

Want to eat a little healthier?

# Go Vegan!

# Shimmy Shack.

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## Allergies



Reduction in dairy, meat, and eggs is often tied to alleviation of allergy symptoms. Many vegans report far fewer runny noses and congestion problems. Shimmy says: "No more ACHOO!"

## To Lose Weight



It has been shown that, overall, vegans have a healthier body weight than non vegans. Adopting a vegan diet often works to achieve weight loss goals. *Think of all the shimmying you can do at a healthy weight!*

## For Peace



Many vegans believe that using animals for our own consumption is vicious and violent. By adopting a vegan lifestyle, you are promoting a peaceful world. *Way cool, dude!*

## Compassion



Many vegans believe that animals are our companions, not food and clothing. Treating animals with respect as the sentient beings they are is a focus of many vegans. Why do we own dogs, but eat pigs and wear cows? To vegans they are all the same to be loved. *That gives us shimmy goose bumps all over!*

## Religion/Spirituality



Many people are vegan because of their religious or spiritual beliefs of 'do no harm', no suffering or believing certain animals are holy. We were given dominion over animals to be our companions, not commodities. *Namaste!*

Why go vegan?



## Family



Can you believe some people were lucky enough to have never had an animal product pass their lips, ever!? That's soooooo awesome! We also imagine their bathroom gets quite a good workout!

## For the Environment



Seven football fields' worth of land is bulldozed every minute to create more room for farmed animals and the crops that feed them. *We would rather use that land for shimmy dance-offs!*

## It Tastes Good



Let's face it. Pasta with olive oil and sundried tomatoes, crusty baked veggies, hummus and pita, and fruit salad all taste way better than animal products. *We think that's shimmylicious!*

## For Your Health



Vegans have a much lower rate of heart disease, diabetes, cancer and arthritis. That means more energy and a higher quality of life to chill with the dogs or snuggle on the couch with your sweetie! *And remember vegans report a more satisfied life in the bedroom, if you know what we mean...*