

Inner Healing Academy

Courses & Coaching

Newsletter: January 2023: #17



Thinking of changing your diet?



Are you feeling bloated after the holiday festivities? Many people tend to over eat at this time of the year and by time January comes around they begin looking into various diets and fitness regimes.

The only diet that is good for your health, the animals and the planet simultaneously is the vegan diet. Not only will you feel much better in yourself, you will have the added benefit of knowing that you are helping the animals and doing your bit to protect our planet's precious natural resources.

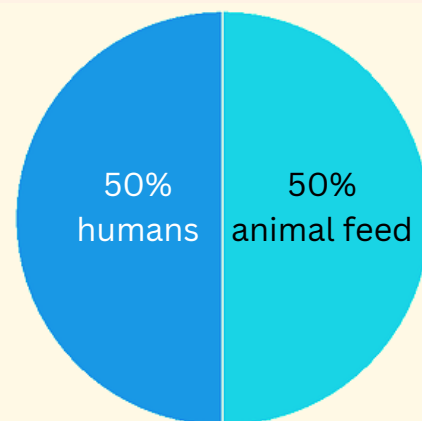
Growing grain

Since we slaughter in excess of **8.3 million** land animals **every hour** (73 billion/year) to satisfy our demand for meat products, we obviously need to feed a lot of animals. This means that we must dedicate large areas of land to growing grain exclusively to grow animal feed. In a world where poverty and starvation exist, it seems incongruous to do this when we could be giving the grain directly to those who are in desperate need. You may be surprised to learn that worldwide more than half of the grain that we grow goes to feed farmed animals.

Farming practices have changed substantially over the past 100 years. Most modern farms do not grow their animal feed onsite as they might have done in times past. Instead there are farms whose land is devoted entirely to growing crops to feed farm animals. This has led to a system of monoculture where only one crop is grown repeatedly on the same land. This destroys the nutrients in the soil and leads to farmers using harmful chemical products to try to increase the fertility of the soil. Unfortunately, these chemicals end up in the human food chain, and they can have serious health consequences.

Meat production is very inefficient, eg, 25 lbs of grain produces one meal for approx. 250 people. If we take this 25 lbs of grain and feed it to a cow, that grain will yield only 1 lb of edible beef!

Worldwide grain consumption



Water quality

The Food and Agriculture Organization of the United Nations has declared: “The livestock sector is one of the top three contributors to the most serious environmental problems, including water-quality degradation, at every scale from local to global.”

It takes an enormous amount of natural resources to raise billions of animals for food. Let's consider water - did you know that to produce 450g (1lb) of beef requires the same amount of water that it takes to shower for 10 minutes every day for 3 months? That is a staggering amount of fresh water and, of course, we do not have an endless supply, so we should be using it with care. In comparison it only takes 380 litres of water to produce 450g of corn. It makes much more sense to grow plant foods directly for humans rather than recycling the plants via animals to consume as part of their flesh.



Deforestation



The Wageningen University and Research Centre stated: “Agriculture is estimated to be the direct driver for around 80% of deforestation worldwide.”

When it comes to using land for either feeding or raising animals, we run into a few issues. One of them is that the earth does not produce more land each year and most of the available grazing or growing land is already being used. So we are ploughing up sensitive ecosystems like rainforests and savannahs.

There are many reasons to be alarmed about the destruction of the world's rainforests. They have the most biodiverse ecosystem in the world and are the only home to more than half of the world's millions of species of animals, insects and plants. Sadly, due to deforestation, an average of 137 plant, animal and insect species go extinct every day in the rainforest! We benefit from the medicinal plants found only in rainforests. Did you know that 25% of Western pharmaceuticals are derived from rainforest ingredients? Less than 1% of these tropical trees and plants have been tested by scientists and assessed for their healing properties, so we may well be destroying life-saving medicinal plants before we have the chance to discover them!

Go Vegan for your Health, the Animals and the Planet!

NEW BOOK

Go Vegan Successfully contents:

- 1 - My story
- 2 - How long will it take to go vegan?
- 3 - Giving up meat
- 4 - Fish facts
- 5 - Dairy products
- 6 - Eggs and honey
- 7 - Protein and amino acids
- 8 - Calcium
- 9 - Iron
- 10 - Vitamin B12
- 11 - Family meals
- 12 - Social dining and shopping
- 13 - Festive meals
- 14 - Vegan transition
- 15 - Common concerns and remedies
- 16 - More than a diet
- 17 - Interviews with leaders & visionaries
- 18 - What's next?



There are many vegan recipe books and books depicting the suffering of animals but not many that actually guide you, step-by-step, to go vegan. This book is full of practical tips and, having been written by someone who not only lives the vegan lifestyle but is a recognized plant-based diet specialist and a Dissertation Professor, with a PhD in Natural Medicine, you can be assured of expert guidance.

It's not always easy making the switch to a vegan diet. There's so much to consider: Will I be getting sufficient protein? Will my bones begin to suffer if I don't drink milk? How can I make sure I am getting all my vitamins? What will my family and friends think? How will I cope if I'm the only one in my household going vegan? This book answers all of these questions and much, much more!

The book is easy to read, well laid out, nicely illustrated and contains a wealth of information. There's also some easy recipes for you to try at home and several plant-based guides to assist with shopping and baking.

[**CLICK HERE**](#)

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ebook

Go Dairy Free & Thrive ebook

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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