

Suzy Amis Cameron Describes Her Transition to a Vegan Diet

by Brianne Hogan, Ecorazzi

Suzy Amis Cameron shares with The Huffington Post about the “radical wake-up call” that led her to adopting a vegan diet alongside husband, **James Cameron**.



Amis Cameron says that for, 26 years, she paid close attention to what her family was eating, ensuring it was healthy and nutritious. “We purchased grass-fed meat and free-range eggs, enjoyed plenty of fruits and vegetables from our organic garden, and even had fresh goat yogurt from our well-loved goats,” she said.

Then, in 2012, she watched the documentary, **Forks Over Knives**, and her whole world of what it was to eat healthy, immediately shifted.

“It gutted me on a physical and emotional level. One idea in particular shocked me: the revelation that we don’t actually need animal protein to be healthy,” she said. “For a girl raised in a big Oklahoma family, the idea that we didn’t need meat and dairy was a radical wake-up call and turned everything I thought I knew about healthy eating upside down.”

The environmentalist was also shocked to learn that a diet based on animal products “was linking to higher rates of chronic diseases like cancer, heart disease and diabetes.” She watched the documentary again with her husband, hoping the information would affect him as deeply as it had her. It did.

After the film ended, the couple banished all meat and animal products from their home in 48 hours. “I realize this was an extreme and sweeping response, and that’s kind of how we roll—maybe a bit unrealistic for most!—yet there was still a big learning curve ahead,” she said, which meant going on a “fact-finding frenzy” that led her to watching similar films, reading tons of books and meeting with nutritionists, doctors and scientists.

“And through this discovery process, I had another shock: **Animal agriculture is devastating to our environment, and a major factor in climate change, water and air pollution, biodiversity loss and deforestation,**” she writes. “**As a strong environmentalist, this knowledge made me more passionate than ever about doing my part by committing to a plant-based diet and actively sharing what I had learned with others.**”



Three years later, [since 2012] and the Camerons are more committed to their vegan lifestyle than ever before.

“I can’t believe the difference in our family. Our energy and health are off the charts. My husband and I are as fit as we’ve ever been,” Amis Cameron said. The couple have even launched **Food Choice Taskforce**, to show the impact of animal agriculture on climate change and the environment.

“All of us feel more empowered knowing that our food choices are making a difference in the world. Every single meal is an opportunity to eat for a healthier planet. And what is really cool is the discovery that what is good for the planet is good for you and good for animals. So it doesn’t matter why you decide to go plant-based, it’s a win-win-win all the way around.”

As for those goats? You’ll be happy to hear they joined another herd and went to work helping with weed abatement in Santa Barbara.

Thank you for sharing your incredible vegan journey, Suzy!

Source: Ecorazzi