

Is it healthy to eat a vegan diet?

Despite the myths, you can easily get everything you need to live healthily on a vegan diet...

...**Actually**, vegan diets often turn out to be much healthier...

...**In fact** there are a few things about **not** eating a vegan diet that are kept well hidden, that people often don't know...



- Dairy isn't a useful source of calcium. Animal protein forces the body to actually leech calcium from the bones. This is thought to be why higher dairy intake actually causes **higher** rates of Osteoporosis. Known as the Calcium Paradox by the World Health Organization. Many vegan foods are actually good sources of calcium to nourish the body (lots of green veggies, fortified foods etc).
- By following a vegan diet, you reduce your risk of heart disease by 90%. **Heart disease is, quite considerably, the biggest killer in the western world.** Vegan diets are often prescribed as treatment for the condition. You do the maths.
- In China, breast cancer is referred to as "rich woman's disease" because it afflicts the more affluent classes who tend to eat a westernized diet – containing high instances of animal protein.
- Dairy products hold very strong links to constipation & diarrhea. This has been known for decades. In fact the vast majority of the world are completely lactose intolerant. U.K rates are inaccurate as people do not report the 'normal' symptoms, as they have held them their entire adult lives.
- Casein (animal protein) is the most relevant chemical carcinogen ever discovered. All studies show vegetables have the opposite effect. Meat and dairy are known as cancer-promoters, fruit and vegetables as anti-promoters. The denial of these products causing cancer has been linked to the same denial by tobacco corporations in the 20th century.
- If Britain went vegan, less than **a quarter of the** farm land would be needed. This is due to animals requiring 10-20 times more than their worth as food to be raised. Animal farming is an outdated, wasteful tradition – and has terrible environmental consequences too.

Why not try cutting out animal products from your diet, and see if you don't feel better for it.