



Every time we make the switch from an animal product to a vegan one we are standing up for farmed animals everywhere. Going vegan is easier than ever before with veganism becoming increasingly mainstream as more and more people from all walks of life discover the benefits of living this way.

Why should I consider turning vegan?

FOR THE ANIMALS:

Preventing the exploitation of animals is not the only reason for becoming vegan, but for many it remains the key factor in their decision to go vegan and stay vegan. Having emotional attachments with animals may form part of that reason, while many believe that all sentient creatures have a right to life and freedom. Specifics aside, avoiding animal products is one of the most obvious ways you can take a stand against animal cruelty and animal exploitation everywhere

FOR YOUR HEALTH:

More and more people are turning to a vegan diet for the health benefits: increased energy, younger looking skin and eternal youth are just some of the claims from enthusiastic plant eaters. Well, eternal youth might be a bit optimistic, but there are certainly many scientifically proven benefits to vegan living when compared to the average western diet.

