

Download Being Vegetarian For Life

The benefits of being a vegetarian are always a hot topic of debate and discussion when we talk about eating healthy. I'm no vegetarian and really do love my meat. But every once in a while, I go vegetarian to cleanse my body. However, whenever I hear of people turning into vegetarians for life, IHow to Become a Vegetarian. There are many possible reasons for becoming a vegetarian. Some people do it to improve their health, while others are concerned about the treatment of animals or a desire to have less environmental impact.... You can play an important role in promotion health and wellness on campus! Brown students, staff, or faculty can request a BWell workshop or lead a BWell Workshop in a Bag. April Hamilton is an avid vegetarian and cofounder of a nutrition business. She is a mother to one adorable baby (and two cats) and enjoys trying new recipes and writing about health from the sleepy coastal town of Wilmington, North Carolina.