

# BLISS PLANET

*Amplify Your Goodness!*

Edition 22



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LOVE

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**MY BESTFRIENDS**

*#Adopt Pure Love*



**OLIVIA MUNN WITH FRANKIE AND CHANCE: ADOPTED 2016 AND 2014.**  
They're a little bit of a lot of things, but they're all pure love.



**THE SHELTER PET PROJECT.ORG**

## WELCOME

**Bliss Planet** is dedicated to making a difference by spreading **positivity** and wellness. The more aspects of wellness a person implements the easier it is for them to amplify goodness.

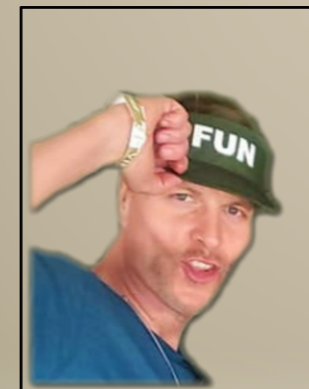
People who feel good are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well. Healthy energy, words or deeds shared from one individual have the potential to positively influence countless others. When we share goodness with others we help them engage with the world in a positive manner and indirectly help people we will never meet.

I welcome you to join a quest to amplify Goodness for the benefit of people, animals, and the earth!

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. When we join together in Goodness what we build will be beautiful and brilliant for when we unite we can truly make a difference!

May this message inspire you to explore the possibilities that your Goodness has to offer!

Your ally in  
GOODNESS,  
*STEVE*



## VIDEO

Each edition of **Bliss Planet** includes a video of those featured in this issue sharing their messages of Goodness. **Click the image below to view the show.**



## GRATITUDE

Thanks to the support of our generous sponsors we are able to provide a Wellness Certification Course and other free educational materials designed to amplify the health and wellness of this beautiful earth.

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Do GOOD Deeds  
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Goodness so that we may  
illuminate this beautiful world!

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# AMPLIFY GOODNESS

Bliss Planet is a place to play, learn, and share Goodness online for people, animals, and this wonder filled earth. A wellness course, magazine, e-books & a community are all part of the Fun at Bliss Planet!

# EMPOWERING THE WORLD WITH WELLNESS

Our vision is of a planet filled with health and happiness for all beings where we prosper in one another's brilliance. We contribute to this goal by creating healthy living content, providing educational services through our scholarship program and a platform for compassionate wellness minded individuals to unite.

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## RAISING VEGAN CHILDREN By Dorota Drosio

When I first went vegan - about 7 years ago - I did it for ethical reasons. I couldn't feel good about myself knowing that I still, even as a vegetarian, contribute to unnecessary suffering of other sentient beings just to satisfy my appetite. I learned about the health benefits a bit later. At this time I was already a mother of three daughters who I fed a standard diet - listening to people preaching that "kids need meat and cheese to grow healthy and develop well". My children never suffered from any serious illnesses - but like many others they did catch an infection every now and then - mostly common colds or gastrointestinal infections, so called "tummy bugs". Soon after my transformation I decided to gradually wean them off red meats and chicken. They went pescatarian and were still consuming dairy and occasionally - eggs. After a while I eliminated fish from their diet, replaced milk, cheese and butter with dairy alternatives - however they were still eating vegetarian products, containing small amounts of milk and/or free range eggs. Of course there were problems at school where they were getting dinners. Despite of me declaring that they are vegetarian - they were still fed fish. Fish is not meat, right? Do fish grow on trees? How frustrating! So I started giving them packed lunches to keep on the safe side.

After a while I have noticed that their health improved greatly. But also I started getting harassed for my choices. Although they stopped getting most seasonal infections and even if they got a bit sick once or



twice a year - the sickness was literally gone overnight. I made a decision to convert them to veganism. Seeing how they thrive, comparing to the way they used to be (my ex was in charge of food choices and their diet mostly consisted of chicken and white rice with the only vegetables being peas and sweetcorn from the tin) they were pictures of health. Just like myself. They had loads of energy and strong immune systems. But things were not easy. Even though my kids loved the new diet and thrived on it - my ex who has no education about diet whatsoever and his own health is far away from good and who couldn't prepare a healthy meal to save his life - not only tried feeding them meat and dairy when they were

staying at his, but also - despite of me providing numerous science based articles on how vegan diets can benefit health - kept reporting me to the Social Services, implying child abuse!

He tried to brainwash them against me and my views.

Eventually I won. I showed my older daughters some videos - yes, also the ones showing horrific abuse happening to animals on daily basis. This had to be done. What's worse - showing them the reality of where their food comes from - or lying - showing them cartoons about happy farm animals, at the same time feeding them their dead, tortured bodies? They also learned about the environment and the destruction that current dietary habits are causing to our planet. They need to KNOW to make conscious choices. Of course the knowledge you serve them has to be age appropriate. You can't show everything to a 7 year old but you can explain. Isn't lying the real child abuse? Why can you show the child how the apples are grown but you can't show them where "their" meat and cheese really comes from? And most importantly - recently numerous scientific bodies confirmed vegan diets are safe and beneficial for all stages of life - from conception, through infancy, until old age. What more do we need?

I used to feel terrible having to lie and sugarcoat the truth when they kept asking where meat comes from.

Now I can sleep better at night, knowing their eyes are open. It was a long and painful journey. Very emotional. Especially after my youngest daughter was born in 2016. She was born vegan and still is at the age of three. And she is a picture of



health and a very happy girl. A few weeks after birth her weight and height reached 97-98 percentile and she still is bigger than most other children her age. The only time she got sick was after her first set of vaccines. Apart from it she never had anything more serious than a runny nose and a bit of a cough. Still - me and her dad who also went vegan - had to endure attacks from his family, especially his sisters (most of whom were not nutritionally educated

at all and heavily overweight), claiming we "force our beliefs on the child", while many of children in that family are struggling with excess weight and are fed junk food on regular basis. I'm sure many of you - vegan parents had to struggle with

similar issues. People feeding the children MC Donald's, KFC, pizza, crisps and excess sweets - yet accusing you of child abuse or neglect for making healthier but less socially accepted choices.

It was not easy. It was frustrating, heart breaking and I'm going to be honest - sometimes I felt like packing my bags and never coming back. It was just too much. I felt broken. After all those years I decided to

write this article for all the parents who struggle like I did. To all who are tired fighting prejudice and medieval mentality. Who are trying to do the best thing for their children. You are not alone!

### **WELL PLANNED VEGAN DIETS ARE SUITABLE FOR ALL STAGES OF LIFE.**

There is no excuse for such ignorance when there are numerous organizations that can be contacted in case of any doubt - like the well respected Vegan Society or Physicians Committee for Responsible Medicine, where members are health professionals and are there to help and answer the questions. Deficiencies on vegan diet are very rare - well balanced diet with supplementation of B12 and Omega 3 provides all the nutrients a growing child needs. In fact standard Western diet puts children at a greater risk of deficiencies. Very often it's the overweight children who are malnourished. Fed mostly empty calories, they

don't get nearly enough vitamins, minerals and other essential nutrients like phytochemicals - extremely important for overall health.

Vegan children don't miss out on anything and can still enjoy foods like nuggets, burgers, hot dogs, pizzas, ice cream, cookies, chocolate as an addition to whole foods diet. There is a variety of meat replacements and dairy alternatives in most supermarkets, health food stores or

online - many of which are made of complete protein, like soy or mycoprotein. You can even create your own egg replacements out of tofu! Possibilities are endless!

Let's have a look at what exactly the science says.

Multiple experts have concluded independently that vegan diets can be followed safely by infants and children without compromise of nutrition or growth and with some notable health benefits (**Pediatrics in Review, May 2004, vol 25/ Issue 5**).

According to Italian portal **Scienza Vegetariana** - all children spend most of their infancy as vegetarians or vegans. Meat is the last food to be introduced. Breastfeeding rates among vegetarians and vegans are higher - much higher, with over 95% of vegan infants being breastfed for up to 2 years or more, which already guarantees a better start in life. "Vegan children showing poor growth is a common misconception." Carol M. Coughlin MD.

"Children who consume plant based milks don't grow as quickly as their dairy drinking counterparts" claims one study. At 3 years of age the difference was 1.5 cm. But the findings don't show the mechanisms of it - barely show a potential effect, without explaining it. Is slightly bigger better? Or healthier? Is it a good thing? What's exactly causing this difference in growth? Insulin like growth factor (IGF) is a hormone produced by mammals, naturally occurring in cow's milk. Intake of cow's milk stimulates the human body to produce even higher amounts of this hormone. Roughly 2/3 of human population doesn't drink dairy

milk and if the children are fed a balanced diet they grow well. This study shows how dairy milk UNNATURALLY stimulates children's growth. Growth stimulation takes place early in life but additionally in adolescence cow's milk lowers the age of first period in girls, which results in increasing the risk of hormone sensitive cancers. Consumption of cow's milk alters human development, leading to negative, long term consequences.

**A study on FARM community** (a vegan community in Tennessee, where children are vegans since birth) shows that vegan children were slightly shorter at the age of 1-3 but comparable in height at the age of 10. Studies **of British vegan children** showed they were taller than controls and weighted slightly less.

More and more children as young as 7 or 8 choose veganism. Even more teenagers choose to go vegan - for ethical reasons. Unfortunately teenagers being teenagers often consume a lot of vegan junk food. However studies suggest that veganism does not lead to eating disorders among teens.

Foods must provide adequate amount of calories to support the growth. Some refined grains are allowed to reduce the bulk. A common concern



about veganism in children is that too much fiber can fill them up before sufficient amount of nutrients is consumed. Dried fruit can be eaten instead of some fresh fruit. Diet should be rich in nuts and nut butters, seeds, grains, legumes - great sources of protein. Infants get adequate amounts of fat if they are breastfed and full fat soya milk is the best choice for older kids. Limit fats to less than 30% a day and less than 10% of daily calories from saturates. Breast milk, calcium fortified foods, green vegetables, black strap molasses or a supplement are the best sources of calcium. Regular exercise is also very important for proper bone growth and development. Maximum bone density

achieved during childhood helps prevent osteoporosis in the later life.

Vitamin D fortified milks, cereals, supplements and sunlight exposure are sufficient sources of this vitamin.

Vegan children are not at a higher risk of iron deficiency, comparing to children on standard diet. Whole grains, fortified cereals, legumes and green vegetables are all good sources of it.

Of course **Vit B12** supplementation is essential - this vitamin does not occur in plant sources. Most cereals are fortified and so are most plant based milks and dairy alternatives, some meat alternatives. Vitamin B12 is crucial for healthy cells functioning,



helps prevent anemia and maintains healthy functioning of the nervous system. Additionally it should be supplemented - there are many products suitable for vegans at an affordable price. Deficits are extremely dangerous, especially for infants, who unlike adults don't have any of it stored.

**Zinc.** Some children might develop deficiency of this mineral. Good sources of it are: wholegrain pastas, wheat germ, fortified cereals, legumes and peanut butter.

If your child likes cakes - they can still enjoy them egg free. Good egg replacements are: flax seeds and chia seeds, which are also good sources of alpha linoleic acid; mashed banana or oats.

**"British Dietetic Association confirms that well balanced vegan diets can support healthy living in people of all ages."**

I'm sure you came across some outdated studies - scaremongering with B12 deficiency. Most of them were conducted in the 80s when fortified foods were not available and supplementation was not common. Even today I often talk to people who think eating a dirty carrot will supply them with sufficient amounts of B12 because this vitamin is produced by bacteria. Nothing further from the truth. Not only you will give your child a deficiency, but also you put them at risk of catching certain dangerous bacterial infections.

According to another 1989 study - vegan children achieved their growth goals during the school years. The difference in height was merely a quarter of an inch. As toddlers - some of them were shorter, simply because they were breastfed and breastfed children, not exposed to IGF - grow at a different rate.

Anemia doesn't seem to be a problem

among most vegan kids - in fact excessive cow's milk consumption increases the risk of iron deficiency. "Most nutrients can be provided by plant foods. The exceptions are: retinol, Vit B12, Vit D, carnitine, taurine and C20-22 essential polyunsaturated fatty acids, such as arachidonic acid, eicosapentaenoic acid and docosahexaenoic acid. Retinol however can be derived from carotenoids, which are abundant in foods of plant origin. Taurine and carnitine may be necessary in the diets of very young infants as are the long chain polyunsaturated fatty acids. However, because these are provided by the breast milk, this does not pose a problem if the children are breastfed. Vegan diets do need to be supplemented with vit B12 and also vit D where exposure to sunlight is limited. Our studies show that if sufficient care is taken vegan diets can support normal growth and development." **Clarys et al, 2014.**

"Vegans had the healthiest weight among all groups and received the highest score on healthy eating scale."

"Fat intake for vegans was better (less saturated fats, more unsaturated), protein intake was sufficient, while meat eaters consumed nearly twice the recommended levels."

**Ricco et al, 2013 had similar results.**

**Davey et. al, 2003; Key et al, 2014** confirmed the health benefits of vegan diets among UK population. Plant based diets had the highest nutrient profiles.

**Orlich et al, 2014** state that "Plant based diets are not based simply on exclusion of animal products but lead

to higher quality diet."

"Well planned vegan diet is adequate and healthy at all stages of foetal, infant, child and adolescent growth". **Canadian Paediatric Society, 2010**

British Nutrition Foundation reassured that UK vegetarian and vegan children's growth and development are within the normal range. **(Phillips, BNF, 2005).**

**Messina and Mangels, 2001:** "Diets of vegan children meet or exceed recommendations for most nutrients and have higher intakes of fiber, lower intakes of fat, saturated fat and cholesterol than omnivore children."

**Physicians Committee for Responsible Medicine** says that infants should be breastfed, when not possible - soy formulas are available. At least for 12 months. At 6 months introduce iron fortified infant cereal, with breast milk or soy formula. At 6-8 months - vegetables (potatoes, green beans, carrots, peas) - cooked and mashed should be introduced and fruit - mashed bananas, avocados, peaches and applesauce. Some children can eat mashed crackers, bread, dry cereal, tofu or beans.

Children raised on well balanced vegan diet have reduced risk of heart disease, cancer, obesity, diabetes and other conditions. Adolescents have less difficulties maintaining healthy weight, fewer problems with acne, allergies, gastrointestinal issues than omnivore kids.

A 2005 study published in **Pediatrics** shows dairy had little or no benefit for healthy bones in children.

Plant based diets lower the risk of

heart disease in obese children. **(Journal of Pediatrics)** Help prevent obesity, cancers, diabetes and other conditions.

According to **Academy of Pediatrics**: "Well planned vegetarian and vegan diets are healthy for infants and toddlers."

Another study from 1980 showed that children on macrobiotic or vegetarian diet had higher IQ than those who ate meat.

Milk of breastfeeding vegan women is lower in pesticides than milk of women on a standard diet. Says another study. Breastfeeding women should always take a B12 supplement. Vit D3 and iron might be necessary as well.

"Kids are almost natural vegetarians. Many have a hard time chewing things up, which often eliminates meat. And they love animals. Once they make a connection between a hamburger and a cow, many pass on the meat."

### **Nutritionist Sue Gilbert.**

Children are naturally compassionate, but we as a society condition them to make them think killing animals for food is justified. That it's not right to kill a dog or cat or aquarium fish, but it's perfectly fine to kill a cow, a lamb or wild fish.

Many parents have noticed that their vegan children don't get infections as frequently as non vegan children do and if they do - they recover a lot quicker. Vegan diets also lower the risk of more serious diseases later in life.

In France an 11 month old baby died and veganism was the alleged cause

- so said the media. The baby suffered from vitamin deficiencies, but what was failed to say - she was still exclusively breastfed and when she got sick with pneumonia - the parents failed to seek professional medical help, but attempted to treat her with garlic, mustard and clay.

Another famous case - of an English baby dying, allegedly from being fed a raw vegan diet. In fact the child was fed only tomato juice and water!

Or a 6 weeks old infant from Atlanta, where veganism was to blame - no, the baby was fed only soya milk and water. And died of starvation - not because the parents were vegan.

Those children died not because they were vegan, but because they were STARVED! But these false informations are used against vegans, making them look like neglectful parents, when in fact most vegan parents are very well self educated in nutrition.

Now - officially studies show the link between processed meats and cancers. WHO evaluated it in the largest study, on over half million people, over 10 years period. Poultry consumption was mostly associated with increased risk of lymphoma - up to tripple the rates for every 50 grams.

University of Oxford study conducted over 12 years shows vegan diets offer the greatest protection against blood cancers.

And now ask yourself: how many children got sick and died from being fed meat and junk food rich diets?

Vegans have lower levels of cancer promoting IGF1 and some studies show that plant based diet can



reverse cancer growth.

Dairy causes acne, premature puberty, increases the risk of multiple pregnancies, breast cancer, prostate cancer, other hormone dependent cancers, excess estrogen, declining sperm count and contributes to heart disease. Fish contains mercury and PCBs and contrary to popular belief - might actually negatively affect brain development. High quality Omega 3 supplements suitable for vegans contain algal oil. Fish doesn't have to be a part of anyone's diet.

Vegan diets are beneficial for gut health, ease the symptoms of menopause and can even lower stress levels.

Although plant based diet has many benefits - I would not recommend raw vegan diet for children because it greatly reduces the diversity of foods you eat and some plants are actually more nutritious when steam cooked or sautéed. Eating both - raw and

cooked gives you the best of both worlds. Soups have plenty of nutrients too!

What about vegan pregnancies?

Pregnancy always requires extra nutritional effort. A 1987 study on 775 vegan mothers in Tennessee shows that most infants were born with healthy weight. Mothers took prenatal supplements. Rates of pre eclampsia were lower - only one case among 775.

Between 1970 and 2000 - 2028 pregnancies in the same community were observed. Less C sections were documented, lower rates of post partum depression, neonatal mortality, maternal mortality and pre eclampsia.

Reports have been made about some children being born with low body weight to vegetarian and vegan mothers, however those mothers followed restrictive diets - like the



macrobiotic diet.

Studies show that vegans suffer less complications during pregnancy. Veganism protects against diabetes, pre eclampsia, constipation.

Caloric needs are the same as for omnivore women. 2nd and 3rd trimester requires extra 200-300 kcal a day. Nutrient dense foods must be consumed - not empty calories. Milk shakes, nut butters, nuts, dried fruit, avocados, olives, soy, beans. Small and frequent meals. Extra hydration is required to allow increased blood volume and to avoid pre term birth. Slightly more protein should be consumed. Beans, lentils, peas, nuts, but butters, seeds and soy foods are great sources. B12, Omega 3, folic acid, but D3, iron, calcium and zinc.

And one more important thing - the level of destruction of the environment for today is putting us at all the edge of extinction. Meat and dairy industry are the main polluters - also responsible for massive emissions of greenhouse gases. The air, soil and waters get polluted with animal waste. And soon we might face fishless oceans - due to overfishing. Is this the world we want to leave for the future generations to live in? Giving up animal derived products is a big step you and your family can do for the future of your kids - after all when we are gone they will have to live on this planet.

Every diet comes with a risk of deficiencies if it's not well balanced. Vegan diets are appropriate and beneficial for any stage of life - if well planned and nutrient dense. It might be a bit difficult at the start - especially if you live in a small town (in bigger cities veganism is a lot more popular and vegan alternatives



are more available). Every January millions of new people try going vegan - for ethical and health reasons. Your child might at first experience social isolation - especially when eating school lunch or going out with friends. But every year more and more places offer vegan menus and most supermarkets offer a wide range of meat and dairy alternatives.

Now my own children influence their friend - many of them showing interest and trying a vegan diet!

Plant based diet can offer many health benefits and benefits for the environment. Isn't it a great investment in your children's future?



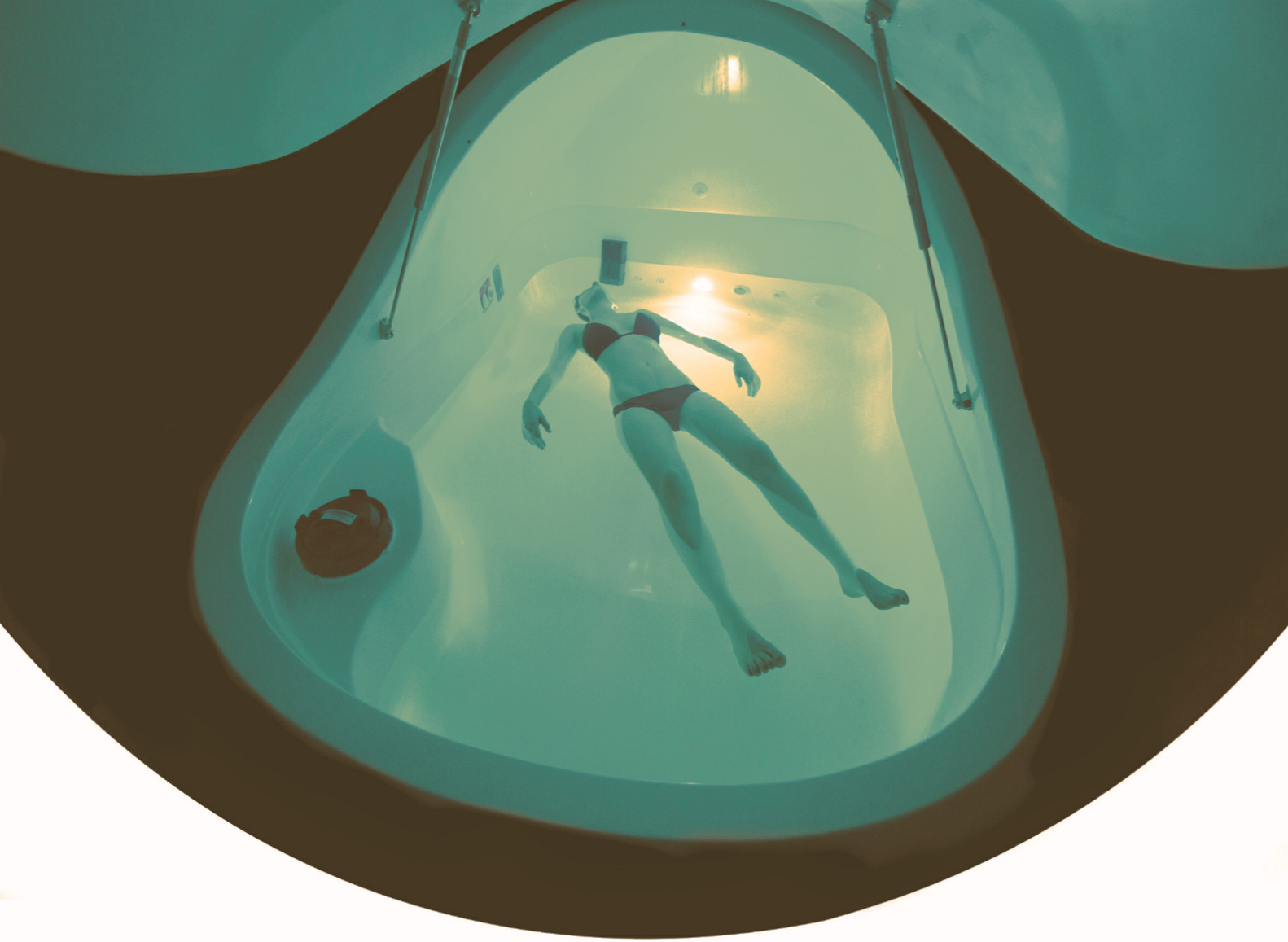
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*Dorota Drosio MHS, CN, CPT is an ethical vegan, certified horticulturist, herbalist, nutritionist and a personal trainer. Animal rights activist and a mum. Graduated Warsaw University of Life Sciences with a Master's Degree in Horticulture specializing in medicinal plants. Soon - starting work towards her doctorate. Currently working as a vegetarian and vegan Nutritionist and Personal Trainer - offering online consultations, meal and exercise plans, nutritional, supplement and herbal treatment advice.*

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## GOODNESS MESSAGES

***If You Only Had 1 minute Left To Share The Wisdom You've Learned On This Journey Called Life... What Would You Say?***

I worked with Cirque du Soleil and my friend Yann passed away on stage. It was a hard moment, but you have to take whatever good you can from the experience. And what I learned is that you have to live life like there is no tomorrow and live with compassion, and appreciation. I've learned that when I leave the room I always want to give the people around me who I love...I want them to know that I love them. If I'm angry, stressed, or anxious ...I try to live in a harmonious way.

*Rikki Carman*

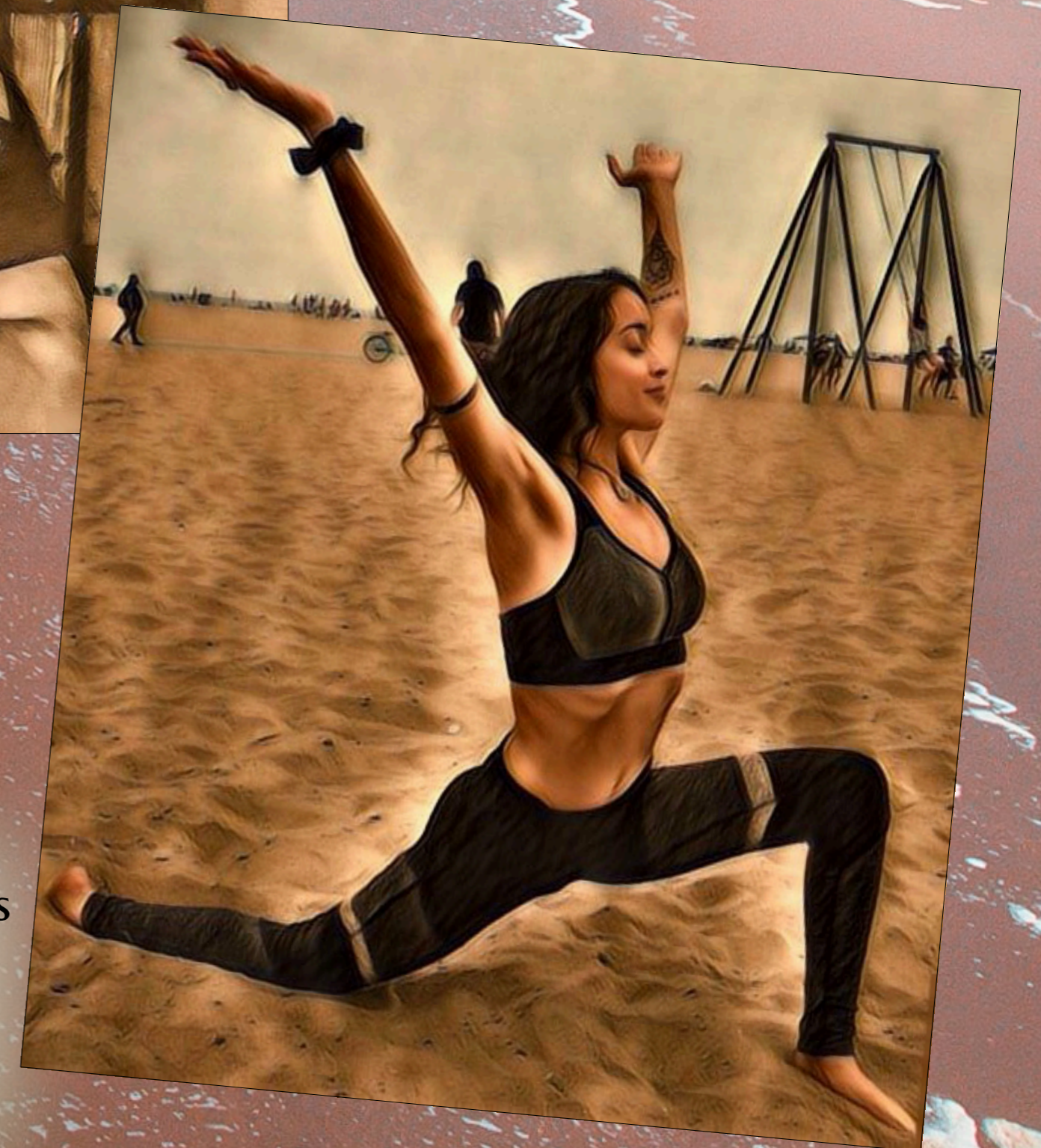


*Julia, Rikki, and Laurena*

My Goodness  
message to you is...

Just as water moves  
bodies of land...let  
your soul move  
bodies of man!

*Jovanny Galvan*



Here on original Muscle Beach with all the amazing,  
creative, beautiful beings. Everyone here is so powerful as  
are you. We are all such divine creator beings and w are  
here to do so much magic and create so much  
connection.

*Alicia Morant*



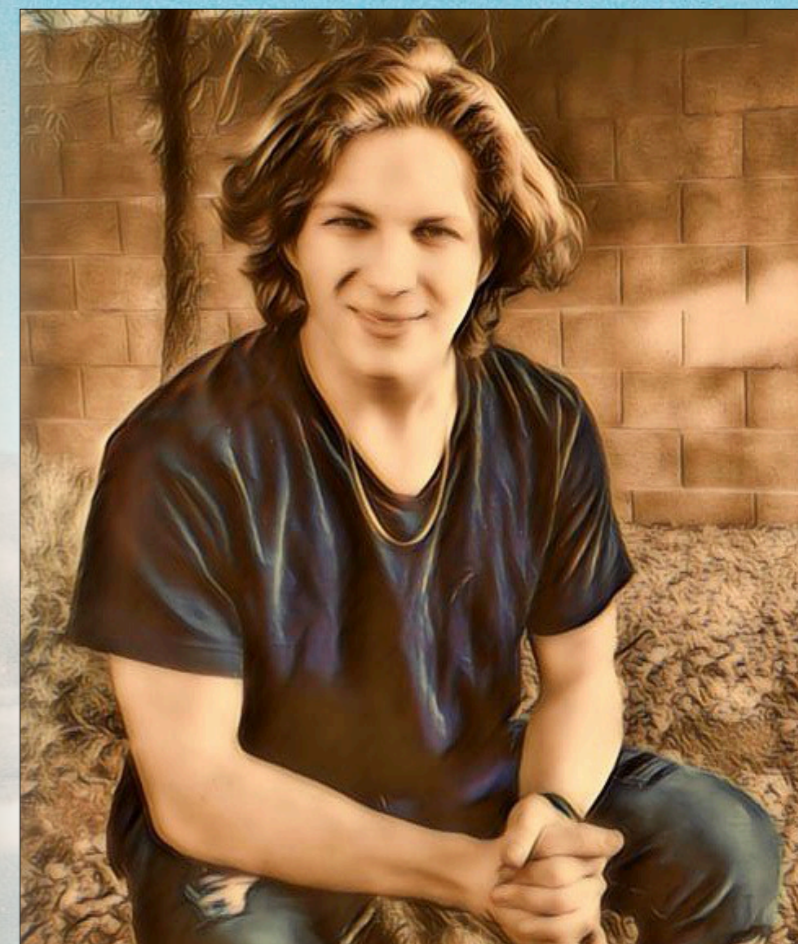
My Goodness Message is to never forget that we are all one. It's not a theory it is something going on...The more you expand the more you realize that everything over there is actually over here. And don't mix Oneness up with everybody being the same...no...no...the opposite,

The way Oneness manifests in the world is through uniqueness. Bring out your uniqueness and you will feel one with everything. And Love makes it all work!

*Daniel Hirtz*

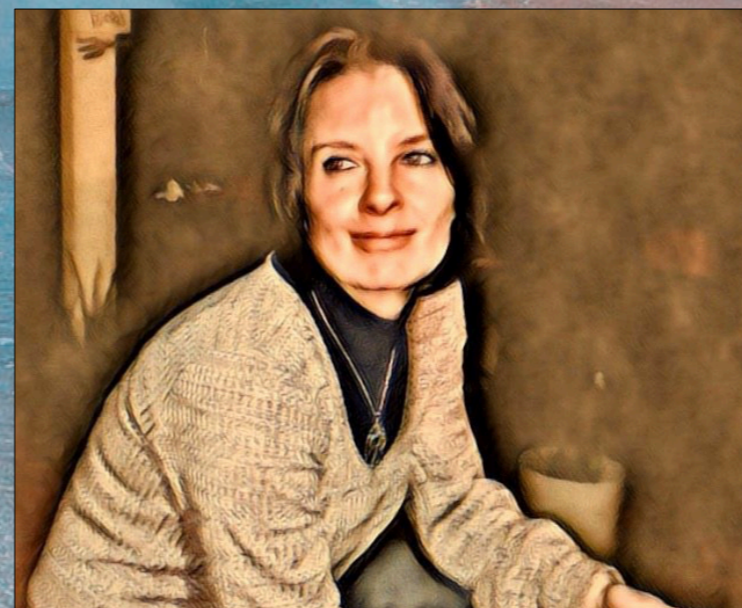
My Goodness Message is that you really need to live in the moment. Especially for my career path as an actor. If you don't live in the moment it's really not true. And I want to live as true as possible. You have to really be there to see it. If everyone's there it's such a moment. We have all been there were it seems as if no one's there and everyone is off in there own little world. That's not the way to do it. You have to be there and be in the moment and cherish everything about life. There is a beautiful bush over there and it's such a great bush, but over there are rocks that are great creations. Take in the beauty of the world. You have to be there and just see it and be in the moment.

*Shawn Harmon*



Appreciate everything around you plants, people, beauty, life, the sky...take it all in. Appreciate the time and Love yourself!

*Crystal Bray*





My Goodness Message is to lead with the heart and to stop the cycle of hurt people hurting people if you find yourself in that cycle.

*Paulina*

The Universe has your back...You are infinitely Loved and Supported.

*Paisley Hankins*

My Goodness Message is to just put one foot in front of the other...take it day by day and take the messy action. The Universe has your back.

*Alexis Wilson*

My message is to Love everyone for who they are and don't judge others for the choices they decide to make.

*Zack Timmer*





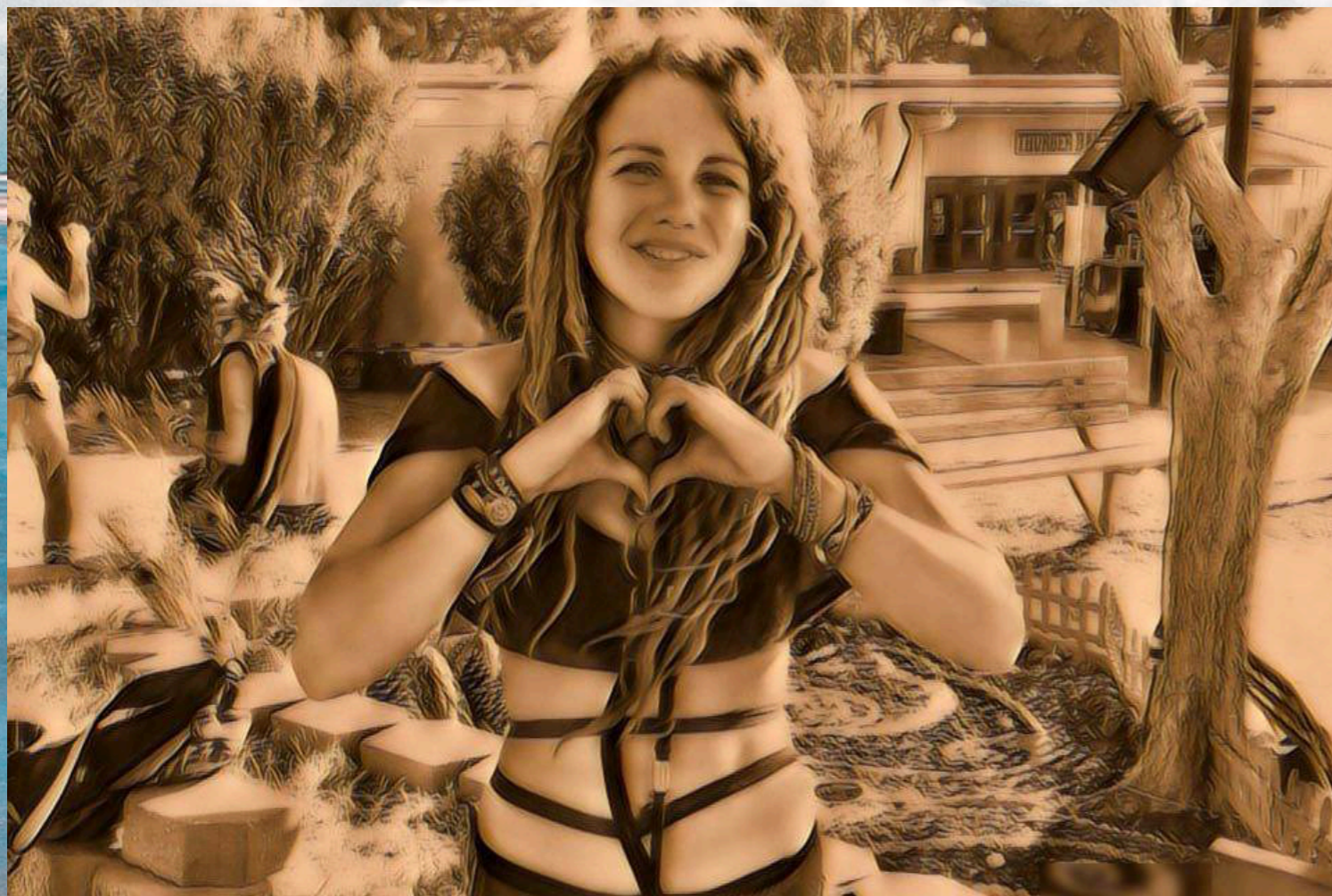
I am son of Mark...Nathan Shiya and I am here to share my Goodness Message with you. First and foremost you must always Stand Strong, Stand Tall, Be Bold like a Rock. No matter what anyone does, whatever winds push you away...you Stand Strong and hold your ground. That includes if you are away from home...if you are home...if you are with friends, family, strangers, neighbors. Love them All...Be Kind, Respect them. Go out of your way to Greet them. Smile as if it were your last Day, Take every Breath as if it were your last Breath and you... Man, You open those Eyes like it is your last Sight!

My Goodness Message to you...  
Be Good, Be True, Be the most Genuine version of You!

*Nathan Shiya*

I have found that when we all come together in celebration, family and joy ...I experience an eternity eclipse into a moment.

*Sea Leah*



Life Can Be A  
Beautiful Ride...  
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# VAN LIFE WITH SARAH EDER



**Sarah:** I have been in the van for a year and a half but I've been

traveling for four years. This is my little bohemian studio cabin on wheels. It's my home.

**Goodness Steve:** If you only had one minute left in this journey called life to help others with the wisdom you've learned...Sarah, what would you say?

**Sarah:** Maybe a little cliché. But I genuinely think that obstacles and challenges are put on our paths to service and to help us grow stronger and that can be a real hard thing to realize at the moment which I think takes practice and I've gotten better at that. With the right mindset, any



challenge can be an opportunity for ultimate growth. And it's only as hard as you make it. You are the soul manifester of your reality! So if something really crappy is going on with you right now... You have the ability with your mindset to completely change however you're perceiving that and in return change your entire reality. And maybe you want to experience the growth the next day, but maybe in a few months, you'll look back and notice. "Oh,

wow...I'm better and stronger for that! Or I'm more confident and can handle anything that comes my way. And I think that this outlook and change in perspective has really helped me and changed my life!

Once the Universe does starts unveiling itself to you in this way and you are really soaking up and it's seamless and happening for you...you can start to tell yourself that it's going to end soon and it's too good to be true and it's just the ego playing this game on itself telling you that your not worthy, that you're not good enough to experience this. So it's like half of it is ...Yes, the Universe is unveiling itself, but half of it is meeting the Universe





halfway. You have to meet yourself and show up with Self Love and Gratitude for Life and Gratitude for others for that continuous process to keep happening. You have to show up too! It's not all on the Universe.



**With the right midset,  
any challenge can be an  
opportunity for ultimate  
growth. And it's only as  
hard as you make it. You  
are the soul manifester of  
your reality!**



# SENSIBLE SUSTAINABILITY

## ABOUT US

E PROJECT is an architectural firm specializing in commercial, multifamily and residential projects. This boutique firm offers clients a wide range of design and architectural services with personalized attention to detail. E PROJECT is dedicated to providing innovative design solutions, while respecting its clients' economic, sustainability and aesthetic goals. The unique designs created by E PROJECT reflect the culture and atmosphere of their locations, as well as the themes requested by their clients.

## OUR PHILOSOPHY

Architecture is a language. Like any language, it has rules and conventions. Embedded in that language is the possibility of great beauty and expression. This is the language we practice and share with our friends.

Solving programmatic and functional problems is one of the basic elements of architecture. We work to excel at this fundamental level, and at the same time, realize possibilities that transcend the ordinary. It is here that the language of architecture can inspire and excite.

## SENSIBLE SUSTAINABILITY

We believe buildings should establish a balance with the natural world. It is our responsibility to design buildings that use less energy, are healthier for the users, that use less resources and give back more to the landscape. Designs should be well-suited to the program, but also adaptable. Functionality, and accommodation of present and future uses are important aspects of sustainability.

Architecture is a language

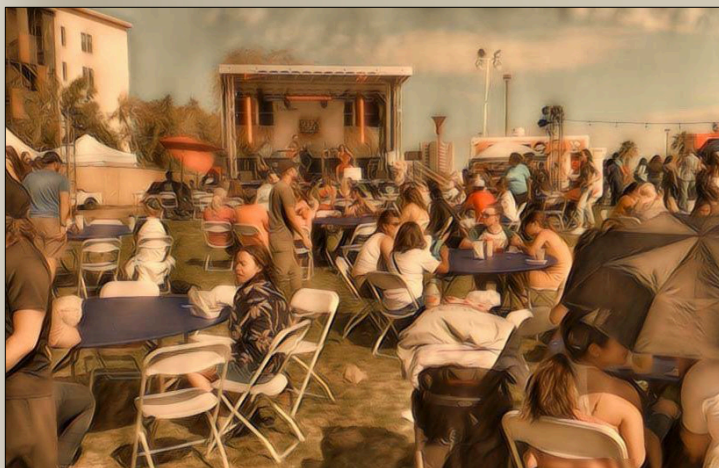


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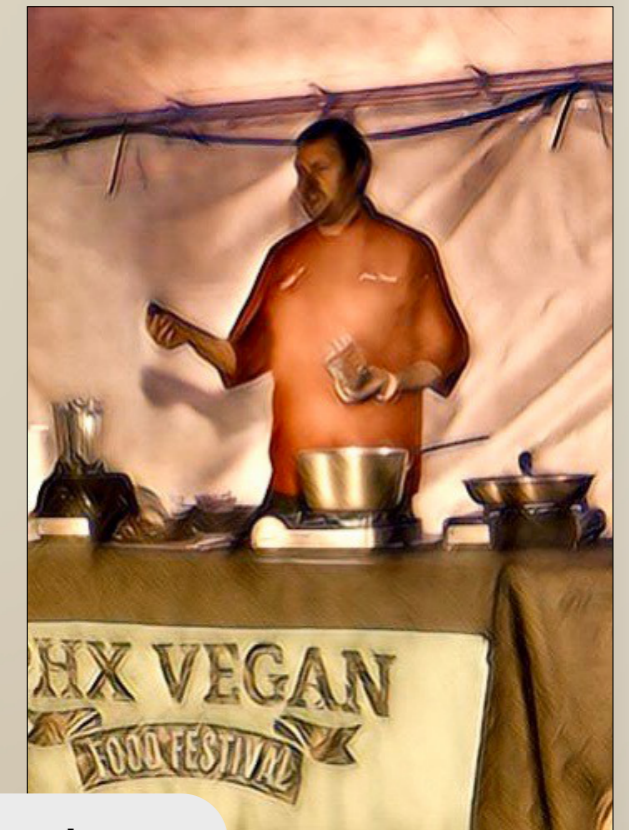
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# EVENT - PHOENIX VEGAN FOOD FESTIVAL

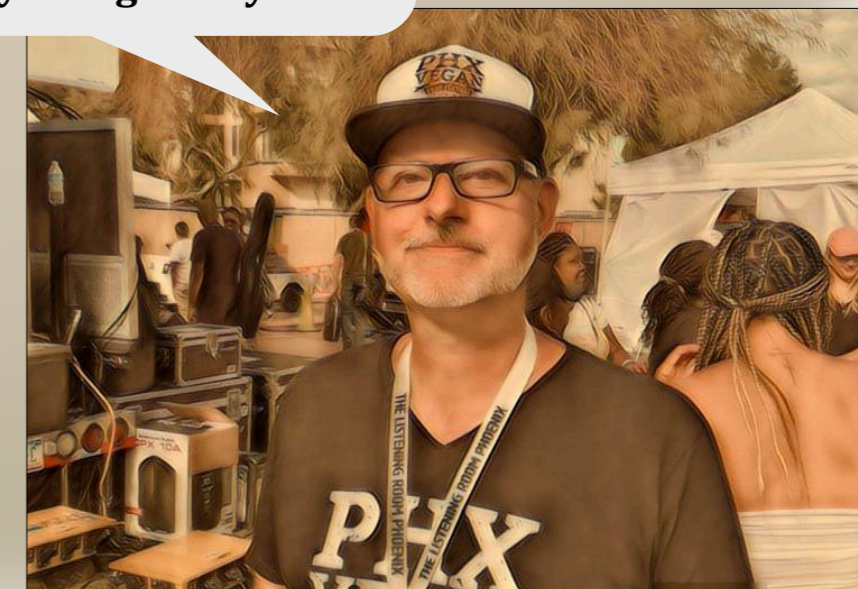


February 29, 2020 Margaret T. Hance Park in Phoenix, Arizona



**My Goodness message is to be spontaneous and the reason why I came up with that is because I really didn't think about what I was going to say and sometimes when you think about things too much you squash the moment. Spontaneity works...so be spontaneous!**

**My Goodness message is to make yourself happy and bring everybody along with you!**



Be compassionate  
Be Kind  
Be Inclusive  
Be You!

I hope my impact had a  
positive effect on  
someone else.



**STAYING HOME  
SAVES LIVES.**

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## MY VEGAN STORY - TAYLOR KNIGHT



energy levels, I was physically more fit, I was able to do a bunch of things, hang out with my friends at night, and do a bunch of things people my age should be able to do and even more than that. It made me overall a more positive person. Coming from someone who has always struggled most of their life with mental problems and illness it does help you have a more positive outlook on life. It's worth considering. I've inspired my roommates and friends to join in as well and even if it's just a few more meals a day of vegetarian/vegan I recommend it!

*Taylor Knight*



I am from Nashville Tennessee. Born and raised there and I and I grew up just not having any energy at all. It stunk being a teenager when you are supposed to feel youthful and have a bunch of life. I couldn't make it through the day without taking multiple naps. I would sleep 14 to 15 hours a night and take naps during the day as well.

I was talking to a friend one day and he had brought up how his brother got on a plant-based diet and said that he had a lot more energy. I thought... Hey, why not!... and I'd like to say literally after day one and day two I stopped taking naps. I had a lot more energy and thought...Wow, this is working!

I am also a college soccer player at Union University in Jackson Tennessee. When I started I was failing my fitness tests my freshman year and went vegan and by my sophomore year, I was first and second in all my fitness tests. So not only did it help my



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