

I TRIED TO BE VEGAN... BUT NATURE SAID 'NO'

Exploring the science of ecology and the sacred wisdom of nature's food web

Authored by

Dr. VISWANATH BUDDOLLA

Founder

Dr. Buddolla's Research and Educational Society

TIRUPATI - 517 506, A.P. INDIA

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Dr. Buddolla's Global Press

Tirupati - 517506, India

Email: buddolla@gmail.com

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DEDICATION

To my father –



The man who planted in me the first seed of truth about food.

Though not armed with degrees, he carried a wisdom deeper than textbooks – rooted in soil, sweat, seasons, and sacred simplicity.

He taught me that food is not just sustenance, but story, spirit, and stewardship. Because of him, I learned to listen – to my body, to the land, and to the quiet intelligence of nature.

This book exists because he fed me not just with meals, but with meaning. To the original farmer of my soul – this is for you.

With love, respect, and endless gratitude – this book is yours, Nanna.

PREFACE

I never planned to write this book. I only wanted to heal.

What began as a sincere attempt to live with compassion and integrity slowly transformed into a reckoning. I embraced veganism with dedication. I studied, I tracked, I believed. I hoped that by avoiding harm to animals, I could align my values with my health and the planet's well-being.

But something within me began to shift. My body grew tired. My clarity faded. My strength diminished. No matter how hard I tried, the deeper voice of nature kept rising. It told me something was missing.

This book is not a rejection of compassion. It is a deeper invitation into it.

Here, I share my journey through the lens of ecology, biology, ancestry, and truth. I explore why some bodies fail to thrive on plant-based diets, not from lack of effort, but from natural design. I uncover the difference between nutrient presence and absorption. I walk through the soil, the seasons, and the sacred rhythms that connect life and death in the food web.

You will not find judgment here. You will find reverence. Reverence for the Earth, for the wisdom of indigenous food systems, and for the delicate balance that makes life possible.

This is for those who have silently questioned the ideology they were told was pure. For those who feel the dissonance between ideals and biology. And for those ready to listen again—to the land, to the body, and to the intelligence of nature itself.

Nature never asked for labels. She asked for belonging.

And in that belonging, I found truth. I found healing. I found home.

— The Author

HOW TO READ THIS BOOK

This book is not a debate—it's a journey. Read it slowly, with your body as much as your mind.

Let it question what you've been taught, not by arguing, but by remembering. This is not just about food—it's about ecology, ancestry, and belonging.

Set down certainty.

Pick up curiosity.

Read with an open gut, a soft heart, and feet touching the Earth. Let each chapter unsettle and re-root you. You don't need to agree—you only need to listen, deeply.

The truth is not in ideology. It's in relationship.

Welcome back.

Let's begin...

Acknowledgements

For this journey was never mine alone.

No one walks back into belonging without others lighting the way.

To my parents and siblings – your quiet endurance and invisible offerings are woven into every sentence of this book. You are the soil from which I rose.

To the first hands that held mine as I learned to write, and to every teacher who challenged, shaped, or softened me – your voices are still here, humming beneath the text. You taught me not just what to think, but *how* to see.

To my wife and children – your love is not background. It is the ecosystem that made this possible. You held the silence, the late hours, and the ache. You are the breath behind my becoming.

To Dr. Vijay Paul and Dr. Anthati Mastan – thank you for your steady presence and your belief in this work when it was still forming roots. Your support is part of its spine.

To the global community of teachers – seen and unseen – you carry more than knowledge. You carry futures. This book honors your unseen labor, your unshakable faith in minds not yet awakened.

And to the reader – who dares to question, who hungers for wholeness – this book is for you. May it offer not answers, but *remembrance*. May it return you to something older than certainty: the wild, sacred web we were never meant to leave.

Because teaching, like truth, is never sterile.

It is a living fire. It is a seed passed by hand.

It is a responsibility born of love.

– The Author

“The Earth never asked us to be vegan.

She asked us to listen –

to the soil, the seasons, the signals in our blood –

and to the ancient rhythm that says: all life feeds life.

To honour that is not betrayal. It is belonging.”

– The Author

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