

# Change Your Diet, Change You

The first thing we think of when we hear the word diet? FOOD, of course. But what if we were to look deeper and begin to see our diet as a LIFESTYLE?

This online space is about practicing veganism and learning to be mindful and present in decisions towards eating so that we as humans can make consumption choices that create positive outcomes. It is about choosing to embrace aspects (all or some) of the vegan diet in order to care for our bodies, our planet and others. Approaching the practice of veganism as a lifestyle rather than a just a diet will not only give us the tools to follow it, but will also allow us to better understand it, causing us to see its purpose and have the opportunity to truly believe in it. Often times choosing to become vegan or to incorporate veganism in some way into our life can be difficult because it is currently not the typical way of Americans, but having this greater understanding that goes beyond guidelines of what to and not eat, will make it easier to foster by tenfold.

If you are already a vegan looking for information to strengthen your practice or if you are simply curious about vegaism, this is a wonderful spot to come for inspiration, support and recipes!

So what does it mean to be vegan? The majority of people in our society see it as a diet *restricting* meat, dairy, and other animal products...items that often seem too delicious and too necessary to give up. While this is true, I simply ask you to try and take another angle on the practice, and rather than seeing it as restriction, see it as *embracing*.

See it as putting healthy, nutritious, beautiful food the planet has to offer into your body.



See it as celebrating respect for other conscious life and choose to live amongst others.



See it as sustainability and giving up dependence on processed foods. See it as gaining a closer relationship with mother earth.



To better understand, I have come up with the following list of ways to describe veganism in terms of lifestyle:

1. **Veganism is an intentional response.** We have the ability to choose what we eat; eating vegan is a conscious choice. Whether such a choice is for ethical or health reasons or both, we are responding to our need to eat on a higher level of cognizance. Our ability to learn, think and feel gives us purpose and intention in vital actions such as eating.
2. **Veganism promotes well-being.** It's no doubt, choosing to eat more whole, plant-based foods delivers an abundance of nutrients which have numerous health benefits from improved skin to more energy to preventing sickness and disease. Eating vegan also excluding oneself from abuse and killing of animals without their consent. It also decreases the industrialization eco-footprint created by meat distributing factories and livestock.
3. **Veganism confronts current issues.** Some issues our society is faced with? How about obesity, overuse of resources, pollution, deforestation, and disease? Choosing to eat vegan confronts these issues head on, it opposes the ways of some of the largest industries on our planet. This can often be uncomfortable, but creating a vegan community can strengthen our ability to face these issues.

To practice veganism is to live a life of abundance, beauty, health, selflessness, and love!

