

HERE IS WHAT HAPPENS WHEN YOU ELIMINATE MEAT FOR 30 DAYS

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What if eliminating meat from your diet for one month could reduce inflammation, boost gut health, and prevent disease, would you do it? Even if you've never personally considered going meat-free, there are countless reasons why many people may consider going vegan. Some decide to do so as a personal choice, while others are looking to reduce their chances of developing heart disease, cut cholesterol levels, lose weight, or even fight fatigue. If these reasons aren't exciting enough, don't worry because you're about to find out what happens to your body when you eliminate meat for 30 days!

You'll cool Inflammation.

Did you know that inflammation affects every aspect of your overall health, and is the primary cause of nearly every disease seen today? If you're looking for a way to boost your health, going meat-free may be your answer. If you were to eliminate meat from your diet for one month and start eating plant-based, you may be surprised to see your overall [inflammatory markers reduce](#). Why? Because plant-based diets contain naturally anti-inflammatory foods, are rich in fiber, and low in saturated fats and toxins commonly found in animal products. Want to know the most amazing part? Studies have shown that those who adopt a plant-based diet have lower levels of the inflammatory maker, C-reactive protein!

Your microbiome will thank you.

Do you suffer with tummy trouble? If you're like the majority of Americans, stomach distress may be a daily burden. However, there's good news. Eliminate meat for a month, and your microbiome will thank you! The [microbiome](#) is made up of trillions of bacteria and many of them are in the gut helping us digest food. Meat products promote the growth of pathogenic bacteria, while plant-based foods high in fiber promote healthy bacteria to keep our gut health in check. A healthy gut is essential for overall health, and even brain function! The best part? It only takes a couple of days to change your gut health patterns which means you may see the results of eliminating meat within just a few short days!

You'll reduce your risk of cancer.

Cancer is on the rise, and with so many toxic food options available today it's hard to steer clear of cancer promoting foods. The good news is that eliminating meat, and eating a vegan diet has been shown to reduce your chances of developing cancer! Wouldn't you take up the opportunity to slash

your [risk of cancer](#)? Animal products are overly consumed and can lead to chronic disease. Plant-based diets on the other hand, have been studied and proven to be a proactive way to reduce disease and promote longevity! There's even more good news, plant-based diets are much higher in antioxidants which are natural cancer fighters, and help reduce free radicals in the body. Eliminate your meat consumption for one month, and watch your body turn into a free radical fighting machine!

Your cholesterol levels will drop.

Too many Americans are suffering from high cholesterol, and meat may be to blame. There is too much meat consumption and not enough fiber rich plant-based foods in many diets seen today. Eliminate meat from your diet for just one month, and you may be shocked to see your [cholesterol levels reduce](#). Numerous studies have shown the benefits of a vegan diet on cholesterol, and one study found that cholesterol levels could drop up to 35% with plant-based eating! This means that by eliminating meat from your diet, you may be able to reduce your cholesterol levels just as well as a cholesterol medication would! Pretty amazing, right?

The [power of plant-based eating](#) is extraordinary, and often underestimated. Eliminate meat from your diet for one month, and watch what happens. Kickstart this journey with Purple Carrot, the only plant-based weekly meal kit service.

