

Vegetarianism

Post by “Joshua” of January 7, 2025 at 1:16 PM

I was vegetarian for nearly a year. I stopped when I started driving truck, and since I had to have a physical done to get a CDL, I also had bloodwork and my vision tested. Both of them had actually improved after just under twelve months.

The plural of anecdote is not data, but I was surprised by the changes!