

VEGGIES TO VEAL

Six years ago, the 85-pound anemic, Olivia Ron, was barely able to make it through the day without falling. Today, a happy and healthy Ron lifts a 135 pound weight high above her head during her daily workout routine. Her complete health turn around was made with a simple change of diet, eating animal products.

Ron, a meat science graduate student from Chicago, Illinois, was a vegan for four years. She said her decision to become a vegan at the young age of 14 stemmed from what she was hearing about the meat industry from mainstream media.

“I had no idea where my food came from,” Ron said. “I was that kind of person who thought my food came from the grocery store.”

Easily swayed by celebrity endorsements and PETA videos, Ron said she took to vegetarianism, and eventually, veganism. She was serious about her lifestyle choices, and often radically shared her views with non-vegans.

Ron said she didn't eat eggs, wear leather and only wore vegan makeup and clothes. At a vegan rally, Ron once put herself in a gestation crate to feel the way a sow did while nursing.

“I was super intense about it,” she said. “I went to all of

these vegan rallies and I was very intense about not wanting to support any sort of agriculture.”

Very underweight Ron said, what she thought were healthy food choices she was making, were having a negative impact on her health, because her meals were not nutritionally dense.

“I lost all of my hair, and I was having all kinds of health issues,” she said. “Not once did I think, maybe it was because of my food choices.”

She said her health progressively got worse and she began falling asleep during daily activities.

“I would always be so tired,” Ron said. “I was anemic, iron deficient and deficient in vitamin B12. Everyone told me I needed to eat something, but I thought I was living such a healthy lifestyle.”

After graduating high school, Ron said she was offered a scholarship to be on the West Texas A&M equestrian team. She had been riding horses since the age of 4.

The transition from Chicago to Canyon proved to be more difficult than she anticipated.

“The first semester was really hard for me to meet



Olivia Ron, meat science graduate student said now that she is a supporter of conventional agriculture, she tries to eat some sort of meat every meal. While practicing veganism she was low in vitamin B12, she was iron deficient, and anemic.