Really good reasons why you should try eating Vegan food

1. It can be as simple as you like to prepare and tastes delicious!
If haven't tried eating Vegan before then whatever you have heard in should indeed be as simple as you like to prepare and tastes delicious, and we'll show you how.

If you've tried Vegan dishes and didn't like them then we're confident we can point you in the direction of recipes which will really tickle your tastebuds.

Click here for a downloadable, free online celebrity chef Vegan recipe book.

2. It's one of the most important things we can do to help protect our planet, God's creation against the ravages of climate change and over exploitation of the world's natural resources
The UN's Intergovernmental Panel on Climate Change (**THE** experts,) has singled out meat-eating as one of **THE** most important reasons why CO2 emissions are rising rapidly and the planet heating. This is already causing immense damage through huge fires, unprecedently damaging storms, life wrecking floods, rising sea levels and searing temperatures devastating crops leading to starvation and mass migration.

The damage stands to get much, much worse unless urgent action is taken. Many people feel, quite incorrectly, that anything they do won't make a jot of difference. The combined effect of our individual actions should be immense, notably when we spread the word.

Click here to see, at a glance, the damaging effects animal husbandry and fishing are having not just on our climate but also the increasingly unsustainable load they place on drinking water and land use.

3. There are important health benefits in a Vegan diet
Scientific studies prove benefits in reducing weight, blood pressure, cholesterol levels and the chances of developing type 2 diabetes. Click here for a summary of the key health benefits.

4. Meat and fishery production causes immense cruelty
To satisfy our collective desire for and consumption of poultry, meat, meat and dairy products and fish has meant that 94% of animals raised for foodstuffs on factory farms. Click here to see, at a glance, a little of the damage.

If going permanently Vegan is too much!
Then why not start by doing it once a week, vegetarian another day and a meatless and meat product-less third day and progress from there? Meat certainly could to be considered as a treat.

Perhaps you'll find it impossible to give up cheese, or cow's milk completely in which case try vegetarian for part of the week. However, whilst a vegetarian diet is distinctly less damaging to the planet than one which incorporates meat and meat products, the more Vegan we can be the better it is for our planet.

You may not realise it, but you're probably a part Vegan already.
Ciick here to see what they are.

You may have some questions and concerns
Hopefully, if you click here you'll find an answer.