

## HOW I BECAME VEGAN

By *Phil Eherenman* (Whose license plate is: 2RHLTH)

I have been a vegan for two years now, and it is one of the two most important decisions I have made in my life. The other was to ask my wife, Sandy, to marry me.

My journey started by listening to podcasts of two separate interviews on a late-night radio talk show—one with John Robbins and the other with Dr. Neal Barnard. These two men were so inspiring that I bought their books and started educating myself. I learned that veganism was not only about excellent health, but about compassion and the environment as well. These philosophies impacted me so greatly I gave up all dairy and meat except for Alaskan salmon. But I soon learned that fish has a lot of fat (especially salmon) and cholesterol and has no fiber. So after realizing that fish wasn't a vegetable, I became a vegan.

After switching to a plant-based diet, it wasn't long before I started noticing many changes. The arthritis in my knees from 20 years of backpacking had diminished. I was no longer constipated, and my hemorrhoids were gone. In less than a year, my cholesterol went from 293 to 223 with no medication. I had tons more energy and began losing weight, while eating more. I was able to sleep through the night, and the bonus

round: I quit snoring, which Sandy really appreciates.

Seeing my progress, Sandy became vegan as well. She also began to experience the many benefits of a plant-based diet—the biggest one being able to sleep through the night. Sandy has had insomnia throughout her life, and those days are now gone.

After being self-taught for our first year as vegans, we found the Alaska Vegetarian Society and took Delisa's cooking classes. She truly turned us into vegan chefs and also taught us the science

behind nutrition and health. We were introduced to what is now our favorite book, "The China Study" by Dr. T. Colin Campbell. "The China Study" is the grand prix of epidemiological studies, making the connection between what we eat

and what diseases we get. The book also reveals the immense power industries have to keep us afloat in a sea of health mis-

information, putting more money in their pockets at the expense of our health. We learned that most of our nutritional information comes from advertising and marketing, for example from the Dairy Council.

See *How I Became Vegan*, cont'd on page 6



**After switching to a plant-based diet, it wasn't long before I started noticing many changes.**



## ***Food for Life***

***Nutrition &  
Cooking Classes  
for Cancer Prevention  
and Survival***

**New series of classes  
beginning in Anchorage  
and the Valley**

**• Anchorage •**

### **Providence Cancer Center**

3851 Piper St. Bldg. U2  
Room 281 (Media Center)  
Tuesdays, 6:30 – 8:30pm  
Begins January 6

### **Alaska Regional Hospital**

2801 Debarr Rd., Ivy Room, #1  
Wednesdays, 6:30 – 8:30pm  
Begins January 7

**• Palmer •**

### **Mat-Su Regional Medical Center (Hospital)**

2500 S. Woodward Loop  
Thursdays, 6:30 – 8:30pm  
Begins January 8

**Each class meets weekly  
for 7 weeks. Cost: \$90**

**Pre-registration required!**

To register call Delisa or Charlie  
at 907-373-1526

## **HOW I BECAME VEGAN**

*continued from page 3:*

As vegans, we have joined the grass roots movement for a healthy and compassionate future. We only hope to continue inspiring and educating people to join us along the way.

I'd like to share one of my favorite quotes:

**As vegans, we have joined the grass roots movement for a healthy and compassionate future.**

*"Isn't man an amazing animal? He kills wildlife by the millions in order to protect his domestic animals and their feed. Then he kills domestic animals by the billions and eats them. This in turn kills man by the millions, because eating all those animals leads to degenerative—and fatal—health conditions like heart disease, kidney disease, and cancer. So then man tortures and kills millions more animals to look for cures for these diseases. Elsewhere, millions of other human beings are being killed by hunger and malnutrition because food they could eat is being used to fatten domestic animals. Meanwhile, some people are dying of sad laughter at the absurdity of man, who kills so easily and so violently, and once a year sends out cards praying for "Peace on Earth."*

--Preface from *Old MacDonald's Factory Farm*

by C. David Coate

