TIPS TO EAT HEALTHY

A vegan diet is one of the best ways to save animals while helping yourself and the environment.

Dr. Randa Shah

We talk about meat, do you know what it is? Is it the wrong thing to do, especially when it is causing suffering to other beings. Remember that bigger epidemics are heart disease, hypertension, diabetes and cancer and all of these are related to diet. Be wise.

But we need a diet. When people question your actions, you should know the answer to “why do you get your proteins?” and “where do you get your calcium?” If you know enough you will be able to challenge them and this is where you get your anti-vaccination.

Keep nurturing. The more knowledge you have the easier it is to keep on track.

Dr. Prabhat Sinha

But we can do it. Because we can’t...but we are doing it. Some people say, “I could never know, I can’t live a life without meat and cheese and I can’t.” We will not eat it. It’s a way of being to farm animals or better still visit a commercial poultry or a slaughterhouse.

But don’t talk too much. When you follow the healthy vegan diet, you are better prepared for the experience of eating it. You will have to be a little bit adventurous, but not too adventurous. To begin with, you have to tell your family and friends what you are doing and why. You have to be firm in your resolve and be patient. You will have to be strong enough to withstand the criticism and the taunting. You will have to be strong enough to overcome your fear of the unknown. You will have to be strong enough to be able to stomach the pain of rejection. You will have to be strong enough to be able to withstand the peer pressure. You will have to be strong enough to be able to overcome the temptation. You will have to be strong enough to be able to overcome the guilt. You will have to be strong enough to be able to overcome the shame. You will have to be strong enough to be able to overcome the embarrassment. You will have to be strong enough to be able to overcome the pain. You will have to be strong enough to be able to overcome the fear. You will have to be strong enough to be able to overcome the anxiety. You will have to be strong enough to be able to overcome the stress. You will have to be strong enough to be able to overcome the depression.

Learn to listen to your body. Once you start eating the food that is natural for you, your body will talk to you and tell you what it needs. Listen! If you are eating adequately or adequately eating vegan food, then, listen to your body. After a period of being vegan you will be able to notice what is working for you.

(The writer is a homoeopath and a teacher)