



ALEXANDRA COACHING
Start Getting Unstuck
By **Alexandra Paul**



AN INTERVIEW WITH MY
NON-VEGAN HUSBAND

I am crazy in love with my husband, Ian Murray. We have been together for 20 amazing years and we are still very much in love. Ian is kind, patient, loving, thoughtful, smart, beautiful, athletic, funny and ... a meat eater.

Most of my vegan friends claim they could never date a meat eater, but here I am, someone who has not touched meat since I was 14, and the man I call my soul mate has no qualms about eating animals.

We do not often discuss it, because we believe one of the secrets of our incredibly happy marriage is that we follow the most important line in our wedding vows: "I promise to let you be you". But, truth be told, I am a little sad that he has not become vegan. And surprised too, since I had secretly hoped I would be a good role model. I asked him if I could interview him about it, and he said yes.



Can you tell me why you eat meat?

I suspect I'm holding on to what might be an old belief that there is some element of meat I need to feel satisfied, or that there is a nutritional component I require to rebuild as an athlete. I'm coming to realize that this may not be true but am either not committed to that or simply stuck in old habits.

What is the downside of being vegan?

There is a convenience factor; meat is a big part of the American culture, so maybe I'm just going with the flow of that. However alcohol is a big part of this culture as well and I find that easy to eschew. I'm not sure there is any other downside to being vegan.

So is there an upside? You have gone vegan for 3 weeks several times, as a birthday present to me. Those were the best presents ever! Was that experience positive?

There were several discoveries made during those times. I had a new perspective on eating. During those

weeks eating vegan I had to really contemplate, research and read menus and labels in great detail. That's not something I typically do, and it made me more aware. I was also eating more food to feel full but I still lost weight. I felt proud of those times.

How would your life change if you went vegan?

I worry it would be too restrictive and that would become a hassle. However I know that I'd be healthier and do better for the planet. I've never eaten veal or foie gras, I eat very little dairy and I'm eating less animal products simply due to your education and influence. I welcome this direction.

This interview made it clear to me that Ian is not going to become vegan anytime soon. He just doesn't have the strong motivation of either ethics (which drives me) or health, so the stronger, easier old ways are winning out. I do hold out hope that he will become vegan, but I want him to be excited about that new lifestyle for himself, not because he feels pressured to change. The most inspiring thing I can do for him is to be the happiest, healthiest vegan possible. The rest is out of my hands.



Alexandra Paul is a licensed health & wellness coach, certified by Wellcoaches Corporation. With over 30 years as an actress, she is ready to guide and inspire you to optimum health and wellbeing. Get your FREE 20 minute Consultation. <http://alexandracoaching.com/>