

THE HEALTH BENEFITS OF A

VEGAN DIET

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VEGAN DIET HEALTHY AND HUMANE



A vegan diet excludes products derived from the 150+ billion land and sea animals killed each year for consumption. A vegan diet saves animal lives, and has many health benefits for people too!

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VEGAN DIET HEALTH BENEFITS



Vegans are less likely than their non-vegetarian counterparts to be diagnosed with cancer, and specifically receive more protection against female-specific cancers, such as breast, uterine, ovarian, and other genital cancers.

<http://tinyurl.com/hcxa83h>

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 a lower risk of developing type 2 diabetes

<http://tinyurl.com/gnhn785>

VEGAN DIET HEALTH BENEFITS



Vegans have a 15% lower risk of all-cause mortality

<https://www.healthiq.com/affinity/vegan>

A vegan diet can prevent and even reverse prostate cancer

<http://tinyurl.com/h8yyfvq>

Vegans have the most elastic arteries of any populations. The vegan diet keeps the blood vessels elastic and blockage-free.

<http://tinyurl.com/gnhn785>

VEGAN DIET HEALTHY AND HUMANE



A vegan diet protects against many different disease and health issues. We have provided just a few examples here. Keep in mind that no diet is bulletproof, however, as there are environmental causes of illness 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.

But rest assured, by choosing a vegan diet, you will be joining the millions of vegans all over the world whose diet and lifestyle protects animals, human health, and the health of our planet.