

People Should Adopt A Vegan Lifestyle

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Have you ever thought about switching your diet to only plant based and non animal related items? I strongly believe that humans should switch to a permanent vegan lifestyle, veganism is a subject that many people may find displeasing, as it involves not eating a lot of stuff you may have grown accustomed to like sweets and chocolate. Being vegan means you can't drink milk or anything coming from animals. However, the advantages outweigh the disadvantages. Veganism is good for your health, in fact some studies find a vegan diet lowers the risk of heart disease and premature death, helps manage type 2 diabetes and reduces the risk of cancer. Being vegan is also saving 30 animal lives per month, animal cruelty is a big thing in the world as more and more people are eating meat. Not only does veganism help keep animals alive, it saves 620 pounds of harmful carbon dioxide emissions, 913 square feet of forest and 33, 481 gallons of water. Not only that but you're also helping your body as being vegan promotes weight loss.

Heart disease, premature death, cancer, these are all things that pose a life risk to your body. However, there is a simple fix to this, to go vegan! Veganism helps fuel the body with nutrients such as vitamin c and many others needed to strengthen your mental health and defence systemns by eating vegetables and fruits. Not to say that it helps manage type 2 diabetes which is when the body uses sugar as a fuel. It also lowers the risk of cancer and with 151,000 Australians getting cancer every year you wouldn't want to risk it.

Pleading eyes stare at you in desperation as the sordid, vile smell of rotting flesh and carmine blood splatter the stone walls. Row after row of still motionless corpses lay, their harrowing cries of freedom unheard of as serrated, cuspidate axe ends its life. It was born to die. Animals bred only for death ram into the metal cages barricading their way back to a world of freedom. They were born to die. 86% of the world consume meat and to them it is a delectable, scrumptuous food that is very common. However, when you cut into a steak, do you ever think about where it came from? How did the cow that had to die give you that expensive red meat feel? This is animal cruelty, a crisis that no one pays attention to. But there is the 1% of people that have a permanent vegan diet that choose not to eat anything related to animals. There are a lot of benefits to eating vegan, including how you save water, trees and harmful carbon dioxide emissions.

Weight loss could never be that simple! With the pandemic and Covid-19, many people are aware of going outside and even to get daily exercise have a risk of getting the virus. However, have you considered going vegan? Jessica Kotlowitz, a woman age 28, lives in Cape Town. She had a dream of having the body of her dreams and tried almost everything to lose weight. Almost everything. After turning vegan Kotlowitz finally managed to lose weight. By eating healthy and only plant-based weight until she turned vegan. Before being 79kg she managed to reduce her weight to 63 kg with her secret weapon, a plant-based diet.

Overall, veganism is not as bad as it seems, even Kotlowitz states that it was easy to give up eating meat. Veganism has benefits that not only help the human body but also the natural environment around it. Saving 30 animal lives per month the number of vegan people out there isn't a lot. I would like you to end with an important question I hope you will answer. Are you ready to become vegan?

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