

Diseases A Plant-based Diet Can Help Prevent

Eating a healthy plant based diet has shown to prevent a number of diseases. As you can see by this list people could potentially reverse or avoid many disease just by switching to a healthy, balanced plant based diet.

Cardiovascular disease. Eating nuts and whole grains, while eliminating dairy products and meat, will improve your cardiovascular health. A British study indicates that a plant based diet [reduces the risk](#) for heart disease and Type 2 diabetes. Plant based diets go far in preventing heart attack and stroke.

Cholesterol. Eliminating any food that comes from an animal and you will [eliminate all dietary cholesterol](#) from your diet. Your heart will thank you for that.

Blood pressure. A diet rich in whole grains is [beneficial](#) to your health in many ways, including lowering high blood pressure.

Type 2 diabetes. Not only is a vegan diet a weapon against Type 2 diabetes, it is also "easier to follow than the standard diet recommended by the American Diabetic Association." Read more about it [here](#).

Prostate cancer. A [major study](#) showed that men in the early stages of prostate cancer who switched to a plant based diet either stopped the progress of the cancer or may have even reversed the illness.

Colon cancer. Eating a diet consisting of whole grains, along with fresh fruits and vegetables, can greatly reduce your chances of colon cancer.

Breast cancer. Countries where women eat very little meat and animal products have a much [lower rate of breast cancer](#) than do the women in countries that consume more animal products.

Macular degeneration. Diets with lots of fresh fruits and vegetables, especially leafy greens, carrots, pumpkin, and sweet potatoes, can help prevent the onset of age-related macular degeneration.

Cataracts. Much the same way macular degeneration is headed off by a plant based diet, cataracts are also thought to be prevented through the intake of the same fruits and vegetables. Produce high in antioxidants are also believed to help prevent cataracts.

Arthritis. Eliminating dairy consumption has long been connected with alleviating arthritis symptoms, but a [new study](#) indicates that a combination of gluten-free and vegan diet is very promising for improving the health of those suffering from rheumatoid arthritis.

Osteoporosis. Bone health depends on a balance of neither too much or too little protein, adequate calcium intake, high potassium, and low sodium. With a healthy vegan diet, all four of these points set a perfect scenario for [preventing osteoporosis](#).

Information taken from : <http://www.nursingdegree.net/blog/19/57-health-benefits-of-going-vegan/>