

Frequently Asked Questions:

Q: Will I get enough protein?

A: YES! That was one of my motivating factors in naming this site, "Well Elephant". No one asks the strong, plant-eating elephant where she gets her protein from. We are so obsessed with protein. Why? Probably because the dairy and meat lobbies have us convinced that our muscles will waste away if



we don't consume their products. As I always say, if broccoli had a lobby we'd be eating a heck of a lot more of it.

According to the book, *The China Study*, we have an epidemic of consuming too much protein. There is a direct link between too much protein (mainly animal protein) and cancer rates.

According to the *Prevent and Reverse Heart Disease (PRHD)* book, we need 50-70 grams of protein a day. *The China Study* states that we need less than that. A $\frac{1}{2}$ cup of black beans has 20 grams of protein! A quarter cup of dry steel cut oats has 5-7 grams of protein, a quarter cup of dry quinoa has 6 grams, 1 cup of kale has 2.9 grams, 1 slice of Ezekiel bread has 4 grams, a half cup of Ezekiel cereal has 7 of protein, a cup of oat milk has 4 grams of protein. **YOU WILL GET ENOUGH PROTEIN.**

Q: What about healthy fats?

A: Everything has fat in it, even lettuce. The goal is to have 10% daily fat intake instead of the usual 37% fat intake that the typical American eats daily. If you are trying to reverse ANY disease state, especially heart disease, you don't need any added oil.

From the *PRHD* book, "Between 14-17 percent of olive oil is saturated, artery-clogging fat - every bit as aggressive in promoting heart disease

as the saturated fat in roast beef. And even though a Mediterranean-style diet that allows such oils may slow the rate of progression of coronary artery disease, when compared with diets even higher in saturated fat, it does not arrest the disease and reverse its effects."

Q: What about fish for omega 3-fatty acids? Isn't it healthy if I have that?

A: NO! From the North American Vegetarian Society regarding farmed fish, "Farmed fish are fed pellets designed for unnaturally rapid weight gain. Under these abnormal intensely crowded conditions, fish suffer from stress, infections, parasites, oxygen depletion, and gas bubble disease (similar to "the bends" in humans). In an effort to prevent the spread of disease among the fish, producers give them large amounts of antibiotics." <https://navs-online.org/articles/troubled-waters-the-case-against-eating-fish/>

You can get omega 3- fatty acids from flax seeds/ground flax meal.

Q: Should I take any supplements?

A: Yes. You should take B12 (anyone on a plant-based diet needs this supplement), and Niacin (which is B3) if you are trying to lower your cholesterol. Make sure it is the kind that makes you flush, not the non-flushing kind; otherwise it doesn't lower your cholesterol. Take 500mg before bed so you are asleep when the uncomfortable flushing occurs. It feels like your body is itchy. There is also a good supplement called CholesT which contains CoQ10, red yeast rice and other cholesterol lowering compounds.

