FRUITS & VEGGIES

7 Benefits You'll Experience within a Week of a Healthy Plant-Based Diet

By bestfolkmedicine · 14/09/2020 · 2 min read

More and more research is showing the health benefits of plant-based diets. A vegan diet is also good for the animals and for the environment.

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And, when you go plant-based, there are certain advantages you reap in the first week of saying goodbye to animal products.

With this in mind, if you're considering improving your lifestyle or your diet, check out the 7 amazing benefits of going plant-based that you'll experience within the first week!

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7 Health Benefits of Vegan Diets within One Week

- **Improves your digestion**

With a vegan diet, your digestive tract will thrive. As plant-based foods are fiber, water, healthy fats, and plant-based protein, your digestion will become better.

It may also help you heal problems like chronic constipation, bloating, excessive gas, and heartburn.

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- **Improves the blood sugar levels**

A balanced and healthy plant-based diet low in cholesterol and saturated fat and rich in protein and fiber in combination with workout helps improve the blood glucose levels and manage diabetes easier.

- **Betters your skin health**

Within a week of a plant-based diet, your skin will look awesome.

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As plant-based foods are abundant in vitamins, antioxidants, and other pivotal nutrients, your skin will thrive.

- **Increases your energy levels**

Animal foods aren't easy to digest and when the digestion is overwhelmed, your energy levels drop.

On the other hand, with a vegan diet, your digestion will thrive and reenergize you.

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Still, although plant-based diets offer many advantages, all of these will drop if it's not balanced and healthy.

- **Reduces inflammatory processes**

Following a plant-based diet helps reduce inflammatory processes in the body.

These foods are usually rich in omega 3s and chlorophyll which helps soothes chronic inflammation and they also boost the alkalinity.

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This can be of great aid for managing symptoms of gout or arthritis.

- **Betters the sleep quality**

With a plant-based diet, you'll find it easier to get a good night's sleep.

And, a lot of whole foods like bananas, broccoli, spinach, kale, nuts, etc. are rich in nutrients that help you encourage sleep like magnesium and vitamin B6.

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- **It makes you happier**

Eating healthy helps us become happier; our outlook on life will improve and we'll generally feel happier and more satisfied.

This is one of the least expected changes, but when you hear about it, is there something a plant-based doesn't help us achieve?

Sources:

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