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Vegan Victory for Britain - How What You Eat Determines Your Destiny: Why British Should be Organic Vegans - A Healthy Nation is a Wealthy Nation

Emmanuel Ebah

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This book presents rigorous and substantial scientific evidence, on the multitude of both constructive and destructive far-reaching multi-dimensional health, ecological, social, economic and spiritual repercussions of food production and consumption. The two fundamental dietary options of prevalence in any society comprise: the meat-centred dietary category and the plant-centred or vegan dietary category. Compelling and credible scientific revelations affirm time and time again that the production and consumption of meat-centred dietary components generate destructive health, ecological, social, economic and spiritual repercussions; while the production and consumption of vegan dietary components, have been verifiably affirmed to yield tremendous and indispensable health, ecological, social, economic and spiritual merits. As a matter of fact, a vegan diet is an exclusively plant-based diet, strictly devoid of all directly and indirectly derived animal products.

The vegan diet is frequently referred to as the medicinal or therapeutic diet, because this benevolent category of food is endowed with a wealthy spectrum of benign compounds, which scientists and nutritionists have established to constitute excellent components in maintaining and enhancing the body’s overall vitality and welfare.

Dietary components of an organic vegan diet are very much in harmony with nature. Consequently, these food components can harness the maximum amount of natural vital force and nutritional essence from the ecosystem, which are impeccable in offering us excellent physical, emotional, mental and spiritual health. The multitude of medicinal components contained in the vegan diet supply the highest degree of strength to the immune system; thereby ensuring that all infectious foreign agents are demolished with the highest degree of tenacity and faithfulness. The vegan diet has acquired authoritative scientific reputation, for its capacity to offer the body protection from ailments such as cancers, heart diseases, diabetes mellitus, stroke, Alzheimer’s disease, high blood pressure, obesity, kidney dysfunction, liver diseases and more. In the event where these conditions are already in occurrence, the vegan diet can diminish their gravity, or even occasion their reversal; as has been testified by numerous heart patients. By taking advantage of the medicinal and nutritional generosity of a vegan diet, one can timelessly enjoy the priceless wealth of health.

Conversely, prestigious scientific institutions and renowned dietetic establishments around the world, have always lamented on the disease-manufacturing propensity of a meat-centred diet. Cancers, heart diseases, diabetes mellitus, stroke, Alzheimer’s disease, high blood pressure, obesity, kidney dysfunction and liver diseases, are just a few of the plethora of agonising ravaging health punishments, harshly dished out by a meat-centred diet. The production of meat-centred dietary components is unsustainably resource intensive, as it warrants the utilisation of excessive amounts of water, energy and land. It triggers horrifying ecological suicide, including untold deforestation, soil erosion, loss of biodiversity, desertification, the generation of fatal greenhouse gases, pollution of coastal waters, lakes and rivers, loss of topsoil, soil compaction, decreased percolation rates of rain into the soil, depleting water tables, destruction of marine ecosystems, to mention just a few.

Contrarily, the production of vegan dietary components is ecological sustainable and resource sensitive. The vegan diet upholds the preservation of the planet’s unconditional generosity, for our own fulfilment and that of subsequent generations. The adoption of a vegan diet is instrumental in enabling humanity emerge victorious over world hunger, privation, incurable diseases, pandemics and wars. Let’s collectively espouse

this benevolent and effective formula of vegan victory for Britain and the planet.

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