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IMPORTANT NOTICE

It is strongly advised that all persons seek advice and guidance from a competent medical doctor regarding and prior to embarking on a vegetarian dietary lifestyle change. This is particularly true for pregnant women or mothers who are breast feeding infant children, senior citizens, growing children, and/or any individual who is suffering from or being treated for any disease or health disorder.

This guide is not intended as and may not be construed as an alternative to or a substitute for professional dietary counseling or medical services and advice.

This guide is presented with the sole purpose to inform the reader of the vegetarian (vegan) lifestyle and of dietary choices that the reader may wish to make. The authors, publishers, and distributors of this guide have made every effort to ensure the validity, accuracy, and timely nature of the information presented here. However, no guarantee is made, neither direct nor implied, that the information in this guide or the techniques described herein are suitable for or applicable to any given individual person or group of persons, nor that any specific result will be achieved. The authors, publishers, and distributors of this guide will be held harmless and without fault in all situations and causes arising from the use of this information by any person, with or without medical supervision.

Nourishing Our Body - Nourishing Our Spirit

Many times our choice to become vegetarian isn't only for health, environmental, or economical reasons, but also spiritual. There is a heartfelt connection between vegetarianism and the deeper side of nourishment. We must learn to nourish ourselves not only physically, but also spiritually.

The subject of nutrition is not simply a question of the food we eat at meals. Besides nutrients, foods contain scents, colors and invisible particles that attract pure light, light that is so essential for our joyful life and well-being. The choice we make is therefore always of consequential significance.

Grains, fruits and vegetables naturally grow and flourish in sunlight, and you could deduce they are actually their own form of light. In order to develop the qualities of the heart, we must eat not only peacefully, but consciously. Therefore it makes sense to consume food that is nourished by sunlight.

As a result, our emotions and our essence are illuminated and nourished as well.

It's long been said that your body is your temple and everything that enters that temple has a direct result in who we become. Therefore, when we choose to nourish our bodies with healthful, nutrient-dense plant foods from the earth, we are in turn nourishing our souls, our spirit, and our being. The quality of your food and its physical properties not only transforms our emotions and mind, but can actually change your appearance and personality.

By focusing our diet on fresh fruits and vegetables that are in season and organically produced, we are in turn connecting with nature and learning to live in harmony with it. By committing and devoting ourselves to a vegetarian lifestyle, we've also committed to nourishing our souls and our inner well-being. You can't ask for a more perfect health food than that!

You Are What You Eat

You've certainly heard the expression many times, "You are what you eat." Have you ever really thought about what it means? And do you think about it when you're making food choices?

In some ways, we do become what we eat, literally. Have you ever seen an example of your blood plasma after eating a fast food hamburger? What was previously a clear liquid becomes cloudy with the fat and cholesterol that's absorbed from eating a high-fat hamburger.

And when you think about it, we also become what we don't eat. When we switch from eating meat to a vegetarian-based diet, we become less fat, less prone to many types of cancers. Our cholesterol can improve. When we're leaner and eating fewer animal products, then many other health and fitness issues are reduced. The incidence of Type II diabetes is reduced.

Blood pressure falls into normal ranges. When you're healthier, you're taking fewer medications. Even if you have a prescription drug benefit in your health plan, you're still saving money with fewer co-payments on medications.

If you have a family history of high cholesterol or high blood pressure, then it's particularly incumbent on you to revise your eating habits. Moving towards a more vegetarian diet has been shown statistically to reduce the incidence of so many of the diseases of industrialized countries. Vegetarians are statistically healthier than omnivorous persons; they're leaner and live longer.

Isn't it time to think about what you want to be and to eat accordingly? Do you want to be sluggish and fat? Do you want the risk that goes with eating animal products, with their high fat content? Or do you want to look like and be what vegetarians are? Leaner and fitter with a longer anticipated lifespan. It's never too late to change what you're doing and increase your chances for a longer, fitter life.

Humans Did Not Always Eat Meat

Do you ever think about how far we've diverted from the path of our pre-historic ancestors and their eating patterns? Consider how the earliest humans evolved, and what they ate. They were hunter-gatherers and did not evolve with the characteristics of carnivores. Humans aren't made to tear animals apart and eat their flesh. When you look at carnivorous animals, such as wild cats, you can see their teeth are designed to rip and tear, not chew.

Humans evolved from vegetarian creatures. Even our digestive systems are not particularly suited to eating meat. Eating meat is a relatively recent development in human history, most likely born of opportunity and necessity. Perhaps earliest man observed carnivores eating meat, and if they couldn't find any of the natural foods they were used to eating, such as vegetables, berries, nuts and grains, then they might have assumed that eating meat would at least sustain life.

Making the Case for a Vegetarian Lifestyle

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