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Post: Initial surprise benefits from going vegan



Created by [Brittany Bunk](#) on 09-Feb-2022

Discussion

[Being Vegan](#)



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Content

this is a discussion - feel free to discuss what benefits you got from going vegan that you didn't expect in the comments below! Superhuman superhero powers? Feels like an amusement park, where every turn's one of adventure? List them!

What surprised me was that:

- my extremities - hands/feet - were warmer and I stay overall cooler better - likely due to better circulation
 - with this comes better skin, nails, and hair
- there's another, but I can't remember - something about eyes, or circulation/muscles, flexibility, hair, etc. idk?
 - dirt pops off my skin - so I don't get dirty as much
- the vegan lens
 - how atrocities just stick out like a sore thumb
- socializer
 - conversation starter

Later on, I got surprised about:

- how it relates to minimalism - simplicity
- that there's a plant for every health problem another plant causes
- pains went away
- everyone has a different idea/experience of veganism
- there's way more to veganism than I thought it would be
- what I thought veganism was is different than what it actually is
- realizing all the issues that happened in my life due to animal products
 - so I could correct them

What I did expect (mainly carryover from vegetarian):

- that it relates to extropianism
- animals are calmer around me
- eyesight cleared up
- my brain's calmer
- I'm relieved not to eat animals
- doing what others aren't
- getting out of animal's ways
- going back to an untarnished body and life
- learning and appreciating plants more
- finding how easy plants grow
- the amount of opportunity it provides
- how much of an influence you have on others
 - once you go vegan, everyone else wants to
- stuff that seems vegan really isn't
 - experiencing reality



- headaches going away, no brain fog
 - graduated from college (which gave me headaches, due to being hard)
 - I figured out how to treat headaches
 - DHA could've been the culprit (which is better due to the lack of it in a vegan diet)
- don't sleep as much
 - got that from college
- way more energy
 - some foods more than others
- blood vessels - stronger

Rest of the benefits are from individual foods.

Other parts are disadvantages, but those go back to the idea that each problem a plant causes is remedied by another.

Comments

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