

# GO GREEN REVOLUTION : AN INSIGHT



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The advent of vegetarianism is rampant. The “go green” epidemic is at large. More and more number of people are opting for a vegan diet. We are all inquisitive to know the mystery behind the new trend on the anvil. Let us take a quick look at the perks of going green.

## 1. REDUCTION IN THE INCIDENCE OF DIABETES:

Vegan diet, dense in vitamins and proteins, helps to combat diabetes very effectively. This owes to the fact that it improves **insulin sensitivity** to a large extent. The fibre in vegetables also slows down the absorption of sugar, dissipating it in smaller bouts or doses.

## 2.CANCER FIGHTING PROPERTIES:

Red meat and processed meat are **high in carcinogens** which can prove to be very detrimental. It is also dangerous because of **pesticides** which enter the food chain and

magnify at each level. Vegan diet rich in antioxidants and phytonutrients acts as a saviour, thereby helping us.

## 3. CARDIOVASCULAR DISEASES:

Vegetarians have low blood pressure and low density lipoproteins. On the other hand, voracious meat eaters suffer from clogged arteries and arteriosclerosis. This **increases the risk of coronary heart diseases** by many folds.

## 4.OBESITY:

If you are overweight and want to become fit from fat then this is the best possible diet for you. Studies show that non vegetarianism is the **key reason behind binge eating** and hogging food due to emotional reasons. Vegans lose weight without strict dieting and less effort.

## 5.KIDNEY STONES:

Vegetarians have a low Ph urine. A high Ph urine leads to diseases like kidney stones caused by eating meat.



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## 6. POLLUTION: EXPOSURE TO TOXIC CHEMICALS:

The meat industry has a devastating effect on the environment. Chemical and animal waste from farmlands is dumped in water of rivers and streams. This is threatening to the environment. There is evidence of pesticide residue in meat, fish and dairy products. Fish contains carcinogens like PCB'S and DDT and also heavy metals like mercury, lead arsenic and cadmium. These cannot be removed by methods like cooking and freezing. This shoots up the chances of catching food borne diseases like food poisoning.

## 7. A COLOURFUL PALETTE:

Phytochemicals like carotenoids and anthocyanins impart myriad hues to the vegetables and fruits which is very pleasing to the eye. These chemicals possess disease fighting properties. Carotenoids give yellow and orange colour found in oranges, sweet potato, mango, pumpkin and corn. Anthocyanins give red, blue and purple colour. They are found in plums, cherries, red bell

peppers. They also boost immunity.

## 8. EASE SYMPTOMS OF MENOPAUSE:

Menopause is associated with a slowed body metabolism and weight gain. Vegetables are rich in phytoestrogens which mimic the behaviour of oestrogen which can increase or decrease the oestrogen and progesterone levels. This maintains a hormonal balance and maintains comfortable passage through menopause.

## 9. EASY ON WALLET:

Non vegetarian foods are very costly as well. Especially hormone and antibiotic free brands of meat are quite expensive. Vegan foods on other hand are cheaper and easy to cook as well with the help of cookery books and vast online resources. Many of these websites also offer free newsletters which you can subscribe to. All of these are mostly free and dropped in your mail box for your convenience.

These reasons justify the onslaught of the "go green" revolution. Need we say more. In order to bank on good health switch to veggies as you can't run with the hares and hunt with the hounds. What are you waiting for? Go ahead.



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