

GoVegan!

WHY VEGAN? SCIENCE & FACTS

7 Foundational Principles

PART 2

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Why Vegan? Science & Facts.

7 Foundational Principles



1. Nutrition
Macronutrients &
Micronutrients



2. Gut Health
Key To Health



3. BAAE
Breakdown, Assimilate,
Absorb, Eliminate



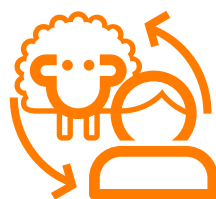
4. 6 Elements of Food
Must Have's
Of Food



5. Stimulant Cycle
Getting Real



6. 2nd Brian
Physical/Empathic
Intelligence Meet



7. Factory-Farmed Animals
Sick Animals = Sick People

PRINCIPLE 4



6 Elements of Food – Must Have's Of Food

To break down our food properly, we need the following 6 elements present in our food. Otherwise, it's likely to get blocked by undigested stored intestinal waste that has been sitting in our small and large intestines (even since childhood), decaying and off-gassing – contributing to gas and mucous production, poor digestion and elimination, low nutritional uptake, compromised energy, plus physical and emotional imbalances. Here's why we need each of the following 6 elements present in our food:

1. Water

Water in our food lubricates our joints and tissue, helping us to stay hydrated and lubricated. This helps ensure our digestive system can break down foods and eliminate what we consume. It replaces what we lose in sweating, and being active throughout the day. It also helps in weight loss, and eliminating cravings. We need water not only to drink, yet in the food we eat – and we need it for healthy skin and hair, to lubricate our eyes, nose, and mouth – and for healthy motor skills. Plus, we need healthy sources of water to not prematurely age. We are up to 70% water. Healthy water is the number one nutrient we need. Remember, meat and dairy contain zero.

2. Fiber

Fiber acts to breakdown food, and helps it to properly eliminate. It also cleans our digestive tract by pulling out waste in the walls of our intestines. It helps us to feel full, eating whole-food sources. It's also an antidote to many bowel issues and is known to prevent diabetes, bowel cancer, and heart disease. Meat and dairy are devoid of fiber.

3. Bioelectrical Current

All living forms – plant to mammal and everything in between – come intact with a bioelectrical current. Did you know our brain has enough electrical current to power a light bulb of around 20 watts? This is because our cell membranes are charged with ions that conduct bodily processes, which give us life. When these currents seize or distort, cells can die – leading to dullness, disease, and other conditions. When our food is denatured, it loses its bioelectrical current – or life-force energy (what powers it). How conductive is the bioelectrical current of flesh over fruit and veg? It's simple. The one alive emanates life force energy. The one slain is simply dead. One is alive, and one is dead.

4. Enzymes

Enzymes aid gastric juices in food to easily digest. They are sensitive to high heat, which can kill up to 80% of enzymes. They break down food, help it assimilate, absorb and properly eliminate. Only raw food has enzymes. This is why it's important to eat properly food combined raw food with cooked food. Enzymes also help to destroy toxins, and build muscle.

5. pH balance

Our body pH is greatly affected by food pH. Food pH is a main contributor in being healthy, and supporting overall pH balance in our body. Properly pH balanced food (think wholefoods) contribute to strong gut flora (back to microbiota), building immunity, and help food absorb properly. Many people are acidic from a lifetime of eating extremely low acid forming foods such as meat and dairy, which can lead to acidosis, digestive issues, heart burn, acid reflux, low energy, etc.

6. Oxygen

We need oxygen not only in the air we breath, yet also in the food we eat – to aid in cellular respiration. Blood oxygen levels are organically increased by eating oxygen rich foods – yes, simple fruits, veg, and the like – while avoiding overcooked, dead, and processed foods that have little to no oxygen.

(Inspired by Dr. Brian Clement)

PRINCIPLE 5



Stimulant Cycle – Getting Real



OVER STIMULATION

Craving and cranky until stimulated. Extreme highs and lows. Addicted to caffeine to poop. Activated/focused until acidic crash comes. May be core root of addiction in general.



POOR ELIMINATION

Digestive issues, prolonged it can become a breeding ground for illness/ disease. Hormonal imbalances, mental health issues, depression, & anxiety.



TISSUE IRRITATION

Allergen symptoms: bloating, gas, itchy nose/face/skin/eyes, sneezing, acid reflux, heart burn, digestive issues. Swelling begins.



POOR CIRCULATION

Eczema, psoriasis, skin discoloration, muscle/joint cramping, fatigue, cognitive thinking may become impaired, health complications.



INFLAMMATION

Swelling of eyes, hands, legs, ankles. Puffy face. Poor circulation. Tired, sluggishness. Aches/pains. Skin issues. Pain, flu-like symptoms, headaches, chills, joint/muscle stiffness.



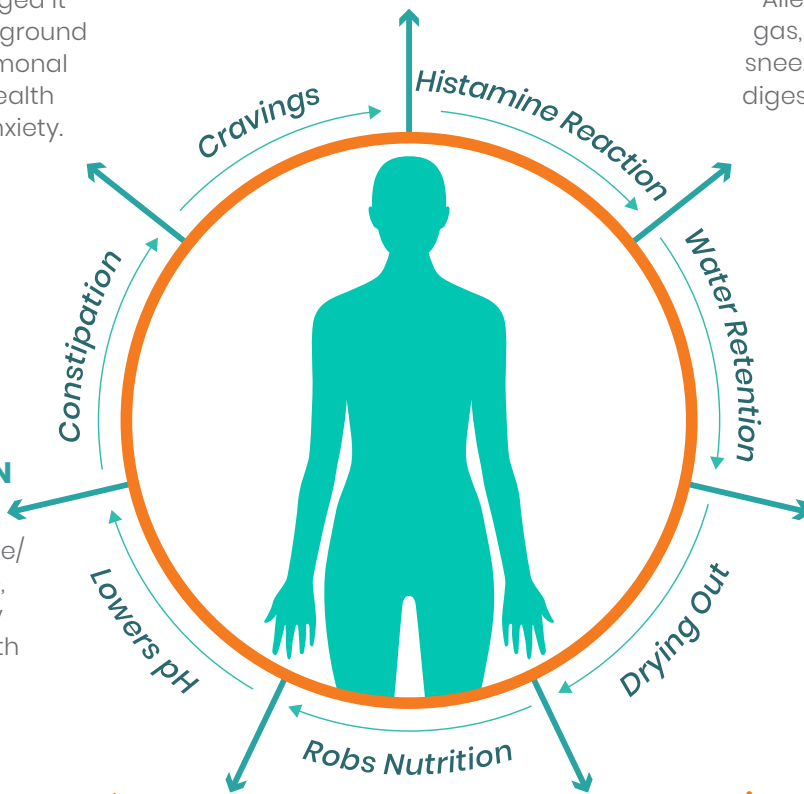
BLOOD STAGNATION

Bacterial growth, infection, heavy feeling, sluggish, exhaustion, illness may begin. Poor nutritional absorption. Stagnate state of mind.



DEHYDRATION

Dry eyes, skin, lips. Flaking & aging skin. Feeling tired. Yellow/dark urine. Headaches. Poor digestion.



The Stimulant Cycle explains the vicious circle most of us live in, that we're addicted to it, and may have resistance to let go of. And... we may not realize how we seek stimulation to jump start our battery unless we don't have it, for many – it's a deeply engrained habit. It can also have consequence for many. We may not relate what we eat to how we feel, physically and emotionally. Yet, there's a distinct connection to what we eat, how we feel, and symptoms we experience – such as: acid reflux, heart burn, feeling too full even if we haven't eaten, lethargy, waking up tired, bloated, gasey, irritable, vision issues, etc. Most of us accept this as a norm. It works something like this:

The Stimulant Cycle works something like this:

- wake up in the morning tired and irritable until we have coffee, chocolate, sugar, meat, bread, etc... we start the day, for example, with one or all of those including – bacon, eggs, toast and orange juice, etc.
- around 11 am, energy wanes. Grab another coffee, candy, sugar, etc... need more stimulation. Eyes may be a bit runny, we may sneeze, have a bloated belly (this means our tissue is irritated – our microbiota is disturbed – and we aren't digesting well. Essentially – we are having an allergic response, and a hormone called histamine is being produced to protect our immunity).
- lunch time, burger/fries/coke, maybe some candy too. We get more stimulated with caffeine, sugar, processed food, and meat. Even though we may feel puffy (i.e. inflamed), we've got to keep going, so we just push through until the next sugar crash happens.
- 4:00 blues, until we rob our reserves a bit more – with another round of either caffeine and/or sugar, etc.
- dinner time, now we're very hungry, as all of the stimulants we've had in the day have severely robbed our nutritional reserves. We likely feel quite irritable until we eat something, achieving a temporary state of homeostasis (balance) – in the old paradigm of eating, that means consuming more stimulating substances such as meat, dairy, alcohol, sugar, etc...

Then we wake up hung over from the day before. Tired, needing more rest, perhaps crabby and craving, we start the whole cycle over again. There is another option: clean out your body, slow down on stimulants, listen to your body, heed its messages, and heal your gut.

You know the cure by now? Yep, back to our whole-foods, getting off the Stimulant Cycle, and balancing out, so that simple pleasures bring us great joy.

PRINCIPLE 6



2nd Brain – Physical/Empathic Intelligence Meet

Understanding how you think, how you experience and react to emotions, how you handle stress, and how you relate – can all be traced back to how your digestion is working, your microbiome, and your body's ability to absorb nutrition.

Did you know we have another brain in our gut? It's actually our enteric nervous system – known as the 2nd brain. It connects via the well-being nerve called the Vagus Nerve. Through this transmission – at lightening speed (in a healthy person) – the Vagus Nerve communicates between our brain, belly (ENS – enteric nervous system), and our heart (plus everything in between)... informing us with messages that we can learn to hear and follow.

The belly-brain-heart connection is made up of over 40,000 neurons that intuit, feel, and have memory – telling us what feels good, what doesn't, what feels soothing or threatening, inspiring or frightening.

The key to cultivating the gut/brain intelligence is in listening to our gut, keeping it healthy with whole-food veganism, plus healthy thinking and lifestyle habits. Following what we may otherwise call our intuition, is actually a physiological response based on the health of our gut microbiota – as part of our empathic gut/brain detection and reading system.

It works like this:

Familiar with the term gut instinct? It's more than just a feeling. Instant nerve impulses stimulated in our 2nd brain in the gut, respond via the condition of our microbiota, vagus nerve, and brain neurotransmitters. This connection acts as a biofeedback messaging system that self-informs about well-being, digestion, food, speech, relaxation, fear management, and more. It also regulates many bodily functions responsible for mental and physical health. *Listening to our body and following its messages is key in taking charge of our health, happiness, and self-care.*

BRAIN

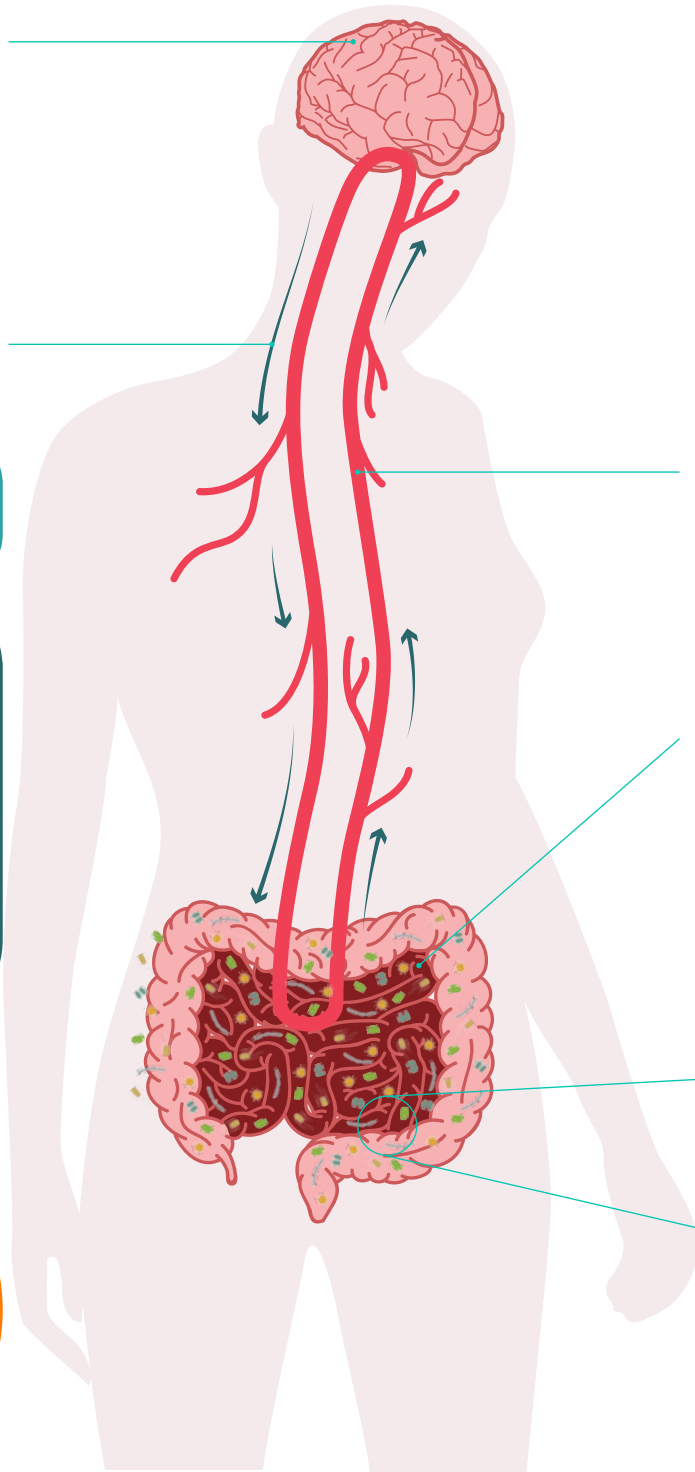
activates neurotransmitters (chemical messengers):
GABA
Serotonin
Dopamine
Norepinephrine
Reinforce the entire system, via Vagus Nerve, to ENS

Healthy Microbiota = Feel Good Transmitters/ Hormones Activated

Unhealthy Microbiota = Inhibited Transmitters/ Hormones:
aching, pain, mental health issues, depression, autism, cancer, low immunity, digestive issues, type 2 diabetes, heart disease, obesity, Crohn's disease, ulcerative colitis, & more

Disruptions are caused by:

- Stress
- Antibiotics
- Environmental Pollutants
- Poor Diet & Lifestyle Habits

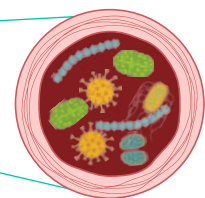


VAGUS NERVE

relays sensory info, microbiota, & organ condition to brain

ENS (ENTERIC NERVOUS SYSTEM)

2nd Brain - can operate independently from brain. Largely communicates via Vagus Nerve



MICROBIOTA

symbiotic, ecological, pathogenic microorganisms. Basis of immunity & health

PRINCIPLE 7



Factory-Farmed Animals – Sick Animals = Sick People

Factory-Farming

1. **The Free Dictionary:** A large-scale farming operation designed for efficient production, especially a large complex where animals are kept and tended in narrow cages or other close confinement.
2. **Urban Dictionary:** Raising farm animals for human consumption solely for profit, without regard to humane farm practices, human and animal health concerns, environmental sustainability, or farm worker safety.

A very very important factor to understand is how factory-farmed 'food' affects our health. Now understanding our microbiota, the 6 elements of what makes our food digest, our second brain, BAAE, and all you've learned in this lesson so far – it becomes obvious and easy to understand how eating abused, infected, and drugged animals misinforms our second brain, equating to: Sick Animals = Sick People.

Is free range meat sustainable, and the solution? No, animal food production is still contributing to the high number (some sources quote up to 51%) of green house emissions. And also due to rainforests cut down for grazing, methane gas production, and the practices of agriculture farming in general. And even more dangerous is that factory-farmed animals are responsible for producing 37- 65% of global methane gas emissions. Methane is 84% more destructive than carbon dioxide.

Bottom line, factory-farmed animal production is responsible for 1/4 of global warming. The biggest portion of those percentages come from animals burping and farting methane gas, alongside the agriculture practices that affect the supply chain. If that's not enough, the lungs of the earth are being destroyed – from forests to ancient rainforests – for animal grazing.

👉 99% of animals for food are factory-farmed.

👉 72 billion animals per day are killed for food.

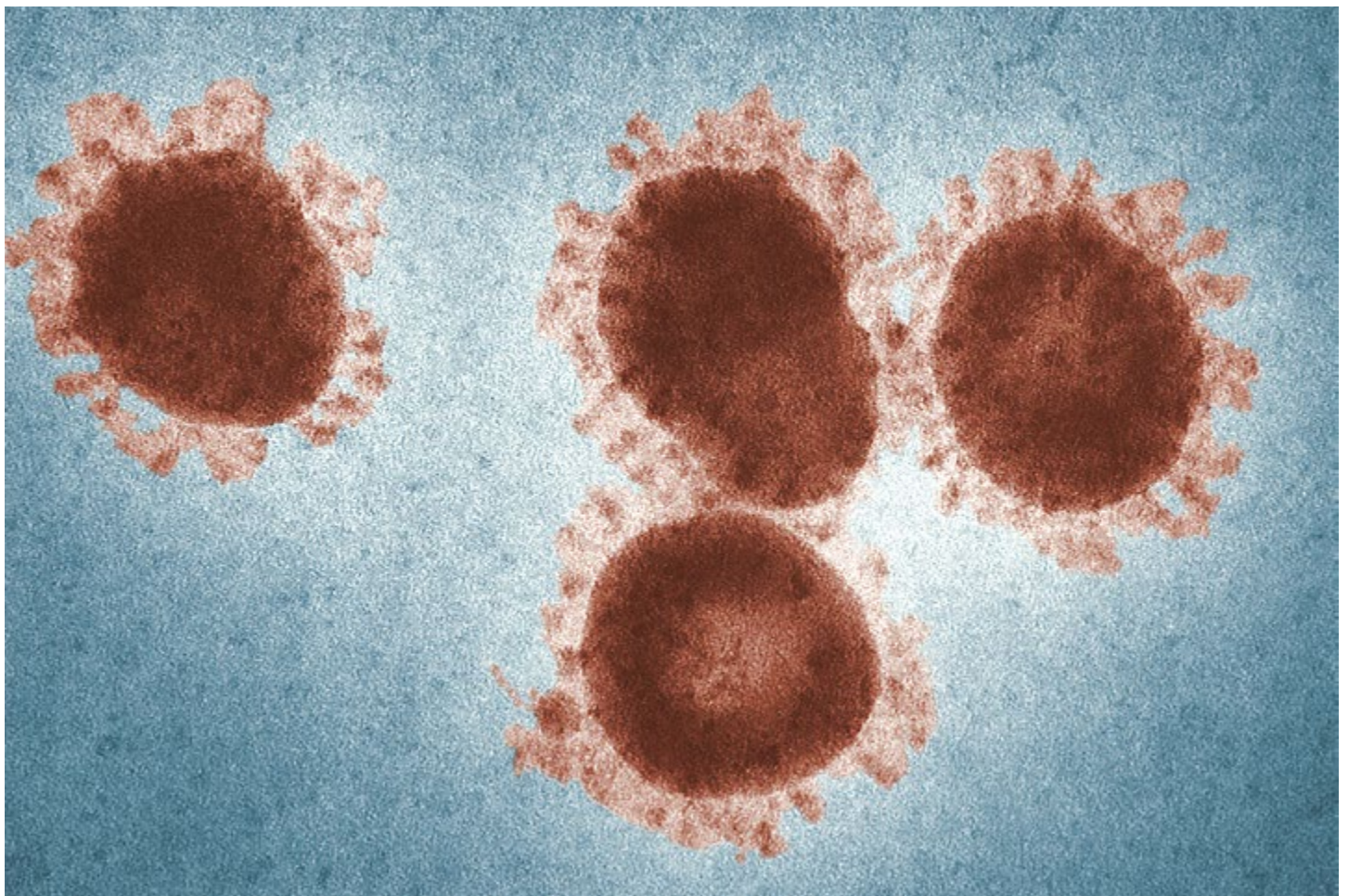
Animals on Antibiotics

Did you know 60% - or 2/3's - of the animals breed for food consumption are raised factory-farmed? Besides the cruelty imposed upon the animals, due to being heavily confined and living too close to other animals (no social distancing here - the opposite!)

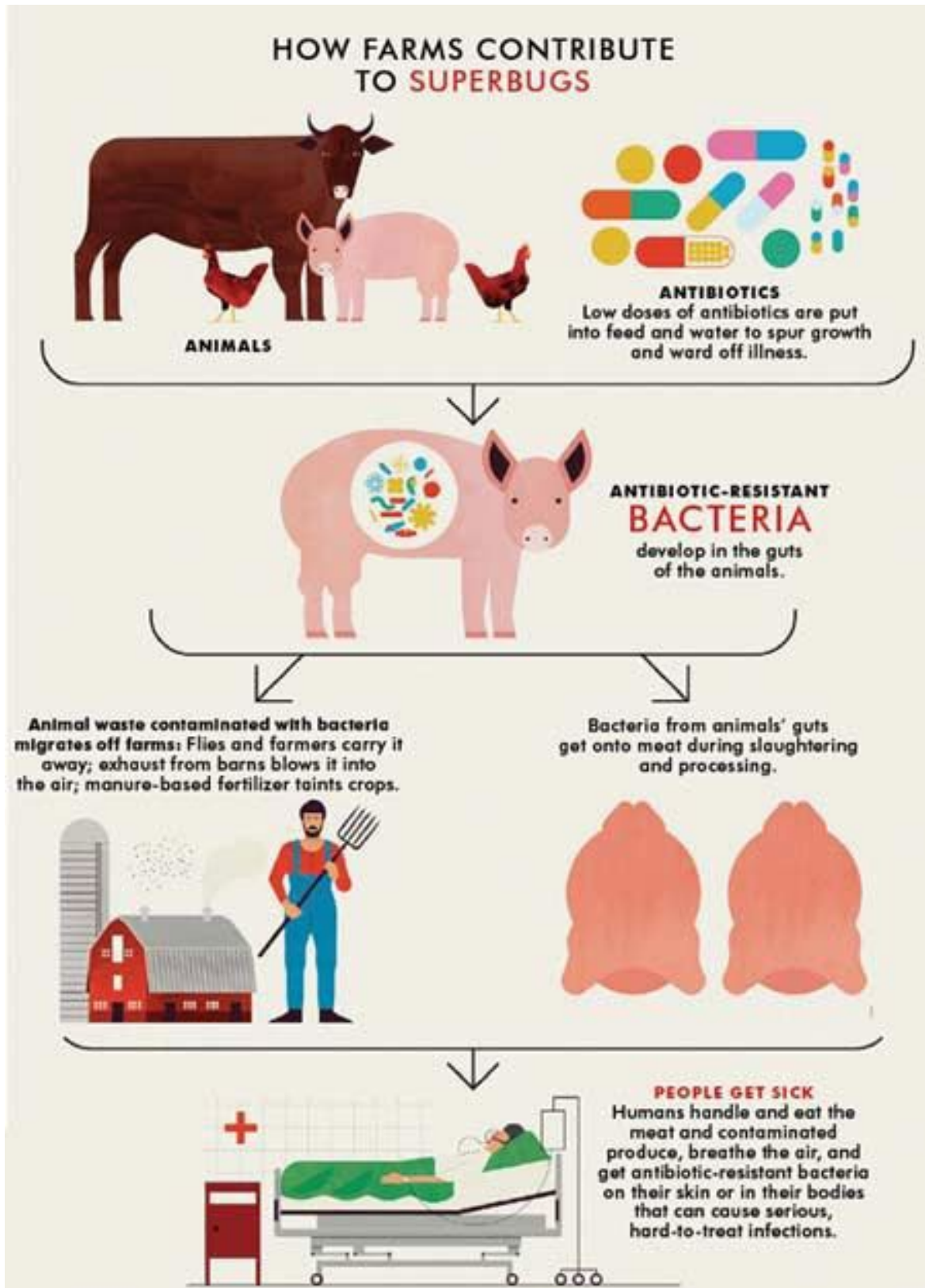
- animals easily spread viruses, pathogens and parasites - as they have been heavily drugged with antibiotics to control the spread of illness. They then often become resistant to drugs, leading to resistant superbugs and infection that people consume. Pandemic conditions? Could be.

What Happens To Animals on Antibiotics?

A high percentage of their flesh carries: infection, e.coli, parasites, pathogens, antibiotics, hormones, heavy metals, etc. This happens as a result of animals being raised for food on factory-farms, that also includes fish. Do you know the percentage of antibiotics being fed to animals raised for food? In the US, 80% go to the animals, and only 20% to humans.



How Animals Develop Drug Resistance & Spread Illness To Humans



Credit: <https://www.redbookmag.com/body/health-fitness/a13970/how-farms-create-superbugs/>

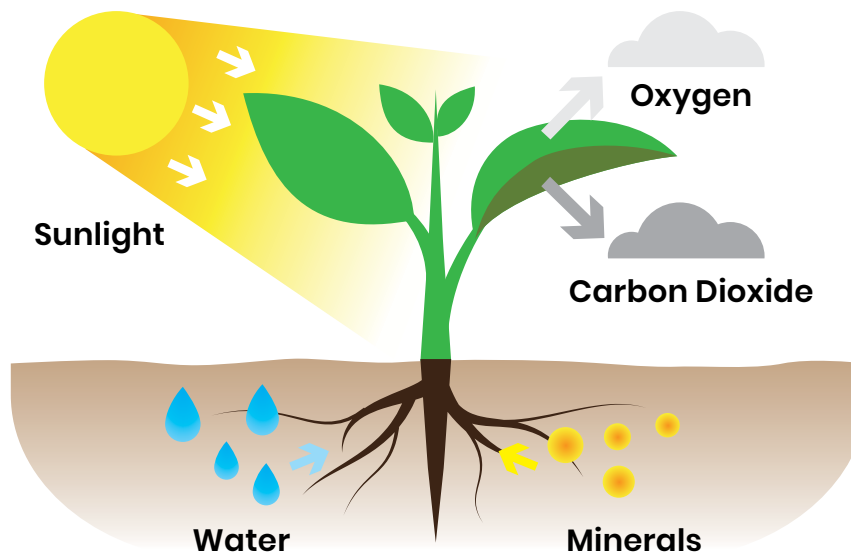
Cut Out The Middle Man (animal!)

Get Your Nutrition Direct To Source

(same As Cows, Chickens, Sheep, Lamb, etc.)

Herbivores, by nature, receive their nutrition from eating plants. The process of photosynthesis is how plants make their food.

Photosynthesis occurs from the roots as plants draw up water. Then the leaves receive CO₂ (carbon dioxide) from the air. As the leaves trap energy in from sunlight, the plant uses that energy with water and CO₂ to produce oxygen and sugars. From there the plants release oxygen into the air, and the plant uses the sugars for growth. Everyone wins – and the cycle of nature is nurtured with the opportunity to flourish. It offers abundant crops that can feed more people with less consequences. Cows eat grass, put oxygen back into the air, and humans receive optimal nutrition as well from the plants. No suffering, no violence, just health – equally for all.



Cutting out the middle lamb cuts out the potential to spread diseases and toxins animal flesh carries to humans.

“According to leading scientists and the Environmental Protection Agency (EPA), nearly 95% of our dioxin exposure comes in the concentrated form of meat, fish, and dairy products, because when we eat animal products, the dioxin that animals have built up in their bodies is absorbed into our own. A powerful hormone-disrupting group of chemicals called “dioxins” binds to a cell and modifies its functioning, potentially causing a wide range of effects, including cancer, depressed immune response, nervous system disorders, miscarriages, and birth deformities.” Peta

Why eat 2nd-hand, recycled flesh food – that has a high potential for disease and causes health problems? Go to the source for nutrition – same as all herbivores – yes, the good old fashioned garden.... manufactured from soil, sunshine, and plants!

Why contribute to destruction on the planet, when plants offer nutrition that's viable for both people and Earth?

By the way, it's said that for eating meat to truly be healthy, it should be eaten with the bones and marrow as well. Otherwise, flesh is too acidic to be eaten as a dietary mainstay.

Avoid what factory-farmed the flesh often carries: infection, e.coli, parasites, pathogens, antibiotics, hormones, heavy metals, etc.

“A LARGE-SCALE UK SURVEY FOUND THAT BATTERY-CAGE FARMS ARE SIX TIMES MORE LIKELY THAN NON-CAGE FARMS TO BE INFECTED WITH THE STRAIN OF SALMONELLA MOST COMMONLY ASSOCIATED WITH FOOD POISONING.”

Veterinary Record (2010)

<https://www.ciwf.org.uk/factory-farming/yourhealth/>

Plant sourced nutrition, from nutrient rich soil gives us the nutrition we need, digests better, and is free from the same issues animal flesh tends to pass on to humans.

(note: not all soil is nutrient rich, this is important in getting adequate nutrition. Source from a local farmer, grow your own to ensure potency, and avoid mass produced produce for optimal nutrition).

Source your food from soil with a strong nutritional profile that contains these 3 main nutrients referred to as NPK: Nitrogen, Phosphorus, & Potassium.

Factory-Farm Facts

Here are more environmental facts about meat as a food source you need to know about...

- 🌿 Livestock is responsible for polluting the global water supply from:
 - Antibiotics
 - Toxic fertilizers & pesticides
 - Pathogens such as e.coli
 - Heavy metals
 - Drug residue from hormones, antibiotics, and feed additives

- 🌿 Reducing meat consumption by 1/4 saves 82 million metric tons of greenhouse emissions per year.

- 🌿 Animals for food production consumes 1/2 the water in the US.

- 🌿 Water footprint of livestock:
 - Vegetables - 322 liters/kilo
 - Fruit - 962 liters/kilo
 - Chicken - 4,325 liters/kilo
 - Beef - 15,415 liters/kilo

- 🌿 More Factory-Farm Facts...
 - About 2 out of every 3 farm animals in the world are reared on a factory-farm. In the US, about 99% of animals are raised on factory-farms.

 - Each day about 160 million factory-farm animals throughout the world are transported to a slaughterhouse.

 - Living in a first-world country, a non-vegetarian or vegan will consume about 7,000 animals in their lifetime.

 - Global meat production: responsible for more greenhouse gas emissions than all of the combined trains, cars and airplanes in the world.

 - Approximately 250,000 bulls are killed in bullfights throughout the world each year.

- 🌿 Of the animals raised for food in the US each year - about 9%, more than 850 million each year - die from stress-induced disease or injury, and never make it to the slaughterhouse (or are sold for food even though diseased).

- 🌿 In the US, an estimated 2.2 million sheep, lamb and 1.5 million goats are slaughtered for meat yearly. Sheep are usually slaughtered when they are only six to eight months of age because consumers prefer lamb.
- 🌿 About 450,000 calves are raised and killed for veal in the US each year.
- 🌿 In 2019, in the US, over 400,000 animals died in fires on factory-farms.
- 🌿 About 80,000 horses are moved from the US to Mexico or Canada for slaughter each year – for human consumption.

Please educate yourself more about factory-farmed animals. Knowledge is power.

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- <http://www.animalmatters.org/facts/farm/>

Ted Talks:

- <https://youtu.be/PBmbVphZKYc>
- <https://youtu.be/l2pMIY2sJts>
- https://youtu.be/-wkdH_wluhw

Creditâ

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