

Kandis Gilman

I'm Kandis, a student of natural health at Clayton College, single parent, trained herb specialist and have been eating a whole foods diet for over 8 years. My

son and I both had respiratory issues as a result of consuming dairy and cut it out of our diet about 3 years ago and have had wonderful results in our respiratory health. Almost 2 years ago I discovered the 'raw foods diet' online and for a month ate a diet consisting of only fresh fruits, vegetables, nuts and seeds and I felt incredible. About 2 months after that my sister called me and had me watch "[Meet your Meat](#)" on YouTube. That video left

me crying and mortified, I have never purchased any animal products since I watched that video, it had the biggest impact on me over anything else. I then began attending the Alaska Vegetarian Society potlucks and learning the health effects of consuming animal products, things I had never even heard of, things that made perfect sense.

I want to be an example of health, so naturally, clogging my arteries, acidifying my body, and leaching calcium out of my bones at the expense of precious life, land,

and moral value had no place in my life. I realized that I had a choice and that I do make a difference. I realized that choosing a plant-based diet was a path to higher consciousness.

I continued to eat a diet high in raw foods and for the past 3 months I have been eating a raw vegan diet of fruit, vegetables, sprouts, seeds, nuts and cultured foods. I feel fantastic, healthy and empowered.

My choice of veganism gives me the power to stand in my choices proudly. I have lost some weight and people definitely notice a glow and a look of wellness in me that I never had before. I suffered from severe asthma for over 10 years and

no longer carry an inhaler; I used to have extreme highs and lows in mood (which I think was caused by dairy and refined sugars) which I no longer experience. I live in a balance that the S.A.D. could never give me. I believe food is our medicine and the key to good physical, emotional, spiritual and mental health. I am proud to be a part of change. This way of life sparks people's interest and it makes a powerful ripple. Knowledge of truth is what leads me down this path, and truth is hard to ignore.



This way of life sparks people's interest and it makes a powerful ripple.