



The **Vegan** Beauty

Model Of The Week

Sandro
based in Istanbul, Turkey

How Far Goes Actually Veganism?

Article about Antibacterial Cleansers



We all used them: „Antibacterial“ hand soaps, body washes and baby wipes. And we also all agree that we want to be sanitary and not dirty. But as we all know, Veganism is much more than just a plant-based diet.

By living in a non-vegan world, it can be easily ignore without even knowing, that the simple soap we use in a public bathroom is hurting thousands of innocent beings.

The lives of as many as 9,000 rats, mice, and rabbits have been spared because manufacturers opted not to test 19 ingredients

in antiseptic washes that were the subject of a 2013 U.S. Food and Drug Administration (FDA) proposed rule. As a result, the agency found last week that these ingredients are not safe and effective and that products containing them can no longer be marketed.

The FDA made its decision after considering PETA’s public comments on ways to avoid the tests, including first establishing whether the ingredients in liquid hand soaps, bar soaps, and body washes – which are often labeled “antibacterial” and intended for use with water – are really any more effective than plain soap and water in preventing illness and the spread of infection. The agency had originally called for at least 25 animal tests on 22 ingredients, including for cancer and reproductive effects. The tests would have involved force-feeding the substances to rats, mice, and rabbits, or applying them to their skin, then killing and dissecting the animals and their babies.

Read more: [Antibacterial-Cleansers](#)

High Carb, low fat?

Article about Omega-3 fatty Acids

Although being vegan is already a huge step to health, there are as many vegan diets out there as non-vegan diets. But is it true that we should avoid fatty foods or are there exceptions?



The health **benefits** that are believed to be associated with Omega-3 fatty acid intake include: decreased **inflammation**, help for **arthritis**, and **reduced symptoms** of depression. Omega-3 may even boost health and **intelligence** of unborn **babies**, though the mercury in fish

significantly **decreases IQ**. While often a **recommended source** of omega-3, **fish** and **fish-oil** supplements may **not be harmless** due to the **presence** of **dioxins**, **PCBs**, **mercury**, and other industrial pollutants. These pollutants in fish may increase our risk of **type-2 diabetes** and **cardiac death**. Other animal products such as **chicken** are no longer a bountiful source of omega-3 due to genetic manipulation. Omega-3 enriched **eggs** can be a source, but **eggs** contain **cholesterol** and **arachidonic acid**. **Two** plant-based sources **sources** of omega-3 are **flax seeds** and algae-based DHA supplements, which are bioequivalent to **fish oil** but do not have the harmful **industrial toxins**.

Read more: [Nutrition Facts](#)

Vegan model Inspiration

Our Inspiration for the month is model Chloe Tesla! She has her own youtube channel about Veganism and recently helped the Animal-Rights-Organization PETA to stop the animal exploitation in the Fashion Industry during Milans Fashion week.

Check out her Instagram Page @chloe_tesla and youtube channel **Chloe Tesla**, where she shares her passion about the vegan lifestyle and has influence to many people, not only in the fashion industry!



Chloe in love by working with **vegan** Designers

Interview with Chloe Tesla on MMOODDEELL.com

Hey Chloé, you are a model, blogger, animal rights activist, drummer and you love vegan cooking. Can you tell us a little bit about it. Where did you find your love to fashion, animals and music?

Hello MMOODDEELL. I am indeed!

I started modeling when I was 19, soon after finishing high school. I've been playing drums since I was 9. I have had many metal bands and I was lucky enough to play with some great international artists, like Alicia Keys or Julian Peretta, but also with some French ones, like Patrick Bruel or Matt Pokora.

Your favorite vegan recipe?

Mmhh, so many!! I recently made a video on Youtube on how to make "Raw superfood balls". They are made of cacao powder, dattes, goji berries, mulberries and cashew nuts. I then roll them in some coconut powder. Those snacks are delicious and so nutritive : perfect before or after some workout.

If you could choose one client of your choice, which photographer/designer would you love to work for?

Good one ! Mhmm I would love to model for "Matt and Nat". These guys make incredible vegan leather bags, shoes and accessories ! I have a beautiful black backpack from them and everybody think it's real leather. But it's actually made of 100% recycled plastic bottles. Not only it's vegan, but it's also eco-friendly

To read full Interview: [Interview with Vegan Beauty Chloe](#)