



Michelle Pfeiffer on Her New Vegan Diet

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BY JENNIFER MISHLER JUNE 4, 2012

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A long list of celebs have made the switch to a vegan diet due to concerns for their health. The documentary "Forks Over Knives" has played a big role, inspiring star after star to go plant-based including **Ozzy Osbourne**, **Carrie Ann Inaba**, **Kristen Bell** and **Russell Brand**. One of the most talked-about healthy vegans has been **Bill Clinton**, who ditched animal products after a number of cardiac problems and procedures.

The latest celeb to talk about their vegan diet is **Michelle Pfeiffer**, who opened up to **Dr. Sanjay Gupta on CNN**. In the appearance on "Piers Morgan Tonight," which airs tonight at 9pm, Pfeiffer tells Gupta that she decided to try a vegan diet after watching CNN's "The Last Heart Attack." The special discussed plant-based diets as a possible way to prevent heart disease and other conditions.

"I was finishing up working on, I think it was 'Dark Shadows.' And I was watching CNN, and

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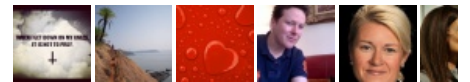
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‘The Last Heart Attack’ came on.” The actress describes herself as a “foodie,” but was hopeful after she heard Clinton wasn’t struggling with his vegan diet. “OK, Bill Clinton loves food, so there must be something to [veganism] that’s making him stick to it. And also, he’s smart, so he’s not going to do something unless he really thinks there’s some science behind it,” she said.

Pfeiffer also credits Dr. **Caldwell Esselstyn**’s book “Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure” with informing her decision. “I just felt like...there was science behind it. And, you know, it was sort of irrefutable. ... I couldn’t not listen to it. My father died from cancer, and the older you get, there’s a lot of disease around you. And you see people struggling with chronic disease. You see people dying with terminal illnesses. And if in any way this is true, then you kind of have to listen to it,” Pfeiffer said.

The actress says her health isn’t the only reason for the new diet. “Vanity is right under there,” she admits, “but I have to say that it’s a close second with wanting to live long.” Pfeiffer’s husband is also trying to eat vegan.

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About Jennifer Mishler

Jennifer Mishler is a writer, and a vegan and animal activist. When she’s not writing, you can often find her volunteering or advocating for animal, environmental and human rights causes. Along with writing for Ecorazzi, she

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