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Post: Learning from shocking celebrity vegan departures

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Content

celeb	Vegan fail	how vegans avoid pitfall	links
Liam Hemsworth	kidney stone from oxalates from spinach and almonds	avoid high oxalate diets and take precautions through prevention. Don't let a few bad foods mess all of it up. Don't jump in to extremes too quickly	https://www.youtube.com/watch?v=_-3fVLh4a-M&ab_channel=Vegancronish
Miley Cyrus	not able to think straight without Omega-3s	eat omega-3 rich foods and supplements. Take b12 to think clearer	https://www.youtube.com/watch?v=D7WUMXKV-FE
Mike Tyson	wants his career back	avoid extreme exercise requiring meat and too desperately needing a career. Like Liam, just because some foods don't work, doesn't mean all of them don't	https://www.totallyveganbuzz.com/news/mike-tyson-ditches-veganism/
Natalie Portman, Olivia Wilde, Kristen Bell	pregnancy	eat enough food and nutrition to not need to revert to animal products	https://www.eatingwell.com/article/292002/anne-hathaway-and-6-other-celebrities-are-no-longer-vegan-heres-why/
Zooey Deschanel	too many dietary restrictions from allergens	expand food options, avoid allergens, and eat more of other foods normally eaten	https://www.eatingwell.com/article/292002/anne-hathaway-and-6-other-celebrities-are-no-longer-vegan-heres-why/
Ellen DeGeneres	fell out of it	remember why one went vegan and have a strong motivation or new reason to stay	https://www.eatingwell.com/article/292002/anne-hathaway-and-6-other-celebrities-are-no-longer-vegan-heres-why/
Yovana Mendoza, Tim Schieff	ate animals after water fast	avoid water fasts	https://www.distractify.com/p/rawvana-eating-fish , https://sustainablefoodtrust.org/articles/millennial-veganism/

Don't fall for these traps. It's ok to stay vegan (if you want to), as just because everyone's leaving, doesn't mean you have to or should: https://myvegandreams.com/ex-vegans/

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