



TIPS TO TURN VEGAN

An average non-vegetarian is responsible for the lives of about 70 land and countless sea animals per year. A vegan diet is one of the best ways to save animals while helping yourself and the environment. Sometimes people turn vegan and then switch back because of various reasons. This is why it's important to do it at your own pace and with a clear understanding of the facts. Here are a few bits of advice to both people in transition and people who are long-time vegans.

Staying motivated

- **Remember your reasons.** Never forget why you decided to become vegan in the first place – whether it was for health or the animals or the environment. This will help you keep your resolve.
- **Be positive!** Instead of focusing on what you're giving up, think about all the new, exciting foods you're discovering. A whole new world is out there ready to be explored!
- **Eat what you love.** Think about your favourite meals and see how you can veganise them. Replace milk with soya or rice milk, and paneer with tofu, for example. Cakes and cookies can be made without eggs. You may be surprised to learn that some of your favourites are already vegan! Learn new recipes.
- **Speak your truth.** Do not be afraid of what people may say about your dietary restrictions. Be true to yourself and explain them patiently the reasons that you are vegan. When you sincerely speak your truth, people will be inclined to follow your example.
- **Hold your ground.** You will be challenged. Just because the whole world is doing something does not mean it's the right thing to do, especially when it is causing suffering to other beings. Remember that biggest epidemics are heart disease, hypertension, diabetes and cancer and all of these are related to diet. Be wise.
- **Be well read.** When people question your actions, you should know the answers to "where do you get your proteins?" and "where do you get your calcium?" If you know enough you will be able to challenge them too, with, "where do you get your anti-oxidants?"
- **Keep reading.** The more knowledge you have the easier it is to keep on track.
- **Do as much as you can.** Just because you can't go all the way, don't do nothing! Some people say, "I could never leave, say cheese." Leave everything but cheese and minimise that. You will see that it's easier to let go after some time. If you still have trouble, please watch videos on what is being done to farm animals or better still visit a commercial poultry or a slaughterhouse.
- **But don't do too little.** When you follow the healthy vegan diet only partially be aware that you cannot expect the same results. Someone told us that he stopped dairy and noticed no health improvements. But he had not stopped or reduced meat, chicken, fish or eggs, nor had he stopped eating refined foods! Dairy is similar in composition to meat – high protein and fat and no fibre so stopping dairy alone will not help.
- **Learn to listen to your body.** Once you start eating the food nature meant for you your body will talk to you and tell you what it needs. Listen! If you inadvertently or willingly eat non-vegan food, then too, listen to your body. After a period of being vegan you will be able to notice what is better for your body.

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