

THE

ETHICAL EATING FOR PLANT-NOURISHED PEOPLE

Vegan LIFE

THE BEST VEGAN MAGAZINE ONLY R60.50!

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AND 3 OTHER QUESTIONS FOR OUR EXPERT

BEAUTY BRANDS YOU CAN TRUST

SHOULD YOU JUICE? MAYBE NOT! EVERYTHING YOU NEED TO KNOW

OUR EXPERT JESSICA KOTLOWITZ, THE GREEN DIETITIAN

My glowing, healthy vegan pregnancy

AND (NOW) GLOWING, HEALTHY VEGAN TODDLER



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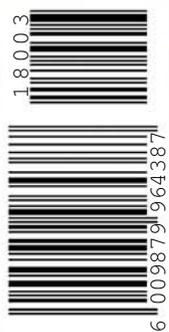
EASY WAYS TO CUT BACK ON SINGLE-USE PLASTIC

THE ESSENTIAL VITAMINS YOU NEED FOR HEALTHY BONES

34 delicious & warming winter VEGAN RECIPES



Cook Share Eat Vegan cookbook Áine Carlin shares her gorgeous recipes with us



'I had no doubt in my mind that by eating vegan foods I was giving my unborn baby the healthiest start in life she could have.'

'IN THE (VEGAN)
FAMILY WAY' P6



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Published by Media24,
Media24 Centre 40 Heerengracht,
Cape Town, 8001 021 406 2121
Printed by CTP Printers and distributed
by On the Dot

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hello!



When I graduated as a dietician in 2012, I never dreamed that in six short years I would become known as an expert in vegan nutrition – and work on a vegan magazine! I certainly never imagined becoming vegan myself.

I'd always struggled with my weight: since the age of nine I'd been on multiple diets and to several dieticians and nutritionists, but I never managed to achieve lasting weight loss. This struggle inspired me to become a dietician myself – I wanted to get to the bottom of why I was battling to lose weight, and hopefully help others do the same.

During my studies I came to realise that health was more important than losing weight. So I ditched the restrictive weight loss diets and focused more on nutrient intake – while I still wanted to lose weight, I knew that weight and health weren't synonymous. But by the time I graduated, I was heavier than I'd ever been. I'd also been suffering from irritable bowel syndrome (IBS), and was on and off anxiety medication.

My first job was as a clinical dietician at a big public hospital, and my stress levels and eating spiralled out of control. My weight reached an all-time high and my IBS became so bad I had to take prescription medication. I had a chronically low immune system which caused me to miss at least one workday a month because I was ill. I was constantly tired (I'd have a two-hour nap every day after work!) and had no energy to exercise. Worse still, my acne was still prevalent, even though I was in my twenties and on the contraceptive pill to keep it under control. That same year, I discovered I had high cholesterol. None of this seemed right: I was following all the dietary guidelines I'd been taught – why did I have high cholesterol? And why was I overweight, tired and constantly sick?

I left that job a year and a half later to pursue my master's in nutrition. I decided it was time to get fit and healthy. I signed up for a five-day unassisted hiking trail and began to train. I also tried to regain control of my nutrition. But all to no avail. I continued



'A PLANT-BASED DIET WAS THE BEST WAY TO LOSE WEIGHT AND GET HEALTHY – THERE WAS SCIENTIFIC EVIDENCE TO PROVE IT.'

to gain weight and my fitness failed to improve. I was beyond frustrated and so close to resigning myself to being an overweight, sickly dietician for life.

Then one day, on social media, I came across Dr Garth Davis, a bariatric surgeon in America who prescribes a plant-based diet to his patients. He claimed that meat and dairy products were the primary culprits for weight gain and chronic illness. I'd never thought about how much meat and dairy I was actually eating – I thought that lean protein was great for weight loss, so I kept eating cottage cheese, chicken breasts and grilled fish. But then it clicked: a plant-based diet was the best way to lose weight and get healthy – there was scientific evidence to prove it.

'I COULDN'T BELIEVE HOW HEALTHY AND EMPOWERED I FELT, NOR THAT IN ALL MY YEARS AT UNIVERSITY I'D NEVER LEARNT THIS "SECRET" TO TRUE HEALTH: A PLANT-BASED DIET.'

So I cut down on animal products and started eating more plant-based foods. While I struggled to get the balance right at first, I immediately felt more energetic and healthier. After a few weeks I gave up dairy altogether – and for the first time in years, I began to lose weight without any portion control and without feeling restricted. I was ecstatic.

After five months I'd lost more than 10kg. My IBS, anxiety and acne had disappeared, and I was off all medication. My energy was through the roof – no more afternoon naps! I went through an entire winter without getting sick, and ran my first 10km without any training. After another six months I'd lost 15kg and my cholesterol was down to normal.

I couldn't believe how healthy and empowered I felt, nor that in all my years at university I'd never learnt this 'secret' to true health: a plant-based diet. Excitedly, I began sharing recipes, meal inspirations and nutrition information on social media, quickly becoming part of a community of wonderful people, some of whom were ethical vegans. Through the information they shared I learnt about the horrors of the meat and dairy industries, and decided that I didn't want to support them in any way. I started buying cruelty-free cosmetics and leather, and wool-free clothing. I also educated myself on the environmental impact of animal agriculture, and immersed myself in vegan nutrition, learning how to adapt a vegan diet to any disease or condition and how to draw up vegan diet plans for all types of health concerns.

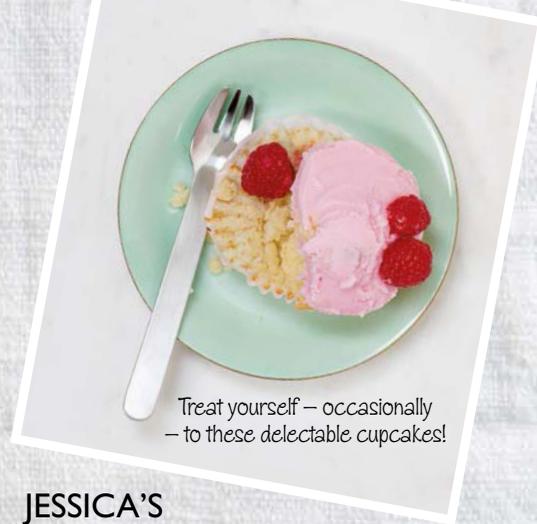
After more than three years, I'm still off all medication, I still have amazing energy, I haven't taken a sick day and have lost 18kg in total. I have a flourishing practice, The Green Dietitian, where I help existing vegans to thrive and non-vegans to utilise a plant-based diet to achieve optimal health and weight loss.

I'm so excited to share my passion for veganism through this magazine and to keep showing the world that this is the healthiest, most ethical, most environmentally responsible and, best of all, happiest way of living.

Welcome to The Vegan Life!



Jessica Kotlowitz



Treat yourself – occasionally
– to these delectable cupcakes!

JESSICA'S LEMONY CUPCAKES

MAKES 8

- 2 tbsp canola oil
- 1 cup almond or soya milk
- ½ tsp orange essence
- 1 tbsp lemon juice
- grated zest of ½ a lemon
- 200g cake flour
- 2 tsp baking powder
- 150g caster sugar

FOR THE LEMON ICING

- 4 tbsp coconut butter, softened (to make your own, see our Reader Recipe on page 13)
- 180g icing sugar, sifted
- 3–4 tbsp soya milk
- 2 tsp fresh lemon juice

1. Preheat the oven to 170°C. Line an 8-hole muffin pan with cupcake cases. Whisk together the oil, milk, orange essence, lemon juice and zest. Set aside.
2. Sift the flour and baking powder into a large bowl, and stir through the caster sugar. Add the wet ingredients and mix gently to combine.
3. Divide the batter between the cupcake cases and bake for 20–25 minutes or until risen and golden, and a skewer inserted comes out clean.
4. Remove from the oven, set aside and allow to cool.
5. **For the lemon icing:** Put the coconut butter and icing sugar in a bowl and whisk with a handheld electric beater to combine. Add the soya milk and lemon juice; continue to beat until smooth and creamy. For a thinner icing, add a little more soya milk.
6. Top the cupcakes with the icing and/or fresh fruit.