

GOING VEGAN

A COMPLETE GUIDE TO LIVING CRUELTY-FREE



INTRODUCTION



There comes a time in everyone's lives when they know they are due for a change. Perhaps they have recently come to realize that the path they have taken is not the path they want to stay on, and they are seeking out ways that they can begin to make a difference in their lives, and maybe even make a difference in the world around them.

We all want to do something that matters. What that is can be very different from person to person, but it remains true that for the most part, we are beings with the drive to work toward goals larger than ourselves. That is what veganism is really about.

Living a vegan lifestyle can mean a number of things, depending on the person who is undergoing the transition. For one thing, it means being aware of the consequences of your choices. It means learning more about the way the world works, and the ethical stances of most popular corporations. It can even mean giving up your favorite foods in order to embrace a more non-violent lifestyle so that you can ease the guilt you may feel in supporting practices financially that you do not support in your mind or heart.

Whatever being vegan may mean for you personally, it is an important choice and one that can come with several complications. That is why the *Going Vegan: A Complete Guide to a Cruelty Free Lifestyle* is so beneficial. This book will take you on a journey of understanding so that the vegan lifestyle no longer seems so daunting.

By following the easy tips and tricks in this guide, you will be closer than ever to living the life you have always wanted. If you want to go vegan, but you have questions and concerns, then this is the book for you.

CHAPTER 1

WHAT DOES IT MEAN TO GO VEGAN?



Going vegan isn't just a diet choice. It is an entire lifestyle change. When someone goes vegan, that applies not only to the things that they eat, but also the products they use. To be vegan means devoting yourself to the liberation of animals and believing that practices that cause harm to our animal companions is a very needless and primitive thing.

Vegans prefer instead to support businesses that promote ethical treatment of animals. They want to allow room for the world to create better practices that take the needs and welfare of animals into consideration. They use products, like make up and hair care products, that have not been tested on animals. They don't eat foods that are made from animals or animal byproducts, such as milk or eggs or other dairy.

This can be a huge choice to make. Going vegan is about far more than just a diet choice. It is a change in lifestyle. It means going for products that most of the time end up being far more expensive than commercially made and mass produced items that do not take animal welfare into consideration. A vegan supports the idea that we can build an economy without killing animals and exploiting them as resources. And it can change everything in their lives if they are truly devoted to this cause.

Don't let that intimidate you. While it may sound like a lot of work, going vegan is easy once you have made the switch. Any change in lifestyle is an adjustment. Going vegan simply requires more research to be made and, at times, a little bit more of an investment in certain products.

But to those who are passionate believers in supporting ethical treatment of animals, or who simply want to be more environmentally conscious or alter their diets, it is a simple switch. Going vegan can even be seen as a political stance. There are vegans out there working to change the laws to favor ethical treatment of animals, and there is promise that some things may change for the better. However, it is a gradual change and not one that a whole lot of people find important. That is why every choice we make can make a difference. Money talks, and in supporting places that are aligned with our ideals and moral codes, we can begin to slowly shift the principles that companies adopt in order to favor the majority. And that's a great win for vegans!

CHAPTER 2

DETERMINING WHETHER VEGANISM IS RIGHT FOR YOU



While it seems like a great choice to support the ethical treatment of animals, sometimes you may feel like it is a very daunting task. You have to put a lot of work in to decide the kinds of foods you want to eat and the practices that you want to support. Then you have to determine whether or not you have what it takes to stick with it, so that it isn't just a novelty but an actual lifestyle choice.

Being vegan is very rewarding. But it does come with some sacrifices. Those special home cooked meals that you grew up loving and enjoying may no longer be an option. Some of your family and friends may not understand the importance of the choice you have made and could take it personally that you no longer are able to eat their cooking. Others may presume that just because you changed your diet, that you might expect them to change theirs as well, and they could resent you because they could think you are judging them for not having the same convictions that you do.

It can be rough being a vegan, but there are some ways that it is even more rewarding than it is difficult. You have the satisfaction of knowing that every dollar you spend is going to support a cause that you care about. You have the pleasure of knowing that you are not consuming an innocent life to sustain your own when you can just as easily live off of a plant-based diet. You can live your life without guilt on your shoulders when you hear about the deplorable conditions of factory farms and other unethical places that utilize animals for their own gain without taking their pain and suffering into consideration.

Most importantly, you know that you are sticking with a choice that is important to you and will never have to go back to living in ignorance again. You are actively taking part in a choice that is slowly but surely making the world a better place, one animal at a time.

That isn't to say there is something wrong with you if you decide that being vegan isn't a choice that is best for you. Even if you are a meat eater, that's fine. Nature intended us to be omnivores, and there's nothing wrong with choosing the lifestyle that best fits you. However, if you are concerned about the ethical treatment of animals, there are options to find ethically grown meat and eggs that are laid by chickens that are fed natural foods without hormones in them and allowed to roam the farm freely, just as nature intended. You do not have to feel stuck being all vegan or nothing. You can still make sound choices about the foods you eat that allow the animals in these situations to have as much freedom as possible before their slaughter.

If you do decide that going vegan is the path you would like to explore, then that's great! You are in the right place. *Going Vegan* is an incredible guide for those who are hoping to undertake a meaningful lifestyle, even if they have no idea how or where to begin. By following the advice provided in this comprehensive guide, you will be well on your way to an ethical lifestyle before you know it!

CHAPTER 3

HOW TO BEGIN YOUR VEGAN LIFESTYLE, STARTING NOW!



Going vegan is incredibly rewarding, so you may be eager to begin right away. So go for it! Before you drop everything and cut animals out of your diet entirely, however, make sure that you are stocked up on the vitamins you will need to support your vegan lifestyle the healthiest way possible. Make sure to have omega-3s, vitamin B12, and a good source of iron lined up so that your body will have everything it needs to thrive on your new diet!

Once that is out of the way, consider what you want to do with any of the excess meat you have in your home. If you know of a family member who is willing to eat it, great! Otherwise, consider someone you may want to give it to so that the animal that was slaughtered did not die in vain. Prepare your last meal of meat if you would like an official good-bye to your former favorite foods before delving into the vegan lifestyle!

The next step would be in considering the meals you are going to miss the most. Nine times out of ten, there are vegan alternatives to your favorite meaty foods, so you are going to want to make a list and then do a bit of research. Find out different ways you can create alternatives to your favorite meals. Then do a few practice runs until you find the combinations that work best for you!

Finally, you are going to want to do some research. Going vegan doesn't always just mean cutting meat and dairy products out of your diet. It means supporting a lifestyle that excludes products that are unethical and cause animals to suffer. Find a list of replacement products and make sure the things you are currently using are animal-friendly. You can do this by visiting their websites or by finding resources online that will point you in the right direction.

Once you have ticked off all these steps on your to-do list, then you are ready to begin living your vegan lifestyle, starting right now!

CONCLUSION



Going vegan is the kind of thing that can really change your life. You will meet new friends and experience new things that you might not have otherwise thought possible. It can be very exciting to embark upon this journey, and finding a community of like-minded people who are also adamant about changing the world to be more animal friendly and to prevent the needless suffering of animals is so refreshing!

If you are looking for a community of caring individuals who want to leave a positive impact on the world, then look no further than the vegan community. While they may have a reputation for being outspoken and pulling stunts that can sometimes make people cringe, for the most part the members are compassionate, loving people with a sincere interest in preventing suffering in creatures they care about. We would certainly want someone to do the same for us!

Going vegan may be a big step, but it is one that is well worth taking. Living in alignment with your moral code is extremely important. Everybody has a different opinion about the way the world should work, but most vegans are in agreement about at least one thing; animals should be treated with kindness and respect, and they should not be forced to live in unsanitary and inhumane conditions. Vegans are willing to do the work to create a better world for animals, but it has to start from within. Working on our own habits and lifestyle is a great way to begin making a huge difference in the world. Money talks, and supporting vegan businesses over those that don't care about animal welfare is one small way to make a big difference.

If you want to learn more about living an ethical lifestyle, *Going Vegan: A Complete Guide to a Cruelty-Free Lifestyle* is a great next step. It will go more in depth about choosing veganism and the nuances of a vegan lifestyle. So grab a copy and let's get started!