

Farida checking in! This is my first newsletter for the year 2025! As I thought about what I could contribute this week, I thought about looking back on the month of January now that it's coming to an end, and reflecting on the progress I have made with my New Year's resolutions. Resolutions are a tricky thing to navigate. On one hand, you are changing your routine, sometimes to an extreme degree, in order to implement a bunch of healthy habits; but, on the other hand, this can be very overwhelming and discourage you from continuing. Personally, I only set 2 goals for myself, eat clean, whole foods, and get some daily movement in, whether it be walking, yoga, or going to the gym.

Thankfully, I have been able to stick to my goals-but why? Why am I finally being consistent after years of trying to achieve the same goals? What changed? I came to the conclusion that knowing the science behind your habits, while simultaneously taking a slow/gradual approach to them, is what has motivated me to stick to my resolutions. For the past year, I have been taking classes which inform me on how wellness and physical activity impact my health, and knowing the science is what boosts my motivation.

Today, I want to talk about the science behind living a plant-based lifestyle, in order to hopefully encourage and motivate readers to continue pursuing as well as advocating for veganism and vegetarianism. An [article](#) I found, published by the University of Texas, author Heather Alexander summarized the benefits of plant-based eating. The pinnacle of the reason is that plant-based is one of the best ways to prevent cancer and combat illnesses. In the article, she mentions that plant-based food has essential nutrients that cannot be derived from anywhere else. Not only that, but these nutrients, which contain antioxidants and essential vitamins/minerals, are what help in boosting your immune system. Your immune system acts as a 'first responder' when combating the mutations responsible for cancer and other diseases.

Additionally, plant-based eating reduces inflammation. Inflammation decreases when antioxidants go in and "grab" the free radicals in your body, which are unstable molecules that potentially damage your cells. Besides that, plant-based foods are FILLED with fiber, aiding in digestion, increasing your overall health and amplifying the waste removal happening in your body.

Another point to bring up is probiotics, which can be found in lots of *fermented* plants. For example, sauerkraut is fermented cabbage, and eating a small amount every day can boost your gut's microbiome by increasing the 'good' bacteria residing there. Another amazing probiotic food, kimchi, originating from Korea, is also made of cabbage, along with ginger, garlic, radish, and more. When these plants are left to ferment, and then are eaten, their benefits are unmatched.

This is a short summary of the health benefits of going plant based. In writing this, I hope to enhance readers' understanding of going plant-based. Not only is it for our beloved environment and animals, but it should be for yourself, too, in order to give yourself the health you deserve. I encourage anyone reading this to go out and do some more research, as this passage only scratches the surface.



