



**Dr. Milton Mills at Dublin Vegfest 2019**  
**Press Release for immediate Release**

**Dublin Vegfest 2019**

**Saturday 28th September 2019, 11 am - 6 pm**

**Sunday 29th September 2019, 11 am - 6 pm**

**Griffith Conference Centre, South Circular Road, Dublin 8**

We are very excited to welcome Dr. Milton Mills in Ireland. Milton Mills, MD featured in Netflix's hit *What the Health*. Dr. Mills practises urgent care medicine in the Washington DC area and has served previously as Associate Director of Preventive Medicine. He's currently a member of the National Advisory Board for the Physicians Committee for Responsible Medicine ([PCRM](#)). He has been a major contributor to position papers presented by PCRM to the United States Department of Agriculture regarding Dietary Guidelines for Americans and is the lead plaintiff in PCRM's class action lawsuit that asks for warning labels on milk.

***"Medical research shows conclusively that a plant-based diet reduces chronic disease risk, so that's something I absolutely encourage my patients to move toward,"*** says Dr. Mills, a graduate of Stanford University School of Medicine. Dr. Mills doesn't limit his message to his

patients. He takes it to audiences around the country as well, speaking at hospitals, churches, and community centers.

Dr. Mills notes that the scientific research literature shows plant-based diets as supporting better overall immune system function, and during work with HIV-positive and AIDS patients at clinics, he's observed that those who go vegetarian seem to improve, with increased energy and higher T-cell counts. He therefore hopes throughout the future to examine further the relationship between diet and immune functionality, particularly the effects of plant-based eating choices upon outcomes for HIV-positive patients.

Dublin Vegfest 2019 is Ireland's largest vegan food & lifestyle event. Feast your way through the day in our Vegan Food Village where you'll find the best and newest vegan plant based cuisine on offer. You don't have to be a vegan to enjoy Dublin Vegfest; you can just hang out eating great food, learn about plant based health benefits, enjoy an inspirational talk, a food recipe demonstration by a leading chef, try natural ethical products, a workshop or performance among a super friendly gathering in our outdoor areas, indoors speakers area, performance space and chill zone. Guest speakers and more to be announced soon. Get your ticket! Tickets are on sale [at Eventbrite](#) (€10 ex. booking fee).

Dublin Vegfest 2019 is made possible with the support of our sponsors KOKO Dairy Free, Hidden Heroes, Earth Cafe Cork, Meanwell Wholefoods, Fiid, Shoots & Roots, Leafy Meals Ltd, Kale+Coco and The Carrot's Tail.

*"Vegfest is spearheaded by a dedicated group of people passionate about vegan living. That's all it takes to bring about change."*

HUFFINGTON POST

## **Notes to Editor**

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Veganism is growing rapidly around the world with an estimated 7.5 million vegans in the USA as example.

1 Figures for Ireland are not so available but the level of interest is very high and growing with more clearly labeled vegan friendly food products on the shop shelves meeting demand for healthier, more ethical products. Almost all high street food outlets offer tasty vegan menus.

2 People adopt a vegan lifestyle for a number of reasons. Personal health is one of them; a vegan diet has been shown to be an effective way to reverse and prevent some of the killer diseases associated with a standard western lifestyle.

3 People are hearing about the benefits of a vegan diet and lifestyle from stars like Miley Cyrus, Sia who are both vegans or Beyonce who recently launched a vegan delivery service in New York.

Environmental concerns around deforestation, water pollution, food waste and Climate Change bring a lot of people to go vegan too. Animal agriculture is the number one cause of greenhouse gases causing climate change.

4 Concern for the billions of animals used in our food systems is another reason.

5. The demand for ethical cruelty free products is increasing in Ireland and around the world.

6. Going vegan is a good practical solution to people's concerns for their health, our planet and animals.

#### Some famous present day vegans

- Erykah Badu - Singer
- Liam Hemsworth - Actor
- Miley Cyrus - Singer
- Thandie Newton - Actor- Westworld
- Rosanna Davison - Super model & writer
- Kerry McCarthy - Shadow Agriculture Minister UK
- Thich Nhat Hanh - Buddhist monk & author
- Benjamin Zephaniah - writer & poet
- Stella McCartney - Fashion Designer
- James Cameron - Movie Director
- Alicia Silverstone - Actor, writer
- Joaquin Phoenix - Actor
- Woody Harrelson - Actor
- Samuel L. Jackson - Actor

#### Famous vegan athletes

- Fiona Oakes - elite ultra runner

- Patrik Baboumian - vegan strongman
- Rich Roll - Ultra endurance
- Brendan Brazier - Triathlon & ultra endurance
- Matt Danzig - MMA
- Scott Jurek - ultra endurance runner
- Frank Medrano - body calisthenics
- Nate Diaz- MMA

References:

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