

GOODNESS

Messages From Venice Beach

# BLISS PLANET

People, Animals, & Earth



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POSITIVITY

PEACE

WELLNESS  
COMPASSION

HEALTH  
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## 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,

*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

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## Goodness Mantra

Think **GOOD** Thoughts

Speak **GOOD** Words

Do **GOOD** Deeds

May we shine our Lights in  
Goodness so that we may illuminate  
this beautiful world!



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# AMAZING BENEFITS OF VEGAN DIETS

*By Dorota Drosio*

Veganism is growing huge. And it's not just a temporary fashion - it's a whole global movement of people dedicated to make a change - for animals, the planet and their own health. It's a life style aiming to end cruelty towards every sentient being.

I was a meat eater. And a vegetarian - for 12 years. In 2012 I started doing some more research and confirmed something I was long afraid of - dairy industry is as cruel as the meat industry. As a vegetarian I was often wondering what happens to the calves if we drink milk that was meant for them... or what happens to the hens who lay the eggs we consume... I think I knew the answers all along - I just didn't want to acknowledge them. In 2012 I went vegan and this was the best decision I have ever made in my life! The first and most important benefit of veganism is a clear conscience.

Vegan diets also have numerous health benefits. From weight management (providing - we eat diet rich in whole foods - not vegan junk food, poor in phytochemicals, vitamins

and minerals) to heart health and prevention of many cancers.



Vegans tend to be slimmer and have lower Body Mass Index. Veganism helps to prevent and cure **obesity** because it is lower in fats, rich in complex (slow



digested) carbohydrates and higher in filling fiber.

Plant based diets are known to be beneficial for **heart health**. Not only they are full of antiinflammatory compounds - like flavonoids,



antocyanines, carotenoids, polyphenols but are low in saturated fats and cholesterol - free - reducing the risk of coronary heart disease and heart

attacks. Diet rich in fresh fruit and vegetables - abundant in fiber - lowers the risk of heart disease. Vegans are up to 75% less likely to develop hypertension and have overall up to 42% lower risk of dying from any heart disease. Nuts and whole grains are very beneficial for heart health too. Vegans tend to have lower blood pressure - caused by reduced viscosity (thickness) of blood.

Plant based diets help prevent and treat **type 2 diabetes**. Fruit, vegetables, whole grains, legumes, nuts and seeds are abundant in nutrients essential for maintaining optimal health. Plant foods are richer in fiber, microelements, vitamins and antioxidants. Always remember to supplement B12 and Omega 3 however, because B12 doesn't occur in plants and Omega 3 (ALA) from plant sources is inferior to Omega 3 from fish or algal oil. Algal oil is a great, vegan friendly supplement, rich in DHA and EPA we need for optimal health (they are powerful antiinflammatories). Make sure to eat a wide variety of foods to avoid iron, calcium or vit D deficiencies. You might also consider taking a vitamin D supplement if you're not exposed to the sunlight.



Vegans have lower blood sugar levels and better kidney function. Plant based diet improves **insulin sensitivity** and lowers your risk of developing diabetes by up to 78%. This has been shown by many studies.

Replacing meat with plant proteins reduces the risk of **kidney stones and gallstones**. High protein consumption - especially animal protein - makes the body excrete more calcium, oxalate and uric acid - main components of urinary tract stones.

Vegan diets provide protection against certain **cancers**. For example - replacing animal protein with beans and legumes reduces the risk of colorectal cancer by up to 18%. According to many recent studies - adopting a plant based diet and eating at least 7 portions of fruit and vegetables daily - reduces the risk of death from all cancers by up to 15%. Also soy provides protection from breast and prostate cancer. Make sure that you buy non GMO and preferably - organic. Soy is rich in phytoestrogens that mimick estrogen - binding to estrogen receptors - preventing excess estrogen from doing so. Dairy products contain a lot of estrogen, which contributes to breast and prostate cancer. By replacing dairy products with plant alternatives - you lower your risk of developing those. Dairy can also greatly contribute to ovarian cancer. Turning lactose to galactose in our bodies is shown to cause ovarian cancer growth.

According to some studies - like the famous Adventist studies - vegans live

longer. According to JAMA Internal Medicine Journal (2016) in a study conducted by Massachusetts General Hospital - health and diet records of over 130 thousands of participants were monitored over the course of 130 years. The conclusion of this study was that every 3% increase of protein from plants reduced the risk of premature death by 10% (12% from heart disease). Increasing the intake of animal protein by 10% increased the risk of death from all causes by 2% and 8% from heart disease. Replacing eggs with plant protein also showed reduced by 10% risk of death and giving up unprocessed red meat - by 12 %.

The biggest study on vegan diets was conducted by Loma Linda University and it is known as the **Adventist Health Study** - assesing the link between lifestyle, diet, disease and mortality. Seventh Day Adventists have a lower incidence of many diseases - comparing to people on standard american diet (sad). 2 studies were conducted, involving 24000 and 34000 Californian adventists - over 40 years period. Those studies were not financed by the church. 1st study begun in 1960 (**Adventist Mortality Study**). Participants were observed for 5 years with a further 23 years follow up. The results showed that men lived on average 6.2 years longer and women - 3.7 years longer.

Death rates from cancers were on average 40% lower for men and 24% lower for women. (Lung cancer rates were 79% lower, colorectal cancer - 38 % lower, breast - 15% lower).





Coronary heart disease rates were also significantly lower - 34% for men and 20% for women.

**Adventist Health Study (AHS-1)** - conducted between 1974 and 1988 involved 34000 Adventists from California - all of them over 25 years of age. This study was designed to establish what offers protection from disease. The results were very promising - the average life span of Adventist men was 7.3 years longer and women - 4.4 years longer than other Californians. Participants ate plant based diet, did not smoke, ate nuts several times a week, exercised regularly and were within a healthy weight range. This lifestyle was shown to increase the length of their lives by up to 10 years.

According to this study - reduced consumption of any meat decreases the incidence of colon cancer. Additionally - eating legumes offers protection against that disease.

Eating nuts several times a week can reduce the risk of a heart attack by up to 50%. And eating tomatoes by men - reduced the risk of prostate cancer by 40%. Drinking soy milk more than once a day reduced the risk of prostate cancer by 70%.

**Adventist Health Study 2 (AHS-2)** by Loma Linda University School of Public Health is a current study, which started in 2002 - involving 96000 participants from America and Canada. So far the reports confirm that veganism protects against obesity and type 2 diabetes and



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vegans are also a lot less likely to develop certain cancers - veganism offers overall protection from cancers - including female specific cancers. Vegans have higher levels of "natural killer cells" - white blood cells

specialized in killing cancer cells.

According to the studies - vegans not only live longer but also age with fewer

health issues. Intestines of vegans have **reduced number of pathogenic bacteria** and a **greater abundance of protective species; lower blood pressure; lower incidence of heart disease; lower risk of diabetes; lower risk of cancer.** Meats - especially the red, processed ones are now officially classed as carcinogenes (class 1). All meats - even chicken - contain high levels of cholesterol and saturated fats. Dairy and eggs contain them too. Even unprocessed meats like beef, lamb, pork, goat, etc - are class 2 carcinogenes. Meat and dairy contain hormones and antibiotics - added by the



farmers to maximise their profits. Consuming those hormones disrupts our natural hormonal balance and antibiotics - well - we might be facing an epidemic of drug resistant bacteria soon. The amounts of antibiotics consumed by

animals - and in result - by humans - already caused drug resistant strains of bacteria to develop and soon we might not be able to cope with them.

As for the fish... when people claim they eat healthy because they consume plenty of fish... just think about it. Fish live in water. Waters are polluted. What is in water - goes in the fish. Common sense, right?

Adopting a plant based diet helps reduce the risk and even reverse **arthritis**. Studies show that vegan diets - especially those rich in raw ingredients greatly improve general quality of life - reduces the swelling of the joints and pain.

Vegan diets - rich in whole foods - can also improve **mood and quality of sleep!**



The obvious benefit of rich in fiber vegan diet is reduction and prevention of constipation and other **digestive issues**.

Abundance of antiinflammatory compounds plays an important role too. Plant based diet full of fresh fruits, vegetables and whole grains supports gut flora health, which is not only important for healthy digestion, but also well functioning immune system. After all - 70% of it is located in our guts. Meat and dairy take a lot of time to digest and create a good environment for harmful bacteria. The "good" flora controls the harmful bacteria, preventing their proliferation and adhering to intestinal walls. Foodborne illnesses - caused by bacteria or parasites - mostly occur in animal derived foods.

Recently many famous athletes go vegan. The old myth of meat being essential source of protein is no longer believed in and plant based diets are actually shown to boost **athletic performance** - due to high content of healthy fats and carbohydrates.

High content of vitamins contributes to better **skin and vision**. Vegans have

lower risk of developing macular degeneration and their skin ages slower.



I have noticed this in myself - my skin became a lot healthier since I went vegan. One of the things you will notice first is that healthy glow of your skin. Many people discover acne completely disappearing. Carrots, sweet potatoes and kale are rich in Beta carotene - a precursor of vit A, which is very



beneficial for your skin. Some foods like cucumbers, millet or radishes contain

Stronger **immune system** is another improvement you will start noticing gradually. You will get a lot less infections like common colds or gastrointestinal illnesses.

Animal protein forces calcium out of the body - which as a result contributes to osteoporosis - after all "them bones, them bones" don't need cow's milk for optimal health! We can obtain enough calcium out of green vegetables, legumes and fortified non dairy milks.

A 1985 Swedish study showed that plant based diet can ease **asthma** symptoms.

Women avoiding meat and dairy have also lower incidence of **pre eclampsia** when pregnant and after pregnancy - purer breast milk - not contaminated with chemicals present in meat and dairy. Antibodies from cow's milk - passed to human milk can cause colic in infants.

silica - great for nail health.

Soon after adopting a vegan diet - most people observe increased **energy levels**. Processed foods high in fats and sugar make us feel tired and lacking energy.

And apart from all the benefits shown above - vegan diet is **cheaper**. Some might argue here but if you minimize the consumption of fake meats and stick to whole foods - it will really save you money!





Veganism is not only great for us and the animals - it is good for the **environment** too! It requires less energy, water and land to produce plant based food and it doesn't pollute the environment as much as meat and dairy production. Livestock production, especially beef production are the worst offenders. They produce enormous amount of greenhouse gases, responsible for global warming and animal waste poisons soil and waters. Meat and dairy production requires large amounts of grains - which greatly contributes to deforestation and species extinction - and we have very little time left to stop this before it's too late.

Well balanced plant based diets are suitable for any stage of life - from infancy to older age. If you make sure you get appropriate amounts of all the nutrients - protein, carbohydrates, fats and also - vitamins and microelements - there is no risk of malnutrition or any deficiencies. In fact - malnutrition is a lot more common on fast food diets, which are nutrient poor. So considering all the benefits - for us, the animals, the environment and even your pocket - plant based diet is a win - win!

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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.*

*For any enquiries - please visit:  
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# BEAT DEPRESSION & IMPROVE YOUR RELATIONSHIPS

*An interview with Cindy Goodman Stulberg and Ronald Frey, PhD*

For years, the first line of defense for depression has been pharmaceuticals, but in their new book ***Feeling Better: Beat Depression and Improve Your Relationships with Interpersonal Psychotherapy*** (New World Library, November 20, 2018), psychologists and authors Cindy Goodman Stulberg and Ronald J. Frey, PhD, say that it is actually our relationships that offer the most effective path to healing.

Knowing that depression is an illness as legitimate as any physical ailment, ***Feeling Better*** helps readers get clarity around the four main areas in life that can be contributing factors to why people feel sad, blue, down, and depressed: life transitions, complicated grief, interpersonal conflict, or social isolation. We hope you'll enjoy this short interview with Cindy and Ron about the book.

**You encourage readers to think of their depression like a broken leg. Why is that?**

Unfortunately, there is still a lot of negative stigma surrounding mental health in our society. People accept this and blame themselves or feel ashamed if they are depressed. Many suffer in silence. By viewing depression as a medical illness (like pneumonia or a broken leg) people are more inclined to ask for help and to take some time off from responsibilities so they can focus on optimizing their interpersonal relationships. Additionally, as others begin to see mental illness similar to a physical illness, they will provide care, support and compassion for those suffering.

**Your book *Feeling Better* offers an introduction to Interpersonal**







Most importantly, it helps clients become aware of the impact their social and intimate interactions have on their feelings and on the feeling of the individuals they interact with.

**You say in the book that working through feelings is a lot like sorting through the stuff you've stored in a messy basement.**

### **Psychotherapy (IPT). What is IPT exactly?**

IPT is a short-term, research proven therapy that usually lasts 8-12 weeks. It helps clients improve their relationships, which then improves their mood. It provides a new set of skills you can use to conquer depression and it can help prevent future episodes. Two doctors created the model in the 1960s to treat adults with depression and has been adapted for the treatment of adolescents and older adults as well. IPT can be used in individual or group settings to treat classic depression and related illnesses like chronic depression, postpartum depression, eating disorders, and more.

IPT focuses on what is happening currently, not on the past. It is based on the premise that building meaningful and constructive relationships will help you feel better. It is structured and collaborative and helps clients articulate and deal with their feelings in a constructive and interpersonal way.

### **Tell us more.**

You may not know everything that you have stored down in your basement. While sorting through all your stuff, you could choose to just throw everything away to avoid any potentially painful memories from surfacing. Alternatively, you could sit in a chair and carefully look through what is in all those boxes and experience a 'mixed bag of emotions' all alone. IPT offers a different and ultimately more rewarding approach of going through the piles of boxes with a friend. You'll likely experience some tears, some laughter, some anger, and some frustration but experiencing these feeling with someone else is infinitely healthier than experiencing them alone.

**You say in the book that there are four different problem areas in our lives that contribute to depression. Please tell us what they are.**

People who are experiencing **conflicts or disputes, life transitions (like a**



A photograph of two young girls standing side-by-side against a dark, textured background. The girl on the left has blonde hair in pigtails and is wearing a pink long-sleeved shirt and a white skirt with floral and polka-dot patterns. The girl on the right has dark hair and is wearing a light blue long-sleeved shirt with a yellow star pattern and blue jeans. Both girls are smiling and waving their right hands. A large white dashed-line border frames the entire image.

love  
has  
no  
race



before anything else, we're all human  
rethink your bias at [lovehasnolabels.com](http://lovehasnolabels.com)

love  
has  
no  
labels



**divorce, birth of a child, job loss), unresolved bereavement, or feelings of loneliness and isolation,** are at risk for becoming depressed. IPT uses these four areas to focus the therapy sessions and to create achievable goals. The approach creates a very focused collaborative approach that ensures that individuals will feel better faster.

**Talk to us about the role that expectations play both in depression and the healing process.**

The word expectations and the role it plays is one of the best parts about IPT. It starts from the premise that people and situations are not good or bad, or black or white. It is based on the idea that in a relationship, expectations can differ or change over the passage of time. For example, if I expect my husband to be talkative when we are in the car together, I am going to be disappointed because that is not who he is and he doesn't expect himself to be talkative either. It's not that he's good or bad, or I am right and he is wrong, it is that we have different desires and expectations.

In order to resolve an important conflict, you need to identify what your expectations of yourself and others are and you need to understand what their expectations of themselves and of you are. You then need to learn how to

effectively negotiate the differences. Identifying and managing shared and different expectations will ensure less conflict and an improvement in mood.

**What do you most hope readers will take away from your book *Feeling Better*?**

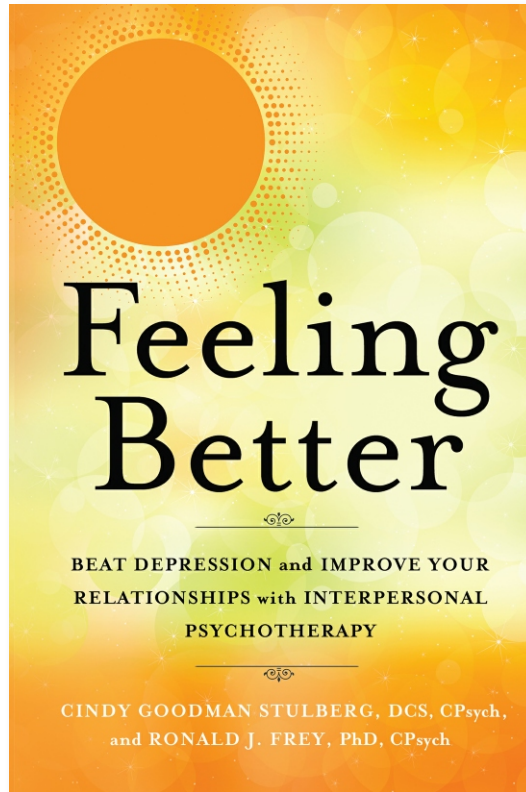
Our greatest hope is to share IPT with as many people as possible, since it has been the best kept secret in psychology until now. When people see how valuable, practical IPT is and how much "common sense" is embedded in this mode, it is our hope that they will realize that IPT strategies can do a lot to help them feel better again. We also hope that bringing IPT to the general public, through this book, will encourage communities to see the value of IPT as a first line treatment approach for depression and that ever

increasing numbers of clinicians will make it accessible for those who would benefit from the therapy.

***Cindy Goodman Stulberg, DCS, CPsych, and Ronald J. Frey, PhD, CPsych, are the authors of *Feeling Better* and directors of the Institute for Interpersonal Psychotherapy. Visit them online at***

***[www.interpersonalpsychotherapy.com](http://www.interpersonalpsychotherapy.com)***

***Special Thanks to [New World Library](#).***



# DRY OUTSIDE = DRY INSIDE

by Nikki Golly

"If you're dry on the outside, then you're dry on the inside"

Someone told me this a long time ago and it really stuck out in my head because it rang true.

It got me thinking...could there be something to that? I then started taking note of how my skin felt and what it looked like from day to day. It was nowhere near smooth, it felt like I was an alligator, my dry skin wasn't appealing to say the least. So I started to think how much water I had drank that day and the few prior days and it was not even close to the daily amount we are supposed to drink. After much research and a formidable degree in nutrition I have found that we should drink at least 2 liters of liquid, preferably water, everyday.

I have created some tricks that turned everything around for myself and the clients I work with on a daily basis. These tips, when followed will be certain that water intake is no longer an issue for you.

Drink a big glass of water as soon as I woke up in the morning. I even add some lemon or apple cider

vinegar for extra detoxing and alkalizing.

Carry a water bottle with me, if I have it with me its hard to say 'out of sight, out of mind'. I prefer using a glass or stainless steel water bottle because its better for our health and the planet.

Drink a large glass before dinner, I found that this helped to curb my appetite and I ate less dinner and naturally lost a little weight.

Get a good water filter to filter the tap water so that it tastes good so you drink more.

Our skin is a reflection of our health on the inside. If our skin looks healthy and vibrant than our insides probably look good. But if our skin is dull in color, dry, wrinkly, and rough





then our insides most likely look the same.

This is one of the many areas I help my clients achieve, healthy vibrant skin and therefore their insides as



well. Water is something that should be enjoyed with love, not hated or resented. Water should be a part of our daily lives to keep us hydrated and help our bodies rid themselves of toxins so we feel vibrant and full of life.

In happiness and health, as the quote says "stay thirsty my friends"...and drink more water.

Nikki

*Nikki Golly is a micro-nutrient coach on a mission to help people experience the healthiest and happiest version of themselves. Fuel Your Body is a coaching program, as well as, a series of products to help you reach your health goals.*

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yourself, always stay  
creative and press  
forward!**

**And together we will FLY!**

*Mike G*

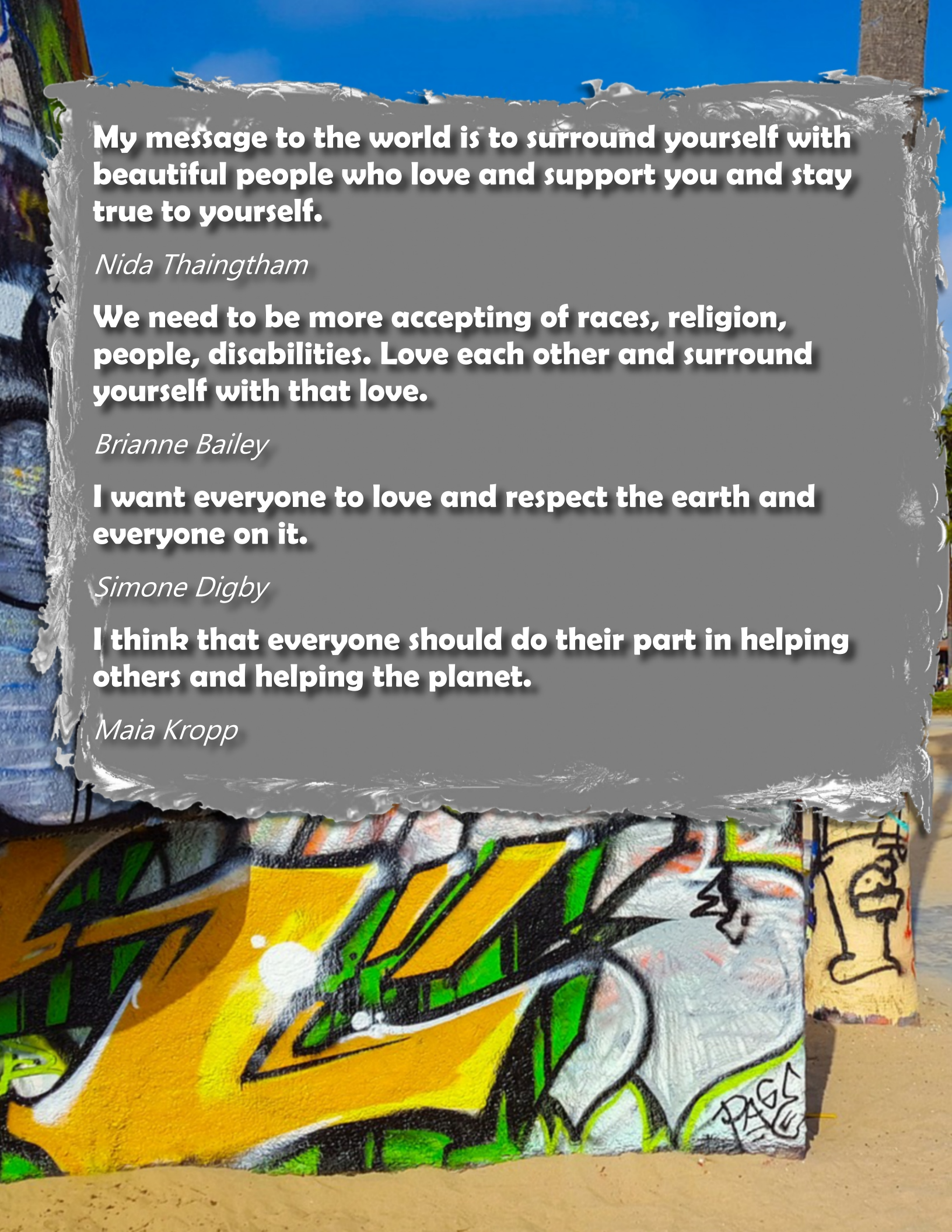


# Messages From Venice Beach, California

*Only Had A Few Minutes Left To Share The Journey Called Life... What Would You Say?*







**My message to the world is to surround yourself with beautiful people who love and support you and stay true to yourself.**

*Nida Thaingtham*

**We need to be more accepting of races, religion, people, disabilities. Love each other and surround yourself with that love.**

*Brianne Bailey*

**I want everyone to love and respect the earth and everyone on it.**

*Simone Digby*

**I think that everyone should do their part in helping others and helping the planet.**

*Maia Kropp*











My Goodness message of today is **GRATITUDE**.

Just being thankful...You can always use gratitude to get you back to neutral. If you're frustrated, or depressed, or stressed, or anxious...I know that you can think of one thing in your life that you can be grateful for. And from there...once you are in a neutral place you can make a better decision and you can **FLOURISH** from there.

*Charlotte Young*














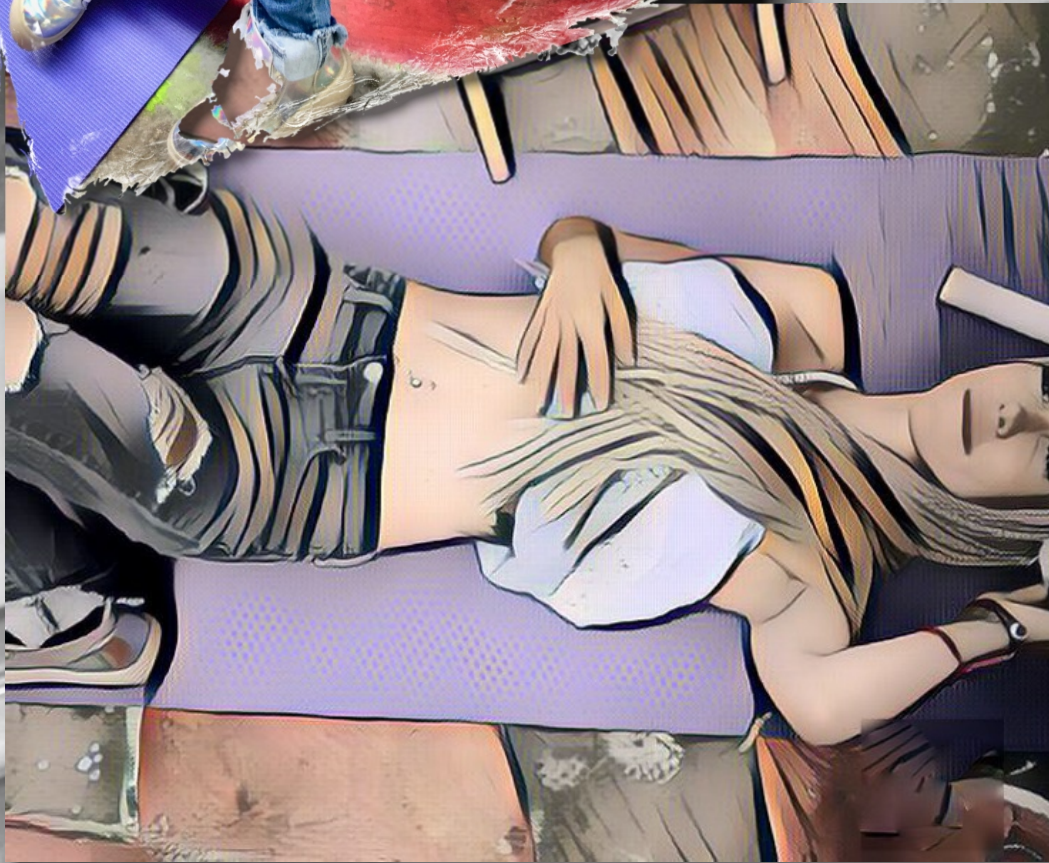


A photograph of a young man with short brown hair, shirtless and wearing dark shorts, standing in a water fountain. He is smiling and looking towards the camera. The fountain has a central vertical pipe with water cascading down. The background shows a park setting with sand, palm trees, and a building under a clear sky. The text is overlaid on the right side of the image.

**My Goodness Message comes from Victor Frankel. He talks about progress and success it is not something that we can pursue it's something that ensues. It ensues from helping people. If you are looking for progress and success...look for opportunities to help people and progress and success will ensue from looking to help people. So look for contribution. It's a great way to go!**

*Casey Bradford*









Wherever you are in the world when people are kind to you it's important to let them know that you appreciate their kindness. And tell them, thank you for being **KIND** because it makes a difference. Sometimes I will say thank you for the smile even when they aren't smiling at me at the moment and they end up smiling at me...everybody wins when you're **KIND**.

*TeeTee Vincent*





**I live in an RV. I'm traveling the country making a book and documentary about looking for the American Dream. I think it's important to follow your dreams because if you don't they may turn into nightmares later in life. The people who have midlife crisis are the people who didn't do what they wanted to do with their lives. So always do the things that you need to do and want to do. Don't wait for some Bucket List future. Live your life the best way you can and fulfill your potential!**

*Andrzej Liguz*





**Do it for yourself respect everyone else, drive through your passions, be happy, and put a smile on your face.**

*Alex Buck*





NEVER

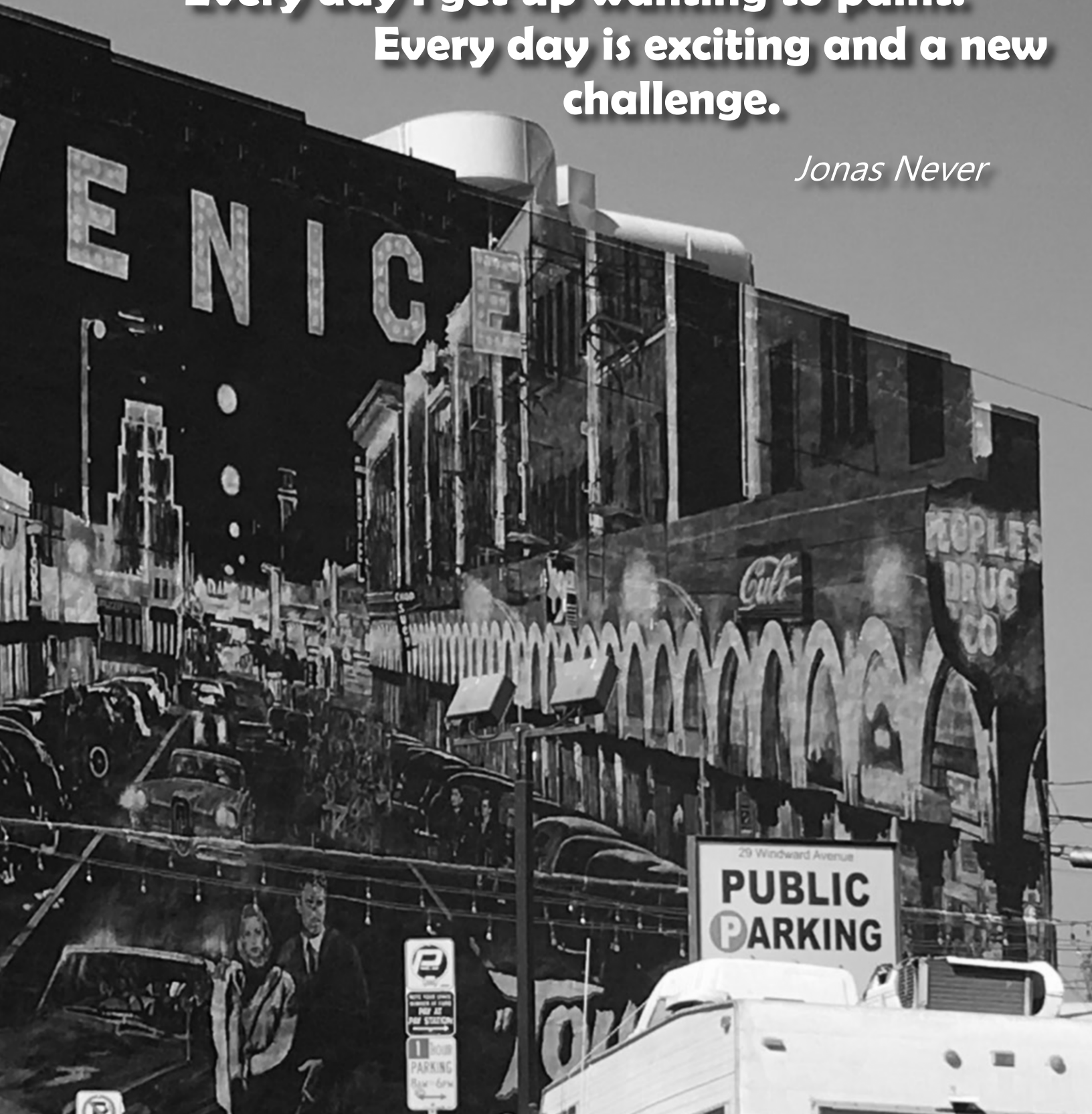


*Like a dream I remember  
from an easier time...*



**Find something that makes you want to get out of bed in the morning. Something that you have fun doing, something that you believe in...and that makes life worth living. Every day I get up wanting to paint. Every day is exciting and a new challenge.**

*Jonas Never*





# SOUTHWEST VEGFEST

**Live your life  
compassionately helping  
others... and that is how  
we make the world a  
better place!**



**Discover what you  
love to do, embrace  
it with enthusiasm,  
do it, share it with  
others and that is a  
recipe for a whole lot  
of fun!**



**Every single person is  
perfect and beautiful just  
the way they are!**



**If you can have a great  
delicious meal and not  
hurt anyone...Why do it?**







**Look forward to each day  
and how you can make the  
world a better place!**



**When someone seems  
angry or upset there is  
something going on  
beneath the surface. I firmly  
believe not to judge anyone  
by their cover.**





**We change the world  
by changing ourselves!**



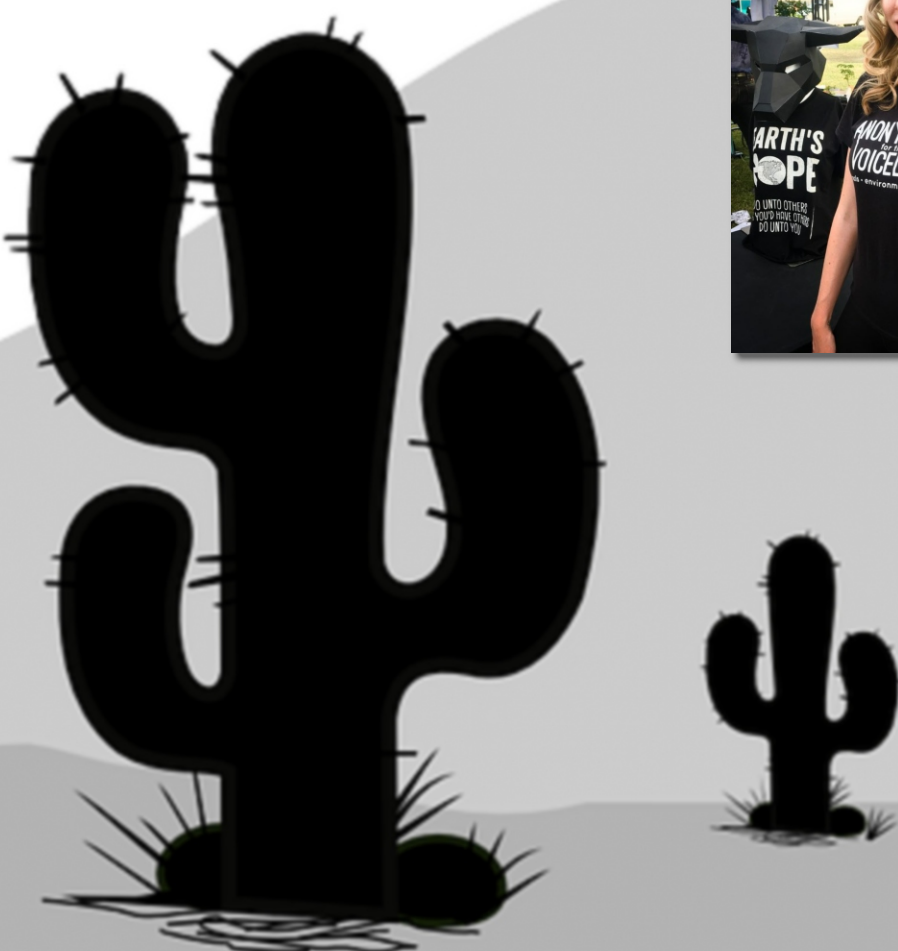
**Everything you  
do...do it from the  
heart not from the  
head and always  
love!**



**To all the animals out  
there...we see you, we're  
sorry and we're trying!**



**Life is amazing and  
it's whatever you  
make of it!**







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# FUTURE EVENTS



Aerial yoga classes and eco-eating are just a couple of the innovative offerings on tap at the 5th annual **Arizona Vegetarian Food Festival**, to take place over the weekend of February 2-3 at the Scottsdale Civic Center Amphitheater.

The company called **Elevate Yoga & Wellness** will have teachers flying over the festival grounds both days, inviting attendees to try their traditional asanas in the air. With the support of soft, hammock-style silk slings, participants will learn how to integrate body, breath, movement, and meditative awareness while floating above the crowd.

As always, the festival will also feature more traditional yoga classes and chakra balancing in the Mind/Body Zone.

Across the way on the Apple Stage, festival-goers can drop in to hear the panel on Eco Activism featuring **Yolanda Soto** (executive director of Borderlands Food Bank) and **Keith Tharp** (executive director of Sustainable Seacoast). Other keynote speakers include **Tess Chalis** on "Veg Marketing & PR" and **Robyn Landis** on "How to Eat for Energy and Optimal Health."

A panel of medical doctors, including **Orestes Gutierrez** and **Bobby Price**, will cover how plant-based foods can serve not only as nutrition but also as medicine for a variety of common illnesses. Kicking it up another notch, the Super Fit athletes panel will feature champion bodybuilders **Ndem Nkem** and **Robert Cheeke**.

A variety of celebrity chefs will be on hand to demo and sample their ground-breaking vegan dishes. The cooking stage is sponsored by Chef **Jason Wyrick** who will feature new recipes from his recently opened restaurant, Casa Terra.



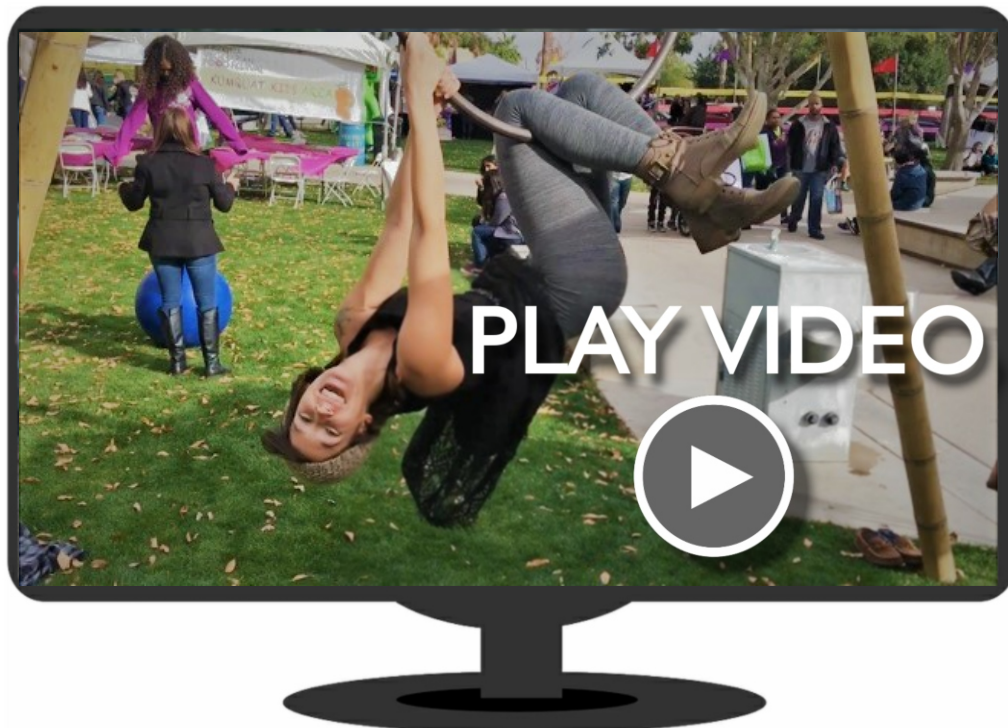
Other inventive chefs participating in the festival include **Elizabeth Joseph** (of Be More Raw fame), **Sasha Raj** (proprietor of the 24 Carrots natural café and urban juicery), **JL Fields** (who is also a master vegan lifestyle coach), **Noemi Garcia** (combining African and Latina flavors), and **Jade Lotty** (known as the Caribbean Queen).

Scores of vegan vendors will line the pathways of the festival, offering everything from cruelty-free clothing and cosmetics to plant-based appetizers, snacks, hearty meals, and desserts. There will also be information tables staffed by members of the Arizona Humane Society, Share International USA, Recycled City, and others.

In the Kumquat Kids Area of the festival, youthful attendees can settle in for arts and crafts, story-telling, music-making, and bounce-house jumping. And in the Artichoke Artists Area, an array of vegan-inspired art will be displayed, providing unique vistas and the backdrop for creative selfies.

Admission to the festival is free for children under 10, seniors, and active-duty military. Currently there are a number of ticket specials running for those who purchase in advance. Visit [here](#) for further details.

**Below is a Video of this Fun Event from 2018**





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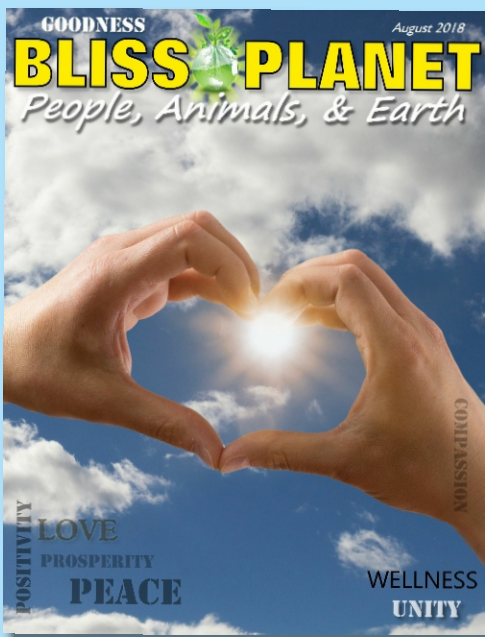


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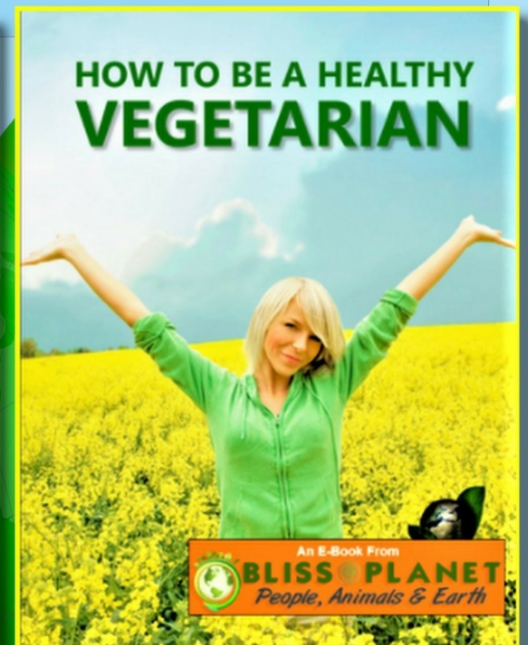
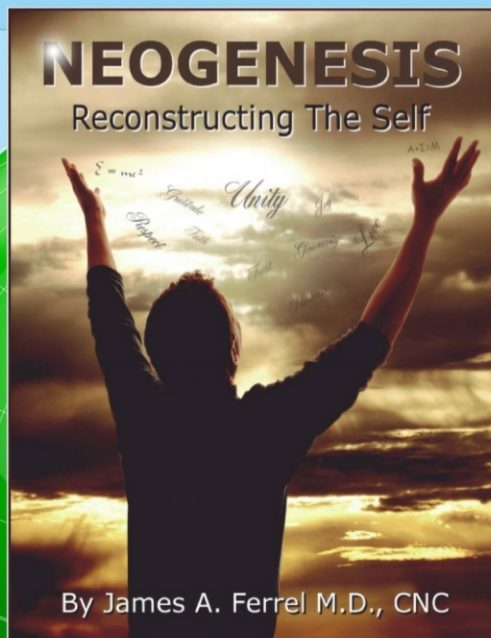
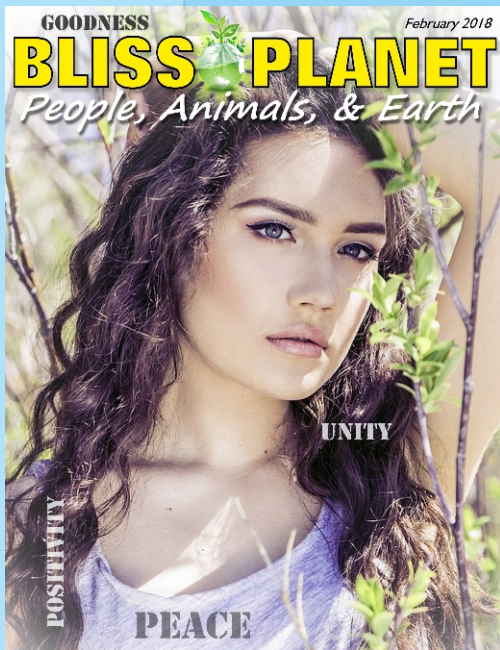
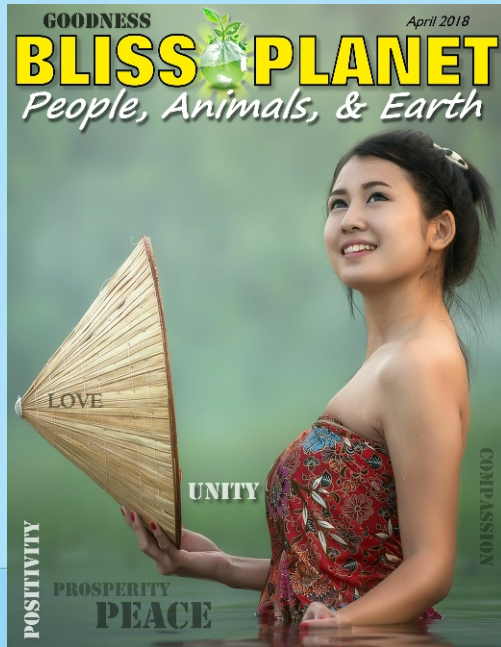
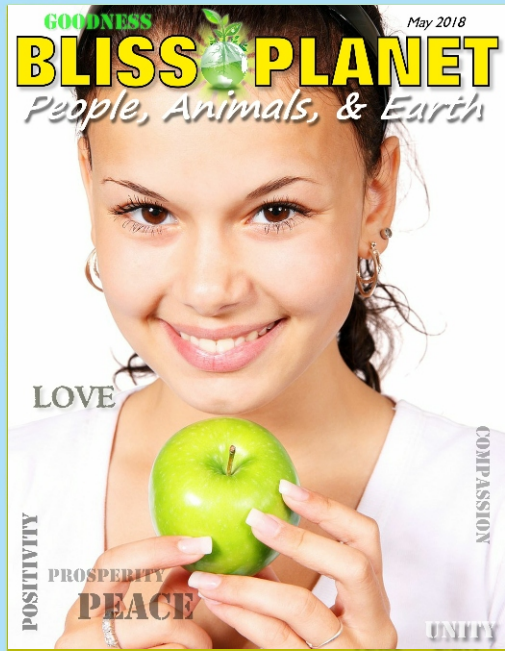
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