You Are What You Eat: Heart-filled Reasons to Be Vegetarian

Wow, so many sources online can give you plenty of examples of why we should ditch the meat.

The low cholesterol, low saturated fat, increased antioxidant and phytochemical contents diet can help keep you heart healthy, and so much more.

According to Down to Earth, here are the [top 10 reasons to become veggie](#):

- 1. Reduce risk of the No. 1 killer – Heart Disease
- 2. Cancer prevention
- 3. Lose excess weight and keep it off
- 4. Live longer, slow the aging process
- 5. Avoid toxic food contaminants
- 6. Reduce Global Warming
- 7. It Makes Economic Sense
- 8. Help end world hunger
- 9. Have compassion for animals
- 10. Enjoy the diverse, colorful, and delicious world of vegetarian cuisine

One of the biggest concerns people should have is the amount of money we pay as a nation and society to the healthcare industry. We wouldn't have this issue if we ate less meat. A vegetarian diet is responsible for a lower risk of diseases in general, and it is seriously tough in protecting against heart disease.

Ingesting the antibiotics and other drugs the livestock are fed cause untold damages to people's health. The repercussions of this can be felt in business with the increasing sick days

workers must take to combat illnesses. Not to mention the side effects of prescription drugs that people take for lowering cholesterol.

I am amazed and enheartened to know that many plant foods naturally help prevent cancer. I hope that more people will consider giving up the meat and staying healthy, and for longer.

One myth that persists is, you won't get enough protein! It might surprise you that as a nation, we are eating way over the amount of protein the USDA recommends. "The average bone loss for a vegetarian woman at age 65 is 18 percent; for non-vegetarian women, it's double that. Researchers attribute this to the consumption of excess protein—the average meat-eating American woman eats 144 percent over the recommended daily allowance; the average man eats 175 percent more." [Footnote]

Besides the global warning item listed above, we have to also consider that a vegetarian diet helps to keep wildlife habitats from erosion. Overfishing can damage coral reefs, which has in impact ecosystem-wide.

You'll have more energy and one study at the University of Warwick found that people who ate more fruits and vegetables reported to have higher levels of wellbeing. Definitely worth a try for a week, right?

Many people have stated that their skin starts to glow when they give up the meat. Perhaps you are ready to give it a go?

Try it for a week and see how it goes. I'd love to hear what changes you feel!

I love the book *Veggie Protein Power* by HurryTheFoodUp. Their recipe for Spiced Carrot and Red Lentil Soup is so delicious! **The $4.95 ebook is totally worth it**!

Veggie Protein
Power book by
HurryTheFoodUp
([buy here](#))