

Vegan Victory for India - How What You Eat Determines Your Destiny: Why Indians Should Be Organic Vegans - A Healthy Nation is a Wealthy Nation



This book presents rigorous and substantial scientific evidence, on the multitude of both constructive and destructive far-reaching multi-dimensional health, ecological, social, economic and spiritual repercussions of food production and consumption. The two fundamental dietary options of prevalence in any society comprise: the meat-centred dietary category and the plant-centred or vegan dietary category. Compelling and credible scientific revelations affirm time and time again that the production and consumption of meat-centred dietary components generate destructive health, ecological, social, economic and spiritual repercussions; while the production and consumption of vegan dietary components, have been verifiably affirmed to yield tremendous and indispensable health, ecological, social, economic and spiritual merits. As a matter of fact, a vegan diet is an exclusively plant-based diet, strictly devoid of all directly and indirectly derived animal products. The vegan diet is frequently referred to as the medicinal or therapeutic diet, because this natural and benevolent category of food is endowed with a wealthy spectrum of benign compounds, which scientists and nutritionists have established to constitute excellent components in maintaining and enhancing the body's overall vitality and welfare. The beneficial elements of a vegan diet offer the body protection from diseases, and also serve as powerful organic medicine for remedying certain illnesses. Dietary components of an organic vegan diet are very much in harmony with nature. Consequently, these food components can harness the maximum amount of natural vital force and nutritional essence from the ecosystem, which are impeccable in offering us excellent physical, emotional, mental and spiritual health. Considering that a plant-based diet is lowest on the

food-chain, its nutritional value is still intact by the time it is consumed; thus boosting the bodys health, vitality and defence mechanism. The multitude of medicinal components contained in the vegan diet supply the highest degree of strength to the immune system; thereby ensuring that all infectious foreign agents are demolished with the highest degree of tenacity and faithfulness. The vegan diet can also neutralise or eliminate any disease-causing toxic substances present in the system, hence restoring the physiological integrity of the body. The vegan diet has acquired authoritative scientific reputation, for its capacity to offer the body protection from ailments such as cancers, heart diseases, diabetes mellitus, stroke, Alzheimers disease, high blood pressure, obesity, kidney dysfunction, liver diseases and more. In the event where these conditions are already in occurrence, the vegan diet can diminish their gravity, or even occasion their reversal; as has been testified by numerous heart patients. By taking advantage of the medicinal and nutritional generosity of a vegan diet, one can timelessly enjoy the priceless wealth of health. Conversely, prestigious scientific institutions and renowned dietetic establishments around the world, have always lamented on the disease-manufacturing propensity of a meat-centred diet. Cancers, heart diseases, diabetes mellitus, stroke, Alzheimers disease, high blood pressure, obesity, kidney dysfunction and liver diseases, are just a few of the plethora of agonising ravaging health punishments, harshly dished out by a meat-centred diet. The production of meat-centred dietary components is unsustainably resource intensive, as it warrants the utilisation of excessive amounts of water, energy and land. It triggers horrifying ecological suicide, including untold deforestation, soil erosion, loss of biodiversity, desertification, the generation of fatal greenhouse gases, pollution of coastal waters, lakes and rivers, loss of topsoil, soil compaction, decreased percolation rates of

rain into the soil, depleting water tables, destruction of marine ecosystems, etc.

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