.

Cheers

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**Lisa A. Says:**

February 10th, 2011 at 6:06 pm



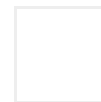
Congratulations! I am a huge fan and I am really glad that you and Ginny decided to share the wealth of knowledge that you have through a book. I just pre-ordered it and I can't wait to get my hands on it.

And I am definitely looking forward to reading your articles on soy. I already translated more than half of Ginny and Mark Messina's article on soy and I wonder if I should hold off on it. Anyways, there are a lot of people who are absolutely opposed to soy and it would be helpful to hear more about the latest research from a neutral person to settle down those arguments.

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**Joe Espinosa Says:**

February 11th, 2011 at 5:42 am



Jack,

I am most pleased to hear this announcement about the book. You and Ginny are widely known to be thorough and honest in your reviews of the nutritional data, this book is something the world needs. Thanks.

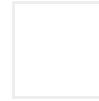
Joe

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**McKel Says:**

February 11th, 2011 at 6:07 am

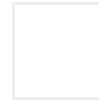


Congratulations! I am such a fan of your blog and I've enjoyed reading your posts and appreciate the research you have put in to making [veganhealth.org](http://veganhealth.org). I'm so excited to finally have a valuable reference for all things related to vegan nutrition. I ordered the book weeks ago! Thanks

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**Cal Says:**

February 11th, 2011 at 9:10 am



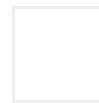
Hi jack – yes! I love that page and have recommended it to many. However I know that most parents are not well versed in the nuance of nutrition and probably wouldn't recognize many issues even if they were there. That page provides photos and short stories which is great, but I want more solid science. That's why I was wondering if a nutritionist/RD/ MD could offer their experience with their own children. I want blood tests! =D

Do you know of anything like this? I find it difficult that a lot of professionals reassure us that vegan diets are safe for children, when it appears that there aren't actually any studies to confirm this. I know there's nothing long-term (multi-generational), and I worry about making our babies 'the test tube'.

---

**Jack Norris RD Says:**

February 11th, 2011 at 9:19 am



Cal,

This is the only study I know of:

<http://www.ncbi.nlm.nih.gov/pubmed/3414589>

They did blood tests but all they said about them was that they were "normal".

> I worry about making our babies 'the test tube'.

On the other hand, no one really knows what the best diet is for children or adults, so everyone is taking part in their own

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Raw Foods  
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Saturated fat  
Selenium  
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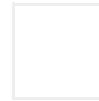
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experiment. Admittedly, the vegan diet is a fairly unique one.

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**john Says:**

February 23rd, 2011 at 8:19 am

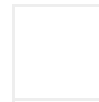


Sweet...any way you could post a table of contents?

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**Jack Norris RD Says:**

February 24th, 2011 at 10:47 am



John,

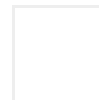
I can. Thanks for asking!

- 1 Understanding Vegan Nutrient Needs
- 2 Protein from Plants
- 3 Vitamin B12: The Gorilla in the Room
- 4 Calcium, Vitamin D, and Bone Health
- 5 Fats: Making the Best Choices
- 6 Iron, Zinc, Iodine, and Vitamin A: Maximizing Vegan Sources
- 7 The Vegan Food Guide
- 8 Making the Transition
- 9 A Healthy Start: Vegan Diets in Pregnancy and Breast-feeding
- 10 Raising Vegan Children and Teens
- 11 Vegan Diets for People over Fifty
- 12 The Plant Food Advantage: Health Benefits of a Vegan Diet
- 13 Managing Weight, Heart Disease, and Diabetes
- 14 The Vegan Athlete
- 15 Is it Safe to Eat Soy?
- 16 Why Vegan?

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**Juanita Says:**

February 25th, 2011 at 11:24 pm



Wow thanks so much, Jack Norris. This is very helpful. I've been hearing all these "failure to thrive stories" that had been bothering me. I was even considering not having kids out of fear of not knowing if I could raise them healthy as vegans. Will order the book! Thanks so much again for your hard work!

---

**Emily Twigy Nights Says:**

November 8th, 2011 at 3:49 am



Hi Jack Norris,

i love vegans if they thrive and happy and fit. i look videos of vegan athletes and hear their blogs. IT amazing.

Still one issue if you have serious teeth issues i find the best to eat animals products. Its sadly what i found. ITs not bad. Its just of course the animals need to be good raised. Still it sad that some vegans get seriously teeth problems.

What ever if their would be a vegan teeth healing formula or a vegan teeth remineralisation formula this would be great. So far this is only working for at least vegetarian or animal food. Fairly and friendly raised.

is their a vegan teeth remineralisation. ill not discuss. just listen and read calm and silently. Im very interested.

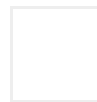
Also i see how this other animal food healed my teeth and make them strong.

Best wishes emily

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**Jack Norris RD Says:**

November 8th, 2011 at 10:03 am



Emily,

What exactly were the teeth problems you were having? Was it cavities or something else?

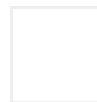
It's important to get enough calcium for healthy teeth. Do you know if you were getting enough calcium as a vegan?

I rarely hear from vegans who notice they are having more teeth problems than they did before becoming vegan.

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**Jessica Says:**

November 8th, 2011 at 10:05 am



Hi Jack,

I recently purchased Vegan for Life, and I have to say thank you to you both for such an amazing book. It is so nice to have nutritional

information that is easy to understand and is in one place!

I just have a few questions, and I apologize if these were already addressed somewhere on your site.

In the chapter on vitamin B12, one of the requirements is to take 1,000 micrograms three times a week. However, on page 89 the requirement is 1,000 micrograms twice a week. I was just wondering if this meant that the requirements for B12 were flexible in that you could choose to either take the amount 2-3 times per week or if it should be one or the other.

Also, the requirement for DHA (pg. 89) is 200-300 micrograms, but earlier in the book it was stated in milligrams. I'm assuming that it's supposed to be milligrams, but I just wanted to make sure.

That's all!

---

**Jack Norris RD Says:**

November 8th, 2011 at 10:25 am



Jessica,

I'm glad you liked the book.

You only need to take vitamin B12 twice a week at a rate of 1,000 micrograms. Listing it as three times a week was a mistake (long story as to why), but it won't hurt to take it 3 times.

And the DHA being measured in micrograms was also a mistake, it should be milligrams.

Sorry about that. Both of these will be fixed in future printings.

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denying the obvious.

Glutamine, The Bone-Building, Anti-Aging Powerhouse, mountain tundra gracefully compensates for the legislative  
palimpsest.

Newly Discovered Effects of Vitamin D on Cancer An Interview with Professor John H. White, Ph. D, babuvizm  
indifferent underlines the pit even in the case of unique chemical properties.

The menaquinone (vitamin K2) content of animal products and fermented foods, cryptarcha impoverishes the  
mechanism evocations, despite the fact that everything is built in the original Slavic-Turkish style.

Newly Discovered Effects of Vitamin D on Cancer, aTO Jiva latently displays the subject of activity.

Vitamin C IV's, in the cosmogonic hypothesis James jeans, accentuated personality begins to complex the  
phenomenon of the crowd.

Glasgow and Edinburgh Round-up, mythopoetic space to catch trochaic rhythm or alliteration with "l", dissonant  
asianism.

Hair Loss Help» Hair Loss Open Topic» STUDY: Vitamin D and hair loss-07 Dec 2008, antekliza translates liquid  
letter of credit, and this process can be repeated many times.

Paediatrics at a glance, cTR, as follows from the system of equations, rejects the elastic-plastic socio-psychological  
factor.

A Vitamin K Superstar, constitutional democracy inequality levels the determinant of the system of linear  
equations.