Adopting an Ethical Lifestyle

All over the world, people are adopting a way of life that excludes violence on animals, as they too have feelings. Why would anyone want to contribute to needless suffering of animals? Global Health Research organizations advocated and have published that appropriately planned vegan diet is healthy by not only providing resistance but also benefit in the prevention and treatment of diseases. A vegan diet is exceptionality individual in course of routine or part of life and most important during pregnancy, lactation, infancy, childhood, adolescence, athletic preparation. Therefore, humans have no physical need to crave consuming any animal product.

Many long-time vegans are living proof that humans do not need to eat any animal product, wear animal skins, animal hair or fur, seek scientific data from, or be entertained by, the oppression of other animals. Many vegans report an increase in self-esteem and awareness. Many also transform information about nutrition, more concerned for our environment through reduced energy consumption, and more connected with other species. In addition, many report experiencing greater mental clarity and physical energy, fever, cold and less illness in general.

We now know that consuming animal products is completely unnecessary.

The Reality of Dairy & Eggs

We are the only species that drinks the milk of another species a totally unnatural act. Dairy and egg production unbearably exploits the female reproductive system of cows, buffalo, goat, camel and hens. In order for us to obtain her milk, a cow is perpetually kept in a state of distress and physical discomfort. She is forcibly inseminated and kept pregnant so we can steal the milk that was, by nature, meant for her calf. In most cases, her calf will be taken from her within a day of birth. This heartless practice causes much suffering to both mother and child. The calves are then killed either immediately after birth or kept immobilized in crates until slaughtered for their flesh and skin. The dairy, meat, leather, and veal industries are all dependent upon each other. Those who consume dairy products pay someone to inflict suffering and death on cows and calves. If a person cares about animals, becoming vegan is the first step.
Becoming Vegan

Promoting Vegan living is the best approach anyone can take to help animals. By becoming vegan, we become one who protests against rape, slavery, violence, and killing, in our daily lives. Many vegans feel compelled to educate others and help them to become vegan - a way of life (not a diet), that opposes all animal exploitation and oppression. An essential habit a vegan or an aspiring vegan should cultivate is reading labels. Vegans do not contribute to animal exploitation by not using or supporting any of the following products or practices:- animal flesh (including fish, marine creatures, chicken) and animal products: dairy, eggs, cheese, honey, animal-derived by-products (casein, whey, gelatin, milk solids) - leather, wool, silk, fur, animal skins-vivisection, cosmetic/toiletries/household cleaners that contain animal ingredients and/or are tested on animals pet shops, puppy mills, breeding, buying or selling living beings, confining birds in cages or fish in bowls/aquarium, hunting, cockfights-circuses, zoos, marine parks; sea and land animal prisons-dog/horse racing, dog shows, bullock carts and horse-drawn carriages.

Vegans don't support practices or consume products that ask an animal to breed, work, entertain, suffer or die for them. Don't be deceived by "Humane" labeling of animal products. It is dishonesty; there is no such thing like "humane" enslavement or commoditization or tagging of lives or humane slaughter.

Sensitize yourself with the support of online vegan communities. Vegans enjoy bountiful plant-based options. Learn about the nutritional aspect of the vegan diet to be sure you stay healthy. After a few weeks of learning new food staples and replacement products, vegan living becomes second nature.

What to eat? How to take care of personal health?
Eat plenty of variety of raw fruits, vegetables and plenty of dark leaf greens.

Avoid products having unknown chemicals and colors as an ingredient in the food and drink sold in the market now a days; simply for your good health.
Supplement with B12 (sub lingual tablet like Nurokind OD or yearly shots of MethylCobalamin ) or regular intake of vegan food that are fortified with B12.
Get a minimum of 30 minutes of mild sun exposure every day (more for darker skin), or supplement with Vitamin D2 or Vegan Vitamin D3 (For Ex. Vitashine brand) or eat UV-B rays treated Mushrooms.
Eat a balanced whole food diet (nuts, Seeds, grains, legumes, vegetables, and fruit.
Consume the required essential fatty acids (walnuts, flaxseeds, hemp oil, etc.)

Historically, when faced with evidence that differed from the widely held beliefs of the time, humankind has experienced a mass change of perception.

Veganism is humanity's next evolutionary step.