

Can M.F.E Stay Vegan?

I feel the pressure to be a “**Lacto**” Vegetarian

Yes, I have a problem: I have been overweight if not an Obese throughout all my adult life.

“Being overweight or obese is clearly linked to an overall increased risk of cancer”.

Obesity is also linked to 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.

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 a lot of serious issues and questions which must be promptly answered through the researches.

I realized how complicated the nutritional facts:

The Arsenic in Rice and “Phytic Acid, Lectins and Saponins” in Legumes: Not easy to be a Vegan.

Being a Vegan may be a natural state in a Space Ship but if the majority of the world populations are vegan, its economic/social affects will be more dramatic and drastic than the advance robotics: No cheese/yogurt/kefir/ice-cream, no Pizza, no Sushi, no Hot-Dog or Hamburger...

So I am under very strong pressure to be a [lacto-vegetarian](#).

“[ovo-lacto vegetarian](#)”: diet includes both eggs and dairy products

“[ovo-vegetarian](#)”: diet includes eggs but not dairy products

“[lacto-vegetarian](#)”: diet includes dairy products but not eggs

Obviously, this is a start of an ongoing lifelong activity.

“The Only Thing That Is Constant Is Change”, Heraclitus

"The more things change, the more they stay the same", Alphonse Karr