I awoke the morning of August 8, 1993, without the slightest idea that this would be the day my life would alter its course so dramatically. It was as significant to me personally, and I would be forever changed, and I would never be the same. You never know what’s around the corner in your life and in my case this metaphor was just a little bit too real. Put it this way—I certainly wasn’t expecting a speeding police motorcycle attending a false alarm to send me flying into the air and into a deep and lasting darkness. Darkness that was as significant as it was real to me, and life, as an eclipse of the Sun for the ancient world. It’s been a long time now since my accident. I’m able to look back on this event in this way, as a twist of fate that was a horrific beginning to what was to become a fascinating journey of self-discovery on a rollercoaster ride of experience. I really don’t mean for a second to trivialize my accident—the shock, the trauma and pain, or indeed the selfless love and support I received from so many people to help get me back on my feet again is acknowledged. I will never ever forget it! But these details of my accident are not the purpose of this introduction. I only revisit this fateful day now by means of re-telling how it was introduced to me the healing power of a natural, plant-based diet which went on to transform my life, greatly increase my energy level and become the foundational stone of my recovery to a healthier, more conscious me.

My Leap of Faith

When you’ve rubbed shoulders with death and managed by the skin of your teeth to get out of there alive, I certainly will not be the first person to tell you that everything changes in your life from that moment on. In my case, I began to appreciate life more earnestly, and the desire to make the most of every moment of every day overshadowed any trivialities. What’s most important entered the foreground—my friends and loved ones together with a galvanized, earnest desire to really make a difference with the time I had left on our beautiful planet. Living in the moment and making the most of every second of every day was to become an indelible mantra in my mind.

First of all, I had my recovery to deal with, however, the impact with the police motorcycle had thrown my body into one direction, and my leg in another! I had also suffered severe injuries to my head, pelvis, ribs and lungs. I was very lucky to be alive; there was a doctor near to the scene, whose swift first aid stopped me from bleeding to death and I have him to thank for saving my life. Unfortunately, my leg could not be saved. It had been severed below the knee and I was just going to have to learn to live without it.

In the hospital during my recovery there was a serious problem. A nasty and very persistent infection in my residual limb stubbornly refused to heal despite the strongest antibiotics. A multitude of pills of varied colors, shapes and sizes with the most unpronounceable of names were tried but to no avail. In the end, no pharmaceutical weapon in the pharmacist’s armory could touch my infection. Eventually, the bone became infected, resulting in the amputation of a further two inches from my limb.

At this point a good friend of mine recommended Hippocrates Health Institute in Florida, which had helped to put my breast cancer in remission. She spoke of her time there with such passion and genuine belief that it sparked my own real leap of faith, and to the mouthed surprise of many of those close to me, I checked myself out of the hospital in London and flew to Florida in the USA to begin my alternative therapy.

The Healing

I suppose many people would think that putting yourself in the hands of alternative therapists in Florida in such serious circumstances was a brave or perhaps even foolhardy decision to make. As I saw it, I really didn’t have much choice, this infection seemed untreatable.

It became apparent that the further amputation had not corrected the problem. I simply had to believe with all the power of my heart and mind that I had made the right decision. I had started out on a journey of belief in the healing power of our natural world. A faith, by transforming the natural and the organic was an incredibly life affirming experience and one that has gone on to shape the rest of my life. When I left Hippocrates Health Institute all those years ago, I remember nature seemed incredibly vital and vivid, the colors more intense than I had ever remembered. It was like I was truly seeing the natural world again and in just a matter of a few weeks my radical change in diet and associated plant-based remedies had cleared up my infection entirely. The healing process actually advanced so quickly in fact, that I was able to have a prosthetic leg fitted whilst at the institute. This had been absolutely unthinkable whilst the infection was still present. I was finally able to get on with getting on with the rest of my life.

To personally witness such a miraculous recovery of my physical body by embracing the natural and the organic was an incredibly life affirming experience and one that has gone on to shape the rest of my life. When I left Hippocrates Health Institute all those years ago, I remember nature seemed incredibly vital and vivid, the colors more intense than I had ever remembered. It was like I was truly seeing the natural world again and in just a matter of a few weeks my radical change in diet and an associated plant-based remedy had cleared up my infection entirely. The healing process actually advanced so quickly in fact, that I was able to have a prosthetic leg fitted whilst at the institute. This had been absolutely unthinkable whilst the infection was still present. I was finally able to get on with getting on with the rest of my life.

I began to put together leaflets for people about plant-based remedies, as my positive attitude toward my recovery became the subject of UK media interest. I appeared on GMTV in 1993 singing the praises of a plant-based diet and wheatgrass shots and was pictured in the newspapers skiing, roller-skating and mountain climbing.

I came to the understanding that individually we are responsible for the way in which we live and for the care of our human frame by good nutrition, proper exercise and a balanced lifestyle. It is this, together with a strong focused mind, that enables us to draw from our vast inner resources and strength to make the most of our time on this planet. The changes in my life came by way of a massive physical and psychological shock and were implemented for the purpose of healing and motivating my recovery. A change in our diet and lifestyle of course can be started at any time, and is of interest to anybody wishing to maximize their health and vitality, leading to a more fulfilling life.

I began to put together leaflets for people about plant-based remedies, as my positive attitude toward my recovery became the subject of UK media interest. I appeared on GMTV in 1993 singing the praises of a plant-based diet and wheatgrass shots and was pictured in the newspapers skiing, roller-skating and mountain climbing.
Now that we are all becoming educated about the damage human activity has inflicted on our beautiful planet, there is no more important task for us to achieve than to learn how we are able to live in harmony here and lighten our footprint by making important changes in the way we live. Thoughtlessly has become an affliction of the past and needs to be replaced by a greater sense of awareness. The fuel we now choose to energize further human activity will have a profound effect on the future of Earth—renewable and sustainable energies to replace our reliance on fossil fuels, together with a natural diet that fosters the correct care of our bodies’ energy and nutritional requirements by consuming a varied diet of plant-based foods, will have far less impact on our environment and resources.

You Are What You Eat

Modern living has removed us from the close connection we had with our natural world and the lessons that it teaches. These days, our children are more likely to be influenced by television, advertising and popular culture rather than from a Huckleberry Finn sense of connection. This, of course, has been true now for many generations and has been incredibly influential in regard to human activity.

Living closely connected to the natural world teaches us many simple truths about the way in which we should live. Balance is one of the fundamental laws of nature that is clearly visible all around us. Where there is balance there is peace and harmony, where the law of balance is not observed problems always occur. In truth, it think there is no more important lesson for us to learn and it is not only for the physics classroom but relevant to all our lives. Personal equi-

lirium is vital to our wellbeing and the wellbeing of our environment.

Think about it. If we drink too much alcohol we will get sick, smoke too much we will burn off in energy, we get fat. Without the correct balance between work and relaxation we get stressed. Too much sleep and we are sluggish, too little and we are still tired. If you are breathing in more than you breathe out for a while, trust me you are having a panic attack. As night turns to day, we breathe in and we breathe out, we give and we take as the waves flow onto our shores and then retreat once more. Human beings, like it or not, are a part of nature and fundamentally connected to the natural laws of this planet. We are the only beings on earth that do not naturally observe this law of balance, and the fact that it has been completely disregarded by us is visible in the catastrophic environmental problems we are facing. This results of course in human diseases and illnesses such as obesity, heart disease, cancer, strokes and diabetes.

Over the past sixty years, our diet has changed considerably as industrial methods of food production, such as factory farming, which enabled the widespread availability of cheap meat. This created a situation where fruit, vegetables, grains, seeds, etc. became an important part of the most nutritionally important part of a healthy diet. Cheap meat always means terrible animal cruelty and since becoming a prominent feature of our diet, human health has suffered massively as a consequence of this imbalance.

“Affluent populations” habitually consume a diet that was unknown to the human species a mere ten genera-
tions ago. Compared with the diet that fueled human evolution, the so called “affluent” diet of today has twice the amount of fat, a much higher ratio of saturated to unsaturated fatty acids, a third of the former daily fiber intake, much more sugar and sodium, fewer complex carbohydrates, and a reduced intake of micro nutrients. Worldwide, the adoption of this diet has been accompanied by a major increase in coronary heart disease, stroke, obesity, various cancers, diabetes and other chronic diseases.”


Show me a fat lion, tiger, zebra, bird, badger, or otter in the wild and I will eat my words, as they all naturally observe this fundamental law of nature, as do all other wild creatures. We however, have lost touch with our natural sense of self and our natural sense of balance when we became industrialized. Having lost sight of what nature teaches, we have gone on to devastate our environment, tipping the scales of balance with one-sided unsustainable activity. We have finally become aware that if we do not do something drastic to change the way in which we live our lives, it is likely that our planet will never recover, at least whilst we reside on it.

The sickness and disease of our planet is showing itself in many ways, including, of course, global warming. This is by no means the only environmental catastrophe that we need to address now as a matter of urgency. Deforestation, loss of biodiversity, the destruction of our oceans, collapse of fish stocks, pollution, desertification and the dwindling of our vitally important resources, such as fresh water, are all reaching catastrophic levels. There is a common denominator to all these problems!

Question: So what is the connecting link to all of the major environmental catastrophes that the world now faces?

Answer: Industrial farming and agri-culture of meat, fish and dairy.

There is no industry in the world that shows a deeper sense of disrespect to our environment, to nature and to the animal kingdom than the meat, fish and dairy industries. This disrespect we show to our environment and the disres-
tpect we show to the animal kingdom is closely connected. Viewing life only as a commodity whilst losing our nurtur-
ing sense of self continues to cause unimaginable destruction to our natural environment and to the animal kingdom.

Recent studies made by the United Nations Food and Agriculture Organiza-
tion have highlighted the meat and dairy industries’ paramount contribu-
tion to global warming, contributing more to the problem than all of the cars, planes, and indeed all the transport networks combined. This led the head of the UNEP to state that the number one response we can have in order to lower our carbon footprint is to live as close as possible to a vegan diet.

“Mad” (Meat and Dairy) Facts

» A meat diet is at the heart of the decimation of rainforests, essential wildlife habitats and hundreds of animal and plant species.

» Meat and dairy industries’ contribu-
tion to global warming is estimated at 18 – 30%, higher than the contribu-
tion to global warming of all trans-
port networks combined (15%).

» 55 billion animals are killed for meat each year, and that is a lot of toxic animal waste. Methane is 23 times more damaging than CO2 released into the atmosphere whilst valuable resources unnecessarily consumed. Livestock consume much of the world’s dwindling fresh water.

» A pig factory farm was responsible for the largest catastrophic spill in US history when 120,000,000 tons of effluence from its manure lagoons was leaked into the rivers and the sea, killing millions of fish. This was twice as big as the Exxon Valdez oil spill.

» The mammoth worldwide appetite for the hamburger is chomping through the Amazon rainforest at an alarming rate. 80% of the de-
graded Amazon rainforest is used as farmland by cattle.

» Loss of biodiversity is not only a Central and South American prob-
lem; it is happening all across the globe. The UK now has less than five percent of primary forest when it used to be 80 percent forested. Brit-
ish biodiversity is in crisis.

THOUGHTLESSNESS has to become a frighteningly serious point of urgency. Where there is balance there is peace and harmony; we live our lives and collectively we are responsible for the way in which we show to the animal kingdom and the disre-
pect we show to our environment and the disre-
pect we show to the animal kingdom is closely connected. Viewing life only as a commodity whilst losing our nurtur-
ing sense of self continues to cause unimaginable destruction to our natural environment and to the animal kingdom.
In my recipe book, I decided to help those who had not been struck by illness and lacked the willpower to change. I created a faux meat Vegan food company, and it worked. People started replacing meat and dairy and eventually gave it up and focused solely on plant foods. VBites is now sold in 24 countries and includes faux cheeses and over 30 other products to make the transitional period easy to adopt a fully plant-based diet. It has been proven to work and is the fastest growing movement in food in 2015. Finally, 27 years later people are realizing the only way to save our bodies, the animals and the environment is on a clean diet.

In concentrated form, are many of the lessons, tips and tricks that I have learned over the years to keep my diet vibrant, healthy and exciting. I have collected a wonderfully wholesome menu of recipes from all over the world in order to collate the nation’s favorite foods. In many of these recipes I have substituted ‘meat’ with meatless meals, which have been specially formulated using healthier substitutes. These are optional in each recipe, depending on how much you crave your meat. Meatless meals retain the texture, flavor and constitution of meat, which means it is really easy for carnivores to continue eating the meals they love without giving up on great tasting, satisfying food.

This recipe book is filled with really easy to prepare family favorite recipes that I am certain will tantalize your taste buds, proving the point that it has never been easier or more fulfilling to change to an environmentally friendly plant-based diet that contains absolutely no animal products.

If you are one of the many carnivores that are now becoming more conscious about the food you eat, and have decided to make a commitment to cut down or cut out meat and dairy from your diet, then these recipes will make it really easy for you to get you and your family healthy whilst doing your bit to help heal our world. To this end, my kitchen has been a hive of activity this year, and I do hope you enjoy the fruits of my labor. My family, friends and I certainly have! For the Vegans and Veggies, I hope this recipe book can become an inspirational and delicious point of reference! Everybody can enjoy the great variety of dishes it offers in order to create exciting, friendly menus filled with the most important ingredient of all, LOVE!

Since removing meat and dairy from my diet I can honestly say that I feel more vital alive, my energy levels soared, my eyes brightened, my skin, hair and nails all improved in condition. The best thing of all is that I feel safe and secure in the knowledge that I do not contribute to animal cruelty or to the environmental consequences of the meat and dairy industries. The wise old saying “we are what we eat” has never been more relevant.

I am now 47 years old with the same body (minus one leg and a ton of sports injuries) as I had at 22 years old. I am still breaking world records and winning medals. Aside from my dogged determination and genes, the rest is my Vegan lifestyle. No more excuses, change your life, you only have one...   

Lots of Love, Heather

To read more about Heather go to: www.vbitesfoods.com www.heathermills.org

Editor’s Note:
Heather has just successfully completed her 5 World record attempts, the final and most difficult one being speed skiing. As of last week Heather is the fastest disabled woman on skis in the WORLD! 166.84 km/h

You Tube search: “Heather Mills - The fastest disabled woman on EARTH!”

Heather Mills is a British activist, philanthropist and former model. Mills works with several charities including Easter Seals and Viva.

More relevant.

I am now 47 years old with the same body (minus one leg and a ton of sports injuries) as I had at 22 years old. I am still breaking world records and winning medals. Aside from my dogged determination and genes, the rest is my Vegan lifestyle. No more excuses, change your life, you only have one...   

Lots of Love, Heather

To read more about Heather go to: www.vbitesfoods.com www.heathermills.org

Editor’s Note:
Heather has just successfully completed her 5 World record attempts, the final and most difficult one being speed skiing. As of last week Heather is the fastest disabled woman on skis in the WORLD! 166.84 km/h

You Tube search: “Heather Mills - The fastest disabled woman on EARTH!”

Heather Mills is a British activist, philanthropist and former model. Mills works with several charities including Easter Seals and Viva.

More relevant.

I am now 47 years old with the same body (minus one leg and a ton of sports injuries) as I had at 22 years old. I am still breaking world records and winning medals. Aside from my dogged determination and genes, the rest is my Vegan lifestyle. No more excuses, change your life, you only have one...   

Lots of Love, Heather

To read more about Heather go to: www.vbitesfoods.com www.heathermills.org

Editor’s Note:
Heather has just successfully completed her 5 World record attempts, the final and most difficult one being speed skiing. As of last week Heather is the fastest disabled woman on skis in the WORLD! 166.84 km/h

You Tube search: “Heather Mills - The fastest disabled woman on EARTH!”

Heather Mills is a British activist, philanthropist and former model. Mills works with several charities including Easter Seals and Viva.

More relevant.

I am now 47 years old with the same body (minus one leg and a ton of sports injuries) as I had at 22 years old. I am still breaking world records and winning medals. Aside from my dogged determination and genes, the rest is my Vegan lifestyle. No more excuses, change your life, you only have one...   

Lots of Love, Heather

To read more about Heather go to: www.vbitesfoods.com www.heathermills.org

Editor’s Note:
Heather has just successfully completed her 5 World record attempts, the final and most difficult one being speed skiing. As of last week Heather is the fastest disabled woman on skis in the WORLD! 166.84 km/h

You Tube search: “Heather Mills - The fastest disabled woman on EARTH!”

Heather Mills is a British activist, philanthropist and former model. Mills works with several charities including Easter Seals and Viva.

More relevant.