

# MÍYA'S

# VEGAN

## TRANSITION GUIDE



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“Go Vegan! Go Vegan! Go Vegan! But what the heck is Vegan? Why do we hear it so often and how the heck do I “Go Vegan?” So very often we see and hear those words along with the shocking claims associated with it. But nowhere can we find a school, a course, a class, a book, or film on how to actually Go Vegan. Interestingly, the Go Vegan command phrase can leave one with a sense of being judged, stigmatized, looked down upon, and helpless, so most people throw in the towel before ever even having the towel. Had I had access to a guide from those very same voices earlier in my life, I would have Gone Vegan a long time ago. I myself have watched countless family members, friends, and associates suffer from numerous ailments such as diabetes, cancer, heart disease, fatty liver disease, high blood pressure, clogged arteries, obesity, anemia, anger, depression, skin problems, etc., and wondered Why? Once upon a time, I too was was unwell; and well on my way to those same countless ailments. As a suburban Marylander, I was raised on food full of animal fats, processed sugars, and chemicals, and not to mention absorbing the torture, fear and pain of those animals. I crafted this Vegan Transition Guide for any person who may need help in navigating the Vegan World. Moreover, I especially dedicate this guide to every person who is seeking positive change in his or her lifestyle. Additionally anyone who is suffering from a lifestyle issue, whether it be mental, physical or spiritual, or to anyone who is witnessing a friend, associate, or loved one suffer from the same, I dedicate my guide to you as well. I share this information with you without judgement and from a place of love and empowerment. Above all, I am wishing you a Vegan Evolution into your best self, so that you too may experience life to the fullest, just as I do now. Ultimately, the most important thing I have discovered on my Vegan Journey; Your Health is truly Your Wealth, and Veganism is a positive step in that direction.”

“What began as one of my many willpower challenges in 2014, quickly evolved into a permanent vegan lifestyle change through education and awareness, which then transformed and improved my mental, spiritual, and physical states. Not only had I discovered what I consider to be the fountain of youth, but found that my mind and spirit were forever altered. Once I had become aware of the harsh realities of the food production industry, I made a conscious decision to better my health, my future family, advocate for voiceless animals, and positively affect my community, the environment, and mother earth. As a 38 year old and Vegan of only four years, I so often get asked the common question, ‘What is your secret to that youthful skin and glow?’ To that I answer; ‘Vegan life.’ As I am constantly evolving, and no expert (yet), I am ecstatic to share with you what I have learned throughout my Vegan Journey. In Mya’s Vegan Transition Guide, I share the lifestyle tips and information that have helped me combat depression, anxiety, fluctuating weight, stress, fatigue, skin breakouts, mental fog, and even self doubt. In short, Veganism has truly improved my overall health, well being, spirituality, creativity, and connection to all life. Ultimately, I have been able to see the bigger picture and align myself with the divine, the natural way, the Vegan Way.”

~Mya

Let's get started!

## What Do Vegans Eat?

- Fruits
- Figs
- Vegetables
- Nuts
- Seeds
- Beans
- Legumes
- Grain
- Superfoods
- Herbs
- Spices
- Tempeh
- Seitan
- Nut milks (almond, cashew, walnut, hemp, rice, soy)
- Nut butters (peanut, almond, cashew)
- Plant based oils (avocado, vegetable, canola, sesame seed, black seed oil, oregano oil, etc.)
- Vegan wine
- Veggie and bean burgers
- Nut based or soy cheeses
- Nutritional yeast
- Breads made with no eggs or yeast
- Vegan wine
- Non-dairy dark chocolate
- Nicecreams (made with coconut or nut based milks)
- Superfoods (chia seeds, hemp seeds, goji berries, acai berries, cacao, wheatgrass, spirulina, maca powder)
- Plant based protein powders, non-glycerin vitamins or supplements
- Kombucha (raw, fermented, probiotic drink)
- Fresh pressed or fresh squeezed juices
- Dairy & Egg free pancakes, waffles, french toast, donuts, cheesecakes, chocolate cakes, cookies, etc.

\*There are vegan beef, pork, chicken, seafood, and dairy free cheese, milk, butter & ice cream alternative products available in local grocery stores, specialty grocers and online websites. More details in "Often Asked Questions."

# What Vegans Do Not Eat, Use, or Do

VEGANS DO NOT EAT, CONSUME, USE, OR WEAR ANY ANIMALS OR BY-PRODUCTS OF ANIMALS

- Land mammals: (cow, lamb, goat, pig, dog, deer, cat, horse, rabbit, etc.)
- Poultry (chicken, turkey, duck, eagle)
- Seafood (all marine life including caviar/fish eggs)
- Amphibians or reptiles (lizards, salamanders, frogs, chameleons, alligators, crocodile, snakes, etc.)
- Eggs
- Dairy (milk, cheese, butter, ice cream, milk based dressings, milk chocolate, yogurts, pasta shells made with eggs or honey)
- Beeswax or products with beeswax
- Whey protein powders
- Desserts with eggs, milk, or products with glycerin, gelatin, collagen, (an animal product derived from animals bones, body parts & animal fat - gummy candies, jello, marshmallows, shampoos, conditioners, hair) yeast, wine, capsules, etc.)
- Most wines are filtered with membranes or guts of mammals or fish.
- Honey, worcestershire sauce (made with anchovies), honey BBQ sauce, etc.

# Additional Things Vegans Do Not Purchase, Wear, Support or Do

- Ivory (Ivory comes from the tusks of elephants)
- Animal skins or hairs: leather (cow), suede (cow), fur (fox, ostrich, chinchilla, rabbit, mink, etc.), feathers, horse hair, down and goose jackets, silk (silkworm), wool (sheep), cashmere (goat), exotic animal skins (i.e. crocodile, alligator, ostrich, snake, etc.), bearskin rugs, deer head ornaments, mink lashes, rabbit hair or animal hair make up brushes
- Clothing, shoes, hats, sunglasses, backpacks, handbags, wallets, bedding (down, feathers), furniture, phone cases, etc. made from the materials mentioned above.
- Purchase, support or use products that contain glycerin, gelatin, collagen or are tested on animals (beauty, fragrance or household).
- Attend, participate in or support circuses, zoos, sea shows, and similar establishments
- Attend, participate in or support bullfights, rodeos, dog fights, animal fights of any sort
- Attending polo matches or horse racing or derby events
- Partake in tourist like activities that involve captive animals (horseback riding, horse and carriage, posing for pictures with wild animals who are often drugged for “manageable” docile nature & and beaten for “discipline”)
- Hunting and fishing, for food or sport

Why? Billions of animals are tortured for their entire lifetime, confined to small, unsanitary, diseased cages, skinned alive, slaughtered alive for their furs, skins, tusks, tails, organs, body parts, flesh, etc., all for decoration, entertainment, accessory, not necessity. It is unfortunate that the product of murder & torture is considered luxurious, sport or tourist-like. It equals one thing only... PROFIT. You have the choice.

\*High end car companies are beginning to produce vegan leather interior alternatives  
Tesla is the first to convert to all vegan interiors, prompted by PETA. The world is changing and hopefully other companies will follow suit.

# Why Go Vegan?

## A. HEALTH & EMPOWERMENT

- The USA leads in cancer, diabetes, heart disease based on the standard American meat, starch, corn syrup, chemical, processed food diet.
- Animal food produced in the U.S. for human consumption contains antibiotics, steroids, hormones, pesticides and other chemicals for rapid growth and disease treatments.
- Dairy contains animal pus, blood, feces producing the root of all human disease - mucus. ~Dr. Sebi
- Processed meats are often infected with harmful bacterias, diseases and scientifically proven to be one of the leading cause of cancers in the U.S. most recently announced and validated by the FDA.
- Animal fats clog arteries, sit in the intestines and colon causing several illnesses, conditions, allergies and diseases.
- \$104,000,000,000.00 US Dollars is annually spent marketing unhealthy foods just to children alone. ~SUSTAINABLE the film
- Not only do animal products carry bacteria, disease, etc, the flesh of animals also carry the energy of extreme, torture, fear, depression, death, murder which humans intake. Wonder why our world is in such havoc? Think about what the majority of the world are consuming and releasing.
- The pharmaceutical business is a trillion dollar industry that keeps patients sick and medicated, not cured. Nature however prevents, reverses ailments, and cures diseases.
- A healthy, balanced vegan lifestyle is cheaper both short term and long term.
- Healthy vegan food improves brain functionality, motor skills, creativity, and clarity as the pineal gland is decalcified and activated.
- Chakra alignment, mental and spiritual health occurs when the physical body purges and detoxifies itself from calcifying foods, toxic energies, habits, beings, products, and environments.
- What is normal is not always considered right or even acceptable.
- Challenge a system that never has and never will give a damn about us.

## B. NATURE & BIOLOGY VS. THE INDUSTRIAL REVOLUTION

- Humans do not need to eat animals to survive.
- Two of the strongest land mammals (Elephants & Gorillas) in the world are vegan. Where do they get their protein? Plants!

- The human body (teeth, claws, intestines) were not designed to catch animals with their limited strength, nor rip through fur, thick flesh, scales, shells of animals, to even consume much less process them. Humans would most likely not like the taste of raw, uncooked, unseasoned flesh of any animal dead or alive. Weapons and technology made by man has influenced man's diet. In the natural world, without weapons, we would be incapable of catching animals based on lack of strength or speed in comparison to them. The world of advertising has altered the way man thinks for himself and dictates what he/she consumes.
- Humans are naturally herbivores and fruitarians. Human alkaline saliva is not meant to break down animal flesh. Carnivores have acid saliva designed for the task.
- Humans are the only species of animal that drink the milk of another species.
- Humans are the only species of animal that cooks their food.
- The industrial and technological era we live in today is also ironically the era of the most unhealthy food in abundance, the era of most diseases and cancers, the era of the most medicine prescribed, the era of the most addictions, and last but not least the era of deaths caused by both diseases and pharmaceutical overdoses.

### C. THE VOICELESS

- Male chicks are murdered by the billions and sent to a grinder as the egg industry finds no use for them being that they are unable to produce eggs. The grinding of male chicks is produced for your Nuggets in your children's ..... Meals etc.
- Animal rape, torture, abuse, extremely unhealthy and inhumane living conditions for animals and murder exist in the dairy, meat, poultry, egg production industries. Female cows are forcibly inseminated with sperm and impregnated over and over to produce a baby calf in order to produce milk, confined to tight space in which they can not turn. Many live and sleep in their own feces causes disease.
- Baby calves are torn away from their mothers at birth or days later and if male, they are sent to slaughter to produce what we know as "veal" generally more expensive than the beef from older cattle. A mother cow cries physical tears for days to weeks when her baby is stolen. Once a female cow's legs collapse from the weight or can no longer produce babies for milk for humans to consume, she is sent to slaughter murdered while awake.
- Animals are not objects. Animals are sentient beings with emotions and possess the five major senses just like humans - taste, touch, smell, sight, sound.

Animals feel physical pain. Like humans they bond with each other, have hierarchies, communication, possess love, affection, the need to feel loved and the desire to live.

- Plants are not sentient being with nervous systems, brains, organs or feelings, though they do respond to energy as everything in the universe possesses a vibration and frequency.

#### D. ENVIRONMENT

- Animal Agriculture is the leading cause of global warming, climate change, deforestation, shortage of water, world hunger, ocean dead zones, water pollution, species extinction, habitat destruction, 91% of Amazon destruction.
- Every 6 seconds one football field of the tropical rainforest is destroyed to produce the equivalent of 257 hamburgers.
- Deforestation caused by the beef industry is due to the large amount of land needed for grazing and feed crop production.
- 110 animal species are lost every day from deforestation.
- In the United States alone, cows produce more greenhouse gas than 22 million cars per year.
- Factory Farms in the U.S. generate 13 times as much sewage as the human population does.
- It takes 2500 gallons of water to produce 1 pound of beef. It takes 32 showers to produce 1 hamburger.
- It takes 25 lbs of grain to produce 1 lb of beef or 3 lbs of pork.
- 1 vegan saves over 200 animals per year, saves 4200 liter of water each day, saves 3,432 trees and decreases their carbon footprint by 50%.
- 1.5 acres of land can produce 17 tons of plant based food OR only 170 kgs of meat.
- Globally, cows produce 150 billion gallons of methane per day. Methane has a global warming potential 86 times that of CO<sub>2</sub> on a 20 year time frame.
- Over 300,000 whales, dolphins and other marine mammals are killed by the commercial fishing industry every year as bycatch. According to the World Wildlife Fund, 90% of the ocean's large fish have already been fished out. Scientists predict that there may be no fish in the ocean by 2048 (30 years from now). Overfishing and annual bycatch is affecting the ecosystem in our oceans, which directly affect the planet and as well as all life on the planet.
- Human activity primarily food choices leads to the largest mass extinction in 65 million years, soon leading to an uninhabitable earth. The current rate of extinction of all species is estimated at 100 to 1,000 times higher than natural background rates.

- If humans killed humans at the rate they killed animals, humans would be extinct in 17 days.
- Bees are dying globally at alarming rates due to humans, honey production, cross breeding, shipping, and the disrupting of hives. The bee is essential for pollination which directly impacts food growth. When the bee dies, mankind will become extinct four years later. We are all connected.

## Frequently Asked Questions

**Q:** Where will I get my PROTEIN?

**A:** The human body needs more natural fiber (from fruits) than protein.

Leafy green vegetables contain more protein than meats per calorie.

A plant based or vegan diet will provide you with more than enough protein.

A meat based diet produces too much protein for the human body to process.

Sources of vegan protein: dark leafy green veggies, beans, nuts, seeds, legumes, nut milk and nut butters, quinoa, amaranth, peas, broccoli, asparagus, tempeh, tofu, oats, tahini (sesame seed paste), nutritional yeast

**Q:** Where will I get my IRON?

**A:** Sources of Iron:

- Dark green leafy vegetables - Spinach, Chard, Kale
- Beans: Chickpeas (Garbanzo beans), Kidney, White, Cannellini, Butter, Black, Red, Lima
- Grains: Quinoa, Oatmeal
- Seeds: Pepitas (pumpkin), Flax, Sunflower, Hemp, Fennel, Sesame, Chia, Grape, Poppy
- Nuts: Almonds, Cashews, Pistachios, Walnuts, Peanuts, Pecans, Macadamia, Hazelnuts, Filberts, Brazil, Chestnuts, Pine Nuts, Candlenuts, etc.
- Dried fruit: Raisins, Dates, Cranberries, Apricots, etc.
- Inverted Flower: Figs
- Dark Chocolate, Cocoa Powder, Cacao Nibs
- Blackstrap Molasses
- Tempeh, Tofu
- Tomato Paste

**\* My anemia reversed completely once I went vegan because I naturally began consuming more iron rich foods.**

**Q: Where will I get my MAGNESIUM?**

**A: Sources of magnesium:**

- Pumpkin seeds
- Avocado
- Bananas
- Nuts
- Seeds
- Whole grain
- Tofu
- Quinoa
- Legumes (beans & peas)
- Leafy green veggies
- Chlorella
- Spirulina
- Dark chocolate
- Figs
- Wild rice
- Flaxseed oil
- Dried coriander
- Instant coffee
- Oatmeal
- Dates

**Q: Where will I get my VITAMIN B12?**

**A: Sources of Vitamin B12:**

- Sunlight
- Mushrooms
- Plant and nut based milks
- Plant based meats
- Fortified cereals
- Nutritional yeast
- Tempeh
- Vegan mayonnaise
- Vitamin B12 supplement, spray or injections if ever low on energy (same applies to meat eaters)

**Q: Where will I get my CALCIUM?**

**A: Sources of calcium:**

- Watercress
- Parsley
- Spinach
- Nuts
- Beans
- Seeds and figs
- Kale
- Collard Greens
- Amaranth
- Tofu (if you are not opposed to soy)

**\* My osteopenia (early signs of osteoporosis) completely reversed when I stopped consuming milk and dairy products.**

**Q:** Will I LOSE WEIGHT or wither away?

**A:** You will not wither away. Depending on your metabolism, intake, portions and diet, you can either gain or lose weight. Unhealthy, overweight, and underweight vegans do exist (often overeating pastas, breads, rices, soy meats with lack of vegetables and fruits in their diets). Healthy, thick, or thin vegans exist. Veganism is however not about weight, as every body composition is different. Veganism is about being healthy and being your best self. Vegan athletes and vegan body builders also exist and perform at their all time high, breaking and setting new records.

**Q:** Where can I SHOP?

**A:** Every grocery store is full of natural, raw, and vegan foods in the produce section where fruits and vegetables reside. You can expand from there by purchasing beans (preferably not canned but by the bag or in bulk), vegan cheeses, spreads, dressings, sauces, hummus, nuts, seeds, nicecreams, vegan pizzas, cacao nibs, dark chocolates, vegan meat and seafood alternatives, etc. Grocery stores that have larger vegan product selections are Whole Foods, Sprouts, Mom's, Phoenician Foods, etc. You can also find a wide range of vegan food and products on [VeganEssentials.com](http://VeganEssentials.com).

**Q:** What is the difference between PES CETARIAN, VEGETARIAN, VEGAN, RAW VEGAN?

**A.** Pescetarians consume no meat (beef, lamb, goat, pork, chicken, etc.) other than seafood. Whether they consume dairy and eggs is a personal choice. Vegetarians consume no animal but do consume dairy and eggs, honey and other products derived from animals. The ovo-vegetarian consumes eggs. The lacto vegetarian consumes dairy. The ovo-lacto vegetarian consumes both eggs and dairy, but no animals. The vegan consumes no animal or animal products (land animals, tree animals, seafood, insects, dairy, eggs, or products that contain any animal or animal by-products). The raw vegan consumes no animal or animal products, but does consume unprocessed and uncooked vegan foods. Raw vegans can soak their foods in water, and heat up to 118 degrees. Foods cooked above 118 degrees lose their nutrients and enzymes needed for optimal health and functionality.

**Q:** Is it safe to go vegan while pregnant?

**A:** Maintaining a well-balanced healthy, non-processed vegan lifestyle is returning to nature, in other words what the human body was divinely designed to consume and digest. A well rounded vegan diet incorporating more raw foods is actually the safest diet for pregnant mothers to consume for themselves and their unborn babies as it is

richest in nutrients, vitamins, minerals, enzymes. Portions are to be determined per individual. Consult with your doctor about additional recommended vitamins and B12 supplements if needed (applicable to carnivores, pesectarians, vegetarians and vegans) and any plans to switch to or adopt a Vegan or other diet while pregnant).

## Benefits

- Reversed aging
- Clearer skin
- Potential weight loss
- Mental clarity and health
- Spiritual alignment
- Reverse diabetes
- Reverse cancer
- Cavity prevention
- Reverse obesity
- Live a longer, healthier life
- Impact others' lives & health positively
- Clear yourself of fear consumption
- Positive contribution to earth, environment, humanity and all living beings
- The intake of living foods causes you to feel alive, combat depression, reduce inflammation, eliminate constipation, sleep better, think better, feel better, look better, smell better, taste better, do better, survive better, live better, thrive better
- Meeting beautiful, conscious people that give a damn about the future and the human footprint

## Eliminations for Optimal Health

1. All dairy products (animal milks, cheeses, ice cream, milk chocolate, milk and cheese based salad dressings, yogurts, creams, pestos)
2. Eliminate eggs (also high in cholesterol) - Eggs are basically the period of a hen and an unborn baby
3. Butter, palm oil, lard or oil (high in fat)
4. White rice, starch, bread, tortillas, pastas, macaroni, fries, potatoes, chips
5. Sodas, juices, energy drinks, coffee w/milk, alcohol, wine

6. Processed syrup, white sugar, honey
7. Fried foods (artery clogging, contributes to obesity)
8. Meats and seafood
9. Junk food (chips, cookies, candy bars)
10. Chicken, pork or beef broths and stocks
11. White rice
12. Gum

## Replacements/Substitutes for the above

1. Vegan Nut based milks (Almond, Cashew, Coconut, Walnut, Hemp milk) vegan cheeses, (Daiya, Tofutti, Kite Hill are some brands of vegan cheeses), sour creams, whipped creams, yogurts almond or coconut milk ice cream, non-dairy dark chocolate, oil & vinegar salad dressings.
2. Replace with vegan egg mix, seitan, tempeh or mushrooms
3. Earth balance butter, olive oil, coconut oil, avocado oil, sesame seed oil
4. Wild rice, Quinoa, sweet potatoes, spiralizer vegetable pasta (zucchini, squash).
5. Drink water (add lime to alkalize), fresh pressed natural juices, green/matcha tea or coffee with nut based milks, vegan wine, kombucha
6. Raw agave, organic maple syrup, stevia, coconut sugar (low glycemic)
7. Baking or steaming with minimal safe cooking oils is best
8. Vegan meats, seafoods, jackfruit, seitan, tempeh, mushroom,
9. Veggie Sticks, dehydrated fruits, nuts, seeds, trail mixes, veggies w/ hummus, raw vegan cheeses, dips, nut butters
10. Veggie broth or stock
11. Black Rice, Purple Rice or Wild Rice, Quinoa (superfood)
12. Pur Gum, Simply Gum

**Q:** I am not rich and cannot afford to be vegan or eat healthy so what do I do?

**A:** You actually cut your spending by a third or half when you ditch the candy bars, chips, coffee shops, sugars, flours, butters, meats, seafoods, milks, eggs, donuts, coffee creams, excess snacks, sodas, medicines, medical bills, surgeries, etc. In other words, you can not afford to Not eat healthy and Not go Vegan.

## Purchases & Investments

1. Spiralizer (to spiralize your vegetables to make veggie pasta instead of starchy pasta). Zucchini, squash, beetroot, sweet potato, butternut squash are all fabulous!
2. Nutribullet, Ninja or Vitamix appliances for smoothies, smoothie bowls, nut based flours, nut crusts, etc. (Department stores or online)
3. Juicer by Breville ([amazon.com](https://www.amazon.com))
4. 2-3 packs of BPA-free to go containers for daily meal prep so you're always prepared
5. Apple corer, sharp knife, eco friendly BPA-free cutting board
6. Knife sharpener, fruit peeler
7. Pineapple corer, apple corer, mango corer (optional).
8. Coco Jack tools for fresh coconut cracking & coco meat collecting ([cocojack.com](https://www.cocojack.com))

## Tips

1. Increase your intake of leafy green vegetables, beans, legumes for protein.
2. Increase your fruit intake for fiber.
3. If attempting to lose weight, avoid heavy meals, oils and fruit (sugars) at night.
4. The more water you drink, the less hungry you'll be and the more you'll flush your system.
5. Place lime and cucumber slices in your water OR drink green tea at the top of the morning (even throughout your day). Lemon is also a natural alkalizer and diuretic, flushes your system and detoxifies the body. Lemon is however more acidic than lime.
6. Fruit (of your choice) infused water is also great.
7. Be sure to include B12 supplements if ever feeling low on energy.
8. Portion management is important if training for weight loss and physical appearance.

## Websites

Transition tips, grocery lists, meal ideas, meal plans, recipes, cleanses, facts:

[www.vegan.com](http://www.vegan.com) (Everything Vegan)  
[www.chooseveg.com](http://www.chooseveg.com) (Vegetarian & Vegan)  
[www.onegreenplanet.org](http://www.onegreenplanet.org) (Vegan & Raw Vegan)  
[www.vegansociety.com](http://www.vegansociety.com) (Everything Vegan)  
[www.veganstreet.com](http://www.veganstreet.com) (Everything Vegan)  
[www.thugkitchen.com](http://www.thugkitchen.com) (Vegan)  
[www.veganessentials.com](http://www.veganessentials.com) (Everything Vegan)  
[www.ohsheglows.com](http://www.ohsheglows.com) (Vegan)  
[www.fullyraw.com](http://www.fullyraw.com) (Raw Vegan)  
[www.wholefoodsmarket.com/Vegan](http://www.wholefoodsmarket.com/Vegan)  
[www.happycow.net](http://www.happycow.net) (Vegan restaurant guides)  
[www.peta.org](http://www.peta.org) (Animal activism)  
[www.mercyforanimals.org](http://www.mercyforanimals.org) (Farmed animal activism)  
[www.bodyecology.com](http://www.bodyecology.com) (Cleansing)  
[www.thrivemarket.com](http://www.thrivemarket.com) (Vegan and organic products)  
[www.eatingourfuture.com](http://www.eatingourfuture.com) (Facts)  
[Summerveg.com](http://Summerveg.com) (Events)

## Online Films (Youtube & Netflix)

COWSPIRACY, MEAT THE TRUTH, EARTHLINGS, PEACEABLE KINGDOM, EATING YOU ALIVE, VEGUCATED, WHAT THE HEALTH, FOOD, INC., FOOD CHOICES, FOOD MATTERS, IN DEFENSE OF FOOD, THE ENGINE 2 KITCHEN, FORKS OVER KNIVES, MORE THAN HONEY, FAT SICK & NEARLY DEAD I + II, SEASPIRACY, SUGAR COATED, LUCENT, LIVE AND LET LIVE, SUPERSIZE ME, SPECIESISM, SUPERCHARGE ME, A PLASTIC OCEAN, PLANEAT, SIMPLY RAW, PLANT PURE NATION, SUSTAINABLE, FARM TO FRIDGE, UNITY, THE HUMAN EXPERIMENT, BLACKFISH, OKJA, SLED DOGS, HOW TO CHANGE THE WORLD, CHASING ICE, MINIMALISM

## Books

- Life Changing Foods by Medical Medium Anthony William
- Afro-Vegan by Bryant Terry
- Vegan Soul Kitchen by Bryant Terry
- Vegan Under Pressure by Jill Nussinow
- Vegan For Everybody
- Quick & Easy Vegan Comfort Food by Alicia C. Simpson
- Vegan Table by Mayim Bialik
- Vegan 101 by Heather Bell & Jenny Engel
- Thug Kitchen (Eat Like You Give A Fuck) by Matt Holloway
- But My Family Would Never Eat Vegan by Kristy Turner
- The Oh She Glows CookBook by Angela Liddon
- 21 Days to a Healthy Heart by Alan Watson
- The Light Shall Set You Free by Dr. Shirley McCune & Dr. Norma Milanovich

## Community

Follow my vegan community on Instagram!

@myaplanet 9	@peta	@mercyforanimals	@mfa_india
@mfa_latino	@mfa_brasil	@peta kids	@wthfilm
@cowspiracy	@earthlingsfilm	@forksoverknives	@holisticali
@unclerush	@nathanrunkle	@jonnythejuicer	@karyncalabrese
@fullrawkristina	@chakabars	@badassvegan	@domzthompson
@ricanvegana	@insatiablevegan	@veganrapper	@chefkylehendricks
@veganrapper	@soulful_vegan_queen	@worldofvegan	@veganstrongwarrior
@vegan_universe	@vega_team	@vegancommunity	@veganflexzone
@veganstreet	@livevegansmart	@veganbowls	@veganfitness
@happycowguide	@veganfoodspot	@vegan_universe	@alkaline_vegan_news
@thugkitchen	@vegan	@visionsprouts	@veganbodybuilding
@veganoutreach	@vegansidekick	@bestofvegan	@vintage_vegan
@veganvultures	@vegancuts	@veganoutreach	@mayagoddessnyc
@activistvegan	@bionic_vegan	@fat_hippie_vegan	@letscookvegan
@veganlov	@thevegansclub	@vegan.place	@veganmemesofficial
@bevegan__			

## OPINION

“Leading a vegan lifestyle has changed my life in every capacity. My spiritual, mental, emotional and physical states of being have dramatically improved, are aligning and flowing at higher vibrations. I feel better, look better, and continue to do better with a conscious awareness of the simple truth in what is morally correct regarding all life, our planet, and how directly connected we are with each thought, each action, and each life. Never forget that you are love, you are light, you are significant, you are worthy, you are power. YOU are needed. This journey is not about perfection. It is about discovery of truth, self realization, and activating your power. If you do anything in life, please invest in your health and education outside of the system. We are living in a world in which marketing, advertising, lies, and propaganda for money, is more valuable than human health, animal well being, the environment, and mother earth herself. Knowledge is power and health is wealth. To take control of your power and health, is to take control of your life. Be the change you wish to see. Change and create a world in which you wish to live. Much success and fulfillment ahead! The Vegan community is here for you. You are not alone. Highest of vibrations to you.”

~Mya

Mya's Vegan Transition Guide will consistently be updated.  
Free downloads are available on [myamya.com/lifestyle](http://myamya.com/lifestyle)

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