



BOBO GAZETTE

March 2023



LETTER FROM THE EDITOR:

It's March already! Boy am I glad Spring is around the corner! I'm getting cabin fever! Not to mention I'm sick of my winter wardrobe. Speaking of wardrobe....are you ready for your summer bikini? I know I'm not. I've gained weight. My friends say it is happy fat but I'm not THAT happy. Since I've been adopted, I have more than doubled my weight. I just can't say no to all the delicious food. I also can't help begging for it either. Since I might want to change my eating habits, I asked our reporter to explain what kinds of choices are out there. So this edition of Bobo Gazette should help us all get ready for our summer bikinis.



"Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals." (quoted from 'thevegansociety.com')

Vegans avoid exploiting animals for any purpose, with compassion being a key reason many choose a vegan lifestyle. From accessories and clothing to makeup and bathroom items, animal products and products tested on animals are found in more places than you might expect.



Be aware of important nutrients known to be low on a vegan diet, including protein, calcium, iron and B12. A number of products are fortified with essential nutrients including:

- **Calcium:** fortified milk alternatives (soy milk, rice, milk, almond milk, etc.), fortified orange juice, tofu with added calcium; broccoli, beans, leafy greens, almonds, almond butter, sesame seeds and soy beans all have naturally occurring calcium
- **Iron:** soy nuts, tofu, kale, spinach, beans, peanut butter
- **Protein:** lentils, beans, quinoa, oatmeal, buckwheat, hemp seeds, tofu, whole grains, nuts & nut butters
- **B12:** Fortified soy milk or orange juice, fortified cereals, nutritional yeast

- Note: B12 is the most challenging supplementation nutrient to achieve optimal intakes and typically requires oral vitamins

Pros of a Vegan Diet

- Evidence-based health benefits
- Encourages mindful eating
- Wider variety of foods
- May lead to weight loss
- Reduced food costs
- Healthier for the environment
- No animal impact

Cons of Vegan Diet

- Limited food choices
- Possible nutrient deficiencies
- Requires diligence
- Difficulty dining out
- Unrealistic expectations
- Social isolation



Lacto-Ovo vegetarianism

Lacto vegetarians steer clear of red and white meat, and fish. They consume dairy products including milk, cheese, and yogurt – but not eggs. In contrast, ovo vegetarians avoid meat, seafood, and dairy, but they do enjoy egg products. Lacto-ovo vegetarians combine these eating plans and incorporate both eggs and dairy into their regimen.

Flexitarian vegetarianism

When evaluating the pros and cons of vegetarianism, note that certain plans are a little less strict. Some individuals limit their animal product consumption by eliminating only meat or seafood, and might add dairy or eggs, or both, to their meals. An actual flexitarian isn't a

vegetarian, per se, but rather someone who eats mostly fruits and vegetables, with the occasional piece of meat. This primarily plant-based approach is typically better for your health. It's ideal for getting nutrients only found in meat, without all the potential cons of being a vegetarian.

Pescatarians eat seafood, but not poultry, pork, or red meat.

Pollotarians don't eat red meat, pork, fish, or shellfish – although they do enjoy poultry.

Pros of being a vegetarian

- More soluble fiber, lowering cholesterol, and stabilizing blood sugar levels to prevent peaks and crashes.
- To secure the heart-healthy benefits of eating vegetarian, incorporate nuts, legumes, and high-fiber, whole grains into your meals.
- Animal-free diets can have a positive effect when it comes to brain cancer, colorectal cancer, and female-specific cancers. Also, a lacto-ovo vegetarian diet could offer some protection against cancers of the gastrointestinal tract.
- By having at least five daily servings of fruits and vegetables (naturally loaded with vitamins, minerals, and heart-healthy fiber), you'll gradually tip those odds in your favor. Vitamin supplements are another great way to supply your body with the proper nutrients and to give it a fighting chance.
- Even a mostly plant-based diet has wonderful advantages. Simply reducing the amount of red meat you consume and boosting fiber intake delivers countless cancer-fighting health benefits.
- Lastly, a well-rounded vegetarian diet, coupled with exercise and other lifestyle changes, could drastically decrease your chance of developing type 2 diabetes. That's why eating foods with a low glycemic index, such as fruits, vegetables, and whole grains is important.

Cons of being a vegetarian

- For those who prefer not to eat a lot of vegetables, becoming a vegetarian means relying on starchy foods and carbs. High-carb diets cause your blood pressure to spike and drop, which negatively impacts overall health and increases your likelihood of developing type 2 diabetes.
- Other cons of being a vegetarian include vitamin deficiencies, especially when it comes to nutrients found only in meat. Without the aid of supplements, many vegetarians will experience low levels of vitamin B12 and omega-3 fatty acids.



Ketogenic is a term for a low carbohydrate [diet](#). In simple terms, you cut back most on the carbohydrates that are easy to digest, like sugar, soda, pastries, and white bread.

A Keto diet means you are strict with carbohydrates and protein, which means you consume a high [diet](#). Insufficient carbohydrates or protein in your food means you don't have much glucose which can be used as a fuel to energize your body.

Your body uses that backup fuel converting the fat you eat or body fat into ketones which are literally known as burning fat for fuel to boost your energy.

Pros for using Keto Diet

- Possible short-term weight loss
- Increased awareness of food and nutrient intake
- Possible increased satiety and decreased hunger between meals
- Restrictive nature of diet usually encourages more home-cooked meals

Cons for using Keto Diet

- Rapid weight loss might initially come from “water losses” and may not be indicative of true weight loss
- “Keto flu”
- Increased risk of kidney stones, liver disease, and micronutrient deficiencies
- Lack of fiber may lead to constipation
- Concern for long term outcomes of high-fat diets on cardiovascular health
- Lack of research suggesting long term health benefit
- Difficult to sustain restrictive diet, which may lead to weight regain



- Plenty of fruits, vegetables, bread and other grains, potatoes, beans, nuts and seeds;
- Olive oil as a primary fat source;
- Dairy products, eggs, fish and poultry in low to moderate amounts.
- Fish and poultry are more common than red meat in this diet.
- It also centers on minimally processed, plant-based foods. Wine may be consumed in low to moderate amounts, usually with meals. Fruit is a common dessert instead of sweets.

Pros of Mediterranean Diet

- Balanced and flavorful
- Promotes heart health
- Supports diabetes prevention and management
- Has mental health benefits
- Aids in Weight management
- Reduces inflammatory markers
- Associated with cancer prevention
- Environmentally friendly

Cons of Mediterranean Diet

- Some foods are costly
- Additional guidance may be necessary for certain conditions
- Some dietary restrictions may be challenging
- Allows alcohol intake
- May fall short on some nutrients
- No specific guidelines to follow
- Can be time-consuming

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Before you take the plunge, carefully weigh the pros and cons of eating meat, as well as your own personal dietary preferences. Also, be sure to first consult your doctor or a licensed dietitian to guarantee that your body will still receive all the nourishment it needs.