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Interactive I

Project 2: Poster

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Category: Health

*My story:*

In my life I have had a complicated relationship with food. I have done crazy diets to lose two pounds before ballet auditions, to eating junk food for the first time in college and living off of only junk food for a brief time.

I have been a vegetarian for the past ten years and was a vegan for one. Through my journey with food I have realized that in order to have a healthy relationship with food you have to listen to your body and make conscious decisions. As I am transitioning from my vegan eating habits I am slowly adding animal products back into my diet I am doing this in a conscious way. I only eat animal products I know won’t make my body feel bad, and I make sure they come form an ethically sustainable source.

For me the reason eating well and doing so in a conscious and positive way is so important is because my body is so sensitive and I have seen how making these changes has tremendously changed my overall health. My body noticeably suffers when it isn’t getting the right food. Two summers ago I was seeing a holistic physical therapist that would tell me something else was wrong with me every time I saw her. By the end of the summer she had convinced me I was dying. In order to regain control over my health I made changes to my diet, which is when I became vegan.

I immediately noticed I didn’t need to take Advil anymore for my frequent headaches, because they became nonexistent. My skin cleared up and I didn’t have an issue with acne while I was a vegan. By eliminating dairy I stopped having stomachaches every time I ate ice cream (although I did miss it). I never felt uncomfortable after meals or like I had over eaten. Plant based meals fill you up in a different way than meat and dairy do and it is much harder to feel over stuffed after a good meal.

*What this means on a larger scale:*

Feeling in control of my health and making conscious decisions about the food I fuel my body with has changed my life. When I am making healthy conscious choices I feel stronger, healthier, and in control of what happens with my health. I’m not preaching that everyone goes vegetarian or vegan, but I think that there needs to be a food revolution in this country. We need to eat whole foods; stop supporting processed foods, which are bad for our bodies and the environment. There needs to be a revolution in the food industry, animal products needs to become sustainable and not mass produced in order to insure quality products and lessen the impact on the environment. This then becomes a political issue because of the way food in subsidized and which lobbyists have the money to sway the politicians. **Stop subsidizing junk food and start subsidizing whole food.**