

My Journey of Compassion to Health – by H.K.M

I was born and grew up in Africa. My family taught me to eat an omnivore diet and we consumed parts of animals that most people would think is disgusting. We also spent time in the woods (in the jungles of Africa), playing and hunting with our friends and relatives. Sometimes we ate the animals we killed, and many times, we killed them just because we could. I was taught that to show my toughness and “manliness” that I had to be cold and dominate any non-human animals. A neighbor used to capture primates (chimps, monkeys and gorillas) and sell them to export to zoos or labs for experimentation. We used to tease and torment these sentient beings while they were held captive in cages. We were taught that it was okay to do so. Some of the scariest moments of my childhood, were when we were pulled from school because cannibals were coming to our village. Cannibalism was practiced by some natives because it was their tradition, and they liked human meat, or to fulfil some crazy notions of superiority.

My journey to being Vegan began many years ago, after moving to the United States. I decided to live my values, since I did not believe that any animals should be harmed or killed for the passing pleasure of eating them. Eating animals was not really my decision. Since I was a kid, I was thought to eat some animals and show love to others. It always bothered me, and I felt that I did not want to compartmentalize my love and compassion based on what an animal looks like. So, I decided to switch to a vegetarian diet, even though, back then, I was told it would be bad for my health. As we know today, that is complete nonsense, which is propagated by ignorant medical professionals and the meat and dairy industries.

Almost immediately after following a vegetarian diet, I felt my energy level increase and my health get better. When I was an omnivore, I had developed seasonal allergies and many food allergies to various nuts and fruits. As a vegetarian, my health improved significantly, but my food allergies did not go away, and as I found out later, it was due to my consumption of dairy and eggs. I was taught that drinking cow’s milk, eating yogurt and cheese (made from cow’s milk) and eating eggs from a chicken’s menstrual cycle were “healthy” foods.

After being a vegetarian for many years, I came across some undercover videos that showed the atrocities that occur in dairy and egg farms and was completely horrified. I thought that the animals in the milk and egg industries were not harmed. I was really shocked to see that they suffered worse than the animals used for food, and they were eventually killed for food, when they were no longer productive.

After seeing the horrors of the dairy and egg industries, I immediately switched to a vegan (plant-based) diet and lifestyle. Within a few days, my bad sinus congestion issues cleared up and my thinking and brain seemed to function at an optimal level. I decided to read more about plant-based nutrition and how they affect our health. I found that there were numerous published papers that showed that eating a whole foods plant-based diet is the best diet for us humans, and can reverse and prevent many of our

chronic illnesses, which include heart disease, high-blood pressure, type 2 diabetes, respiratory issues, inflammation, some forms of cancer, auto-immune diseases, etc.

After a few months of following a vegan diet, I decided to try to eat the nuts and fruits that I was allergic to, and I found that my allergies were completely reversed. My health is better and energy level is now higher than it has ever been.

Now I know that there is nothing more cowardly than shooting or stabbing another animal to death. There is nothing brave or strong about it. It is a cruel and evil act.

The worst side-effects of switching to a vegan diet and lifestyle, is good health. All the nutrients that we need, we can get by eating a whole foods plant-based diet. The biggest and strongest animals are plant-based. As for vitamin B12, it comes from nature and is made by bacteria in the soil, but since we sterilize most of our foods, it is recommended that we take a plant-based B12 supplement, or eat foods that are fortified with B12. Also, both omnivores and vegans can have a B12 deficiency, based on the foods that we eat. I now enjoy cooking and eating more than I ever have in my life. As Hippocrates (the father of western medicine) said "let your foods be your medicines and your medicines be your food".

For more expert advice on plant-based nutrition, you can read articles and books published by the following doctors: Dr. Caldwell Esselstyn, Dr. Michael Greger (Nutritionfacts.org), Dr. Neal Barnard, Dr. T. Collin Campbell (The China Study), Dr. Dean Ornish, Dr. John McDougall, etc.