

Download Eat Green Make Green How Adopting A Vegan Diet Took My Life & Career To The Next Level

Yahoo Lifestyle is your source for style, beauty, and wellness, including health, inspiring stories, and the latest fashion trends. In 2007 My cholesterol went up after being on LCHF for 6 months! Started experiencing some angina as well. Went vegan for about 5-6 months then started to add in occasional modest portions of lean animal proteins while keeping my plant intake at approximately 85 to 90% of total calories. 9 habits I've changed in less than four months. In Month 1, we created the habit of meditation. We started with just five minutes each day — not 30, as would have been my natural inclination — and focused on that one habit only. The MS Diet - This is a list of foods to avoid (as well as alternatives) and foods to enjoy! The body reacts negatively towards certain food particles. We all need to find the ms diet that works for our unique bodies.