



Raw-Vegan + Sports

Arnold Wiegand

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Raw Vegan + Sports Uncooked Vegan Food and Endurance Sports Is it possible to achieve outstanding results in endurance sports on a purely vegetarian (raw vegan) diet? Not only one time, but with an improved performance capacity over a time period of several years? Arnold Wiegand has been exemplifying it for years, and he demonstrates that a strictly vegetarian diet - makes high athletic performance possible, - boosts health and helps prevent illnesses - makes the suffering and killing of animals superfluous - is active environmentalism. Worldwide, mass livestock farming causes more gases that are harmful to the climate - such as CO₂ - than all means of transportation (automobiles, airplanes, trains) combined. Arnold Wiegand is, with his range of disciplines in endurance sports, the world's leading raw vegan athlete. - Swimming up to 31 km (19.26 miles) - Running up to 162 km (100.66 miles) - Triathlon competitions covering three times the distances of the Iron Man 11,4 km (7.08 miles) / 540 km (335.54 miles) / 126 km (78.29 miles) in 41 hours 18 minutes. 5th place in 2011 - Five Ironman triathlon distances in 61 hours 40 minutes, 2011 - Ice swimming (1 km / 0.62 miles at 2 degrees Celsius / 35.6 degrees Fahrenheit) In his second book, Arnold Wiegand describes The basics and helpful pointers about raw vegan food His experiences in competitions over the past years 80 raw vegan recipes Extensive nutritional data tables - Where is what in there? Functional kinetics www.vegan-sports.de

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