

# Go Vegan! Review of Science Part 1

A vegan diet is one that excludes all animal products, including meat, poultry, fish, dairy, eggs, and honey. There are many reasons why people choose to adopt a vegan lifestyle, including health, environmental, and ethical concerns.



## Go Vegan? Review of Science Part 3 by Milos Pokimica

★★★★☆ 4.6 out of 5

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Screen Reader	: Supported
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This review of the scientific evidence supporting a vegan diet is divided into three parts. Part 1 covers the health benefits of a vegan diet, including the following:

- Reduced risk of heart disease
- Reduced risk of stroke
- Reduced risk of type 2 diabetes
- Reduced risk of obesity
- Reduced risk of certain types of cancer

- Improved blood pressure
- Improved cholesterol levels
- Reduced inflammation
- Improved kidney function
- Improved liver function
- Reduced risk of dementia
- Improved sleep quality
- Increased energy levels
- Improved mood
- Reduced risk of depression
- Reduced risk of anxiety

## **Health Benefits of a Vegan Diet**

### **Reduced Risk of Heart Disease**

Heart disease is the leading cause of death worldwide. A vegan diet has been shown to reduce the risk of heart disease by up to 25%. This is likely due to the fact that a vegan diet is low in saturated fat and cholesterol, and high in fiber. Saturated fat and cholesterol are two of the main risk factors for heart disease.

### **Reduced Risk of Stroke**

Stroke is the third leading cause of death worldwide. A vegan diet has been shown to reduce the risk of stroke by up to 20%. This is likely due to the fact that a vegan diet is low in saturated fat and cholesterol, and high in

fiber. Saturated fat and cholesterol are two of the main risk factors for stroke.

### **Reduced Risk of Type 2 Diabetes**

Type 2 diabetes is a chronic disease that affects millions of people worldwide. A vegan diet has been shown to reduce the risk of type 2 diabetes by up to 50%. This is likely due to the fact that a vegan diet is low in saturated fat and cholesterol, and high in fiber. Saturated fat and cholesterol are two of the main risk factors for type 2 diabetes.

### **Reduced Risk of Obesity**

Obesity is a major risk factor for heart disease, stroke, type 2 diabetes, and other chronic diseases. A vegan diet has been shown to help people lose weight and keep it off. This is likely due to the fact that a vegan diet is low in calories and fat, and high in fiber. Fiber helps to keep you feeling full and satisfied, so you are less likely to overeat.

### **Reduced Risk of Certain Types of Cancer**

Some studies have shown that a vegan diet may reduce the risk of certain types of cancer, including prostate cancer, colon cancer, and breast cancer. This is likely due to the fact that a vegan diet is high in antioxidants and phytochemicals, which have been shown to protect against cancer.

### **Improved Blood Pressure**

A vegan diet has been shown to lower blood pressure. This is likely due to the fact that a vegan diet is low in sodium and high in potassium. Sodium is a major risk factor for high blood pressure, while potassium helps to lower blood pressure.

## Improved Cholesterol Levels

A vegan diet has been shown to improve cholesterol levels. This is likely due to the fact that a vegan diet is low in saturated fat and cholesterol, and high in fiber. Saturated fat and cholesterol are two of the main risk factors for high cholesterol.

## Reduced Inflammation

Inflammation is a major risk factor for many chronic diseases, including heart disease, stroke, type 2 diabetes, and cancer. A vegan diet has been shown to reduce inflammation. This is likely due to the fact that a vegan diet is high in antioxidants and phytochemicals, which have been shown to reduce inflammation.

## Improved Kidney Function

A vegan diet has been shown to improve kidney function. This is likely due to the fact that a vegan diet is low in protein. Protein can put a strain on the kidneys, so a low-protein diet can help to protect kidney function.

## Improved Liver Function

A vegan diet has been shown to improve liver function. This is likely due to the fact that a vegan diet is low in saturated fat and cholesterol, and high in fiber. Saturated fat and cholesterol can damage the liver, while fiber helps to protect the liver.

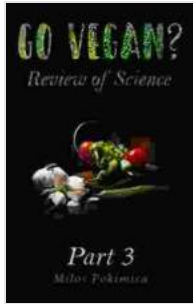
## Reduced Risk of Dementia

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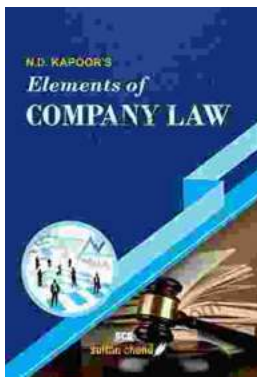


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