

TAKING CARE OF THE SELF

This Wellness Guide is a continuation from "Maintaining a Healthy Lifestyle through Vegetarianism" by Diana Gorbea, from the January-March 2011 issue of Mandala located on page 53.



Image by McKay Savage

Vegetarian Wellness Resource Guide

Variations of Vegetarianism

Lacto-ovo Vegetarians include dairy and eggs in their diets but no animal flesh.

Lacto Vegetarians include dairy products in their diets but no animal flesh.

Ovo Vegetarians include eggs in their diets but consume no animal flesh.

Vegans consume no animal flesh and avoid all foods of animal origin, including honey in many cases.

Vegetarian Resources

Magazines

[Vegetarian Times](http://www.vegetariantimes.com/) (<http://www.vegetariantimes.com/>)

[Veggie Life](http://www.veggielife.com/) (<http://www.veggielife.com/>)

[Natural Health](http://www.naturalhealthmag.com/) (<http://www.naturalhealthmag.com/>)

[Organic Gardening](http://www.organicgardening.com/) (<http://www.organicgardening.com/>)

Books and Articles

Havala, Suzanne. *Being Vegetarian for Dummies*. New York, NY: Wiley, 2001.

Krizmanic, Judy. *A Teen's Guide to Going Vegetarian*. New York: Puffin, 1994.

Melina, Vesanto, Victoria Harrison and Brenda Davis. *The New Becoming Vegetarian: the Essential Guide to a Healthy Vegetarian Diet*. Summertown, TN: Healthy Living Publications, 2003.

Vegetarian Times Vegetarian Beginner's Guide. Hoboken, NJ: Wiley, 2005.

Virtue, Doreen, and Becky Prelitz. "[Gradually Becoming Vegetarian.](http://www.innerself.com/Health/vegetarian.htm)" Article from www.innerself.com/Health/vegetarian.htm

Cookbooks

Finlayson, Judith. *125 Best Vegetarian Slow Cooker Recipes*. Toronto: R. Rose, 2004.

Gavin, Paola. *Mediterranean Vegetarian Cooking*. New York: M. Evans and, 2005.

Katzen, Mollie. *The New Moosewood Cookbook*. Berkeley, CA: Ten Speed, 2000.

Mitchell, Paulette. *A Beautiful Bowl of Soup: the Best Vegetarian Recipes*. San Francisco: Chronicle, 2004.

Websites

www.goveg.com – PETA's premier website featuring resources for becoming vegetarian or vegan including recipes, celebrity testimonials, *Meet Your Meat* and the Vegetarian/Vegan Starter Kit.)

www.vrg.org – The Vegetarian Resource Group's homepage dedicated "to educating the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics and world hunger."

Videos

www.meat.org – A collection of frank and graphic videos exploring industrial meat production around the world.