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.

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/)
Veggie Life (http://www.veggielife.com/)
Natural Health (http://www.naturalhealthmag.com/)

Image by McKay Savage
Books and Articles
Virtue, Doreen, and Becky Prelitz. “*Gradually Becoming Vegetarian.*” Article from [www.innerself.com/Health/vegetarian.htm](http://www.innerself.com/Health/vegetarian.htm)

Cookbooks

Websites
[www.goveg.com](http://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](http://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](http://www.meat.org) – A collection of frank and graphic videos exploring industrial meat production around the world.