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"I think and speak clearer since I cut the dairy out. I can breathe better and perform at a better rate, and my voice is clearer. I can explore different things with my voice that I couldn't do because of my meat and dairy ingestion. I am proud and blessed to be a vegetarian, everything became clear."

—Common

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HOME > CELEBRITY SUPPORT > PHONTE AND RAPPER BIG POOH SAY 'GO ETHNIC'

### Phonte and Rapper Big Pooh Say 'Go Ethnic'

Feeling slow and sluggish all the time? Maybe it's your diet. Little Brother want you to know that vegetarians tend to feel better and have more energy than meat-eaters do—and apparently they make some pretty hot music. While it's true that going vegetarian can be a big step, Little Brother's got some advice that will help you make the transition smoothly: Take it slow.

Riding high on the success of their critically acclaimed sophomore release, *The Minstrel Show*, North Carolina natives Phonte and Rapper Big Pooh want you to know that there are a lot better things to eat than dead animals and that vegetarian food isn't just good for you—it's delicious too. Both emcees found they felt much better after cutting meat from their diets, and so can you. Phonte says trying new things and eating ethnic is the way to go: "Open your mind to exploring other options. Vegetarianism forces you to do that." Big Pooh suggests taking it slow by replacing one food at a time in your diet to make it easier for you. He's also got some great advice about the way that dogs and cats should be treated, so listen up.

Everyone knows that eating meat and dairy products is directly linked to heart disease, cancer, strokes, allergies, and asthma and that these foods are loaded with saturated fat, cholesterol, chemicals, hormones, antibiotics, pus, and feces. You don't want to eat that stuff. So, what's up? Ready to try vegetarianism? Get the **facts** and get rolling.

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