

# Vegan Living - Healthy living

By: Savneet Singh

What we eat becomes the common denominator of our overall health. We are literally the sum of what we eat. Our body is made up of the food choices we make every single day. Unfortunately, some of our everyday food choices actually damage our health. A few things are created by Mother Nature for human consumption and some others are not. For example, a pig which is a scavenger was created for a reason: to clean up scrapes and bacteria on the ground. A pig that eats the worst imaginable things becomes part of your lunch or dinner!

It is very important for you to understand how to empower your health. The myriad health benefits of being vegan have been known for centuries and people of Asia, ancient Rome and the Mediterranean have regularly pointed to as examples of good health by being almost vegan. Most doctors and nutritionists agree that a low-fat diet that is high in whole grains, legumes, fruits, vegetables, and nuts is a boon to good health.

Vegan diet is easy for the body to digest and helps in detoxification. In addition you will be blessed with enhanced memory and concentration after a few weeks of continuing with this kind of diet.

Vegan diet contains proteins, carbohydrates, fats and all other nutritional food in a right balance such that the body gains strength, energy, self-confidence and determination. The yogis from India have always favored the vegan diet and it is especially recommended if you wish to keep fit and do yoga. The yogic diet strongly recommends a vegetarian diet, believing the fact that the human body is not intended to consume meat because our digestive system is different from the meat eating animals. Keep in mind that it takes 3 days for red meat to pass through the digestive system whereas vegetarian food is eliminated within 24-28 hours. In addition to health benefits, yoga propagates non-violence, thus killing an animal for food is not acceptable.

Vegan diet may seem difficult for people that have had a particular type of diet most of their life. You don't have to change your diet overnight but proceed gradually towards this diet. You will see the results soon. This diet will bring harmony in your life by suppressing the stimulating factors that cause restlessness, diseases and other mental diversions.

Additionally vegans have many options as well, for example, vegan cheese, vegan chocolate, vegan ice-cream, vegan mayonnaise, vegan sausages, vegan yoghurt and more.

Appropriately planned vegan diets are now recognized as being nutritionally adequate, and providing healthful benefits in the prevention and treatment of chronic diseases. There are numerous benefits of choosing to be a vegan. Some of them are listed below:

- Embracing a vegetarian diet may reduce your risk for heart disease, type 2 diabetes, colon and prostate cancers.
- Diets rich in fiber, carotenoids (found in carrots, sweet potatoes and spinach), vitamins, minerals, and isoflavones (found in soybeans and legumes), seem to protect against disease, including breast cancer, arthritis, osteoporosis, cataracts, blood pressure etc.
- There is no calorie counting to worry about with a vegan diet regimen. Hence a vegan diet is the most effective way to reduce weight in a healthy way and maintain body mass index.
- A proper vegan diet along with exercise helps in maintaining a strong immune system. Maintaining an adequate balance of vitamins and minerals derived from plant food sources helps eliminate common illnesses such as migraines, allergies, common cold etc.
- A vegan diet reduces the risk of food poisoning which may occur due to germs like E.coli, Salmonella etc. often found in rotten meat and eggs. You are also eliminating the risk of Mad cow disease, bird flu etc by going vegan.
- Vegans live, on an average, longer than omnivores and they lead a healthier life overall and remain more youthful. The effort required by the body to process animal fats and products depletes you of both nutrients and energy.
- Opting for a vegan diet helps in avoiding constipation and inflammation of the digestive system. A diet high



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**Nishad Khan, Attorney**

Office in Baldwin Park  
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in fiber, which is found in plant based food, keeps your digestive system in a perfect working order.

- Vegans are rarely too tired to exercise, their work is more productive and sleep is more restful.

- Vegans often have vibrant skin and lustrous hair because they consume fresh fruits, olive oil, dark leafy greens, flax seeds, vegetables, whole grains, walnuts, almonds and sunflower seeds, all of which are important for good health. Problems like bad body odor, bad breath and weak nails can also be dealt with effectively with a vegan diet.

- Following vegan lifestyle is not only a more ethical way of life as a human being but it is also an important way to reduce the toll on the environment and cruel practices against animals.

- Vegan food contains proteins, carbohydrates, fats and all other nutritional food in a right balance so that the body gains strength, energy and self-confidence and determination.

Remember to drink at least 2 liters of water everyday. Water helps in elimination of toxic substances and in digestion of the food. Add herbal tea, juices, vegetable milks like coconut water, soy milk or rice milk.

Totally abandon fast foods such as burgers, french fries, chips, soda, commercially prepared juices. Eat foods made with whole food ingredients, that contain little or no hydrogenated oil, sodium, preservatives, artificial flavors, sugar and trans fats.

A perfect vegan diet can change the balance of your health permanently.