

# Videos



▪ Cow-free Calcium;



▪ Where Do Vegans Get Their Protein?



Is Plant Protein Inferior? Vesanto Melina MS, RD;  
Becoming Vegan: Express Edition



Vitamin B12 for Vegans and for People Over 50, Vesanto  
Melina, Becoming Vegan: Express Edition



Iron-clad Tips for Vegans (& Vegetarians)- Vesanto Melina, R.D. Becoming Vegan: Express



The Vegan Golden Years-



Lunches -



Vegan Breakfast Bonanza, Brenda Davis,



Bethany's Story Trailer

[Bethany's Story](#) (1/20/2015) - Brenda was interviewed for a newly released documentary film called Bethany's Story. It is an inspiring story about a courageous and determined teenager who triumphs over a debilitating health condition. Check out the trailer below. For more information, to rent or order the film, see <http://bethanysstory.com>