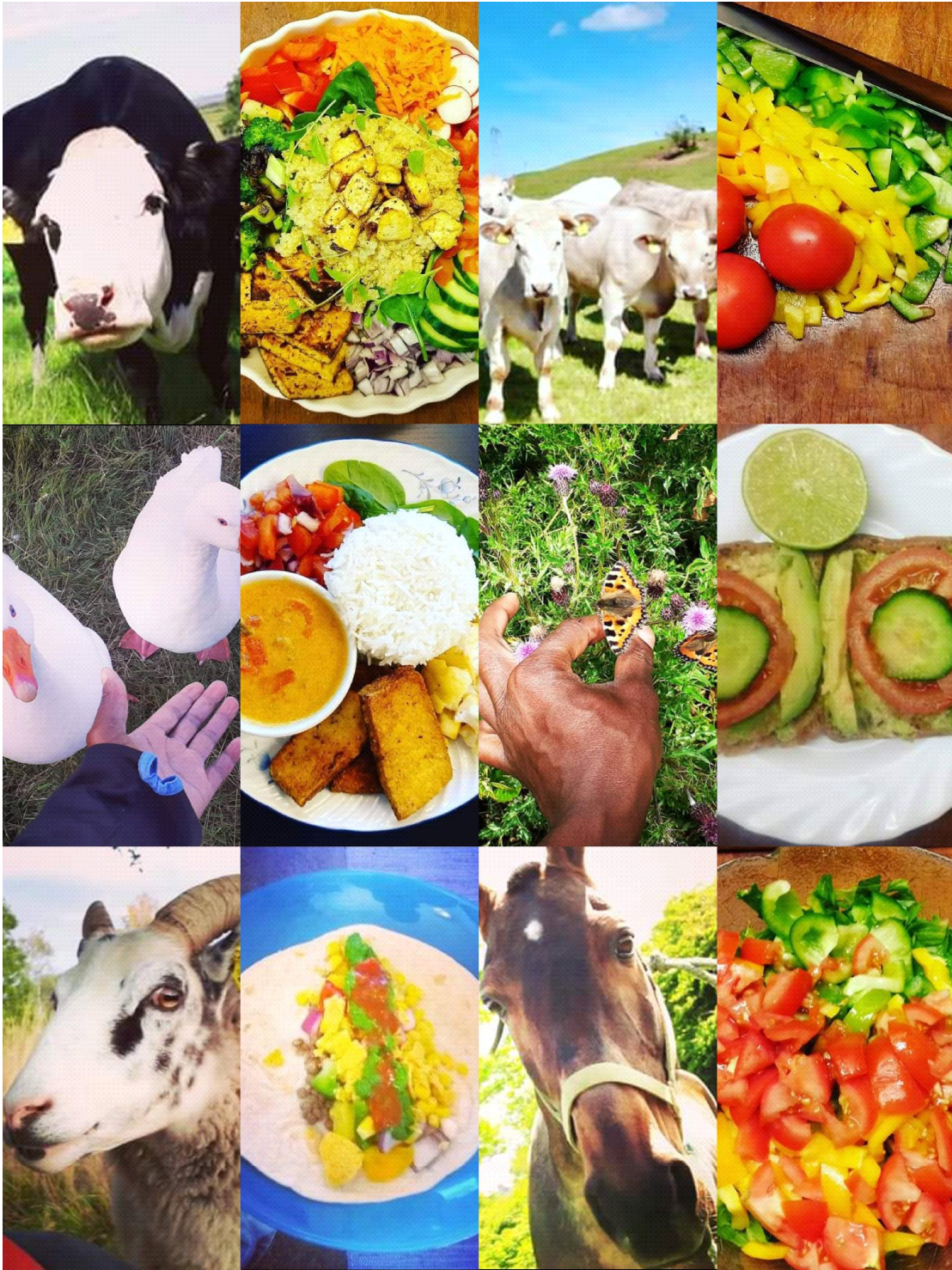


Helping You Go Vegan



For the Animals, for the Environment and for your Health

Step 1: Get the right information

Congratulations.

Well done for starting your vegan journey. Going vegan can be simple and easy if you do it for the right reasons. The key to having a successful transformation, and a great journey, is through getting the right information and inspiration.

There is a lot you will learn. I'm here to open the doors for you and to provide you with a basic understanding of veganism so that you can go on your own transformational journey, and seek your own path by having a wonderful vegan transformation.

It is your willingness to learn and to grow as a human being, to want to find out new things, to eat delicious new foods, meet new people and to explore new ways of living vegan, that will eventually help you to stay vegan. I can only inspire, motivate and help you as best as I can.

Familiarize yourself with veganism and learn what being vegan and veganism is all about.

Watch Vegan Documentaries And Movies

Dominion <https://www.dominionmovement.com/watch>

What the Health (Trailer) - <https://youtu.be/Jf44vLndiRM>

What the Health <http://www.whatthehealthfilm.com> (Watch it on Netflix)

Earthlings <http://www.nationearth.com/earthlings-1/>

Earthlings (Trailer) https://www.youtube.com/watch?v=Hm7Babs_FJU

Cowspiracy (Trailer) - <https://www.youtube.com/watch?v=nV04zyfLyN4>

Cowspiracy <http://www.cowspiracy.com/> (Watch it on Netflix)

Vegucated <https://youtu.be/kjmIJHZRWXw>

Forks Over Knives (Trailer) <https://youtu.be/O7ijukNzlUg>

Forks over Knives <http://www.forksoverknives.com/the-film/> (Watch it on Netflix)

Land of Hope and Glory <https://www.landofhopeandglory.org/>

Slay <https://www.slay.film/>

Milked <https://milked.film/>

Most of these are good:

<https://ohmyveggies.com/best-vegetarian-documentaries/>

(50 Vegan Documentaries

<https://veganuniversal.com/vegan-documentaries-animal-rights-health-environment-inspiration>)



Listen To Famous Vegans Speeches

Gary Yourofsky: The best speech you will ever Hear -
<https://www.youtube.com/watch?v=U5hGQDLprA8>

Emily Moran Barwick: The Extremism Of Veganism: Exposing The Greatest

Lie: Speech

<https://bitesizevegan.org/the-extremism-of-veganism-exposing-the-greatest-lie-speech/>

Dr Melanie Joy: The Secret Reason We Eat Meat -

<https://www.youtube.com/watch?v=ao2GL3NAWQU&t=2s>

Milton Mills, MD: Are Humans Designed to Eat Meat?

<https://www.youtube.com/watch?v=sXj76A9hI-o>

Philip Wollen: Most Inspiring Speech on Animal Rights

<https://www.youtube.com/watch?v=vBx7MGIZ1fU>

Follow famous vegans on their websites and social media pages

Gary Yourofsky

Youtube <https://www.youtube.com/c/GaryYourofskyAdaptt>

Instagram <https://www.instagram.com/TheRealGaryYourofsky/>

Twitter <https://twitter.com/RealYourofsky>

Website <http://www.adaptt.org/>

Earthlings Ed

Youtube <https://www.youtube.com/c/EarthlingEdChannel>

Facebook <https://www.facebook.com/earthlingedpage>

Instagram <https://www.instagram.com/earthlinged/>

Twitter https://twitter.com/earthling_ed

Website <https://earthlinged.org/>

Joey Carbstrong

Youtube <https://www.youtube.com/c/JoeyCarbstrong>

Facebook https://www.facebook.com/joeycarbstrong/?fref=ts&_rdc=1&_rdr

Instagram https://www.instagram.com/joey_carbstrong/

Twitter <https://twitter.com/joeycarbstrong>

Website <https://www.joeycarbstrong.com/>

Bitsize Vegan

Youtube <https://www.youtube.com/c/BiteSizeVegan>

Facebook <https://www.facebook.com/BiteSizeVegan>

Instagram <https://www.instagram.com/bitesizevegan>

Twitter <https://twitter.com/bitesizevegan>

Website <https://bitesizevegan.org/>

That Vegan Couple

Youtube <https://www.youtube.com/c/thatvegancouple>

Facebook <https://www.facebook.com/ThatVeganCouple>

Instagram https://www.instagram.com/that_vegan_couple/

Twitter <https://twitter.com/vegancouple>

Website <https://thatvegancouple.com/>

Humane Hancock

Youtube <https://www.youtube.com/@HumaneHancock>

Facebook <https://www.facebook.com/humanehancockpage/>

Instagram <https://www.instagram.com/humanehancock/>

Website <https://linktr.ee/humanehancock>

The Cranky Vegan

Youtube <https://www.youtube.com/jakec43>

Facebook <https://www.facebook.com/thecrankyvegan/>

Instagram <https://www.instagram.com/the.cranky.vegan/>

Twitter https://twitter.com/_jakeconroy

Arvind Animal Activist

Youtube <https://www.youtube.com/@arvindanimalactivist8192>

Facebook <https://www.facebook.com/ArvindAnimalActivist>

Instagram <https://www.instagram.com/arvindanimalactivist/>

Twitter <https://twitter.com/AnimalArvind>

Seb Alex

Youtube <https://www.instagram.com/seb.alex/>

Facebook <https://www.facebook.com/sebalexactivism>

Instagram <https://www.instagram.com/seb.alex/>

Website <https://www.sebalex.org/>

David Ramms

Youtube <https://www.youtube.com/davidramms>

Facebook <https://www.facebook.com/itsdavidramms>

Instagram <https://www.instagram.com/davidramms/>

Twitter

https://twitter.com/itsdavidramms?fbclid=IwAR1a9sAoTSU6E4oGH6R_IHuqCUVe9R-ZxFt_V5d-9c8tnGQXX71PlQvgrI8

Website <https://davidramms.com/>

Mic The Vegan

Youtube <https://www.youtube.com/@MictheVegan>

Facebook <https://www.facebook.com/micthevegan>

Instagram <https://www.instagram.com/micthevegan/>

Twitter <https://twitter.com/micthevegan>

Website <https://micthevegan.com/>

Soul Eubanks

Youtube https://www.youtube.com/channel/UCxm_fHiiMNKS_kv_btSbK5Q

Facebook <https://www.facebook.com/SoulEubanks/>

Instagram https://www.instagram.com/soul_eubanks/

Twitter https://twitter.com/soul_eubanks

Website https://linktr.ee/soul_eubanks

John Oberg

Youtube <https://www.youtube.com/channel/UCEOFF5Bn9-8ksCUrXDCDbsA>

Twitter <https://twitter.com/JohnOberg>

Facebook <https://www.facebook.com/JohnObergOfficial/>

Instagram <https://www.instagram.com/johnoberg/>

Website <https://www.johnoberg.org/>

Plant Based News

Youtube <https://www.youtube.com/@PLANTBASEDNEWS>

Twitter <https://twitter.com/PlantBasedNews>

Facebook <https://www.facebook.com/plantbasednews>

Instagram <https://www.instagram.com/plantbasednews/>

Website <https://plantbasednews.org/>

VEGANUARY

Youtube <https://www.youtube.com/@VeganuaryCharity>

Twitter <https://twitter.com/Veganuary>

Facebook <https://www.facebook.com/Veganuary/>

Instagram <https://www.instagram.com/weareveganuary/>

Website <https://veganuary.com/>

VEGAN SOCIETY

Youtube <https://www.youtube.com/@TheVeganSociety>

Twitter <https://twitter.com/TheVeganSociety>

Facebook <https://www.facebook.com/TheVeganSociety/>

Instagram <https://www.instagram.com/theoriginalvegansociety/>

Website <https://www.vegansociety.com/>

There are many other famous vegans, websites and pages that you will get to know of and that you can follow. These are just a few, to inspire you and to help you get started.



Listen To Our Vegan Doctors

When starting your vegan journey, or your transition from eating animals to living a plant-based lifestyle, in order to get great support, guidance and or help, join a few social media groups.

There are many different types of vegan, plant-based social media pages and groups. Find the ones that suit you and your needs. In these groups you can ask questions, get answers, learn new things, meet new people and make new friends.

If you have any health problems, get in contact with a vegan doctor or a vegan nutritionist. Don't be shy when you are around other vegans, and don't hesitate to look and ask for support and guidance.

Vegan Doctors

There are many vegan doctors and vegan nutritionists you will get to know of, and that you can follow and ask, for help or guidance. Here below are a few, to help you get started on your vegan transformation.

Dr. Michael Greger

Book: How not to die (Best seller)

Youtube <https://www.youtube.com/c/NutritionfactsOrgMD>

Facebook <https://www.facebook.com/NutritionFacts.org>

Twitter https://twitter.com/nutrition_facts

Instagram https://www.instagram.com/nutrition_facts_org/

Website www.nutritionfacts.org

Dr. Melanie Joy

Youtube <https://www.youtube.com/c/BeyondCarnism>

Facebook Page <https://www.facebook.com/melaniejoyphd/>

Instagram <https://www.instagram.com/beyondcarnism/>

Twitter <https://twitter.com/BeyondCarnism>

Website: <http://www.carnism.org/>

Dr. Sebi (Has great Youtube Videos)

Facebook Page <https://www.facebook.com/drsebihealing/>

Website <https://drsebiscellfood.com/>

Dr. John A. McDougall

Youtube <https://www.youtube.com/user/drmcdougallmd>

Facebook Page <https://www.facebook.com/drjohnmcdougall>

Instagram <https://www.instagram.com/themcdougallprogram/>

Website <https://www.drmcdougall.com/>

Dr. Micheal Klaper

Youtube <https://www.youtube.com/doctorklaper>

Facebook <https://www.facebook.com/michaelklapermd>

Instagram <https://www.instagram.com/doctorklaper/>

Twitter <https://twitter.com/michaelklapermd>

Website: <http://doctorklaper.com/>

Join Vegan groups and have fun

A key to having great support on your vegan journey is by surrounding yourself with lots of new vegan or plant-based friends. Find the right vegan, plant-based groups suitable for you, and also join a vegan or plant-based community in your area, in your city, or in your country.

Here are a few vegan groups to help you get started.

Vegan Facebook Groups:

- New Vegan Support
- What Broke Vegans Eat
- Vegan Revolution
- Friendly Pragmatic Vegans
- Namaste Vegan
- Vegan South Society Africa
- Black Vegan Community
- The Diary of a Vegan
- Vegan Global News
- Everything Vegan
- Vegan Good News
- Vegan Rhapsody
- World Of Vegans
- World Wide Vegans
- Vegan is Peace
- Vegan Humour
- Vegan food UK

- Australian Vegans
- Raw Vegans
- Canadian Vegans
- International Vegans
- One billion Vegans
- Bad Vegans
- Vegan Muslim Community
- Hilarious vegans

**Search for other vegan or plant-based groups on all social media platforms.
There are plenty.**



As you learn and grow as a vegan and become more familiar with what veganism is all about, and the more you start getting acquainted with more vegans, you will find more vegan pages, vegan groups, vegan events, vegan websites and famous or inspirational vegans to follow.

What I have given you here, is just a little guidance to get you started. If you ever need any help or advice and information, then feel free to contact me. If I can, then I will do my best to help you, or I will guide you to someone who can.

I wish you the best of luck!

Email: info@totowanje.com

Here is quick guide to my website

Website <https://www.totowanje.com>

Homepage

- Contact me if you would like to work together for veganism and animal rights.

- News And Events

About

- My mission is to enlighten and teach people about veganism, liberate animals, and give them their freedom and their rights. I spread love, compassion, and awareness and give people an opportunity to change their life through veganism. I help people understand animal rights, as well as help people to go vegan.

Veganism

- Vegans Do Not

- Innocent beings

- Is Veganism A Religion
- Animals Kill Other Animals
- Humans Are Herbivores
- Animal Rights Activists
- Making the Connection
- Animal Abuse

Why Vegan

- No Such thing as Humane Meat
- Why Vegan?
- Vegan for the Animals
- Vegan for your Health
- Diseases caused by meat eating
- Vegan For the Environment
- Methane
- Veganism can end world hunger
- Love and compassion for Animals

Animal Rights

- Speciesism
- Global Culture Of Killing
- Animal Rights Activist
- Animal Beings Album

Vegan Food

- Vegan Nutrition
- Vegan Food Album

African Veganism

- Get Involved

Vegan Shop

- Feel free to look around in my vegan shop to see if you find something you like.

Social Media Links

Add me or follow me on social media if you like.

Facebook <https://www.facebook.com/totowanje>

Twitter <https://www.twitter.com/totowanje>

Instagram <https://www.instagram.com/totowanje>

Tiktok <https://www.tiktok.com/@totowanje>

Youtube <https://www.youtube.com/totowanje>

Patreon <https://www.patreon.com/totowanje>