

Go Vegan!

WHY VEGAN? SCIENCE & FACTS

7 Foundational Principles

PART 1

By Amy Rachelle, ND



TABLE OF CONTENTS

7 Principles At-A-Glance **3**

Part 1:

PRINCIPLE 1 **4**

Nutrition – Macro/Micro Nutrients

PRINCIPLE 2 **5**

Gut Health – The Key To Health

PRINCIPLE 3 **9**

BAAE – Breakdown, Assimilate, Absorb, Eliminate

Why Vegan? Science & Facts.

7 Foundational Principles



1. Nutrition
Macronutrients &
Micronutrients



2. Gut Health
Key To Health



3. BAAE
Breakdown, Assimilate,
Absorb, Eliminate



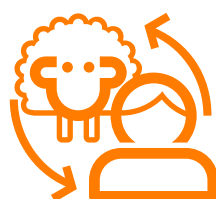
4. 6 Elements of Food
Must Have's
Of Food



5. Stimulant Cycle
Getting Real



6. 2nd Brian
Physical/Empathic
Intelligence Meet



7. Factory-Farmed Animals
Sick Animals = Sick People

7 Foundational Principles

PRINCIPLE 1



Nutrition – Macronutrients & Micronutrients

Nutrition can be broken down into 6 essential nutrients that we need to be healthy:

Macronutrients

- 🔥 Water
- 🔥 Fats
- 🔥 Carbs
- 🔥 Protein

Micronutrients

- 🔥 Vitamins
- 🔥 Minerals

Macronutrients

Macronutrients are stored and used in large numbers by the body. They contain macrominerals, which provide us with energy (also called calories). Macronutrients are essential in forming and repairing tissue, plus they are a regulator of life processes, and orchestrate nerve impulses. We humans need the majority of our diet from Macronutrients.

Water

The number 1 nutrient we need, as we are up to 70% water. It acts as a carrier, delivering nutrients to cells, and removes waste through urine. Regulates body temperature, and ionic balance of blood. It also acts as a lubricant and shock absorber.

Fats (lipids)

They are used to create steroids, hormones and fat soluble vitamins (A, D, E, and K). They give us the most energy to burn. They are used for energy storage and as an intracellular messenger. Fats are twice as rich in energy over protein and carbs.

Carbs (starch & sugar)

The major source of energy we most need. Use clean running sources to fuel a healthy life (see Vegan Nutrition chart).

Protein (amino acids)

Builds and repairs our body, while powering bodily fluids, cells, muscles and organs. Last to be used by all the macronutrients.

Micronutrients/Trace Minerals

Micronutrients, also known as trace minerals, are vitamins and minerals that we need in smaller amounts. Although the body needs less quantity than macronutrients, a deficiency can cause health problems, so they are equally as important. Their main job is in enabling the many chemical reactions to happen in our body. Their function isn't for providing energy, like macronutrients.

Micronutrients create enzymes, hormones, and life giving elements needed for growth and development. They maintenance tissue function and metabolism that play a central role in keeping us healthy. They are categorized into 2 groups: 13 vitamins (fat and water soluble) and 10 main microminerals/trace minerals.

See the Go Vegan Nutrition Guide for a full detailed breakdown of macro and microminerals found in micro and macronutrients.

PRINCIPLE 2



Gut Health – The Key To Health

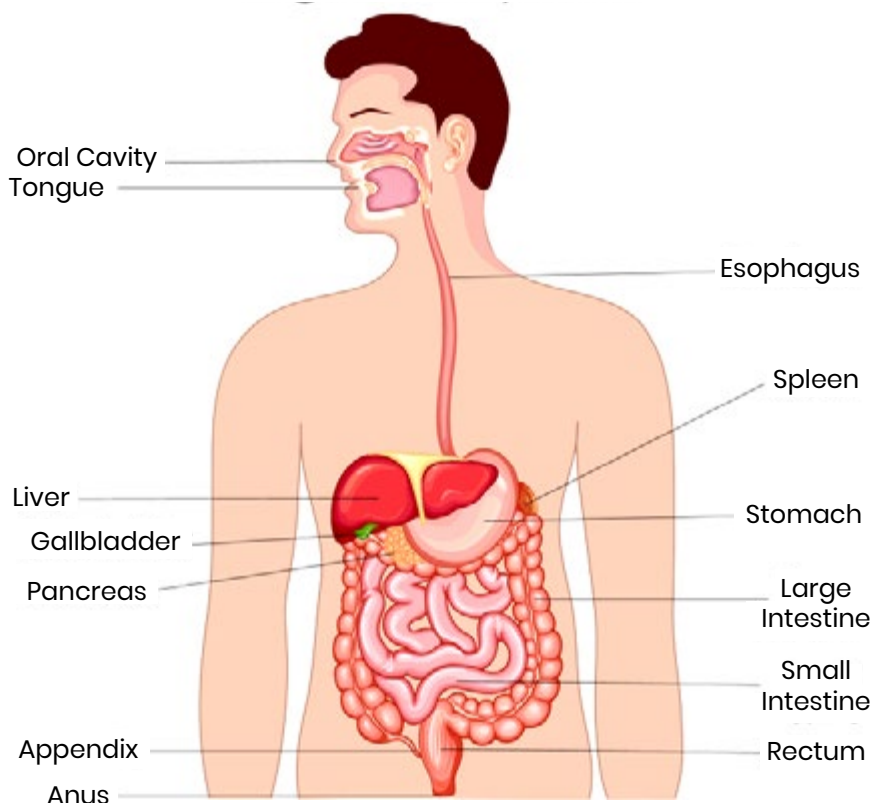
Great health begins in the gut. You can exercise, and do all kinds of positive health promoting activities, though if your gut isn't healthy, then you may not get as much benefit. Put them all together with gut health as the foundation, and you've got a winning combination.

Without good gut health we may experience: malnutrition, digestive difficulties, constipation, depression, hopelessness, mental health issues, and a wide-range of mild to fatal health problems.

What does gut health mean?

It means we know how our personal digestion works, what it can do, and what it can't – according to how we think, eat, live, and even love. There's a general theory for how it works, as we all have the same equipment – though it's not one size fits all. And that's because we all have our own individual microbiome (or community of good and bad guys), living in our belly – and body. The healthful relating of that culture can be the difference between feeling great, or experiencing compromised health.

Digestive System



Digestive System

Herbivore v. Carnivore Anatomy

We have long intestines like other herbivores, and unlike true carnivores that have shorter intestines. If what we eat contains no fiber or water – such as meat and dairy – food can more easily rot, ferment, off-gas and lead to serious health issues (think permanent gas/ lots of burping and farting, energy decrease, compromised health, and even disease).

Remember, we are on low heat (body temperature), similar to a low-heated oven. We require hydration to ensure proper movement (or peristalsis) of our food. Otherwise our digestion can be like a dry dirty sponge – nothing can move, we get clogged up, circulation slows, oxygen and nutrition uptake decrease, and we droop like a wilted flower, infection grows, and we can even become diseased.

If the elements we need in food to properly digest aren't intact (see Principle number 6 below) our digestion can weaken. A diet high in fruit and veg are the antidote. It's easy to remedy by only eating plants.

Because flesh foods tend to sit in our intestines too long undigested, they pull water from the bowel in an attempt to eliminate, which can cause dehydration, poor assimilation and absorption – making it difficult for food to eliminate in a timely way before fermenting and poisoning the blood stream. This is the root of constipation, gas, and many health issues.

According to a Peta spokesperson: “Humans have short, soft fingernails and small, dull canine teeth. All true carnivores have sharp claws and large canine teeth that are capable of tearing flesh without the help of knives and forks. Real carnivores’ jaws move only up and down, enabling them to tear chunks of flesh from their prey. Humans can move their jaws up and down and from side to side, and we also have flat molars (which carnivores lack), allowing us to grind up fruit and vegetables with our back teeth like herbivores do.”

Gastric Juices

From medications, stress, poor dietary and lifestyle habits, many of us don't have the enzymes (pepsin) and hydrochloric acid (HCL) in our gut to properly break down animal (and some plant) foods. This can cause large particles of food to be kicked back into the bloodstream, creating and contributing to infection in the body. With our circulation overwhelmed, blood stagnates, our overall pH drops, and we become acidic. Think of a stagnate pool that isn't circulating. It becomes acidic, grows bacteria - and you wouldn't get into it. Though, basically, that's what happening in our blood when we eat a highly acidic (meat/dairy) based diet, causing our cells to bathe in a dirty pool of toxins that make us feel tired, overwhelmed, and even sick and diseased.

According to Encyclopedia Britannica, “pepsin is the powerful enzyme in gastric juice that digests proteins such as those in meat, eggs, seeds, or dairy products.” Because these foods can be demanding to digest, our HCL and pepsin production may become compromised over time, and may decline - even for children.

Healthline says: “Hydrochloric acid helps your body to break down, digest, and absorb nutrients such as protein. It also eliminates bacteria and viruses in the stomach, protecting your body from infection.” If pepsin and HCL levels are compromised, our digestive system may not be able to break down and absorb protein and nutrients properly. This is a very common from eating a meat and dairy - high acid - diet that robs not only nutritional levels, yet also gastric juices. Without them, we may be diagnosed with a broad range of digestive related illnesses, including ulcerative colitis, ulcers, Crohns, etc.

Microbiome & Microbiota

microbiome

mi·cro·bi·ome | \ ,mī-krō-'bī-,ōm \

Definition

1

: a community of **microorganisms** (such as bacteria, fungi, and viruses) that inhabit a particular environment and especially the collection of **microorganisms** living in or on the human body

Your body is home to about 100 trillion bacteria and other microbes, collectively known as your *microbiome*.

— Carl Zimmer

... what's arguably become the hottest area of medicine: *microbiome* research, an emerging field that's investigating how the bacteria that live in and on our bodies affect our health.

— Sunny Sea Gold

2

: the collective **genomes** of microorganisms inhabiting a particular environment and especially the human body. They form one community among the many that make up the human microbiome: the full genetic complement of bacteria and other organisms at home on your skin, gums, and teeth, in your genital tract, and especially in your gut.

— Nathan Wolfe

Microbiome vs Microbiota

"Sometimes used interchangeably, these two terms have subtle differences. The micro- biome, as said, refers to the collection of genomes from all the microorganisms in the environment.

Microbiota, on the other hand, usually refers to specific microorganisms that are found within a specific environment. Microbiota can refer to all the microorganisms found in an environment, including bacteria, viruses, and fungi. This means that there are localised differences in the microbiota of each person, depending on where in the body the microbiota is collected from. In each person, their gut microbiota can be radically different to their skin microbiota – care needs to be taken when talking about where microbiota come from."

<https://www.fiosgenomics.com/microbiome-vs-microbiota/>

Microbiome

Healthy bacterial populations are linked to:

- Strong immune system
- Reduced risk of infection
- Synthesizes nutrients, including B12
- Prevents chronic disease including certain cancers & bowel issues.

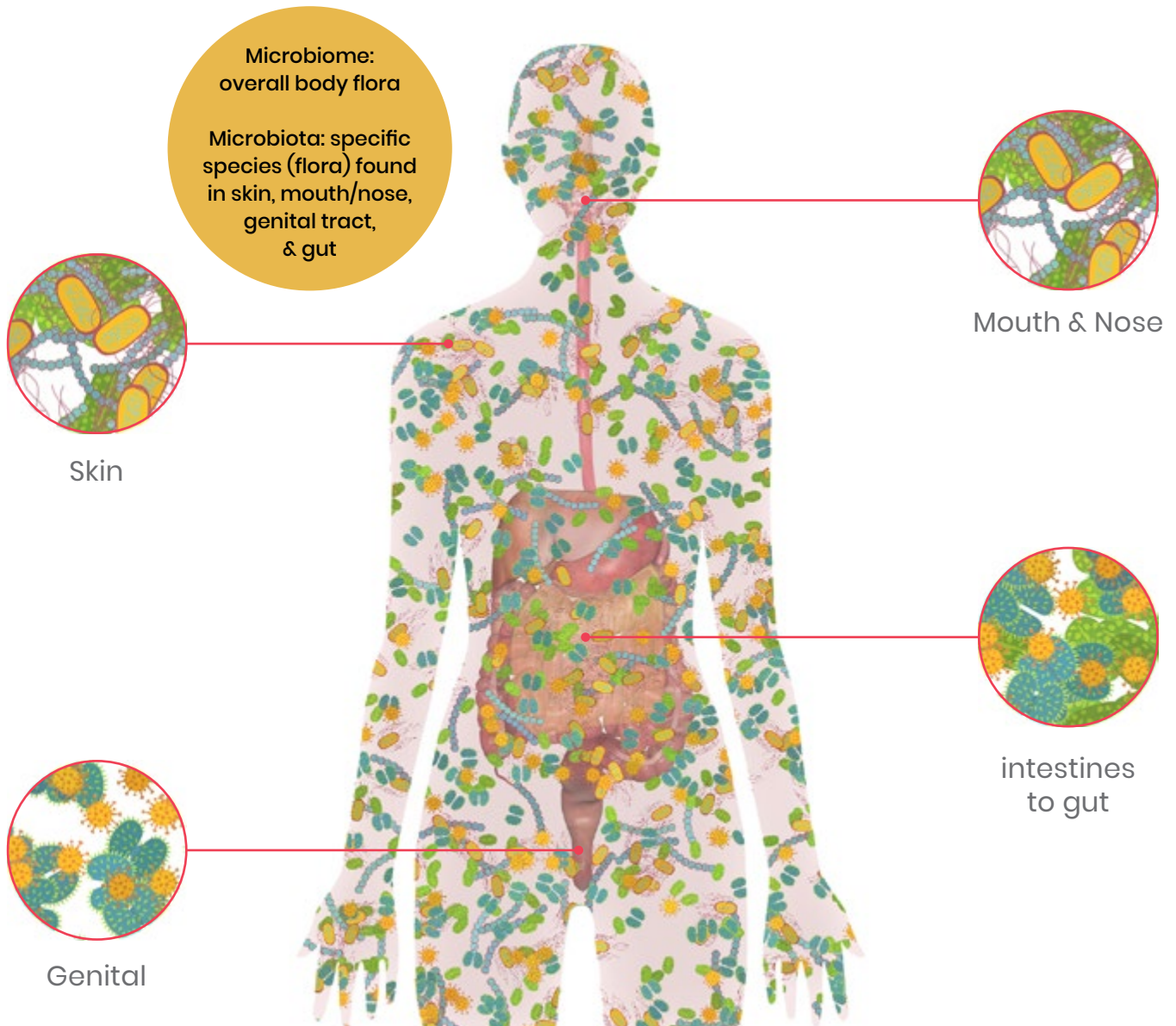
"The genetic material of all the microbes - bacteria, fungi, protozoa and viruses - that live on and inside the human body. It may weigh as much as five pounds."

Unhealthy bacterial populations are linked to:

- cancer
- autism
- colitis
- malnutrition
- eczema
- celiac disease
- multiple sclerosis
- obesity
- heart disease
- asthma
- diabetes
- mental health

Critical to 4 important parts of life:

- nutrition
- immunity
- behavior
- disease



Rebuilding healthy microbiome – and specifically gut microbiota – depends on one's condition, age, and state of mind. It is possible through changing our dietary and lifestyle habits, and decreasing to eliminating chemicals and drugs in our diet, household and what we consume – including hard hitting (highly acidic) prescription and recreational drugs. They tend to be big culprits in compromising our gut microbiota – the basis of our immune system, ability to digest, and the precious resource that takes care of so many of our bodily functions in keeping us healthy.

This is one of the essential reasons going vegan is so important, as the microbiome of animals is severely destroyed through continuous high antibiotic use, their immune systems weakened, and their flesh contains the potential for pathogens, parasites, heavy meals, bacteria, and infections. And – their acidic flesh and by-products rob our microbiota, otherwise known as our healthy gut flora, and good army.

What if you're in – or have been – in a life-threatening situation where you must take the drugs? Give thanks for them, then follow the principles you're learning in this course to rebuild your microbiota. Can you do both at the same time? Absolutely, and it's highly recommended. Delaying may postpone deep healing that's available. If you're having trouble letting go of the old habits and way of eating, it likely means you need much more support. Be sure to get involved with the community aspects of your program, reach out, and be supported.

PRINCIPLE 3



BAAE – Breakdown, Assimilate, Absorb, Eliminate

Being healthy isn't just about eating healthy food. It's about what our body can actually use, integrate, then get rid of. Which means it can properly breakdown, assimilate, absorb and eliminate what we eat.

If what we consume, plant or animal, doesn't BAAE – our body won't receive the nutrition it needs. Potential results? Gas, bloating, weight gain or losing too much weight, digestive problems, weak muscles and tissue, malnutrition, illness, and a host of health issues. Our tissue is comprised of the food we eat. If our digestive system can't metabolize what we consume, our body stores excess in our tissue, organs, and bones. Because of the acidic nature of these substances, it's clear why our immune system becomes broken down, we age prematurely, become ill, and don't have the nutritional resources to rebuild.

This is another reason why a whole-foods vegan diet is crucial, to help repair our microbiota, and strengthen our BAAE.



Dr. Amy Rachelle, ND
Go Vegan Founder & Naturopath

✉ amy@amyrachelle.com

📷 [goveganamyrachelle](https://www.instagram.com/goveganamyrachelle)

📘 [@goveganamyrachelle](https://www.facebook.com/goveganamyrachelle)

🌐 www.amyrachelle.com