

*Formerly*

# The Stressed Vegan

**Ultimate Guide To Optimal Health**



**Beat Stress-Related Diseases Naturally**



**TALY COTLER**

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## **Introduction**

What is your goal? Would you like to lead a healthy lifestyle, to have more energy and enjoy life, to have no pains or aches and live longer? I hope you all answered yes!

We all know that we need to eat a healthy diet that includes more vegetables and fruits as well as exercise on a regular basis to stay healthy.... However, when should we eat fruit for maximum absorption?.... How about eating red meat, seafood, dairy products and carbohydrates? What are the benefits and drawbacks of each? What are the controversies surrounding carbs and soy products? Does the food we consume get absorbed? In addition, we all know that exercise is beneficial to our health, but are we unintentionally causing ourselves damage? So what kind of exercise is ideal for your body type?

Is a healthy and balanced diet sufficient to maintain a healthy lifestyle and prevent illness? If you think that you're super healthy and protected against illnesses because you eat a plant-based diet and exercise on a regular basis, then think again! Things could go wrong without even knowing..... What prevention measures should you take?

How to prevent or heal stress-related illnesses such as Adrenal fatigue or POTS Syndrome? How about healing other diseases such as cancer or diabetes the natural way? Not all people who suffer from cancer or other major illnesses choose the conventional medicine approach to treat it..... What other healing modalities do they use?

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How does stress affect your health? What is the main cause for premature aging? Why so many people over 40 years old have sleep problems or digestion issues? What is the cause and how to overcome it?

The book challenges the conventional Western approach of medical care in which a patient is a passive person who does whatever the doctor tells them to. So did you know that some of the medications that you are prescribed by your Doctor, may not be necessary?

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The answers to all of these questions and more valuable information are provided in this book. I provide the latest health related tips that go far and beyond the common knowledge. The book is highlighted by a stress-related health challenge that I faced and miraculously I was able to overcome using a natural holistic approach.

My goal is to share my knowledge and experience to help empower those who want to take charge of their health and heal themselves as well as those who are interested in preventing illness and maintaining a healthy lifestyle.

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Please read the book sample below and if interested in the full version of the book, it is available through my website at [www.TalyCotler.com/shop](http://www.TalyCotler.com/shop)

## **Chapter 1- My Story**

Let's start with a brief background and description of the journey that led to my writing this book. I currently reside in south Florida, although I was born and raised in Israel. At a young age, I read many health-related books and learned about the correlation between food and health. The healthier and less processed foods we eat, the healthier we are. For example, red meat can be harmful to our bodies, but fruits and vegetables are beneficial. I never liked the taste or consistency of red meat or chicken. Therefore, I eliminated both from my diet at the age of twelve and became a vegetarian. Growing up in Israel, where the Mediterranean diet is widely prevalent, I found it fairly easy to follow a vegetarian diet.

My entire life I have been active, eaten a healthy diet, exercised, and stayed fit. I was full of energy, motivated, ambitious, and on the go. I raised two kids, mostly by myself, and made sure that they came first, that is, my first priority was ensuring all their needs were met. So I experienced stress not only from being a single parent but also from managing a full-time job and other commitments.

My career was in information technology, specifically in software engineering, which requires a high level of focus, accuracy, attention to detail, and problem-solving skills. This career alone can be very stressful. But in addition to my career and to my being a type A personality, I had family obligations to fulfill, and I had gone back to school. My responsibilities were overwhelming. I was overworked and busy nonstop. I found little time to relax or take a vacation. There is no doubt that I spread myself too thin, and at some point, it all became too much. In my late 30s.....

I am not a doctor, but I have extensive knowledge of nutrition and natural modalities. Throughout the years, I attended hundreds of lectures, seminars, and workshops taught by medical professionals. I conducted countless interviews with people who had health issues and were able to heal themselves using natural modalities. I am now thrilled to share all of this knowledge along with my thirty years of intense research on healthy lifestyles condensed into a single book....

## Chapter 2 -Diet Types

This chapter reviews and summarizes healthy diet types as viewed through the lens of my insights, knowledge, and experience, providing their benefits and limitations and pointing out the diet that I used to regain optimal health. When I use the term “diet” in this book, I am not referring to a weight loss plan. Instead, I am using the word in a more traditional sense, meaning the types of foods and beverages people consume, which can lead to weight loss but as a side benefit. This book offers neither a quick fix nor a weight loss diet per se but will reveal options in which you select one or a combination of a few diets that are most suitable to your body and lifestyle.

No matter which diet you choose, be sure to include not only good sources of protein, fat, and carbohydrates but also the correct percentages of each based on the Recommended Dietary Allowance or RDA. Some popular low carbohydrates diets, such as the Atkins or the ketogenic diet, include a high intake of protein and may consist of more fat than that allowed by the RDA. Therefore, exercise caution and choose your protein sources wisely to maintain the RDAs. As with most life choices, common sense prevails when selecting your food.

“Aging causes many people to experience problems with digestion.” According to ....., “It is estimated that after age 40 there is a significant decrease in the body’s ability to..... what to do and how to overcome it?”

The types of diets that I consider healthy are described below and include vegetarian, vegan.....and....

Being vegan works for many people with different ..... but it may be challenging for some people who are..... so what other healthy diets exist? If you rather eat red meat, what kind of meat should you consume? And so much more valuable information.....

## **Chapter 3- Recommended Foods and Beverages**

In terms of my diet and the foods I eat, I have always preferred quality to quantity. There is no doubt that it is better to consume a diet dense with nutrients rather than one dense with calories. It makes sense that when we eat nutrient-dense foods, our bodies are..... By contrast, when we eat poor quality foods dense with sugar, fat, and other bad ingredients, our bodies.....

We can eat either foods that heal and maintain our health or foods that make us sick and cause diseases in our bodies. The choice is ours. Choose wisely because not all foods are good for our health.

Our diets are composed of three macronutrients: carbohydrates, protein, and fat. I next elaborate on these macronutrients as well as discuss other foods and make recommendations on which foods and beverages to consume....

### Carbohydrates

Not all carbohydrates are equal, especially when it comes to their effects on cholesterol: some raise cholesterol, whereas others lower it. They are present in varying amounts in breads, cereals, grains, milk, yogurt, fruits, vegetables, and foods that contain added sugars. All carbohydrates are converted into glucose, which is also known as blood sugar, in the body, which can be used immediately for energy or stored for later use. Research suggests that both the quantity and type of carbohydrates consumed can affect .....

### Seafood

Fish contains high amounts of protein and a wide variety of vitamins and minerals, including vitamins A and D, phosphorus, magnesium, and selenium. Research shows that omega-3 fatty acids, found abundantly in seafood, have health benefits, including protection against heart disease and stroke as well as improved infant brain development.

Current advice from the US government and health organizations recommends eating two seafood meals each week. Scientists from the US government and universities and health care professionals have all concluded that for most people, the overall benefits of this level of seafood consumption outweigh the potential food safety risks.<sup>15</sup>

However, other risks associated with seafood.....

### Dairy

Consuming dairy products provides health benefits, especially improved bone health. Foods in the dairy group provide nutrients that are vital for the health and maintenance of your body.

These nutrients include calcium, potassium, vitamin D, and protein. However, dairy products, including cheese, ice cream, milk, butter, and yogurt, contribute significant amounts of cholesterol and saturated fat to the diet. Diets high in fat and especially in saturated fat can increase the risk of heart disease and can cause other serious health problems. Some people appear to be lactose intolerant, but often the same symptoms are more likely caused by difficulty digesting the.....

Comprehensive studies were conducted on the link between and cancer and found that..... substantially increases the risk of cancer, especially breast and prostate cancers. In addition, dairy products contain high levels of.....

### Fruits

According to my research, when fruit is eaten at the end of the meal, the sugar in the fruit causes fermentation in the body and most of the nutrients of the fruit are lost. By contrast, fruit eaten as a snack or the beginning of the meal will play a major role in detoxifying your system, supplying you with a great deal of nutrients.<sup>22</sup>

And so much more info....

## **Chapter 4 - Vitamins and Supplements**

The understanding that we must consume supplements or vitamins grew from the realization that the modern diet fails to supply the body with enough micronutrients to support optimal health.<sup>36</sup> Food alone may not provide sufficient micronutrients. Vitamin and mineral supplements can help prevent deficiencies that can contribute to chronic conditions. Numerous studies have shown the health benefits and effectiveness of supplementing nutrients missing in the diet.<sup>37</sup> Regardless of whether we get vitamins from our daily diet, from sunshine, or from store-bought supplements, they are vital to our health and the proper functioning of our bodies. Vitamin deficiencies lead to a wide range of health issues, spanning from .....

However, whether nutritional supplements are harmful is another story. All supplements are not created equal, and many of them are .....

Whether vitamins and supplements are actually needed is controversial. In my opinion, most skeptics are .....

The remainder of this chapter answers some common questions about nutritional supplements that are important to know.....

Which vitamins should be taken to maximize absorption and .....

Which brands are best?

Which forms of vitamins are better?

I highly recommend asking your doctor to order certain tests that check for .....

I highly recommend taking vitamins for a few .....

The same applies not only to vitamins or minerals but also to .....

## Chapter 6 – Stress

Chronic stress is the malaise of the twenty-first century! Many people these days are overstressed and as a matter of fact you may be suffering from the early stages of a stress disorder that could develop into a serious illness and not even know it. Conventional Doctors practitioners do not have the knowledge how to diagnose or treat it. What should you do then?... So how stress-related illnesses are being diagnosed?...what do you need to know about preventing or treating it?

Stress in a medical sense is a physical, mental, or emotional factor that causes bodily or mental tension. Stress can be external (from...) or internal (from...). Stress is your body's way of responding to any kind of demand or threat. When you feel threatened, your nervous system .....

Stress within your comfort zone can help you perform under pressure, stay focused, energetic, and alert. It can also keep you ..... However, when stress becomes overwhelming, and it is beyond your comfort zone, it stops .....

Unfortunately, modern life is full of deadlines and demands from both careers and family, causing much frustration and anxiety. In this busy, ever changing world, it is almost impossible to avoid daily stress.....In addition to stress from overwhelming responsibilities, such as your family, job, or other obligations, ..... and .....play important roles.

### SLEEP

Sleep is critical to all aspects of our lives and is very important for our bodies. During sleep, our bodies .....The quality and the amount of sleep we get can influence how we react emotionally to stressful events. It is recommended to sleep at least eight hours every night. If possible, sleep should be from a set specific time until another set specific time. It is not recommended to sleep ..... because the ..... can cause ..... issues as well as interrupt our sleep. For those of us who have sleep problems, either having a difficult time falling asleep or falling asleep but waking up in the in middle of night, it may be an indication that..... How to diagnose these imbalances and how to treat it in order to improve sleep?

## Chapter 9 – healing modalities

### Holistic versus conventional medicine

Two opposing approaches to health and disease are conventional and holistic medicine.

The conventional approach views problems as coming from outside the body. According to this view, the cause of disease comes from outside, invades the body, and the person gets “sick.” Conventional philosophy says that when the body has symptoms, such as pain, fever, or nausea, that means the person has caught some bug or some disease and needs to have these symptoms treated, which may actually mean suppressed or covered up. Rather than addressing the root cause, Western medicine often prescribes medications that temporarily suppress symptoms of disease. Suppressing symptoms is not healing! Once the patient stops taking the chemical medications, the symptoms may reappear. If the disease localizes itself in one part of the body and will not go away, then that part of the body may have to be surgically removed. Thus, the conventional approach can be summed up as disease, symptoms, drugs, and surgery.<sup>70</sup>

The holistic approach is very different from the conventional approach. The holistic philosophy says that the cause and cure of all disease lies within the body.....The parts of the body are interrelated in ways that are complex and elegantly orchestrated. In most cases, the body can heal itself when it is provided the opportunity.....Holistic medicine heals the...

Conventional medications can heal, but they can also kill. For example, if you take medication for blood pressure, it may negatively affect your.....

My research indicates that holistic medicine practitioners who use natural remedies have higher rates of success in healing patients than do medical doctors who use Western drugs and surgery. Natural remedies have fewer adverse effects than conventional medications. Many people believe that holistic medicine is useful only as preventative medicine, but this is incorrect; it can actually heal.

### CANCER

Cancer is one of the major causes of death in this country and worldwide. It is such a shame to hear that so many people unnecessarily die of cancer every day. Most tumors are treated using conventional medicine modalities, such as chemotherapy, radiation therapy, and surgery. Unfortunately, in most cases, the cancer comes back. For years, people believed that chemotherapy, radiation, or surgery were the only ways to eliminate cancer. However, ..... teaches that there is an alternative way that most people are unaware of.....Chemotherapy kills good cells along with the cancer cells. Why not give the cancer cells what they need to kill themselves?

I know many people who had terminal illnesses, such as cancer, and were able to heal themselves without any chemotherapy or surgeries. Those people did.....I am convinced that our bodies have the ability to heal themselves when they are given the necessary nutrients.

## **Chapter 10 - Final Words**

As I mentioned several times throughout this book, a major key to being healthy is to .....  
A healthy lifestyle ensures that your body has an adequate supply of nutrients that gives you the fuel to live and function. The best healing recipe is .....

When you choose a diet type, I suggest listening to your body and selecting the diet or the food you eat based on common sense. What may work for one person may not work for another. Also, what may work for you at the age of twenty may not work for you at the age of fifty because our bodies constantly change. Young people can eat many foods that do not have the same effect as they do in people who are older than forty..... However, in addition to increasing your consumption of fruits and vegetables, my recommendation for weight loss or maintenance is to.....

Regarding your diet, keeping a food journal is extremely important because it helps you to determine which foods do not agree with your body. If your body does not react well with certain foods, it will give you symptoms, such as indigestion, heartburn, and nausea. If you get such symptoms, then your body is giving you signs that the food is not for you, so eliminate it from your diet. Listen to your body's signals.

.....Many people do this..... but end up hurting themselves without even knowing....

As I have mentioned several times.....plays an important role in healing. It is very simple: regardless of the illness you have, the body does not heal if..... If all the other areas in your life, such as having a healthy diet, exercising, positive thinking, are satisfied but ..... is not, you cannot heal. Eating a healthy diet is not enough to keep our body healthy.

Believe that your body can heal itself if given the proper nutritional support. Keep in mind that prevention is easier than treatment. Do not wait for a health issue to take place in your life. Now is the time to make a change.....Following the diet and protocol advice I presented throughout this book will help you in numerous ways. It will help you to look and feel younger, have more energy, lose weight, lower your cholesterol level and blood pressure, reduce your risk of diabetes, and live longer.....

## Are you in control of your health, or is it controlling you?

You can take charge of your health and heal yourself; it's all about the choices you make. Whether or not you eat a healthy diet, are you plagued by chronic stress, exhaustion, sleep issues, or pain? Are you frustrated that doctors have no answers or treat you without results? Do you want to prevent illness and learn how to maintain your health? If you answered yes to any of these questions, then this book is for you. Taly provides a fresh perspective and out of the ordinary advice on how to achieve optimal health. She goes much deeper than other health guides, giving detailed protocols on how you can take your health to its optimal level. Even people who are health conscious can learn from Taly's experience and expertise.

Taly gained her knowledge through life-long research on natural, holistic healing and through her year-long journey to recovery from a misdiagnosed illness. She had been leading a healthy lifestyle that included a vegetarian diet and plenty of physical activity when she suddenly contracted an illness that doctors could not diagnose and that left her bedridden for almost a year. This book tells how she used natural methods to overcome her illness and to lead a healthy, vibrant, independent, and active life. It is a must read for anyone seeking a different perspective on how to avoid illness or to cope with POTS Syndrome, Adrenal fatigue, and other illnesses the natural way.



Although Taly Cotler has an educational and professional background in Information Technology and Mathematics, her passion has always been health and wellness. She has conducted a life-long research and has gained extensive knowledge on living a healthy lifestyle, and she is compelled to share this hard-won wisdom with others. She is the founder of Top Notch Holistic, a resource center for healthy living, where she focuses on empowering people to reach optimal health. She currently resides in South Florida.

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