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Hello, Friends!

Happy New Year! The rush of eager individuals who hope to improve their health and fitness in 2019 has motivated me to "flush the format" this year. Upcoming newsletters will be filled with tales of inspiration as I share stories of clients, friends, and family members who are making the transition toward a plant-based lifestyle... stay tuned!

(If you would like to share your story, please email or contact me through the [homepage](#) of Plants Over Animals.)

HEALTH

January is always a good time to establish a mindset about how we want to take care of our health in the year ahead. The Global Burden of Disease Study demonstrated that the American diet is the leading cause of death and disability in the U.S. How can we live in America and navigate our food choices to maximize health? One of the major problems involves *over-eating*, yet *under-nourishing* our bodies. Many readily available foods are just "empty-calories" with very low levels of vitamins and minerals. To maximize health, fill your plate with vegetables, whole grains, legumes, and fruit; these are the foods with the greatest number of nutrients per calorie.



ANIMALS

When companies are "committed to animal welfare", many buyers feel justified in purchasing their products. Maybe these companies use shearers who remove the fleece from a sheep without ever slipping and causing flesh wounds. And maybe the shearers never get frustrated and impatient with a sheep who is not in the mood to have his wool removed at the particular moment they are brought into the shearing shed. But, let's step back for a moment and consider that it is 2019 and many products exist that do not involve manipulating another sentient being at all....

EARTH

One issue of the New England Journal of Medicine this month included two articles on climate change. Solomon and LaRocque stated that "Disruption of our climate system, once a theoretical concern, is now occurring in plain view — with a growing human toll brought by powerful storms, flooding, droughts, wildfires, and rising numbers of insectborne diseases." They go on to report "The United Nations Intergovernmental Panel on Climate Change concluded that we need to cut global greenhouse gas emissions in half by 2030 and entirely by 2040 to avoid the most catastrophic effects of climate change." Time is of the essence. Meat, cheese, and eggs have the highest carbon footprint. Now is the time to share this information and take action.



It is VEGANUARY!

Let's clean out the fridge, the freezer, the pantry, and any hidden cabinets. ;-) Take all the animal products out of the house, and clear out any processed junk food that is filled with empty calories. Download the 21-Day Vegan Kickstart App or sign up on the [PCRM website](#) and start your plant-based lifestyle to improve your health, foster a more peaceful world, and help reverse the destruction of our environment.

With hopes of good health, compassion, and responsibility,
Brooke at [Plants Over Animals](#)

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