



Top 5 Reasons to go Plant-Based

A plant-based lifestyle is growing in popularity and for good reason. People experiment with a plant-based lifestyle for a variety of different reasons, but many stick with it because they love the results of a thriving body. It doesn't take long for the many benefits of going plant-based to take effect, which means most people never look back



xo,
Natalie



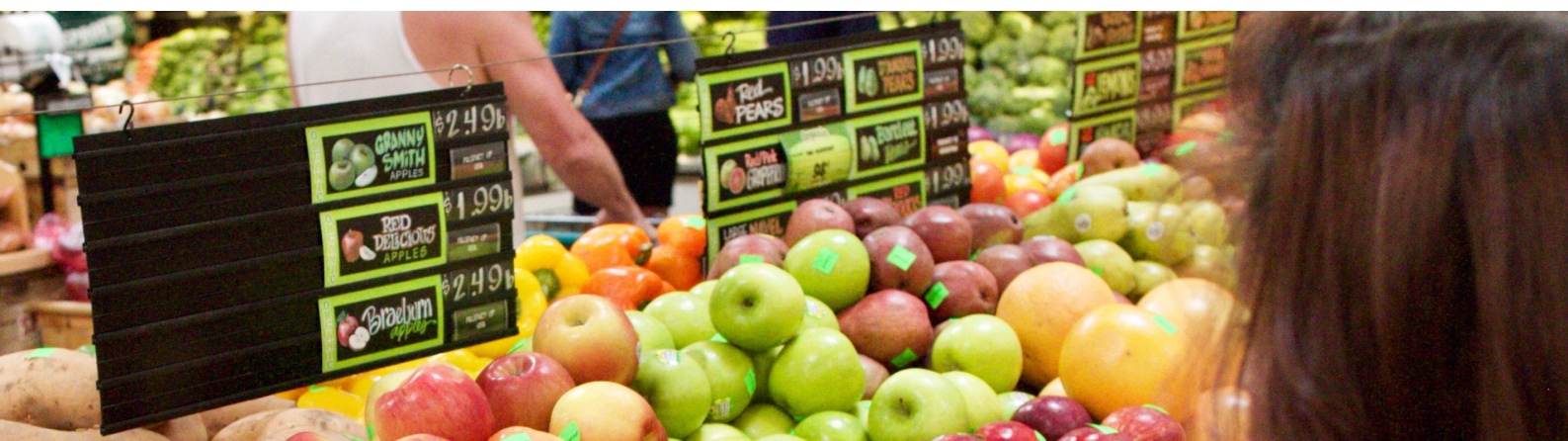
If you have been considering going plant-based but need a few more reasons to take the plunge here are my top five reasons for eliminating animal products from from your diet.

1. MORE ENERGY

What mom doesn't desire more energy throughout the day? Plants give our bodies instant energy! Since they require so little digestion, their nutrients shoot right into our bloodstream to give us instant, lasting energy, and who can say no to that?

2. HEALTH & WEIGHT LOSS

A vegan diet is great for your health! According to the Academy of Nutrition and Dietetics, vegans are less likely to develop heart disease, cancer, diabetes, or high blood pressure than meat-eaters are. Vegans are, on average, up to 20 pounds lighter than meat- eaters. Going plant-based is the healthy way to keep the excess fat off for good while leaving you with plenty of energy because plants are low in calories and high in nutrients!



3. **CLEARER SKIN**



The combination of the detoxifying effects, the elimination benefits and the easy digestion of plants results in less internal toxins. Reducing these internal toxins in return can eliminate acne and baggy eyes. Plus, fruits and veggies themselves contain beautifying vitamins, such as the vitamin C in sweet potatoes (which boosts collagen and smooths wrinkles) and lycopene in tomatoes (which helps protect skin from the sun)

4. **ENVIRONMENT**

Meat is not green. Thanks to the recent documentary Cowspiracy, more and more people are aware that you cannot call yourself an environmentalist and continue to consume animal products. Consuming meat is actually one of the worst things that you can do for the Earth. Animal agriculture is detrimental to the land, is an inefficient use of resources and causes enormous amounts of pollution. Nearly half of all the water used in the United States goes to feeding animals raised for food. A vegan diet requires 300 gallons of water per day vs. meat-eating diet which requires 4,000 gallons per day. Going plant-based isn't only beneficial to your own health; you literally feel like superwoman knowing all of the benefits you giving to Mother Earth and the rest of the human population!



5. THE ANIMALS

The vast majority of the food produced in the United States comes from industrial-sized confined animal feeding operations, better known as factory farms. Factory farms dominate the meat industry, thanks to a focus on efficiency and profits above all else. Over 56 billion farmed animals are killed every year for human consumption. This shocking figure does not even include fish and other sea creatures. Animals - including the ones we kill for food - have rich emotional lives: they are happy with their friends; they mourn their dead; and they protect their babies. A decrease in demand for animal products will eventually have the effect of decreasing the number of animals produced for consumption. Meaning less animals will be inseminated, born and brought up to be eaten.

Bonus



Plants cost less than meat. When dining out, the plant-based options are always cheaper than the animal-based ones. When shopping at a grocery store, a head of broccoli is always less than a filet of fish. Now you can put all of that extra money you'll be saving into your child's college fund!

When you begin the transition to a plant-based lifestyle I suggest focusing on what you are adding to your diet opposed to thinking about what you are restricting from your diet. If you don't already, shop at local farmers markets or visit new vegan eateries in your town. Really enjoy all the seasonal fruits and vegetables out there and explore new ways to cook them. Finally, keep it pretty simple, stick to whole fruits and vegetables, and never count calories. Just eat real food but plenty of it!

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