

way of healing this disease is dieting. Fried and high calorie foods, butter and other same fatty staff, which has high acidity, are not allowed, because these types of meals are difficult to digest. This illness can also provide other diseases like, skin problems, obesity, constipation and even harder ones. Hence, the foods that people with that illness have to consume are similar with vegan diet, that is why, this topic was really interesting and also close to me. Moreover, a lot of articles about benefits of vegetarianism for people's body were written, so it became my motivation for researching extra data and making my own decisions about this kind of lifestyle. While majority of people, who keep vegetarian lifestyle, claim that they feel themselves great and their illnesses have healed, others concern about the lack of vitamins and minerals that contains in animal products. On account of small knowledge, there is no way of stating something, that is why via gaining more information and expertising, the results will be made, even it is believed by me that natural products always have positive impact on human's health and I value this.

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The purpose of this research project is to identify the benefits and drawbacks of being vegetarian and to define the influence of vegetarianism on people's physical health. Also, to fully research how raw eating can affect our body, and understand is it healthy or harmful. The project can help some people, who want to change their lifestyle into vegetarian, to know how human's body reacts to vegan diet. Questions below will help to improve this research project and to widely describe everything.

- Does the vegan diet have a positive or negative impact?
- What physical harm can people get after being vegetarian?
- Can people heal some diseases by being vegetarian?

On the other hand, vegetarian lifestyle has a way more benefits for our physical appearance and health. First of all, it is good to lose weight, for those who are obese or just have an excess fat. The foods that non-vegetarians consume high in animal fat, salt, processed foods and even chemicals, which can lead to serious health problems, and obesity is not exception. The study found that vegans put on even less weight as they get older, compared to vegetarians and meat eaters. The study looked at 22,000 meat eaters, fish eaters, vegetarians, and vegans (Cancer Research UK, 2015).

Moreover, more about obesity and healthy eating we can know by the film “Simply Raw: Reversing Diabetes in 30 Days” (2009). There were people with 2 Type Diabetes, and 8 of ten were obese. Then after eating raw natural products, not only their cholesterol levels have decreased and in short period of time they lost plenty amount of fat, which is really good for human’s body. Also, some studies show that when the place for fat storage has ended, body starts to store fat in inappropriate places like around the organs. And it is obvious that this kind of fat really dangerous for body, because it can lead to dysfunction of them.

The second negative impact of vegetarianism is depression, which can occur by “strict eating habits” and lack of vital microorganisms (that animal products have). First of all, when person quickly changes his/her diet into vegetarian, the body stresses on account of quick changes in nutrition. If person consumed 2000-2500 cal. per day (all animal based foods high in calories), quick drop in calorie intake will give negative signals to our brain. That is why, people tend to feel depressed, but others claim that people has to change their diet slowly, in order to don’t stress out the body.

B12 is one of the main “body-needed-vitamin”, which occurs only in animal products like, dairy, meat, eggs and seafood. “Vitamin B12 is responsible for the production and

- Vegetarianism among children and its effects
- Vegetarianism among adults and its effects

These questions and topics are important, because these are the aspects that weren't researched or were just slightly mentioned. So, answering these questions in the future can provide the full understanding of vegetarianism and all its effects and solutions.

Furthermore, to increase the level of confidence better job can be done, such as:

- People from each country can be surveyed;
- Interview can be held among doctors and food scientists etc.;
- Information can be gathered depending on people's living conditions;

Further evidences can be gathered from books, newspapers and scientific articles to provide more relevant information. Moreover, other types of primary sources can be used.

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