



Kerry Wyler Hey Jessica! You know, some people (and the media) really go out of their way to make it look like switching to veganism is really hard, or "extreme". Thing is, going vegan is almost absurdly easy. Especially these days. Sure, it takes some getting used to, especially during the first few weeks, because you are no longer consuming products that you grow up with and/or are used to. But there are so many transitional foods to help with that. When I switched I focused on all the new foods I was discovering rather than on the fact that I was "depriving" myself of foods I'd consumed all my life. And eventually you simply stop looking at those products as food, because they weren't meant to be food - they were individuals, who deserved better than to be bred for death just so that our palates could enjoy the taste of their flesh or secretions. So please don't let the hype about veganism being "hard" or "extreme" put you off. What's extreme, if anything, is the way we treat other sentient beings, not the *refusal* to treat them that way.

Honesty compels me to say this: I never promote vegetarianism. Why? Because, ethically, it is no different from a diet based on meat. The reason for this is that animals used for dairy/eggs/etc are treated as horribly and have to endure their suffering even longer than animals bred for meat. Also, they die in pain and fear just the same as "meat" animals. It's no accident that the tool used to artificially inseminate cows is known in the industry as "the Rape Rack". I'll leave the rest to your imagination :(Never mind the excruciatingly painful udder infections caused by milking, the cruel separation of mothers from their calves, the fact that eating dairy directly supports the veal industry... If people tell me that they are thinking of becoming vegetarian I always try to persuade them to just go vegan one day at a time, instead. Just one day of vegan meals a week. Then two. Then three. As slowly as you need to go. It's better than going veggie because a lot of people who go veggie will treat it as an end in itself and not take it further, and as a result they continue to support animal suffering with their food choices. If ethics is (among other things) what is motivating you to stop consuming animal products, I can promise you that vegetarianism is not the answer, for the reasons I stated above... If you think that you would like any recipe suggestions or advice on anything from nutrition to practicalities, please don't hesitate to get in touch with me! Best of luck, Jessica! :)

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