

New Health Book Announcement: "Brotha Vegan"

Black men on veganism, fatherhood, politics, sexuality, gender, health, popular culture, spirituality, food, animal advocacy, the environment.

SILVER SPRING, MARYLAND, USA,
February 22, 2021 /EINPresswire.com/
-- New Health Book Announcement:
[Brotha Vegan](#)

By [Kimatni D. Rawlins](#)

Humbled as I would like to offer gratitude to the publishers and author of "Brotha Vegan" for the inclusion of my journey from "The Camden Creature" to "The Vegan Cyborg" and Founder/Publisher of [www.FitFathers.com](#). Omowale

Adewale, Breeze Harper, and Lantern Publishing and Media have created the perfect resource to help Black men break some of the traditional patterns in American society, which has led to our people's chronic health degradation. Early death from mostly preventable diseases is a recurring narrative in the Black community. Yet, nutritional freedom and plant-based mindfulness can lead to evolutionary choices and life enhancement. Thus, if you are looking for positive change, then you have to tap into the root cause and reprogram the formula.

Excerpts from Chapter 3: Reprogramming the System by Kimatni D. Rawlins

"When my two daughters ask me why I decided to go vegan, I think back to dinnertime growing up in the 1970s in Camden, New Jersey. Keeping the fridge and cupboards stocked was problematic for my mother, so my two younger sisters and I would take a vote on what was ideal based on the limited ingredients. Over the years, mother worked feverishly on her nursing degree to help us escape the immense poverty, minimal education, and debilitating crime from a city that seemed bent on self-destruction....."

You can learn more and buy your copy at Amazon.



Contributor to "Brotha Vegan" new book on Amazon



Early death from mostly preventable diseases is a recurring narrative in the Black community. Yet, nutritional freedom and plant-based mindfulness can lead to evolutionary choices and life enhancement”

Kimatni D. Rawlins

Brotha Vegan, edited by Omowale Adewale, unpacks the lived experience of Black men on veganism, fatherhood, politics, sexuality, gender, health, popular culture, spirituality, food, animal advocacy, the environment, and the many ways that veganism is lived and expressed within the Black community in the United States.

Thank you for all the love and support. Stay active, eat clean, and continue to energize your life.

Kimatni D. Rawlins
Founder & Executive Director

The Fit Fathers Foundation

www.FitFathers.com

KRaw@FitFathers.com

Kimatni D. Rawlins

Fit Fathers Foundation

+1 202-550-9183

[email us here](#)

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/535727510>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2021 IPD Group, Inc. All Right Reserved.