

Inner Healing Academy

Courses & Coaching

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How long will it take to switch to a plant-based diet?

This is an important topic as it reduces your chances of success if the timing is wrong.



Overnight?

Some people manage to go vegan over night and if that's what you feel is the right approach for you, then by all means, go for it! However, in my experience this approach is not for the majority. I know a handful of people who have managed the over night change successfully but the vast majority who take this approach end up quitting.

Bloating

The most common negative side effects for those who try going vegan over night, going cold turkey as they say, are bloating and other stomach issues. A vegan diet will typically contain a lot more fiber than your gut is used to breaking down. If you are someone who is disappointed by this because you are so ready for this change and can't wait to begin, I understand how you feel but I would be misleading you if I said that the over night approach is the best approach.



Step by step

Anything worth doing is worth doing well and putting a firm foundation in place is essential for a strong building. Likewise building firm foundations for your new eating habits will also be essential for your ultimate success. For long-term sustainability, I highly recommend changing your diet gradually; pace yourself and take it step by step.

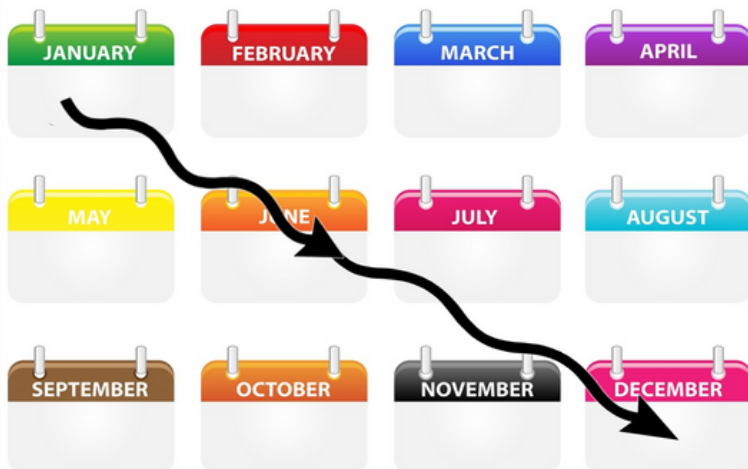
The gradual approach

It took me 3 months to wean myself off meat but I continued to eat fish. I was a pescetarian for a whole year before becoming a fully-fledged vegetarian. In fact the whole process from being a meat eater to being vegan and completely off meat, dairy, eggs, honey and all products made with them took me 3 years!! This is a long time but it gave my body the chance to adjust to the new regime and it also allowed time for me to become educated about nutrition to ensure that I was getting all my vitamins, minerals, amino acids, etc. However, I now know that had I been educated on these matters earlier, I would have been able to safely reduce my transition time to less than a year.



Timeline

A reasonable timeline for you to transition to a vegan diet is from 6 months to 1 year. Don't be concerned though if you find you need more time. Like any other lifestyle change, going vegan not only takes time for your body to adjust but it takes time to determine what works best for you. It's certainly not a one size fits all situation and there are many different approaches you can take. A sensible plan would be to aim for your transition within 6 to 12 months and allow yourself enough flexibility to take longer if necessary. You may find you need some extra time to give up those last few ingredients to which you may have become addicted.



Vegan Transition Plan

If you would like to follow a one-year vegan transition plan, I have provided a detailed schedule in my new book 'Go Vegan Successfully' which will be published next month. In the meantime, here is a quick overview - each quarter, focus on cutting out the foods mentioned:

first quarter



second quarter



third quarter



fourth quarter



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ebook

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A quick and easy guide explaining how and why to go dairy free. Includes easy recipes, a baking guide, a plant-based shopping guide and much more.

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Coaching

Coaching by Dr Kim Benson, a recognized expert in plant-based nutrition. This one-on-one coaching is designed to meet your specific needs. You'll be educated and motivated to achieve the results you deserve and have fun along the way!

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