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Post: Your Vegan Story



Created by [Brittany Bunk](#) on 28-Jun-2020

Discussion

[Being Vegan](#)



126



5



7



8



Content

This is an introductory discussion, where everyone introduces themselves and their vegan story!

Good to mention ([example layout](#)):

- location (country is fine)
- how long you've been vegan (or age you went vegan)
- reason - why you went vegan
- major steps towards it

Notes:

- Short or long, doesn't matter, as it's yours.
- By 'your' and 'everyone', that could mean: a person, company, animal (like pets), etc.
 - Any story is great here, although the preference is for people - to facilitate a discussion and community, as well as know everyone's background to understand each other.
- the more stories, the more complete the overall vegan picture.

List of stories:

- of people who went vegan [here](#).
- CEOs and their businesses on [Plant CEO](#)
 - [Istanbul restaurant](#)

This post is really helpful in knowing:

- what veganism looks like as a whole
- seeing how veganism overlays with the world around us



Comments



[Sandra Nomoto](#)

01-Jun-2022

Hi everyone. I'm Sandra Nomoto from Vancouver, BC, Canada. I went vegan April 2018, although my journey started at the end of 2007 after I watched Earthlings. Becoming vegan was the ultimate goal, but I spent most of those years still eating some seafood and dairy. I



encouraged by animal products. So there's no going back now!

In 2021, I joined a vegan group of entrepreneurs and professionals in my area. After stepping in as co-host, we've now extended our group to all of Canada. Please visit VEG Networking Canada if you're interested in joining or pitching yourself as a one-time guest.

Professionally, I've operated as The Content Doctor since 2020, helping vegan businesses with content writing or editing. I also help vegan and spiritual authors with a few services to help them self-publish books. My second book, Vegan Marketing Success Stories, will be coming out in Fall 2022. You can follow me everywhere on social @sandranomoto.

 • [1 Like](#) | 



Brittany Bunk

05-May-2022

debra bouton said to me that she went vegan overnight due to not liking how animals are treated.

 | 



Brittany Bunk

24-Mar-2022

claire's is right here: <https://www.youtube.com/watch?v=HtPpgkSwmi0>. The rest of the CEO stories are here: https://www.youtube.com/channel/UCrpQ4p1QL_hG8rKXIKM1MOQ.

 | 



Sophie Benker

30-Jan-2022

Hi, over 5 years vegan in Switzerland! I started watching videos, and the more I clicked the more it showed me. I was crying endlessly watching how animals were being treated. I went vegetarian for a month, and after a little while I realised that it wasn't enough. I saw what cows and chickens had to go through, so one day I woke up and made the decision to stop once and for all. I was super addicted to dairy so that was hard to quit, but I had a lot of fun and became obsessed with finding products. I kept watching videos and got into activism and started doing outreach, building communities of activists and speaking up against these atrocities to the best I could. Then I read about health and the environment and it all made even more sense. Great thread!

 • [2 Likes](#) |  • 2 replies



prad

04-Feb-2022

Great story sophie! Enjoyed reading it.



Brittany Bunk

30-Jan-2022

wow nice - awesome story. That's very much like Hannah from the Vegan View.

I felt that way way pre-documentaries - I just saw that people looked down upon animals and not me when I was at petting zoos and thought it wasn't right or fair the double standard and we shouldn't have this in our lives - so I fought against that and for equality. We don't need to bother animals or be not nice in general, so we should avoid it and seek the good in the world :) Seek eudaimonia!



prad

31-Jan-2021

my parents lived through india's independence and there was a notion back then that if you wanted to become big and strong like the british, you had to eat the way they did, specifically lots of corpse foods. so that's what i was fed a lot of when we moved to canada. i didn't know any better nor could understand why i always felt tired.

by the time the 70s rolled around, i started to pay the price. in 1972, just before 2nd year exams in engineering science, i contracted pneumoina. that led me to investigate different diets and i settled on lacto-ovo veg.

two years later, my appendix flared up and required removal. the doctor said it was due to my veg diet, largely because he didn't like veg diets.

these issues were particularly inconvenient since i had competed at a provincial level in junior tennis and was playing at a national level in badminton representing canada at various tournaments and exhibitions.

it wasn't over yet!

in 1976, the childhood nemesis ranjana (i had known her since she was 4), moved in with me. right away i came down with the yuk, 'kissing disease' mononucleosis! i'm sure there was a connection, though ranjana will deny it



started feeling very tired, but i didn't minimize anything. then he told me my spleen would become enlarged and i started feeling a pain in my lower right abdomen that actually lasted for 5 years.

by that time, i'd had enough! enough listening to the doc, enough to my parents, enough to my spleen. i decided that the real issue was susceptibility to medical and other hearsay. so i decided i wasn't going to be sick anymore by listening to some self-created hearsay of my own.

the rest of the 80s were a sequence of improvements. the pain in my lower abdomen went away, the tiredness dissipated, my activity levels increased even further and i didn't look back! somewhere early that decade, i woke up one morning to find that i was married to ranjana. i was ready though this time and didn't catch that yukky 'kissing disease'!

in 1989, our son kyron showed up and i was determined not to flub up his diet. so i started researching and after going to a local earthsave meeting realized that lacto-ovo veg just isn't sufficient! in 1990, i went vegan for nutritional reasons with ranjana following some months later. kyron is a lifetime vegan. my parents (i tried to bring them up properly, but some parents are problematic),

thought we were going to kill him. they paid for their folly a few years later when he forced them to go vegan.

we were keen on making sure we could handle any ailment and looked into homeopathy, rawfoods, crystal therapy, chiropractic, superfoods, natural hygiene etc, but then realize the best way to deal with ailments was to not have them.

so that's how we did it. we just don't get sick, not even a little bit - no headaches, flu, tiredness, nothing. we also don't go to doctors in order to listen to their gossip. being vegan and developing the proper mindset are powerful steps.

from the 70s, i had been quite involved with human rights, but starting in the 90s, i added animal rights as well, realizing that we are not going to get anywhere with the former, until we achieve the latter, a concept echoed by many people such as gandhi and schweitzer. though i originally went vegan for nutritional reasons, i have great admiration for those who did it for ethics, something i had to learn.

as of this writing, we've been vegan for more than 3 decades and have assisted anyone wanting to do the same. additionally, we've provided websites and other technical assistance to ar and veg groups (originally a homeschooling project for kyron), since the arveg cause is the most important one in human history.

two areas that are essential to this end are legislation (it helps to have the law on your side) and finance (when businesses make it their business, things really do happen!). we are extremely glad to see the second being addressed so effectively by BA's innovative claire and dhanesh! additionally, i am very glad to be able to assist with projects undertaken by the energetic brittany, creator of so many items on BA!

 • [4 Likes](#) |  • [3 replies](#)



[prad](#)

29-Jan-2022

Typo: the spleen pain was in the lower left abdomen.



[prad](#)

01-Feb-2021

well brittany, if we were all healthy, then there are certain sectors that would lose a lot of money!



[Brittany Bunk](#)

31-Jan-2021

people keep saying those who go veg are unhealthy - but that's because they got really ill from a meat diet and went to it. Correlation = / = causation is what they fail to realize - can't believe the doctor, but I'm not surprised. The doctors when I was in engineering were just as bad

Same thing happened to me - I got severely sick in the 2nd year of engineering. I had to leave the degree entirely - I had a nerve pinch, etc. Can't study with bad health - so I got a health degree instead.

That's right! Going towards self-sufficiency - don't let anyone decide your life - never settle for less than best and go seek it!



[Flowers Fields](#)

10-Jul-2020

It was 1972 that I started my vegetarian journey. I was at summer camp at age 12. A fellow camper put a fork in a round deli meat slab and said "baa baa". It was leg of lamb. I see for the first time, someone's leg. From then on, I could not eat meat. Also that year, I saw the film: "Bless The Beasts and the Children." It's about boys freeing bison. I also learned the song Dona Dona, about a calf going to slaughter. All three things inspired me to stop consuming meat. Still, I ate dairy and fish, not seeing the connection.

As an athlete, I had psoriasis, arthritis and migraines.

At 21, I finished college and went to visit my over 42 years Vegan, Aunt Glory. She was living with her son and best friend, Heart Phoenix and her five kids. Here I learned to eat vegan and started to juice fast. This is May 1981.

After 6 weeks of mostly fasting, I lost weight and felt great. I mostly fasted the first year of being vegan. I'd eat mostly raw vegan



Migraines gone. Pounds dropped off. Psoriasis lessened dramatically.

I've been vegan ever since.

Glory and Heart told me about Gentle World. Heart's sister was one of the founders of Gentle World. They lived in a Florida at the time.

I rode a racing tandem from Miami to Brooksville, Florida to Gentle World. This is where they were living at the time.

Been involved since 1981 and have seen veganism grow tremendously. We've written and published books (The Cookbook For People Who Love Animals; Vegan Nutrition Pure and Simple; Pregnancy, Children and the Vegan Diet; Incredibly Delicious, The Vegan Paradigm); produced seminars, vegan Celebrity Banquets, rescued and saved animals, flew banners, gave cooking demos, demonstrated, were the executive chefs at Animal Rights conferences, took over hotel and restaurant kitchens, and more.

In GW you can see the wealth of information that exists with people vegan almost 50 years. I am happy to be part of an organization that has been trying since the late 70's to veganize the world!! www.gentleworld.org.

For the past 13 years I have also helped with the NY Coalition for Healthyschoolfood.org. And I've been involved with FarmUSA.org and the World Peace Yoga Jubilee. Before the jubilee, I produced perhaps the first World Peace Diet retreat with Will Tuttle, PhD.

In my 39 years as a vegan so much has changed! And we're just getting started. Join us!

 • [3 Likes](#) |  • 2 replies



prad

27-Jan-2021

wow flowers! it's not often i meet someone who has been vegan longer than i have. butterflies is one of them, i'm sure you know her through your mutual gentle world connection. i had a long email exchange with sun from gentleworld back in 2011. i too went lacto-ovo veg in 1972, but it took me till 1990 to become vegan.



Brittany Bunk

10-Jul-2020

I was looking for more vegan holidays to post on my Vegans International group on BOINC. Thanks for helping me find them.



Brittany Bunk

29-Jun-2020

I live in the USA. Been vegan for over 2 years.

Long story not cut short (showing the multiple steps):

When I was under 6 years old, my parents would catch fish from the ocean. I would swim in the ocean, but didn't like the smell or taste of the ocean water. So when I saw the fish, I had a hunch, and when I tasted it, it tasted like the same bad ocean taste, just with heavy metals (which I later found out is Mercury, but I would think it's others too. Tasted like lead, bromine, tin, among others). I only had 10 meals in my life that had seafood, and almost half were just taking one bite and disliking it, having it accidentally in my food, or pushed on me (I lived in a seafood community. My parents would share the fish with the entire neighborhood). Later on in life, seafood would make me ill (I just ate a lobster bisque to see if I could many years later, but then couldn't and didn't even taste good, as it was making me too swollen to eat it).

When I was 10, I decided to learn about health and took out maybe 10 books and read 6 from front to cover and glazed the rest. One was a dummies book. I liked to learn about subjects from A -> Z at the timethere was a vegetarian in my family, but since they ate chicken and fish, I didn't think of it (turns out there was another vegetarian who made me pancakes for my birthday dinner - I didn't know they were when I was 5/6 years old).

When I was 12, my friend said she was vegan. I gave her the typical spiel: 'where do you get your protein', 'why did you go vegan', and I said it wasn't for me and got disgusted. Later, I said she had an impact on my lifewhen I was 12, I decided to do the opposite of McDonald's double quarter pounders with cheese, fries, and soda each week: go healthy. That was a turning point. I decided to change my taste buds to like yogurt instead of ice cream (I thought it was healthy until later I found out that it had 42 grams of sugar and the first ingredient was high fructose corn syrup followed by sugar). It took me 6 months. Around 3-4 months, I decided to go back to eating Big Macs, but they tasted terrible. I never went back.

This is when I feel I became a health influencer - for the entire world. Then I believe I started the health craze of 2003 - I went healthy and asked my city to as well (I said to put in a healthy vending machine in for kids, which they did years later, because they started a health program). Back then, there was verbnow, pass the plate (maybe that came later), and other programs along with all the diet books that I just read a lot about.Then I found out what I was eating wasn't healthy: the food said no trans fat - but it had it (under 0.5g).

So it took me 3-4 years to find the truly healthy food around 16 I ran into health problems, but the internet was just building and there were no answers to what is backed by a lot of knowledge today. So it made me really look into the question I always wanted to know



then. I failed 3 times until I found out that I was missing vitamin B12 (which is different than B1 and hindered my absorption of vitamins, especially zinc).

In that time though, when I was in college, there was a meat-free Monday and I thought I wouldn't make it, because my family always said: 3 sources of protein per meal. However, it tasted better. Also, at that time, I would eat steaks to donate blood until they said the iron's too low. Turns out beef doesn't have much iron, as the food with the most iron is thyme. Now my iron is in the normal range.

Still my health wasn't doing well (like muscle aches), so I became a vegetarian in 2011 instead and got better. My body changed to have a higher metabolism but more food sensitivities, as I changed my diet and what I ate as a kid (like soy), I couldn't eat anymore. I also did it for convenience, so that I wouldn't have to create a calendar to know what to eat when (like some fish every 2 months, beef every few days, etc.).

It took me 7-8 months to transition until my sister said, just do it already if you say you are. Years later, I told my sister I was a vegetarian, and she said: you're so cool. Someone I knew said: how do I go vegetarian. I became popular from it. Then she went vegan.

My health after 7 years of that declined more (I couldn't eat milk anymore, and eggs hurt my muscles), I went to a raw vegan meetup, and they were like: do it. So as I started to go vegan, my sister went less and less that way. Now I'm transitioning to being more raw (or at least uncooked), as that's what I prefer. My grandparents used to grow their own food and that helped me shape my viewpoints towards vegan food. I actually prefer the taste of plants, because I liked fruit as a kid. I feel better, but since I was rushed, instead of eased into the transitions, it's still hard to be vegan.

Along the way, I got a health science degree and it helped out many people become healthier and I notice when they stop being vegan, they get aches, pains, and severe health issues that they blame on age, when it's never on age.

 • [5 Likes](#) | 



Maira Salazar

29-Jun-2020

Hi all, I'm Brazilian but I'm currently living in Europe (Portugal, but soon Belgium). I'm 23 years old, and have been vegan for a little over 3 years. Before that, I had cut meat, but milk and eggs were still a part of my life for 2 years. I have a bit of a different vegan story, because my father was the one to transition first in my household, followed by my sister. So really, I was getting to a point where I was coming up with phony excuses I didn't believe in, just because I thought I could never be vegetarian. Well, with the delicious food my dad cooks, several conversations about the impact on the environment and how unnecessary animal products are to us, and reflections on what right we have to torture millions of sentient beings every day... it wasn't too hard to decide to take that step! After deciding that the best way to become vegan would be to just do it instead of prolonging the vegetarian route, it was surprisingly easy to ditch milk and eggs!

Looking forward to reading about your stories!

 • [5 Likes](#) |  • 1 Reply



Brittany Bunk

29-Jun-2020

I forgot the 'how long one was vegan' part. Neat! It's actually not that far away from mine.

