



News Updates

Why Vegan?

Veganism does not support animal suffering. Animals used for food are usually kept in cages, never see the light of day, they live in their own waste and breathe in the toxins it creates, they are pumped with antibiotics and fed foods that are not designed to digest.



- Decreased use of fossil fuels. A tremendous amount of fossil fuels are required to create animal foods.
- Decreased use of fresh water. It takes about 441 gallons of fresh water to create ONE pound of meat.
- Helps save the environment. Saves water, less animal waste runoff into potable water and more food available for human life.
- Prolongs your life.
- Helps you avoid the #1 killer-heart disease. This is attributed to the consumption of meat.
- Decreases risk of cancer. Cancer also has its causes linked to overconsumption of meat.
- Increases sustainability.
- Meat is high in cholesterol, especially saturated fats which contribute to arteriosclerosis and other heart disease.
- Consumption of meat increases one's chances of getting colon cancer.



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- The digestion of meat is hard on the digestive system. It takes more than four hours for meat to travel through the digestive system. Thereby the meat sits in your system and continues to putrefy and create toxins, thus taxing the kidneys.
- Meat produces carcinogens when cooked.
- Consumption of meat carries the highest risk of bacterial contamination, food borne illness, of all foods.
- Consumption of meat increases chances of contracting an autoimmune disease like arthritis, lupus and MS.
- Meat contains synthetic hormones, which when consumed disrupt the human hormone balance.
- The production of meat contributes to the production of “greenhouse” gases.
- Animal waste is included in the finished product of the meat that is consumed.
- The average American eats 3-4 times the required amount of protein. This overconsumption contributes to osteoporosis, kidney damage, constipation, tumors and cancerous growths, chemical imbalances and arthritis. For the record, meat is animal flesh that is used for food. Thus, this is inclusive of cows, pigs, fowl, fish and other seafood and other animal life.

For further information contact us using the contact form.