

## INTRODUCTION

Veganism is the conscious choice not to consume or use animal products. As such, the diet is plant-based, and clothing/furnishings, etc., are made from plants or synthetic materials. Farming animals creates greenhouse gases, consumes forests and water, and produces toxic waste. Meat is also acidic and can take days to digest. Full of nutrients and dietary fibre, plants are essential to good health, longevity and a positive mood.

The word 'vegan' originated in the Forties, but the concept of a plant-based diet dates back to ancient philosophy and spirituality. If you're new to this lifestyle, the below info can help you start off.

*Free your flow*

By Frances McGonigle, DHP Acc.Hyp

# SOURCE

## GETTING STARTED

The recommendation is to eat 5 portions of fruit & veg each day. Sound difficult? Add more to your diet by topping breakfast cereal with chopped banana and berries. Enjoy a glass of pineapple juice with sliced lime. Get into roasted vegetable medleys, stir fries and colourful salads. Not forgetting the simplicity of eating an apple, pear, or carrot and celery sticks dipped in hummus or guacamole. Protein intake need only be about 15% of your daily nutrition. Consider nuts, beans, quinoa, lentils, milled linseed, hemp, tempeh, etc.\*

*\*Allergies allowing.*

### ***Make it a personal commitment:***

Be ready to defend your choices positively and without preaching. The Vegan Society is a good source of facts.

Make it a challenge to find local, seasonal produce. Cleanse non-organic fruit & veg in diluted apple cider vinegar.\*

Do your best to avoid hidden animal derivatives, e.g. in 'Free From' items, additives, glues, stuffings, trims and toiletries.

Grow your own (e.g. basil), adapting to the space you live in, and try a craft to save on expensive vegan brands.

### TIPS

Don't discount tinned and frozen vegetables, which are a convenient source of nutrition. Heat edamame beans straight from the freezer and splash with liquid aminos. Add a can of sweetcorn to salads, and frozen berries to smoothies. Spiralise courgettes into pasta and freeze that too!

\*ACV tip: Don Tolman.