
How veganism could contribute to human's life

A "vegan" is a person in which does not use or consume animal products.

It is estimated that around 22.8 million people lives are a plant based life. Choosing a vegan lifestyle can contribute many beneficial factors to one's life. This lifestyle could benefit one's physical and emotional health, the environment around them, and many other aspects that contribute to the way one's life is determined. Being a vegan not only means not eating any animal product but also not using the animal product in other ways than eating them. For example, living a vegan lifestyle would include not eating meats, not consuming eggs or milk, or using these items as ingredients in products such as skin care. Becoming vegan is not only beneficial to the animals, but also to one's health and the environment that they live in.

Many scientists have experimented the ways that veganism could contribute to human's life and the world that we live in. These scientific experiments have shown an increase in overall lifespan and a decrease in death rate for multiple diseases including; heart diseases, type 2 diabetes, stroke, obesity, high blood pressure/ hypertension, and certain forms of cancers. (ilovevegan.com) Living a plant based life also affects the appearance of your skin and signs of aging, for example, fine lines and wrinkles, and it also contributes to the amount of energy each person has because of all of the nutrients being absorbed through the plants. There are 6 science-based benefits of eating a plant based diet and those include; having a diet richer in certain nutrients, promotes losing extra weight, decreases blood sugar and improves kidney functioning, fights against certain cancers, lowers the chance of getting heart disease, and reduces the pains that are received from arthritis.

Not only could the lifestyle change promote a better life physically but also emotionally. Changing diet routines could help improve quality of life by helping cope with mental diseases such as depression, anxiety, fatigue, and the functioning of the the body overall. (nutritionfacts.org) Human anatomy was also examined to prove that humans were made to be herbivores and not omnivores. For example, if you were to compare a human to a wolf, you would notice that humans have softer, shorter fingernails, smaller, flatter teeth, different movement of the jaw, weaker stomach acidity, longer intestines, and arteries that were created not to ingest large amount of saturated fats and cholesterol. (peta.org) Wolves on the other hand have sharper, stiffer nails to use to cut something open, sharper, larger teeth to chew tough objects, a more appropriate movement of the jaw to eat the foods that are in their diet, stronger stomach acidity to digest meat much faster to prevent illness, shorter intestines to get rid of the food quicker, and arteries equipped with the proper tools to control the cholesterol and fats so that they do not cause clogged arteries and heart problems. There are multiple factors

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that promote a healthier lifestyle through choosing a vegainized diet and lifestyle.

Humans choosing a plant based lifestyle and diet not only benefit themselves, but also it benefits the animals whose lives would potentially be in danger. Considering that animals do not have voices to speak their opinion and rights, it is deemed unfair by many who are pro-animal life. Choosing to stand for the voiceless animals could potentially save certain species from entering the “endangered species” list. For example, in Africa, it is known that hunters will kill elephants for their husks and ivory which placed them on the endangered species list until it became a world known problem which cause the awareness for the issue to go up and the species to go down on the list and eventually taken off. It is said that for “one person going vegan for one year would reduce the pounds of carbon dioxide by 3,267 pounds, it stops five people from starving and it saves 25 animals lives (.4 cow, .5 pig, .1 sheep and 24 chicken) which would all total to 655 billion pounds of carbon dioxide emissions could be reduced, 1 billion starving people could be fed and 5 billion of animals lives could be spread.” Standing up for voiceless animal rights could help live a vegan based, pro-animal life lifestyle.

The third way that a vegan based life could contribute to a better life in through the environment that you live in. There are ten scientific reasons to help show that living a plant based life could benefit the environment. This lifestyle could help decrease global warming, steer clear of excess production carbon dioxide, decreases methane and nitrous oxide amounts, salvage immense amounts of water, prevent more pollution of the bodies of water, stops destruction of important nutrients of soil, decreases the amounts of wildfires and endangered species, less ingested amounts of harsh chemicals like antibiotics and growth hormones, reduction of ecological footprint, and finally ensures environmental sustainability.

Living a plant-based lifestyle with a vegan diet could help your body, the environment, and the animals that could potentially be harmed with no chance of survival.

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