

Double Your Energy with a Plant Based Diet

By Judi and Shari Zucker

Would you like to add 15 years to your life expectancy, and decrease your chances of getting Type 2 diabetes and heart disease? A plant-based diet will not only cut your chances of getting harmful diseases, but may also double your energy!

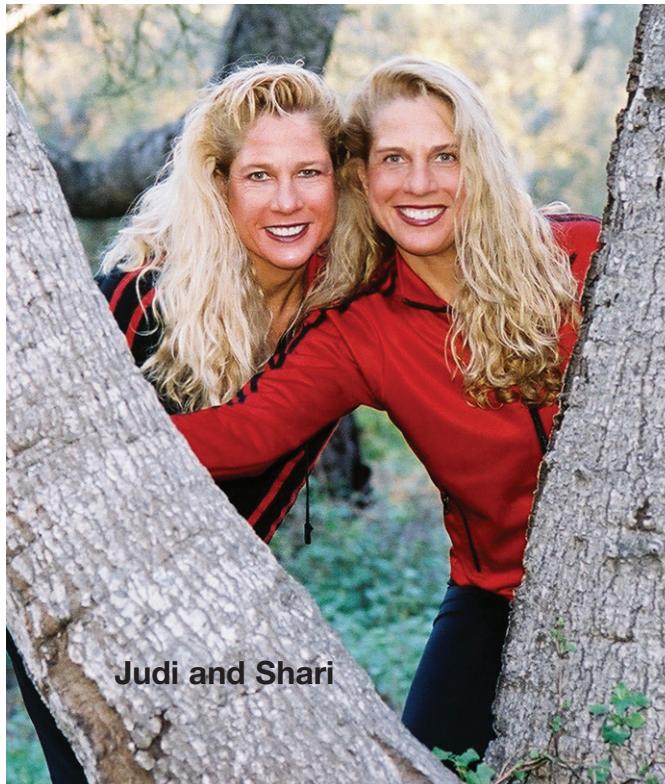
Being vegetarians since we were 11 years old, and authors of four books on health and nutrition, including our latest book, *The Double Energy Diet*, we can attest to the benefits of a plant-based diet! Vegetarians do not eat beef, pork, poultry, fish, shellfish or animal flesh of any kind.

Basically, there are three types of vegetarians. The three types are Lacto-ovo Vegetarian, lacto vegetarian and vegan. lacto-ovo vegetarians allow dairy products and eggs. lacto vegetarians allow dairy and omit eggs. Vegans do not eat eggs, dairy products, meat, and also do not eat processed products derived from meat such as gelatin. Vegans may also refrain from eating any products made from animals such as honey. Many vegans are evolving into raw food enthusiasts. Raw foods vegans don't eat any processed foods, and they do not heat anything over 115 degrees Fahrenheit. Raw food vegans believe foods cooked above this temperature lose a significant amount of their nutritional value and are harmful to the body. A raw food vegan diet can be limiting, especially for children.

We do allow dairy products in our diet, and we mostly stick to cultured dairy products such as yogurt. Yogurt is rich in protein, calcium, selenium and Probiotics. Probiotics is the "good bacteria" that promotes a healthy digestive system. We only buy organic dairy products because milk can contain antibiotics and growth hormones such as bovine growth hormone known as rBGH. Bovine growth hormone may cause an increased risk of cancer and diabetes.

Many people believe the only way they are going to get enough protein in their diet is through animal-based foods; ironically many of these foods provide more fat than protein. Meat has undesirable levels of saturated fat, and offers no fiber. Fiber helps one feel full and keeps the digestive tract in shape. Red meat can contain levels of contaminants, such as pesticides applied to the grains that the animals eat. The meat Americans eat may also contain residues of the antibiotics and hormones that ranchers use to prevent disease and to promote growth in livestock. Even fish, which offers beneficial unsaturated fats, can contain dangerous chemical contaminants such as polychlorinated biphenyls (PCBs) and DDT. Consumption of chemicals harbored in flesh of livestock, poultry and fish may

lead to serious health problems for humans. High levels of mercury in shark, swordfish and king mackerel may harm brain development in unborn babies and young children. Ideally, if one is going to eat meat, then go for organic meats because 80 percent of the livestock and poultry in the United States is treated with drugs, and 90 percent of the pesticides American's consume come from meats and dairy instead of vegetables and fruits. However, we do recommend consuming vegetables and fruits that are organic or local when possible. Better yet, start a garden. If you don't have a yard, then sprout! Yes, get a sprout jar at your local health food store and sprout alfalfa, broccoli or sunflower seeds. Sprouts are filled with antioxidants, protein and enzymes that aid to digestion.



Judi and Shari

Because we like to keep nutritional information intelligible, we refer to those foods which our bodies convert efficiently to useable energy as "upper foods." Whole foods that contain complex carbohydrates such as fruits, vegetables, grains and beans are *upper foods*. Fiber-rich complex carbohydrates supply the body with vitamins, minerals, protein and fat necessary for a more vitalized life. Digestive enzymes break complex carbohydrates into glucose slowly, plant foods cause blood sugar levels to stay pretty even, and make energy available for relatively long periods of time. Basically, whole foods ease inflammation, which in turn lowers your risk of obesity, high cholesterol, heart disease,

asthma, arthritis and, most importantly fatigue!

Nowadays, there are so many fabulous choices of plant-based foods. Check out your local health foods store or natural foods section of the grocery store for alternatives to traditional meat entrees. Great and nutritional alternatives such as veggie dogs, soy-based taco mixes, veggie chicken nuggets, tofu turkey and veggie deli slices contain no saturated fats and nitrates. These vegetarian alternatives are excellent for children considering a plant-based diet. Children will be able to get sufficient protein and calcium from these vegetarian foods.

A plant-based diet is also better for the environment. Cutting out meat conserves up to 70% of our clean water, saves 70% of the Amazonian rainforest from clearance for animal grazing, frees up 760 million tons of grain every year that animals consume, reduces pollution from untreated animal waste, saves 2/3 fossil fuel which is used for meat production, and stops 80% global warming. A plant-based diet can save energy and give you energy!

For free recipe of the month and more information on a plant-based diet, go the website below.

Judi and Shari Zucker have degrees from UCSB in Ergonomics (Physical Education and Nutrition), and they are authors of books on health and natural foods cooking, including their latest book, "The Double Energy Diet." For more information, go to www.doubleenergytwins.com.