



leading to healthy lifestyle



Temporary pleasure will lead to permanent pain.

On the contrary

Temporary pain will lead to permanent pleasure



Adopting an Ethical Lifestyle



I think. Therefore I am
Vegan



All over the world, people are adopting a way of life that excludes violence on animals, as they too have feelings. Why would anyone want to contribute to needless suffering of animals?

Global Health Research organizations advocated and have published that appropriately planned vegan diet is healthy by not only providing resistance but also benefit in the prevention and treatment of diseases. A vegan diet is exceptionalness individual in course of routine or part of life and most important during pregnancy, lactation, infancy, childhood, adolescence, athletic preparation. Therefore, humans have no physical need to crave consuming any animal product.

Many long-time vegans are living proof that humans do not need to eat any animal product, wear animal skins, animal hair or fur, seek scientific data from, or be entertained by, the oppression of other animals. Many vegans report an increase in self-esteem and awareness. Many also transform information about nutrition, more concerned for our environment through reduced energy consumption, and more connected with other species. In addition, many report experiencing greater mental clarity and physical energy, fever, cold and less illness in general.

We now know that consuming animal products is completely unnecessary.



The Reality of Dairy & Eggs



We are the only species that drinks the milk of another species a totally unnatural act. Dairy and egg production unbearably exploits the female reproductive system of cows, buffalo, goat, camel and hens. In order for us to obtain her milk, a cow is perpetually kept in a state of distress and physical discomfort. She is forcibly inseminated and kept pregnant so we can steal the milk that was, by nature, meant for her calf. In most cases, her calf will be taken from her within a day of birth. This heartless practice causes much suffering to both mother and child. The calves are then killed either immediately after birth or kept immobilized in crates until slaughtered for their flesh and skin. The dairy, meat, leather, and veal industries are all dependent upon each other. Those who consume dairy products pay someone to inflict suffering and death on cows and calves. If a person cares about animals, becoming vegan is the first step.

Becoming Vegan



Sensitize yourself with the support of online vegan communities. Vegans enjoy bountiful plant-based options. Learn about the nutritional aspect of the vegan diet to be sure you stay healthy. After a few weeks of learning new food staples and replacement products, vegan living becomes second nature.

What to eat? How to take care of personal health?

Eat plenty of variety of raw fruits, vegetables and plenty of dark leaf greens.

Avoid products having unknown chemicals and colors as an ingredient in the food and drink sold in the market now a days; simply for your good health.

Supplement with B12 (sub lingual tablet like Nurokind OD or yearly shots of MethylCobalamin) or regular intake of vegan food that are fortified with B12.

Get a minimum of 30 minutes of mild sun exposure every day (more for darker skin), or supplement with Vitamin D2 or Vegan Vitamin D3 (For Ex. Vitashine brand) or eat UV-B rays treated Mushrooms.

Eat a balanced whole food diet (nuts, Seeds, grains, legumes, vegetables, and fruit.

Consume the required essential fatty acids (walnuts, flaxseeds, hemp oiled, etc.)

Historically, when faced with evidence that differed from the widely held beliefs of the time, humankind has experienced a mass change of perception.

Veganism is humanity's next evolutionary step.



Veganism is humanity's next evolutionary steps

Animal Rights Fund (ARF)

Comfort Manor, 1st Floor, No. 10/4-5,
Kumara Krupa Road, Bangalore - 560 001

Telfax: (080) 22 34 28 20

Mobile: +9198270 71824 (Manish Jain)

+9198454 02538 (Milan Bafna)

+9198451 74630 (Dilip Bafna)

Email: info@arfindia.org

Website: www.arfindia.org

