

May 28, 2016

Hello, everyone!

EVEN is glad to forward Laura Oatman's *Whole Earth Wellness* to you.

I met Laura when EVEN was tabling at UO's PIELC (Public Interest Environmental Law Conference) and she was a presenter. I was impressed with her energy, and her dedication to compassion, wellness and veganism. I hope you all enjoy her newsletter! (Sign up with her to receive more!)

All the best,
Lin

Lin Silvan
Founder and Executive Director
www.eugeneveg.org

Eugene Veg Education Network

---EVEN - serving as a vegan resource since 2005---

The Eugene Veg Education Network (EVEN) is a 501(c)(3) non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members---** as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org
Peace.



RETHINK NUTRITION WITH
WHOLE EARTH WELLNESS

Savory Summertime Secrets from Whole Earth Wellness



Memorial Day Reflections... and Recipes!

Officially, summer doesn't actually start until June 20, but many of us think of Memorial Day weekend as the real start of summer! Summer, after all, can never be long enough.... Let's get this party started ~ NOW! Remember how much FUN summer used to be when you were a kid? School was out, the days were long, and we would spend all day outside playing with our buddies. For us in So Cal, it was all about being at the beach all day everyday, and seeing who could come back the following fall with the best tan, so we would start our tans on Memorial Day weekend! Memorial Day weekend is officially (per the fashion police anyways) the time we can all start wearing white again, the time to uncover and dust off the barbeque.... [READ MORE & GET RECIPES HERE](#)



7 Best Tips For Curing Insomnia

It seems like lately I have been speaking to more people that are having trouble either falling asleep at night, or staying asleep. Some complain that they toss and turn for an hour or more before sleep finally comes. Others say they have no trouble falling asleep, but then they wake up around 2 or 3 to go to the bathroom, then just cannot fall back asleep, no matter how many sheep they count! The common theme is that their "mind is racing" and they cannot turn off their thoughts... [READ MORE HERE](#)



Learning to Love Yourself... Starts With Pampering Yourself

So I understand that the statistics on successful dieting are pretty grim. Studies show that 95% of all diets fail, doesn't matter what "diet" you're on. Is it because diets are synonymous with suffering and deprivation? Perhaps. But I think it's a bit deeper than that. Most people don't stick with a new diet or lifestyle program because the diet is all about their physical body – for superficial physical reasons like "looking better in their blue jeans", or for deeper physical reasons like their doctor has warned them to diet and exercise or die! But neither one of these reasons will work long term, even with the threat of an early death hanging over their head. [READ MORE HERE!](#)



WHY I DON'T WEAR FUR, LEATHER OR UGGS.

I used to think the PETA folks were nuts, seriously. I have been an on-again-off-again vegetarian my whole life, because I think at some very deep level I knew that killing animals to eat them was wrong. (To this day, I have NO idea how I was able to suppress my feelings about that for sure long and continue eating animals. One of the most disconnected experiences of my life... so I totally get it if this is still you!) But when I saw PETA folks protesting fur and leather, naked and drenching themselves in blood outside department stores, I honestly thought they were COMPLETELY nuts!! I could see giving up eating meat, but why leather or fur? .. [READ MORE HERE](#)



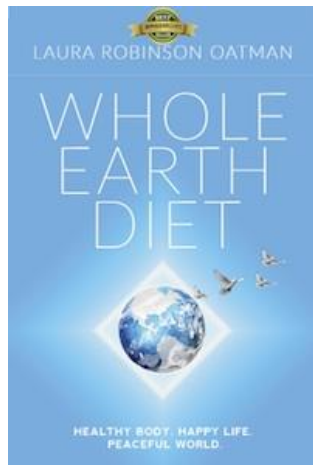
UPCOMING FREE WEBINAR - THE WELLNESS [R]EVOLUTION Monday, June 13th, 6pmPST/9pmEST

Hear Laura make her case as to why a whole-foods plant-based diet is the best way to nourish your body, mind, heart and soul. Geared towards professionals, busy people and working women, this talk will not only inspire, but will also provide some very practical tips and applications that you can start to use immediately to lower your stress and turn your health around.! [REGISTER HERE NOW](#)



UPCOMING PROGRAM - 7-DAY SUMMER CLEANSE! Live Online Virtual Event - July 10-16

So, summer is unofficially starting this weekend, but are you ready for those summer clothes and (eekes) bathing suits?? Join me for my signature sizzling hot Summer Cleanse this July 10-16! All live, all online, you get everything you need to make it easy - simple recipes for meals and juices for 7 days, daily live morning phone calls, and all the support you need to lose some weight, and detox your body, mind heart and soul in preparation for summer... [go here and register today!!](#)



PEACE BEGINS ON YOUR PLATE

Have you picked up your copy of Whole Earth Diet Book?

What if we told you that you could eat full portions using delicious recipes from cultures throughout the world, and you'll lose weight and feel better than you've ever felt? We challenge you to read the [Whole Earth Diet](#) book. Give us a chance to make our case. We'll help you feel great, lose weight and live a happier, healthier life!

*"The Whole Earth Diet is an immensely practical guide to the best of healthful eating. The most effective way to promote good health is to eat a vegan diet—our clinical research studies at the Physicians Committee have shown time after time that this is the case. And eating plants is not only the best way to take care of your own health and wellness, it is also the best way to eat sustainably for the Earth. No matter where you stand right now, transitioning toward a vegan diet should be your next step. Let Laura help lead the way, and enjoy the benefits of eating and living in a way that benefits the whole Earth. You'll be so glad that you did!" ~ **Neal Barnard, M.D.**, President, Physicians Committee for Responsible Medicine, Professor George Washington University School of Medicine, Washington, DC*



Laura Robinson Oatman -- Founder of Whole Earth Wellness

[Whole Earth Wellness](#) is a holistic health and nutrition company that improves clients' health and well-being by supporting a transition to a plant-based diet and a holistically healthy lifestyle. We are forming a community of wellness warriors around the world, with our ultimate goal of world peace that begins on your plate.

Laura is a graduate from the Institute for Integrative Nutrition. She is a certified health and nutrition counselor and a member of the American Association of Drugless Practitioners. She has also earned her certification degree in Ayurvedic Education from the California College of Ayurveda and her certificate in Plant-Based Nutrition through eCornell, and she was awarded a "Food For Life" Educational Alliance Partnership with the Physicians Committee for Responsible Medicine in Washington, DC. Her business, Whole Earth Wellness, provides holistic wellness counseling including customized recipes based on a gradual transition to a plant-based, whole foods diet.