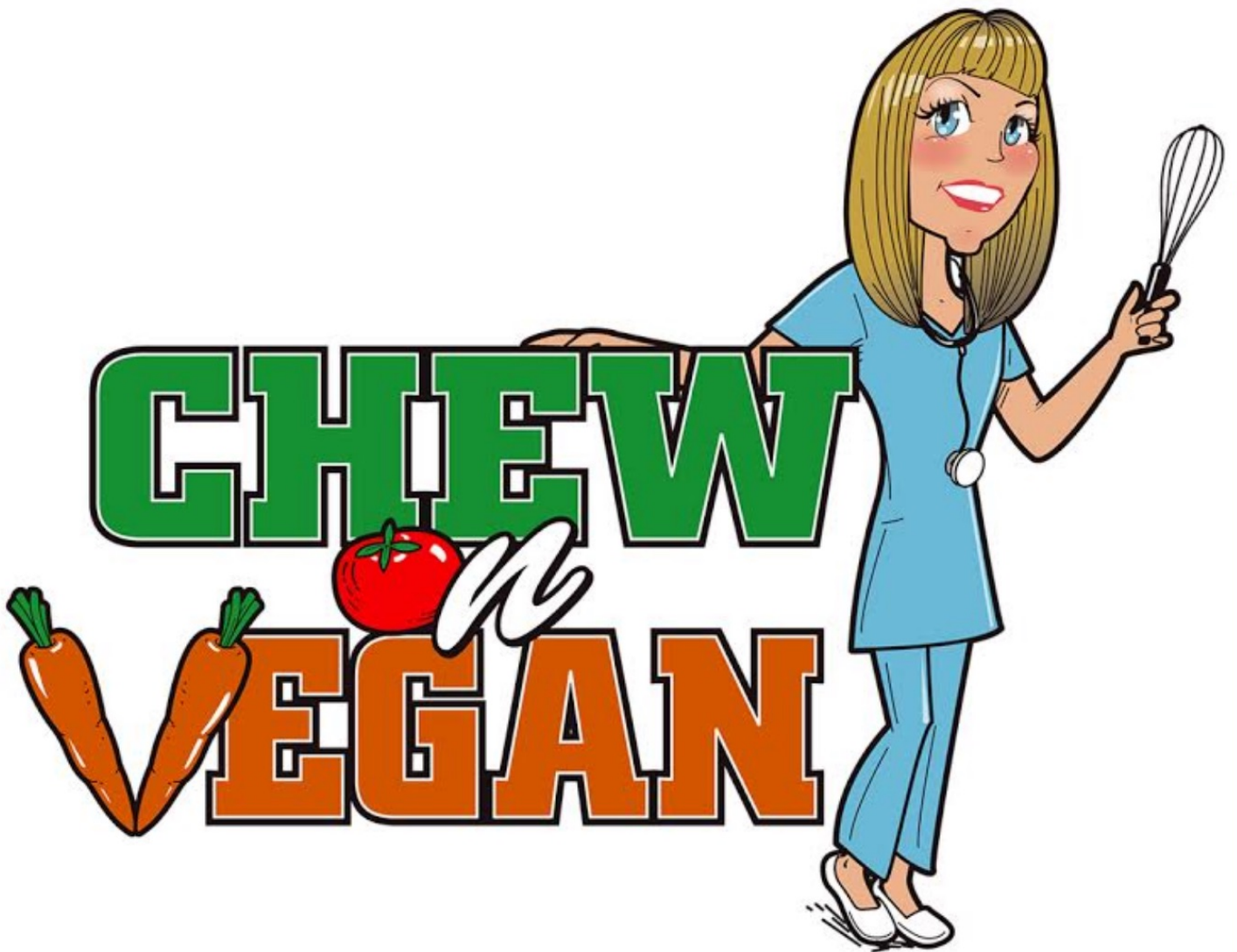


# WHY A PLANT BASED DIET?

By Debi Chew RN



Is a plant based diet  
right for you?

What are the  
benefits of a plant  
based diet?

How do I start the  
plant based journey?

I would like to tell you a little bit about my self. I have been plant based since 2011. I grew up eating the standard American diet. I never really thought too much about it. After all my parents ate the standard American diet as did my grandparents. Yes my parents and grandparents had their health issues such as high blood pressure, type II diabetes, high cholesterol, obesity etc. But that's just a natural part of growing older isn't it? It doesn't have to be. I started having my own issues as I got older. Hypertension, high cholesterol, weight gain. I was diagnosed with Celiac disease in 2008 and went totally gluten free over night. My numbers weren't getting any better. My doctors didn't have any answers for me except meds, which I wanted no part of.

I started doing my own research and found that a whole food plant based diet was my best bet. I happened to watch the documentary Forks over Knives and that is what finally convinced me to change. If you haven't seen it I highly recomend it.

Changing my diet made all the difference. As soon as I cut out meat, dairy and eggs my numbers started improving. I lost weight and had more energy.

As a RN at my local hospital I see patients every day that are suffering from self inflicted, food borne diseases and are on numerous medications to deal with the symptoms but not the underlying cause of their disease.

*"What you put on your plate determines your fate!"*





## *Is a plant diet for me?*

If you are looking to live a more healthy life and to have more energy then the answer is yes! A plant based diet is right for everyone!

Here are some of the benefits you can expect when changing to a whole food plant based diet:

You will most likely lose weight.

All your numbers will improve.

You will have more energy.

Chances are you will get off most or all meds.

You will gain control of your health.

You will be able to eat lots of amazing food.

Your mood will improve.



# how do I start?



You don't have to do it over night. Start by adding not subtracting. Start by adding more veggies and fruits to your diet. Make sure half your plate is made up of greens. Make the transition over a few days or weeks. After adding in more veggies and fruits, ditch the dairy. It's okay to use some of the vegan cheeses on the market while you are transitioning. Then ditch the meat try Beyond burgers or vegan sausages, then ditch the eggs, try Justegg for a great egg substitute.

It's going to take time for your taste buds to change but after a couple of weeks they will.

**Make sure to watch some of the great documentaries out there.**

**Forks over Knives**

**What the Health**

**Game Changers**

**check out the following books:**

**The Starch Solution by Dr. John McDougall**

**How not to die by Dr. Michael Greger**

Be kind to yourself.

If you fall off just start again tomorrow.

The best thing to do is just start.

Don't wait for motivation because chances are you won't ever feel like it. Just start and fake it till you make it!

Please e-mail me

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if you have any questions. I would be happy to work one on one with you and support you any way I can.

And remember eating a whole food plant diet is good for you, good for the animals and good the planet.

And what could be better than that?

***As always check with your doctor before starting any diet program.***

# Here is a recipes for you to try



## Easy Vegan Banana Oat Pancakes

### **\*\*ingredients\*\***

**2 cups gluten free rolled oats,  
1 1/4 to 1 1/2 cups of plant based milk  
1 ripe banana  
1 1/2 tsp. baking powder  
1 flax egg  
1/2 tsp. cinnamon  
1/2 tsp vanilla**

**Add all ingredients into your Vitamix or blender  
and blend until smooth.**

**pour batter into a preheated non stick pan. You  
may use a little vegan butter to the pan before  
pouring if you want.**

**Cook until little bubbles start to form and  
edges look dry then flip and cook for another  
minute or two on the other side.**

**Top with your favorite vegan butter, syrup and  
fresh fruit.**



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A STEP BY STEP GUIDE TO  
OPTIMAL HEALTH  
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