**Consider a Big Diet Change**

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There are many ways to change your diet in order to live a healthier lifestyle, with incorporating more healthy food choices being at the top of the list. By simply making better food choices, such as adding more fruits and veggies, eating whole grains, and cutting back on animal products like meat and dairy, you have made the first great step.

While it is not mandatory for a healthy aging process, there have been studies to show the benefits of a plant-based diet.

*Want to Give it a Try?*

If you are interested in trying a vegan diet for the purpose of healthy aging and anti-aging, keep reading this section.

Veganism has taken the world by storm the past few years for good reason. Documentaries like Cowspiracy and Earthlings have revealed how detrimental harvesting animal products is for the animals, the environment, and human health. With meat and cheese substitutes popping up in grocery stores around the world, it's never been easier to still enjoy the flavors and textures of animal products without the added cholesterol, saturated fats, and chemicals that are pumped into the livestock.

Plant-based diets have innumerable positive effects on our bodies and their longevity. People who have adopted a vegan diet have been able to reverse heart disease, diabetes, obesity, and other illnesses that take a toll on our bodies. Contrary to popular belief, vegan diets are actually much more inexpensive than animal products anyway since fewer resources are needed to produce those foods.

Since a majority of Americans are deficient in fiber, even participating in meatless Mondays can give your body a dose of vitamins and nutrients it needs to stay youthful. Although many skincare companies will claim that their products can magically rejuvenate your skin, remember that our skin is an organ and reflects the health of our insides. If you feed your body what it needs, not only will you have a lot more energy, but you will also be rewarded in your physical appearance as well.

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