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# Kickstart Your Plant-Based Lifestyle

## Introduction

Did you know plants have the power to change your life? You might already have a couple of house plants or herbs in your kitchen, but nature's true benefits go much deeper than just the plants we grow as hobbies.

Many think plant-based living is a type of diet or fad, but adding a plant-based focus into your lifestyle goes far beyond that. Your plant-centric routine will be unique to you but generally involves eating seasonal produce and fewer animal products, supporting local farmers and growers, and being mindful of how our food's sources impact the nourishment of our mind, body, and the environment.<sup>1</sup>

When you adopt a plant-based lifestyle, you'll likely find yourself eating healthier and feeling better both mentally and physically. The three advantages outlined in this eBook will be just the beginning of the benefits you'll realize by updating your daily habits with plant-based tools and practices.

## Kiss Processed Foods Goodbye

Plant-based living requires you to evaluate your habits. To get started, ask yourself these questions:

- **Am I paying attention to the fruits and vegetables that are in season throughout the year?**
- **Do I buy produce locally or from chain stores?**
- **How do I feel after I eat: refreshed or lethargic?**
- **What are the ingredients in my most common recipes?**

*A plant-centric lifestyle that focuses on food from local and seasonal markets can be easier on your budget and leaves a greener footprint.*

Factory farms, which are common food sources across the United States, are significant producers of pollution, often releasing noxious emissions into both soil and water.<sup>2</sup> A plant-centric lifestyle that focuses on food from local and seasonal markets can be easier on your budget and leaves a greener footprint.

To give your body its core nutrients, you might need to experiment with different foods to see how they work for you and your family. One general rule of thumb is that about  $\frac{3}{4}$  of your diet should come from sources like fruits, vegetables, whole grains, nuts, and seeds.<sup>3</sup> Adopting a plant-based diet doesn't mean you can only eat plants; after all, your body and spirit can thrive on diversity. Select animal protein that can still benefit your body. Be conscious of your source for animal products, and always try to prioritize ethically treated, cage-free, and antibiotic-free proteins.

Try to vary plant-based foods in your diet; changing your snacks and meals can enhance your long-term wellness and benefit your gut's microbiome. Incorporate a colorful range of fruits and vegetables into your diet to increase your intake of different nutrients, antioxidants, and healthy bacteria.

## Take Supplements as Needed

When you adopt a plant-based lifestyle, there are many nutrients you can get naturally through your diet. Still, many wellness experts recommend regular vitamin and mineral supplementation to make sure your body is receiving the support it needs. These items are complementary to your daily plant-based diet and help you to balance your body for optimal wellness:

### Vitamin D

Due to a reaction that occurs within the skin from the sun's rays, you can make vitamin D naturally. To increase vitamin D levels, it is advised to get 15-minutes of early morning or late afternoon sun exposure. Since too much exposure can be dangerous, wear sunblock when outside for extended periods and avoid the direct midday sun. Depending on your location, the climate, or time of year, you may be unable to produce enough vitamin D from the sunlight. You can consider supporting the body with supplementation if you discover that you have a vitamin D deficiency.

### Vitamin B12

When you adopt a primarily plant-based diet, B12 is one of the most important supplements to take because there are no adequate plant sources for this vitamin.<sup>4</sup> Without enough B12 in your body, you might experience issues like fatigue, cardiovascular problems, or shortness of breath. If you are experiencing any of these issues, visit your healthcare provider for guidance. To get a reliable supplement, look for bottles that are labeled "USDA Organic." This means it is at least 95% organic and not artificial.

### Iodine

A plant-based lifestyle might limit your iodine intake slightly, but there are plenty of ways for you to include it in your diet. Iodine is a mineral that enhances your thyroid and metabolism. Natural sources include nori (better known as seaweed), potatoes, and cranberries.<sup>5</sup> You can also obtain iodine through iodized sea salt but consume sodium sparingly as too much of it can compromise your health.

## Long-Chain Omega-3s

There are two kinds of omega-3 fatty acids: essential (ALA) and long-chain (DHA and EPA). You can easily obtain ALA through a plant-based diet that includes flax seeds, chia seeds, walnuts, and soybeans.<sup>6</sup> However, EPA and DHA are primarily found in fatty fish like salmon and tuna, so many experts recommend incorporating supplements for these long-chain omega-3's into your routine as needed.

## Love Your Skin

Living a healthy, plant-based lifestyle that empowers you to feel your best doesn't just involve what you put in your body. You also need to think about what you're putting on your body. Are you using nourishing, natural creams and soaps that are optimal for your skin?

Whether you're looking for a moisturizer that will soften dry skin or ease the effects of aging, there are various natural, plant-based options you can choose. Ingredients like colloidal oatmeal, shea butter, aloe leaf juice, and argan oil are often included in lotions that promote relief and restoration of sensitive skin. For rejuvenated and energized skin, look for creams with ingredients like turmeric, acai berry extract, or coffee.

By paying attention to the labels on the personal care products you purchase, you can enhance your wellness with all-natural, ethically sourced ingredients. Plus, you'll have confidence in the cleansers and lotions you use for yourself and your family.

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## Conclusion

Implementing a plant-based lifestyle requires commitment. Kickstart new habits by writing down a few goals and monitoring your progress over the next few weeks. Choose your first step, whether it's incorporating a few new vegan or vegetarian foods into your diet or adopting a plant-based skincare regimen.

If you're intrigued by the myriad of benefits that nature can offer, it might be time to take the next step in your wellness journey. Become a Certified Natural Health Professional to learn more about holistic lifestyle choices that can change your family's life for the better and equip you to inspire others. Talk to a Trinity enrollment specialist by dialing 800-428-0408, option 2.

### REFERENCES

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