

# Explore the Benefits of Vegan Living

In today's world, there are many reasons why someone might want to explore the various healthier alternatives to traditional American lifestyles and diet. After a lifetime of fast food, the everyday stresses brought on by a rapid pace personal and business life, and the simple lack of attention most people pay to their lives, vegan diet and lifestyle alternatives are a good way to boost overall health and sometimes even bring failing health back to optimal levels.

## What is a Vegan Diet?

A vegan diet is like a vegetarian diet, only more so. Most vegetarians do not eat meat, fish, or poultry. There are several variations on this theme, for example, people who do not eat meat or poultry but eat fish. Vegans, in addition to eliminating meat, fish, and poultry from their diet, also forgo eggs, dairy products, and sometimes even animal-produced substances like honey.

A wide variety of vegan foods and nutritional supplements are available in modern markets and health food stores. Seasonal organic produce is also usually available whether you live in the city or the country. Vegans have more food choices than ever before due to the increased popularity of vegan foods and the development of preparation, storage, and cooking techniques-all centered around tasty foods with high nutrition value. Vegetarianism and veganism are often placed in the broader context of lifestyle choices that involve much more than dietary concerns.

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## **What is a Vegan Lifestyle?**

Veganism is a lifestyle choice that, when all things are considered, involves asking and answering questions about the ethics of animal husbandry practices, the moral dilemmas associated with killing living things for food, and even about the chemicals and proteins that are ingested that may not contribute to overall health and vitality and may also be counter to our current evolutionary state as human beings. Vegans seek to live in a more conscious world, and if that means not eating animal flesh and associated byproducts, so be it.

In addition to eliminating animal derived food sources, many vegans choose not to use silk, wool, animal skins, or personal, cleaning and other substances that contain animal products. In practice, this eliminates leather goods and certain fabrics, soaps, detergents, glues, and cosmetics. A vegan household is one where every attempt has been made to live consciously and in harmony by not doing harm to the natural world or its inhabitants.

## **Putting it all Together**

The benefits of vegan living are numerous. Increased vitality and health are high on everyone's list of top benefits. Taking the time to make conscious choices in one's diet, lifestyle, and personal concerns leads to being less in tune with the persuasive influences of consumer culture that involve mass marketing, subliminal psychological manipulations. There is now considerable evidence that clean brain chemistry means clear thinking. Clear thinking means the ability to handle stress and keep things in perspective—two things that help to empower yourself by making decisions that are right for you.

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Many other life areas are positively impacted by pursuing a vegan lifestyle, and everyone has more options than ever before to find the solution that feels right for them. Vegans aim to live a simplified, harmonious lifestyle that is lived consciously and in cooperation with the greater whole.

### **About the Author**

Tim Thompson is a professional freelance writer/editor and content developer currently making his home in southern California. He works closely with other creatives and technical people to provide content writing and editing services and technical marketing and project administration to individuals and businesses of all kinds.

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# **Tips For Living With Your Diabetic Dog**

If you have a diabetic dog, life is probably a bit more complicated for you and your pet than it used to be. Canine diabetes can be a challenging condition to manage, but it can be done. Here are some tips to make life easier for both of you.

### **Is Exercise A Good Idea For Dogs With Diabetes?**

Yes, it is, but you do need to be careful. Too much exercise can cause your pet's blood sugar levels to drop to dangerously low levels. It's always a good idea to keep a little Karo syrup with you so you can rub it on your pet's gums if he

starts showing signs of hypoglycemia.

It's essential to be establish a consistent routine for exercise. You'll need to commit to exercising him every day at about the same time, for about the same amount of time each day. Avoid having him out running around at top speed for a half hour once or twice a week, and then sitting around the rest of the time.

A daily ten-minute walk can help considerably in keeping your pet's blood glucose regulated. Low-key activities, where your pet doesn't start panting, are best. Walking or swimming are recommended exercises for a diabetic pet.

Always consult with your vet before starting an exercise program for dogs with diabetes.

### **What Should I Be Feeding My Diabetic Dog?**

You need to understand that most dry dog food contains too many carbohydrates. The problem is that carbohydrates are quickly broken down into glucose, which is dumped into his system all at once. This causes a spike in his glucose levels. A pet with diabetes either isn't producing enough insulin to regulate these levels, or his body can't use it. When glucose levels remain high for a long time, it causes damage to just about every organ in your pet's body.

Learn to read pet food labels. You'll probably be surprised to learn that even the dry prescription diet your vet recommends contains too many carbohydrates for dogs with diabetes.

You'll want to feed your pet a high-quality grain-free food. Canned food is probably best, although there are dry foods available now that are grain-free. Look for a food that's high

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in fiber, and low in fat. Protein and fat are also broken down into glucose, but it's released into your pet's body over a much longer period of time, which avoids those nasty spikes in blood sugar levels.

You'll be feeding your pet two or three small meals a day instead of one big one. This also helps to regulate glucose levels in his blood.

### **Are Natural Remedies For Dogs Safe For Pets With Canine Diabetes?**

Some pet owners are interested in using herbs and dietary supplements to regulate glucose levels naturally. Research has shown that the herbs goat's rue, fenugreek, and astragalus, along with the mineral chromium, are very effective in controlling blood sugar levels in pets. These remedies are safe to use in combination with the insulin prescribed by your vet.

Always consult with your vet before making any treatment changes. Most vets are very open to the use of natural remedies, and will be willing to work with you and your companion. It's important that your vet monitors your pet to be sure he doesn't develop hypoglycemia. It may be necessary to lower the insulin dose when using natural remedies for dogs.

Do yourself and your diabetic dog a favor and try a natural pet remedy today. Life may become less challenging for both of you.

Darlene Norris has combined her experience working at a vet clinic with her long-time interest in natural healing to bring you her new website, Natural Pet Diabetes Control. Learn how

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you can use natural remedies for dogs to help your diabetic dog by visiting <http://NaturalPetDiabetesControl.com>

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# Gluten Free Vegan Recipes – Learn About Living Gluten Free & Vegan

**Gluten Free Vegan Recipes – Learn About Living Gluten Free & Vegan**

Gluten free vegan recipes can be tasty if you open yourself up to trying as many combinations of your allowable foods as possible. **Visit Here** <http://bbc-food-network.blogspot.com>

Many vegetarians are used to eating glutes so when it becomes necessary to make a change to include the removal of the gluten products, choices do become more limited. Those who need to avoid the foods which contain glutes will have to stay well away from wheat of course and wheat bran. Other foodstuffs which are no longer allowed include oats, barley and rye. You will also need to be certain that you are using nothing that includes textured vegetable proteins, hydrolyzed proteins, malt or extenders and binders. These are hard to spell names which contain glutes, so leave them alone.

You may still enjoy pasta products as long as these are made with rice, corn or quinoa.

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Noodles are okay on this diet also if you only use rice noodles. Tempeh is still allowed on this diet and while you may no longer enjoy the taste of bulgur wheat in your tabouleh, you can still use quinoa. Brown rice will offer you a satisfying and filling meal. Learn to enjoy grits instead of oatmeal and also experiment with using this product in many other dishes; it will even lend itself to a tasty stew. If wraps are a staple of your diet, you don't have to give them up, but you do have to avoid the ones made from flour. Corn tortillas are found in almost any grocery store now.

When you mix a variety of these products into your gluten free vegan recipes and find creative ways to use them you will be able to make some good meals that offer great flavor combinations. You should remember to add plenty of fresh vegetables and fruits into your daily meals and take advantage of many of the rice products that are becoming available in grocery stores and health food markets. **Visit Here** <http://bbc-food-network.blogspot.com>

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