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100 POUNDS LIGHTER, FEELING 30 YEARS YOUNGER

Cloudy Rockwell's Vegan Story

I was 80 to 100 pounds overweight for at least 30 years. Now, after losing 102 pounds in the past two years, I'm still kind of surprised when I look in the mirror. Is that really me?

My life is so different now! This new me feels like I'm thirty years younger. But let me tell you what it was like before.

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A Deeper Look

by Delisa Renideo

Do You Have Room In Your Life for Health?

"I don't have time to eat a vegan diet! It takes too much time to chop all those veggies!"

"After I work all day, I just want to relax. I don't want to cook. It's much easier to order take-out or stop at a drive-through on my way home."

"My friends don't understand what this vegan diet is all about, so when I'm with them, I just eat whatever they're eating.

There's no question about it: it takes an effort to make a significant change in our diet or lifestyle. We have to make room in our lives for something new. But there is also no question about something else: If we don't make room in our lives for health, later on we'll have to make room in our lives for illness.

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Nutrition Nuggets: How Do Nuts Differ From Oil?

Olive oil -- it sounds so healthy, doesn't it? So wholesome. So good for our heart and blood vessels. After all, isn't the Mediterranean Diet proof that we all need to eat plenty of olive oil?

The research actually debunks the myth of "healthy olive oil," or any oil for that matter. And we have been learning that a low-fat vegan diet actually corrects many health problems, such as heart disease and diabetes, and reduces the risk of cancer.

At the same time, we hear other researchers and doctors telling us we should eat some nuts and seeds every day because they are "heart healthy" and they help us absorb far more of the fat-soluble nutrients in our healthy vegetables. But what about the fat?

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News & Events (click on the blue title text to learn more)



[May Film Nights - Carnism: The Psychology of Eating Meat](#)
[June Film Night - Winning the War on Cancer](#)

[Summer Bread Baking Classes starting June 16, 2012](#)

[New series of Vegan Cooking Classes starting - July 10, 2012](#)

[Next AVS Potluck - May 26, 2012, 6-8:30 p.m. at the **United Protestant Church in Palmer**](#)

Recipe of the Month: [Perfect No-Oil Balsamic Dressing](#)