

"A wonderful and inspiring story from someone who has been through so much yet emerged the stronger for it. She fearlessly tells the truth about what it takes to achieve good health."

Mark Berriman, co-editor, *Natural Health and Vegetarian Life* magazine

# Forever 21

The Empowering Guide to Reclaiming Your Youth,  
Beauty, Health, Happiness and Spirituality



**KATHY DIVINE**

Foreword by Dr Will Tuttle, author of best-selling book, *The World Peace Diet*.

## Part Two

But don't just  
take my word for it!

## The Interviews



# 1

## The Experts

### **Notes on the interviews**

I am really excited to present the following interviews. I know many of these fine individuals personally and highly respect their efforts of empowering others towards greater health, strength, beauty and happiness.

My sincere aim was to present to you the best people I know. It is my hope that you will find their words as inspiring and encouraging as I did. They vary in their area of expertise and viewpoint, but their passion for helping others achieve their best is certainly their common ground.

[http://www.fao.org/nr/water/infores\\_multimedia.html](http://www.fao.org/nr/water/infores_multimedia.html). FAO of UN  
*Virtual Water Poster*. <http://www.fao.org/nr/water/photos/2008/virtual.html>. FAO of UN  
*Projected Annual Renewable Water Supply Per Person by River Basin, 2025*. World Resources Institute

***Dr Andrew Knight BSc., BVMS, CertAW, PhD, MRCVS, FOCAE***

**A vegan veterinarian and extreme athlete with a true love for animals.**

UK bioethicist Andrew Knight is a ridiculously busy bloke. He is a Spokesperson for Animals Count: a UK political party for people and animals; the Director of Animal Consultants International, which provides multi-disciplinary expertise for animal issues; and the Founder of the Extreme Vegan Sporting Association, which showcases vegan fitness through increasingly novel means of risking life and limb.

He is a Fellow of the Oxford Centre for Animal Ethics, and practices veterinary medicine in the UK. He speaks internationally on vegan companion animal diets, animal experimentation, animal use in biomedical education, animal welfare standards of veterinarians, extreme vegan sports, and other controversial topics. He has published extensively, including a suite of studies demonstrating the poor human utility of animal experiments, which

have attracted a series of awards at international scientific conferences. His PhD on this topic also attracted an honour for academic excellence from one of Australia's top universities.

**1. As a veterinarian, what is the most optimal diet you would recommend we feed our pets?**

A nutritionally complete and balanced vegan diet. These avoid the numerous potentially harmful contaminants commonly found within commercial meat-based diets. Of course, they also avoid the even more serious (but often overlooked) hazards of such diets for the so-called 'food' animals who comprise them.

Nutritionally sound vegan diets can be purchased from suppliers, or prepared at home, using a supplement to ensure all essential nutrients are included. Suppliers of complete diets and nutritional supplements are listed at [www.vegepets.info](http://www.vegepets.info).

**2. Are there any health concerns for transitioning an animal companion onto a plant based diet?**

Health benefits, rather than problems, normally arise. Reported benefits have included increased overall health and vitality, obesity reduction, arthritis regression, diabetes regression and cataract resolution, as well as improved coat condition and allergy control,

and decreased prevalence of cancer, infections, hypothyroidism (a hormonal disease), and ectoparasites (fleas, ticks, lice and mites).

However, a small proportion of animals – particularly, male cats – may be at risk of urinary stones and blockages, if the urine becomes more alkaline, as may sometimes occur as animal products are eliminated. Hence, the urine acidity should be regularly monitored, e.g. using non-absorbent cat litter and litmus test strips. A range of dietary additives are available to correct urinary alkalinisation. Further advice is available at [www.vegepets.info](http://www.vegepets.info).

### **3. As an extreme athlete, please share with us what you eat to optimise your training and performance?**

Prior to events, I load up with as much carbohydrate as possible. My favourite source is pasta with a delicious veg and tomato sauce, but potatoes and bread are also good. I use sports drinks and bananas to maintain fluids and electrolytes such as potassium during endurance events. Carbohydrate gels are now available and I look forward to experimenting with these in future. For longer events I take more solid food, such as vegan flapjacks. Following events I like to recover with large quantities of vegan truffles, although I'm not sure this is recommended.

### **4. You recently just completed a half marathon in a team of 15 vegans from the Vegan Society UK. What did you eat before during and after the race?**

Wandering around Newcastle's historic Quayside district the day before the race, we discovered to our absolute delight the Bob Trollop vegetarian restaurant/pub! In place of the traditional stag's head and antlers mounted on the wall was a plaster huntsman's head complete with riding jacket and monocle! We immediately felt at home, and the food did not disappoint. Accordingly, I brought the entire team back that evening, for our 'last supper' (pasta) before the race.

During the race itself oranges were available at some of the drink stations but I didn't dare slow enough to eat any. Apart from ruining my time, I would have been trampled by the 50,000 odd runners hot on my heels! So I stuck to the sports drinks on offer. I found that religiously drinking a small amount at every station kept me hydrated and feeling good.

Shortly afterwards, the heavens opened and drowned all 54,000 of us. That level of hydration we did not need! We couldn't all fit into the nearest pub (although believe me, we tried), but eventually found another lovely one by the sea, serving chips in veggie oil and black coffee. It was far from vegan gourmet, but when you're that cold, blue and depleted of carbohydrates, it's literally 'any port in a storm'! And we were extremely grateful to find our port.

### **5. Can you tell us something about the Vegan 15 peaks challenge? Did you climb with a broken arm?**

In June, an all-vegan team of two girls and six blokes from the Extreme Vegan Sporting Association attempted to climb all 15 Welsh summits above 3,000 feet, in a single day. We started from a lonely mountain pass at the sleep-depriving time of 4:15 AM. After scaling Crib Goch's infamous knife-edged pinnacles, we continued on towards the summit of Mt Snowdon – Wales' highest peak, at 3,560 feet, where we witnessed a spectacular dawn. We then crossed three small mountain ranges, finishing at the far end of Snowdonia, close to midnight.

The official route covers 21.5 miles (35 km) and requires 9,800 feet (3,000m) of ascent, and was completed in 17 hrs 30 mins. But we also ascended Crib Goch and Mt Snowdon (most teams start there) and climbed an additional summit twice (i.e. we can't navigate). In total we covered around 27 miles (43 km), and ascended around 4,000 m, in 20 hrs 15 mins. For both our training and challenge we relied solely on vegan boots and gear, and were fueled entirely by vegan food, some of which was supplied by kind sponsors.

I was, of course, devastated, when I was knocked off my bike in London a month prior to the event, breaking my elbow. Fortunately, however, I do not hike on my arms, and was able to complete the event after all. However, it presently appears the bones have set in the wrong

position, so this may not have been entirely wise. I am determined not to allow this to slow me down, although I may need my arm re-broken.

### **6. Do vegans have any kind of advantage when it comes to tackling extreme sporting challenges? If yes, what is their advantage?**

The evidence published in peer-reviewed scientific journals is consistent: athletes using sensible vegan diets, including supplements when advisable (e.g., creatine for strength sports, iron for endurance sports), are at no disadvantage, and may, in fact, experience certain advantages (such as higher antioxidant status accruing from increased fruit and vegetable consumption - which may, for example, speed exercise recovery).

### **7. Who inspires you and why?**

There are many people striving hard to make the world a better place and many sports stars doing amazing things on a vegan diet. All of these impress me. But if I had to pick one person, I'd say Professor Lester Brown of the Earth Policy Institute – one of the first to highlight the major contributions of the livestock sector to climate change. He is the author or co-author of over fifty books on global environmental issues, and his works have been translated into more than forty languages, attracting numerous awards.

Climate change is arguably the most important global issue of our time, and livestock production is one of its major contributors – and by far the easiest major contributor to eliminate. Professor Brown has done more than nearly any other to educate humanity about these crucial issues.

**8. Do you think regularly challenging ourselves and involving in activities we are passionate about helps us to stay young? You certainly are a role model for staying youthful through adventurous and challenging feats!**

I've seen young people age, and older people stay youthful, through mental attitudes and lifestyle choices. To stay young, we must keep active and fit, and engage in activities that stimulate our zest for life! Attitude matters most of all, but vegan truffles may also assist.

**9. Can you share with us your interest in so-called extinct animals. It is a really a fascinating subject!**

All veterinarians are required to complete a certain amount of continuing education annually – all of which is tax deductible. Most travel to routine medical and surgical conferences. However, one of my interests is the veterinary treatment of animals considered extinct, or otherwise non-existent by (regrettably closed-minded) mainstream biologists.

To date my studies have taken me to Loch Ness, a succession of remote alpine summits, Ireland, and even London's eminent College of Psychic Studies. The outstanding success of most of these trips has been only marginally diminished by the unfortunate absence to date of any of the creatures I've actually sought. Nevertheless, I remain determined to bring the benefits of modern medicine to the rarest and most wonderful of the world's creatures, no matter how many mountains I must climb, snow-fields I must ski, or tropical islands I must search; and no matter how much time I must - with the deepest of regrets - take off work.

For more information about Andrew and his work, see the following websites:

[www.andrewknight.info](http://www.andrewknight.info)

[www.extremevegansports.org](http://www.extremevegansports.org)

[www.animalconsultants.org](http://www.animalconsultants.org)

[www.oxfordanimaethics.com](http://www.oxfordanimaethics.com)

***Dr Sandra Tuszyńska PhD.***

**Fruit is the answer according to this scientist.**

Sandra graduated with 1st class honours in Bachelor of Science in Agriculture at the University of Sydney. She then went on to complete a PhD in environmental cell biology at the University of New South Wales. Sandra