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The vegan revolution is underway...

## **Run for your life!**

If you are interested in learning how to eat healthier, whether you are vegan or not, you NEED to read this report in its entirety.

Why?

Because, the state of veganism and the diet industry – in general – is in shambles.

And I'll be exposing some of the nonsense that's probably affected you – and millions of others – at some level.

Needless to say, we're also going to look at some really powerful healthy eating concepts.

I'm going to share some things that I have never revealed before, and I think it's *really* going to start to get you thinking about the foods you eat.

I'm also going to discuss what is happening in Brazil with the Amazon rain forest.

You might be asking me, "Well, what does that have to do with veganism?" Well, you're about to find out.

All right, so here we go...

### **But first, why do people go vegan?**

Well, in my experience, most vegans go vegan for one (or both) of two reasons, ethical and environmental. A lot of vegans don't feel like we should harm animals. And that's fine.

The word veganism actually stems from a Sanskrit word, *vegan*, which essentially means *without cruelty*.

With regards to the environment, a lot of vegans believe that if we don't eat meat, then we're not killing cattle, which are taking up a lot of land and poisoning our environment with their excrement.

But there is another big reason that people go vegan... better health.

## **What are the health benefits?**

Quite honestly, they're pretty overwhelming. I'm just going to highlight a couple of studies.

A recent study done in 2010, in the journal *Current Diabetes Reports* found that a low-fat, plant-based diet improves the control of weight, blood sugar, type II diabetes, and cardiovascular risk.

Essentially, a low-fat vegan diet improves your ability to lose weight and control your blood sugar, preventing cardiovascular-type conditions like heart attacks.

Another study in the journal *Obesity* found that a vegan diet was associated with significantly greater weight loss than the National Cholesterol Educational Program diet at one and two years after the study was done among 64 overweight postmenopausal women.

## **That's incredible because...**

Women in menopause have a tougher time losing weight because of the hormonal changes, and to see this lower-fat vegan diet end up more successful than a cholesterol-reduction type of program for one and two years after the study was done, that's pretty awesome.

Another study out of *Acta Physiologica Hungarica*—yes, that's right; a physiological journal out of Hungary—showed that a raw vegan diet significantly alleviates fibromyalgia symptoms.

We're talking about less pain, less swelling, and morning stiffness, improved quality of sleep, and many more benefits.

However, all of these symptoms worsened after stopping the raw vegan diet.

That's a pretty phenomenal cause and effect relationship.

Another study, a 12-year Oxford vegetarian study of 11,000 subjects—done between 1980 and 1984—showed that vegans had lower total LDL—bad cholesterol—concentrations than did meat eaters.

That's a good thing.

Death rates were lower in vegans than in meat eaters. Mortality from ischemic heart disease—essentially, the heart attacks itself—was positively associated with eating meat.

So, the more meat or animal products you eat, the greater your likelihood of developing a cardiovascular problem.

Obviously, these findings was associated with eating more animal fat and dietary cholesterol through animal products.

Finally, they found that avoiding meat correlated with a lower body mass index, which is interesting because you see so many high-protein diets now that are used for weight loss.

However, this massive study showed that the more meat you eat, the higher your body mass index; essentially, the bigger or fatter you would become.

So, if you reduce your meat consumption and your consumption of animal products, you could actually lower your weight, which is kind of counterintuitive because it's not what we're led to believe nowadays.

### **What about vitamin B12?**

Well, the first thing to understand is that B12 resides in your tissues for up to about eight to nine years.

Other sources will tell you twenty years, but from what I've learned and from what I understand, it's in about that eight- to nine-year range.

So, if you had a steak eight years ago and you're a vegan, you're likely coming to the end of your B12 stores. You may want to look at some things to replenish that.

Here's some interesting information about B12...

A meta-analysis that was done in 1999 of five studies comparing vegetarian and non-vegetarian mortality rates in Western countries found that death to ischemic heart disease—heart attack related—was 26 percent lower among vegans compared to regular meat eaters.

However, it was 34 percent lower among lacto-ovo vegetarians —vegetarians who drank milk and ate eggs and pescetarians—those who were vegan except for the consumption of fish.

There's an interesting reason behind this. There may not be as great of a reduction in ischemic heart disease in strict vegans due to higher levels of homocysteine, which is caused by insufficient B12.

Homocysteine is a marker – a predisposing factor to different heart conditions. Vegans had a higher level of homocysteine because they had insufficient B12.

So, here's a quick B12 tip...

If you're a vegan or looking to adopt a strict "no animal" policy then this is what I would recommend...

Look for a supplement known as cyanocobalamin or hydroxycobalamin.

These will be your best and easiest supplemental ways of getting B12.

If you're a little bit more flexible in your approach to eating, then you can simply eat the occasional animal products since B12 is not created by plants.

It's not even created by animals, it's just stored in animal tissue or human tissue. You can also consume bee products, like royal jelly, but significant sources of B12 will generally be found in bigger animal sources.

Other things that might contain some B12 are things like algae such as spirulina but there are very, very small amounts, in algae so it may not be significant.

## **Let's go to China**

One of the most compelling works pertaining to the benefits of a vegetarian/vegan diet was the huge study done a couple of years ago in 2005: *The China Study* by Colin T. Campbell.

This is probably one of the most comprehensive nutritional studies ever done. I just want to share a couple of major findings that they found from this study.

1. The first one is that there are virtually no nutrients in animal-based foods that cannot be provided by plants - other than B12 that is.

Essentially, all nutrients can be found in plants and likely of better quality than you can find in animal products. I firmly believe that as well.

2. Nutrition that is beneficial for a particular chronic disease will support good health across the board.

I've always told my clients, "*How you heal anything is how you heal everything.*"

If you eat for health, everything else takes care of itself.

When I lost my hair at 17, it's because I had a terrible diet. When I transitioned to eating more raw vegan foods when I was about 24, I grew all my hair back.

But at the same time I had way more energy, my skin was incredible, and I had so much better clarity of mind. When you're eating to heal, a proper diet will heal everything. That's the power of nutrition.

3. A healthy diet creates health in all areas of our existence.

For instance, if you want to be more productive at work, then eat better.

If you want to have a better mood, then eat better! Studies show there's a huge link between nutrition and mood.

Another great author I highly recommend is Michael Pollan. All of his books are great: *Food Rules*, *In Defense of Food*, and the *Omnivore's Dilemma*.

He's not a vegan or a nutritionist, but he's a researcher, reporter and a great writer.

He's done the research and found that what works is essentially...

### **Eat less food, mainly plants.**

That would solve most of our problems.

When you look at the weight and health issues that are running rampant in the western world (especially in the US), this Pollan's advice could prove very helpful.

Because, at the end of the day, our diet will keep us healthy – not the medical or pharmaceutical industry!

I mean come on...

The United States spends the most money on health care but has the 74th-ranked health care system in the world, according to the World Health Organization.

We've gotten so far away from eating natural foods, and as Michael Pollan says, you don't have to be crazy, you don't have to be fanatical about this stuff.

If you still want to eat meat occasionally or whatever it is you're eating, that's fine, just eat less food and eat mainly plants. Great words to live by.

### **And now...for some controversy.**

Okay, so here's where I'm going to throw a wrench into the equation. We've talked about the benefits of eating more of a vegan diet.

That's essentially what I'm talking about here. It's not about putting the vegan label on it. You don't have to become a vegan.

Health is about adopting more plant foods into your diet.

Now, I've known many vegans who are not very healthy, and that's what we're going to look at right here:

### **Does being vegan necessarily mean you're healthier?**

#### **Vegan Scenario A**

They wake up, their breakfast is Cheerios with soy milk. Lunch is a soy burger and dinner is macaroni made with soy cheese. That's vegan, right? There you go.

#### **Vegan Scenario B**

This scenario is a little bit different. This vegan wakes up and has a green smoothie for breakfast. Lunch is a big green salad in a seaweed wrap. Dinner might be a raw zucchini pasta with marinara sauce. Again, this is a completely vegan diet, but a very different diet from Vegan A.

The difference is that Vegan B is focusing more on natural, plant-based foods, mainly fruits and vegetables versus traditional vegan-type approaches, which are grains, processed soy alternatives, and other fake foods.

### **Oprah going vegan – what a joke!**

Just a few months ago, Oprah Winfrey held a vegan challenge. I was watching this and I was so pissed off because it was one of the most disgusting displays of "health promotion" I have ever seen in my life.

On her show, they took a trip to the grocery store, and filled up a shopping cart with total crap. It's just absolutely crazy.

They were talking about being vegan and how beneficial it is for us, but there was not a single fruit or vegetable in that shopping cart...

Instead, the whole thing was packed full of soy-based products and packaged nonsense.

It was disgusting, and the big problem with information like that it is exposing a very skewed and unhealthy dietary approach to millions of viewers.

### **Look at it this way...**

Think of Tofurky—a vegan tofu type of turkey. It's 100% vegan. It comes in a box, and it's made from processed garbage; I don't even know what the ingredient list is.

Which is healthier...

Tofurkey or grass-fed beef, wild salmon, or free-run eggs?

Here is where I really challenge you to think differently...

I understand that you may want to go vegan for ethical reasons, for animal cruelty reasons and that is absolutely fine.

But if you go vegan because you think it's healthier, I really urge you to stay away from the processed garbage that many soy-based vegans are trying to shove down your throat.

Stay away from the Tofurky, the fake stuff, the tofu sausages, and the fake cheeses.

Alternative meats, apparently, are really good for you? What kind of advice is that?

I would advise anybody to stay away from man-made processed garbage products and move toward a cut of natural meat.

Again, if you're just seeking veganism for health reasons, there is nothing wrong with eating the occasional piece of meat.

If you don't want to eat meat for ethical reasons, I totally understand...

But if you just want to be healthy and if you want the best possible nutrition, you're not going to get that from vegan turkey. You're better off eating the occasional piece of meat.

You're better off eating the occasional free-run organic eggs, because the nutrition in those foods is tremendous.

However, I think where people go wrong is that they overdo the animal products. They're eating meat every single day, three times a day.

### **Too much meat is obviously not good.**

There are a lot of things that are obviously not good from a health perspective with that, but if the alternative is eating boxed, packaged, man-made foods, I would rather see you eat natural foods that come from an animal - so long as they were healthfully raised, grass-fed, and organic.

I'm not telling you to do something; I'm just really hoping to open your eyes with this a little bit more, because it's really scary what's going on out there.

Whether you're eating processed foods that are vegan or not vegan, it doesn't matter. If they're processed and made in a factory, you probably should stay away from them. So that's just something to think about.

Here's another thing to think about: 60 percent of all processed foods contain soy, and that's one of the reasons that soy is now becoming one of the most common allergenic foods. And here's a really interesting quote that was from the *Guardian* in the U.K. in 2006.

*"Soy veggie burgers and sausages generally use the same chemically extracted fraction of the bean. This meal is the product of the industrial crushing process the vast majority of the world's soybeans go through. The raw beans are broken down into thin flakes, which are then percolated with a petroleum-based hexane solvent to extract the soy oil. The remains of the flakes are toasted and ground to a protein meal, most of which goes into animal feed.*

*Soy flower is made in a similar way. The oil then goes through a process of cleaning, bleaching, degumming, and deodorizing to remove the solvent and the oil's characteristic off smells and flavors. The lecithin that forms a heavy sludge in the oil during storage used to be regarded as a waste product, but now it has been turned into a valuable market in its own right as an emulsifier."*

So, this is just one of the processes that soy goes through to be used in pretty much all of our foods; it's crazy. Hopefully you're starting to see that soy is not a good thing.

We could do another presentation on the bad properties of processed soy. It depresses your thyroid, which depresses your metabolic rate, which basically depresses your ability to lose weight.

It wreaks havoc, especially for women because it is a phytoestrogen and mimics estrogen in the body.

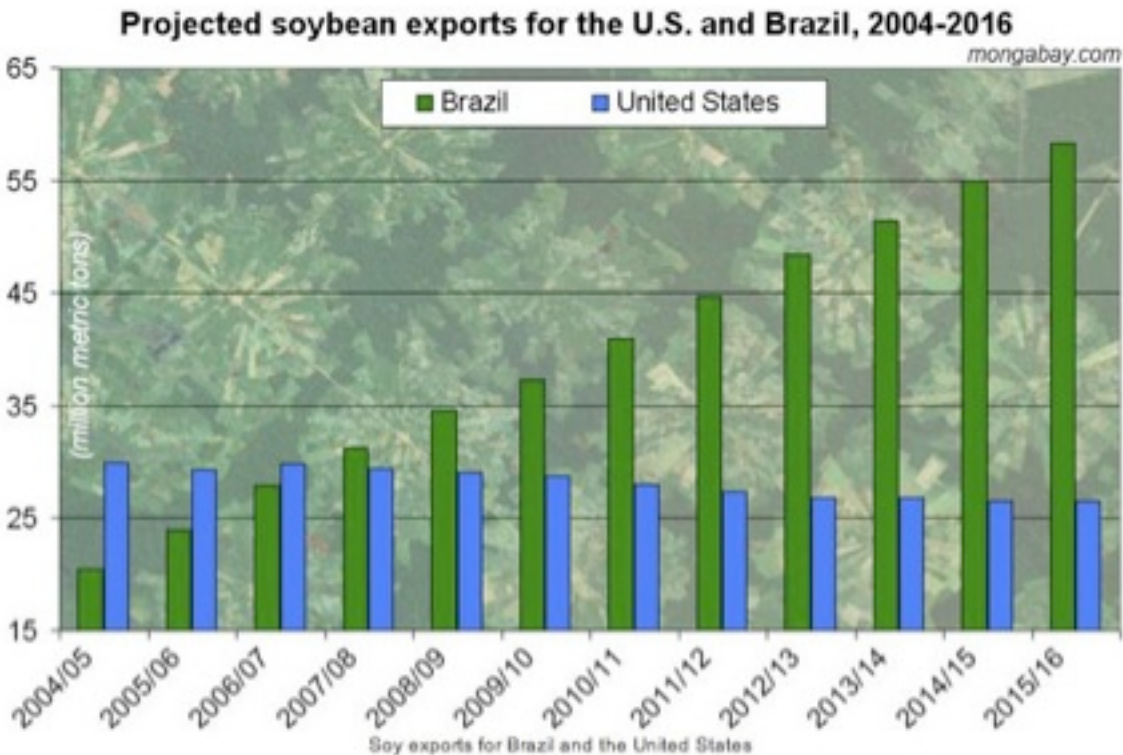
Soy increases the estrogen load in your body, leading to estrogen-dominance and everything that comes with that.

### **Is veganism really green-friendly?**

If you think that going vegan or eating mainly soy products is good for the world, let me show you something to the contrary.

I don't know if you knew this, but the Brazilian Amazon, the Brazilian rain forest is one of the biggest producers of soy in the world; actually, it is the biggest.

Just check out this graph which shows this alarming trend:



Up until 1993, the U.S. was the biggest producer and exporter of soy. That changed dramatically after that time. Brazil and Argentina are now the biggest.

They've literally destroyed the Amazon to produce more soy. It's crazy. Soy now covers more than eight million hectares in the Amazon.

It's earth-shattering what they're doing to our natural ecosystem to develop a product that is essentially bad for us. B

razilian production of soy is exponentially increasing while the production in the U.S., is somewhat steadily decreasing a little bit each year.

So, if you're not being vegan the right way, is not healthy for your body or for the environment.

So, we need to redefine veganism.

You need to eat for health; the rest will take care of itself.

If you want to lose weight, eat for health.

If you want more energy, eat for health.

If you want to decrease fibromyalgia symptoms, eat for health.

If you eat for health in mind, everything else will take care of itself.

### **Eat for health? What does that even mean?**

Well, I'm going to give you some really simple steps, because I know that a lot of us can get overwhelmed with transitioning to a healthier way of eating, even if you're eating healthy already and you just want to make a couple of adjustments.

We don't need to make massive change. Small changes can lead to massive results.

Let's keep it simple.

Here's my goal for you: one to two more fruits per day.

That's all I'm asking.

Can you eat one or two more fruits or veggies per day?

The recommended daily intake is about five to ten servings of fruits and vegetables.

I'm going to assume that you're already eating a few fruits and veggies or maybe even a lot.

No matter where you are, can you add in one more fruit or veggie per day?

Can you add in two more? Very simple.

### **So, how do we do that?**

Well, here's a really simple way: you can make one smoothie, a green juice, or a salad. For instance, if you make a smoothie you can easily get several servings of fruits and veggies in a glass.

It doesn't get any easier really.

One of my go-to smoothies includes a head of romaine lettuce, half a bunch of kale, one banana, one apple, one pear, half a bunch of parsley, a squeeze of lemon, a squeeze of lime, and some water.

Blend it up and you're good to go!

Right there that's probably five or six servings of fruits and vegetables in one glass.

So, it's really simple to get this stuff in.

If you have a juicer, you can do that.

If you want to make a salad, just toss some lettuce and a few cut up veggies in a bowl and you've already hit your one to two more fruits and veggies per day.

That's on top of what you're doing already.

### **Here's another simple trick to healthy eating...**

Every time you go to the bathroom, whether it's number one or two, just come back, and if you're at home, grab a fruit; grab an apple, grab a pear, grab some carrots, whatever it is, or if you're at work, just have them with you.

So, every time you go to the bathroom, you know that as soon as you come back to your office, boom, you have that anchor. I go to the bathroom, I come back, and I get a fruit or veggie. Just a really simple kind of anchoring system to really help you associate when to eat certain things to become a little more conscious.

### **Why should you do what I propose?**

That's a very good question which also merits a very simple answer.

Your health is everything!

And, in order, to stay focused on improving your health, you're going to need some MASSIVE reasons for doing so.

It's important to have a number of motivating reasons "why" you NEED to eat healthier because otherwise...

It's just too easy to get sucked into the trap of, *"Oh, I'm healthy, I'm young, I'm fit. I don't have to eat healthy."*

I'm going to call that the college mentality, where you think you are healthy because you are fit. I was there as well, believe me. I played soccer at the highest level and I was really fit. But I wasn't healthy.

Again, you can be fit but not healthy.

Eating fast food and all that kind of stuff catches up with you.

So, understand that you're not invincible, and as you get older, I think you'll start to realize that a little bit more.

And if it's not enough for you to do it for yourself, if your health is not a good enough reason why, then maybe something like this should help.

For me, one of my reasons is my little boy Oscar.

Obviously, he's the love of my life—well, the second love of my life after Amy—and sometimes it takes something outside of ourselves to realize that we need to become a little healthier.

I had a client once who was a vegan and her husband was a hard-core carnivore.

This husband was eating steak every single night, was overweight, and had cardiovascular problems, cholesterol issues, the whole bit.

But still, he refused to change the way he ate. Nor did he exercise.

*They had a 2-year-old daughter at the time, so I said, "Kelly, you know what? One of the things that you may want to do is leverage your daughter, in a good way. If he's not going to change for himself or you, maybe he needs to do it for your daughter, because he's not going to be around to see her grow up if he doesn't."*

So, if you have kids or if you have something meaningful that you want to be around for and you want to really take an active interest in their life, if you want to play with your kids, if you want to see them grow up, if you want to be the mom or dad who has the energy and has the health to do all that kind of cool stuff, then maybe you have to do it for them.

If you've enjoyed the stuff that I've been talking about in this report I think you'll also reading my [Eating for Energy](#) program.

And the reason for that is because it's a how-to guide for eating as healthy as possible through raw plant-based foods.

In this report, we've looked at what it is *not* to be a healthy vegan. In Eating for Energy I show you exactly how to be a healthy person (not just vegan).

It's not about becoming a vegan or a raw foodist or any of that stuff; we're just talking about becoming as healthy as possible.

And, again, if you want to lose weight, if you want more energy, if you want to really do all that and improve your health, then there are really simple principles to follow, and we looked at a couple of them just a few moments ago.

That's why I want you to get *Eating for Energy*, because I care about you and I care about your health. I'm on a mission to help as many people as possible to get healthy.

### **In fact, I'll tell you what my mission is...**

My mission is, by 2018, to help 10 million people through our programs and services live their healthiest and fittest life ever.

And that's my personal mission; that's really what just juices me up every single day, because I see it all around me that so many people are held back by not living life to the fullest because they're not health enough.

Please understand that you need to take responsibility for your health; no one else is going to do it for you.

That's why I put together my [Eating for Energy](#) program – to give you people like you the power to make incredible changes in your health and vitality.

It's an amazing program. I literally take you step by step as to why it's important to eat more of a raw, plant-based diet.

I go through my journey as to how I lost my hair when I was 17 because of the way I ate and how I gained it all back, eating more of a raw, plant-based diet.

Then, I show you the science behind it in terms of food enzymes, pH balance, life force, and all that great stuff.

The second half of the book is the "how-to".

I literally hold your hand and walk you step-by-step through the transition to eating more healthy raw plant foods.

Again, I'm not trying to convert you into a raw foodist. After all, I'm not a hundred percent raw, myself.

But I do believe that if you can incorporate more raw, plant-based foods, more raw fruits and veggies into your diet, you'll literally become a different person, and

that's really the power of [Eating for Energy](#) and why it has already helped tens of thousands of health-seeking individuals like you.

[Eating for Energy](#) is NOT about that soy foods or processed vegan garbage.

None of that; it's all about fresh foods, it's complete with a ton of great stuff that is guaranteed to help you dramatically boost your energy, help you lose weight and skyrocket your health.

### **Just imagine this for a second...**

Imagine that in the middle of the night, some kind of magical power came and instantly made you feel more energetic and vital first thing in the morning.

Wouldn't it be cool that this magic power could just took away all your concerns, helped you lose weight, helped you become more energetic, and feel amazing about yourself.

What's the first thing you would notice in the morning?

What's the first thing that would be different?

When was the last time you felt like that? Think back.

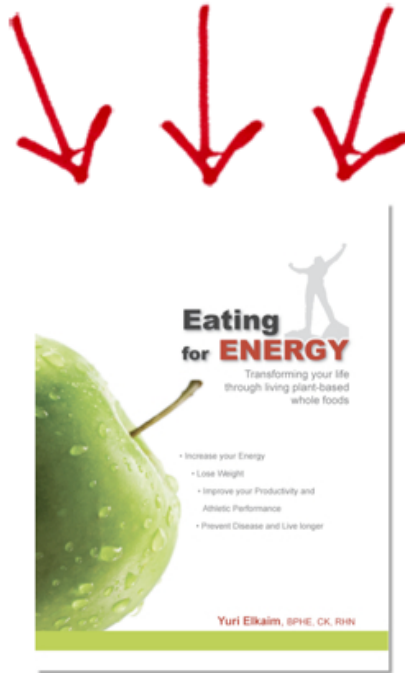
When was the last time you really could say *"I feel amazing about myself, my energy, how I feel, the clarity of my mind."*

Just think about a time when you felt like that, because I know you have at some point in your life. Just take a moment.

Now, wouldn't it be great to recapture those feelings of energy and vitality once again (or for the first time)? I think so!

And that's what you can look forward to by applying as little 10% of the nutrition principles I discuss in [Eating for Energy](#) – it's that powerful!

[\*\*CLICK HERE TO LEARN MORE\*\*](#)



[\*\*Click here if you're ready to take your health \(and body\) to the NEXT level.\*\*](#)

# About the Author

## Yuri Elkaim, BPHE, CK, RHN



Yuri has been helping people just like you lose weight, eat healthier, detox and cleanse, and get in great shape for the past 12 years. He's a Registered Holistic Nutritionist, Certified Kinesiologist, strength & conditioning at the University of Toronto, a High Honours graduate in Physical Education and Health, and a former professional soccer player.

He is the owner of Total Wellness Consulting, the co-creator of the [Total Wellness Cleanse](#), the author of [Eating for Energy](#), and the creator of the revolutionary iPod workouts [Fitter U™](#) and Treadmill Trainer™.

Yuri and his programs have been featured in numerous media including *Breakfast Television*, *Perfect Fit*, *A-Channel Morning*, *CTV news*, *e-Talk Daily*, *Global News*. He's also a frequent contributor to numerous magazines including *VIVA*, *Impact magazine*, *Wish*, and *Fitness Business Canada* - just to name a few.