

MÍYA'S

VEGAN

TRANSITION GUIDE



© Planet9

“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
- Grains
- 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, yeast, wine, etc.)
- Most wines are filtered with the membranes or guts of mammals or fish. Organic, vegan, non GMO, sulfite free wine available at myamya.com/shop
- 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.), horse hair (horse), feathers, down and goose jackets (birds), 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 , rabbit foot keychains, 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, health or household i.e. shampoos, conditioners, lotions, cleansers, make up, make up brushes, fragrance, capsules, etc.
- Attend, participate in or support circuses, zoos, rodeos, sea shows, dog fights, bull fighting, animal fights of any sort, polo matches or horse racing or derby events and similar establishments
- Partake in tourist like activities that involve captive animals (horseback & elephant back riding, horse and carriage, posing for pictures with wild, often exotic animals who are often drugged & tortured daily for “manageable” docile nature)
- 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. Overfishing is now contributing to the destruction of our ecosystem and by 2048 we could see fishless oceans. It is unfortunate that the product of murder & torture is considered luxurious, sporty, tourist-like or traditional. The most dangerous quote is “We have always done it this way”. The earth however has never always suffered this way. The ways of man are the problem and his intent is now one thing only... PROFIT. You have the choice to make a difference and contribute to suffering or repair of the planet for not just yourselves but your children & children’s children.

*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 and several other diseases based on the standard American meat, starch, high fructose 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 world, with the U/S at the top of list, most recently announced and validated by the FDA in 2017.
- 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, from captivity, to confinement, slavery, rape separation of mothers & babies, and the emotions of fear, depression, death from murder which humans intake. Wonder why our world is in such havoc? Think about what the majority of the world are consuming, absorbing and releasing. There is also no such thing as human torture or murder.
- 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 people, but prioritize money at the expense of human, animal and planetary well being and health.

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... as all animals do!
- 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 have influenced man's diet. In the natural world, without weapons, we would be incapable of catching animals based on lack of strength and/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

Veganism is not just about personal health benefits, but also a moral compass in which to live your life. A life of compassion, respect for all living beings. A global mindset that consciously makes decisions in daily life that affects everyone from people, land & sea animals to planet earth as a whole.

- 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 causing 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 and fully conscious.
- 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 beings with nervous systems, brains, organs or feelings, though they do respond to energy as everything in the universe possesses a vibration and frequency. And to add for those that complain that “plants have feelings,” well here’s a hard plant based pill to swallow... More plants are destroyed to feed the trillions of livestock we unnecessarily breed for “human consumption” of meat every year. Football fields of the Amazon are destroyed every day on earth due to meat production & consumption. Deforestation & ocean dead zones are also a consequence, also affecting marine life including sea vegetables & sea plants which eventually affect all life that actually have feelings in addition to planet earth resulting in mass extinction of species, ocean deadzone and climate change. More on this topic in section D. ENVIRONMENT below.

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 CO₂ 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, jackfruit.

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. I have not had one fracture since going vegan

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 non processed foods like fresh vegetables, fruits, nuts, seeds 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 (dairy free icecream), vegan pizzas, cacao nibs, dark chocolates, vegan meat and seafood alternatives, etc. Grocery stores that have larger vegan product selections are Whole Foods, Sprouts, Gelson's, Trader Joe's, Mom's, Phoenician Foods, etc. You can also find a wide range of vegan food and products on VeganEssentials.com. Thrivemarket.com is also a great online shop that allows you to purchase organic foods for a much lower price than store bought organic foods!

Q: What is the difference between PES CETARIAN, VEGETARIAN, VEGAN, RAW VEGAN, ALKALINE 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 non-processed and non-cooked vegan foods. Raw vegans can soak their foods in water, and heat up to 118 degrees Fahrenheit. Foods cooked above 118 degrees F lose their nutrients and enzymes needed for optimal health and functionality. Alkaline vegans do not consume

acidic or hybridized food (foods fused by man with starch), but are able to consume both raw and cooked foods of the alkaline list are fine to consume. The alkaline approach prohibits the consumption of GMO, processed & microwaved foods. And absolutely no consumption of honey, alcohol, white or brown sugar, canned or seedless fruits).

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, pescetarians, vegetarians and vegans) and any plans to switch to or adopt a Vegan or other diet while pregnant).

Q: I have a family. How do I get my spouse & children to go vegan if they're already used to eating meat?

A: Tip 1: Do not mention the big V word "Vegan" in the household. The V word is often associated with a stigma of tasteless, boring foods though it's certainly a myth. Secretly veganize the meals you already love by using substitutes for your eggs, milk, cheese, meats, poultry & seafood. Then after you've impressed your family, slowly introduce the V word, begin watching documentaries together to get educated. Dedicate a night or two per week to creating vegan dishes together. Tip 2: Make sure your food is properly seasoned. Always keep in mind that most foods except for fruits, vegetables, nuts, seeds wouldn't taste like much of anything without spices & seasoning which are basically just plants.

Tip 3: Presentation is important as people eat with their eyes. Put effort into making your meals look professional and colorful. Try arranging & decorating your plate with an herb on top, dusting with ground seasoning, adding lime on the side, etc. Tip 4: Involvement. Children often like to create, so get them engaged by involving them in the creation process. Make it fun by allow them the freedom to choose ingredients, look up different foods on the internet to discover their benefits, choose & even name their meals, smoothies, juices, and craft a household menu, etc. I have a 9 year old niece who once hated salads and didn't give fruit the time of day until I introduced her to her first smoothie bowl & she became involved in choosing her ingredients & toppings. It works!

Q: I am not rich and cannot afford to be vegan, hire a chef or eat healthy so what do I do?

A: You do not need to hire a chef. AND, you can 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. There are several websites, books, channels available to guide in which I have included a directory of below to make your transition easier.

Q: Do you struggle dating non-vegans?

A: In a recent interview, I was asked if I had any struggles dating non-vegan men. I understand that the world hasn't yet caught up and there's strong hate & stigma toward vegans & veganism, so of course my full answer was cut short to paint me in a negative light with a click bait title to gain traffic, clicks & comments. To however fully answer the question so many want to know, well here it goes... Dating is not the focal point of my life. I believe dating represents a search for partnership in regards to who you'd like to build a life with - one of compatibility of course. Secondly, I am not in search of or seeking anyone to complete me, as I am focused on self love and becoming my best self. I believe being your best self attracts your the best version of another person and I prefer that process though I am very happy and already complete in my solo life. I am not dating. I am however not closed to the idea of the right one to compliment my life. Moving along... In 2017, on a friendly "outing" which is completely different than a date, with a non-vegan male friend of 10 years, I had an experience that for the first time clarified the only type of future I wanted to build. This experience spoke volumes because I'd changed and grown so much since my last relationship, that what was once an option no longer became an option in the equation of my life. At the end of this particular outing, this male friend made it known he had a thing for me by attempting to kiss me, and instantly the lightbulb switch turned on. The kiss never happened as the connection that was already made with what I allowed on my plate, had also been made as it pertained to the type of life partner and future I could accept, when I smelled "death on his breath" before he attempted to kiss me. The odor of what smelled like dead animals' rotting flesh, decaying in his gut and making his way into the universe as he spoke, spoke louder volumes. It did not represent bad breath, halitosis or lack of dental care to me. What it represented was the type of lifestyle, mindset, decisions, dollars and moral compass that supported cruelty, confinement, slavery, abuse, rape, torture, and murder in addition to a series of potential health issues which my mind & soul, present and future did not align with. The smell of "death on his breath" was also a trigger for every documentary and piece of footage my eyes have seen of female cows being forcibly impregnated (rape), baby calves, just days old being torn away from their mothers (kidnapping & PTSD), animals living in feces unable to turn around in cages

(abuse & cruelty), throats & abdomens being slit while fully conscious, baby pigs being castrated and male chicks being grinded alive (torture and murder), etc, etc, etc. Whether he was eating and living consciously or unaware on his part, there was no personal judgement on my end as most of us including myself were traditionally raised on meat, poultry, eggs dairy with no clue of the devastating health, cruelty, environmental impacts and issues attached. But it was certain in this very moment that it all became clear that I could only **build a life for a lifetime** with someone who did not believe in or support cruelty, murder, etc., through the consumption of meat, wearing of furs, animal skins or products & activities involving animal cruelty, etc. Furthermore, in this interview, I also mentioned that I could date a non-vegan man if he were not condescending about veganism and were willing to learn and try which I'd be happy to assist with. But unfortunately, that was not included because I'm sure it struck a nerve with the editor who was triggered by the harsh truth having to check his/her moral compass. Besides, the compassionate truth was too heavy and not controversial enough to produce click bait and comments. But to answer your question, if and when I choose the route of marriage, I am now clear and adamant about merging my entire being and lifetime with a conscious being of awareness and compassion leading a vegan, whole foods plant based, cruelty and murder-free, lifestyle with respect for his temple, sentient beings and the planet as a whole. I am also clear and adamant about raising conscious, vegan children if I choose to be a mother. Once again, being vegan is not about being better than anyone, but it's certainly about **doing better for everyone**. The mindset of a vegan is becoming considerate and inferior not superior to all forms of life. Whether bottom feeder blogs and publications cut off my statement to create a distorted view about me, vegans, and veganism, the fact of the matter is I gave a complete statement and spoke my truth, which is not everyone's truth nor do I expect it to be. But I certainly would not be investing my time spreading awareness through a personally crafted starter guide free of charge or monthly challenges awarding winners to free merchandise, accommodations and outings funded by myself if I didn't believe in growth or care about people, animals or the planet. As you begin your journey, or while you're in the midst of advancement, yes, you will receive some admiration, praise but even more discouragement, negative energies and hate as it makes insecure beings quite uncomfortable with themselves and the current lives they lead. I encourage you all to stay on the path of education, enlightenment, love and compassion and never shy away from how you feel, what you feel is right or what you want and/or do not want in your life. This journey has only created a more solid human being of me and the ignorance from can not shake me or discourage me from what I know is right for me and everyone as whole in any way.

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. Land animals, Sky animals, Sea Animals
(Meat, poultry, seafood, amphibians, insects,
2. All dairy products (animal milks, cheeses, ice cream, milk chocolate, milk and cheese based salad dressings, yogurts, creams, pestos)
3. Eliminate eggs (also high in cholesterol) - Eggs are basically the period of a hen and an unborn baby
4. Butter, palm oil, lard or oil (high in fat)
5. White rice, starch, bread, tortillas, pastas, macaroni, fries, potatoes, chips
6. Sodas, juices, energy drinks, coffee w/milk, alcohol, wine
7. Processed syrup, white sugar, honey
8. Fried foods (artery clogging, contributes to obesity)
9. Animal based broths
10. Junk food (chips, cookies, candy bars)
11. Chicken, pork or beef broths and stocks
12. White rice
13. Gum

Replacements/Substitutes for the above

1. Vegan meats, seafoods, seitan, tempeh, mushroom, beans, jackfruit
2. Vegan Nut based milks (Almond, Cashew, Coconut, Walnut, Hemp milk)
Vegan cheeses, (Leaf Cuisine, Kite Hill, Vegan Gourmet, Daiya, Tofutti to name a few)
25 brands here:

<http://www.onegreenplanet.org/vegan-recipe/10-vegan-cheeses-that-will-knock-your-socks-off/>

Sour creams, whipped creams, mayonnaise, dips, yogurts almond or coconut milk ice cream, non-dairy dark chocolate, oil & vinegar salad dressings are also available. (Try “Bitchin’ Dip” available at Whole Foods)

Do it yourself dressings: <https://itdoesntastelikechicken.com/16-vegan-salad-dressings/>

3. Replace with vegan egg mix, seitan, tempeh or mushrooms
4. Earth balance butter, olive oil, coconut oil, avocado oil, sesame seed oil
5. Wild rice, Quinoa, sweet potatoes, spiralizer vegetable pasta (zucchini, squash).
6. Drink water (add lime to alkalize), fresh pressed natural juices, green/matcha tea or coffee with nut based milks, vegan wine, kombucha
7. Raw agave, organic maple syrup, stevia, coconut sugar (low glycemic)
8. Baking or steaming with minimal safe cooking oils is best (grapeseed, avocado, sesame, hempseed)
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, Wild Rice or Quinoa (superfood)
12. Pur Gum, Simply Gum

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) several other brands available
4. 2-3 packs of BPA-free to go containers for daily meal prep so you're always prepared
5. Apple corer, mango corer, sharp knives
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)
9. Wooden spoons, spatulas, cutting boards (Plastic is toxic).
10. Replace titanium, aluminum and steel pans with iron pans & skillets (healthier & non-toxic)
11. Reusable grocery bags, glass straws, boxed water. Plastic is destroying our oceans and harming animals.
12. Eco-friendly or BPA-free cutting board & to go containers
13. Alkaline water machine, reverse osmosis

Tips

1. Get educated.
2. Veganize the meals you already love with substitutes.
3. Increase your intake of leafy green vegetables, beans, legumes for protein.
4. Increase your fruit intake for fiber.
5. If attempting to lose weight, avoid heavy meals, oils and fruit (sugars) especially at night. Portion management is important if training for weight loss and physical appearance. The more water you drink, the less hungry you'll be and the more you'll flush your system.
7. Place lime and cucumber slices in your water and/or drink hot 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.
8. Fruit (of your choice) infused water is also great.
9. Be sure to include B12 supplements if ever feeling low on energy
10. Spend time in the sun for your Vitamin D.

Websites

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

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

Online Films (Youtube & Netflix)

ROTTEN, 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, LAND OF HOPE AND GLORY, CARNAGE, THE HERD, VEGAN 2017 THE FILM, SUSTAINABLE HUMAN, FROM THE GROUND UP, TAPPED, THE TRUE COST, TRASHED, GASLAND, MISSION BLUE, NO IMPACT MAN, THE 11TH HOUR, HOW TO CHANGE THE WORLD, ADDICTED TO PLASTIC, CRUDE IMPACT, A RIVER OF WASTE, WHAT YOU EAT MATTERS (HOPE), MAXIMUM TOLERATED DOSE, CALLED TO RESCUE, THE GHOSTS IN OUR MACHINE, DOMINION, TO VEGAN OR NOT TO VEGAN, THE RISE OF VEGAN, THE AGE OF STUPID, EATING OUR WAY TO EXTINCTION, THE GAME CHANGERS, EATING ANIMALS, THE TRUTH ABOUT ALCOHOL, THE MAGIC PILL

Books

- Vegucation Over Medication by Dr. Bobby Price
- African Holistic Health by Llaila Afrika
- Life Changing Foods by Medical Medium Anthony William
- Afro-Vegan by Bryant Terry
- Alkaline Vegan for Newbies by Mr. Nigel Robinson
- Vegan Soul Kitchen by Bryant Terry
- Vegan Under Pressure by Jill Nussinow
- Vegan For Everybody by America's Test Kitchen
- 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
- Alkaline Plant Based Diet by Aqiyl Aniyis
- The Raw Deal Cookbook by Emily Monaco
- Alkaline Juicing by Marta Tuchowska
- Vegans Save the World by Alice Alvarez and Pamela Wasabi
- The Fully Raw Diet by Kristina Carrillo-Bucuram
- Mercy For Animals by Nathan Runkle
- The Falsification of Afrikan Consciousness by Amos N. Wilson
- 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__	@veganstyles_	@alkalinegourmet	@angelamoniceans

Quarterly Challenge & Winners

Mya's Quarterly Vegan, Raw Vegan, Alkaline Vegan or Juicing challenges:

[Event Website](#)

Every Quarter, Mya engages her followers to participate in her Vegan, Raw Vegan, Alkaline Vegan or Juicing Challenge as she progresses from her 2017 Raw Vegan Challenge into her 2018 Alkaline Vegan Challenge! Simply choose your challenge, post your daily meals in collage or slide format & tag Mya @myaplanet9 and use the hashtag #myaplanet9 in addition to the hashtag of the challenge you chose (Vegan Raw Vegan Alkaline Vegan or Juicing Challenge). The time you begin your challenge on the designated date is the time your challenge ends on the designated date. For electric-alkaline, non-hybrid challenge foods, Mya has also included Dr. Sebi's approved electric, alkaline food list in her lifestyle section as well. Winners will receive free Planet 9 goodies, cool kitchen appliances & gadgets along with a mini vacation with Mya. 1st quarter winner is granted 1 day with Mya for completing 1 week, 7 Days/month, the 2nd Quarter is granted 2 days with Mya for completing 2 weeks, 14 days/month, the 3rd quarter winner is granted 3 days a month to spend with Mya for completing 3 weeks, 21 days/mo, and the 4th Quarter winner is granted 4 days with Mya for completing 4 weeks, 28 days/month. If you are participating in any challenge, submit your information to mya@myamya.com (Name, age, date of birth, gender, nationality, current area of residence, email address, mailing address and social media pages). If you have already been chosen a winner, please submit your passport, info & emergency contact info as well. Enjoy & good luck! From Mya & the Planet 9 Team. ~xoxo

Check out the current challenge winners below.

2017 1st Quarter 7 days/mo Vegetarian Challenge Winner: @starseed_priestess

2017 2nd Quarter 14 days/mo Vegan Challenge Winner: @mintslb

2017 3rd Quarter 21 days/mo Vegan Challenge Winner: @vtruth

2017 4th Quarter 28 days/mo Raw Vegan Challenge Winner: @ootizmagic

2018 1st Quarter 7 days/mo Raw Vegan Challenge Winner: @yulia.goes.raw

2018 2nd Quarter 14 days/mo Vegan Challenge Winner: @angie_supernova

2018 3rd Quarter 21 days/mo Challenge Winner: TBA

2018 4th Quarter 28 days/mo Challenge Winner: TBA

“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 systems of profit. 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

DISCLAIMER

All content is based on opinion, personal experience, and or facts obtained through third party sources. Opinionated content does not necessarily reflect the opinion of any organization mentioned within or any with organization that I may be affiliated. Content contained herewithin is for informational, inspirational and educational purposes only and is not in any way a promise or guarantee of any results or outcomes as described here within. No promises or guarantees of success or results are made in conjunction with the content in this guide and should not be substituted for medical advice from a doctor or healthcare provider. No claims to be a professional are made in any of the related vegan, health, medical, psychological, lifestyle, political, and any other genre or businesses implied or contained here within, and this information should not be taken as professional advice. Readers should consult with holistic healers, medical, and or other professionals before taking any action in relation to the content and or advice here within, as readers rely on this guide at his/her own risk. Content is not a substitute for professional medical advice, diagnosis, or treatment from a qualified healthcare provider. No paid endorsements have been received or contracted in relation to any of the products, companies, or sources noted here within. All information included within, is accurate and true to the best of my knowledge, but there may be omissions, errors and or mistakes. Rights are reserved to make changes, including opinions, content, etc. at any time, for any reason.

Mya's Vegan Transition Guide will consistently be updated.
Free downloads are available on myamya.com/lifestyle