

P.p1 it is clear that
when eating



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VeganismThe veganism movement has been on the uprise over the past few years for more reasons than one. Although this change has been a hot topic in social media, it has many beneficial reasons to be the lifestyle of choice (Nguyen, S., 2017).

Veganism is a movement that benefits a person health, the environment and the livelihood of animals. This will be determined through examination of personal experience stories of dedicated vegans and beginners, how the meat industry affects the environment and the ongoing suffering of animals due to “ the standard American diet” (Schloer, 2017). HealthAn individual who shares her experiences of becoming a vegan and living a healthy vegan lifestyle is Alyse Brautigam. One of her shared experiences, in particular, she speaks about how becoming a vegan changed her life in three specific ways. These three ways are her decrease in body odour with better digestion, a fast recovery from a binge eating disorder and an overall higher positivity in

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day to day life (A. Brautigam, personal communication, April 17, 2017).

These three points are substantial to those seeking a healthy and balanced lifestyle. Alyse expresses her personal story but also provides science based research on how veganism can improve your health.

One website states that vegans are “ 50-78% lower risk of developing type 2 diabetes” (Petre, 2016). The American Society for Nutrition also touches on this fact in an article about veganism and even adds that vegans are lower risk for some cancers. Particularly, the use of eggs was proven to be connected with a higher risk of pancreatic cancer (Craig, 2009). Another highly discussed matter regarding health and a vegan diet is weight loss. It is clear that when eating vegan, the general food choice is healthier than the standard american diet because of the higher quantity in fresh food options (Schloer, 2017). In many personal stories shared such as the one told by Alyse Brautigam, she also mentions that she had a healthy weightless experience when transitioning to the vegan diet (A. Brautigam, personal communication, April 17, 2017). These scientific based researches are no doubt prodigious reasons as to why many choose the vegan lifestyle.

Some argue that there are pitfalls in eating a vegan diet, but when compared, it is usually case by case situation and not everyone experiences this transition the same way. There are very few downfalls to eating a vegan diet and the benefits of choosing a vegan lifestyle defiantly outweigh the adverse. Environment One of the most discussed factors of eating a vegan diet is the extraordinary effects it has on the environment.

In a film called *The Conspiracy*, Kipp Andersen explores environmental factors and the meat and dairy industry fairly heavily. Kip interviews many large companies and corporations that are involved in solving environmental downfalls. These organizations express how they plan on helping make a change. After gathering mass amounts of data on his studies, it was proven that 51 percent of greenhouse gas emissions are a result of animals and their byproducts while only 13 percent are due to transportation (Andersen, 2014). Some of the companies and organizations claim that transportation is the leading cause of greenhouse gas emissions. They argue that the use of cars, airlines, and marine are the main cause of greenhouse gas emissions.

Along the study, it became increasingly apparent that the meat and dairy industry has a huge impact on almost all aspects of environmental crises. Kip found that to produce just one hamburger, 660 gallons of water were needed and used. This is the equivalent of two months worth of water used when showering. It was also found that animal agriculture was responsible for 91 percent of deforestation (Andersen, 2014). This research clearly proves that the environment is immensely impacted negatively by animal agriculture and the meat and dairy industry. The animal agriculture not only affects water usage but land usage as well. For every one and a half acres of land, 37000 pounds of plant-based food is produced while only 375 pounds of meat can be produced (Andersen, 2014). Kip Andersen explores the carbon footprint (Berners-Lee & Clark, 2010) of a vegan diet and how just by eating this way, your carbon footprint is cut back by five percent compared to a diet that includes meat consumption (2014).

Upon finding out this information, it was apparent that choosing the vegan lifestyle does indeed play an extensive role in the environment. AnimalsThe most obvious fact in choosing the vegan lifestyle is how it benefits the animals. When eating a vegan diet you are not consuming or using animals or animal byproduct.

This means that no animals are forced into cruel living conditions or treatment. Veganism is not just about what you eat but also your day to day choices about what you are purchasing. Many people do not understand the harm they are causing animals when they purchase products that are tested on animals or use animal byproducts. Numerous beauty companies use an ingredient called tallow which is derived from animals fat and is then used in lipsticks, mascaras, and foundations (Ryan, 2015). Another ingredient used in both foods and health and beauty products is gelatine. It is “ the boiled skin, tendons, ligaments, and bones of animals” (Ryan, 2015).

These types of ingredients or foods can be avoided when there are so many great alternatives out there that do not harm or kill animals. In a study conducted by “ PETA”, it was found that vegans save nearly 200 animals per year just by taking meat out of their diet (2017). The vegan lifestyle trend has influenced companies to change their inventory and sales items to items that promote veganism and sustainability. With the uprise of company and organizations interest, animals are being torched and kill less of their parts in producing sales items. An ethical brand choice is something many are now considering when purchasing things such as makeup, clothing, and accessories.

Conclusion