

## Plant-based lifestyle

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world, it's 10 to 20 percent lower body weights on average for vegetarians and vegans, which helps to promote good health throughout our life," Lanou said.

Plants have fiber and complex carbohydrates, a healthier alternative to refined carbohydrates found in processed foods, according to UNCA's registered dietician.

"So for example, plants contain fibers, those fibers combine to cholesterol, right?" Sexton said. "So that's really an important mechanism that a plant provides for us, so people that tend to consume few plants and a very high meat and saturated fat dairy diet, you see an increased risk of heart disease and other chronic diseases."

Humans are able to digest a wide variety of foods because our bodies are super adaptable, according to Lanou.

"As hunters and gatherers, people would consume what they could consume just to get in calories and energy. I think we have evolved more to eat plants and that we're finding now we don't require as much meat or any meat if we do it in a way that really is balanced,"

## Student job environment

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the future.

"The Student Environmental Center lets me do the job I want to do when I get out of here," Meloche said.

Meloche said her job allows her to work with students to help them feel involved and important.

"We help students by giving them an outlet to be a part of and experience change because we're student-led, student-funded, independently-run and the only department of its kind at UNC Asheville," Meloche said.

Taylor Heise, a senior student from Burlington, works as a resident assistant in Overlook Hall. In the past, she worked as a head orientation leader with transition programs.

"It's been a really wonderful experience for me to have for the last three years and it's going on my fourth year," Heise said.

She said she plans to pursue a career in higher student affairs because of her work with the campus.

"I'm stressed pretty much all the time," Heise said.

She said, however, that does not make her regret having her jobs.

Heise said she's never felt the need to

Sexton said.

Women who are vegan are able to have healthy pregnancies and deliver healthy babies, according to UNCA's registered dietician.

"I think entirely plant based diets are not only safe for children, even very small children, but are actually really preferable in the sense that if you can start a kid eating healthfully at two, three, five, seven years old, they carry those eating styles with them. They carry those eating habits with them into adulthood," Lanou said. "And so you're already doing them a favor by having them understand how to eat in such a way that they won't run into problems with early onset diabetes or early onset hypertension or those kinds of things."

Lanou wrote a book, "Healthy Eating for Life for Children," about raising children on an entirely plant-based diet after breastfeeding in 2002.

"And from my perspective given the health benefits of entirely plant-based diets or diets that are just closer to plant-based," Lanou said. "If they're especially built from whole foods, not the super

highly processed foods."

One exception for human's super adaptable bodies is the mammalian milk of other species, according to Lanou.

"So about three out of four people in the world are lactose intolerant. We also know that the proteins in milk are cancer promoting. The fat in milk is heart disease and diabetes promoting. So of the animal foods, the ones I would say the one that humans have a difficulty processing, it would be the products that come from mammalian milk," Lanou said.

Lanou said it becomes not only a health question, but also a question of ethics. Whether we should raise animals for the express purpose of consuming their milk, their eggs or even their flesh.

"I would say from the perspective of the environment, the perspective of the ways that we are doing that in this country and how cruel an industry, both to the humans who work in it and the animals who live in it. I think we shouldn't," Lanou said.

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use campus resources, but does consider her job as a resident assistant help for other students with stress.

The UNCA OneStop office works to help students in a number of different ways.

From early alerts to advising, there are a number of specialists who prevent students from falling behind, Heise said.

Student Services Specialist Margaret Mahlin oversees the Academic Recovery Program, a class to help students get back on track.

"Oftentimes stress can be a contributing factor to what led to a difficult semester," Mahlin said. "Students who had a bad semester are required to participate in some form of the Academic Recovery Program."

She teaches two academic recovery classes focusing on stress management and what works for different students.

Mahlin said stress often occurs as the main obstacle for students who have encountered a bad semester and a good way to manage that is usually the answer.

"We also help refer students to other departments on campus that can help them," Mahlin said.

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