



A VEGAN WORLD

A poem by Jeff Rosenblum, ACE Certified Personal Trainer,
Plant-Based Nutrition Certified from eCornell

In a vegan world there'd be no heart disease, diabetes, and most cancers;

A plant-based diet really is the best of all answers.

Pills and procedures would be oh so rare,

As would doctor visits, hospital stays, and most chronic care.

Our health would be strong, our minds would be clear;

Gone would be anxiety, depression, and fear.

Plus, billions of land animals and sea life would be spared;

No more torture, no more suffering ... we'd show we cared.

We'd save the animals, and that would save us;

The karma it would bring would be the ultimate plus.

The crops and grains fed on factory farms,

Would feed the world's hungry, and end multiple harms.

Less fossil fuel burns and rainforest destruction ends;

On this, the life of our planet truly depends.

Global warming would halt as the temperature would drop;

This would cause so much catastrophe and devastation to stop.

Our children and grandchildren would inherit world peace;

Wars and terrorism wouldn't be needed in the least.

In a vegan world, there'd be oh so much love;

It would be absolutely heaven-sent from above.

This really can happen, I know it for sure;

A plant-based diet is the ultimate cure.

So won't you please join me on this wonderful journey;

Our health, the animals, and our planet are all worthy.



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