



A Healthy Vegan Diet Took Me from Rosacea-Prone to Radiant

By Kathy Meldrum
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While growing up on the standard American diet, I considered myself healthy. Although I dealt with [acne](#) and painful menstrual cramps, I didn't get colds often, and I was able to maintain a healthy weight.

As I grew older, new symptoms started popping up, including chronic fatigue, bloating, brain fog, atypical migraines, significant [rosacea](#), and a Morton's neuroma in my foot. I was resistant to going on prescription medications for the long term to treat any of these conditions, but I wasn't sure what other options were available.

A Whole New World

In 2015, I read *The China Study* by [T. Colin Campbell, PhD](#), and the world of nutrition opened up for me. I was intrigued and excited. The concept of a whole-food, plant-based diet for disease reversal was completely foreign to me. After that, I watched the [Forks Over Knives documentary film](#) and listened to [nutrition-related podcasts](#). As I continued to research, a theme became clear: Food really is medicine. In 2016, I began to put what I was learning into practice, going whole-food, plant-based.

I found some changes easy, such as ditching meat, fast food, and soda. I took a more gradual approach to other changes, such as minimizing added sugar and eliminating oil. But as my energy levels improved, I knew I was on to something, so I forged ahead.

Living Well on a WFPB Diet

Since going WFPB five years ago, I have either completely reversed or significantly improved all of the health problems I was experiencing. My menstrual cramps, acne, atypical migraines, Morton's neuroma, and chronic fatigue have all disappeared, and my bloating and rosacea have noticeably decreased. I'm still amazed what a difference this lifestyle change has made.

I love the food I eat now and have a new appreciation for it. My go-to breakfast is oatmeal with blueberries, walnuts, and dates. (I love to make my own [nut milk](#)!) Lunch might be chia seed "cereal" with fruit and cinnamon and avocado toast. My favorite dinner is tacos with black beans, salsa, avocado, cilantro, and a squeeze of lime juice, served on corn tortillas.

Fortunately, my kids have also gotten used to this way of eating, too. Nothing makes me happier than to hear my 9-year-old son tell me that he likes vegan Caesar salad better than candy.

Ready to get started? Check out [Forks Meal Planner](#), FOK's easy weekly meal-planning tool to keep you on a healthy plant-based path. To learn more about a whole-food, plant-based diet, visit our [Plant-Based Primer](#).