Andy: [00:00:00](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=0.901) What's up Beardos, you're listening to episode 174 of The Bearded Vegans.

Paul: [00:00:31](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=31.48) Welcome to the show. I'm Paul.

Andy: [00:00:34](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=34.03) and I'm Andy.

Paul: [00:00:35](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=35.26) And we are The Bearded Vegans, a podcast featuring a dissection of all things vegan.

Andy: [00:00:39](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=39.58) If you're just tuning in for the first time, you can find all of our previous episodes at thebeardedvegans.com, and you can always reach us by emailing thebeardedvegans@gmail.com.

Paul: [00:00:49](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=49.15) In today's episode we're going to talk about what we've been eating and then continue our ex-vegan series with Part Two: When Health Fails.

Andy: [00:00:58](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=58.4) You know, I, I have an idea for the title of our next part in this series, Paul, and I feel like I wished that we had titled the first one, "When Celebrities Fail" to like keep this consistent theme go. But, ya know.

Paul: [00:01:11](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=71.99) We can, we can retroactively change the title, and no one will notice. [Laughing]

Andy: [00:01:16](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=76.33) And delete this portion of our conversation.

Paul: [00:01:18](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=78.39) Yeah, [laughing] I like the movie title ring to this, to this as well. Part Two: When Health Fails.

Andy: [00:01:25](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=85.511) Yeah.

Paul: [00:01:26](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=86.89) We got to get that, the guy from, was it the Chicago VegFest or Atlanta VegFest that read our names in the movie person voice?

Andy: [00:01:35](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=95.98) Yes. [Laughing]

Paul: [00:01:36](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=96.82) Got to get them to read, "Part Two: When Health Fails."

Andy: [00:01:41](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=101.29) Exactly. All right Paul, we have so much to cover in this episode. I think it's pretty jam packed. I did want to give one more plug for the recent bonus episode that we put out cause we kind of buried that plug in the last episode that we did, but we just put up a bonus episode where we did a review of the 2013 time-traveling Turkey tale, Free Birds, starring Woody Harrelson and Amy Poehler. And who else was in that? Someone else is famous in that...

Paul: [00:02:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=128.741) George Takei. But that's not the person that, who is the main, who's the main Turkey?

Andy: [00:02:12](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=132.761) [Laughing] I don't know, this is how memorable that film was, apparently. And... Oh, are you looking it up?

Paul: [00:02:18](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=138.701) Yeah.

Andy: [00:02:18](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=138.821) Owen Wilson

Paul: [00:02:19](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=139.821) Owen Wilson! Yes. Dang it. You got it before me. [Both laughing]

Andy: [00:02:23](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=143.83) Riveting podcasting. And Owen Wilson. Yes. And so we talked all about that because it's a film that seems like it'd be ripe for Animal Rights messaging, and we've had a lot of people asking us if we could do some children's films, and we thought this would be a good place for us to kind of, to make our, our entree into that realm. And we also did a lengthy discussion in that episode about the Million Dollar Vegan challenge, which is all about trying to bribe the pope with $1 million to eat plant-based for lent. And we talk all about the ins and outs and what have yous of that. So if you want to listen to that, you can go to our Patreon and sign up over there, even for as little as $1 a month, at thebeardedvegans.com/beardo.

Paul: [00:03:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=188.291) Cool. All right. So Andy, you had some exciting food stuff that you went to. Tell me about it.

Andy: [00:03:13](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=193.78) Yes, I did. So Paul, I recently came back from Expo West, and for anyone that is not familiar, Expo West is the giant, huge natural foods product exposition. I believe they had 80,000 attendees this year. It's this massive thing that has, I don't even know how many vendors like it's, it's, it would be almost impossible to see every single vendor that is there, but it is the place that a lot of the vegan or vegan-friendly companies will debut their new products. So it's like, it's always a fun time to go and explore and see what your favorite brands have been putting out.

Andy: [00:03:48](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=228.88) And you know, normally I spend a couple of days there, like really exploring and taking my time; this year, I just felt kind of over it. It's just this experience that drains me so much. And there's this sort of weird class system based on what your badge says. Like, are you an influencer, are you someone that can buy our product? And people, before they even say hi to you, they'll look down at your badge and kind of assess if you're an important person or not. It's just, I don't know, the whole thing is kind of uncomfortable. But it is real cool to get free stuff and also to try things before everybody else, so I put up with it. But this year I just, I took basically one afternoon, I highlighted all the vendors that I knew I wanted to see and sort of zipped, zapped all over the place really quickly to see what was new, what was good. And so I've composed my top three finds at Expo West. You know, if we can find the time, we may end up doing a lengthier, "here's all the good stuff that we found over there," but you can see pictures of some of this on our Instagram. Paul, my number three might not seem that exciting, but it's this new cream cheese from Follow Your Heart.

Paul: [00:04:54](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=294.36) Is it better than Tofutti though, Andy? Tofutti's my number one.

Andy: [00:04:59](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=299.4) Why?

Paul: [00:05:00](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=300.54) I just love it. I love it so much.

Andy: [00:05:03](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=303.14) You know, I feel like Tofutti cream cheese has not really improved all that much even since like the days that I went vegan. And I love it cause it's like what I know and what I was, you know, raised on since I was a baby vegan 11 years ago. [Paul laughing] But it still kind of tastes like paste to me. And this Follow Your Heart cream cheese tasted like what I think of when I think of cream cheese, like that Philadelphia cream cheese. It was, it was nearly identical as far as I was concerned, and that really excites me because I love the Kite Hill, I love the Go Veggie, but they have their own unique thing going on, and this new Follow Your Heart cream cheese--I thought that they absolutely nailed it.

Paul: [00:05:44](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=344.361) I will have to try it then cause maybe I just, maybe if I had like dairy cream cheese again, I would be like, "Huh, I just don't like this as much as the Tofutti cream cheese." Maybe I just liked the Tofutti cream cheese better than regular cream cheese.

Andy: [00:05:56](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=356.23) That's entirely possible. As long as we can agree that the Daiya cream cheese is pretty gross.

Paul: [00:06:02](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=362.18) [Laughing] All right Andy, give me number two.

Andy: [00:06:04](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=364.131) Number two, Alpha Foods. Paul, this is a brand that I enjoyed last year. They make a lot of like hot pockets and burrito type things, and I feel like their fillings are often better in theory than they are in execution. Like, they have these like hot pockets that are like beefy cheddar, whatever filled. And then the inside is just, this one sort of congealed mass of the same thing. It tastes good, but it's not like amazing. But they just came out with these chicken nuggets, these Alpha nuggets. And I have to say, Paul, I think, I think these, you know, I don't want to speak too soon. I think--

Paul: [00:06:41](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=401.6) Don't you dare, Andy.

Andy: [00:06:41](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=401.66) They could replace your beloved Gardein chicken tenders.

Paul: [00:06:44](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=404.63) Don't you dare. [Laughing]

Andy: [00:06:47](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=407.18) They were so good. I thought the texture was great, the flavor was great, and I am really excited. They said that those are going to be out in Publix in, I believe, about a month. I'm not sure where all in the rest of the country, but, those, I feel like, definitely something to look out for. I didn't see a lot of people singing their praises, but to me, that was the thing that I sort of just kept going back for and like grabbing another nugget, grabbing another nugget. Cause they just were so spot on.

Paul: [00:07:11](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=431.211) [Laughing] You can't stop me, grabbing so many nuggets.

Andy: [00:07:15](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=435.25) [Laughing] That's the thing about Expo, Paul, is that you're wandering around, and everyone's just sort of like trying to get you to try their sample of stuff, and not everything is vegan by a long shot, but there's just so much there, and there's so many like protein drink companies and crackers and like every single chip that you would find at Whole Foods--they're there trying to, you know, give you your, your, your fill of chips and all that stuff. And at the end of the day, you just sort of think about all the weird variety of liquids that are in your stomach mixed with every chip possible. [Paul laughing] It just feels kind of gross. It feels kind of gross. But then I walked by the Beyond Burger tent, and they had, well, not a tent, there's no tents, it's inside. I walked by the Beyond Burger table, and they were serving up their new Beyond Beef, which is the like, like a chunk of quote unquote like ground beef, you know, it's not coming in burger form. It's like you can make meatballs and, and meatloaf and whatever you want to do with it. And they were serving that up, but still in like burger patty form, and it was, it was like not a full-sized burger, but a big enough burger, and I was so full, and I was like, "yeah, I guess, of course I'll take this burger from you and eat it all right now." [Paul laughing] It's a horrible experience. Okay, Paul, number one, this is the thing that everyone was raving about, and I thought it totally lived up to the hype. There's this company called Wild Brine, and they're known for their sauerkrauts, and they do a lot of like fun, you know, purple cabbage kraut, things like that. But they have entered into the world of vegan cheese, and they made this brie that was out of this world.

Paul: [00:08:42](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=522.79) I like how you described the sauerkraut as fun sauerkraut--an adjective I have never used to describe sauerkraut. [Both laughing]

Andy: [00:08:49](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=529.161) It's fun and sour. It was, Paul, this brie was just really, really good. I don't know about you, but family is like a cheese plate kind of family at any sort of celebration, and I feel like I could bring this in and like slip it onto the cheese plate, and no one would understand that it is not made from cow's milk.

Paul: [00:09:06](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=546.72) You could brie-n this in. Eh.

Andy: [00:09:09](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=549.781) Why don't you wait in the car Paul. [Paul laughing]

Paul: [00:09:12](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=552.151) Why don't we switch places?

Andy: [00:09:14](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=554.73) Okay, so those are my top three. Be on the look out for those when they come out. I thought they were great. Hopefully we can do a little conversation about the rest of the finds there cause there was some pretty good stuff. Paul, I do have, I have a gripe--

Paul: [00:09:27](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=567.58) What's your gripe?

Andy: [00:09:28](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=568.291) that I want to get in there. I know that we have a lot to talk about this week, but we have devoted several episodes to Impossible Foods, right? The Impossible Burger and sort of this ethical dilemma of: should they test on animals? Do we dismiss it as a problem with the system? Should we condemned them? Is it not vegan? et Cetera, et cetera. We basically came down on, we understand that they had a really tough choice to make, that they probably would not have made it if it wasn't something that they felt like was the best way forward, and it seemed like really it's more of an issue with like the standards of the FDA and the system in place, et cetera. They had to sort of play, play the game, right? We are understanding of that. So I stopped by the Impossible Foods table, and they were trying out their new Impossible 2.0 Burger, and they were serving it as a burger. They're also serving it as a meatball, and the burger had cheese on it---

Paul: [00:10:22](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=622.651) No...

Andy: [00:10:22](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=622.86) --and then the meatball... And I heard them over-saying they're like, "Oh yeah, there's cheese on the burger, and then there's this meatball." And then I like asked to clarify and they're like, "Oh yeah, there's no cheese in the meatball." And so I had the meatball, and then I later found out that I was told the wrong information.

Paul: [00:10:37](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=637.951) Oh no...

Andy: [00:10:38](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=638.64) So, this fits real real well in our ex-vegan episode cause reset that clock right there, right. [Paul laughing] I feel like this happens like once every expo where you just get some clueless rep that doesn't know what they're talking about, and it's a horrible feeling, but of course, it's not your fault, so you sort of move on with it. So here's the thing though, they definitely, apparently the first day they were serving the burger with actual cows' cheese. At the time that I went by, it was not cow cheese, and the meatball they were serving did have cheese in it. All right. So I get that they're not trying to be like the vegan brand, but if they want to, I feel like this whole like essay that their founder put out about the impossible ethical dilemma of being just so distraught that they had to test on these rats, but here they are, just willingly putting animal products into the food that they're serving at this event.

Paul: [00:11:27](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=687.32) To play devil's advocate, Andy, or, or even to just, I don't know, I guess be a little skeptical, I'm sure, I would imagine it's not that same person, like the CEO of Impossible Foods that decided exactly what's getting put on at something at Expo West. Like, I'm sure that that gets delegated down pretty far.

Andy: [00:11:46](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=706.41) I will not allow you to play devil's advocate here, Paul. [Paul laughing] That is, I feel--it's not like some clueless like brand rep is coming in, you know, if they think that it's an important part of their mission to reduce the amount of suffering in the world, and they're making a product that is designed to remove as many cows as possible from the food production system, and then they knowingly and willingly serve something that goes against the entire mission of the company, which is about removing animals from the food production system, to me that rings a little hollow, and I don't understand why they would make that choice.

Paul: [00:12:19](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=739.29) I don't know. I just, I, I remain skeptical that this was, this was a, something that was even thought of higher up versus like this was delegated down to someone, and then that person without, you know, checking or anything was like, oh, I'm just going to, this is what people want, so I'm going to put these cheddar slices on it or something.

Andy: [00:12:42](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=762.12) Still, I don't buy it. Like I get that they're in a lot of restaurants that are not serving it on a vegan bun, or they serve it with cheese and mayo that's not vegan, like I understand that they're not going to control that part of the thing and that that's not their crowd. But, for them to purposely put the thing in. I don't know, I just, it feels like that's the kind of thing that a company has control over.

Paul: [00:13:05](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=785.88) No, I do--

Andy: [00:13:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=788.851) A little disappointing to see.

Paul: [00:13:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=788.851) I understand why you're frustrated too, because I imagine if they put on like a slice of, if they got, and you said they did have vegan cheese for one of the days, but if they put on a slice of vegan cheese and just didn't say anything unless people asked, I'm sure most people wouldn't notice anyways. Like if it was melted onto the burger.

Andy: [00:13:26](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=806.56) Yeah or no cheese. And I mean, like I think if it was just melted on the burger, most people would not notice, but they could do no cheese and just vegan mayo and ketchup or something like that. You know, like vegan mayo I feel like is indistinguishable for most people, especially when you mix it in with a burger and a bun and all that stuff.

Paul: [00:13:44](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=824.59) Exactly. I agree, Andy. That we can agree on.

Andy: [00:13:47](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=827.41) So I don't know, I'm side-eye...side-eye at Impossible Foods now. We spent so long defending and hemming and hawing over this, and it was very disappointing to see that.

Paul: [00:13:57](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=837.85) I understand your, your feelings, Andy.

Andy: [00:14:00](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=840.76) Okay, let's move on into just a little bit of follow-up, Paul. We received an email regarding two episodes ago. We talked all about the whole Steve-o making this Instagram post about not being vegan anymore, or it wasn't even an announcement of not being vegan anymore, but it was just sort of an acknowledgement of not being vegan, and we learned that this stemmed from a Q and A at a live show where someone asked if Steve-o was vegan or not, and we got an email from someone who goes by the name of Chris--perhaps--may or may not go by the name of Chris, and basically emailed to say that they may or may not be involved in the outing, quote unquote outing Steve-o in this regard, and that they may or may not be able to provide us with some details of this. And we responded to the email, and it came back as address unknown.

Paul: [00:14:45](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=885.83) Ooh..

Andy: [00:14:46](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=886.4) So, I don't know what kind of deep weird conspiracy we're involved in, but if you are the so called Chris, you should try emailing in again from your correct email address.

Paul: [00:14:56](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=896.33) [Paul laughing] Very suspicious.

Andy: [00:14:57](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=897.8) Yeah. I'm like, what are we getting involved in, Paul? It's going too deep.

Paul: [00:15:02](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=902.34) [Laughing] It's actually Steve-o. Steve-o is Chris.

Andy: [00:15:07](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=907.66) [Laughing] Steve-Chris-O. That's his nickname. [Paul laughing] Paul, on that note, on the celebrity note, a lot of people emailed in once we did that episode, and they're like, "I would like to know your thoughts on Ellen," who, you know, in a recent comedy special, acknowledged that she's not vegan anymore and she's eating fish a little bit, or Ariana Grande, I guess there's some big stink now where she was promoting a Starbucks drink that cannot be made vegan, and people are all just like, "Oh, you know, what, what do you feel about this?" And I, you know, I was kind of hoping to drive home the point in the Steve-o episode (we didn't just talk about Steve-o), but like in that episode that we don't think it's productive to obsess over like which celebrities are or are not vegan anymore. And I feel like maybe we didn't necessarily drive home that point as thoroughly as we would have liked to. But yeah, I mean I feel like, and this will transpose into over this episode as well, like, we're not really interested in dissecting every specific individual who says they're not vegan anymore, like dissecting their specific statements that they make. But, our guest on next week's episode, little tease here, we're gonna actually get into that real deep about why we should not necessarily be caring about which celebrities are and are not vegan. So, look forward to that.

Paul: [00:16:25](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=985.751) Not Steve-o yet, but maybe in the future.

Andy: [00:16:29](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=989.231) Well, you know what, Paul, I don't think either of us have actually reached out to Steve-o, [both laughing] and I feel like--

Paul: [00:16:35](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=995.47) We were so adamant about it, or at least I was.

Andy: [00:16:38](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=998.98) And I'll, and I'll just say, you know, Paul, it's been less than 24 hours, or about 24 hours since, the most recent episode came out, the interview with Jaime K, and we've gotten already a lot of great comments and feedback on that episode. And that's something that I know that, you know, Jaime was, was very wary about putting that story out into the public, knowing how harsh sections of the vegan-sphere can be. So I wanted to say thank you to everybody that is being kind and thoughtful in their responses. And it seems like a lot of people were really sort of craving that type of conversation to be put on record because it's not something that you hear a lot of people talking about from a specifically vegan angle. So yeah, thank you for everyone that has been sending in those great emails to us. And if you had not had a chance to listen to it, I would say highly recommend going back and listen to that interview with Jaime K.

Paul: [00:17:23](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1043.26) And speaking of thanking people, Andy, we have a few people that we also need to thank, and that would be our wonderful Patreon donors. So as Andy mentioned at the top of the episode, if you would like to join this wonderful Beardo Patreon family, you can head over to thebeardedvegans.com/beardo, you can get access to episodes early, you can get access to the bonus episodes, and yeah, and you can just join in on all the fun. So Andy, this week we have a few new Beardos to thank and just would like to give a big shout out to JLT

Andy: [00:17:56](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1076.49) Shawna W

Paul: [00:17:57](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1077.84) Kara L

Andy: [00:17:58](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1078.291) and Eylea. Ellia. No last initial. Just a singular. Just a singular Ellia. Yeah. Thank you to everyone. Also, Paul, flawless transition into this little thank you section.

Paul: [00:18:10](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1090.95) [Laughing] Kind of, I'm sure you edited to make it sound much better than it actually was, but yeah, like I said, head over to thebearded.vegans.com/beardo. There, you can find the link to the Patreon, you can find the link to the Paypal, if you want to just make a one time donation, you can also find a link if you want a Bearded Vegans t-shirt. So check, check it out, check, check, check to check it out.

Andy: [00:18:34](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1114) All right, well I'm definitely editing that out, Paul. [both laughing] Yeah, thank you to everyone, and you know, we know that not everybody can financially support the podcast and we do appreciate everyone that is, is able to and does. If you can't financially support, we always appreciate iTunes reviews, spreading the word, sharing the links with friends-- any episodes you think people might find helpful, spreading along because that is how the podcast grows. So thank you to everyone that helps us out in any capacity.

Paul: [00:19:00](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1140.19) Hell yeah. All right, let's move on into the main event, The Ex-Vegan Episode, Part Two: When Health Fails.

Andy: [00:19:07](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1147.72) All right, Paul, I feel like this episode is kind of the one that most people are like really wanting us to do because we're going to talk about a phenomenon that I think is probably like the most publicized side of the whole ex-vegan thing. But just to sort of set it up, you know, we did not mention this in the last episode, but according to some surveys, the rate of recidivism within veganism is incredibly high. Certain surveys place as high as 80% of people that go vegan go back to being not vegan anymore. And so that means for every two vegans out there, there's like eight to ten ex-vegans out there. I'm a little skeptical of these numbers because I always wonder how many people are getting put into the fold because they went, they did like a 30 day plant-based cleanse or you know, like how vegan where they, you know, it's like a weird thing to quantify, right? But you know, some people when I read their statements, they're like, "I was vegan for 90 days, or I was plant-based, eating plant-based for, you know, half a year," or something like that. And to me that feels like they're casting a wider net, I guess to use a very non-vegan term, than like... I would like to see a survey of people that are like solidly ethical vegans that have stopped being vegans and like the reasons for that and how many people do it. That would be something that I'd be really curious to see and, as far as I could tell in my research, is not something that we, that is out there yet.

Paul: [00:20:41](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1241.23) I'm surprised, Andy, when you said, because when you started saying that, I was like, "Yeah, I agree with you," and then when you said, you listed half a year as the like, "not vegan," in the "not vegan enough" category. I was surprised by that because I would put like 30 days as the, as the kind of, if you've made it past 30 days, I feel like you can be put in this survey category or like, a more accurate survey would be one that said, "Have you ever been vegan for more than 30 days?" or something like that, but you said half a year. I think that's a pretty long time.

Andy: [00:21:15](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1275.341) I mean I would say, I think you have to make it at least four to five months before you can say you've really like given it a shot, given your body a chance to acclimate, and like really sort of adjusted to it. You know, even I consider even someone that's like a year into vegan, they're still a baby vegan. Like they're still, you're still feeling it out. I mean, I know that, you know, even just a few months into veganism, I was incredibly passionate about it. It felt like something I was going to be doing forever, you know? So I get that. I don't mean to discount people that are new vegans. Some people will come up, and they'll be like, "Yeah, I've only been vegan for eight months." And they say it kind of like, I want to say sheepishly. Is that also not like, is that like a bad descriptor for a vegan? [Paul laughing] Bashfully, I guess? Or they say it kind of hesitantly or reservedly or guardedly and as if they're like, "I haven't earned my credit yet." And I'm always like, oh, that's so awesome. Like, thank you. You know, thank you. You're welcome. And then whatever, I don't want to say thank you, but like, welcome, welcome to the, the right side of history or whatever. [both laughing] And, like I don't mean to discount that whatsoever, but I also feel like there's a certain point when being vegan feels like breathing. And I'm, when I say that, I mean, it just feels like what you do, you know? And I feel like someone needs to kind of get to that point before they're like, "I was vegan, and I was like really vegan." But that's just, that's just my opinion. And obviously that point is going to vary for different people.

Paul: [00:22:38](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1358.65) Yeah. Hmm. All right, Andy. Okay. Cause yeah, okay. No, we're gonna, we're movin' on from this. [both laughing]

Andy: [00:22:46](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1366.3) So, but anyway, if we do accept the surveys as being correct that like 80% of people that go vegan stopped being vegan, Paul, that means we have a big huge giant problem on our hands, right? Cause we are pouring so much time and effort, and by we, I mean just across the board, I would say the vast majority of, of resources and effort that are devoted to anything vegan-related are, it seems like mostly they're devoted to getting people to go vegan. Would you say that's accurate?

Paul: [00:23:16](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1396.69) Yes, I would.

Andy: [00:23:18](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1398.04) Yeah. I mean that's obviously that's totally just, there's no, there's no data backing it up. But it feels like anecdotally, it feels pretty safe to say that. And if we're spending all of these, these resources to make new vegans, and our ship is just sort of like leaking out the bottom at a massive rate or just like hemorrhaging vegans like left and right, that's an issue, and that's one of the reasons why I wanted to examine this issue. So Paul, that brings us to this week's episode, which is all about what happens when people's health is failing them while they're on a vegan diet or while they're living a vegan lifestyle. And I assume we're probably going to really want to make some big distinctions between like plant-based diet and those who are like solidly, ethically vegan. But you know, there's like a couple of different reasonings, and we talked about the Steve-o thing last week because that didn't fall into health. It wasn't like Steve-o like, "I wasn't feeling good. I had brain fog," and you know, all the things that you normally hear. But what I'm thinking about, I'm like, what would you say Steve-o's reasoning was?

Paul: [00:24:20](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1460.31) That's a good question because it doesn't seem like there was a shift in ethics from what we read because it's still, he's still opening up that sanctuary, you know, it still seems like he's relatively passionate about that kind of stuff. So I wouldn't say it was a shift in ethics. I also wouldn't say it was a shift in health or, or anything for the health reasons. So I don't know, I might chalk it up to, he accidentally did something not vegan and like realized that he missed that and wanted to continue doing that type thing. Right? Cause that's kind of what happened.

Andy: [00:24:56](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1496.83) Yeah. There was the clamato juice story, and it was basically just, "Oh yeah, I liked this thing, and I'm going to have it." And you know, there was the exploration of well our bivalves, do they feel pain? All of that. But yeah, it just sort of seemed like a thing that was like, I'm just doing this now. It wasn't like I'm, I'm dying or vegan ethics are flawed or any of that.

Paul: [00:25:19](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1519.12) Although, it's like we did definitely note that it seemed like it was a calculated and well thought out move. So me saying that his reasoning was, "I accidentally did this thing, so now I'm going to keep doing it," I guess, kind of is at odds with what we were talking about last or a couple of weeks ago.

Andy: [00:25:39](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1539.46) I suppose. But anyway, that brings us to the main discussion today. We got an email from Caleb J. Who sent us in this letter regarding a recent video from a YouTuber named Bonny Rebecca, who is, it was basically talking about why this YouTuber is no longer vegan anymore. This is not someone that I was familiar with at all. You, Paul?

Paul: [00:26:03](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1563.57) No, I think neither of us are in tune with the, with like the famous YouTube scene, except for like the superstars, maybe.

Andy: [00:26:10](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1570.63) There is like this whole other world out there, Paul, of like the Youtube vegan world. It's one that I'm not a part of. It's one that, in general, feels incredibly toxic. It just feels like most of the videos are people attacking everybody or like dissecting other people's videos, often in like a really mean-spirited kind of way. And it's kind of interesting to me to know that there are some vegans where like that's the vegan world that they exist in, even if they're not the content creators, that's like they're living to sort of soak up those videos, and that's where their perspective veganism comes from, which to me is just such an alien experience. But maybe that's a conversation for another day. So that brings us to this email from Caleb J. Again, all about this, this Bonny Rebecca making this statement talking all about why they are no longer vegan. But Paul, do you want to read this email from Caleb?

Paul: [00:27:02](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1622.34) Sure. Caleb emailed in: "I would definitely be interested to hear your thoughts, particularly about how the vegan community should respond. I honestly know almost nothing about Bonny Rebecca, but she basically says she quit being vegan because she and Tim were having health issues that cleared up once they started eating animals again. The main thing I'm interested to hear you guys talk about is the reaction from the vegan community. Obviously it sucks when someone is very publicly saying, 'veganism made me sick,' but most of the responses and comments I've seen are really inconsiderate of the possibility that some people have legitimate health concerns or things that make it harder for them to be vegan. Not saying she does or trying to defend her, I really didn't know her at all until this video. Haha. It just seemed ugly to me that so many people were making assumptions and saying things like, quote, 'I haven't had any problems, so you must be doing it wrong.' Mic The Vegan had a response video that I watched a little bit of and it seemed to be at least coming from a place of kindness or good intention, but I'd really love to hear what you all think is the appropriate response to a popular vegan giving up."

Andy: [00:28:06](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1686.58) I think it might be Mike, the Vegan.

Paul: [00:28:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1688.95) Oh really?

Andy: [00:28:09](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1689.84) And the Tim that's being referenced in this is I believe Bonny Rebecca's partner, not a different Tim that we'll bring up a little bit later in this episode. [Paul laughing] So Paul, this email was sent to us, and then I was on a long drive, and since I have that unlimited data, I listened to Bonny Rebecca's video while I was doing a drive because it's pretty long. It's like half an hour long. I also listened to the video from Mike the Vegan regarding the sort of response to this, which is basically just sort of saying, "it sounds like from your experience, this is what I think you were doing wrong, and this is probably what you could have potentially done to cure the issues you were having." So in a nutshell, basically the Bonny Rebecca video, it's something that I have seen, and I'm sure you have as well, Paul, like just play out time and time again, which is sort of this very sad and downtrodden, sullen YouTube video where the, the creator announces that they're no longer vegan. They explain why, and you know, there's always some variation to it, but for the most part, it's like, "my health was horrible. I tried this, I tried this, I tried this, I went to this doctor, I tried this, I tried this, nothing worked. And so I decided that I had to incorporate maybe some fish and some eggs into my diet." That's usually like the first thing a lot of people sort of bring back in.

Andy: [00:29:27](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1767.401) And then once they bite into those eggs, there's usually, I've seen this phrase used so many times, Paul, where they'll say something like, "I felt every cell in my body just come alive and spring to life." [Paul laughing] And then within a day, to a week, usually it's just a few days of them eating said animal product, all of a sudden, their health problems have been cured or like 90% of the way cured. And, and this is like, this is like a tale as old as time. This is something that I've been seeing coming out time and time and time again ever since I've been vegan. So, you know, again, like I said, you know, we're not interested in picking apart every single celebrity's reason why they're not vegan. We're not interested in picking apart every single YouTuber's reason why they're not vegan. I think that sort of to one of Caleb's points that was brought up in the email there, I feel, Paul, there's like nothing worse and more annoying than someone offering unsolicited health or diet advice. Would you agree?

Paul: [00:30:27](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1827.13) Yes, definitely.

Andy: [00:30:28](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1828.51) Right? And so like, that's like not what we're here to do. We're not here to, to look at people's videos and be like, "Well clearly they just needed to eat some more nuts," or something like that. But given that this is such like a widespread phenomenon we thought it'd be interesting to sort of dissect it a little bit, talk about maybe some potential flaws in what was going on there and also mostly to get to Caleb's point, which is like, how do we as a community respond to these things?

Paul: [00:30:51](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1851.85) Yeah. And also, we are certainly not in, Andy, positions to be giving out health advice to people.

Andy: [00:30:58](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1858.9) Yes, I put in our show notes, giant caveat: We are not diet or health professionals, and we are going to speculate to the high heavens on this episode. [both laughing]

Paul: [00:31:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1868.5) Beautiful. Beautiful.

Andy: [00:31:09](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1869.551) So Paul, we got a couple emails about Bonny Rebecca, I think we got even more about Tim Shieff--I think I'm pronouncing that correctly--who is like a top freerunner just really noted vegan athlete, was a Ninja Warrior. I don't know what they call a Ninja Warrior in the UK, UK Ninja Warrior, which is a show I love. I love the American Ninja Warrior. So someone that's like sort of this really very accomplished athlete and noted vegan also recently came out with a video talking about why they are no longer vegan and all of and the same formula. Basically like here's the health struggles I had, here's what I tried. I had some, some non-vegan food and almost immediately, I had some sort of positive reaction to it.

Andy: [00:31:51](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1911.07) And Paul, in preparation for this episode, I painstakingly went through dozens and dozens of, not the videos, but the, the blog posts, the written statements from, from a number of people that are making their posts their big, "This is why I'm no longer vegan" thing. It's interesting to me because I feel like some people experience a lot of shame and they really sort of try to hide that thing and remove themselves from the public eye when this happens. And other people sort of go in the opposite direction, and they really kind of embrace it and make that a part of like their brand now that they're, that they're no longer vegan. I feel like for me, if I, if something happened where I had sort of made this very much a part of my identity for a long time, I would relate with feeling shame or kind of wanting to hide and not really confront all of the people that I had sort of, you know, espoused this, this philosophical belief or ethical view or whatever it is. But, I guess people have all sorts of different reactions.

Paul: [00:32:50](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=1970.18) Yeah, I think I would relate to that, Andy. And that definitely struck a chord with me in the Jaime K interview that we had last week where it's like, I already kind of, despite doing a podcast, it's like, I like to keep a low profile in, in, in life, in general. And I feel like if that would be something that I, I wouldn't lie to people about it, but I definitely would not tell barely anyone. Including you, Andy. I'm just kidding. Of course I would.

Andy: [00:33:21](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2001.68) [Laughing] So, yeah, so I mean, I guess that's just, that's how I would kind of react. But, but from going through these statements, I noticed a trend. Now, I didn't read every statement out there. We're definitely gonna be speaking in some very broad, generalized blanket terms here. But I noticed some, some running themes throughout a good majority of the people that were willing to sort of put their thoughts on record about why they're no longer vegan. I would say the very first and foremost thing that I noticed across almost across the board are the people that were making these statements regarding their health were almost always engaging in some form of a highly restrictive diet. You know, it's, it's generally speaking, it didn't seem like it was the people that are eating the occasional beyond burger or going to a VegFest and, and trying the nachos and like all of that stuff. It's usually the people that are doing, you know, entirely raw food or doing juice cleanses or doing some incredibly low fat or no fat diet like that.

Andy: [00:34:22](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2062.64) Again, not in every case, but that was something that was a very consistent theme almost across the board. A lot of people acknowledged having eating disorders, and basically a lot of it, I would just sort of, you know, again, not my professional, I don't have it, I don't have a professional opinion on this, [Paul laughing] but I feel like a lot of people would look at that and, and classify the experiences of these people as being Orthorexia, which is basically an obsessive behavior of being in search of a healthy diet or the perfect possible diet. And it seems like that is something that a lot of these people were sort of obsessed with finding the absolute perfect possible thing to put into their body to feel themselves, to be like the answer, the key, all, all the time. That was definitely something that I noticed a lot.

Paul: [00:35:11](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2111.75) Yes. I mean, Andy, you did much more research than me. I watched the few videos and yeah, it definitely seemed like a lot of the people would say things--or the ones that I watched, the few videos that I watched--would say things like, "Oh, and we tried this and then, and that wasn't working, so we tried this," like as if they were saying, "Oh, look at all these things that we tried and it still, and veganism still didn't work in all these different variations of veganism," but it was all variations, like you said, of these very restrictive forms of veganism. It was never, it was never, oh, and then we just went out and ate Beyond Burgers.

Andy: [00:35:50](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2150.78) Yeah. And you know, not that like the Beyond Burger is the cure all at all, but they are--

Paul: [00:35:55](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2155.18) Oh, it is, Andy.

Andy: [00:35:55](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2155.73) pretty damn tasty. [both laughing] I mean, yeah, the silver bullet is the Beyond Burger for sure. I mean it's, it's kind of interesting though because like in Caleb's email, which was essentially, you know, saying a lot of people sort of commenting on these videos and blog posts saying, "Well, I haven't had problems, and this specific diet worked for me, so why, you must be doing it wrong or not doing it right or cheating," or whatever it is. I feel like a lot of people that are following these diets are sort of following, and I feel like I need to stop saying this, again, this is very generalized, right? But I feel like from what I've witnessed, a lot of these people are sort of following other YouTubers that are prescribing certain diets, and they're not professionals, and they've sort of found a way of eating that works specifically for them. Or maybe, maybe it doesn't, you know, you never know what people are like actually portraying in their videos. But it feels like a lot of people are sort of following someone that was like, "Oh, that person did a juice fast and that seemed to work for them.," whatever quote unquote "worked" means. And sort of people are following these incredibly highly restrictive diets that's often not really backed up by like a professional dietitian advice.

Paul: [00:37:03](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2223.61) You know, it's funny you said that Andy, it's almost as if these YouTubers are bloggers. Their income depends on how many people follow what they're doing.

Andy: [00:37:13](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2233.43) [Laughing] You know, Paul, I never thought of that before. [both laughing]

Paul: [00:37:16](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2236.34) But, but you know, honestly, it makes sense that these like those people putting out that content would want to present things in a way that would make it seem either easy to follow or, or that they're going to get these great benefits. I mean it's, it's, I am, I am very mildly in tune with the fitness, weightlifting community, and it is just riddled with people, you know, trying to sell their own product that just says like, "Do this and you'll get this result." And this is, I mean, it's kind of like the same thing. It's these people saying, "Oh, look at this, look at these things that I'm doing that are working great for me, and they can work for you too. Just follow along with my videos, and watch my content." And they're not necessarily selling something, but what they're selling is, is the like people watching them, their views.

Andy: [00:38:06](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2286.13) Yeah. Yeah, definitely. And so sort of little sub categories to the whole, a lot of like highly restrictive eating, like aspect of this. A lot of people use language to express how hungry they were all the time. You know, some people were saying that they were like painfully hungry, so hungry that they couldn't think about anything other than eating. And to me that, that seems indicative of, not an issue with veganism, it's an issue with the amount of food you're eating or maybe what food you're eating. But to me that just sort of like, again, we're not to be like, "They did this thing wrong," but it feels like it's like sending up this big red flag where if they just talk about how hungry they are all the time, it's like, well clearly that's not a type of veganism that anyone should engage in, and it's not something that anyone should really be promoting is one where you're hungry all the time because that is a diet, you know, we see it all the time. Vegan is not a diet. It's like a way of life. It's not something that you should feel like you're depriving yourself of something all the time. And it feels like these people were living, a lot of them living, lives of deprivation constantly. And I don't blame anyone for, for going, "This is not working for me cause I'm hungry all the time no matter how much food I eat. So that, that was also a consistent theme.

Paul: [00:39:20](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2360.65) Yes. Yes, no, definitely. Definitely.

Andy: [00:39:23](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2363.471) And then, you know, a lot of people, just interesting to know, I don't really have much to say about this, a lot of people mentioned feeling some sort of brain fog, just sort of I guess like a hazy head feeling. I've definitely experienced brain fog before, but how do you know? It's such a subjective thing. That's something a lot of people have sort of assigned to their veganism. They felt like they're getting like brain fog, they couldn't think anymore. And basically like basically everyone that falls under this category for the most part almost exclusively are people who went vegan specifically to achieve some sort of body image goal or health oriented goal. Very little people acknowledged sort of the ethics behind going vegan and for all that reason I would say most of these people we would not, you know, we don't get too caught up in this labeling, but like for the most part, we would say these are plant-based eaters. They are not people that are trying to adopt a vegan ethic throughout every aspect of their life.

Paul: [00:40:18](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2418.341) Yeah, and I feel like this, that will come into play later on in the discussion where we will talk about maybe the reasons why people stop being vegan because I feel like in general, Andy, we like--the two of us like-- to make the claim that, oh, if people that are vegan for the animals are more likely to stay vegan, but I guess we'll look into some study later that will either confirm or deny that or, or throw something else into the works as well.

Andy: [00:40:44](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2444.26) Yeah. Or maybe it will mean nothing to us at all. [both laughing]

Speaker 1: [00:40:48](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2448.65) So, okay. So another, another sort of terminology that I found was pretty prominent throughout a lot of these statements: people talking about listening to their body slash having intense cravings for meat or animal products, eggs, whatever it might be. I will say this: this is my experience with that, and obviously, that doesn't transpose into everyone's experience-- I am someone that's been vegan for a while. I've experimented with different ways of eating while being vegan, I certainly very much fell into the sort of like diet trap, you know, early on. And, and so I was like, "I should try being a raw food vegan. I should try doing juice fasts." I actually did a 60 day juice fast once, and I, I did like raw food for a month and actually found doing a juice fast was easier for me than it was to do raw foods. But it wasn't until I was ever on, doing like exclusively raw foods that I ever felt cravings for like meat. And when I say that, I mean I would see like Burger King advertisement that previously I would be like, that doesn't register as food. And when I was doing raw food, I would see that and I would, I would be like, "I'm hungry, and I would like to eat that right now," you know?

Andy: [00:41:57](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2517.5) And then of course I stopped eating raw foods and I started incorporating, you know, cooked vegan food and vegan meats and stuff like that. And then my, my brain sort of went back to being like, okay, yeah, Burger King advertisement, that's gross. You would never eat that. That is not food anymore. And so, I don't know, it's kind of interesting to me because it makes me wonder like, did my body need meat or was it just the experience of eating something, you know, hot and greasy or was it the fact that I was not getting a lot of fat into my diet when I was consuming? You know when you're doing a juice fast, you're, you're, you're like, it's like you're just getting the nutrients for the most part, stripped of a lot of fiber even. And so it's like, okay, yeah, there's probably stuff you're not getting, and it might make you crave other things, but I don't know. That's just my little anecdotal experience right there.

Paul: [00:42:44](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2564.16) Yeah. And I'm going to give my a non-professional opinion about that, Andy. Like, I wonder also if, if when you said like, "Oh, I had cravings," when you would see like a Burger King hat or something like that, but then you, you followed that up by saying, "or maybe I was just craving something hot and greasy." Like, I wonder if it is the, like your body knows that you need like fats or it knows that you need protein, and it sees these things and knows that it has those, and that's why you have those cravings for those specific things. You know? It's not like, like I feel like it's, it's almost weird for people to say, "My body is craving animal products," because it's like, what is it about...It's like why do people say that? Instead of breaking it down and saying, "Oh, my body is actually craving fat," or "My body is craving a protein," or something, or "My body's craving carbs," or something like that, which I feel like is actually, maybe that's actually what's happening and not that you need an animal product, you know?

Andy: [00:43:42](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2622.5) Yeah. I mean I think that that's entirely likely, and I also feel like we sort of, as humans--I know, I certainly do--like we might get this something into our head that we like need something. And I know for me personally, the last time that I did a juice fast, and I was preparing to get out of it in like seven days or something like that, and I started researching, and I was trying to be like very, you know, Doctor Fermin; salt oil, sugar free, all that stuff. And I was preparing, and I was looking at recipes, and I just became obsessed with like what's the first thing I'm going to make? And it was some super healthy and flavorful like green stew or whatever. But I just got so obsessed with like, like fixating on it and just like waiting for that. And I had been depriving myself of of solid foods, and I ended up cutting the juice fast short by like two days at that point or something. Cause I was just like so fixated on needing this thing, it's like did I really need this thing? I don't know, but my brain just like latched onto it, and it was like determined to get it inside of me at like any cost. And so, you know, that's also something, and again, my experience is not universal and not everything, but I think anecdotally, it's interesting to add to the conversation.

Paul: [00:44:48](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2688.63) And I think with stuff like that. And I do think that this possibly applies to some of these YouTubers or bloggers. I feel like there's also a psychological element to it as well. When you are, when you are depriving yourself of something versus you know, like Andy, you and I talk about how it's like, when we see animal products now, for the most part it's like if I, if I see like a slab of meat or something, it doesn't register as food. So it's not, I don't see it as something I'm depriving myself of. But, versus like something when you're doing the juice fast and you're like, "I, ethically," it's like, "I can eat this other stuff, but I am, I am depriving myself of it." And I imagine that there is some psychology behind that as well. Like how you view what you're doing, like what your, I guess, what your diet is and especially if it's super restrictive, it's like, you know that you are purposefully not doing these things, and I feel like psychologically that makes it harder to continue to, to live that way.

Paul: [00:45:48](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2748.171) It's kind of like, it's like that thing that psychological thing where it's like, if you want to stop doing something, like if you want to stop smoking, you don't say to yourself, "I need to not smoke," because that's putting the idea of smoking in your head. You say to yourself, "I'm going to chew gum." It's like you, you put the attention on something else because even if you're, even if you're saying, "I'm not going to smoke," it's like you're still putting that idea in your head. Maybe that relates, maybe not. Who knows Andy, I'm not a psychiatrist.

Andy: [00:46:16](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2776.1) I don't know, Paul. [both laughing] And, yeah. And I guess the other thing I wrote down, and I guess I already mentioned this, but basically, the sort of this theme of like, the second someone consumes animal products that like the, the every cell in their body comes alive or some, some variation of that. I just, I felt energy shooting throughout my entire body, and it was this orgasmic experience, and for some people, quite literally [both laughing], as we'll talk about, but that's like the other thing. So, those are sort of like the common trends. And Paul, as we mentioned, we are not diet professionals at all, and we could speculate until the, the tofu comes home and puts itself in your, your air fryer. But we decided that it would be much better than for us to speculate. We should talk to someone that knows what's going on and has been researching and writing about the ex-vegan phenomenon for a very long time.

Andy: [00:47:10](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2830.97) So, we turned to Ginny Messina. Now, Ginny goes by The Vegan RD and is a registered dietician for over 30 years. Co-author of a number of books including Vegan For Her, Vegan For life, even Vegans Die along with friend of the show, Carol Adams and most recently, Protest Kitchen. And what Ginny does with The Vegan RD is basically trying to cut through the hype, look at the studies, and sort of figure out what can we actually say about a vegan diet. What can we promise, what likelihoods can we, can we bestow upon people in our quest to, you know, convert vegans or whatever it might be, whatever your purpose is. And so, this is someone that has spent a long time sort of debunking some of the outrageous health claims that go along with vegan advocacy a lot of the time and basically trying to put a very level-headed spin on what sort of health claims veganism can make.

Andy: [00:48:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2888.2) So, I sat down to talk with Ginny and ask a few of the questions that we had. And Paul, the first question that I had was: why do these people who are so focused on healthy eating-- because I feel like it's rare that you find, at least the person that's going to put it into big blog form, it's rare that that person that's doing the blog about why they're not vegan anymore is what I would call the average vegan, which is someone that probably does eat some salads and vegetables and all that stuff, but they also enjoy their Gardein crispy tenders and Beyond Burgers and, you know, vegan birthday cake and like all of that stuff. It's usually the people that are like really making the effort to ingest things that most people would consider to be very healthy (fruits, vegetables, nuts, seeds, et cetera), and are like paying the most attention to their health. Why is it these people are the ones that we see these statements from, where it seems like their health is not even just gone a little bit downhill, but gone drastically downhill? And so, I asked Ginny that, and this is what she said.

Ginny: [00:49:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=2948.14) Yeah, it is. It is pretty curious. And I, and I think that that the issue in many cases probably in most cases is this, this idea of ultra-healthy eating or what these bloggers believe to be ultra-healthy eating, which almost always seems to morph into some extremely restrictive form of veganism. And so I, you know, the most recent one that, that we heard about in his, his name escapes me. He was an athlete who just abandoned veganism, and right before he decided that he couldn't be vegan any longer, he was doing a 35 day water fast. That's not a healthy vegan diet, and it's not really surprising to me that he wasn't doing especially well. Some of these people do have overt nutrient deficiencies. It's not surprising that they do if they're eating these, these really restrictive diets. And so they don't feel well for a legitimate reason because they might not be getting enough vitamin B 12 or enough vitamin D, but that's not a consequence of veganism.

Ginny: [00:50:09](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3009.61) That's a consequence of these really restrictive vegan diets or just following, you know, not following good, good nutrition guidelines. I think that it's possible that sometimes they're not eating enough fat and protein to, to feel their best. And I'm not talking about actual nutrient deficiencies of fat and protein, but kind of an overall perception that they might have, that their diets are too low in these nutrients because they're not eating concentrated sources of these foods. So it's kind of more of a psychological thing that's convincing them that they're not getting enough fat and protein when they'd probably feel better if they just ate a little bit more fat and maybe some veggie meats and maybe some cupcakes, as you mentioned. And finally, you know, I think that it's also possible that people go on these extreme versions of vegan diets, attribute way too much to the relationship between how they feel and what they eat.

Ginny: [00:51:05](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3065.541) And I'm not saying that this relationship doesn't exist because it definitely does. You know, we, most people definitely feel better when they eat well. But when you're so focused on food choices, and you feel like every single food choice that you make needs to be absolutely perfect, it might become easier to start believing that you're actually doing something wrong. And if you're a vegan, then it might become pretty easy to believe that the thing that you're doing wrong is not eating meat. So, I think that there are a whole lot of things that play into this, but it all kind of circles back to what you mentioned originally about these ultra, these ultra-healthy diets and the issues that are driving the need to eat a whole and ultra-healthy diet. Why people, you know, feel so committed to doing that.

Paul: [00:51:55](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3115.7) Yeah, so I think, I think this kind of relates back to, you know, the psychological aspect that maybe I was mentioning before. I mean, obviously Ginny brought up that it's, it's not surprising given that these people are restricting themselves a lot. And, and like we've, like we've said earlier, Andy, it's, it's, you know, it's not surprising that this stuff is happening.

Andy: [00:52:17](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3137.66) Yeah, definitely. I mean, to me that makes total sense. And so then I kind of followed it up with this, the, I brought up the whole, like, "every cell came alive" thing and just basically this, this thing that you see in almost every one of these statements, which is, "The second that I ate these animal products, I felt this amazing feeling in my body, and within days, all of my health cleared up." And I was like, what, what do you make of that?

Ginny: [00:52:41](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3161.99) Well, you know, I'll be honest that, since I first started writing about this, my, my viewpoint has shifted just a little bit about this whole phenomenon because there is evidence that people can have actual physical responses to the taste of something. For example, there are studies of athletes in the middle of a, of a competition. When they taste carbohydrate, it actually increases their, their energy and their glucose levels, even though they haven't even ingested the carbohydrate. So that can happen. But, when it comes to eating meat, I think that, that a lot of this response that, that people are feeling is really, it's really a response to a belief, their belief that they actually need that food. I think that first, they believe that they need to eat that food, and then they have this sudden response because no, you know, you can't feel every one of your cells come alive.

Ginny: [00:53:36](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3216.93) You just can't. [Andy laughing] And although there are definitely some conditions that change very quickly in response to diet, it's pretty unlikely that some long time ailment is going to be cured in a few days of eating an egg or you know, having a serving of chicken meat. So, I think that these, that there again, there is some data to support the idea that when you taste something, you can feel a physical response to that, but I think that these responses are a little bit overblown. So, I don't put too much, I don't take them too seriously.

Paul: [00:54:14](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3254.46) So, Andy, this, this definitely makes sense to me, and it makes sense to me that, that this is like not an actual, like Ginny was saying, this is not an actual phenomenon. And I don't know, to me, the, the unlicensed professional, what it seems the unlicensed, unprofessional, what it seems like, is that it's maybe more like, if I didn't eat sugar for a really long time and then I had a piece of candy, I am sure that that candy would taste phenomenal. Or if I didn't, you know, it's like if you don't have something for a long time and then you have this thing like oil or fat, like a greasy hamburger, it would probably taste so much better than if you had it all the time. So, maybe that's what people are attributing this, this phenomenon to.

Andy: [00:54:59](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3299.58) Yeah, it just, it feels like it makes so much sense. And you know, like Ginny said, it's, it's not a lot of these, these drastically horrible health issues that these people have, it's not typically the type of thing that could just get turned around super quick by introducing some sort of, you know, new dietary component to, to your intake. So I did, I did find that kind of interesting, and that kind of just basically led me to ask point blank, like, are there, you know, because we try to be considerate of people that do have health issues or restrictions or whatever it might be. And if someone, when I'm doing advocacy is like, "I have this list of ailments, and that requires me to eat meat," and that's like the thing I want to be sensitive of, but it did lead me to ask Ginny like, are there some people that just need meat in their diets?

Ginny: [00:55:51](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3351.4) Well, in nutrition, I would never say, "Irrefutably, no," about anything. I would never say never. We, we learn new things all of the time. What I can say is that I'm not aware of any evidence to suggest that some people need meat, other than people, you know, sometimes people have such extensive food intolerances that animal foods are, are among the only foods that are left to them and, you know, that's a different situation. That's a, that's a situation where there are only a few things that they can eat, so yes, they're going to need to eat animal products. But, I'm not aware of any evidence to suggest that there are people who actually need something in animal products for their health that they can't get from plant foods, that there's just no evidence to show that.

Paul: [00:56:39](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3399.04) You know, Andy, I, I know of like just a few people, I don't know many people, but I know maybe a couple people who have gone from being vegan to not being vegan because of something like this, where it was like, they were, they went to their doctor, and their doctor said like, "You need to introduce these animal products into your diet." And like Ginny said, it's like, we don't, we don't know all these people. We don't know whether or not this is actually true or not. But what I will say is, I bet you Andy, that, that at least in some of these cases, it's possible that these people don't actually need meat in their diets, but the doctor or the dietitian or whoever they went to does truly believe that they do and then made that recommendation. And now it's like, if I was in that position, you know, I would say, okay, well I know nothing about this, and this person that is a medical professional is telling me that I need this. I mean, it makes sense why then people would be like, "Oh yeah, this is someone who I can trust, so that must be true."

Andy: [00:57:41](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3461.9) Yeah. I mean that's, that's definitely, that's such a treacherous territory to go into because as we know, most of medical professionals, they're, you know, they're not going to school and getting lengthy classes on, on the relationship between diet and health necessarily. They're, they're trained to treat other things. And that's, you know, that's something that we hear in the vegan rhetoric all the time. And actually, you know what, JL Fields brought that up in the live panel that we did, and it was kind of said like, you know, I'm not entirely sure if that's true. I don't really know how much nutritional training doctors actually get, but I've never heard anyone refute that statement. I've never heard any doctor be like, no. When, when that's brought up and I've had, I've had a number of conversations with doctors when I'm doing outreach on campuses that have like medical facilities, and I've never heard anyone be like, "No, we actually get like tons of, of, of nutritional training."

Andy: [00:58:29](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3509.69) So, I guess I have to accept that they're probably not, that's not the thing that they're trained to think about in, you know, as the first line of defense kind of thing. And so that means that they're working off of sort of the basic assumptions that like the general population is working off of, which is, you know, some, some vague sense of dietary advice that they've gleaned from whatever random sources. And so, that is tricky. And if you are someone that's dealing with some sort of chronic illness or, or something that's really horrible and your doctor's like, "Yeah, you should be eating meat." Like if you, if they find out that you're not eating animal products, probably the first thing they're going to say is, "Well, you should eat some animal products because you've taken this thing out of your diet, your health is bad, maybe need to put it back into your diet," kind of thing. So...

Paul: [00:59:10](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3550.21) Milk makes your bones strong, Andy.

Andy: [00:59:13](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3553.13) I guess, I guess so, Paul. [laughing] But with that said, I think that part of what we really wanted to talk about is, even if there isn't--aside from these folks that Ginny mentioned that probably have a lot of restrictions and whether that's dietary allergies or a certain medical condition that makes it really hard for them to ingest something or whatever it might be--what Caleb was getting at with this email was basically, well, how do we respond to this stuff? Like, do you think that if someone is making a post like this, whether it is some famous YouTuber or maybe it's just our friend that's struggling with this and they post that they're not going to be vegan anymore, do we respond with, "There is nobody that has nutritional requirement for me," and then give them all this like advice? Do we leave it be? Do we send a DM? Like, what do you think?

Paul: [01:00:04](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3604.2) It's funny you asked that because in, in the interview that you had with Ginny, you actually asked the question, what advice would you give to someone who, who like wants to go vegan but is worried about nutritional stuff? And you acknowledged this as well in the, in, in the interview, but I think she gave one of the best answers that I've ever heard. And, and actually, you know what, Andy, let's just, let's just listen to that right now.

Ginny: [01:00:27](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3627.57) Well, I see, you know, of course, you know, if somebody is asking, asking me how they should go vegan and what they need to be concerned about in, in terms of nutrition of course like, you know, tell them that they need to identify foods that are good sources of calcium. They need to make sure they're taking a vitamin B12 supplement and vitamin D supplement, which is, you know, would be true whether they're vegan or not. I think that, what I try, what I try to convey is that there is a small learning curve when you go vegan that there is definitely a learning curve. It's not a huge one, but there are things that you need to know, but then eventually it really does become second nature. And the other part of that, the other thing that I want to make sure that people know when they're first contemplating a vegan diet is that there are no plant foods that are toxic or completely off limits.

Ginny: [01:01:19](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3679.44) Because I think that that immediately gives a lot of people a sense of relief. That maybe this is going to be a little bit easier than they thought it was going to be. I try to assure them that vegan diets are safe, and then again that, that some people do experience health improvements when they go vegan, but that it's not a given. It varies among individuals; it depends on, on a lot of other, other circumstances. So I, I, I try, I, I try to let people know that you do need to know something. You need to know about vitamin B12. You need to know about calcium. It's, you know, true of anybody that's, that's changing their diet. It's not difficult, but there is a little bit of a learning curve and that they're going to have fun exploring a whole bunch of vegan foods because nothing is off limits.

Paul: [01:02:09](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3729.78) So, Andy, I wanted to, I wanted the, I wanted the listeners to hear that because in addition to just being a really good answer, Andy, I feel like I want to hone in on that learning curve part because I feel like especially when someone, you know, it's like if, if this is a new vegan or if it's someone that is on one of these highly restrictive diets, and maybe it's not working out for them, I feel like it's important to bring up to this person--because you were asking me, how do I respond to this--I feel like it's important to bring up that there could be a learning curve for going vegan and, and this is of course not to, not to dismiss people who have gone vegan and like have tried what they believe to be, you know, every different, every different way and, and something is not working out for them. I'm not trying to invalidate that, but I do think what Ginny said is important that it's like there might be, you might be doing something that's not working for you, and the thing that's not working for you might not be veganism as a whole.

Paul: [01:03:12](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3792.57) It might be that you are, you know, you don't have B12 or you don't have enough calcium or you don't have enough vitamin D. Like Ginny said, you'd take those supplements. So it's like, I do think that that's how I would respond to something like that, maybe. Because I feel like, at least the way that she said it, it's hard for me to say it as succinctly and elegantly as she did, but it came off--and I think this is the important thing--it came off as very nonjudgmental, and it came off as, as like, I believe you that you are struggling with this. Like, and many people do struggle with this, but that, that doesn't mean you necessarily, that doesn't necessarily mean that veganism is the thing that's wrong, you know?

Andy: [01:03:56](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3836.1) Yeah. I mean, I think that that's great advice because I, you know, when I was talking with Ginny about that, I was primed to have this whole conversation where I hem and haw about, well, how do we present veganism as being like easy enough for people to do, but also making sure that they get proper nutrition so that they don't become another ex-vegan because they feel like they, they gave it a shot for a month and they just weren't feeling really good? And, you know, like I mentioned in the interview, and you know, we'll put the, we're going to put the full interview up on our Patreon. We're only putting a couple of clips of it in the show here, but, you know, that I went to a farmed animal sanctuary, and they give a handout to people. It was the only thing they gave to people about veganism, and it was just list of dietary nutrients that you need.

Andy: [01:04:41](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3881.31) And it just seemed really scary even as a non-vegan. And so, trying to find that balance. And then just hearing Ginny say that, I was like, oh, that's, that just feels like an easy thing to say, but not an easy, not dismissively I mean like, that just feels like a very natural, comforting, realistic thing to say to people that presents veganism as something that does take a little bit of work, just like anything that's worth doing, but it is achievable, and you will have, you know, a month, two, three, whatever it is, where you are reading labels and you're learning and you're sort of making sure you're getting everything you need and paying attention to your food a little bit more than maybe you will six months, a year into the vegan game. So, I did find that to be really helpful advice.

Andy: [01:05:25](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3925.24) But Paul, I mean, the question that I was asking was more like the online crowd, you know, the Tim Shieff, right? He, he made this video saying, "I am no longer vegan. I had all these health issues. I tried this, I tried that. I felt horrible about it. I had not ejaculated in, in a month or whatever, and I ate some salmon, and then I had a wet dream that night." Right? Like all of these things, like, do we respond? Do we just let that lie? Do we flood Tim with, with sound clips from Ginny's interview? How do we respond?

Paul: [01:06:02](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=3962.07) I think, Andy, for me personally, I honestly, it's like I feel like I would just not like, I feel like nothing productive is going to happen in the comments of a video like this or a blog like this. No productive conversation is, is most likely going to happen. If you forced me to though, I guess I would, I would try to say something along the lines of what of what Ginny was saying was it's like, "Hey, hey Tim, how's it going?" Like just talking about how there could be a learning curve, and just because the thing that you are doing is not working for you does not mean that veganism is not working. Like you should, you know, figure out what exactly it is that maybe you're deficient in. I know in that, in Tim's specific case, he had gone on a, what, 30 day water fast, I believe, and was also drinking his own urine and who, who knows, who knows what that health benefit is. Well actually, I'm sure many people know because many people in the comments were also suggesting that that other people do that. But, [Andy laughing] but yeah, I guess I guess I would, if I had to make a comment, if I had to form what I believe would be the most constructive comment, I think it would be something like that, saying maybe you have not figured out the way that veganism works for you, but that does not mean that veganism does not work for you.

Andy: [01:07:31](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4051.27) Yeah, I think that that's probably pretty relatively productive. I think I would sort of echo back to our interview with Jaime, which is essentially showing compassion for the person's situation. You know, I would say, "I'm sorry to hear that you're having such a horrible time with this, and you know, this is something that you can always come back to. I hope you get your health sorted out. There are a number of people that are willing to lend you resources if you do want to give this another shot." I think that's sort of where I would fall down as opposed to sort of listing out, you know, a number of nutritional requirements or things like that. Because I think that offering people sort of compassion in that moment, because you know, a lot of these people, in my cynical view, there are a lot of people that I think just sort of played the ex-vegan thing for more YouTube views, you know, and so much to the point where Vegan Feminist Agitator Blog, Marla Rose, wrote something, it was like four or five years ago, that was basically like how to, you know, be ex-vegan and make a ton of money or whatever.

Andy: [01:08:34](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4114.281) And it was like five steps, and it was like, go vegan, cheat, feel bad about it, suffer in silence, and then make your post about why you're no longer vegan and watch like all the clicks role in, kind of thing. And like, it's like a tale as old as time. And I don't doubt that there are a number of people who see the plant-based eating, you know, restrictive things that, you know, you're, you're the the mango girl or whatever it is, you know, and you're, you're the guy that just eats, you know, red peppers every day, and that's your thing, and you, you got amazing health benefits from that, and you tout it to everybody, and you get a lot of followers. And then maybe you just don't feel so great on it, or maybe just sick of not having variety in your diet and, but you can't give up your spotlight.

Andy: [01:09:17](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4157.72) Like you said, Paul, that's, that's your income for a lot of these people, that's their main source of income or a huge supplement to their income. So, all of a sudden you're like, well, I don't want to be promoting this thing anymore because it's not working for me, or I just don't like it anymore. Well, I can still hold on and retain some of my audience and probably gain even more audience by announcing that I'm not vegan anymore. I have no doubt that there are people that are just very calculatingly doing that. On the other flip side though, I do believe that there are a lot of people that are genuinely engaging in veganism or even just plant-based eating because they feel either that it's going to be the healthiest thing for them or that it is the best thing for the animals, maybe a mixture of both, and that they are genuinely distraught over the fact that they feel that they have to eat animal products now.

Andy: [01:10:07](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4207.63) And it, you know, it is interesting to note that this whole conversation has been focused heavily on the dietary aspect of veganism. And I think that that there's something to note in there that, maybe in our discussion in a little bit about, you know, how can we prevent this from happening? So maybe we'll put a little pin in that, but you know, I think there are people that are genuinely distraught at the fact that they feel like they have to make this change in their life, as Jaime K was in last episode. And you know, I know I have a friend, we have some mutual friends, right, that have not been vegan anymore, and some of which are people that have like reached out to me and like really asked for advice and really felt like they tried every single avenue, and they were ethical vegans, and they were involved in activism and really speaking out about it, and then they had some health issues that they just kept trying everything, and nothing was getting better, and they felt that they had to stop being vegan because of it.

Andy: [01:11:00](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4260.47) And I think that that is like emotionally a really hard thing for a lot of people. And watching Tim's video, and even Bonny Rebecca's video, I read that as people that felt like genuinely distraught that they felt like they had to abandon this thing that they had become so ingrained in. So I think that it's important for us to, to show that empathy and, you know, not even to offer the unsolicited diet advice or whatever in the comments, but just to sort of show support and say, "I understand that this is a really hard time for you. I understand that this is frustrating and sad for you. Just know that you have a community of support. We're here for you. You can always come back to it. If there's anything I can do to help you, let me know," kind of thing.

Paul: [01:11:42](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4302.72) Andy, it's funny you said that because when I was looking through the comments of some of the videos, there was one in particular that I pulled out of the, the Tim video that was not exactly that, but it was very close to that. It was like, it was like, "oh, I have respect for your bravery, your honesty, and your truth. And, and I've been vegan for nine years," and like, and at the end it kind of says like, "I hope that you do," like "I hope that you are able to heal, and then maybe you'll get back to living a plant based lifestyle with maybe some animal products," or something like that. And I know, I feel like Andy you wouldn't kind of condone the, the, the, I guess the reducetarian nature of that. But I felt like that was, that was close.

Paul: [01:12:27](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4347.81) That was probably the closest comment that I saw that was to some, to kind of what you were getting at. And then of course, there's like the responses are riddled with, with vegans posting about like, "Oh no, actually what Tim really needs to do is, is use veganism to detox and, and go on all these cleanses," and, and stuff like that. And it was just like, Oh God. And, and then it returned into this, this thing where it was these two vegans like going back and forth, and the original person was like, "Well, I've been vegan for nine years, and I do have many health issues." And then that person responded like, "Well yeah, but you weren't raw vegan; that will cure everything. Also, try urine therapy." And I was just like, oh my God.

Andy: [01:13:09](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4389.421) Do you think, do you drink, urine hot or do you chill it?

Paul: [01:13:14](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4394.341) I don't know, Andy. [Laughing]

Andy: [01:13:17](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4397.07) Like are you saving the urine or is it an immediate recycling of the urine? I'm so curious. I'm so curious. I feel like we should do an episode, a mini episode, on urine cleanse.

Paul: [01:13:28](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4408.02) Man cannot live on piss alone, Andy. [Laughing]

Andy: [01:13:31](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4411.77) Okay, Paul. So I think that this question about like, how do we respond to these celebrities? I think that it's important to note that with everything in life, we have different relationships to different people. And I think that I would probably fall back to your first instinct, which is generally not to say anything to like one of these celebrities I don't have any personal relationship with, you know, so like the comment that I said is like, I don't think there's any harm in posting that, and it's probably better for people to see that than just a slew of outraged vegans. But, and, and, and again, you know, go listen to that Jaime episode, right? But, essentially, we talked about how when people react with so much hostility, how would you ever expect someone that has to abandon veganism for whatever reason, or abandon plant-based eating for whatever reason, to want to come back to the community if, if they already sort of are feeling really bashful about or ashamed or, or whatever it might be of their decision that they're making at the moment.

Andy: [01:14:29](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4469.92) And then all they receive is tons of hate from people. Why would anyone want to go back to that community? It just, it feels like we're sort of just shooting ourselves in the foot when we do that kind of thing. But I think that on like a more sort of personal perspective or perspective, I just said the same word twice, but I think on like a more personal note, like if it's someone that you are good friends with or a family member with or someone that's in your community, depending on what kind of relationship you have with them, it could be something where you do leave a kind comment or you do send them a message of support and just say, "I know what you're going through is really tough right now. Know that you can always come back to it, and I am here to help you if that's something that you are ready to do," kind of thing, and leaving it there. I feel like that's probably the best way that I think to handle these things.

Paul: [01:15:25](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4525.47) I agree with you Andy, because--

Andy: [01:15:28](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4528.98) Oh.

Paul: [01:15:29](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4529.16) I'm sorry, I don't know why that had that inflection. [both laughing] Andy, I agree with you because I think one crucial thing, one crucial aspect of the whole ex-vegan thing, which I believe we will, we've put many pins into this at this point, but I do feel like one crucial aspect is that, and what we've seen, what we, what we've talked about before is that when people, for whatever reason, decide to start eating animal products again, even if they're like, "Oh, okay, well it's a health thing, and as long as I get my Omegas I'll be good, so I'm just going to incorporate fish back into my diet," and then what we see is that like a month or two months or a year later, that person is like just full blown like not vegan, going to Burger King, McDonald's, whatever, whatever the going out, to going out to eat.

Paul: [01:16:21](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4581.45) And I do think that one possible reason for that is just because as soon as you've dipped your foot into the like non-vegan culture again, I feel like it's very hard to exist in that space and be on this very restrictive non-vegan diet. You know, like where you're only eating one type of animal product or you're only eating animal products very sparsely because I do think it would be hard to be, it would be hard to socialize with other non-vegans, so it's like you're not in this community of vegans anymore, but you're also not in this community of non-vegans. You're in this weird in between place; you know that, well you know that you need to eat this non-vegan product, so it's like, might as well go all the way into the non-vegan sphere. And what you were saying, Andy, about being the vegan that's like, "Oh, okay, like, I am still here to support you." Maybe it's possible that as that person, you can kind of keep, you can make it so they still have that connection to the vegan world, to the vegan community, and maybe that will mean that they're able to cross back over into the vegan sphere again later on.

Andy: [01:17:34](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4654.98) Yeah. You know, what you just said brought up a number of thoughts for me, and I know we're already pretty deep into this episode, but I think that I, I definitely, I've seen what you talked about--the person that's like, "I have to stop being vegan for this health reason or whatever, and I'm just gonna eat--" I've seen this, I've seen this from personal friends, "but don't worry, I'm just going to eat locally, raised quote unquote humane chicken breast," or, "I'm only gonna eat local eggs or wild caught salmon," or whatever it might be. And then two months from then, you see them like posting videos of them gorging themselves on like Buffalo Wild Wings or something like that, or eating, you know, cheesy Doritos or you know, whatever it might be. And people just go so far off the deep end, and part of me wonders if, like what you mentioned, there's the social aspect, but also if it's this, this rhetoric in the vegan movement, which is basically an all or nothing rhetoric, and it's the thing you see when people like talk down to vegetarians. They're like, "Well, if you eat eggs, you might as well be eating animal flesh," you know, and, "If you eat one piece of pepperoni a year, you might as well just be eating, you know, a burger every single day that's made of cows' flesh," or something like that.

Andy: [01:18:41](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4721.83) And, and sort of being like, "You're a hypocrite if you, you know..." and, and to some extent, obviously, we understand where that comes from and maybe even agree with it a little bit, but I think that like when we're presenting veganism in such absolute terms, it does make it hard for people that are struggling to, to find a place where they can sort of maybe explore a little bit. And it doesn't mean we have to like condone the fact that they are paying for the exploitation of animals, but I feel like it if we're just like, "Oh, oh you're eating some locally caught eggs or whatever, then you might as well just be eating meat at every single meal," or something like that, like there's no moral or ethical difference. So I feel like that is kind of a failing in a bit of like the messaging that we have as a movement in general.

Paul: [01:19:26](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4766.33) Andy dipping his toes into the reducetarian pool. [both laughing] No, I agree. I agree with everything that you just said. I do think that the all or nothing, and I mean I think this is what, this is exactly what we're talking about in this conversation, this all or nothing rhetoric which comes through in all of these comments that like if you're not, and even in the health, even like, cause we were, I feel like you were just talking about it, mostly from an ethical vegan standpoint, but even in these comments, in the health standpoint, it's, you're still getting these like, "Well you're not doing this correctly," or, "All you need to do is this raw diet, and then it would, then it would have cured everything." It, it is still kind, it's a different kind of all or nothing, but it's still an all or nothing.

Andy: [01:20:11](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4811.09) And before we get any angry emails, I feel like we're saying this, but it doesn't mean that we don't believe in advocating for veganism as what people should aspire to. Like, I don't promote anything less than veganism. I don't advocate for anything less than veganism when I am talking to non-vegans, but I think there's a way to keep that in perspective while still being understanding of the struggles that people have.

Paul: [01:20:33](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4833.39) Yeah. And that's what the, I think, Andy, that's why I was saying that the main difference that I noticed in that comment that I read in something that you would say, is I was like, I could never imagine Andy saying, making, like making that statement like, "Oh, it's okay if you go back to a plant-based living with a little animal products." I was like, no, no, no. Andy wouldn't say that.

Andy: [01:20:53](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4853.95) Yeah, exactly. Like I said, I would be like, "I'm here to help you if you need." You know, if people are going to incorporate some animal products into their diet, they're going to do that on their own free will. But they don't need me to condone that of them, you know, I'm just here to help them as best that I can.

Paul: [01:21:09](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4869.73) Exactly. Exactly.

Andy: [01:21:11](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4871.5) Okay. Paul, I want to talk about this study from the Humane Research Council, at the time the study was conducted or the survey, which is now, now goes by Faunalytics, and it was done a couple of years ago. It was a survey of 11,400 adults, and it was a study that was having to do with why do people stop being vegan? So I, it's a very interesting study. I think there's certainly some issues with it. I know in, in Ginny's writing actually, she pointed out that it, you know, it doesn't, there was no question asked about, you know, how many people decided to go vegan.

Andy: [01:21:48](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4908.13) It didn't really define vegan in a way, like an ethical terms. It didn't ask how many people went vegan for weight loss or as like part of a fad diet, but I did find it interesting because this whole conversation, Paul, like I said, I went through so many different Gosh Dang blog posts and videos, and every one of them would have you believe that the health aspect of this plant-based eating is by far the number one reason why people stop being vegan. And in some ways that makes sense, right? Cause it's, it's kind of an unassailable response. Like, I was sick, and I have to take care of myself, and how dare you tell me not to take care of myself, kind of thing. But according to this survey, the number one reason, the highest rated reason why people said that they stopped being vegan was because they agreed with this statement quote, "I disliked that my vegan diet makes me stick out from the crowd."

Andy: [01:22:47](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=4967.53) Right? And 49% said, "I have had insufficient interaction with other vegans and vegetarians." 58% said, "I didn't see veganism as a part of my identity." 43% said, "I began to feel it is too difficult to be pure with my vegan diet." And only 20% said that they did it due to health problems. Now, I don't want to discount that 29%; that is a pretty large chunk, but the vast majority of people point to the fact that, essentially, falls in the categories of, I just sort of felt like a social outcast and, from a social aspect, it was too hard or inconvenient to be vegan, and I'm not going to be vegan anymore because of that. Which was shocking to me because I was just like, oh this, it almost feels like it's the thing that people don't want to admit, but they're willing to admit if they're taking like an anonymous survey, you know. That it's like, if your reason that you wouldn't write a blog post, for the most part, I may have seen a few like this, but you wouldn't just be like, "I was just sick of it being kind of a hassle when I went to a restaurant with my non-vegan friends, like, and that's why I just stopped doing this, and animals have to die because of that."

Andy: [01:23:55](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5035.99) It's a lot harder to make some bold brave statement about that than it is to make a bold brave statement about doing what's best for your health.

Paul: [01:24:04](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5044.47) And you know, Andy, you say, you know, like you used the example just now like, "Oh, it's a hassle to eat out with my non-vegan friends." I feel like that is one end of the spectrum. The other end of this spectrum is like, "I am the only vegan I know. People are constantly making fun of me for it, and I am like alone and isolated because of it." So I feel like there's definitely a wide variety of experiences that would fall under that category of, "This made me, this makes me stick out in the crowd."

Andy: [01:24:33](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5073.3) All right. You are right. I did, I did not mean to downplay that aspect of it so much. I feel like I probably said that, and it sounded pretty harsh, but you are right. And the vegan loneliness and isolation is for real, a very real thing that I have certainly felt before and a lot of people feel. A lot of people write in to express that to us. So I don't want to downplay that at all, but it, you know, according to this survey at least, that played a much larger part than people not feeling healthy; although, I did find a study from Psychology Today, where it listed that failing health was attributed to 35% of the people that responded why they weren't vegan or vegetarian anymore, but 40% did say it was either because it took a toll on their social life or the hassles and social stigmas of being vegetarian or vegan was just too much to handle. So even in that, those two categories together, were a little bit greater than the health side of things. So it's not like we need to discount the health side of things and just brush that aside, but to me, it points to the fact that there is probably a lot more that we could be doing as, as a movement to be preventing ex-vegans.

Paul: [01:25:39](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5139.39) So Andy, I've only, I've only been vegan for, I guess close, close to a decade, which is pretty, pretty darn good, I'd say. But it's like, I almost feel like, is there more that we could, I mean there's always more, but is there that much more that we could be doing to help prevent this? Because it really seems like, from my perspective, that in the last like 30 years, the, the, the... Veganism being normal, quote normal, has, has like become almost a standard in many places. Obviously, I can only speak for the places that I've been to, but it just, it does seem like it's becoming more socially acceptable at an exponentially fast rate. Like, and, and, and with that in mind, like, is there really that much different than we need to do, or is this just a thing where it's like, we can just keep doing what we're doing, and it's only a matter of time before being vegan is not the weird thing?

Andy: [01:26:39](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5199.74) Well, I think our guests that we're going to bring on next week would definitely say we cannot just keep doing what we're doing. But I do agree with you that veganism becoming normalized or more mainstream has been happening at a just phenomenally exponential rate. I would honestly argue that it's only within the last year and a half to two years that it really feels like it's starting to become very normalized. And I don't know if I'm just sort of correlating that with the expansion of the Beyond Burger being available everywhere, [Paul laughing] but it, it feels like it's just sort of this, this curve, it's kind of like the curve of technology in general, right? Where you're like, if you go from the 1800s to 1970, and it's this like really slow, gradual incline, and then you go like 1970 to today, and it just like shoots up like rapidly.

Andy: [01:27:31](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5251.07) That's kind of what it feels like. Cause obviously veganism now-- veganism 10 years ago versus 30 years ago, there's like a, a huge increase in like people knowing what vegan is, finding vegan options, veganism being normalized in some regard. But really, I feel like it's only in the last couple of years that that happened. So, I agree with you there, but I do feel like there's still a lot that we can do to retain vegans, to create a sense of community, and to sort of help people go vegan in a way that will maybe make them less likely to experience some of these, these health issues. But I mean, I don't know, Paul, this whole thing is just so hard and complicated because, you know, veganism is this giant umbrella, or maybe even I should say plant-based eating is this giant umbrella, where a lot of things fall under it.

Andy: [01:28:21](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5301.35) And so, I think a lot of people conflate veganism with things that are not veganism. Like, we have a plant-based dietary component of veganism because we've determined that is likely to be the, the aspect of our diet that will cause the least amount of harm. But that's not all that veganism is. But I think a lot of these people that are practicing this plant-based eating--that's all it is to them. It is just the dietary component. And so it's almost, on some level, like hard to suss out and separate these things because there's a lot of people in the movement that are obsessed with just pushing the plant-based aspect of the whole thing and not talking about the ethics at all. And it's almost hard separate these things out when, when you're doing these surveys and determining who was truly reached with an ethical vegan message and decided to stop doing it because of their health or maybe because of their ethics changed or whatever it might be.

Paul: [01:29:14](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5354.73) You know, Andy, I wonder--there's, there is literally no way that we would ever, or not not just us, but probably anyone, would ever be able to get this, this data, but I wonder if you could find the number of people who would say they are vegan more for the health reasons and the number of people who would say they were vegan more for the animal reasons because I almost, because I wanted to take what you were saying and put a, put a positive spin on it and be like, well maybe, like how could we ever expect that there would be a movement, any movement to be, to take off and grow and become huge without there also being like derivatives of that movement, you know, falling under this umbrella category. Like, I feel like it would be impossible that everyone is 100% on board and everyone has the same exact idea as everyone else. So I want it to be like maybe all this other stuff is just kind of like a sign that we are this growing movement, and there are these spin-offs of it, and that's not, and even though that's not what we want, it's just, it's a good sign that this thing is happening.

Andy: [01:30:19](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5419.91) I think that that is an acceptable positive spin, Paul. I, you know, I, I'll accept that as a positive thing to look at. You know, to me it's more just like this, this sort of this, this fact that veganism attracts, it's a--as I say about like a lot of people that go to VegFests, and I mean this very affectionately--it's a, a large umbrella under which a lot of weirdos gather, and you know, there's a lot of, there's the piss drinkers, right? [Paul laughing] And then there's like the, you know, everyone under the sun in, in one sect of the plant-based eating world can gather under this umbrella, and that can also include the people that are ethical vegans as well. So, you know, there's days when I wish they were just totally separate and didn't have anything to do with each other, and then there are days that I will look at it in the way that you have just presented it to me.

Paul: [01:31:10](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5470.4) But then what, why I was saying at the beginning, I was like, I wonder like, wouldn't it be nice if we can get this data? Because if it was the opposite, if there was more health vegans in the world than ethical vegans, then I feel like what I just said is nonsense. [Laughing]

Andy: [01:31:25](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5485.45) Well, you know, we'll do some looking into that. I feel like there's, there's no way for that to be conclusively known, but I bet someone's working on that.

Paul: [01:31:39](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5499.1) Faunalytics. Get out, get on it.

Andy: [01:31:40](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5500.36) Exactly. So, so I think wrapping up, I just, maybe we have a very brief discussion about everything that we've like learned today through this discussion, like what can we do? And I know that you asked that question to me, so I guess I will pose my answer first, and see what you think about it. I think from a health aspect, I think that it's important that we do put more effort into emphasizing the how to go vegan, and that includes, you know, the advice that Ginny gave about, you know, making sure we're getting certain nutrients into our diet and emphasizing that there is a bit of a learning curve and that it's okay to eat things that have fat in them and to eat, you know, plant-based meats and all of that stuff.

Andy: [01:32:24](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5544.31) I think that's really important. I think we need to counter the, the wrapping up of these highly restrictive plant-based diets with veganism, and that people know that there's a difference between the two, and that one is not necessarily--a failing highly restrictive plant-based diet is not indicative of the failings of veganism. I do know, you know, like one of Ginny's, my favorite quotes from her is basically that the only thing that we can really promise with a plant-based diet is that you will stop contributing to the harm of animals. And even if there are some caveats, obviously we know it's impossible to have zero contribution, but I think it's important that we sort of include that messaging in the how. But the other side of that is, I also think it's really important that we emphasize the why.

Andy: [01:33:08](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5588.65) I think that everything that we're looking at sort of says it's important that people understand that the thing that is the most unique to veganism is the ethics and the lack of contribution to harm. And that, you know, as Ginny says in the interview, which again, you can listen to the full thing over on our Patreon: thebeardedvegans.com/beardo, but basically that people will eventually find out that you can be healthy while eating some animal products in your diet. We can't hide that from people forever, and if the only thing keeping them on board is the health side of things, you know, it's, it seems likely that they may stray at some point. So, I think it's important to emphasize the why vegan as well. And then the final thing, which is sort of indicated by that Faunalytics thing is I think that we need to have a much bigger emphasis on creating a vegan community.

Andy: [01:33:59](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5639.32) And I know we're going to do an episode on that in the future. We've received an email or two about that that's very thoughtful that we want to respond to. And I think that that is something that is really important, and I also think that that is something that comes along with the progression of things where veganism does feel more normalized. Even things like, you know, I know we don't think that consumerism is going to lead to animal liberation, but I think it is, it's great to know that various fast food places are carrying various, you know, Impossible, Beyond Burger, all that stuff and just making it more normalized and that making it easier and that those aren't maybe things we need to focus on as a movement, but I think those are things that we shouldn't downplay if it's like, oh, this fast food restaurant now has this vegan option, and people are like, well, that's not healthy, and that's horrible, and I would never support that. And it's like, maybe that's true. Maybe that's true, but I think it's also important to recognize that more access to vegan options does help a lot of people, especially those that are not in the vegan bubble that some of us are. It helps them to go and then stay vegan.

Paul: [01:35:05](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5705.33) Damn, Andy. That was some good stuff. I think honestly, I mean I want to back everything you said, and maybe the only thing I'll add is, and you, you did touch on this but, but definitely and, and Ginny also had a lot to say about this, but being realistic in, in our claims about veganism and, and maybe having as a, as a collective whole, having a stronger voice of, of reasonable things that we can, that we can promise because there is certainly a very strong voice now with like the, What The Healths and the Forks Over Knives that is giving these, these promises that and, and making vegan out--veganism out--to be this cure all. And, and I don't think that that kind of thing is productive. And, and you know, it's like we've watched a lot of these health movies, and at one point or another, I feel like they all, they all do that. And so there's certainly a lot of media out there, and I do think that we just need to maybe step it up a little bit and making sure that like, we can share our personal stories, and that doesn't take away from like any gains that you've gotten, but not making sure not to fall into the trap of like, "Well, this is what happened for me, and it's going to happen for you too if you go vegan." So, I think just a stronger push for more realistic and reasonable, you know, promotion of veganism.

Andy: [01:36:35](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5795.58) Yeah. I think, I think that is very well said. And I think something that could probably be a through line in our podcasts throughout is, is being realistic in our promotion of veganism and being skeptical of claims made on either side of the aisle. And I think that that's really important. So yes, definitely.

Paul: [01:36:53](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5813.28) Cool.

Andy: [01:36:54](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5814.09) Paul, I think we can, we can wrap it up there. I believe we're going to have at least one more part to this ex-vegan series. We'll see what kind of form that takes, but I would definitely like to have a bit of a discussion about those who are solidly ethical vegans and then decide to stop being ethical vegans. I think that we have a little bit to mine there. I've already found a few things that we might talk about, and I also want to have a lengthy discussion about how to create a vegan community and how to put emphasis on that in our activism as well. So, you know, if those don't happen immediately, they'll happen at some point, but next week we definitely have a really cool conversation that is tangential to this one, but I think is going to be very beneficial to a lot of people, and it's going to be a really interesting guest to have on the show. So, stay on the lookout for that.

Paul: [01:37:40](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5860.96) This is a really good slew of episodes we have here, Andy. I feel, I feel good about these. Feel good about these conversations.

Andy: [01:37:46](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5866.6) Paul, I feel great because I feel like it's rare that we really know what we're doing in the next episode. And whenever I listen to something that's like, you know, a true crime podcast, it's like they always lead up to something, and they're like, "Next time on True Crime Podcast," you know, and you're just like, "Oh that teaser, it's great!" And I kind of want to be like, "I do want to talk about when ethics fail. Next time on The Bearded Vegans." [Laughing]

Paul: [01:38:10](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5890.5) Andy, you could have said, "It's rare that we know what we're doing," and ended the, and ended the sentence there. [both laughing]

Andy: [01:38:14](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5894.911) This is also true. This is also true. So yeah, I don't know, Paul, I'm so glad to be exploring this cause this is something that I've been wanting to do for a while, and I feel like it's all come together really well, and so many amazing guests have been contributing their voices, so...

Paul: [01:38:29](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5909.91) Yeah, these are definitely episodes where I feel like I am learning so much from having these discussions and having these people on and hearing these interviews.

Andy: [01:38:37](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5917.801) Definitely, definitely. So yeah, let us know what you think. Please keep those emails coming. We've gotten so many thoughtful emails from many people regarding the last couple episodes; send them in to thebeardedvegans@gmail.com, and we look forward to hearing from you.

Paul: [01:38:54](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5934.271) Definitely. Andy, you know I only got one last thing to ask. What do you got coming up?

Andy: [01:38:59](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5939.671) This weekend, it's the big one, Paul.

Paul: [01:39:01](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5941.921) The Andy VegFest?

Andy: [01:39:03](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5943.78) Nope. March 23rd and 24th.

Paul: [01:39:05](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5945.551) Is this Vegan Street Fair?

Andy: [01:39:07](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5947.861) Vegan Street Fair. Los Angeles, California. Two days, 150 vendors, 30,000 hungry vegans or aspiring vegans. It's going to be awesome. I'll be there. Look for the Compassion Company table, and find me. Say, "What's up, Beardo," I'll hook you up with a button or sticker or whatever I have on hand, specifically a Bearded Vegans button or sticker.

Andy: [01:39:28](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=5968.02) And I will also be at the Andy VegFest in Indianapolis, Indiana. March 30th. [Paul laughing] April 6th, I'll be speaking at the Nashville VegFest, Nashville, Tennessee, along with JL Fields. That's going be awesome. April 14th, I'll be at the Michiana VegFest, South Bend, Indiana. April 28th, VegFest Michigan in Novi, Michigan. So, all those, going to be awesome. Come by the Compassion Company table. Look for the bright green tablecloth and the unicorn t-shirts, and you can get all those dates, deets, and links by going to compassionco.com. And don't forget to go check out Ginny's work over at veganrd.com cause there's a lot of really great essays over there. Ginny wrote a four part series a couple years back on ex-vegans, and we drew heavily from that in the interview that I did with her. So definitely head over there, and let her know you heard her on the show.

Paul: [01:40:16](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=6016.71) Heck yeah. [both laughing]

Andy: [01:40:20](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=6020.97) Oh, Paul. It's sad. You know, it's sad when when someone's health is failing, and again, it's not the kind of thing that we ever want to offer, like, unsolicited advice on. But I feel like really good knowing that something will never fail to cheer me up and give me good health is when you say the following seven words.

Paul: [01:40:38](https://www.temi.com/editor/t/ms6nJkqFFGspGcMqt5SXRDCSs_JiumaNCfn2rmonQ5dnSlQfVhEzuvnATz71bcoxGmCyQnPwL1fzj7ijeYKGTilflJY?loadFrom=DocumentDeeplink&ts=6038.57) We are The Bearded Vegans, signing off.