

## Some likely health benefits of going Vegan

### 1. Reduce your chances of developing type 2 diabetes

Type 2 diabetes places a massive burden on individuals and health care services. Being Vegan significantly reduces your chances of developing type 2 diabetes, according to a number of studies<sup>1</sup>.

### 2. Reduce your blood pressure

Research has shown<sup>2</sup> that vegetarians – and Vegans in particular – have lower blood pressure than omnivores and pescatarians. High blood pressure is a risk factor for heart disease, stroke, and kidney failure.

### 3. Lower your cholesterol

There's evidence<sup>3</sup> that cholesterol levels are lower in Vegans than the population at large. High cholesterol can increase the risk of narrowing of the arteries, atherosclerosis, heart attacks and stroke.

### 4. Losing weight long term

Studies indicate<sup>4</sup> that a well-planned Vegan diet is more effective than calorie restrictive diets vegetarian and pescatarian diets.

### 5. Reduce the risk of some cancers

The World Health Organization (WHO) has classified processed meats including ham, bacon, salami and frankfurters as a Group 1 carcinogen (known to cause cancer) which means that there's strong evidence that processed meats cause cancer. Eating processed meat increases your risk of bowel and stomach cancer.

The WHO has classified red meat, coming from cows, pigs and sheep as Group 2a, probably carcinogenic to humans.

### 6. Hugely enrich your microbiome

In recent years scientists have begun to discover the very important roles our microbiomes play in bodily health. In case you're not aware, these are the trillions of microbes, such as bacteria, fungi, viruses, and their genes, that naturally live on our bodies and inside us. To quote the prestigious John Hopkins Medical School, "Hidden in the walls of the digestive system, this "brain in your gut" is revolutionizing medicine's understanding of the links between digestion, mood, health and even the way you think".

A poor gut microbiome has been linked to a range of gastro-intestinal problems such as irritable bowel disease, a weakened immune system (about 80% of your immune-producing cells living in the intestines), type 2 diabetes and obesity.

**The best diet for our microbiomes** is one rich in fruits and vegetables, especially those with high fibre content, nuts, seeds, grains and wholefoods (along with fermented foods). **The worst diet** is one containing lots of dairy products and red meat (plus processed foods, refined sugar and fried foods).

<sup>1</sup> [veganuary.com/type-2-diabetes](https://veganuary.com/type-2-diabetes) | <sup>2</sup> [veganuary.com/high-blood-pressure](https://veganuary.com/high-blood-pressure) | <sup>3</sup> [veganuary.com/cholesterol](https://veganuary.com/cholesterol) | <sup>4</sup> [veganuary.com/veganism-weight-loss](https://veganuary.com/veganism-weight-loss)