

Where Do You Get Your...

Go Vegan!

"You can't live without meat!" Not true! Your instructor would be dead - instead of thriving - by now if that was true. So let's learn some basic facts. Next time someone asks you "where do you get your..." ask them how they avoid getting too much of the following, and let them know this:

Iron

"I eat lots of beans, tahini, nut butters, pine nuts, nuts in general, pumpkin seeds, dried figs, apricots, and raisins, plus - hemp and flax seeds, lentils, beans, tofu and beets - not to mention grains and dark leafy green!" Remember Popeye, he was all about getting iron from spinach. It's said men need about 8.7 mg per day, and women around 15... which is very very little. Careful of red meat and excessive alcohol, both can cause high iron levels - which can lead to chronic fatigue, diabetes, heart issues, on, and on and....



Protein

"I get my protein from nuts, seeds - oh especially hemp seeds - alfalfa sprouts, spinach, mustard greens, asparagus, broccoli, collard greens, seaweed, watercress, quinoa, beans, tofu, sprouts, lentils, tempeh, edamame, mushrooms, kale, spirulina, and Ezekiel bread." Did you know men need about 56 gr/2 ozs and women 46 gr/1.6 oz per day? How do you avoid too much protein (animal based average per day: 78 gr) that can cause inflammation and a host of health issues?"



B12

"I get my B12 from spirulina, seaweed, nutritional yeast, and some fortified vegan packaged foods. If I need to take supplements, I may do that. Btw, my instructor hasn't taken B12 supplements the 27 years she's been vegan - she eats seaweed and spirulina - and she's super healthy. Remember, we only need micro amounts, research says 1-25 mcg per day for adults." B12 comes from microorganisms in the soil. It's specifically found in the trace element cobalt and the co-enzyme cobalamins. Natural sources are called methylcobalamins. Best is to get your source straight from soil, like cows do - instead of eating their flesh for it, which may not absorb so well for humans. Growing your own veg., and not washing off all the soil is best!



Calcium

"I get my calcium from oranges, berries, papaya, kiwi's, broccoli, brussel sprouts, collard greens, kale, beans, green beans, legumes, tahini, cabbage, okra, figs, chickpeas, poppy seeds, sesame seeds, and chia seeds. We need about 1,000 mcg per day. On an animal diet we consume about 78 gr per day. How do you not get too much calcium from animals and table salt? Do you know excess protein, sodium and caffeine are big culprits in robbing calcium - and can even lead to osteoporosis?" Can you just take a supplement? Yes - though they tend not to absorb as well as plant sources, and may cause other health issues.

