

VEGAN DIET

H E A L T H Y O R N O T ?

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Is a vegan diet healthy?

A vegan diet is a compassionate one, helping to spare some of the 170+ billion land and sea animals killed each year for consumption. But as it turns out, a vegan diet can be life-saving for humans too!

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CARDIOVASCULAR DISEASE

CVDs are the number 1 cause of death globally: more people die annually from CVDs than from any other cause.



The British Medical Journal published findings from a study concluding that lifelong vegans have a 57 percent reduced risk of death from heart disease.

Thorogood et al., "Plasma Lipids and Lipoproteins in Groups With Different Dietary Practices Within Britain," British Medical Journal 295 (1987): 351-3.

Vegans have considerably lower rates of hypertension. A vegan diet protects against heart disease and can help to reverse it.

<http://tinyurl.com/jdq5fab>

President of the American College of Cardiology Wants Heart Disease Patients to Eat Vegan Diets:

<http://tinyurl.com/h6sa9ef>

CANCER

According to the World Health Organization, cancer is a leading cause of death worldwide, accounting for more than 8 million deaths each year.



The National Cancer Institute funded Loma Linda University study reports that vegans have lower rates of cancer than both meat-eaters and vegetarians.

<http://tinyurl.com/zwj8x2k>

Vegan women experience fewer female-specific cancers

<http://tinyurl.com/hcxa83h>

A vegan diet with exercise can stop or reverse prostate cancer

<http://tinyurl.com/h8yyfvq>

OTHER HEALTH ISSUES

There are many more health benefits of a vegan diet. Here are a few more



Vegans have a 15% lower mortality rate over meat eaters.

<http://tinyurl.com/l55cph3>

Vegans have the most elastic arteries of any populations.

<http://tinyurl.com/gnhn785>

Vegan diets lower blood pressure, improve insulin sensitivity and decreases cholesterol.

<http://tinyurl.com/zlv6qq3>

Vegans have a lower risk of developing type 2 diabetes than other populations

<http://tinyurl.com/gnhn785>

YES, VEGAN DIETS CAN BE VERY HEALTHY!



Those on vegan diets have lower risks for certain diseases, and an overall lower rate of mortality. Imagine a diet that saves both animal and human lives!

Vegan diets are not bulletproof, however, as there are environmental causes of disease too. When considering health, it is very important that vegans, like everyone else, eat wholesome foods, maintain a healthy lifestyle, and make sure to stay alert to the products we use, and what toxins may be present in our environment.