Go Vegan!

12 BENEFITS OF GOING VEGAN

Decrease Inflammation

Eliminate Bloat

Balance Weight

Eliminate Aches & Pains

Get Your Body Back

Get Younger

Increase Energy

More Intimacy

Be More Productive

Equal Rights for Animals

Be A Part of The Solution

Heal Yourself & Heal The Planet

Go Vegan!

Decrease Inflammation

According to Statistic Georgia, estimated that 60 million people in the USA have chronic inflammation, which can lead to early aging, candida, acid reflux, arthritis, joint pain and general pain, diabetes, Alzheimers, autoimmune diseases, cancer, and the list goes on. Inflammation is a natural response of the body to defend itself against excess bacteria and toxins. Go Vegan and make healthy food choices to eliminate it.

What causes it?
Poor lifestyle and dietary habits, which means a diet high in meat and diary that is difficult to digest - and instead hangs out in the intestines too long, rotting, and causing gas, bloating - i.e. inflammation.

What to do?
Go Vegan, and consider this question. What keeps you stuck and not able to break out of old habits that lead to eating inflammatory foods? Give attention to this, and things can change. It's not on the outside, its what's going on - on the inside.

Eliminate Bloat

Where there's inflammation, there will be gas, which leads to bloat. Unblock the digestive system with foods that are easier to BAAE - Breakdown, Assimlate, Absorb and Eliminate. With time and consistently, fiber and water rich foods will remove inflammation, and therefore gas. Take the bloat out of the belly with foods the body can use and get rid of, and everything decreases: inflammation, bloat, puffiness, swelling, poor circulation, etc.

What causes it?
Stress, lack of exercise, and the biggie: eating processed foods, sugar, animal products, and foods the body can't break down - so it stores them, where they create... gas, bloat, pain, etc.

What to do?
Stop eating foods that produce gas, properly food combine, and increase circulation with eating foods that digest well - along with getting your heart rate up to burn it off, at least 3 times weekly for 20 minutes.

Balance Weight

Whether we have too much weight, or not enough - typically the same underlying reason is the issue: malnourishment and poor absorption. What a fat person doesn't have enough nourishment, and someone skinny may not be healthy? Tis true.

What causes it?
Eating foods that don't fortify and nourish the body. That leave us demineralized, dehydrated, lacking the vitamins, minerals, carbs, and healthy fats we need to keep our weight in check. For some that will cause weight gain, and others weight lose. Either way, we're not getting enough nutrition absorbed into the body.

What to do?
Eat a variety of fruits and vegetables that supply a wide range of nutrients, and stay off vegan junk food. Plus avoid what also demineralizes and creates poor absorption: meat, dairy, sugar, and common allergen foods (more about that later).

Eliminate Aches & Pains

When our circulation doesn't move well, and the blood stagnates, bacteria deposited in our joints can grow, making them hot, swollen and painful. This can also be true of organs, and other body parts as well.

What causes it?
Not being aware of how our food and lifestyle habits affect us. At the core is typically an emotion that's difficult to face and feel. It's not just a physical ailment, yet an emotional one.

What to do?
Increase blood flow and circulation in your body, so it can clean itself properly - and eliminate inflammation, and the toxins it carries. Be willing to feel emotional pains and aches, and get professional support to work through what may be fatiguing and harming the body.

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Get Your Body Back

It is possible to decrease fat, feeling too full, and actually be happy with your body? Yes it is. What if it's just a call to take care of yourself? Put your mind to it, and you can do it.

What causes it?
After years of eating inflammatory foods, not moving enough, and stuck emotions inflaming our mind, body, and soul - the body shows what we've been experiencing, in the flesh.

What to do?
Decide hands-down to take your body back. In fact acknowledge yourself, you've done it already by enrolling in the program. Keep going, you're doing great! Follow through with this work, and watch your body transform. Consistency and focus is key!

Get Younger

When your body doesn't have to work so hard eliminating infection, toxins, and stagnate waste - we look and feel more youthful, because our immunity is strong, nutritional levels well-circulated - and we are living in harmony with our natural body design.

What causes it?
Fruits and vegetables gives us high antioxidant levels, which mean hormones work better and nutrition can properly circulate through the body. When toxins aren't taking up the precious resources to ward of physical threat, which can be quite aging.

What to do?
Go Vegan to lose or balance weight, stop smoking and eliminate toxins such as alcohol, drugs, sugar, and processed foods from your diet. Exercise, and face stored toxin emotions that rob vitality/youth.

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Increase Energy

Eliminating the afternoon crash is part of the power that just eating plants offers. The less stimulated we are by heavy foods, such as meat and dairy, sugar and processed foods - the less labor on our digestive system. When foods are difficult for the body to break down, and leave a toxic residue, it makes us tired. Very tired. Lighten the load on the digestive system, and bing - we feel more bright, alert, and in less need of grabbing a pick me up… that only brings us down later (more on The Stimulant Cycle later).

What causes it?
As we eater lighter and more nutritious foods, we get more bang for the buck. This means our circulation moves better and we're more well nourished - and therefore we have more oxygen in our system. We need oxygen not only from the air we breathe, yet also from the food we eat.

What to do?
Eat plants, and leave the rest behind! Once you adjust, you won't feel like you're missing anything, just gaining everything. Allow for the acclimation process.

More Intimacy

Can eating just plants really help us to be more in tune with who we are, and others? Absolutely! It can be the difference between dial up and high speed wi-fi. Having more energy, we're more awake, present, and available - not just for self, yet for others too!

What causes it?
When we remove obstruction from our intestines and blood, by eating foods that are alive - rather than dead and decaying - we become more mineralized, which is how we grow strong not only physically, yet also in who we are. And therefore, at peace. Peace on the plate = peace with self, and others.

What to do?
Eat a big green salad each day along as you Go Vegan, drink green juice, and open up to a whole new world of plant power.

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Be More Productive

A clear mind and nourished body is essential in healthfully increasing our productivity. Go plants.

What causes it?
If your body doesn't have to work so hard digesting foods difficult to process, you get that energy instead. Say good-bye to pushing yourself with caffeine.

What to do?
Stick with Going Vegan. Focus on the principles for building your alkalinity in this program, and soon you're energy levels, and therefore natural productivity will balance out.

Be A Part of The Solution

Did you know that animal agriculture is responsible for more greenhouse gases than all the entire worlds transportation systems combined? And a meat-eater's diet is responsible for 7 times more greenhouse gas emissions than a vegan diet. The UN says eating vegan is necessary to counter-balance the worst effects of climate change (from PETA).

What causes it?
A lack of education between the impact of our food choices, and how they massively affect climate change, for better or worse.

What to do?
Simple - Go Vegan. Be a healthy well-nourished vegan, who's a part of the solution, rather than the problem.