Why is M.F.E a Vegan?

Because

I have a problem: I have been overweight if not an Obese throughout all my adult life.
As it is told Obesity is a cause for various cancer and/or heart failure and/or diabetics and/or hypertension while it distorts a person's social and mental life.

Now I am 60, started to have the symptoms of above listed problems and I have been given the medicines to alleviate the symptoms while keeping the problems intact.

Why?

After watching documentaries which are listed on my website (all of them available in Netflix), I am convinced to be a Vegan to get rid of my health problems rather than having the superfluous remedies to suppress the symptoms.

There are good teachings but the best ones have the opposites solutions which I need to address.

This is a start of an ongoing lifelong activity.