



Vegan Vitality

A Guide for Parents and Grandparents
Who Want to Support Their Vegan Youth



CENTER FOR HEALING BY DESIGN, INC.

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www.CenterForHealingByDesign.org

Are you raising a child who is vegan or want-to-be vegan?

First of all, congratulations! You have a very special child, one in-touch with a strong sense of love and compassion.

We know you love your child and want the best for them in every way. What were your goals and dreams when you were a child yourself? Were your parents supportive of your goals and dreams? What values do you see in your child that resonate yours? Your child will grow up to become one of the leaders in our future. And you are their first teachers. You probably already know this. What you know now and what you are being, and what you do have an impact on your child's life beyond your imagination. Whether you yourself are vegan or not, it is vital that you understand how your child thinks and all the reasons why your child chooses to be vegan. Our goal is to support you in providing your child the best environment to fully develop their self-expression and potential, and set them up for long-term optimum health and happiness.

In this day and age where the plant-based movement is part of the mainstream conversation worldwide, it is even more critical that parents and grandparents like yourselves are well-informed about and well-prepared for the eight aspects in which your child's vegan preference has impact on the vitality and well-being of your child, your entire family and Mother Earth.

These eight ways, which we called the Eight Elements of Vegan Vitality, when understood and consciously considered in the everyday decisions and choices you make, will empower you to support your child to live a happy, healthy, and fulfilled life.

What is Vegan Vitality?

Vegan Vitality is the state of being in optimum health as the body is designed to be living a vegan lifestyle that is based on love, compassion and reverence for all life. Being vegan does not just mean choosing to eat foods without animal protein. It is a way of life where one is consciously being compassionate about the impact that one's thoughts, feelings and actions have on all life in one's internal and external environment and one's ability to powerfully choose accordingly.





Essential Elements of Vegan Vitality

The Wheel of Vegan Vitality™ contains 8 Essential Elements that affect all areas of our lives. Parents and grandparents can use this wheel as guidance in support of their Vegan Youth.



8

Essential Elements all care-givers of vegan children need to know are:



- 1 DIETARY** – There are a few essential nutrients vegan children need to ensure healthy overall growth development and these are easily fulfilled through well-planned daily meals and supplementation.
- 2 PHYSICAL** – The vegan diet is the BEST diet to enable your child to achieve optimum physical health when done properly. Children on vegan diets tend to recover faster from illness than those who are not vegan. Vegan children have less or no allergies.
- 3 MENTAL/PSYCHOLOGICAL/EMOTIONAL** – The vegan diet is the BEST diet to enable your child to achieve optimum and balanced mental health when done properly. Vegan children are generally happier.
- 4 SOCIAL** – Your child may face challenges with friends in school who don't understand and who don't accept veganism as a choice of lifestyle. So preparing your child to powerfully deal with these challenges is essential to the development of his/her self-esteem and self-confidence.
- 5 FAMILY** – The support from you and other family members greatly impact your child's chance of success in life inside and outside the family and in all the relationships your child will have throughout their life.
- 6 SPIRITUAL** – Your child's vegan preference sets up a solid foundation for his/her spiritual development and growth. Vegan children tend to have an instinctual love for all living things and recognize easily the oneness in life.
- 7 CULTURAL** – Holiday foods and cultural traditions sometimes may make it difficult to maintain your child's vegan preference.
- 8 ENVIRONMENTAL** – Your child intuitively understands the impact of meat-eating on the lives of animals and on the environment of Mother Earth. Environmental impact from animal agriculture, air pollution, and electromagnetic pollution affect negatively your child's physical and mental health.

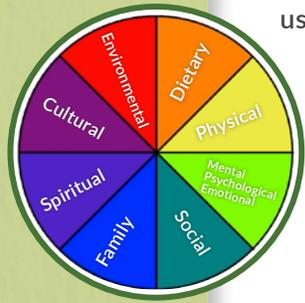


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The Wheel of Vegan Vitality In Action

To begin the journey to powerfully supporting your child's vegan lifestyle choice, we invite you to consider the following questions relating to each of the 8 Elements of Vegan Vitality. Your answers to these questions will lead you to insights on how well you are already doing. Please use the space provided to write down your thoughts.



1

DIETARY

- What makes up a healthy vegan diet?
- What is the difference between the health benefits of cooked and raw foods?
- How easy is it to ensure your vegan child has sufficient essential nutrients in their diet?



2

PHYSICAL

- What difference does the healthy vegan diet makes in your vegan youth's physical health?
- Do vegan children tend to heal faster than non-vegan children?



3

MENTAL/PSYCHOLOGICAL/EMOTIONAL

- What is the connection between the healthy vegan diet and the mental/emotional health of your vegan youth?
- Are vegan children smarter than non-vegan children?
- Have you notice that vegan children tend to be happier and healthier?



4

SOCIAL

- How is your vegan youth's lifestyle impacting your social life as well as their social life in school, at work, and in your community?
- Do you know that many celebrities, professional athletes, and famous people in human history, including Albert Einstein and Nicola Tesla are vegans and vegetarians?
- Does the vegan diet tend to help your vegan youth be more self-confident and have higher self-esteem?



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5 FAMILY

- How is your vegan youth's choice impacting the relationship between members of your core family and extended family?



6 SPIRITUAL

- How is your vegan youth's choice of lifestyle contribute to their spiritual health and your spiritual health?



7 CULTURAL

- How do you support your vegan youth's choice of lifestyle during holidays and cultural traditional events or practices?



8 ENVIRONMENTAL

- What is the impact your vegan youth's choice of lifestyle has on the environment?



2 WAYS to Learn More About Vegan Vitality

1. Join **Vegan Vitality 101**, our Facebook group where you can connect with other parents and grandparents of vegan youth. This group is for all parents and grandparents who want a deeper understanding of the vegan lifestyle.

[Click here to join:](#)

<https://www.facebook.com/groups/341866999773445>

2. Join the **Vegan Vitality Membership Group** for parents and grandparents of vegan youth where you have access to experts, chefs, medical professionals, dietitians, psychologists, other vegan kids, as well as others who understand the Wheel of Vegan Vitality.

[Top 8 Reasons to Join the Vegan Vitality Membership Group](#)



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Lisa K.Y.
Wong, L.Ac

The **Vegan Vitality Membership Group** is led by Lisa K.Y. Wong, L.Ac. who has been vegan herself for 10 years and 25 years as a vegetarian before that. Her passion is to empower people of all ages and cultures to live happy and healthy lives in harmony with all living beings on Mother Earth. <https://www.facebook.com/groups/2632406177036564>

Having been through her own journey of seeking a healthy way of living the vegan lifestyle out of compassion for the animals and her own well-being, Lisa K.Y. Wong, L.Ac. determined to be the champion for the voiceless, both the animals and the Inner Doctor. She is the founder of Center for Healing By Design, a 501c3 non-profit organization with the mission to empower people worldwide with revolutionary self-care education, experience, and tools, to help them get in touch with their Inner Doctor and live healthy and compassionate lives in harmony with Mother Earth and all living beings. Lisa uses the most organic and non-invasive ways of diagnosing and treating while informing and empowering people, especially change leaders in the vegan movement, to take control of their own lives by overcoming their health challenges and taking their health to the next level without compromising but more powerfully champion their vegan values.

By climbing Mt. Kilimanjaro, the tallest mountain in Africa, in July 2015 Lisa became the first vegan acupuncturist to ever climbed that mountain and launched her global Climb Every Mountain Self-Care Movement with the aim to help people from all walks of life to discover their inner healing tools, so they can "climb the mountains" in their lives. Lisa has taught self-care education classes to hundreds of people worldwide, from 4-year-old orphans to 80-year-old world record holders. Besides vegan and vegetarian change leaders, Lisa's clients also include global business leaders, healthcare professionals, professional athletes, celebrities and young growing families.

Read Lisa's Vegan Journey article at...

<https://www.linkedin.com/pulse/my-journey-becoming-vegan-lisa-k-y-wong-l-ac/>

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