



VeganCityBlog

Updated February 16, 2017



Veganizing cities/towns through dining choices & online activism!

For latest update, click www.maxlearning.net/HEALth/VeganCityBlog.pdf

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VeganDiego! Origins

Feb 21, 2014

Dear Veg Friends,

To promote & support San Diego County's 100% vegan restaurants and their courageous proprietors, I've attached the inaugural copy of **VeganDiego!**

Download this calendar to your computer for printing or to your smartphone for offline access. Click on the direct link for periodic updates:

www.maxlearning.net/HEALth/VeganDiego.pdf.

If out-of-town veg friends would like to build a similar calendar for their region, I'd be happy to send a blank MS-Word template and some compilation tips.

My initial info source was the valuable website (and app) at www.happycow.net. I then contacted or visited each restaurant, since a number of their web pages had/have outdated or conflicting info.

(continued)

VeganDiego!

Calendar of San Diego County's 100% vegan eateries, and vegan-promoting businesses, professionals, organizations, and social groups.

www.maxlearning.net/HEALth/VeganDiego.pdf

V-Cards

Ensuring cruelty-free meals while traveling, educating foreign eateries and stores about vegan options.

www.maxlearning.net/HEALth/V-Cards.pdf

Offline Access

Once downloaded, get and use a File Manager app to open VeganDiego.pdf and V-Cards.pdf.

MaxVegan HEALth Topics

Humans, Environment, Animals, Learning

www.maxlearning.net/topics/health.htm

HappyCow.net

Global guide to vegan eateries, stores, and more.

www.happycow.net

Contact

For questions, comments, or to be notified of periodic updates, email mike.weinberg1952@gmail.com

The restaurant business is brutal. Brave vegan restaurateurs have ethically chosen to limit their audience at the cost of potential profits. They need our support to stay in business. Many of you experienced the shock of Casa de Luz abruptly closing its doors in December followed by Stephanie's Bakery in January. Let's not let another vegan establishment fail!

If you agree that the best use of your limited restaurant dollars going forward is to patronize *only* 100% vegan restaurants (when available), great! If not, read on for more reasons and for tips on dealing with potential social backlash should you take this r/evolutionary step.

Working together towards a vegan world!

Mike

Advantages of 100% Vegan Restaurants

- * No worries or questions about hidden animal ingredients.
- * No mix-ups of being inadvertently served animal foods.
- * No cross-contamination of kitchen and cooking surfaces.
- * No one will be hurting (eating) animals in your presence.

The unpleasant truth is that non-vegan restaurants are sanitized extensions of the slaughterhouse. To quote Ralph Waldo Emerson: "You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity."

That includes vegetarian restaurants, since egg & dairy operations are inherently crueler than meat production. Layer hens and dairy cows suffer for years then are killed for meat anyway—no one gets out alive.

You wouldn't attend a dog/cock/bull fight, so why attend an event where people entertain themselves by eating animals?

By patronizing only vegan restaurants, you'll no longer experience the cognitive dissonance (distress caused by contradictory thoughts) of dining with normally kind and compassionate family and friends while they blissfully consume animal foods.

My Dining Evolution

In 1997, when I (finally!) learned that I didn't need animal products to be healthy, I became an "overnight" vegan. I quote "overnight," because once one self-identifies as vegan the learning/changing process begins: food, clothing, household cleaners, personal hygiene products, zoos, circuses, etc. In my early "militant" years, I wouldn't sit at a table with anyone eating meat, because I "saw" the animal on the plate. I figured this would dramatize the seriousness of the situation and cause people to reconsider their ways. But it only caused tension and distress for everyone, including me, and no one changed their eating habits because of it.

Ultimately, I relaxed this hardline stance and intentionally blinded myself to the cruelty in the hopes that I could influence by my example and readiness to answer any questions about veganism that might come up. But while some applauded my ethical stance that "killing for pleasure is wrong," few felt the need to apply it to themselves. They either put on blinders so they could continue their animal-eating ways, or they admitted they were just "too lazy to be kind."

When my wife, Anita, and I moved to downtown San Diego, I made it my new goal to help "veganize" some of the 90 or so restaurants within walking distance of our condo. I called ahead to see if chefs would prepare vegan meals for us. The vast majority were willing and eager to meet the challenge. A few would even visit our table to see how we liked the food and encourage us to come back again.

After about 7 years of “educating” downtown restaurants, although there were more cruelty-free menu options, there still was not one 100% vegan restaurant. And I can’t remember any of our numerous omnivorous friends ordering the “vegan” option when they could have the “real” thing. They politely listened to my reasons for eating cruelty-free (at least the first time!). Some even admired my “dedication,” but it had no effect on their menu choices as they blithely ordered and ate animal products.

Actually, I do recall one friend, impressed with the health aspects of my diet, ordering the same vegan dish as me. But while I found the meal delicious, he seemed unfulfilled. About halfway through, he ravenously stole several bites of chicken off his wife’s plate! Like smoking, meat addiction for some can be hard to break.

So last summer, I finally realized my strategy wasn’t optimal. I also had to admit to myself that some of it was based on personal dining convenience rather than ethics. So my new goals became to:

1. Use my restaurant dollars to support and promote only 100% vegan restaurants.
2. Persuade existing vegetarian restaurants to become fully vegan.
3. Encourage a vegan establishment, preferably a “fine dining” one, to open downtown.

Once my blinders were off, it once again became difficult for me to watch people I loved (and who knew better) continue to eat animals and their secretions in my presence. The difference is that this time my goal wasn’t to educate or shame or embarrass—it was for my own peace of mind.

Unsurprisingly, I faced resistance from some who’d come to appreciate my “tolerance” of their unkind dietary habits, especially since I’d mostly given up trying to convince them of the horror of their ways. So far, only one friend, after one half-hearted attempt, has declined further invitations to eat in vegan restaurants, not because he shuns vegetables, but because he resents that I’m “forcing” my ways on him. But every time other family or friends agree to join me for a meal, no animals get hurt.

Nowadays, I leave it to other activists to convince non-vegan restaurants to offer more cruelty-free options. Of course, savvy restaurants have realized that “vegan” and “gluten-free” are the latest fads, so they’re adding these options on their own, not out of ethical concerns, but to increase business.

Exposing omnivores to plant-based possibilities and making vegan food more mainstream is still a worthy goal. But it only promotes veganism if *omnivores* order the options. And they seldom do when animals are on the menu. And if a token vegan option lures a vegan to dine in a non-vegan restaurant, it only serves to draw money away that would have been spent in a vegan eatery. Brave vegan restaurateurs, willing to potentially limit their clientele for ethical reasons, need vegan support.

Regarding social events that include animal foods, I don’t boycott them. I simply join the gathering before or after the animal sacrifice. If animals will be served in the middle of a function, I quietly leave and take a walk or visit a nearby vegan restaurant, then rejoin the group afterwards.

Some have accused me of being inconsistent since I still (have to) shop in *stores* that sell animal products. I eagerly look forward to the day when San Diego gets a 100% vegan grocery, and I’m helping others work towards that goal. But in the meantime, I’m simply choosing not to be in the presence people eating animals.

When I became vegan, I faced social backlash, jokes, avoidance, and sometimes hostility from omnivores. But it felt so right, I knew I’d never go back to eating animals. This time around, I’ve even faced resistance from some vegans who feel I’m being too extreme. Understandably, they don’t want to embrace even more limitations in their dining options. Admittedly, it’s tough living in a non-vegan world, but this decision has made it much easier for me. I have a new sense of freedom, like a huge weight has been lifted off my shoulders. I can’t see ever going back.

Foreign Language V-Cards

My first priority is to patronize only 100% vegan restaurants. However, in areas where no vegan eateries exist, and especially for foreign travel, I compiled **V-Cards**.

These business-sized cards list vegan food restrictions in over 80 languages (courtesy of Google Translate augmented by helpful native speakers). They can be handed to waiters and chefs to ensure cruelty-free meals:

www.maxlearning.net/HEALth/V-Cards.pdf.

Since I avoid being around people hurting (eating) animals, I generally order take out or eat in an area where no one else is dining. More often, to avoid the inevitable cross contamination that occurs in non-vegan eateries, I'll cobble together plant-based meals from grocery stores instead.

In collaboration with volunteer activist developers, an **Android** app is in the works for future release, but a free phone app is now available for **Apple iOS: V Cards: Vegan Abroad**

<https://itunes.apple.com/us/app/v-cards-vegan-abroad/id726594283?mt=8>.

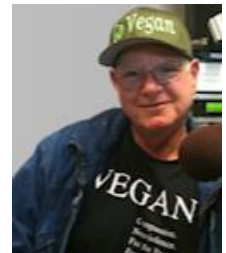


Go Vegan Radio / World Vegan Summit

On March 23, 2014, I participated in a live phone interview on “Go Vegan Radio with Bob Linden.” Bob, whom I’ve known since 1998, called to chat about my recent campaign to support local vegan restaurants with the VeganDiego! calendar.

My now-archived segment runs from about 20:25 to 37:50.

<http://www.goveganradio.com/2014/03/30/23-march-2014>.



Remarkably, Bob has managed to keep the show on the air since 2001! What’s most impressive about this achievement is that he’s not paid by the radio stations but must raise funds through advertising sales and listener donations. This has come at the expense of personal financial gain and illustrates Bob’s extraordinary dedication to the animal-rights movement.

Bob also organized the very first **World Vegan Summit**, which occurred March 20-22, 2015 in Los Angeles. It was tailor-made for activists who favor full abolition vs. welfare (“happy/humane” meat) reforms. I was honored to make a presentation on VeganDiego! and the importance of patronizing 100% vegan businesses whenever possible. <http://worldvegansummit.com>.



Watching a Crime / Eating Not?

In the U.S., it’s (rightly) a federal crime to attend a dog or cock fight where people entertain themselves by *watching* animals. It’s a felony to bring a child to such an event. So why is it not a crime for people to entertain themselves by *eating* animals?

Why is it not a felony to feed a child animal products?

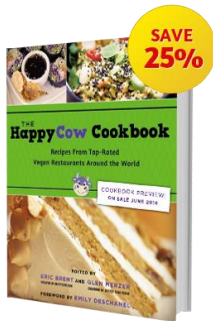


VeganCity! Calendar Expansion

Activists from the following regions have requested templates to make their own VeganCity! calendars.

- * Oakland, CA
- * Australia (covering Brisbane, Gold Coast, Sunshine Coast)
- * Thailand

Email mike.weinberg1952@gmail.com if you'd like tips and/or a blank MS-Word template to help in developing a similar calendar for your city.



HappyCow Cookbook

This beautiful new book includes an insightful interview with Evolution's general manager, Zach Vouga (p.91). Besides actual restaurant recipes, the book has Q&As with (non-local) principals at Loving Hut, Native Foods, and Veggie Grill, as well as dozens of top-rated vegan restaurants worldwide. You can get a copy at <http://happycowcookbook.com>.

Herwin Walravens – Vegan Restaurateur

To reinforce the negative consequences of spending our limited restaurant dollars in so-called “veg-friendly” restaurants that also contribute to animal suffering and death, consider the following message from a Dutch friend, Herwin Walravens, who closed his vegan restaurant in Bangkok about a year after I dined there in 2012.

“I agree with you 100% we should visit only 100% vegan restaurants and spend our money there. Often for these restaurants, a few dollars extra can mean they stay in business instead of closing their doors. A dollar spent at a non-vegan restaurant is a dollar *not* spent at a vegan restaurant. Eating at a non-vegan restaurant means an empty seat at a vegan restaurant. And empty seats eventually means the vegan restaurant has to close.



“I sometimes see vegans (on forums) who support non-veg restaurants, because these restaurants serve a few vegan options. Good intentions, but really I prefer to spend my vegan money in a vegan shop. I have lived in Japan and was always baffled by (and so never joined) the vegan meetup group there, because they usually held their monthly meeting in a non-veg restaurant.”

For further perspectives on global vegan dining, visit Herwin's blog at <http://thevegancafe.blogspot.com>

Cross Contamination

Should you decide to patronize or host an event at a non-vegan eatery, be sure to ask whether their “veg” offerings are flavored with fish or oyster sauce (Asian), lard (Mexican), ghee (Indian), or chicken stock (American).



Also ask if they cook all their food on the same grill or in the same pots with the same utensils, which greatly increases the chances of cross-contamination. Even if the foods never touch, heated particles of yucky, unhealthy animal grease will inevitably float from the meat to your veggies.

If you have no option but to order food from a non-vegan eatery, especially in a foreign country, hand or show the staff the appropriate V-Card from <http://www.maxlearning.net/HEALth/V-Cards.pdf>. To avoid the discomfort of dining with others who are hurting (eating) animals, order the food “to go,” and eat it in more peaceful surroundings.

Do Vegan Options Promote Veganism?

Or do they just siphon dollars away from vegan eateries that do?

Typical Scenario: One vegan dining with a group of omnivores.

Type of Restaurant	Vegan Meals Ordered	Meals that saved animals	Omnivores eating vegan	\$\$ supports vegan eatery
Non-vegan	1	1	0	0
100% vegan	All	All	All	All

Dining with omnivores at a mainstream restaurant, hoping they'll order the vegan option, is like joining alcoholics in a bar, hoping they'll order the lemonade.

Non-vegan restaurants include vegetarian and veg-friendly eateries.

Egg & dairy animals suffer more and longer than meat animals before ultimately being killed and eaten anyway--no one gets out alive.

Non-Vegan Restaurant Observations

- Non-vegan eateries add vegan options in the hopes of luring groups that include a token vegan. Their desire is to increase profits, not promote veganism. The bulk of their sales continue to harm animals.
- Vegan options eaten by a token vegan yield no net benefit to animals—the vegan would have ordered a cruelty-free meal regardless. Animals are saved only if the omnivores in the group ordered the vegan option.
- With animal products on the menu, omnivores rarely, if ever, choose the vegan option. With no ethical or health compulsion to avoid animal products, why choose a “mock” dish over the real thing?
- A dollar spent in a non-vegan restaurant is a dollar *not* spent in a vegan restaurant. If vegans, for social reasons or the “desire for variety,” use their money to eat in non-vegan eateries, vegan restaurants suffer.
- A vegan wouldn't think of attending a dog, cock, or bullfight where people entertain themselves by *watching* animals. So how can a vegan justify dining with people who are hurting animals by *eating* them?
- Non-vegan restaurants are sanitized extensions of the slaughterhouse. And patrons are the reason. If no one ordered animal products, no animals would suffer and die. You can't have one without the other.
- “You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.” Ralph Waldo Emerson

100% Vegan Restaurant Observations

- Brave vegan restaurateurs willingly accept reduced clientele and profits for ethical reasons.
- Omnivores invited to dine in vegan eateries are often surprised by how “normal” the food tastes.
- Omnivores experiencing a tasty vegan meal are more willing to eat vegan again.
- Even if eating vegan doesn't instantly convert omnivores, no animals were hurt for those meals.
- The money spent by omnivores helps keep the vegan eatery in business.



What should an ethical vegan do?

- Let people know that, going forward, you plan to patronize only 100% vegan eateries. When invited to dine in non-vegan restaurants, suggest a vegan one instead.
- Organize dining events for family & friends in exclusively vegan eateries. Most will gladly join you, although a few stubborn holdouts may resist at first. Be patient. They may eventually come around.
- Don't isolate yourself completely. Let others know that you won't boycott social events, just the animal-eating portions. When the cruelty begins, quietly remove yourself from the scene by taking a walk. Eat food you brought, or, if available, dine in a nearby vegan restaurant. Then just as quietly return to the event.
- Be prepared to be left out of future non-vegan restaurant invitations. Your feelings may be hurt—it's tough being vegan in a non-vegan world—but it's worth it not to sanction or appear to tolerate the callous behavior of omnivores while they casually hurt (eat) animals.
- Relish the peace of mind you'll feel as you no longer experience the cognitive dissonance (distress caused by contradictory thoughts) of dining with normally kind and compassionate family and friends while they blissfully consume animal foods simply because they “taste good.”
- Stay strong for your principles--and the animals!

**I support well-meaning efforts to add vegan options into mainstream restaurants—the more the better!
But this only benefits animals if the vegan options are so enticing that *omnivores* order them!**

Unhealthy Vegan Food?

I've heard complaints about some local vegan eateries serving “unhealthy” food. One eatery owner was even told he should be “ashamed” of his menu offerings. But in defense of brave vegan restaurateurs willing to forgo clients and profits in order to maintain ethical principles, the fairness of these charges depends on what their food is being compared to.

It may not seem obvious, but vegan eateries have to compete with mainstream eateries for business. In fact, as incredible as it may seem, the majority of vegan restaurant patrons are *not* vegan!

Some may be flexitarians looking for what they perceive to be healthier fare for the evening. Others may think of “vegan” as a new food category—instead of Mexican or Chinese, for example, they'll opt to get Vegan food. Some may be veganish or vegetarians aspiring to go full vegan. Or they may be Kosher Jews seeking assurance that milk and meat will never be mixed—or that pork, shellfish, and other “unclean” foods are off the menu. (Aren't *all* animal products unclean?)

Healthwise from the start, even allowing for identical calorie counts, a no-fiber, high cholesterol, high-saturated fat animal meal is worse than a high-fiber, no-cholesterol, low-saturated-fat vegan meal.



Animal Burger

No fiber
High cholesterol
High saturated fat

VS.



Plant Burger

High fiber
No cholesterol
Low saturated fat

If the bulk of their customers are indeed omnivorous, to stay in business, vegan eateries must offer full-flavor equivalents to the high fat, salt, and sugar meals popular at mainstream restaurants.

Even Tal Ronnen, the former personal chef to Ellen and Oprah, acknowledges the need to provide full-flavor meals at his renowned Los Angeles fine-dining vegan eatery, Crossroads. You can view him making “Chicken” Scaloppini (using Gardein and Earth Balance) at <http://www.talronnen.com>. The relevant “full-flavor” message starts at about 3:06. [The video no longer appears to be available.]

Admittedly, most vegan restaurant food is decidedly less healthy than what some vegans eat at home. For example, in the last few years, I've converted all my recipes to no-SOS (Salt, Oil, Sugar). If you're interested, visit www.maxlearning.net/topics/health.htm and scroll down to MaxVegan Recipes.

However, when I go out to eat, my only criterion is that the food be 100% vegan. I know it probably won't be as healthy as my home cooking, but since I average about one restaurant meal per week, I doubt it will have a major impact on my health. In any case, I try to avoid fried and oily foods and tend to favor bean, mushroom, grain, tofu, or tempeh options over processed mock meats.

Of course, vegan restaurants can choose to reduce the SOS and use flavorful spices and nut, tofu, or avocado-based sauces that satisfy vegans and omnivores alike. But if they served only blandly-seasoned, low-fat foods, they'd surely lose many of their non-vegan and non-health-oriented clients.

Health issues aside, for most vegans, the goal is to feed the world without using animals.

Don't Ask Don't Tell Veganism

Vegan Straying—Does it make a Difference?

You probably know “health” vegans who conveniently “cheat” when presented with a delectable non-vegan treat. But you probably know many more “Don’t-Ask-Don’t-Tell” (DADT) vegans who won’t ask, for example, if the bread roll they want to eat contains egg or dairy.

DADT vegans rationalize that consuming a tiny bit of hidden animal product doesn’t make a difference. But when millions of people do the same thing, it adds up to a lot of hurt animals.

For example, just 1 tablespoon of milk in a bread roll multiplied by 300 million Americans eating one roll each requires over 1 million gallons of milk! Assuming a single cow averaged 5 gallons of milk per day, you’d need 200,000 cows just for one day’s worth of bread rolls.

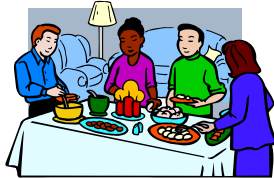
That’s 200,000 cows who must be artificially impregnated (farmers themselves call it a “rape rack”) each gestation cycle to keep the milk flowing.

That’s 200,000 innocent newborn babies taken from their frantic mothers at birth so humans can have the milk for themselves.

That’s 200,000 calves either sentenced to instant slaughter (bob veal), 16 weeks in a crate (standard veal), or 2-4 years of mutilations (dehorning, tail docking, mastitis...) and torturous living conditions producing more milk before finally being killed for meat when their production wanes.



One bread roll
containing just
1 tablespoon
of milk...



...multiplied by
300 million
Americans eating
one roll per day...



...requires over
1 million gallons of
milk that at
5 gal/day per cow...



...means that ~200,000
baby calves will be forcibly
stripped from their lactating
mothers so that humans
can have the milk.

Is there an ethical vegan who would steal even *one* baby from his/her mother? Or who would slap even *one* mother cow in the face for the pleasure of a bread roll? Yet when vegans stray, that’s effectively what they’re doing.

If every vegan took the stance that *each* food item offered them a choice—hurt an animal or don’t—they’d find it easier not to stray.

After all, if you hurt just *one* puppy or kitten for the thrill of it, you’d be rightly shunned by your family, friends, and society. Why should it be different for any other animal?

Always ask, or better yet, patronize only 100% vegan restaurants, so you *never have to ask!*

Already Dead = Not Hurting?

Some omnivores illogically claim they are not hurting animals when they eat them since they're already dead. Besides, they themselves didn't personally hurt the animal, someone else did.

What they won't acknowledge is that the animals never would have been raised, tortured, and killed in the first place if they refused to order them for dinner. It's this backward chain of events that omnivores intentionally blind themselves to.

In reality, those who order animal products, in the sanitized confines of a restaurant, *are* hurting animals. As Emerson stated, no matter how well the slaughterhouse is concealed in the graceful distance of miles, there is complicity. This also applies to the consumption of animal secretions, as the egg and dairy industries are worse for animals than the meat industry.

A person who hires someone to kill another person is legally just as guilty as the killer, if not more so. Hitler may have never personally killed a Jew, yet all consider him responsible for the Holocaust.

It's a bit of an uphill battle trying to convince even some ethical vegans that any non-vegan (vegetarian, veg-friendly) eatery that serves animal products is part of the problem.

We were raised in a society where it's "normal" to hurt (eat) animals, so dining with others doing so seems rather harmless. But if our friends and family didn't eat/order animal foods, no animals would suffer or die—you can't have one without the other.

My hope is that all ethical vegans will be sensitized to what is really going on in non-vegan restaurants and who is ultimately responsible for hurting animals—the *omnivorous friends and family they are dining with!*

Admittedly, it's a change in consciousness that runs counter to the 'go along to get along' and 'tolerance of others' eating habits' attitudes that most vegans embrace. But isn't it time for omnivores to realize that what they eat is not acceptable to those of us who care about animals?

As hard as it is for most omnivores to *personally* hurt an animal is as easy as it is for them to go vegan.

Being vegan is simple: hurt an animal or don't.

Peter Dinklage (depicted here), the fantastic dwarf actor (Game of Thrones), delivers the most straightforward and elegant rationale I've ever seen for going vegan.



Stop Hurting Animals – Go Vegan!

Vegan Purity - Judging Others - Abolitionism

For many vegan “purists,” it’s not so much about purity as it is about our unwillingness to hurt even *one* animal for profit or pleasure when it can be reasonably avoided. Inevitably, there’s a tendency among some of us who practice this simple morality to negatively judge others who don’t.

It’s wrong to hurt even one animal for profit or pleasure.

As an apparently rare “overnight” vegan, once I (finally!) learned that I didn’t need animal products to be healthy, it was a supremely easy decision to stop having animals suffer and die for my eating pleasure. It was also relatively easy to give away or donate my animal-tested household products and non-vegan clothing and shoes. As an avid backpacker, the hardest items to part with were my down jacket and sleeping bag. But when I learned that ducks and geese endured painful, multiple live pluckings—imagine having your hair yanked by the roots—I had no choice.

Naively, I thought once I shared my newfound knowledge with my typically kind and compassionate family and friends, they would just as easily convert. This was so far from my experience that I became alternately angry, sad, and depressed at their stubborn resistance and unwillingness to change.

It’s also been extremely disappointing to meet former vegans, even “ethical” ones, who had returned to eating animal products because of social pressure or a perceived health need. I’m equally troubled by the “happy meat” welfare movement, which implicitly gives permission for otherwise persuadable omnivores to eat animals (treated slightly better before their throats are slit) with a clearer conscience.

Then there are those who say we shouldn’t make veganism so hard and require such perfection that no one will attempt it. That’s like telling a dog or cat abuser, if it’s too hard for you to stop completely, just reduce the frequency of your abuse. Is there no moral equivalency for food animals?

There are probably as many roads to veganism as there are people.

However, over time, it’s occurred to me that it’s unfair to judge backsliders, wannabes, and vegan-dabbling celebrities more harshly than those who never even tried to pursue a vegan lifestyle. It’s a matter of “hate the sin but love the sinner.”



Like many smokers, omnivores may need to “quit” their food addictions several times before veganism sticks. Others may be so inundated by family/spousal/societal pressure and commercial messages that they revert to “normal” eating simply to reduce stress.

I also realize that people’s attitudes, behaviors, and the animal-rights movement are anything but monolithic, so any approach is bound to have some impact. There are probably as many roads to veganism as there are people. Not everyone is persuaded by a straight vegan message, but they may be reached in other ways. That’s why I support dozens of organizations with their various tactics.

The truth is, *no one really has to do anything for animals*, so it’s always a positive when anyone tries to lessen animal suffering in any way. They deserve kudos. But everyone is capable of doing more.

Vegan purists tend to be strict abolitionists. We work for a complete and abrupt end to animal exploitation. We don’t promote *welfarist* halfway measures or ask omnivores to *reduce* consumption. We ask them directly to stop hurting animals and go vegan, giving them good reasons for doing so. They’ll make their own choices.

Vegan purists must push mainstream organizations to move the bar towards abolitionism.

Some vegans judge this approach as extreme, but abolitionists provide “cover” for mainstream animal organizations, making them seem less radical. Once people are attracted to the “reasonable” middle, it’s vital that these organizations move the bar towards abolitionism. As social movements have demonstrated time and again, what was once considered extreme, eventually becomes matter of fact.

I Am a Speciesist

Speciesism: Prejudice or discrimination based on species.

As a species, humans are genetically wired to preserve first themselves then, by extension, their families, friends, community, and nation. Of course, this order of priority can be altered by love, duty, or altruism, for example, when an adult sacrifices his/her own life to save a foreigner's child.



But when it comes to preserving non-human animals, given an *either-or* choice, it's difficult *not* to be a speciesist. For example, I would most likely save a human over an animal (but not a Hitler over a hound). And I'd likely save a mammal or bird over an insect. So, by definition, I am a speciesist.

On the other hand, every living creature has a right to its own life. It is not mine to take, unless I have no other choice (e.g., eating for survival, halting the spread of disease, self-defense from attack).

Science is discovering that animals have a multitude of abilities, many obviously superior to humans (see farther, smell better, run faster, fly, etc.). In fact, it's only the so-called "superior" human species that kills wantonly and is in the process of destroying the global environment for all other species.

*All animals
have a
right to
their own
lives.*

All animals have social structures, use languages, and want to survive. Even insects feel emotion (fear, pain, anger), because it helps them survive. Ants use tools and teach one another. Based on similarities in DNA, we are all related. Speciesists or not, it's wrong to kill other species for profit or pleasure.

What's In a Label? Vegan vs. Omnivore

Amazingly in the last few years, the word "vegan" has morphed from a term of scorn and ridicule to a status symbol, at least in some circles. But does our movement benefit by people who are not really vegan claiming to be? Or does this cause confusion and dilute the meaning of the word?

By definition, a vegan is a person who "does not eat or use animal products." That excludes those who follow a plant-based diet but continue to wear or eat certain animal products (leather, wool, honey...) or are entertained by animals (zoos, circuses, horseback riding...).

In contrast, an omnivore is a person who "eats food of both plant and animal origin." That includes carnivores, flexitarians, pescatarians, vegetarians, and yes, the veganish, as well as 'don't-ask-don't-tell' vegans. Even tiny bits of animal products, when consumed by millions, add up to lots of hurt animals.

*When it comes to
food choices,
Vegans have ethics,
Omnivores have
excuses.*

When speaking about this issue with other vegans, I often hear the rationale: "Every vegan draws the line somewhere." This may revolve around sugar or alcoholic drinks, which may have been refined using animal products, or animal parts used to make various goods, like tires or fertilizers.

Alas, in a non-vegan world, it's impossible to avoid the products of animal exploitation. Are you still vegan if you fly on a plane or ride in a car with leather seats? Or if you eat organic produce fertilized with manure or fish meal and whose harvest resulted in collateral animal deaths? I'd say yes. But I'd also say we should lobby for synthetic leathers and push for veganic, less-destructive farming methods.

On the other hand, when well-intentioned non-vegans claim to be vegan, it's a mixed bag. We want the term to be non-threatening and popular so more people can see themselves as vegan. But we must also work to educate newbies about what it truly means to be vegan and to encourage them to continue to move in that direction.

Changing the Narrative: Omnivore=Animal Abuser

Imagine waking up one day and finding that nearly everyone you know abuses, tortures, and kills dogs and cats, or pays others to do it, because it gives them pleasure. Substitute cows and chickens (or any food animal) for dogs and cats, and that is indeed the world we live in.

If a group of vegans hurt even *one* dog or cat for profit or pleasure, they'd be (rightly) shunned, condemned, and likely fined/jailed by pet-loving omnivores.

Most vegans are surrounded by animal abusers—their family and friends!

So why is it okay for omnivores to hurt (eat) *billions* of animals, solely for culinary pleasure, while vegans are expected to calmly tolerate this behavior as “normal” and not speak out against it?

The ugly truth: Our society consists of millions of animal abusers. It may seem tempting to withdraw from this horror and retreat to some vegan commune, but then who will speak up for the animals?

Most omnivores think of vegans as abnormal, fanatical, crazy or, at best, as soft-hearted but impractical animal lovers. Vegans need to change the narrative so omnivores, even those we love, begin to see themselves as the animal abusers they really are. Paying others to hurt and kill animals for one's own pleasure is the ultimate abuse, as is slitting the throat of even a so-called “humanely-raised” animal.

Disturbingly, omnivores, and the people they pay to do their killing, match the description of a psychopath:

“A lack of interpersonal empathy and disregard for the suffering of their victims are key characteristics of psychopathic serial killers. They generally do not feel anger towards their victims. Instead, they are more likely to feel cool indifference towards them. The ability to dissociate themselves emotionally from their actions and their denial of responsibility effectively neutralizes any guilt or remorse that a normal person would feel in similar circumstances.”

Anyone who eats or uses animal products is guilty of animal abuse.

<http://www.psychologytoday.com/blog/wicked-deeds/201402/psychopathic-killer-the-homicidal-boy-next-door>

Vegans can argue to the point of exhaustion about the health benefits of a plant-based diet.

But the anti-carb, high-protein paleos and their ilk will always counter with their own “experts” and “research.”

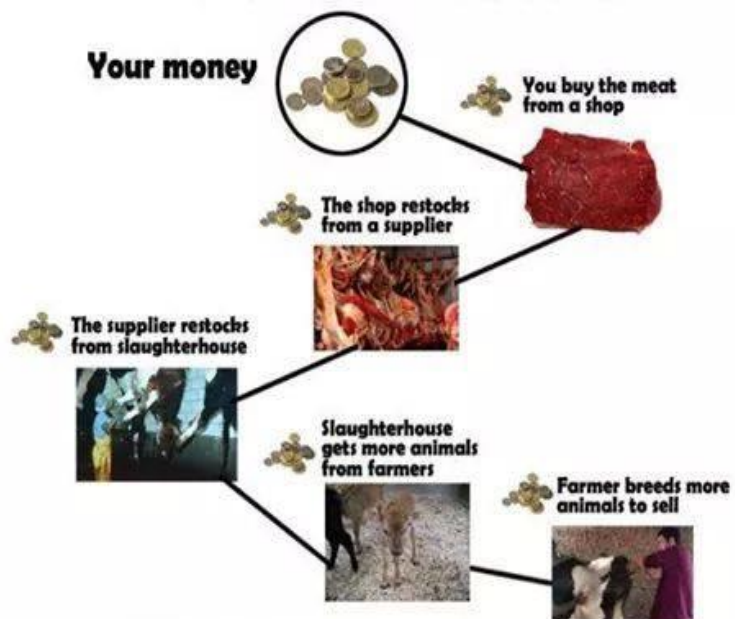
On the other hand, no self-respecting omnivore wants to be thought of as an animal abuser.

It took over 50 years for smoking to go from a cool, sophisticated activity to a dirty, filthy habit. But it happened. And the prohibitions against smokers keep getting tighter.

Vegans can learn from this.

Screaming “animal abuser!” at omnivores probably won't be effective. But if we repeatedly and calmly state the fact (in

WHY CONSUMERS ARE RESPONSIBLE FOR ANIMAL SLAUGHTER



Without your money at the beginning of the chain, none of this would happen.

conversations, online comments, social media....) that ‘omnivore’ and ‘animal abuser’ are synonymous, or words to that effect, we will begin to change the narrative.

Since I have to live in a world of omnivores without losing my sanity, I’ve begun to think of them like I do smokers. Smokers can be really nice people in many ways, but I don’t want to be around them when they smoke. Similarly, I don’t want to be around omnivores when they hurt (eat) animals.

If society ultimately ostracizes them, omnivores will have another reason (besides compassion, conservation, or personal health) to break their animal-food addictions—social shame.



*Like smokers,
omnivores will
one day be social
pariahs.*

Omnivore = Societal Leech

With their blind or adamant insistence on consuming animal products, omnivores are drains on society. Like leeches, they suck the blood out of animals (literally), the environment, and healthcare, increasing costs for everyone.

Environmental Leeches

- Huge amounts of water are wasted to grow grain to feed & water livestock and process their meat.
- Most U.S. grain is “recycled” into livestock waste instead of directly feeding hungry humans.
- Vast tracts of forest and rainforest have been and continue to be destroyed to grow grain/grass for livestock.
- Millions of predator species and so-called pest animals are killed each year to protect ranchers’ livestock profits.
- Livestock production fossil fuel use is a major source of climate change.

Healthcare Leeches

- Omnivorous diets clog arteries and lead to expensive treatments for heart attacks and strokes.
- Animal and junk-food centric diets contribute to diseases like diabetes and cancer and all their complications.
- Healthcare premiums rise for everyone because omnivores refuse to eat a plant-based diet.

Rather than let them off the hook, vegans should spread the message, tactfully yet with determination, that omnivores are a scourge on both animals and society.



Omnivorous Leeches

- * Suck blood from animals
- * Suck resources from the earth
- * Suck healthcare from everyone

Asshole for Animals!

Since I've begun pushing abolitionist rhetoric, I've been accused of being a "vegan asshole."

At first I felt offended. In personal interactions, I'm quick to praise even the slightest movement towards a more compassionate lifestyle. I recognize that there are as many paths to veganism as there are people, so I support, verbally and financially, many organizations and approaches. And I'm generally slow to anger, avoiding confrontations with recalcitrant omnivores—except for occasional bouts with stubborn family members who know better but refuse to stop hurting (eating) animals.

But I'm beginning to embrace the "asshole" label. If telling the unpleasant truth, that omnivores are animal abusers and societal leeches, makes me a vegan asshole, then so be it. If being more concerned for animals' *lives* than omnivores' *feelings* makes me a vegan asshole, then so be it.

I'm beginning to embrace the "vegan asshole" label.

It can be a little scary putting these thoughts online and being subject to personal attack (see "Online Activism," an ongoing section at the end of this blog). It was easier to be a "quiet" vegan, going along to get along and not making omnivores feel uncomfortable about their heinous acts.



This blunt approach is the "stick" to the "carrot" of touting the health and environmental benefits of going vegan. Those who are not moved by positive benefits may be moved by not wanting to be thought of as animal abusers or societal leeches.

Of course, some won't be moved by either sticks or carrots. People still smoke despite all the negatives, but it's nothing compared to the 1950s when even doctors advertised cigarettes to calm one's nerves.

In the early 1800s, the Anti-Slavery Society (ASS—yes, they used this acronym!) helped to outlaw slavery in Britain. Perhaps it's time for vegans to form an equivalent Anti-Slaughter Society (ASS) to end the slaughter of animals.

It will take a time for these stark messages to permeate society, but we have to start somewhere to change the narrative. I hope others will join me in spreading the word and risk being labeled an "asshole for animals!"

**Anti-
Slaughter
Society**



<http://www.herbivoreclothing.com/cranky-vegan-asshole-button/>

[The actual button is tiny, only about 1" across]

Healthy Lifestyle Expo

<http://www.healthy lifestyleexpo.com>

Over the October 10th, 2014 weekend, I once again attended this amazing event in Los Angeles.

After 18 years as a vegan, I sometimes think I know all there is to know about plant-based living. But I always learn something new from our vegan gurus (The Esselstyn clan: Caldwell, Anne, Rip, Jane; Michael Klaper; John McDougal, and many others).

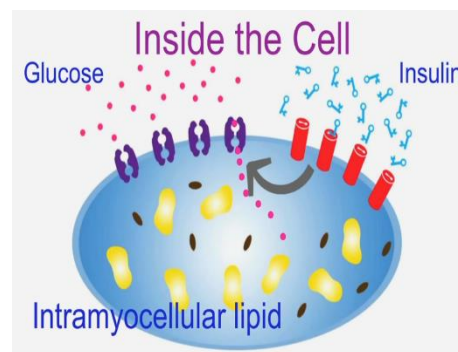
One take away I wanted to share was my increased understanding of diabetes. I always assumed it was linked to eating too much sugar and/or high-glycemic foods. And I never understood how it could lead to amputations or blindness.

DIABETES

Excess fat, not sugar, is the culprit. Like gum in a lock, excess fat clogs the insulin receptors so that insulin (a hormone made by the pancreas) is unable to “insert” blood sugar into cells.

As blood sugar rises, it damages tiny capillaries, depriving nerves and tissues of oxygen.

For example, if foot nerves die from lack of oxygen, sensation is reduced and ulcers can form undetected. If these ulcers become infected, the limb may have to be amputated. Or if retinal cells die from lack of oxygen, the result can be blindness.



Caveat: Although sugar itself doesn't directly cause diabetes, eating excess sugar can be a problem, because it will be stored as fat, which can lead to insulin resistance and diabetes.



John McDougall



Caldwell Esselstyn



Michael Klaper



Rip Esselstyn



Should Activists Avoid the V-Word?

Some believe that the V-word (vegan) has become so loaded with emotional baggage, or seems so extreme, that it turns people off, causing them to reject your message outright before you've even had a chance to share your knowledge. So they employ euphemisms like "veg" or "vegetarian" or "plant-based" so as not to alienate or offend.

This brings to mind an experience I had years ago when a nice gentleman invited me to a cup of coffee to discuss "business opportunities related to the chemical and paper industries." About halfway through his spiel, I remarked, "This sounds a lot like Amway." He said he *was* from Amway! I felt deceived.

We shouldn't have to *fool* people into listening to us. If they're already anti-vegan, there's not much hope they'll be convinced by whatever substitute words we use. To quote Karen Davis of United Poultry Concerns (www.upc-online.org), "Often they will say, 'Please don't tell me about it; I don't want to know,' meaning they don't want to hear *what they already know*. But let us not be silent."

In the recent past, the word "liberal" got a bad rap. Democrats ran from it like the plague. Then the recession happened, government intervened, and politicians like Elizabeth Warren emerged to boldly re-embrace and popularize the term as being progressive and on the side of the middle class. Now some want her to run for president against Hillary Clinton to at least shift the debate left of center.

In the 1950s/60s, gays felt compelled to hide their sexual orientation. When they finally started to come out of the closet in great numbers, homophobes began to realize that people they knew and loved were gay. If gays continued to hide, support for same-sex marriage today wouldn't be over 50% and growing.

Propaganda experts know that if you repeat something over and over, even a lie, people will come to believe it's true. We need to keep repeating "vegan" over and over until it becomes commonplace. Even PETA has come around. Its former *Vegetarian* Starter Kit has evolved into a *Vegan* Starter Kit. And the Humane Society of the United States' "All Animals" magazine now promotes only *vegan* dog food.

Vegan simply means "no animal products." Embrace it, be proud of it, spread the V-word!

Instant Vegan in 7 Words!

If someone you know cares about animals and wants to go vegan but won't or can't quite make the leap, offer them the opportunity to take this 7-word pledge to instant veganism:

I VOW TO NEVER HURT ANOTHER ANIMAL!

At mealtime, have them ask themselves: "Did an animal have to suffer or die for this?"

Most people wouldn't think of *personally* hurting a dog or cat, or paying someone to do it. But when it comes to chickens, pigs, and cows, this is exactly what happens. When a pre-vegan makes the straight-line connection between their dietary choices and animal harm, it's a cinch to stop the hurt.

If taken to heart, this pledge makes it much easier to resist one's particular challenge: cheese, eggs, fish, family disapproval, peer pressure, etc.

As an analogy, if a diehard smoker was offered a cigarette but told that if they smoked it someone close to them, perhaps even a beloved pet, would be tortured and killed, I suspect they'd have little problem resisting the temptation.

*"I vow to
never hurt
another
animal!"*



What's Wrong With Honey?

Honey is by definition *not* vegan.



In 1944, Donald Watson coined the term vegan, which is defined as follows:

“Veganism is a way of living which excludes all forms of exploitation of, and cruelty to, the animal kingdom and includes a reverence for life. It applies to the practice of living on the products of the plant kingdom to the exclusion of flesh, fish, fowl, eggs, honey, animal milk and its derivatives and encourages the use of alternatives for all commodities derived wholly or in part from animals.”

Some have called bees the dairy cows of the insect world. Like cows, their secretions are meant for their offspring, not humans. Furthermore, using hived bees to pollinate monoculture crops wipes out native pollinators, so that when Colony Collapse Disorder (CCD) strikes, no pollinators remain. In addition, research shows that insects experience emotions, which confer a survival advantage. Fear & pain help them avoid being swatted; anger motivates them to protect their hives.

This webpage details much of what's wrong with honey: <http://www.vegetus.org/honey/honey.htm>

But if you're not concerned about bees, how about bears? It's perfectly legal for bee keepers to kill honey-loving bears that threaten their apiaries (bee hives) and profits.

- New York's law reads in part: "Any bear...destroying an apiary, may be taken or killed, at any time, by shooting or device to entrap or entice on such land." <http://www.eshpa.org/index.php/links/beekeeping-other/ny-dec-bear-law>
- Michigan lawmakers are considering an early bear hunt to protect beehives. <http://michiganradio.org/post/lawmakers-considering-early-bear-hunt-protect-beehives>

Truth or Drought

Connecting animal-based diets & devastating water shortages



In early October 2014, Lorelei Plotczyk, a dynamic young vegan activist, formed the **Drought/Diet Connection** to spread the word about the shocking effect of animal agriculture on California's ongoing drought as well as global climate change.

Based on feedback and participation from this small but energetic group, Lorelei developed the **Truth or Drought** website filled with stunning graphics and water facts: www.truthordrought.com.

Subsequently, Lorelei and others created the **Planet Based Diet** wing of <http://sandiego350.org>. This volunteer organization is the local offshoot of the global www.350.org, inspired by author Bill McKibben, who has yet to acknowledge the huge role that livestock plays in climate change.

Direct water conservation methods are a drop in the bucket compared to the massive amounts of indirect water wasted by omnivorous diets. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers! Yet none of the cities, organizations, or water agencies calling for conservation measures have the courage to recommend dietary changes.

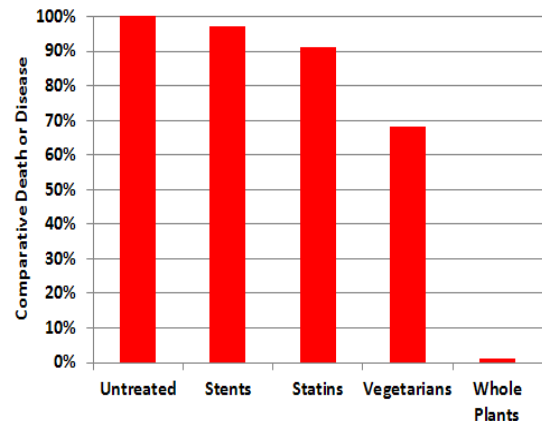
For fear of alienating their mostly omnivorous donor base, the majority of environmental organizations are also in denial, as revealed in the amazing documentary **Cowspiracy** www.cowspiracy.com. What **Forks Over Knives** www.forksoverknives.com has done to highlight the health benefits of veganism, Cowspiracy will do for environmental veganism.



Nutrition Science

<http://nusci.org>

At the Healthy Lifestyle Expo last month in L.A., I met John Tanner, Ph.D. In 2009, John, a “fit” runner of 52, had a near-fatal heart attack. After lifesaving treatment, his doctor said he could return to his former omnivorous lifestyle (aargh!!!). Instead, he began to research what might have caused his attack and discovered a large body of scientific knowledge that led him towards a plant-based diet. He created NuSci.org to share the science and act as a rebuttal to the misinformation that pervades the web. Here is a remarkable heart-disease graphic he compiled. For more info and a detailed explanation, visit <http://nusci.org/heart-disease-treatment-drugs-vs-diet>.



In addition to compelling science, the site also includes recipes: <http://www.nusci.org/recipes>. When I pointed out that a few contained honey, John willingly changed them to agave or maple. NuSci.org is another great resource for the science behind plant-based living. Its board of directors includes Glen Merzer, who has co-authored a number of well-known vegan tomes, including “The Mad Cowboy” with Howard Lyman, “Food Over Medicine” with Pam Popper, and “Unprocessed” with Chef AJ.

The 5 Stages of Veganism

Inspired by Elizabeth Kubler-Ross (On Death & Dying) and Will Tuttle (The World Peace Diet)

Born Again

Becoming vegan is akin to a religious experience. One’s whole way of seeing the world changes dramatically. New vegans are thrilled to be embarking on a culinary adventure that spares innocent animals. Discovering and eating new plant-based foods becomes a central focus and source of delight.

Reaching Out

New vegans are compelled to share their knowledge with everyone they meet. They learn to promote the benefits (health, environment, animals) and counter the rebuttals (How do you get protein? Plants feel pain, too!).

Anger

Frustrated that stubborn family and friends refuse to heed the message or change their eating habits, vegans become angry and confused. How could these normally kind and loving people continue to abuse animals? Why are they unable to enjoy themselves unless an animal is hurt in the process?

Withdrawal

Despairing that most people will ever change, vegans withdraw from confrontation or opportunities to educate and essentially go silent, isolating themselves from omnivores.

Transcendence

Accepting that the world consists of billions of uncaring omnivores, transcendent vegans rise above their angst yet continue to work towards a cruelty-free world. They suppress their personal feelings of distress and focus on what they can continue to do for animals.

Vegan Dogs & Cats? Of Course!

For ethical vegans, it makes little sense to sacrifice dozens of equally-sentient creatures to keep one companion animal alive. For years, my wife, Anita, and I have successfully fed our various dogs *and* cats a pure vegan diet. But every so often, I'll come across a comment stream of vegans vigorously defending the perceived need to feed non-vegan foods to their companion animals.

At the World Vegan Summit in Los Angeles (March 2015), I learned counterarguments to some of the most common objections made to feeding pets a vegan diet. I was enlightened by two speakers: Dr. Armiti May, an L.A. based vegan vet, and Eric Weisman, the founder of Evolution Dog & Cat Food.

Dogs are naturally omnivorous, so there's less objection to feeding them vegan food. But cats are classified as "obligate carnivores," which erroneously implies they *must* eat meat.

Some feel it's cruel to feed a cat plants instead of his/her *natural* diet. The truth is, a cat's "natural" diet consists of small birds, rodents, insects, and reptiles, not the hormone and disease-laden dairy, beef, chicken, and lamb scraps found in many commercial cat foods.



As the labels on cans of Evolution starkly state: *Evolution is the only U.S. pet grade cat/dog food company not using sick, terrorized animals that are butchered while fully conscious with waste parts.*

Furthermore, only a percentage of meat-based pet food consists of actual animal products, with the balance being made up of plants! Hmm, I thought they said true carnivores couldn't eat plants.

Another common objection is that cats require taurine, an amino acid found in meat but not in plants, other than sea algae. Defenders claim that the synthetic taurine used in vegan cat food is not as effective as the real thing. But in truth, the natural taurine in meat is *destroyed* during processing, so manufacturers replace it with *synthetic* taurine! Shouldn't that settle the debate?

Most dogs take readily to and thrive on a vegan diet. Cats can be more finicky. The trick is to slowly mix the new vegan food with the old animal food, gradually increasing the percentage until it's 100% vegan. Trying different vegan products and added flavorings (e.g., nutritional yeast) can help stimulate the appetites of fussy eaters.

When shopping for vegan dog/cat food, make sure the can or package says it is "formulated to meet the nutritional levels established by the AAFCO Dog/Cat Food Nutrient Profiles for [all or particular] Life Stage/s." (AAFCO = Association of American Feed Control Officials.)

Several national brands include a vegan product line (e.g., Natural Balance, Nature's Recipe), but in keeping with the VeganDiego! theme of supporting 100% vegan businesses, try these instead:

- Evolution <http://petfoodshop.com>
- V-Dog <http://v-dog.com>
- VegePet <http://www.vegepet.com>



What if Humans Were On the Menu?

Would your activism differ?

If instead of animals, billions of humans were being raised & slaughtered annually for food, would you continue to pursue your current (relaxed) level of activism?

Would peaceful demos, leafletting, letters to editors, postings on social media, cooking for or treating others to non-human meals be proportionate responses?

Would you gently suggest to Hannibal-Lecter-like cannibals that they cut down on their human-meat consumption with campaigns like “Humanless Mondays?”

If a friend or relative informed you they had given up eating human “red” meat, would you offer praise and assure them they are “on the path” and “moving in the right direction”?

If instead of animals, billions of humans were being housed for food, would you politely encourage their keepers to treat them better (free range, enriched cages, humane slaughter...)? Would you publicly praise and honor them when and if they promised to comply?

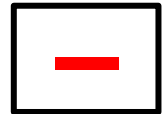
Unfortunately, the fact that the majority of animal activists, including me, are content with mild efforts at proselytization is yet another aspect of our in-born [speciesism](#).

Perhaps if Country X were breeding an ethnic minority for food, there’d be an international outcry and military intervention. But as the genocide in Rwanda illustrated, perhaps not.



Hyphenated Veganism

As with religions, humans seem to have an irrepressible urge to diverge.



Vegan: Does not eat, use, wear animal products; opposes use of animals for testing, labor, entertainment... (aka, redundantly, Strict-Vegan, Ethical-Vegan, Lifestyle-Vegan).

Transitional-Vegan: Cares about animal issues, but continues to use/wear personal animal products (clothes, shoes, wallets, purses, furnishings, cleaning/hygiene supplies...) vs. donating them to non-vegans or a charity and replacing with non-animal substitutes. Perhaps can’t yet afford to replace items, but if tries to convince others to go vegan, subject to charges of inconsistency or hypocrisy.

DADT-Vegan: (Don’t Ask Don’t Tell) Consumes items that almost certainly contain animal products (e.g., many breads, desserts, candies). May not want to “rock the boat” by asking the waiter or offending a host. May desire to eat the item regardless, having convinced self that consuming small amounts of animal products makes no difference. But millions of “small amounts” add up to a lot of hurt.

Dietary-Vegan: Concerned primarily about health as opposed to animal issues, generally because of a personal health scare like heart disease, cancer, diabetes... (aka Health-Vegan).

Environmental-Vegan: Concerned mainly about the obscene contribution of livestock production to climate change (18-51% of greenhouse gases, more than all modes of transportation combined), resource usage (~80% of grain), and drought (~50% of water).

Flex-Vegan: Knowingly eats unambiguous animal products, e.g., fish once a week.

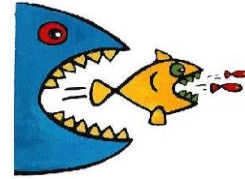
Bee-Vegan: Consumes/uses bee products like honey, pollen, beeswax (aka Be-gan, Bee-gan).

Vegan Rationalization vs. Reality

To rationalize is human; to admit reality, divine.

At the age of 16, Ben Franklin resolved to eat a vegetable diet because he saw the taking of an animal's life as "unprovoked murder." Although chided by his contemporaries, his simple plant-based diet saved him time and money, which he used to buy books and advance his knowledge.

But some time later, he lusted for some fish he smelled cooking and rationalized that since larger fish ate smaller fish, it was okay for him to eat fish as well. Of course, that reasoning wouldn't justify eating herbivorous cows and pigs, but for the rest of his life Franklin only occasionally dabbled with vegetarian eating. To his credit, he also acknowledged reality with this statement:



So convenient a thing it is to be a reasonable Creature, since it enables one to find or make a Reason for every thing one has a mind to do.

Ben Franklin

In my own dining evolution, the line between rationalization and reality has not always been clear.

Omnivore

Rationalization: Government, school, and industry insisted humans needed animal products to be healthy, which must have been true, since the only vegetarian I knew of in high school was thin, pale, & pasty.

Reality: I didn't feel full unless I had meat with a meal. I had met some seemingly-healthy vegetarians along the way, but never put two and two together. I remember once being offered a soy hotdog by a Seventh Day Adventist family in a park. It tasted sort of okay, but I preferred the real thing.

Vegan

Rationalization: The moment I (finally) learned that I didn't need animal products to be healthy, I thought, "Why are all these animals suffering and dying? I'm going to be vegan."

Reality: This time the reality matched the rationalization.

Refusing to Dine With Meat Eaters

Rationalization: I saw the animal on the plate.

Reality: I hoped my refusal to join flesh eaters at the table would dramatize my newfound belief and get them to think about, and maybe be ashamed of, what they were doing.

Dining with Omnivores

Rationalization: Boycotting others eating meat often led to uncomfortable feelings and resentment, so it wasn't advancing the vegan cause. By joining omnivores, I'd be able to model plant-based eating and discuss veganism's benefits. I could always look away or ignore the suffering on their plates.

Reality: I'd grown tired of the tension and of isolating myself from eating events.

Veganizing Mainstream Eateries

Rationalization: When my wife and I moved to downtown San Diego, there were about 90 mainstream eateries within a quarter mile of our condo. I made it my mission to convince them to offer more vegan options.

Reality: It made it very convenient to walk to various eateries and fit in with many of our new highrise neighbors.

Refusing to Dine with Omnivores

Rationalization: Dining with omnivores, who rarely if ever chose vegan options, also did not promote veganism. It just made them feel more comfortable with their eating choices. Few wanted to hear about veganism while they were chowing down on animal products.

Reality: I'd grown increasingly uncomfortable being around normally kind and compassionate people as they blissfully hurt (ate) animals, even after hearing the vegan message. I felt at peace not participating in these cruel events, even if it meant not being invited to a dinner party or two. I found it comforting to take a walk during the eating part or dine at a nearby vegan eatery, then rejoin the group later.

Patronizing Only Vegan Eateries

Rationalization: No worries or questions about hidden animal ingredients, no mix-ups of being served animal foods, no cross contamination of cooking surfaces/utensils, vegan vendors need vegan support.

Reality: All of above, but mostly because I'd grown almost pathologically uncomfortable being around others hurting animals, to the point of feeling trapped and getting a pit in my stomach. It also helped that the number of vegan eateries has greatly expanded in San Diego and elsewhere. Where no vegan eateries exist, I pack my own food or raid supermarkets & produce stands for vegan items, then enjoy them elsewhere in peace.

Do Ex-Vegans Deserve Our Wrath?

Why does it hurt so badly when someone who was vegan, especially if they claimed to be an “ethical” vegan, reverts to eating animal products?

Perhaps it’s linked to our evolutionary need to be part of a tribe to ensure our survival. Becoming vegan in a blatantly non-vegan world immediately sets us apart from the majority tribe. That’s why it feels so good when a new vegan, especially a famous person, joins the vegan tribe and why it feels so bad when we can’t get even our loved ones to join us.



Put another way, it feels good when people agree with us and bad when they don’t. So it may be instinctually natural to feel angry when someone leaves the vegan tribe, as if we were being personally abandoned, fearing for our survival.

The pressures to conform to the Standard American Diet are immense. Not only do parents, government, and industry preach it, we’re bombarded with meat-and-dairy laden ads, commercials, and eateries wherever we go. It takes a very committed psyche to resist all this pressure.

Still it hurts when one of our own returns to the “dark” side. The only comfort is that studies show ex-vegans eat fewer animal products than they did previously. And having dabbled in vegan waters once, they may be more likely to eventually return to the vegan fold as it becomes more mainstream.

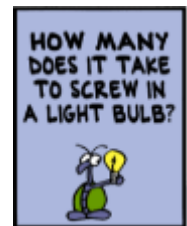
So, perhaps it’s better to reserve wrath for those who have heard and rejected the vegan message outright and continue to hurt (eat) animals. Better yet, ditch wrath altogether and be patiently supportive of anyone making any effort to move in a cruelty-free direction.

The “Best” Way To Promote Veganism!

How many vegans does it take to screw in a light bulb?

Two, one to turn the bulb, the other to tell them they’re turning it the wrong way!

(Shared by vegan activist & friend, Mychael McNeeley)



In July 2016, I attended two animal-rights conferences filled with very diverse views about the best way to promote veganism and save animals. We vegan activists are certainly not a monolithic bunch!

From single-issue campaigns, to reducetarianism, to welfare (“happy” meat) reform, to cultured (lab) meat, to every class of animal exploitation (farm, fish, fur, companion, lab, circus, zoo, aquarium, game...), to strict abolitionism. From leafleting, to billboards, to social media & online activism, to demos & protests, to personal engagement, every group seems to feel it has the best or most effective approach. And many are not shy about claiming their brand of outreach is superior to all others.

Respectful in-fighting has value in any social movement, as it helps refine and guide overall progress. But this only applies to those of us living in the “vegan bubble.” Most people have no idea of this internal dissension, which is why we should save our most vigorous battles to publicly combat government, industry, and consumer entities that actively exploit animals for pleasure or profit.

Anyone doing anything for animals deserves credit, as billions do absolutely nothing!

There are as many paths to veganism as there are vegans, and what may appeal to one may leave another cold. So the movement needs all approaches. People vote with their feet, and each existing group has attracted a set of passionate leaders & followers. Together our voices should be so pervasive that veganism seems as natural and compelling to embrace as any other social movement.

Judging on a Continuum

[Most Harm]	Omnivore	Reductarian	Vegetarian	Vegan	[Least Harm]
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In this decidedly nonvegan world, it's impossible to avoid all harm to animals.

Even the strictest vegan has some culpability in the incidental killing of rodents, birds, and insects in the harvesting of food. And unless one has access to veganic (no animal inputs) produce, all organic & many conventional farms rely on animal-derived fertilizers (blood/bone/fish meal, etc.), which increase livestock-industry profits that help keep them in business.

Most vegans wouldn't visit a zoo, circus, or aquarium for entertainment, yet they likely watch & enjoy TV shows and movies that exploit animals, most commonly horses in westerns and historical-period pieces (Game of Thrones, etc.).

Vegans avoid obvious animal products, but they can't always get away from or find alternatives to common products that contain animal byproducts, such as glued items, car tires, and road surfaces.

So it's not accurate to claim that vegans live "cruelty-free." We just try harder to do so than others.

Of course, omnivores cause the most harm to animals, which is especially frustrating if they've heard and rejected the vegan message. While we may decry reductarians and vegetarians as not going far enough, at the very least, they are contributing to less animal suffering for whatever reason.

So if we are to judge at all, we should acknowledge that some lifestyles are better for animals than others, and any move towards Least Harm deserves some support and recognition.

Binary Choices

Choose the best of two options, then strive to go one better.

- * Are Meatless Mondays better for animals than regular Mondays? Yes or No?
- * Are Vegan Mondays better for animals than Meatless Mondays? Yes or No?
- * Are Vegan Weeks better for animals than Vegan Mondays? Yes or No?
- * Are cage-free facilities better for animals than caged facilities? Yes or No?
- * Are outdoor-free-range facilities better for animals than cage-free facilities? Yes or No?
- * Are no animal facilities better for animals than outdoor-free-range facilities? Yes or No?
- * Is humane-standards meat better for animals than conventional meat? Yes or No?
- * Is cultured (lab grown) meat better for animals than humane-standards meat? Yes or No?
- * Is no meat better for animals than conventional meat? Yes or No?



Some well-meaning activists counter that acknowledging anything but full-on veganism lets omnivores off the hook, easing their consciences by allowing them to feel good about taking "baby steps." The stark reality is that people won't change until they're ready to. They'll use any rationalization, whether you supply it or not, to justify their current behavior.

By all means, make the big "ask." Promote 100% veganism for ethical reasons. But most experienced activists know that simply exposing omnivores to the horrors of animal production and/or the various benefits of veganism (health, environment, animals) leaves the vast majority unmoved. Until veganism becomes normalized in their minds through multiple exposures from many societal sources, is a baby step better than no step? Yes or No?

Disrupting The Norm

By declining to dine at “normal” social events.

If vegans are say 1% of the general population, vegans who avoid dining with omnivores while they consume animal products are perhaps 1% of vegans. Talk about a tiny minority!

But carrying vegan ethics to its logical conclusion, if you wouldn't attend an event where people entertain themselves by *watching* animals (cock/dog/bullfight, horse race, rodeo, zoo...), why would you attend an event where people entertain themselves by *eating* animals?



Unfortunately, eating animals is the norm, and since many vegans already feel isolated, it's understandable that they don't want to deprive or limit themselves even further socially.

While most social, especially family, events shouldn't be completely boycotted, which will truly isolate and earn you an “antisocial” label, choosing not to be present during the main animal-feasting portion can disrupt the norm.

Like a stone dropped in a pond, your absence can create a ripple effect. It might upset some, but it may make others question their participation in what they've been taught is perfectly acceptable...sort of like a family on its way to the circus or SeaWorld and seeing a group of activists protesting what they assumed was a wholesome family outing.

Logistically, it's simply a matter of letting event hosts know beforehand that you're uncomfortable being around people eating animals, and that you will quietly arrive before or after, or temporarily leave during, those activities. If you must leave during the meal portion, you can use this time to take a peaceful walk or enjoy a cruelty-free meal elsewhere.

With this relatively non-confrontational approach, if your presence during meals is desired, future gatherings may become vegan affairs, at least on occasion.



In the meantime, you'll have peace of mind not having to deal with the cognitive dissonance (holding two opposing thoughts) of being around normally kind and compassionate family and friends while they blissfully consume animals and their secretions.

And if some say you're being ridiculous or overly dramatic, ask them if they'd attend an event where Poodle, Shepherd, Collie, or their favorite breed was on the menu!

The Liberation Pledge

You are not alone!

If you've made the difficult decision to stop dining with or where people are eating animals, you are not alone. A group of like-minded individuals created www.liberationpledge.com with these 3 tenets:

- Publicly refuse to eat animals – live vegan.
- Publicly refuse to sit where animals are being eaten.
- Encourage others to take the pledge.

Since this can be a daunting form of activism, they present various levels of commitment at www.directactioneverywhere.com/theliberationist/2015/12/21/making-the-liberation-pledge-work-for-you and have created a Facebook support group at www.facebook.com/groups/1621978858055318.

Online Activism

Your voice can make a difference!

*Stay classy,
online activists!*

Below is commentary I've posted online to promote ethical veganism as well as health and environmentalism. If you'd like to do the same, seek out local and national online news and blogs. Feel free to use or adapt any of my comments for your own efforts. Because some moderators check any links you may include, which delays posting, I generally reference the source but don't include the links. Anyone wanting to check can easily do so with a web search.

The target audience consists of fair-minded people who remain open to persuasion by facts and logic. You'll likely never convince ideological opponents, so avoid getting into prolonged online debates. If you feel compelled to engage, keep the discussion respectful and free of personal attacks. If you are personally attacked, at least someone is paying attention. If those who are most vehemently opposed can be "turned," they may become equally outspoken advocates.

TALKING POINTS & LINKS

HEALTH

Physicians Committee for Responsible Medicine (PCRM): Food for Life Diabetes Initiative

To shed weight and reverse diabetes without drugs, follow a low-fat, exclusively plant-based vegan diet:

<http://www.pcrm.org/health/diabetes-resources>

Weight Loss

According to the journal Nutrition, a vegan diet (zero animal products) leads to the most weight loss, more than twice the percentage of other diets studied (omnivorous, semi-vegetarian, pesco-vegetarian, lacto-ovo vegetarian). The vegan group also had the greatest reductions in total fat, saturated fat, and cholesterol as well as the greatest increase in dietary fiber: <http://www.pcrm.org/health/medNews/a-vegan-diet-proves-most-effective-for-weight-loss>.

Obesity Society

Plant-based diets show more weight loss without emphasizing caloric restriction...vegan eating styles are tied to lower BMI, lower prevalence of type 2 diabetes, and less weight gain with age.

<http://www.obesity.org/news-center/plant-based-diets-show-more-weight-loss-without-emphasizing-caloric-restriction.htm>

Academy of Nutrition and Dietetics (AND)

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements.

<https://www.ncbi.nlm.nih.gov/m/pubmed/27886704/>

Other organizations approving vegan diets:

Dietitians of Canada

The British National Health Service

The British Nutrition Foundation

The Dietitians Association of Australia

The United States Department of Agriculture

The National Health and Medical Research Council

The Mayo Clinic

The Heart and Stroke Foundation of Canada

Harvard Medical School

<https://www.reddit.com/r/vegan/wiki/dieteticorgs>

Kaiser Permanente: The Plant-Based Diet Booklet

<https://share.kaiserpermanente.org/wp-content/uploads/2015/10/The-Plant-Based-Diet-booklet.pdf>

FOOD

Humane Society International (HSI): The Impact of Industrialized Animal Agriculture on World Hunger

Nearly 80 percent of the world's soybeans and up to 50 percent of the world's corn are fed to animals killed for meat instead of directly to humans. http://www.fao.org/fileadmin/user_upload/animalwelfare/HSI--

[The%20Impact%20of%20Industrialized%20Animal%20Agriculture%20on%20World%20Hunger.pdf](http://www.fao.org/fileadmin/user_upload/animalwelfare/HSI--The%20Impact%20of%20Industrialized%20Animal%20Agriculture%20on%20World%20Hunger.pdf)

Dog Meat and the Catholic Church of South Korea

If you think it's morally acceptable to eat cows, chickens, and pigs, what about dogs? In South Korea alone, two million dogs per year supply a \$2 billion dog-meat industry. Dog eaters believe that the more suffering endured during slaughter, the more tender the meat and the more potent the so-called medicinal properties. Dog meat is referred to as "health food" or "nutritious soup."

<http://www.idausa.org/dog-meat-catholic-church-south-korea/>

CONTAMINATION

Fecal Contamination in Retail Chicken Products

<http://www.pcrm.org/health/reports/fecal-contamination-in-retail-chicken-products>

Physicians Committee for Responsible Medicine tested chicken products sold by 15 grocery store chains in 10 U.S. cities for the presence of feces. A certified, independent analytical testing laboratory in Chicago, Ill., tested for the presence of E. coli as evidence of fecal contamination. Chicken products from every city and every grocery store chain tested positive for fecal contamination. Overall, 48 percent of chicken samples tested positive.

There's Poop in Our Chicken Meat!

http://www.huffingtonpost.com/kathy-freston/chicken-contamination_b_1655170.html 9/16/12

Centers for Disease Control and Prevention (CDC) recommends extreme caution and care when handling raw chicken, which includes meticulously cleaning and sterilizing kitchen surfaces that are exposed to the meat.

Per WebMD, E. Coli O157:H7 will cause most people to suffer cramps, diarrhea, nausea, and vomiting. Some people won't notice symptoms, but will spread the disease to loved ones. Others will experience "severe blood and kidney problems," which can lead to death for those with compromised immune systems.

Neal Barnard: USDA requires chicken producers to inspect only one in every 22,000 carcasses.... Chicken feces may also contain roundworms, hair worms, tapeworms, insect larvae, fecally-excreted drugs and other chemicals, as well as the more normal constituents of feces — bile, undigested food, etc..... The so-called "organic" brands were tainted with feces, too, and skinless chicken breast was slightly worse than skin-on brands. Fecal soiling occurs in all brands and all stores at surprisingly high levels.

CLIMATE CHANGE

Worldwatch Institute: Livestock and Climate Change

Livestock production accounts for up to 51% of greenhouse gas emissions. They suggest decreasing meat consumption as a means of mitigating climate change.

<http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

<http://www.philly.com/philly/blogs/earth-to-philly/Livestock-and-climate-Whose-numbers-are-more-credible.html>

United Nations Environment Programme: Assessing the Environmental Impacts of Consumption & Production

A global shift towards a vegan diet is vital to save the world from hunger, fuel poverty, and the worst impacts of climate change.

http://www.unep.org/resourcepanel/Portals/24102/PDFs/PriorityProductsAndMaterials_Report.pdf

<http://www.trueactivist.com/going-vegan-could-save-the-world-reports-un-study>

WATER

Cowspiracy-The Sustainability Secret

A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com> <http://cowspiracy.com/facts>

National Geographic: The Hidden Water We Use

Producing a pound of beef requires 1,799 gallons of water vs. 132 gallons for a pound of wheat. Producing a gallon of milk requires 880 gallons of water vs. 128 gallons for the same amount of tea.

<http://environment.nationalgeographic.com/environment/freshwater/embedded-water>

National Geographic: Water Conservation Tips

On average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet. <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

[The math: Water saved by not eating animal products = 600 gallons/day x 365 days/year = 219,000 gallons/year.]

Water Footprint Network

This international site rates products' use of green, blue, and grey water. Usage figures are in liters/kg or liters/ml.

<http://www.waterfootprint.org/?page=files/productgallery>

California Drought

"In California, the single biggest consumer of water is not Los Angeles. It is not the oil and chemicals or defense industries. Nor is it the fields of grapes and tomatoes. It is irrigated pasture: grass grown in a near desert climate for cows. The West's water crisis – and many of its environmental problems as well – can be summed up in a single word: LIVESTOCK." Marc Reisner, former staff writer, Natural Resources Defense Council. <https://www.facebook.com/truthordrought>

Pacific Institute 2012: California's Water Footprint

Meat and dairy products comprise 47% of California's water footprint. All other agricultural products comprise 46% followed by direct household consumption at 4% and industrial products at 3%. http://pacinst.org/wp-content/uploads/2013/02/ca_ftprint_full_report3.pdf

Big Cattle, Big Gulp

Humans drink about a gallon of water per day compared to 23 gallons per cow. The alfalfa and hay grown to feed livestock accounts for about half the water used in California.

<http://www.newrepublic.com/article/120915/american-west-drought-being-worsened-livestock-industry>.

California drought: Why farmers are 'exporting water' to China

A hundred billion gallons of water per year is being exported in the form of alfalfa from California.

<http://www.bbc.com/news/magazine-26124989>

The water footprint of soy milk and soy burger and equivalent animal products

<http://waterfootprint.org/media/downloads/Ercin-et-al-2012-WaterFootprintSoy.pdf>

Conclusions: The water footprint of the soy milk product analysed in this study is 28% of the water footprint of the global average cow milk. The water footprint of the soy burger examined here is 7% of the water footprint of the average beef burger in the world.

NATURAL RESOURCES

People for the Ethical Treatment of Animals (PETA): Meat Production Wastes Natural Resources

Land: livestock production uses 30% of Earth's land mass.

Food: More than 70% of grain is fed to farm animals.

Energy: It takes 11 times more fossil fuel to produce one calorie of animal vs. plant protein.

Water: It takes 2400 gallons of water to produce 1 pound of meat vs. just 25 gallons to grow 1 pound of wheat.

<http://www.peta.org/issues/animals-used-for-food/meat-wastes-natural-resources/>

BIBLICAL QUOTES

The original biblical ideal:

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." (Genesis 1:29-30, King James Version <http://biblehub.com/kjv/genesis/1.htm>)

The future biblical ideal:

"The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain," says the LORD." (Isaiah 65:25, New International Version <http://biblehub.com/niv/isaiah/65.htm>)

ANIMAL TESTING

The Food and Drug Administration (FDA) has noted that 92 percent of all drugs that are shown to be safe and effective in animal tests fail in human trials because they don't work or are dangerous. And of the small percentage that are approved for human use, half are relabeled because of side effects that were not identified in animal tests. human tissue- and cell-based research methods, cadavers, sophisticated high-fidelity human patient simulators and computational models are more reliable, more precise, less expensive, and more humane than animal experiments.

<http://www.peta.org/issues/animals-used-for-experimentation/animal-testing-bad-science/>

VEGAN ATHLETES

- * Strongest man in the world: Patrick Baboumian
- * Only 2016 qualifying US Olympic weightlifter: Kendrick Farris
- * Mixed Martial Arts champion: Mac Danzig
- * Ultramarathoner: Scott Jurek
- * Tennis champions: Venus & Serena Williams
- * Pro surfer: Tia Blanco

Posted Comments

The dates reflect when I posted my comments, which are not necessarily the dates of the original articles.

11/01/13

Two Vegan Sistas

<http://www.happycow.net/reviews/two-vegan-sistas-memphis-37157>

Bee products are not vegan.

Visiting from San Diego with family members, I was eager to eat at a 100% vegan restaurant, which was what I assumed from the restaurant's name and its (former) "Vegan" listing on HappyCow. To my surprise, bee products were on the menu. When I pointed this out to the kind, mature waitress, she said it was a good thing I mentioned it so that she didn't serve me anything else with those items in it (which made me wonder about the smoothie I was already drinking). After an otherwise tasty meal, I spoke with one of the "Sistas" to let her know that bee products weren't vegan. She said she had read they were "healthy." Naturally, I eat at vegan restaurants so I don't have to ask or worry about animal ingredients. But after a month, their menu has not changed. I'm hoping the recent downgrade to "Vegetarian" status on HappyCow will convince the sisters to eliminate bee products.

I wish them all the luck in the world as their hearts are in the right place.

Pros: Good wholesome food, Friendly staff Cons: Not 100% vegan

W 8/27/14 (update)

Bee products are not vegan -- Now off the menu! *Posted on 08 / 27 / 2014*

I've upgraded to 5 stars now that I've learned that bee products are off the menu. :-) Kudos to the sistas!

Sa 8/16/14

Startups Pitch Cricket Flour As The Best Protein You Could Eat

<http://www.kpbs.org/news/2014/aug/15/startups-pitch-cricket-flour-as-the-best-protein/>

When you recycle grain through crickets (or any animal), a huge percentage turns to waste. It makes much more sense to feed the organic grain directly to people and avoid the "middle" cricket. Americans get way too much protein as it is. Human breast milk is about 1% protein. The World Health Organization specifies 5%. Those who think adults need more than 10% have been effectively brainwashed by the meat, egg, dairy, and diet industries.

M 8/18/14

Sage Organic Vegan Bistro

<http://www.happycow.net/reviews/sage-organic-vegan-bistro-los-angeles-26073>

<http://www.happycow.net/reviews/sage-organic-vegan-bistro-and-kindkreme-culver-city-41615>

Honey is not vegan, so neither is Sage!

I patronize only 100% vegan eateries, because I don't want to be around people hurting (eating) animals, I don't want to have to worry or ask about "hidden" ingredients, and I believe in using my limited dining dollars to support brave vegan restaurateurs. I've enjoyed Sage in the past, but now that I know some of their sauces include honey, I'll stay away. I've also read KindKreme's rationale about why they use "humane" honey, but the financial interest of the owners' beekeeping father-in-law makes it suspect. When Sage/KindKreme become 100% vegan, I'll return.

Sa 8/23/14

San Diego Egg Farmers Work To Improve Conditions For Hens

<http://www.kpbs.org/news/2014/aug/22/local-farmers-work-improve-conditions-hens-2015/>

Cage or cage-free, the egg industry practices institutionalized cruelty. Non-egg-laying males are ground alive or suffocated in plastic bags. Females have their beaks seared off so they won't peck each other to death. And when egg production wanes after a few years, they are killed for meat anyway. No one gets out alive. If you really care about animals, go vegan.

W 8/27/14

Fire CEO Des Hague for animal cruelty

<https://www.change.org/p/centerplate-fire-ceo-des-hague-for-animal-cruelty#share>

Pet abuse is bad, but if you really care about animals, go vegan.

W 9/3/14

Dog-kicking video costs CEO his job

http://money.cnn.com/2014/09/03/news/companies/dog-kicking-ceo/index.html?hpt=hp_t2

What a schizophrenic society we live in where one man abusing one dog is (rightly) shunned and condemned, while millions of omnivores pay others to abuse & kill billions of animals for their eating pleasure. "Omnivore" is synonymous with "Animal Abuser." Stop hurting animals--go vegan!

W 9/3/14

The Drought's Biggest Problem Products

<http://voiceofsandiego.org/2014/09/02/the-droughts-biggest-problem-products/>

Let's not forget meat. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. Save water--go vegan!

Th 9/4/14

Years Of Effort To Pass Bill Banning Plastic Bags

<http://www.kpbs.org/news/2014/sep/04/years-effort-pass-bill-banning-plastic-bags/>

I never understood the objection of those opposed to the ban because it would harm the poor by charging them 10 cents for a paper bag. My reusable bags have more than paid for themselves with the nickel or dime rebate most stores grant every time I use them. Plus they are sturdier, hold more weight, and can be washed when needed. The trick is to keep some reusable bags in the car or with my shopping list so I don't forget to take them with me when I shop.

F 9/5/14

Growers Donate Produce To San Diego Agricultural Families Struggling In Drought

<http://www.kpbs.org/news/2014/sep/05/growers-donate-produce-san-diego-agriculture-famil/>

Since it takes about 2500 gallons of water to create a pound of beef (to grow the grain to feed the cow, to water the cow, to process the meat) and only about 25 gallons of water to create a pound of carrots, it makes sense to choose veggies over meat if you want to lessen the impact of the drought.

Sa 9/6/14

Better With Butter? Here's Why Americans Are Consuming More.

<http://www.kpbs.org/news/2014/sep/06/better-with-butter-heres-why-americans-are>

If health is a concern, ditch the butter and margarine as well as any processed oil--animal or vegetable-based. Not only are refined oils 100% fat with scant nutritional value, oil is inflammatory and damages your arteries' endothelial lining. Butter also has a pernicious origin, because it requires newborn calves to be forcibly taken from their frantic lactating mothers so that humans can have the milk to make butter. It's best to get needed dietary fats from whole nuts, seeds, & plants or their "butters" (peanut, almond, etc.). But if you're watching your weight, learn to eat bread plain and warm, not toasted. Learn to dry roast or BBQ veggies, or sauté them in water or wine (keep adding as needed), then top with spices or a delicious oil-free sauce.

Su 9/7/14

Nestlé to Overhaul Farm Animal Treatment Across the Globe

<http://blog.humanesociety.org/wayne/2014/08/nestle-reform.html>

Reducing animal suffering is a worthy goal, but as long as omnivores pay companies to produce animal products for their eating pleasure, they are guilty of animal abuse. After all, what could be more abusive than slitting an animal's throat? Stop hurting animals--go vegan!

F 9/12/14

What Came Before: Meet someone you'll never forget.

<http://www.whatcamebefore.com>

Featuring Steve-O. The truth about Meat and Modern Farms

If hurting one pet is wrong, hurting one farm animal is wrong.. No matter how well an animal is treated, there is nothing more abusive than slitting its throat. "Omnivore" is synonymous with "animal abuser." Paying others to do one's dirty work is the ultimate abuse. Stop hurting animals--go vegan!

T 9/23/14

Jeremiah Long Suspected Of Killing Neighbor's Cat With Blow Darts

http://www.huffingtonpost.com/2014/09/17/jeremiah-long-blow-darts-cat_n_5837740.html?utm_hp_ref=dumb-criminals

Hurting any animal for pleasure or profit is wrong. Sadly, all omnivores (including vegetarians) who eat animal products are animal abusers. Paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of even a "humanely" treated food animal is the ultimate abuse. Even dairy cows and egg-laying hens are killed for meat when their production wanes. Stop hurting animals--go vegan!

T 9/23/14

The Thirsty San Diegan's Guide to New Water Projects

<http://voiceofsandiego.org/2014/09/22/the-thirsty-san-diegans-guide-to-new-water-projects/>

How about saving water by not using it? For example, according to the new documentary, Cowspiracy-The Sustainability Secret (<http://cowspiracy.com>), a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. Save water--go vegan!

T 9/23/14

Man Shot Kitten Up With Heroin Before Choking, Beating It: Police

http://www.nbcsandiego.com/news/national-international/Pet-Owner-Accused-of-Giving-Kitten-Heroin-Choking-Animal-With-Rope-270056601.html?_osource=outbrain_recirc=obinsite

Hurting any animal for pleasure or profit is wrong. Sadly, all omnivores (including vegetarians) who eat animal products are animal abusers. Paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Stop Hurting Animals-Go Vegan!

T 9/23/14

Man Seen Tossing Dog Over Gate in Ramona: Video

<http://www.nbcsandiego.com/news/local/Man-Seen-Tossing-Dog-Over-Gate-in-Ramona-Video-276005221.html>

This is bad, but hurting any animal for pleasure or profit is wrong. Sadly, all omnivores (including vegetarians) who eat animal products are animal abusers. Paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Stop Hurting Animals-Go Vegan!

Th 9/25/14

San Diego Food Writer Opens Up About Diabetes Diagnosis

<http://www.kpbs.org/news/2014/sep/24/san-diego-food-writer-opens-about-diabetes-diagnosis/>

These recipes mimic the typical animal-centric, high-fat, high-cholesterol Standard American Diet (SAD—so true!) with some veggies thrown in. To shed weight and reverse diabetes without drugs, follow a low-fat, exclusively plant-based vegan diet:

<http://www.pcrm.org/health/diabetes-resources>.

Reply from: Peking_Duck_sd

I try to follow a plant-based diet about 80% of the time and wish I had the will power to do it 100% of the time. I am a big advocate of plant-based diets, however I think health issues like diabetes need to be evaluated on an individual basis and things that work for some may not work well for others. If this Ms. Golden has found something that works for her then that is great - she should continue. If she is losing weight and her blood sugar numbers/A1C tests are normal then I think she is on the right track. I hope most people listening to this realize that she is giving an example of things she has done to help her situation, but people with diabetes need to evaluate their specific situations with their medical teams and nutritionists. Diabetes is a pretty diverse disease and people's metabolisms vary

Sa 9/27/14

Kudos on your efforts to follow a plant-based diet! Here's how to make it effortless. It's remarkably easy for sane people not to hurt a puppy or a kitten. Extend that to equally sentient farm animals, and you'll never eat another animal product. Paying others to do the "dirty work" doesn't absolve one of responsibility. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None get out alive. And while it's true that body chemistries differ, no one needs animal products to be healthy. If you're unconvinced, check out this article from Kaiser Permanente: <http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>

F 9/26/14

Factory farming is the overlooked enemy of a healthy environment: Opinion

http://www.nj.com/opinion/index.ssf/2014/09/factory_farming_is_the_overlooked_enemy_of_a_healthy_environment_opinion.html#comments

Climate change aside (the deniers seem out in force here), vegans practice ethics while omnivores make excuses. Appropriately-planned vegan diets in all life stages, from pregnancy to athletics, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest organization of food and nutritional professionals. While collateral animal deaths indeed occur from harvesting crops, it takes up to 16 lbs of plant matter recycled through livestock to produce 1 lb of meat. Omnivores are drains on society. In satisfying their meat-egg-dairy addictions, they use more resources and suffer more health issues that burden and raise costs for everyone. Ethically, 'omnivore' is synonymous with 'animal abuser.' Omnivores (rightly) condemn someone who hurts even one pet for profit or pleasure, yet they consume billions of animals each year solely for their eating pleasure. Paying others to do the "dirty work" does not absolve them of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Stop wasting resources and hurting animals-go vegan!

Sa 9/27/14

Nutritional Update for Physicians: Plant-Based Diets

<http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>

To my family physician via the Kaiser Permanente website:

Hi Dr. Jue, Have you read this Kaiser article? <http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>. It states:

"Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity." Are you and your colleagues in agreement? Best, Mike

Su 9/28/14

Animal Rights: The Abolitionist Approach..and Abolition Means Veganism!

<http://www.abolitionistapproach.com/faqs/#.VCqgVa10zzQ>

Hi Gary. I enjoy listening to you on the "Go Vegan with Bob Linden" radio show each week. I've known Bob for 18 years and hope to meet you at the World Vegan Summit next March, where I'll also be making a presentation. Thanks for writing "Eat Like You Care" with Anna Charlton—it's given me new insights regarding my vegan activism. I just had a couple of comments about the FAQs on your excellent website. First, I'm not sure it's valid to state that plants have no interests. Every living thing, whether consciously sentient or able to feel

pleasure and pain, has an interest in continuing its existence. Plants respond to threatening stimuli by releasing protective chemicals. They seek out light and water and grow in the darndest of places. I love the line from Jurassic Park: "Life will find a way." When I get the inevitable comment from non-vegans that plants have feelings too, my first response is that if I didn't have to eat plants to survive, I wouldn't. But since I choose to continue my existence, I eat low in the food chain to minimize harm. Then of course I tell them that if they're really concerned about plants, they shouldn't eat meat since it requires many pounds of plants to make a single pound of meat. My second comment concerns the question of the sentience of insects. I've read recent research that insects experience emotions such as fear, pain, and anger as survival mechanisms. Consider the fearful fly that evades the swatter, the injured spider who struggles in pain, the angry bee who chases and stings to protect the hive. Ants have even been shown to teach one another and show altruism. Personally, I try to "relocate" problem insects from my house or on my organic veggies rather than snuff them out. I'm not perfect with this as I kill dangerous spiders (black & brown widows) that pose a threat to my wife or our two rescued dogs, spray soapy alcohol on aphids that are devastating my garden crops, and swat mosquitoes that may harbor West Nile Virus here in San Diego. But I view these actions in the realm of self-defense, which I consider ethically valid. If my family were under attack from humans, I'd kill to protect as well. Take care and keep up the great work! I'm following your advice about grassroots movements by promoting online activism with my VeganCityBlog: www.maxlearning.net/HEALTH/VeganCityBlog.pdf. As a person who receives a fair amount of criticism within the A-R movement for speaking the uncomfortable truth (namely, omnivores = animal abusers), you might enjoy the latest entry regarding my similar experiences with "Asshole for Animals!" Best, Mike

W 10/1/14

San Diego Mayor Releases Climate Action Plan

<http://www.kpbs.org/news/2014/sep/30/san-diego-mayor-set-release-climate-action-plan/>

What's missing from this and most CAPs is a call to eliminate or reduce livestock consumption, which accounts for up to 51% of greenhouse gas emissions. <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>. Not to mention, water usage: A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>. Save the environment--and water--go vegan!

Th 10/2/14

Encinitas Resident Conserves Every Drop To Combat Climate Change

<http://www.kpbs.org/news/2014/oct/02/green-building-encinitas-climate-change/>

Kudos to Mr. Ponizil for his environmental diligence! But when it comes to water conservation, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>. Save water--go vegan!

Sa 10/4/14

Life Off The Grid: How A North County Couple Avoids Using Fossil Fuels

<http://www.kpbs.org/news/2014/oct/03/living-grid-move-away-fossil-fuels/>

Kudos to the Waayers for their environmental awareness! However, the article made no mention of their dietary choices, which for most people is the real "elephant in the room." A vegan driving a Hummer uses less fossil fuel than an omnivore on a bicycle. Livestock consumption accounts for up to 51% of greenhouse gas emissions: <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>. Not to mention, water usage: A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save the environment--and water--go vegan!

Sa 10/4/14

New Data Shows Severe Drop in California Groundwater

<http://www.kpbs.org/news/2014/oct/03/new-data-shows-severe-drop-california-groundwater/>

When it comes to water consumption for the average person, nothing comes close to dietary choices. Per National Geographic, producing a pound of beef requires 1,799 gallons of water vs. 132 gallons for a pound of wheat. Producing a gallon of milk requires 880 gallons of water vs. 128 gallons for the same amount of tea. <http://environment.nationalgeographic.com/environment/freshwater/embedded-water/>. Save water--go vegan!

T 10/7/14

Animal Protection Rescue League (APRL) Billboard Campaign!

The following fantastic billboards, which will hopefully appeal to people's better nature, will soon be appearing around Southern California. To contribute to this awesome effort, please make a donation at www.aprl.org.



W 10/8/14

Tapping Into the Ocean With San Diego's Billion Dollar Desalination Plant

<http://www.kpbs.org/news/2014/oct/07/tapping-ocean-san-diegos-billion-dollar-desalinati/>

The most cost-effective, environmentally-benign way to save water is to conserve it. For maximum impact, stop eating meat. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save the environment--and water--go vegan!

W 10/8/14

Man Who Set Phoenix The Puppy On Fire Shot In Groin, Cops Say

http://www.huffingtonpost.com/2014/10/08/puppy-fire-shot-groin_n_5951528.html?utm_hp_ref=crime

What a schizophrenic society we live in where one man abusing one dog is (rightly) shunned and condemned, while millions of omnivores pay others to abuse & kill billions of animals for their eating pleasure. Paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Stop Hurting Animals-Go Vegan!

W 10/8/14

Latest Attack On California's Humane Livestock Standards Struck Down By Judge

http://www.huffingtonpost.com/2014/10/07/missouri-lawsuit-california-eggs_n_5947926.html

If you really care about chickens, you'll stop eating eggs. Male chicks are legally suffocated or ground alive because they are economically useless to the egg industry. Female chicks have their beaks seared off so they won't peck each other to death, whether confined in cages or packed into so-called "free-range" warehouses. And after a few years, when their production wanes, hens have their throats slit and are sold for meat. None get out alive. Stop hurting animals—go vegan!

W 10/8/14

Judge tosses lawsuit challenging California egg laws

http://www.sanluisobispo.com/2014/10/02/3276721_judge-tosses-lawsuit-challenging.html?rh=1

Any rational person who cares about chickens will stop eating eggs. Male chicks are legally suffocated or ground alive, because they are economically useless to the egg industry. Female chicks have their beaks seared off so they won't peck each other to death, whether confined in cages or packed into so-called "free-range" warehouses. And after a few years, when their production wanes, hens have their throats slit and are sold for meat. None get out alive. Stop hurting animals—go vegan!

Th 10/9/14

App Allows Users To Report Water Waste In City Of San Diego

<http://www.kpbs.org/news/2014/oct/09/app-allows-users-report-water-waste-city-san-diego/>

At the risk of being facetious, would there be any response if I snapped & submitted a photo of someone eating a quarter pounder? A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save water--go vegan!

Th 10/9/14

Mayor Recommends Mandatory Water Conservation In San Diego

<http://www.kpbs.org/news/2014/oct/07/fulconer-recommends-mandatory-water-conservation/>

Brain on Hugs has it exactly right. Consuming animal products wastes huge amounts of water. To evaluate your particular diet, check out National Geographic's cool webpage: The Hidden Water We Use. For example, producing a pound of beef requires 1,799 gallons of water vs. 132 gallons for a pound of wheat. A gallon of milk requires 880 gallons of water vs. 128 gallons for the same amount of tea.

<http://environment.nationalgeographic.com/environment/freshwater/embedded-water>

T 10/14/14

Effort Started To Get More Recycled Water From Padre Dam

<http://www.kpbs.org/news/2014/oct/13/effort-started-to-get-more-recycled-water-from-Pad/>

Recycling is great, but the most cost-effective, environmentally-benign way to save water is to not use it. For maximum impact, stop eating meat. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save water--go vegan!

Th 10/16/14

What's Really In A Big Mac? McDonald's Says It's Ready To Tell All

<http://www.kpbs.org/news/2014/oct/14/whats-really-in-a-big-mac-mcdonalds-says-its/>

What was missing from the "witness the birth of a chicken McNugget" video was the slitting of the young birds' throats—sacrificing entire lives for a few moments of eating pleasure. Another example of why omnivore = animal abuser. Paying others to do the "dirty work" is no excuse. Karma comes when the chicken fat & cholesterol (nearly as much as in red meat) clogs eaters' arteries leading to strokes, ED, and heart attacks. Be ethical, and healthy—go vegan!

F 10/17/14

Do We Need A New 'Environmental Impact' Label For Beef?

<http://www.kpbs.org/news/2014/oct/16/do-we-need-a-new-environmental-impact-label-for/>

The only "sustainable" beef is no beef. Meat is not essential to human life, so the only reason to continue eating it is personal pleasure. Most people believe that killing for pleasure is wrong. If it's wrong to hurt even one pet, how is it right to hurt even one cow? The unpleasant truth is that omnivore = animal abuser. Paying others to do the killing is no excuse. Save animals and the environment—go vegan!

Su 10/19/14

As Their Wells Run Dry, California Residents Blame Thirsty Farms

<http://www.kpbs.org/news/2014/oct/19/as-their-wells-run-dry-california-residents-blame/>

The article cites thirsty almond & sweet potato farms, but water used for livestock production far exceeds that used for human food. Per National Geographic's cool webpage: The Hidden Water We Use, producing a pound of beef requires 1,799 gallons of water vs. 119 gallons for a pound of potatoes. <http://environment.nationalgeographic.com/environment/freshwater/embedded-water>. Save water—go vegan!

T 10/21/14

San Diego City Council Approves Mandatory Water Restrictions

<http://www.kpbs.org/news/2014/oct/20/san-diego-city-council-weighs-mandatory-water-rest/>

To be equitable, the city should issue citations to omnivores for eating meat. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save water--go vegan!

T 10/21/14

This Past September Ranks As Hottest On Record, NOAA Says

<http://www.kpbs.org/news/2014/oct/20/this-past-september-ranks-as-hottest-on-record/>

Livestock production accounts for up to 51% of greenhouse gas emissions, which trap planetary heat. Save the planet—go vegan! <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

W 10/22/14

Chickens Look Way Different Today, And Here's The Reason Why

http://www.huffingtonpost.com/2014/10/21/chickens-bred-bigger_n_5983142.html

Regardless of size, this is another example of why omnivore = animal abuser. Despite industry claims, chicken is not a health food. It has nearly the same amount of saturated fat and cholesterol as beef--that's the nature of muscle meat. No animal wants to be food on a plate. Taking an entire life for a few moments of culinary pleasure is morally decrepit. Paying others to do the "dirty work" is no excuse. Stop hurting animals—go vegan!

W 10/22/14

SeaWorld Responds To PETA Abuse Claim

<http://www.kpbs.org/news/2014/oct/22/seaworld-responds-peta-abuse-claim/>

If SeaWorld transformed itself into a treat and release sanctuary, it would have more credibility when it claims, "We are the true animal advocates." No doubt, SeaWorld's employees are "extremely passionate" about the health and well-being of their animals--their livelihood depends on it. However, "compassionate" slave owners in the antebellum South likely made the same claim. When profit is involved, ethics are inevitably compromised. Boycott SeaWorld until it frees its slaves!

F 10/24/14

How Foodies Were Duped Into Thinking McDonald's Was High-End Food

<http://www.kpbs.org/news/2014/oct/23/how-foodies-were-duped-into-thinking-mcdonalds/>

This article and the video were pretty funny. What's even more amazing is that, from childhood, omnivores have been duped into believing that fat- & cholesterol-laden decomposing flesh washed down by pus-filled animal secretions is nutritious & healthy. In fact, the opposite is true. The Standard American Diet (S.A.D.) is the leading cause of death in this country. Ditch the animal junk—go vegan!

T 10/28/14

SeaWorld The Next Generation

<https://www.youtube.com/watch?v=YhrHeild2Po>

If SeaWorld transformed itself into a treat and release sanctuary, it would have more credibility when it claims, "We are the true animal advocates." No doubt, SeaWorld's employees are "extremely passionate" about the health and well-being of their animals--their livelihood depends on it. However, "compassionate" slave owners in the antebellum South likely made the same claim. When profit is involved, ethics are inevitably compromised. Boycott SeaWorld until it frees its slaves!

W 10/29/14

San Diego Mayor Faulconer On Climate Action Plan, Water Restrictions

<http://www.kpbs.org/news/2014/oct/27/san-diego-mayor-kevin-faulconers-monthly-update/>

To be equitable, Mr. Mayor, will the city issue citations to omnivores for eating meat? A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>.

W 10/29/14

SeaWorld Workers Rescue Sea Lion At La Jolla Cove

<http://www.kpbs.org/news/2014/oct/27/seaworld-workers-rescue-sea-lion-la-jolla-cove/>

Peking_Duck_sd and 26charlie have it right. If SeaWorld transformed itself into a treat and release sanctuary, it would have more credibility when it claims, "We are the true animal advocates." No doubt, SeaWorld's employees are "extremely passionate" about the health and well-being of their animals--their livelihood depends on it. However, 'compassionate' slave owners in the antebellum South likely made the same claim. When profit is involved, ethics are inevitably compromised. Boycott SeaWorld until it frees its slaves!

Th 10/30/14

San Diegans Waste No Water

https://www.facebook.com/SanDiegansWasteNoWater?ref=br_tf

Where are the "tips" on the drought-diet connection? Per National Geographic, "on average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet."

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Th 10/30/14

Court Rules Against San Diego County Climate Action Plan

<http://www.kpbs.org/news/2014/oct/30/court-rules-against-san-diego-county-climate-action/>

What's missing from this and most CAPs is a call to eliminate or reduce livestock consumption, which accounts for up to 51% of greenhouse gas emissions. <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>. Not to mention, water usage: A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>. Save the environment--and water--go vegan!

Comment was removed by KPBS. Appealed via email. Apparently violated "redundancy" policy. Reposted F 11/28/14.

Th 10/30/14

New Crash Test Dummy To Gain Pounds To Reflect Fatalities Among Obese

<http://www.kpbs.org/news/2014/oct/30/new-crash-test-dummy-to-gain-pounds-to-reflect/>

According to the Obesity Society: "Plant-based diets show more weight loss without emphasizing caloric restriction....vegan eating styles are tied to lower BMI, lower prevalence of type 2 diabetes, and less weight gain with age....some individuals may find these types of dietary patterns easier to follow over the long term." Don't be a (crash-test) dummy--go vegan!

<http://www.obesity.org/news-center/plant-based-diets-show-more-weight-loss-without-emphasizing-caloric-restriction.htm>

Comment was removed by KPBS. Appealed via email. Apparently violated "redundancy" policy. Reposted F 11/28/14.

F 10/31/14

Sea Lion Rescued At La Jolla Cove Dies

<http://www.kpbs.org/news/2014/oct/31/sea-lion-rescued-la-jolla-cove-dies/>

While it's shameful that fishermen illegally gaff sea lions to protect their catch, the Dept. of Agriculture's Wildlife Services annually traps, shoots, and poisons millions of predators solely to protect farmers' livestock and profits. The collateral damage to non-target animals, including endangered species and pets, is huge. Until omnivores curb their insatiable appetite for animal products, the slaughter will continue. Just another example of why omnivore = animal abuser. Paying others to do the "dirty work" is no excuse. Stop hurting animals--go vegan! <http://www.sacbee.com/news/investigations/wildlife-investigation/article2574599.html>

F 10/31/14

Save Our Water

<https://www.facebook.com/SaveOurWaterCA>

Where are the "tips" on the drought-diet connection? Per National Geographic, "on average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet."

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Sa 11/1/14: **Mary Mohler:** Hummmm...does not sound possible. I guess you are including all the water that all the animals in the world drink per day?

Sa 11/1/14: Yes, Mary, it seems unbelievable. But it's vastly inefficient to water crops to feed animals, who convert most of it to tons of waste, rather than feeding the grain directly to humans. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

F 10/31/14

Water – Use it Wisely

<https://www.facebook.com/WaterUseItWisely>

Where are the “tips” on the drought-diet connection? Per National Geographic, “on average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet.”

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Su 11/2/14

The High Cost of Cheap Water

<http://voiceofsandiego.org/2014/10/30/the-high-cost-of-cheap-water/>

I agree with Martha. Per National Geographic, “on average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet.”

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips>

One example: A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

M 11/3/14

Truth or Drought: 70% Of The Water

<https://www.facebook.com/truthordrought>

The major environmental organizations and government water agencies are apparently afraid of alienating their omnivorous donor/customer base by revealing the truth of this insidious drought-diet connection. As Jack Nicholson's character shouted in A Few Good Men: “You want the truth? You can't handle the truth!” Until they can, there's no doubt we'll continue to have droughts.

W 11/5/14

KPBS Wants To Know: How Are You Saving Water During The Drought?

<http://www.kpbs.org/news/2014/nov/03/what-are-you-doing-save-water-during-drought/>

One of the few environmental or water agencies that has the courage to tell the truth is National Geographic: “On average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet.” <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips>

Th 11/6/14

U.N.: End Greenhouse Emissions By 2100 Or Risk ‘Irreversible’ Damage

<http://www.kpbs.org/news/2014/nov/02/un-end-greenhouse-emissions-by-2100-or-risk>

Human activity for sure, especially with respect to diet. Livestock production accounts for up to 51% of greenhouse gas emissions, which trap planetary heat and shift climate patterns. Save the planet—go vegan!

<http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

Th 11/6/14

Rancho Santa Fe tops water-use list

<http://www.utsandiego.com/news/2014/nov/05/environment-water-use-home/>

Water used on landscapes at least nourishes living plants, which absorb carbon greenhouse gas emissions. Water used for livestock is a different matter. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

Th 11/6/14

Almost All San Diego Water Districts Report Decreases In Water Use

<http://www.kpbs.org/news/2014/nov/04/all-one-san-diego-water-district-report-decreases/>

Although direct water conservation methods are worthwhile, they are a drop in the bucket, so to speak, compared to the massive amounts of indirect water wasted by omnivorous diets. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

F 11/7/14

Make It Up LA!

<http://www.makeitupla.org/Contact.aspx>

If you really want to reach your 20-million-gallon goal, add some dietary options! For example, pledging to not eat a quarter-pound beef patty will save 660 gallons of water (needed to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

Sa 11/8/14

Rancho Santa Fe tops water-use list (was never posted)

<http://www.utsandiego.com/news/2014/nov/05/environment-water-use-home/#comments-module>

Bob Schafer. I used to feel like you. If I didn't have meat with nearly every meal, I didn't feel satisfied. Many years ago, when our pre-teen daughter announced at a restaurant that she wanted to be a vegetarian, I said, "That's fine honey, but I'm going to have the steak and lobster." She caved after a few days and returned to eating meat. Fast forward a few years when I finally learned that I didn't need animal products to be healthy, in fact the opposite was true. I could no longer justify animals suffering and dying solely for my eating pleasure. I became an overnight vegan and never looked back. 18 years later, delicious plant-based cuisine is the focus of my life. I look forward to every meal, eat with gusto, and maintain my high school weight without effort. I'm at least twice as healthy, have less impact on the environment, and no longer pay others to hurt animals for me. What's not to like?

Comment never appeared, although my 11/6/14 comment did.

Su 11/9/14

Incorporating Bicycles Into High Speed Rail Project

<http://www.kpbs.org/news/2014/nov/06/high-speed-rail-thinking-about-bikes/>

Why is rich, powerful America so far behind even relatively poor countries with high-speed rail and public transit in general? In 2000, my family toured Italy from Venice to Pompei without ever getting into a car. On their high-speed train, we cruised along smoothly and quietly at about 150 mph, which made freeway traffic look like it was standing still. Perhaps the perfect hybrid solution for car-obsessed Californians would be add "ferry" cars to high-speed trains. Like a water ferry, you'd drive onto the train then off at your destination.

T 11/11/14

Drought/Diet Connection

<https://www.facebook.com/groups/droughtdietconnection/permalink/1576266069269760/>

I used to donate to Save the Children until they introduced an animal-gift program. Heifer International is also as misguided as World Vision, soliciting donations with smiling kids holding lovable animals that will eventually be eaten. A Well Fed World (100% vegan) gives ten reasons why animal gifts are bad news, including how much water they use (10x more than crops): <http://awellfedworld.org/no-animal-gifts/>

T 11/11/14

Despite New Law Plastic Bag Ban Fight Not Over

<http://www.kpbs.org/news/2014/nov/07/plastic-bag-ban-opponents-trying-get-issue-ballot/>

I never understood the objection of those opposed to the ban because it would harm the poor by charging them 10 cents for a paper bag. My reusable bags have more than paid for themselves with the nickel or dime rebate most stores grant every time I use them. Plus they are sturdier, hold more weight, and can be washed when needed. Tip: keep some reusable bags in the car or with my shopping list so I don't forget to take them with me when I shop.

Reposted 3 times until learned it had been "Detected as Spam." Emailed Disqus who corrected the error and posted all three.

T 11/11/14

Death for Food at Suzie's Farm

<http://suziesfarm.com/death-for-food/>

I thought "Death for Food" was a slam from the animal-rights community, but I see it's the actual title. Kudos for truth in advertising. But how can you justify taking an animal's entire life for a few moments of eating pleasure? No matter how they try to disguise or ennoble their behavior, omnivores are animal abusers. No matter how well treated beforehand, slitting an animal's throat is the ultimate abuse. Please cancel this event.

*Alerted to issue by a Change.org appeal from Bryan Pease, cofounder of local Animal Protection Rescue League (APRL).

* Also emailed the preceding text to Suzie's Farm: info@suziesfarm.com 11/13/14 Rec'd email from Owen Salerno: Event cancelled.

* Also emailed Jaime Fritsch, event creator: deathforfood@gmail.com with the following addition:

Please cancel this event and use your talents to make this a better world for *all* living creatures. (Jaime replied and we engaged in an email discussion. He wrote that he eats about 1/4 as much meat as he used to before killing animals himself. I told him he could educate others about the "magnitude of killing" by showing slaughter videos, not by killing more animals.)

* Had a series of long email exchanges with Fritsch, to no avail. What's bizarre is that he seemed to seek vegan approval for the event, which was eventually cancelled as the owner of Suzie's Farm, Robin Taylor, feared that "deep-pocketed" lawyer Bryan would sue.

* See 11/19/14, 11/25/14

T 11/11/14

Be the Deal Breaker: Multiply Your Influence at Non-Vegan Restaurants

<http://www.ourhenhouse.org/2014/10/be-the-deal-breaker-multiply-your-influence-at-non-vegan-restaurants-2/>

Kudos to Liz Dee for her efforts to spread veganism! For several years, I tried to veganize San Diego's downtown eateries, with some success. But to my dismay, not once did my omnivorous friends order the vegan options. Why should they when the "real" thing was available? It was all I could do to overlook them hurting animals for their dining pleasure, even though they knew my vegan story. Today, San Diego has more vegan eateries, and I dine exclusively at them. My omnivorous dinner companions have no choice but to eat vegan. They enjoy the food, no animals get hurt, and our limited dining dollars support brave vegan restaurant owners. New York City is teeming with fantastic vegan eateries. There's no need to patronize mainstream joints that seek vegan profits but not ethics. Vegans can still be the

"deal breaker" by scheduling events at only vegan restaurants. Bonus: You'll no longer have to give waiters the "vegan 3rd degree" or worry about hidden animal products or cross contamination.

W 11/19/14

'Thought-Provoking' Death for Food Gets the Axe

http://voiceofsandiego.org/2014/11/14/thought-provoking-death-for-food-gets-the-axe/?utm_source=Voice+of+San+Diego+eNewsletter+List&utm_campaign=8b1a795072-Morning_Report_format_updated_3_24_14_new_replicat&utm_medium=email&utm_term=0_c2357fd0a3-8b1a795072-83871405&goal=0_c2357fd0a3-8b1a795072-83871405

What a schizophrenic society we live in. If I abused one dog or cat even one time, I would (rightly) be shunned and condemned. Yet millions of omnivores abuse & kill billions of farm animals solely for their eating pleasure. Doing it yourself or paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Find the kindness that naturally resides in your heart. Stop hurting animals-go vegan!

Th 11/20/14

The Whole World Is Fat! And That Ends Up Costing Two Trillion A Year

<http://www.kpbs.org/news/2014/nov/20/the-whole-world-is-fat-and-that-ends-up-costing/>
<http://www.npr.org/blogs/goatsandsoda/2014/11/20/365514156/the-whole-world-is-fat-and-that-ends-up-costing-two-trillion-a-year>

According to (Per) the Obesity Society, plant-based diets show more weight loss without emphasizing caloric restriction. Vegan eating styles are tied to lower BMI, lower prevalence of type 2 diabetes, and less weight gain with age. <http://www.obesity.org/news-center/plant-based-diets-show-more-weight-loss-without-emphasizing-caloric-restriction.htm>

* Couldn't post exact same comment to both KPBS and NPR, so changed the lead-in to "Per" for NPR.

M 11/24/14

Weird! Why Aren't You Vegan? Tip 24: If You Can't Say Anything Vegan: "I Don't Support Restaurants that Serve Animals."

<http://whyarentyouvegan.com/2014/09/06/if-you-cant-say-anything-vegan-i-dont-support-restaurants-that-serve-animals/#more-536>

Lisa Limmert is the Donor Relations Manager for Vegan Outreach. Her witty and satirical blog skewers omnivores and vegans alike.

The following comment is in response to her statement that: *"We vegans should be eating at non-vegan restaurants, asking for more vegan options and interacting with non-vegan business owners. If we're vegan but we hide out in our houses and vegan restaurants, the more "mainstream" restaurants will never change."*

After nearly 7 years of trying to help "veganize" San Diego's downtown eateries, I've come to a different conclusion.

- Non-vegan eateries add vegan options in the hopes of luring groups that include a token vegan. Their desire is to increase profits, not promote veganism. The bulk of their sales continue to harm animals.
- Vegan options eaten by a token vegan yield no net benefit to animals—the vegan would have ordered a cruelty-free meal regardless. Animals are saved only if the omnivores in the group ordered the vegan option.
- With animal products on the menu, omnivores rarely, if ever, choose the vegan option. With no ethical or health compulsion to avoid animal products, why choose a "mock" dish over the real thing?
- A dollar spent in a non-vegan restaurant is a dollar *not* spent in a vegan restaurant. If vegans, for social reasons or the "desire for variety," use their money to eat in non-vegan eateries, vegan restaurants suffer.
- A vegan wouldn't think of attending a dog, cock, or bullfight where people entertain themselves by *watching* animals. So how can a vegan justify dining with people who are hurting animals by *eating* them?
- Non-vegan restaurants are sanitized extensions of the slaughterhouse. And patrons are the reason. If no one ordered animal products, no animals would suffer and die. You can't have one without the other.
- "You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity."
Ralph Waldo Emerson
- Brave vegan restaurateurs willingly accept reduced clientele and profits for ethical reasons.
- Omnivores invited to dine in vegan eateries are often surprised by how "normal" the food tastes.
- Omnivores experiencing a tasty vegan meal are more willing to eat vegan again.
- Even if eating vegan doesn't instantly convert omnivores, no animals were hurt for those meals.
- The money spent by omnivores helps keep the vegan eatery in business.

I continue to support well-meaning efforts to add vegan options into mainstream restaurants—the more the better! But this only benefits animals if the vegan options are so enticing that *omnivores* order them! From "Do Vegan Options Promote Veganism? Or do they just siphon dollars away from vegan eateries that do?" www.maxlearning.net/HEALth/VeganCityBlog.pdf

M 11/24/14

Weird! Why Aren't You Vegan? Tip 42: Adopt A Dog Who Has Some Morals

<http://whyarentyouvegan.com/2014/10/21/tip-42-adopt-a-dog-who-has-some-morals/#more-659>

Lisa Limmert is the Donor Relations Manager for Vegan Outreach. Her witty and satirical blog skewers omnivores and vegans alike. While she's successfully veganized her dog, the following comment is in response to: *"I don't know enough about feeding cats a vegan diet, so I feed mine meaty food. If you're a super-vegan, you can look it up to find out what works best for you and your kitty friends."*

While my wife and I no longer rescue cats (since moving to a high-rise with semi-enclosed balconies), we were able to keep our previous felines happy and healthy on a vegan diet. No need to be a "super-vegan" to see the dilemma of killing dozens of other animals to keep one pet alive. Taurine, besides residing in human and other animal tissues, can be readily synthesized in a lab for addition to vegan cat foods: <http://en.wikipedia.org/wiki/Taurine>. We primarily used the Evolution brand, but there are a number of others that are approved by the Association of American Feed Control Officials (AAFCO) as being nutritionally complete: <http://store.nexternal.com/vegancats/vegan-cat-food-c1.aspx>. The trick with an older or fussy cat is to add the vegan food gradually to their existing food until one day, they're eating 100% vegan. Don't give up! Meanwhile, our rescue dogs continue to thrive on a vegan diet, including our 17-year-old Maltese, who unfortunately has developed a mass in his left lung. He also has a collapsing trachea, wears a diaper band, and is wobbly at times, but still has a great appetite and enough energy to chase his beloved ball!

M 11/24/14

Weird! Why Aren't You Vegan? Interview: Vegan Paul Shapiro is Not From Las Vegas

<http://whyareyouvegan.com/2014/10/08/interview-vegan-paul-shapiro-is-not-from-las-vegas/#more-627>

I love the good Paul Shapiro does for animals. I even subscribe to his email newsletter. But my experience in nearly two decades as a vegan is that regardless of the approach (lenient/judgmental, cheerful/angry, agreeable/argumentative) or emphasis (ethics, health, environment), people either change or don't based on their own outlook and desires. Unfortunately, most people don't change, and the few who do often revert to their previous ways. So while I'm quick to encourage any moves towards veganism and try to avoid open confrontations, my personal approach is to promote "purity," at least as much as is possible in this animal-product-tainted world. People will choose their own path anyway, so rather than promote half measures, why not start from an absolute stance that it's wrong to hurt one animal even one time? After all, most Americans have no problem insisting on zero-tolerance when it comes to the abuse of cats and dogs. Few if any think it's okay to hurt a pet a little bit now and then if one is so inclined. If omnivorous Americans were suddenly teleported to a traditional Korean culture, most wouldn't want their food cooked on the same grill as the dog or cat. Neither would they think it unbearably difficult to read a food label to make sure it contained no dog or cat ingredients. So why is it considered pushy and counterproductive to promote the same zero-tolerance policy when it comes to pigs, cows, chickens, and fish? Are vegans saying these animals are worth less? Of course, I agree that preaching and judging only serve to alienate. We should "hate the sin, but love the sinner." Our goal should be to present a simple truth that most people already agree with: "It's wrong to willfully hurt one animal even one time."

T 11/25/14

Group Teaches San Diegans How To Slaughter Animals For Food

<http://www.kpbs.org/news/2014/nov/24/san-diego-group-teaches-how-kill-animals-food/>

How deceptive for Suzie's Farm to email me that they had canceled the event then hold it anyway. How bizarre that in several thoughtful email exchanges with Jaime Fritsch, he sought approval from and couldn't understand why vegans would be opposed to the event. What a schizophrenic society we live in. If I abused one dog or cat even one time, I would (rightly) be shunned and condemned. Yet millions of omnivores abuse & kill billions of farm animals solely for their eating pleasure. Doing it yourself or paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Find the kindness that naturally resides in your heart. Stop hurting animals-go vegan!

* 11/25/14 Received email from Jaime Fritsch regarding my comment.

* 11/28/14 I emailed Jaime in response.

F 11/28/14

Can Breeders Cure What Ails Our Breast-Heavy Turkeys?

<http://www.npr.org/blogs/thesalt/2014/11/27/366850401/could-turkey-breeders-cure-the-ailments-of-our-big-breasted-birds#commentBlock>

Another example of how omnivore = animal abuser. If I abused one dog or cat even one time, I would (rightly) be shunned and condemned. Yet millions of omnivores abuse & kill billions of turkeys and other farm animals solely because they "taste good." Doing it yourself or paying others to do the "dirty work" does not absolve one of responsibility. Extend the kindness that hopefully already resides in your heart towards pets. Stop hurting all animals-go vegan!

Could Turkey Breeders Cure The Ailments Of Our Big-Breasted Birds?

<http://www.kpbs.org/news/2014/nov/27/could-turkey-breeders-cure-the-ailments-of-our/>

Yet another example of how omnivore = animal abuser. If I abused one dog or cat even one time, I would (rightly) be shunned and condemned. Yet millions of omnivores abuse & kill billions of turkeys and other farm animals solely because they "taste good." Doing it yourself or paying others to do the "dirty work" does not absolve one of responsibility. Extend the kindness that hopefully already resides in your heart towards pets. Stop hurting all animals-go vegan!

M 12/1/14

San Diego's Mandatory Water Restrictions Rely On Community Policing

<http://www.kpbs.org/news/2014/dec/01/san-diegos-mandatory-water-restrictions-rely-commu/>

Direct water conservation methods are a drop in the bucket, so to speak, compared to the massive amounts of indirect water wasted by omnivorous diets. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. For more stunning water facts, visit <http://truthordrought.wix.com/truth-or-drought>.

Th 12/4/14

'Jackass' Star Charged For Anti-SeaWorld Message On I-5 Sign

<http://www.kpbs.org/news/2014/dec/02/jackass-star-charged-anti-seaworld-message-i-5-sig/>

Kudos to Steve-O for having the courage to risk arrest to call attention to the plight of captive sea creatures. Here's what Gandhi had to say about breaking the law: "An unjust law is itself a species of violence. Arrest for its breach is more so. Now the law of nonviolence says that violence should be resisted not by counter-violence but by nonviolence. This I do by breaking the law and by peacefully submitting to arrest and imprisonment." The unjust law in this case is the one that permits SeaWorld to legally keep and display free-ranging animals for corporate profit.

Th 12/4/14

County Urges San Diegans To Shut Off Irrigation, Let Rain Do The Work

<http://www.kpbs.org/news/2014/dec/02/county-urges-san-diegans-shut-irrigation-let-rain-/>

Rain is great, but there's no need to wait for it to help resolve the drought. 70% of the water used in the 11 western states goes to raising animals for food. In stark contrast, a plant-based diet saves 6 times more water than the average person uses each day at home. Save water, save animals, be healthy—go vegan!

Th 12/4/14

Rancho Santa Fe Residents No Longer Biggest Water Users In California

<http://www.kpbs.org/news/2014/dec/02/rancho-santa-fe-no-longer-biggest-water-users-cali/>

Breaking News: Omnivore City has just passed Palm Springs as the biggest water user in California—by far. According to National Geographic, producing a pound of beef requires 1,799 gallons of water vs. 132 gallons for a pound of wheat. Producing a gallon of milk requires 880 gallons of water vs. 128 gallons for the same amount of tea.

<http://environment.nationalgeographic.com/environment/freshwater/embedded-water>. Coming in dead last in the race for biggest user: Vegan City.

Th 12/4/14

These Mice Got Healthier Not By Eating Less, But By Eating Less Often

<http://www.kpbs.org/news/2014/dec/02/these-mice-got-healthier-not-eating-less-eating-le/>

I agree with California Defender. We're no longer in the 1950s when animal tests were (mistakenly) considered state of the art. Just one example, the anti-nausea drug thalidomide, deemed "safe" in animals, caused horrible birth defects in humans. But we're not even talking about potential medicines here. I'm sure that Satchin Panda could have recruited some starving students from the nearby UCSD campus to fast and binge on junk food for the sake of science. When it comes to diet, the China Study, conducted over 20 years on real humans in real environments, is the gold standard of research. The science is in: Eating more plants and few or no animal products provides optimum longevity and freedom from disease. www.thechinastudy.com

Th 12/4/14

Ceremony Marks First 'Portland Loo' Restroom In Downtown San Diego

<http://www.kpbs.org/news/2014/dec/03/new-downtown-public-restroom-homeless/>

Kudos to all involved. It's about time the homeless have more dignified sanitation options!

F 12/5/14

New York Times mock up: The World Goes Vegan!

<https://www.facebook.com/groups/Vegan.Influence.and.Persuasion/permalink/1499715453624262/>

Graphic of "Why Consumers are responsible for animal slaughter."

* Kim Stallwood: I think it's too simplistic to say 'consumers are responsible for animal slaughter' as it ignores the dominance in society of such forces as the animal industrial complex, advertising, various economic interests, cultural values and traditions, and much more.

* Mike Weinberg: Not simplistic at all. Without the demand, there would be no supply. People have all kinds of excuses to continue the status quo. The rationale for these excuses vanish once they're shown the connection. Some embrace the truth, most don't--so far. But the same could have been said about smoking in the 1950s.

* Kim Stallwood: So, Mike Weinberg, you disagree with me and then go on to cite an example which proves my point? Which is to say that it was government influence -- not just optional consumer choice as you maintain -- which made tobacco consumption a public policy issue that influenced whether people smoked or not.

* Many comments and counter-comments follow.

* * Mike Weinberg (Sa 12/6/14): There are as many paths to veganism as there are people. Regardless of my own views, I support an "all of the above" approach. No one has to do anything for animals--billions of people don't. So whatever your passion (demos, personal outreach, laws...) follow it. We can argue among ourselves about "the best way," but doing something is better than doing nothing.

Sa 12/6/14

Oceanside's New Council Takes Up Issue Of Puppy Mills

<http://www.kpbs.org/news/2014/dec/04/oceansides-new-council-takes-issue-puppy-mills/>

Was "10 Things You Didn't Know About Puppy Mills" compiled by a lobbyist for the breeding industry? So many rationalizations & falsehoods. For example: "4) It has been PROVEN there is NO PET OVERPOPULATION" is almost laughable when "The city of Los Angeles alone sends about 200 tons of dead pets to a rendering plant each month."

http://www.slate.com/articles/health_and_science/science/2013/04/what_is_in_pet_food_zoo_animals_sick_livestock_dogs_and_cats_from_shelters.1.html. The last dog my wife & I adopted from a rescue agency was a lifelong caged puppy-mill mother who, after giving birth to 60 puppies, was going to be "put down" by the breeder because her last litter produced only one offspring. If breeders really loved dogs over profits, they'd be adopting them out of shelters and giving them good homes for the remainder of their days.

T 12/9/14

New York City Council Will Weigh Ban On Horse-Drawn Carriages

<http://www.kpbs.org/news/2014/dec/08/new-york-city-council-will-weigh-ban-on-horse/>

If so-called horse "lovers" had to wear bits in their mouths and be jerked around by reins, not many horses would be ridden or used to haul carriages.

F 12/12/14

SeaWorld CEO To Step Down As Park Attendance Drops

<http://www.kpbs.org/news/2014/dec/11/seaworld-ceo-step-down-park-attendance-drops/>

Since public opinion and declining profits are forcing SeaWorld to make changes, now would be the perfect time to transform themselves into a treat and release sanctuary. I'd even donate to support their wildlife rescue operations. They could keep their rides and educational exhibits and employees. But it's time to release their captive slaves!

F 12/12/14

SeaWorld Replaces CEO After Orca Critics Cut Attendance

<http://www.businessweek.com/news/2014-12-11/seaworld-replaces-ceo-after-orca-critics-cut-attendance>

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F 12/12/14

That 'Black' Cloud Is Still Hanging Over SeaWorld

http://voiceofsandiego.org/2014/11/12/that-black-cloud-is-still-hanging-over-seaworld/?utm_source=Voice+of+San+Diego+eNewsletter+List&utm_campaign=066f91d87d-Morning_Report_format_updated_3_24_14_new_replicat&utm_medium=email&utm_term=0_c2357fd0a3-066f91d87d-83871405&goal=0_c2357fd0a3-066f91d87d-83871405

Since declining public opinion and profits are forcing SeaWorld to make changes, now would be the perfect time to transform themselves into a "treat and release" sanctuary. I'd even donate to support their wildlife rescue operations. They could keep their rides and educational exhibits and employees. But it's time to release their captive slaves!

W 12/17/14

California Needs 11 Trillion Gallons of Water To End Drought

<http://www.kpbs.org/news/2014/dec/17/california-needs-11-trillion-gallons-water-end-dro/>

"In California, the single biggest consumer of water is not Los Angeles. It is not the oil and chemicals or defense industries. Nor is it the fields of grapes and tomatoes. It is irrigated pasture: grass grown in a near desert climate for cows. The West's water crisis – and many of its environmental problems as well – can be summed up in a single word: LIVESTOCK." Marc Reisner, former staff writer, Natural Resources Defense Council. <https://www.facebook.com/truthordrought>

M 12/22/14

Nuns On The Ranch Give A Heavenly Twist To Beef

<http://www.kpbs.org/news/2014/dec/22/nuns-on-the-ranch-give-a-heavenly-twist-to-beef/>

<http://www.npr.org/blogs/thesalt/2014/12/22/371485558/nuns-on-the-ranch-give-a-heavenly-twist-to-beef>

Since it's not necessary to eat animal products to live, why are these nuns choosing to profit from the slaughter of innocent beings? No matter how "kindly" animals are treated beforehand, the ultimate betrayal comes when their throats are slit solely for human culinary pleasure.

The original biblical ideal: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." (Genesis 1:29-30, King James Version <http://biblehub.com/kjv/genesis/1.htm>)

The future biblical ideal: "The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain," says the LORD." (Isaiah 65:25, New International Version <http://biblehub.com/niv/isaiah/65.htm>)

M 12/22/14

California Plastic Bag Ban May Soon Qualify For Ballot

<http://www.kpbs.org/news/2014/dec/22/california-plastic-bag-ban-may-qualify-ballot-soon/>

My reusable bags have more than paid for themselves with the nickel or dime rebate most stores grant every time I use them. Plus they are sturdier, hold more weight, and can be washed when needed. The trick is to keep some reusable bags in the car or with my shopping list so I don't forget to take them with me when I shop.

W 12/24/14

"My Tesla" email & YouTube video from Bill McKibbin, the founder of 350.org.

<https://www.youtube.com/watch?v=9qiqjdTxvk#t=41>

Hi Bill, Congrats on getting the Swedish Right Livelihood award! Sorry you didn't get your Tesla wish. I heard that electric-car mileage really degrades in cold weather like Vermont's when you have to run the heater to stay warm. :-(. I appreciate the wonderful work you've done to combat climate change and would love to contribute, but here's the deal for me. Since at least 51% of global greenhouse gases emanate from industrial animal agriculture (and so-called "sustainable" animal agriculture that I've heard you embrace is reportedly even worse methane-wise), if you pledge to go vegan, or "plant-based" if you think vegan is too alienating, and recommend it to your followers, I will make a substantial contribution to 350.org and continue it each year. Environment aside, if it's wrong to hurt one pet, like your beloved dog, Pransky, even one time, it's wrong to hurt an equally sentient and intelligent farm animal even one time.

Best, Mike Weinberg, San Diego CA

Sa 1/3/15

San Diego Hiring Staff To Enforce Water Restrictions

<http://www.kpbs.org/news/2014/dec/31/san-diego-hiring-enforce-its-water-restrictions>

Now that the city has hired more water police, my omnivorous neighbor finally received a warning letter that his quarter-pound beef burger wasted 660 gallons of water (to irrigate the grain, water the cow, process the meat), enough for two months of daily showers. Just kidding, but it's no joke. For more stunning dietary water-waste facts, visit www.truthordrought.com.

W 2/4/15 Apparently was never posted or has been removed by KPBS moderator.

T 1/6/15

How Anglers Are Learning To Save Fish That Get 'The Bends'

<http://www.kpbs.org/news/2015/jan/06/how-anglers-are-learning-to-save-fish-that-get/>

<http://www.npr.org/blogs/thesalt/2015/01/06/374187614/how-anglers-are-learning-to-save-fish-that-get-the-bends>

"These fish die even though they are handled gently and released quickly." How 'gentle' can it be to have a sharp hook embedded in your sensitive lip, struggle frantically as you're dragged into a hostile atmosphere, then 'quickly' released, just so your tormentor can have some cheap thrills and do it all over again? Instead of abusing fish, why doesn't someone invent an electronic device that can tug on a line without anyone getting hurt? Perhaps a school of drone fish. On the other hand, maybe so-called 'sports' fishermen can find something more edifying and productive to do with their leisure time.

1/8/15 – 1/28/15

Toured South America with a fellow vegan. Internet access poor. Posted no comments.

W 2/4/15

Drought Vow Victory: Californians Use 22 Percent Less Water

<http://www.kpbs.org/news/2015/feb/03/water-agencies-report-use-california-drought-conti/>

David Engel has it right. According to the stunning new documentary Cowspiracy, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>

Th 2/5/15 Not posted perhaps because I've used the same verbiage before. But 3 similar items were posted by colleagues.

W 2/4/15

Our Wild San Diego: The Common Points Between Humans And Fish

<http://www.kpbs.org/news/2015/feb/03/fish-and-humans-more-common-most-people-think/>

How ironic that, in the video, children are taught that it's okay to kill a creature just to show that it has some things in common with humans. Instead of removing fish from the natural food chain, cutting them up, then dumping them into the trash when done, the same lesson could be taught with an anatomically-correct plastic fish model or a pre-existing dissection video.

Th 2/5/15

Thousands of Cats Destined for Vietnamese Tables Are Buried Instead

<http://www.kpbs.org/news/2015/feb/04/thousands-of-cats-destined-for-vietnamese-tables/>

Like the drug trade, the problem exists because of the demand for animals as food. If you really care about sentient beings (cats, cows, pigs, chickens...), stop eating them.

Th 2/5/15

Cooking 101: Stanford Adds Healthy Eating Skills To The Curriculum

<http://www.kpbs.org/news/2015/feb/04/cooking-101-stanford-adds-healthy-eating-skills/>

Kudos for teaching cooking skills focused on plant-based meals. But eggs clog arteries and salmon is full of saturated fat and noxious chemicals (mercury, PCB...). In other words, not "healthy."

<http://www.npr.org/blogs/thesalt/2015/02/04/383570113/cooking-101-stanford-adds-healthy-eating-skills-to-the-curriculum>

That's great if cooking skills are focused on plant-based meals. But eggs clog arteries and salmon is full of saturated fat and noxious chemicals (mercury, PCB...). Definitely not "healthy."

Su 2/8/15

Outrage Over Government's Animal Experiments Leads To USDA Review

<http://www.kpbs.org/news/2015/feb/06/outrage-over-governments-animal-experiments-leads/>

The uncomfortable truth is that none of this research abuse would occur if omnivores stopped eating animals and their secretions.

<http://www.npr.org/blogs/thesalt/2015/02/06/384103870/outrage-over-governments-animal-experiments-leads-to-usda-review>

The sad truth is that none of this abusive research would occur if omnivores stopped eating animals and their secretions.

Su 2/8/15

For Rockfish, A Tale Of Recovery, Hidden On Menus

<http://www.kpbs.org/news/2015/feb/06/for-rockfish-a-tale-of-recovery-hidden-on-menus/>

Whatever they're called, no fish wants to be food on a human's plate. And with flesh that concentrates waterborne chemicals and pathogens, no human should want to eat fish.

<http://www.npr.org/blogs/thesalt/2015/02/06/384334295/will-menu-mislabeling-bury-the-tale-of-rockfish-s-amazing-comeback>

Regardless of what they're called, no fish wants to be food on a plate. And with flesh that concentrates waterborne chemicals and pathogens, no one should want to eat fish.

M 2/9/15

Federal Government To Boost Drought Funding By \$50 Million

<http://www.kpbs.org/news/2015/feb/06/federal-government-boost-drought-funding-50-millio/>

Granting monetary relief for farmers who lost livestock compounds the drought if the money is used to buy more livestock. Humans drink about a gallon of water per day compared to 23 gallons per cow. The alfalfa and hay grown to feed livestock accounts for about half the water used in California: <http://www.newrepublic.com/article/120915/american-west-drought-being-worsened-livestock-industry>. Since animal products are not necessary for human health, the most effective way to reduce water use is to adopt a delicious, wholesome, plant-based diet.

M 2/9/15

Imperial Valley Aims To Shed 100,000 Pounds

<http://www.kpbs.org/news/2015/feb/09/imperial-valley-aims-shed-100000-pounds/>

Not sure what the Imperial Valley Press recommends, but according to a recent study in the journal Nutrition, a vegan diet (zero animal products) leads to the most weight loss, more than twice the percentage of other diets studied (omnivorous, semi-vegetarian, pesco-vegetarian, lacto-ovo vegetarian). The vegan group also had the greatest reductions in total fat, saturated fat, and cholesterol as well as the greatest increase in dietary fiber: <http://www.pcrm.org/health/medNews/a-vegan-diet-proves-most-effective-for-weight-loss>. And no animals were hurt in the process.

W 2/11/15

Metropolitan Water District To Consider Cutting Deliveries

<http://www.kpbs.org/news/2015/feb/09/metropolitan-water-district-consider-cutting-deliv/>

If San Diego's water deliveries are being threatened, that's even more reason to ditch animal products in favor of plant-based eating. According to National Geographic, an omnivorous diet requires nearly 600 gallons of water per day more than a vegan diet.

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

W 2/11/15

Forget Beads: Cajun Mardi Gras Means A Grand, Drunken Chicken Chase

<http://www.kpbs.org/news/2015/feb/11/forget-beads-cajun-mardi-gras-means-a-grand/>

How sad that omnivores can't seem to enjoy themselves without hurting animals. Sensitive meat eaters may decry the inherent abuse of a drunken chicken chase, yet the average American omnivore pays others to slit the throats of over 25 chickens per year, despite the fact that humans have no need for animal flesh.

<http://www.npr.org/blogs/thesalt/2015/02/11/385480686/forget-beads-cajun-mardi-gras-means-a-grand-drunken-chicken-chase>

How pathetic that omnivores can't seem to enjoy themselves unless an animal gets hurt. Sensitive meat eaters may decry the inherent abuse of a drunken chicken chase, yet the average American omnivore pays others to slit the throats of over 25 chickens per year, despite the fact that humans have no need for animal flesh.

W 2/18/15

Report: San Diegans Used More Water Despite Drought

<http://www.kpbs.org/news/2015/feb/17/report-san-diegans-using-more-water-despite-drought/>

Replacing huge water-hungry lawns in San Diego's wealthier neighborhoods with drought-resistant plants will certainly help, but no one seems to be talking about the alfalfa and hay grown to feed livestock that requires half of California's water:

<http://www.newrepublic.com/article/120915/american-west-drought-being-worsened-livestock-industry>. The solution: Stop eating cows!

Su 3/1/15

Poll: Most Californians Agree That Water Shortage Is Serious

<http://www.kpbs.org/news/2015/feb/26/poll-most-californians-agree-water-shortage-seriou/>

Now that most Californians take the drought seriously, are they willing to take the serious yet relatively easy step of removing animal products from their plates? According to <http://foodtank.com/news/2013/12/why-meat-eats-resources> it takes 1800 gallons of water to make one pound of beef, yet only 100 gallons for one pound of corn. Doesn't it make sense to save water by eating the corn directly rather than recycling it through cows?

Su 3/1/15

Italian Cheese Lovers Find Their Bovine Match Through Adopt A Cow

<http://www.kpbs.org/news/2015/mar/01/italian-cheese-lovers-find-their-bovine-match/>

Like human mothers, cows must be impregnated and give birth to produce milk. How much of Mery's four gallons a day is set aside for her offspring? More likely, her baby was carted off to the veal farm so cheese could be made from Mery's fluids. And when her milk production wanes after a few years (and a few more pregnancies), will she end up like most other dairy cows, as fast-food hamburgers? If you really care, adopt a cow from a farm sanctuary where she can live out her ~15-year lifespan in peace.

<http://www.npr.org/blogs/thesalt/2015/03/01/389574335/italian-cheese-lovers-find-their-bovine-match-through-adopt-a-cow>

Like humans, mother cows must be impregnated and give birth to produce milk. How much of Mery's four gallons a day is set aside for her offspring? More likely, her baby was carted off to the veal farm so cheese could be made from Mery's fluids. And when her milk production wanes after a few years (and several pregnancies), will she end up like other dairy cows, as fast-food hamburgers? Why not "Adopt A Cow" from a farm sanctuary where she can live out her ~15-year lifespan in peace?

Su 3/1/15

Stone Age Britons Were Eating Wheat 2,000 Years Before They Farmed It

<http://www.kpbs.org/news/2015/feb/27/stone-age-britons-were-eating-wheat-2000-years/>

So much for the paleo = meat theory.

<http://www.npr.org/blogs/thesalt/2015/02/27/388822209/stone-age-britons-were-eating-wheat-2-000-years-before-they-farmed-it>

So much for the "paleo equals meat" theory.

T 3/17/15

Groups Join Together To Save Water During Fix A Leak Week

<http://www.kpbs.org/news/2015/mar/16/groups-join-together-save-water-during-fix-leak-we/>

Fixing leaks helps, but they are literally a drop in the bucket compared to the water saved by switching to a plant-based diet. On average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet. <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

T 3/24/15

San Diego Leaders Urge Residents To Conserve Water

<http://www.kpbs.org/news/2015/mar/20/san-diego-leaders-urge-residents-conserve-water/>

Typically missing from any recommendations to conserve water is the elephant (bull?) in the room: livestock consumption. Declining a glass of restaurant water (1 cup) is extremely small potatoes compared to declining, for example, a ¼ lb burger (660 gals x 16 cups/gal = 10,560 cups to grow the grain, water the cow, process the beef). But no one wants to offend the livestock industry or challenge consumers to curb their meat-heavy diets. If you are truly serious about saving water—go vegan!

T 3/24/15

SeaWorld Has New Ad Campaign After Disparaging Documentary

<http://www.kpbs.org/news/2015/mar/23/seaworld-has-new-ad-campaign-after-disparaging-doc/>

I mostly agree with Peking_Duck_sd, but I'd be okay if SeaWorld transformed itself into an educational amusement park (without animal acts) but continued to do rescue and rehab. Regarding Ringling Bros., I heard that the elephant acts won't be phased out for 3 years (why the wait?), and rather than being released to sanctuaries, they'll be herded into research labs and used to reproduce offspring to repopulate zoos. Another case of profit over ethics.

Sa 4/4/15

California Moves To Kill The Lawn, Save The Water

<http://www.kpbs.org/news/2015/apr/02/california-moves-kill-lawn-save-water/>

How much is the rebate for going vegan? A person who doesn't eat meat or dairy indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet. <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Sa 4/4/15

Roundtable Looks At Mandatory Water Restrictions

<http://www.kpbs.org/news/2015/apr/03/roundtable-mandatory-water-restrictions-unlimited-/>

Why blame farmers for producing food? Blame omnivores for demanding animal products instead of eating plants directly, without first having to recycle them through livestock. What's even worse, California exports a hundred billion gallons of water per year in the form of alfalfa to China to feed their livestock! <http://www.bbc.com/news/magazine-26124989>

W 4/8/15

Hold The Mammal: Daring To Make Dairy-Free Cheese From Nuts

<http://www.npr.org/blogs/thesalt/2015/04/07/397860392/hold-the-mammal-daring-to-make-dairy-free-cheese-from-nuts>

In response to Berenice Weber:

Agreed! The current rage is to pick on nuts as being water intensive while ignoring animal products, which are magnitudes worse. For example, a quarter pound of almonds (about 80 nuts--who eats that many at one sitting?) requires about 80 gallons to grow. In stark contrast, a quarter pound beef burger (who eats less than that at one sitting?) requires about 660 gallons to grow the grain, water the cow, and process the meat! <http://cowspiracy.com/facts>

4/14/15

Metropolitan Water District Plans To Reduce Deliveries

<http://www.kpbs.org/news/2015/apr/13/metropolitan-water-district-plans-reduce-deliverie/>

There'd be a lot more water for everyone if Californians could/would curb their addiction to meat-heavy diets. According to National Geographic, the average animal-based omnivorous diet requires 600 gallons more per day than the average plant-based vegan diet. <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

4/15/15

Everybody out of the water

<http://www.sdcitybeat.com/sandiego/article-14091-everybody-out-of-the-water.html>

Berenice and [Truth or Drought](#) have it right. Why blame farmers for producing food? Blame omnivores for demanding animal products instead of eating plants directly, without first having to recycle them through livestock. What's even worse, California exports a hundred billion gallons of water per year in the form of alfalfa to China to feed their livestock! <http://www.bbc.com/news/magazine-26124989>

4/16/15

How Almonds Became A Scapegoat For California's Drought

<http://www.kpbs.org/news/2015/apr/16/how-almonds-became-a-scapegoat-for-californias/>

Why pick on nuts as being water intensive while ignoring animal products, which are magnitudes worse? For example, a quarter pound of almonds (about 80 nuts--who eats that many at one sitting?) requires about 80 gallons of water to grow. In stark contrast, a quarter pound beef burger (who eats less than that at one sitting?) requires about 660 gallons to grow the grain, water the cow, and process the meat! <http://cowspiracy.com/facts>

<http://www.npr.org/blogs/thesalt/2015/04/16/399958203/how-almonds-became-a-scapegoat-for-californias-drought#commentBlock>

Don't pick on nuts while ignoring animal products, which are magnitudes worse. For example, a quarter pound of almonds (about 80 nuts--who eats that many at one sitting?) requires about 80 gallons of water to grow. In stark contrast, a quarter pound beef burger (who eats less than that at one sitting?) requires about 660 gallons to grow the grain, water the cow, and process the meat! <http://cowspiracy.com/facts>

4/17/15

San Diego County Water Authority: Water-Saving Superstars Form

<http://www.sdcwa.org/water-saving-superstars-form>

Gray watering my plants and taking Navy showers certainly help, but they are mere drops in the bucket compared to my dietary choices. According to National Geographic, my healthy and wholesome vegan diet requires 600 gallons/day less water than an omnivorous diet. And with all the wonderful fruits, veggies, beans, and nuts available to eat, I feel no deprivation at all, just lightness and energy! <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Visit in 2-3 business days to see if story made it: <http://www.sdcwa.org/water-saving-superstars>

4/18/15

As Lake Mead Levels Drop, The West Braces For Bigger Drought Impact

<http://www.kpbs.org/news/2015/apr/17/as-lake-mead-levels-drop-the-west-braces-for/>

How much of the 70% of crop water is used to grow alfalfa? Humans need salads for health and cotton for clothes, but other than sprouts, humans don't eat alfalfa, livestock do. That's a very inefficient use of water and crops, as it takes up to 16 or more pounds of plant matter to produce 1 pound of beef. What's even worse, California exports a hundred billion gallons of water per year in the form of alfalfa to feed Chinese livestock! <http://www.bbc.com/news/magazine-26124989>

4/20/15

EARTH DAY FEST SERVES UP FOOD FOR THOUGHT

<http://www.utsandiego.com/news/2015/apr/20/tp-earth-day-fest-serves-up-food-for-thought/>

Besides rampant food waste, the drought-diet connection is no joke. According to National Geographic, the average animal-based omnivorous diet requires 600 gallons more per day than the average plant-based vegan diet.

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>. What's even worse, California exports a hundred billion gallons of water per year in the form of alfalfa to China to feed their livestock! <http://www.bbc.com/news/magazine-26124989>

T 4/21/15

Poway considers replacing grass in parks to save water

<http://fox5sandiego.com/2015/04/21/city-of-poway-to-rip-out-grass-at-some-parks-to-save-water/comment-page-1/>

I'd favor xeriscaping vast swaths of grass with kid-safe mulch interspersed with attractive drought-tolerant plants. But I agree with Berenice Weber that the water saved would be relatively minor compared to that saved if Poway's omnivores switched to a plant-based vegan diet. Replacing grass might save them 2.8 million gallons of water (nice spot on the typo, Trent!), but hundreds of millions could be saved by dietary changes. What's worse, California unbelievably exports a HUNDRED BILLION gallons of water per year in the form of alfalfa for Chinese livestock! <http://www.bbc.com/news/magazine-26124989>

Bruce B

The math: water saved by not eating animal products = 600 gallons per day
(365 days/year) x (600 gallons/day) x (13 people) = 2,847,000 gallons per year

My Reply: Great job on the math, Bruce! Astounding how only 13 new vegans could save Poway's parks!

Th 4/23/15

Authors Worth Celebrating: Living the Farm Sanctuary Life

<https://www.facebook.com/events/1377762785885569/>

Gene Baur is hosting a dinner on T 5/5/15 at the meat-serving Mohawk Bend: <https://www.facebook.com/mohawkla>

How sad that an event celebrating animals is being held at a venue that has animals on the menu. This seems especially bizarre given the plethora of 100% vegan restaurants in L.A. that would gladly host such an event. Truth be told, non-vegan restaurants are sanitized extensions of the slaughterhouse.

Sa 4/25/15

These Animals Might Go Extinct Because No One Wants To Eat Them

<http://www.kpbs.org/news/2015/apr/24/these-animals-might-go-extinct-because-no-one/>

<http://www.npr.org/blogs/thesalt/2015/04/24/401965111/these-animals-might-go-extinct-because-no-one-wants-to-eat-them>

If you were an animal, rare breed or not, would you choose to be born knowing that you'd be mutilated (tail-docked, beak-severed, castrated...), forcibly impregnated to produce more offspring, have your secretions (eggs, milk) and babies stolen from you, only to have your throat slit while you were still a youngster? These are standard practices even on small, so-called "humane" farms. Because animals "taste good," humans go to any lengths to justify animal abuse, and what's more abusive than eating an animal who merely wanted to live? The true definition of "humane": Would you want it done to you or someone you love? If people really want to preserve these species, stop destroying forests to grow crops to feed domesticated livestock, then release the rare breeds into the restored habitat to live out their lives as nature intended.

Th 4/30/15

Brown Proposes \$10,000 Fine For California's Worst Water Wasters

<http://www.kpbs.org/news/2015/apr/28/brown-proposes-10000-fine-californias-worst-water/>

Would the worst water wasters include omnivorous households? Since a typical animal-based diet requires 600 more gallons per day than a vegan plant-based diet, each omnivore wastes 600 gal/day x 365 days/year = 219,000 gal/year. For a household of five, that's over 1 million gallons of water wasted per year! <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

W 5/6/15

Vegan Chocolate "Cream" Pie

<http://jimbo.com/recipes/vegan-chocolate-cream-pie/> Via email to democoordinator@jimbo.com

www.maxlearning.net / HEALth / VeganCityBlog © 2/16/2017 * Page 45 of 71

I appreciate the attempt to offer vegan recipes like the "Vegan Chocolate 'Cream' Pie." Unfortunately, honey is an animal product so by definition is not vegan. Please either replace it with an alternative sweetener like maple or brown rice syrup, or drop "Vegan" from the title. Thanks, Mike Weinberg

Th 5/7/15

State Passes Historic Water Conservation Rules

<http://blogs.kqed.org/science/audio/state-passes-historic-water-conservation-rules>

Right on Belle & Berenice! The quickest and easiest way to save huge amounts of water is to adopt a plant-based vegan diet. The extra 600 gals/day needed to produce a meat-egg-dairy diet adds up to (600 gals/day x 365 days/year =) 219,000 gals/year, which is over 1 million gals/year for a family of five! That's a lot of lawn watering and showers. With all the delicious plant-based substitutes available nowadays, even in mainstream grocery stores, it's easier than ever to "go vegan!"

5/14/15 – 5/28/15

Road trip Eastern Canada / New England.

M 6/1/15

Can cold showers end the drought?

http://www.utsandiego.com/news/2015/may/28/end-drought-chill-out/?utm_source=Voice+of+San+Diego+Master+List&utm_campaign=f8916aee24-Morning_Report_format_updated_3_24_14_new_replicat&utm_medium=email&utm_term=0_c2357fd0a3-f8916aee24-83871405&goal=0_c2357fd0a3-f8916aee24-83871405

Using a catch bucket and Navy showers (wet, lather, rinse) help but pale in comparison to dietary choices. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>

Th 6/4/15

Water Is A Serious Issue For Many California Residents

<http://www.kpbs.org/news/2015/jun/04/water-serious-issue-many-california-residents/>

I agree with the 36% who said California's residents can "do more" to conserve water. Specifically by switching to a plant-based vegan diet. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>

W 6/10/15

California Lawmaker Proposes Steep Tax For Water Guzzlers

<http://www.kpbs.org/news/2015/jun/09/california-lawmaker-proposes-steep-tax-water-guzzl/>

Would the "worst water-guzzling residents" include omnivores? According to National Geographic, to grow feed and process livestock into animal products, each household omnivore indirectly uses 600 gallons more water per day than a plant-based vegan. That's a lot of lawn watering!

Su 6/14/15

California Orders Large Water Cuts For Farmers

<http://www.kpbs.org/news/2015/jun/12/california-orders-large-water-cuts-farmers/>

Farmers who grow plant foods for direct human consumption should be exempted from water cuts, provided they initiate drip irrigation and other conservation measures. Farmers who grow feed for livestock (totally unnecessary for human survival) should receive a subsidy the first year to let their fields lie fallow then be allowed to convert to producing human foods in succeeding years. Incredibly, California exports a hundred billion gallons of water per year in the form of alfalfa to feed Chinese livestock! <http://www.bbc.com/news/magazine-26124989>

T 6/16/15

"Instant" chocolate pudding

<http://partnersinhealth.kaiserpermanente.org/june-2015/national/Instant-chocolate-pudding-nat-june2015>

Via email to 1b902250blayfovciacuxptaaaaaa2d5vj6qvdkaiyaaaaa@kaiserpermanente-mail.org

Your "Instant" chocolate pudding sounds delicious, but it's not vegan ("Using a (vegan) mix of ...") if it includes honey. May I suggest maple syrup or, even better, date sugar, which is merely dried, ground-up dates--a whole food.

T 6/16/15

Pope's Missive On Environment, Poverty Could Affect Habits Of Millions

<http://www.kpbs.org/news/2015/jun/16/popes-missive-on-environment-poverty-could-affect/>

Hopefully, the Pope will mention the devastating effects of livestock production, which accounts for up to 51% of greenhouse gasses. It's time the world's Catholics, and all omnivores, gave a break to other sentient beings by not eating them.

Will Pope's Much-Anticipated Encyclical Be A Clarion Call On Climate Change?

<http://www.npr.org/sections/parallels/2015/06/16/414666357/popes-missive-on-environment-poverty-could-affect-habits-of-millions>

Even though he hails from meat-centric Argentina, I hope the Pope mentions the devastating environmental effects of livestock production, which accounts for up to 51% of greenhouse gasses. It's time the world's Catholics, and all omnivores, gave a break to other sentient beings by not eating them.

T 6/23/15

Water Authority Giving Away Free Buckets To Encourage Water Conservation

<http://www.kpbs.org/news/2015/jun/19/water-authority-giving-away-free-buckets-encourage/>

Buckets may save a few gallons per day, which is great, but for real water savings, the Water Authority should be stuffing Vegan Starter Kits into each bucket. According to National Geographic, a vegan diet requires 600 gallons of water less per day than an omnivorous diet.

T 6/23/15

Encinitas Could Be Poster City For Saving Water

<http://www.kpbs.org/news/2015/jun/22/encinitas-could-be-poster-city-water-saving-mindse/>

Another way Encinitas residents can save water is by patronizing their local vegan eateries like Native Foods and Peace Pies. A plant-based diet requires 400 gallons a day to produce vs 1000 gallons for a meat-based diet.

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Su 6/28/15

Bad News For Vegans – Plants Can Sense Touch, Smell, and Even Hear Themselves Being Eaten

http://www.healthy-holistic-living.com/bad-news-for-vegans-plants-can-sense-touch-smell-and-even-hear-themselves-being-eaten.html#abh_about (also posted this on Facebook)

How amazing that plants have so many abilities and senses! But it's a real stretch to conclude "So whether you eat an animal or a plant, it may be time to acknowledge that both are sentient beings without one being more significant or important than the other, just different." Does anyone seriously think that slicing a vegetable is equivalent to slicing an animal's throat? Even if it were the case, since it takes multiple pounds of plant matter to produce a single pound of meat, fish, egg, or dairy, the only rationale course to lessen suffering is to eat plants directly instead of recycling them through animals.

W 7/1/15

It's Not Clear If California's New Animal Welfare Law Is Creating Better Conditions

<http://www.kpbs.org/news/2015/jul/01/its-not-clear-if-californias-new-animal-welfare-la/>

What most consumers don't know is that no matter how well hens are treated, after a few years of confinement, when productivity wanes, they are killed for their meat. And since male layer chicks are economically worthless, they are ground alive or suffocated at birth. No one gets out alive. If you really care about animals, go vegan.

W 7/1/15

Rebates Available For San Diego Residents Who Remove Lawns

<http://www.kpbs.org/news/2015/jul/01/rebates-available-san-diego-residents-who-remove-l/>

How about a rebate for switching to plant-based eating? According to National Geographic, a vegan diet requires 600 gallons less per day than a meat-based diet. That's a lot of lawn watering!

Sa 7/11/15

Beachgoers Face Sandy Summer As California Shuts Off Showers At State Beaches

<http://www.kpbs.org/news/2015/jul/10/beachgoers-face-sandy-summer-california-shuts-show/>

Saving 18 million gallons/year by shutting off beach showers sounds like a lot. But it's a pittance compared to switching to a vegan diet, which saves 600 gallons/day over a standard diet (per National Geographic). At that rate, if just 100 of California's nearly 39 million omnivores switched to a plant-based diet, over 20 million gallons/year of water would be saved, and beachgoers could have their showers.

Sa 7/11/15

California Governor To Meet With Pope On Climate Change

<http://www.kpbs.org/news/2015/jul/10/california-governor-meet-pope-climate-change/>

Fossil fuels and fracking are bad for the climate, but let's hope that the governor and pope get around to discussing the #1 contributor to climate change, livestock production, which accounts for up to 51% of greenhouse gas emissions: <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

Su 7/12/15

CA drought: State parks and beaches to shut off outdoor showers

<http://www.scp.org/news/2015/07/10/53039/ca-drought-state-parks-and-beaches-to-shut-off-out/>

Saving 18 million gallons/year by shutting off beach showers sounds like a lot. But it's a pittance compared to switching to a vegan diet, which saves 600 gallons/day over a standard diet (per National Geographic). At that rate, if just 100 of California's nearly 39 million omnivores switched to a plant-based diet, over 20 million gallons/year of water would be saved, and beachgoers could have their showers.

Also posted to my source for this article, the Truth or Drought Facebook page with this added:

The math: 600 gals/day x 365 days/year = 219,000 gals/year x 100 vegan diets = 21,900,000 gals/year!

M 7/13/15

Inside The World's Largest Food Company You've Probably Never Heard Of

<http://www.kpbs.org/news/2015/jul/10/inside-the-worlds-largest-food-company-youve/>

<http://www.npr.org/sections/thesalt/2015/07/10/421532548/inside-the-world-s-largest-food-company-you-ve-probably-never-heard-of>

The most grisly thing about the meat business is that it is based on deluded consumers who've been brainwashed by government and industry to believe they need animal products to be healthy. In fact the opposite is true. No matter how "humanely" livestock are treated while alive, there is nothing more abusive than prematurely slitting their throats solely for human culinary pleasure. Omnivores who understand this and continue to demand animal products because they "taste good" are the ultimate animal abusers.

T 7/14/15

Ultramarathoner Finishes The Appalachian Trail In Record Time

<http://www.kpbs.org/news/2015/jul/13/ultramarathoner-finishes-the-appalachian-trail-in/>

<http://www.npr.org/sections/thetwo-way/2015/07/13/422610986/ultramarathoner-finishes-the-appalachian-trail-in-record-time>

The article neglected to mention that Scott set all his records on a plant-based, vegan diet. Wonder where he got his protein. ☺

T 7/14/15

Does Iceland Need New Cows To Keep Up With Demand For Skyr?

<http://www.kpbs.org/news/2015/jul/13/does-iceland-need-new-cows-to-keep-up-with-demand/>

<http://www.npr.org/sections/thesalt/2015/07/13/422556242/does-iceland-need-new-cows-to-keep-up-with-demand-for-skyr>

The dirty little secret of even small dairy farms is that cows must be continuously impregnated to produce milk, which is stolen from their babies for human use. Non-milk-producing-male calves are typically killed right away or after a few months for veal. For the females, when production wanes after a few years, they are slaughtered for meat. No one gets out alive.

W 7/15/15

When To Start Taking A Cholesterol Pill? The Decision Is Yours

<http://www.kpbs.org/news/2015/jul/15/when-to-start-taking-a-cholesterol-pill-the/>

<http://www.npr.org/sections/health-shots/2015/07/15/422953114/when-to-start-taking-a-cholesterol-pill-the-decision-is-yours>

I'm continually stunned when seemingly thin and healthy middle-aged contemporaries tell me they are taking statins to control high cholesterol. Likewise by a handful of relatively young family members and friends who have multiple stents holding their arteries open. This is particularly disconcerting when DVD documentaries such as "Forks Over Knives" prove that heart disease and clogged arteries can be prevented and even reversed by switching to a delicious, plant-based, vegan diet. This is not hearsay or wishful thinking but based on the clinical studies and research of brilliant doctors like Ornish, Esselstyn, and Campbell. While the majority of the medical establishment is reluctant to ditch the "give them a pill" paradigm, more progressive providers like Kaiser Permanente urge their doctors to recommend plant-based diets to all patients.

F 7/24/15

What San Diego Scientists Are Discovering About Dolphins And Diabetes

<http://www.kpbs.org/news/2015/jul/24/what-dolphins-diabetes-and-butter-have-common-san/>

There's no need to devote tax dollars to fund research on some obscure diabetes cure. According to recent trials conducted by the Physician's Committee for Responsible Medicine, "A plant-based diet can prevent, reverse, and manage diabetes."

<http://www.pcrm.org/health/diabetes-resources>

F 7/24/15

Salt Is Slowly Crippling California's Almond Industry

<http://www.kpbs.org/news/2015/jul/24/salt-is-slowly-crippling-californias-almond/>

One gallon of water per almond sounds like a lot until you compare it to animal foods. For example, per National Geographic's "The Hidden Water We Use," one egg requires 53 gallons. Who eats 53 almonds at a sitting?

<http://environment.nationalgeographic.com/environment/freshwater/embedded-water>

F 7/31/15

Nearly Two-Thirds Of Californians Believe Global Warming Is Impacting State's Ongoing Drought

<http://www.kpbs.org/news/2015/jul/31/nearly-two-thirds-californians-believe-global-warm/>

Kudos that a majority are finally rebuffing the climate deniers. The next step is acceptance that livestock production is responsible for 51% of global warming gases and 47% of California's water footprint. The final step is a major shift away from meat and dairy towards a plant-based, vegan diet.

[Cris Cassity](#) to [Mike Weinberg](#) • [an hour ago](#)

At first I thought you were joking. Did you really hear that somewhere?

My reply to Cris: **(never got posted; seems to be bias against posting links to other sites)**

Worldwatch Institute: Livestock and Climate Change

Livestock production accounts for up to 51% of greenhouse gas emissions.

<http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

Pacific Institute 2012: California's Water Footprint

Meat and dairy products comprise 47% of California's water footprint. All other agricultural products comprise 46% followed by direct household consumption at 4% and industrial products at 3%. http://pacinst.org/wp-content/uploads/2013/02/ca_footprint_full_report3.pdf

F 8/14/15

A Muscle Drug For Pigs Comes Out Of The Shadows

<http://www.kpbs.org/news/2015/aug/14/a-muscle-drug-for-pigs-comes-out-of-the-shadows/>

A recent study in the International Journal of Comparative Psychology found that pigs were intellectually and emotionally comparable or superior to dogs. No matter what they're fed, why love one yet eat the other?

T 8/18/15

4 Foods Americans Don't Eat Much Anymore

<http://www.kpbs.org/news/2015/aug/18/4-foods-americans-dont-eat-much-anymore/>

"I have from an early age abjured the use of meat, and the time will come when men such as I will look upon the murder of animals as they now look upon the murder of men." Leonardo da Vinci

W 8/26/15

Joy Rios, San Diego Vegans Facebook, August 24, 2015

What's your favorite vegan restaurant in S.D.? Go!

https://www.facebook.com/groups/sdvegans/?multi_permalink=10153731531781412¬if_t=group_highlights

Unfortunately, per www.happycow.net, most of the restaurants listed here are not vegan (Plumeria, OB People's Deli, Café Gratitude, Civico, Ranchos, Jyoti Bihanga, Sipz, Pokez, Purple Mint) as each serves animal products, some including meat. If you're an ethical vegan who prefers to support the brave eatery owners who choose not to hurt animals for profit, check out www.maxlearning.net/HEALth/VeganDiego.pdf, which lists all 100% vegan eateries in San Diego County.

F 8/28/15

Agency Launches App To Report San Diego's Water Wasters

<http://www.kpbs.org/news/2015/aug/25/water-authority-launches-app-report-san-diegos-wat/>

Just downloaded the app. As a single quarter-pound beef patty requires over 600 gallons of water (to grow the crops, water the cow, process the meat), enough for 2 months of daily showers, do I report meat eaters under the "Other Waste" category?

Su 8/30/15

The Bloody Mary Meat Straw: An All-American Story

<http://www.kpbs.org/news/2015/aug/30/the-bloody-mary-meat-straw-an-all-american-story/>

<http://www.npr.org/sections/thesalt/2015/08/26/434958065/the-bloody-mary-meat-straw-an-all-american-story#commentBlock>

Per (According to) the American Heart Association, processed meat doubles the risk of dying of heart failure. Pigs are smarter than dogs and feel pain just like humans. Best to stick to plastic straws.

W 9/2/15

Massive Fish Farm Proposed Off San Diego's Coast

<http://www.kpbs.org/news/2015/sep/02/massive-fish-farm-proposed-san-diegos-coast/>

Contrary to industry and government propaganda and profit, fish is NOT a health food. The vaunted omega-3s in (mercury/PCB-laden, high-saturated-fat) fish flesh comes from microalgae that fish eat, not from the fish itself. Healthy omega-3 sources include ground flax seeds, walnuts, and lab-grown microalgae capsules.

Th 9/3/15

San Diego Experts Talk Health Benefits Of Eating More Seafood

<http://www.kpbs.org/news/2015/sep/02/health-benefits-and-environmental-effects-eating-m/>

Don't take the bait—fish is not a health food, according to the Physicians Committee for Responsible Medicine. Some types of fish and shellfish rival red meat for their ill effects on heart health. A serving of shrimp has more than double the cholesterol as a serving of steak, 50% of calories in Chinook salmon come from fat, fish oil is linked to diabetes and prostate cancer, and mercury and other toxins that fish accumulate increase the risk of heart disease, cancer, and overall mortality. It's small wonder that Kaiser Permanente officially recommends a plant-based diet for optimum human health—they know it will save them money not to have to treat chronic, diet-related illnesses. And environmentally, the World Wildlife Fund estimates that over 85% of the world's fisheries have been overfished.

Reply from Li Tempo:

I find it very difficult to believe KP promotes a "plant-based" diet, and I'm a vegetarian. Last time I checked, salmon along with brown rice was pictured in one of their healthy eating promos.

My reply to Li Tempo:

A research paper in The Permanente Journal, Spring 2013, entitled "Nutritional Update for Physicians: Plant-Based Diets" concluded: "Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity." When I asked my Kaiser doctor if she and her colleagues agreed, she wrote: "The main problem is getting patients to adhere to such a diet." Unfortunately, just as smoking doctors in the 1950s recommended cigarettes to calm their patients' nerves, meat-eating doctors in 2015 find it easier to prescribe pills than recommend dietary changes. And the dietitians who write Kaiser's "healthy eating promos" apparently also fear that patients won't embrace strict plant-based eating, so their recipes include supposedly less harmful animal products. But things are starting to change. Dr. Kim Williams, once himself a heart-attack candidate and now president of the American College of Cardiology, promotes a low-fat vegan diet.

Li Tempo:

I haven't read it and it sounds like a journal available only to employees, but just from the title, it sounds like one writer's opinion. Not that I necessarily disagree, as I am vegetarian/pescatorian myself, but I keep seeing fish in their waiting room videos. Personally, I seek out "wild caught." And you both correct about changing people's eating habits. (see Robbins, DIET FOR A NEW AMERICA). Jack LaLanne, whom I remember watching as a child, lived until he was 96. His only source of protein besides plants, were egg whites and salmon.

Me:

Hi Li Tempo. Jack LaLanne was amazing. Equally amazing was Donald Watson, who coined the term "vegan" in 1944 and lived until he was 95 in excellent health with NO animal proteins. (Since our bodies recycle amino acids, we need only about 10% protein in our diets. Human breast milk is only about 1% protein. Plus, animal proteins are acidic and seen as invaders that our immune systems try to resist, similar to human organ transplants.) But beyond health, the primary reason to be vegan is because it's immoral to hurt animals solely for (culinary) pleasure. Most vegetarians don't realize that the egg and dairy industries are magnitudes crueler than the meat industry. Layer chickens and dairy cows suffer intensely for a couple of years then are killed for meat anyway when their productivity wanes.

Li Tempo:

As a vegetarian vs a vegan, where, pray tell, would they get B-12 other than supplements??? Spirulina? Soybeans? I know of no other plant that contains B-12.

Me:

That's a very important question, as B-12 deficiency in vegans or omnivores is a serious issue. However, neither plants nor animals produce B-12. It's created by bacteria that live in soil or water. These bacteria produce B-12 in the guts of animals that eat soil-contaminated plants, but modern humans prefer not to eat dirty food, which can contain lots of other nasty bacteria. So vegans must supplement with B-12 fortified foods like nutritional yeast (cheese-flavored flakes), breakfast cereals, veggie milks, mock meats, or lab-produced supplements. Only tiny amounts of B-12 are needed, and it persists for long periods in the body.

T 9/8/15

Molting Seals Boost Mercury Levels In Coastal Ecosystems

<http://www.kpbs.org/news/2015/sep/07/molting-seals-boost-mercury-levels-coastal-ecosyst/>

Since humans consider themselves "apex predators," in fact, the top of the food chain, why is the same mercury-laden fish that seals eat promoted as a health food?

T 9/8/15

The American Dentist And Killer Of Cecil The Lion Returns To Work

<http://www.kpbs.org/news/2015/sep/08/the-american-dentist-and-killer-of-cecil-the-lion/>

As awful as Cecil's death was, 10 billion equally-sentient animals are ordered killed each year by U.S. omnivores who enjoy munching on their corpses. Isn't killing for pleasure wrong in every case? Unless those angry with the dentist are vegan, it seems rather hypocritical to condemn his actions without examining their own.

<http://www.npr.org/sections/thetwo-way/2015/09/08/438561331/the-american-dentist-and-killer-of-cecil-the-lion-returns-to-work#commentBlock>

As terrible and unnecessary as Cecil's death was, 10 billion equally-sentient animals are ordered killed each year by U.S. omnivores who enjoy munching on their corpses. Isn't killing for pleasure wrong in every case? Unless those outraged with the dentist are vegan, it seems rather hypocritical to condemn his actions without examining their own.

F 9/11/15

What Would Happen If We Burned Up All Of Earth's Fossil Fuels?

<http://www.kpbs.org/news/2015/sep/11/what-would-happen-if-we-burned-up-all-of-earths/>

<http://www.npr.org/sections/thetwo-way/2015/09/11/439538952/what-would-happen-if-we-burned-up-all-of-earths-fossil-fuels>

What rarely gets mentioned in the climate-change debate is that anywhere from 18-51% (depending on your source) of greenhouse gases result from livestock production. Even at the lowest estimate, that's more than all forms of transportation combined. As millions of healthy vegans can attest, humans have zero need to ingest animal products of any kind.

M 9/15/15

Paleo People Were Making Flour 32,000 Years Ago

<http://www.kpbs.org/news/2015/sep/14/paleo-people-were-making-flour-32000-years-ago/>

<http://www.npr.org/sections/thesalt/2015/09/14/440292003/paleo-people-were-making-flour-32-000-years-ago>

It certainly makes sense that the easiest food to acquire is the type that doesn't run away, that is (namely), plants. Even the most proficient carnivore has a dismally-low hunt & kill rate. Sure, humans can survive on an animal-based diet, but so can herbivorous cows who are fed tons of fish meal and shellfish as well as ground up and rendered pets, pork, chicken feathers/feces, dried blood, and other offal. Ill health is the primary result.

M 9/21/15

Startups Connect Vermont's Farmers To Urban Markets

<http://www.kpbs.org/news/2015/sep/21/startups-connect-vermonts-farmers-to-urban-markets/>

<http://www.npr.org/sections/thesalt/2015/09/21/441531252/startups-connect-vermonts-farmers-to-urban-markets>

Farm to table is great, and the depicted calves are cute. Unfortunately, they must be separated from their grieving mothers at birth so that farmers can profit by selling milk meant for them to humans who've been brainwashed that it's healthy to consume what is essentially baby-calf growth fluid. Male and surplus female calves end up as veal on someone's plate. And the mother cows are once again artificially inseminated, because they must be pregnant to produce milk. Finally, in a few short years, after their productivity wanes, they're killed for fast-food burgers or pet food. Far from benign, dairy is a very brutal industry.

T 10/13/15

If Big Food Buys Your Favorite 'Natural' Food Brand, Will You Trust It?

<http://www.kpbs.org/news/2015/oct/12/if-big-food-buys-your-favorite-natural-food-brand/>

<http://www.npr.org/sections/thesalt/2015/10/12/445005485/if-big-food-buys-your-favorite-natural-food-brand-will-you-trust-it#commentBlock>

The true definition of "humane": Would you want it done to you, a loved one, or a pet? Even so-called "humane" farms inflict tremendous suffering on helpless animals, e.g., branding, tail/horn docking, beak shearing, castration...all without anesthetic. And even if these poor creatures were coddled and pampered, slitting their throats at an early age solely for human culinary enjoyment is anything but humane.

W 10/14/15

San Diego County Reduces Water Consumption By 26 Percent

<http://www.kpbs.org/news/2015/oct/13/san-diego-county-reduces-water-consumption-26-perc/>

Any water savings is commendable, but household use is a mere 4% of California's water footprint vs. over 50% for animal agriculture. By simply replacing water-intensive livestock products with delicious plant-based substitutes, residents would save massive amounts of water. For example, a single quarter-pound beef patty requires over 600 gallons of water (to grow the crops, water the cow, process the meat), enough for 2 months of daily showers. An equivalent veggie burger requires only about 40 gallons of water. Piled with condiments, few people would notice the difference, and they'd be healthier as well.

F 10/16/15

Food For Thought: Healthy Planet Left Behind In U.S. Dietary Guidelines

<http://www.kpbs.org/news/2015/oct/14/should-healthy-diet-2015-dietary-guidelines-includ/>

Given the following stats, it's impossible to be a meat-eating environmentalist.

- * Land: livestock production uses 30% of Earth's land mass.
- * Food: More than 70% of grain is fed to farm animals.
- * Energy: It takes 11 times more fossil fuel to produce one calorie of animal vs. plant protein.
- * Water: It takes 2400 gallons of water to produce 1 pound of meat vs. just 25 gallons to grow 1 pound of wheat.

F 10/16/15

Small Meat Producers Take Their Slaughterhouse Grips To Congress

<http://www.kpbs.org/news/2015/oct/15/small-meat-producers-take-their-slaughterhouse/>

Small-farm economics aside, no one needs meat to survive. Not only does it compromise health, it devastates the environment and harms innocent animals. "I have from an early age abjured the use of meat, and the time will come when men such as I will look upon the murder of animals as they now look upon the murder of men." Leonardo da Vinci (16th century). "The question is not can they reason?, nor can they talk?, but can they suffer?" Jeremy Bentham (18th century). When will humans get the message and leave the poor animals alone? None wants to be food on a plate.

Su 10/18/15

New California Law Allows For Fish Markets

<http://www.kpbs.org/news/2015/oct/16/new-california-law-allows-fish-markets/>

If the state were truly concerned about consumer safety, it would warn the public about the dangers of fish, which is laden with mercury, PCBs, and other concentrated toxins. Rather than worry about whether a fish was touched by "eight or nine hands," the true concern

should be over the excess animal protein, saturated fat, and cholesterol found in all flesh foods. Even the touted omega-3's can be gotten more safely from ground flax seeds, walnuts, or microalgae, which is what the fish eat to get omega-3 in the first place.

T 11/3/15

UN Agency Links Hot Dogs And Other Processed Meat To Cancer

<http://www.kpbs.org/news/2015/oct/27/un-agency-links-hot-dogs-and-other-processed-meat/>

The meat industry's worst nightmare. Naturally they're in denial, like the tobacco industry was in years past. It won't be long before science confirms that ALL animal protein (poultry, fish, eggs, dairy...) is harmful to human health.

T 11/3/15

Bumble Bee Says Customers Now Can Trace Their Tuna

<http://www.kpbs.org/news/2015/oct/28/bumblebee-says-customers-now-can-trace-their-tuna/>

What's really needed on the can is the percentage of mercury, PCB's, and other harmful substances that accumulate in fish flesh. It's anything but a health food.

T 11/3/15

October's Hot Temperatures In San Diego Soared Off The Charts

<http://www.kpbs.org/news/2015/nov/02/octobers-hot-temperatures-san-diego-soared-charts/>

According to the Worldwatch Institute, livestock production accounts for up to 51% of greenhouse gas emissions. It suggests decreasing meat consumption as a means of mitigating climate change. Will a meat-obsessed world heed the call before it's too late?

T 11/3/15

Salk Scientists Fight Harmful Bacteria With More Bacteria

<http://www.kpbs.org/news/2015/oct/30/salk-scientists-fight-harmful-bacteria-more-bacter/>

The FDA has noted that 92 percent of all drugs that are shown to be safe and effective in animal tests fail in human trials because they don't work or are dangerous. Human tissue- and cell-based research methods are more reliable, less expensive, and more humane than animal experiments.

T 11/17/15

It's Final: FDA Issues Long-Awaited Food Safety Rules

<http://www.kpbs.org/news/2015/nov/13/its-final-fda-issues-long-awaited-food-safety/>

The solution to pathogens in manure contaminating crops is an evolution to veganic farming, which is organic farming that uses only plant-based fertilizers. In nature, wild plants obtain nutrients from the decay of other plants. If they had to rely on animal waste, most of the planet would be devoid of vegetation.

W 11/18/15

Justice Department Announces Criminal Charges Against Dietary Supplement Firms

<http://www.kpbs.org/news/2015/nov/17/justice-department-announces-criminal-charges/>

Consumers who think they can get their nutrition from a pill have been misled by an excessively profit-driven industry. There's little money to be made in selling whole fruits and veggies, but extracting and repackaging the latest "miracle" nutrient is big business. In China Study author T. Colin Campbell's followup book, "Whole," he makes the case that isolated nutrients are dramatically less effective than the original whole food. For example, an apple has thousands of antioxidants and phytochemicals that interact with each other to provide optimum health; extracting just one negates the benefits. With food, the whole is truly greater than its parts.

W 11/18/15

Entrepreneurs Pitch Sustainable Seafood Ideas. Investors Take The Bait

<http://www.kpbs.org/news/2015/nov/17/entrepreneurs-pitch-sustainable-seafood-ideas/>

If these entrepreneurs truly "love the ocean," they'll leave the fish alone. Even so-called "sustainable" fish is tainted with mercury, PCBs, and other nasty chemicals, as well as saturated fat and cholesterol, which are in turn stored in the fat cells of human consumers. And the vaunted omega-3's can be more safely obtained from ground flax seeds, walnuts, or microalgae, which is where fish get it from in the first place.

F 11/20/15

E. Coli Bacteria Can Transfer Antibiotic Resistance To Other Bacteria

<http://www.kpbs.org/news/2015/nov/20/e-coli-bacteria-can-transfer-antibiotic/>

Humans addiction to and obsession with eating animal products not only leads to antibiotic resistance but also killer flu strains that originate in swine & poultry. Not to mention the increased heart disease, cancer, diabetes, and other ailments that result from consuming animal protein, saturated fat, and cholesterol. It's almost as if animals were wreaking karmic revenge on their tormentors.

F 11/20/15

FDA Says Genetically Modified Salmon Is Safe To Eat

<http://www.kpbs.org/news/2015/nov/19/fda-says-genetically-modified-salmon-is-safe-to/>

Why the fuss when NO fish is safe to eat? Even if fish flesh didn't contain mercury, PCBs, and other accumulated nasties, animal protein, saturated fat, and cholesterol are known health hazards. Even the beneficial omega-3s can be more safely obtained from ground flax seeds, walnuts, or microalgae, which is where fish get it from in the first place.

Sa 11/21/15

Premium, Young And Natural: The Turkey Labels We Cluck-Cluck Over

<http://www.kpbs.org/news/2015/nov/18/premium-young-and-natural-the-turkey-labels-we/>

The true definition of humane: Would you want it done to you or a loved one? Fattening up a captive bird in order to slit its throat solely for human culinary pleasure is never humane. If you care about animals, leave them off your plate.

Su 11/22/15

<http://www.npr.org/sections/thesalt/2015/11/18/456414257/premium-young-and-natural-the-turkey-labels-we-cluck-cluck-over>

The true definition of humane: Would you want it done to you or a loved one? Fattening up a captive bird in order to kill it solely for human culinary pleasure can never be humane, no matter how well the bird is treated before his or her death. If one cares at all for animals, they'll leave them off their plate.

Su 11/22/15

Don't Mess With My Stuffing: Thanksgiving's Most Hotly Debated Dish

<http://www.kpbs.org/news/2015/nov/22/dont-mess-with-my-stuffing-thanksgivings-most/>

<http://www.npr.org/sections/thesalt/2015/11/22/456824626/dont-mess-with-my-stuffing-thanksgivings-most-hotly-debated-dish>

How many people are aware that "in-the-bird" stuffing is cooked in the turkey's anal cavity? And that the bird itself is a decaying corpse? How can anything dead for days or weeks be called fresh?

Su 11/22/15

As Brazil's Largest City Struggles With Drought, Residents Are Leaving

<http://www.kpbs.org/news/2015/nov/22/as-brazils-largest-city-struggles-with-drought/>

<http://www.npr.org/sections/parallels/2015/11/22/455751848/as-brazils-largest-city-struggles-with-drought-residents-are-leaving>

So Sao Paulo's drought may be linked to deforestation. What the article fails to mention is that livestock production for foreign meat exports is the leading cause of deforestation. Cheap beef for meat-addicted global consumers is destroying the planet.

M 11/23/15

Turning Down The Heat When Cooking Meat May Reduce Cancer Risk

<http://www.kpbs.org/news/2015/nov/23/turning-down-the-heat-when-cooking-meat-may/>

<http://www.npr.org/sections/thesalt/2015/11/23/456654768/turning-down-the-heat-when-cooking-meat-may-reduce-cancer-risk>

Best solution: Ditch the meat! Millions of vegans live healthy, happy lives, never missing animal flesh. Rather than feeling deprived, they're on a culinary adventure discovering dozens of new, delicious, cancer-preventing fruits and veggies.

T 11/24/15

So Long, Turkey: 3 Ways To Spice Up Thanksgiving Without The Bird

<http://www.kpbs.org/news/2015/nov/23/so-long-turkey-3-ways-to-spice-up-thanksgiving/>

<http://www.npr.org/sections/thesalt/2015/11/23/456698512/so-long-turkey-3-ways-to-spice-up-thanksgiving-without-the-bird>

Turkeys, deer, and pigs encourage you to enjoy the stuffed pumpkin or some equally delectable vegan dish. Like you, they just want to live their lives and not be food on someone's plate.

M 11/30/15

Challenge For San Diegans: Waste Less Food This Holiday Season

<http://www.kpbs.org/news/2015/nov/30/nonprofit-challenges-san-dieggans-waste-less-food/>

On average, it takes about 16 pounds of plant food to produce 1 pound of meat. The rest goes to manure. If San Diegans are serious about reducing waste, they'll eat plant foods directly, bypassing the middle-cow/pig/chicken, leaving ample food for the hungry.

W 12/2/15

9 San Diego County Water Districts Miss Conservation Goals

<http://www.kpbs.org/news/2015/dec/01/9-san-diego-county-water-districts-miss-conservati/>

The larger issue is not the water used or wasted in local districts, but that used statewide. Per National Geographic, a person who eats no meat or dairy indirectly consumes nearly 600 gallons of water per day less than a person who does. Shockingly, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers! What's really needed is a statewide shift towards plant-based eating.

Su 12/6/15

How Chicago's Slaughterhouse Spectacles Paved The Way For Big Meat

<http://www.kpbs.org/news/2015/dec/03/how-chicagos-slaughterhouse-spectacles-paved-the-way-for-big-meat>

<http://www.npr.org/sections/thesalt/2015/12/03/458314767/how-chicago-s-slaughterhouse-spectacles-paved-the-way-for-big-meat>

In the late 1970s, I visited a small slaughterhouse in Wisconsin. With all the blood, guts, and screaming animals, it was horrific, like Dante's inferno. All the while, the workers (devils to the animals?) casually discussed the latest ball game or their kids' school play. Very surreal. But I considered it a necessary evil, since we needed animal products to be healthy. In the late 1990s, I came across an online article that said the opposite was true, that consuming animal products lead to heart disease, cancer, diabetes, etc. Seeing no reason for animals to continue to suffer and die solely for my culinary pleasure, I became an instant vegan. Best life decision I ever made. My only disappointment—most of the normally compassionate friends and family that I shared this info with continue to hurt (eat) animals.

Su 12/6/15

San Diego's Best New Restaurants 2015

<http://www.sandiegomagazine.com/San-Diego-Magazine/December-2015/San-Diegos-Best-New-Restaurants-2015/>

Café Gratitude: The new face of vegetarianism. "San Diego needs about 30 more healthy, meat-alternative concepts like this."

While there's not quite 30 (yet), here's a list of all 100% vegan eateries in San Diego County:

www.maxlearning.net/HEALth/VeganDiego.pdf.

M 12/7/15

Climate Change Is Killing Us, Literally — And Here's How

<http://www.kpbs.org/news/2015/dec/07/climate-change-is-killing-us-literally-and-heres-how>

<http://www.npr.org/sections/goatsandsoda/2015/12/07/458487877/climate-change-is-killing-us-literally-and-heres-how>

Rich countries are also the chief consumers of livestock and, depending on the study referenced, livestock production accounts for 18 to 51% of greenhouse gases. Even the lower figure is more than all forms of transportation (planes, trains, automobiles...) combined. The human misery imposed by climate change (along with heart disease, cancer, diabetes...) is karmic revenge for the misery humans impose on animals just because they "taste good."

Sa 12/12/15

Final Draft Of World Climate Agreement Goes To A Vote In Paris Saturday

<http://www.kpbs.org/news/2015/dec/12/final-draft-of-world-climate-agreement-goes-to-a-vote-in-paris-saturday>

Depending on the study, livestock production accounts for 18 to 51% of greenhouse gases. Will the agreement mention this at all? Or will omnivorous delegates vote to protect their dietary addictions and livestock industries?

Sa 12/12/15

Nearly 200 Nations Adopt Climate Agreement At COP21 Talks In Paris

<http://www.npr.org/sections/thetwo-way/2015/12/12/459464621/final-draft-of-world-climate-agreement-goes-to-a-vote-in-paris-saturday>

Depending on the study, livestock production accounts for 18 to 51% of greenhouse gases, more than all planes, trains, and automobiles combined. Does the agreement mention this at all? Or did omnivorous delegates opt to protect their dietary addictions and livestock industries?

Su 12/13/15

2 Degrees, \$100 Billion: The World Climate Agreement, By The Numbers

<http://www.kpbs.org/news/2015/dec/12/2-degrees-100-billion-the-world-climate-agreement-by-the-numbers>

<http://www.npr.org/sections/thetwo-way/2015/12/12/459502597/2-degrees-100-billion-the-world-climate-agreement-by-the-numbers>

Given this historic agreement, let's hope the participating national leaders have the courage to ask their constituencies to reduce or eliminate livestock consumption, which accounts for anywhere from 18 to 51% of greenhouse gas emissions, more than all transportation sectors combined.

Th 12/17/15

California Gets Mixed Grades For Drought Policy

<http://www.kpbs.org/news/2015/dec/16/california-gets-mixed-grades-drought-policy>

Has the state done anything to curtail the export of 100 BILLION gallons of water per year in the form of alfalfa to feed China's expanding livestock herds?

Su 12/20/15

Kaiser Plans To Open New Medical School In Southern California

<http://www.kpbs.org/news/2015/dec/17/kaiser-plans-open-new-medical-school-southern-california>

Kaiser is one smart operator! Having advocated plant-based eating since 2013 as a way to reduce obesity, heart disease, and diabetes—and the resultant medication / surgical cost drain to their bottom line—they'll now be able to educate future medical personnel directly about the advantages of plant-centered diets. Here's the link to Kaiser's "The Plant-Based Diet—a healthier way to eat," a free,

downloadable booklet: https://mydoctor.kaiserpermanente.org/ncal/Images/New%20Plant%20Based%20Booklet%201214_tcm28-781815.pdf

Su 12/20/15

Kaiser Permanente's New Medical School Will Focus On Teamwork

www.npr.org/sections/health-shots/2015/12/18/460291216/kaiser-permanentes-new-medical-school-to-focus-on-teamwork

Kaiser is one smart operator! Having advocated plant-based eating since 2013 as a way to reduce obesity, heart disease, and diabetes—and the resultant medication / surgical cost drain to Kaiser's bottom line—they'll now be able to educate future medical personnel directly about the advantages of plant-centered diets. Here's the link to Kaiser's "The Plant-Based Diet—a healthier way to eat," a free, downloadable booklet: https://mydoctor.kaiserpermanente.org/ncal/Images/New%20Plant%20Based%20Booklet%201214_tcm28-781815.pdf

W 12/23/15

Spaniards Snap Up Holiday Hams, Even After Cancer Warning

<http://www.kpbs.org/news/2015/dec/23/spaniards-snap-up-holiday-hams-even-after-cancer/>

<http://www.npr.org/sections/thesalt/2015/12/23/459240693/spaniards-snap-up-holiday-hams-even-after-cancer-warning>

Another example of human irrationality. The last line nails it: "...going out for a smoke." Babe the pig must be turning over in his (movie) grave for all the suffering inflicted on his brethren. But in the long run, they are getting karmic, cancerous, revenge against their tormentors.

W 12/23/15

California's Crab-Season Delay Claims Christmas

<http://www.kpbs.org/news/2015/dec/23/californias-crab-season-delay-claims-christmas/>

Why the fuss about a little neurotoxin in your seafood? Just a condiment to the mercury, PCBs, and other nasties that reside in it year round. Not to mention the high levels of saturated fat and cholesterol. I suspect the crabs are saying, "Just leave us alone, already!"

F 12/25/15

Why Miami Cubans Roast Christmas Pigs In A 'China Box'

<http://www.kpbs.org/news/2015/dec/24/why-miami-cubans-roast-christmas-pigs-in-a/>

<http://www.npr.org/sections/thesalt/2015/12/24/459976586/why-miami-cubans-roast-christmas-pigs-in-a-chinese-box>

"We put her in...when she's pretty much done...flip her over...Once that's done, pull her out and cut...." Chilling description if you acknowledge that "she" was a being with feelings, a family, and a personality who just wanted to live, not be food on someone's plate.

Su 12/27/15

If Doctors Learned To Cook, They Might Give Better Advice

<http://www.kpbs.org/news/2015/dec/26/if-doctors-learned-to-cook-they-might-give-better/>

<http://www.npr.org/sections/health-shots/2015/12/26/460803440/if-doctors-learned-to-cook-they-might-give-better-advice>

Better advice? How ironic that this article references one doctor (Weil), whose website pushes supplements and whose personal food pyramid includes daily servings of animal products, and another doctor (Gourmet/Harlan), whose holiday meal features pork loin, not a health food by most measures. In stark contrast are the growing legion of plant-based doctors (Barnard, Campbell, Esselstyn, Klapner, McDougall, Ornish, et. al.) whose research and clinical trials scientifically prove that heart disease, diabetes, obesity, and other lifestyle ailments can be reversed without surgery or medication. Smart HMOs, like Kaiser Permanente, are on board with plant-based diets, because it keeps their patients healthier and treatment costs down, which means greater profits for them.

M 1/4/16

Vegetables Likely To Take More Of Your Plate in 2016

<http://www.kpbs.org/news/2016/jan/03/vegetables-likely-to-take-more-of-your-plate-in/>

<http://www.npr.org/sections/thesalt/2016/01/01/461704287/vegetables-likely-to-take-more-of-your-plate-in-2016> (Reposted 1/7/16)

Regarding ethical treatment of animals, the only way to have "humane" production is to leave animals, and their secretions, off your plate. Perhaps surprisingly, egg and dairy animals suffer more than their meat-industry counterparts. After a few years of misery, they are killed for their meat anyway. The true definition of humane: Would you want it done to you or someone you love?

Th 1/7/16

New Dietary Guidelines Crack Down On Sugar. But Red Meat Gets A Pass

<http://www.kpbs.org/news/2016/jan/07/new-dietary-guidelines-crack-down-on-sugar-but/>

<http://www.npr.org/sections/thesalt/2016/01/07/462160303/new-dietary-guidelines-crack-down-on-sugar-but-red-meat-gets-a-pass>

Apparently the meat industry has more money and better lobbyists than the sugar industry. But the smart meat companies see the writing on the wall and are diversifying into plant-based proteins. From a health standpoint, there's no contest: Meat has zero fiber, high saturated fat, and high cholesterol; plants have loads of fiber, low saturated fat, and zero cholesterol. From an ethical standpoint, there's no reason to slaughter billions of animals each year solely to satisfy human taste buds.

W 1/13/16

More Hospitals Are Ditching Antibiotics In The Meat They Serve

<http://www.kpbs.org/news/2016/jan/12/more-hospitals-are-ditching-antibiotics-in-the/>

<http://www.npr.org/sections/thesalt/2016/01/12/462176257/more-hospitals-are-ditching-antibiotics-in-the-meat-they-serve>

Antibiotic-free or not, smart hospitals will ditch the meat (zero fiber, high cholesterol, high saturated fat) in favor of plant foods (zero cholesterol, high fiber, low saturated fat). Better health outcomes in patients reduce costs. Kaiser HMO recommends that its physicians advise their patients, especially those suffering from the most prevalent lifestyle ailments (obesity, diabetes, heart disease...), to follow a plant-based diet. Loma Linda University Medical Center, located in the only U.S. Blue Zone (worldwide regions where people regularly live healthy lives past 100 years), features a vegetarian cafeteria. The related Adventist Medical Center in Portland, Oregon, sports a 100% vegan eatery.

F 1/15/16

Warning Labels Might Help Parents Buy Fewer Sugary Drinks, Study Finds

<http://www.kpbs.org/news/2016/jan/14/warning-labels-might-help-parents-buy-fewer/>

<http://www.npr.org/sections/thesalt/2016/01/14/463061869/warning-labels-might-help-parents-buy-fewer-sugary-drinks-study-finds>

Excess sugar is no joke, but I wonder if warning labels will also work for meat. According to Dr. Michael Greger's new best-selling magnum opus, *How Not To Die*, "people who once ate vegetarian diets but then started to eat meat at least once a week experienced a 146 percent increase in odds of heart disease, a 152 percent increase in stroke, a 166 percent increase in diabetes, and a 231 percent increase in odds of weight gain."

F 1/15/16

Dispute Over Prayer Breaks Divides Muslim Meatpacking Workers

<http://www.kpbs.org/news/2016/jan/14/dispute-over-prayer-breaks-divides-muslim/>

<http://www.npr.org/sections/thesalt/2016/01/14/462825374/at-meatpacking-plant-a-dispute-over-muslim-workers-prayer-breaks>

This situation is abusive on at least two levels. First, immigrants are exploited in dangerous jobs (highest injury rate in the nation) that native-born Americans (wisely) refuse to fill. Second, innocent animals have their throats slit for nothing more than human taste buds. There is zero need in the diet for animal foods. Livestock gets all the nourishment they need from plants. So can humans, as millions of healthy vegans can attest.

F 1/15/16

Man Who Bludgeoned Seal Pup Sentenced

[http://www.nbcsandiego.com/news/local/Man-Who-Bludgeoned-Seal-Pup-Sentenced-](http://www.nbcsandiego.com/news/local/Man-Who-Bludgeoned-Seal-Pup-Sentenced-365334481.html?utm_source=Voice+of+San+Diego+Master+List&utm_campaign=2d3ee9dabf-Morning_Report&utm_medium=email&utm_term=0_c2357fd0a3-2d3ee9dabf-83871405&goal=0_c2357fd0a3-2d3ee9dabf-83871405)

[365334481.html?utm_source=Voice+of+San+Diego+Master+List&utm_campaign=2d3ee9dabf-Morning_Report&utm_medium=email&utm_term=0_c2357fd0a3-2d3ee9dabf-83871405&goal=0_c2357fd0a3-2d3ee9dabf-83871405](http://www.nbcsandiego.com/news/local/Man-Who-Bludgeoned-Seal-Pup-Sentenced-365334481.html?utm_source=Voice+of+San+Diego+Master+List&utm_campaign=2d3ee9dabf-Morning_Report&utm_medium=email&utm_term=0_c2357fd0a3-2d3ee9dabf-83871405&goal=0_c2357fd0a3-2d3ee9dabf-83871405)

This man is clearly misguided. But what about all the chickens, pigs, cows, and fish killed / clubbed to death solely for human taste buds?

Sa 1/16/16

Most U.S. Egg Producers Are Now Choosing Cage-Free Houses

<http://www.kpbs.org/news/2016/jan/15/most-us-egg-producers-are-now-choosing-cage-free/>

<http://www.npr.org/sections/thesalt/2016/01/15/463190984/most-new-hen-houses-are-now-cage-free>

Cage-free is not cruelty-free. All male layer chicks (economically worthless since they don't lay eggs and, unlike broiler chicks, haven't been bred to grow fast enough for profitable meat production) are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Surviving female chicks have their beak tips sheared off with a hot blade, leading to pain and starvation and death in some cases. Cage-free hens still never see the light of day, and, when their productivity wanes, are shipped to the slaughterhouse to make chicken nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether. Even backyard chickens came from factory hatcheries.

Su 1/17/16: **Reply from: doug nunyabidness**

Do you a real viable source for all this? I find it hard to believe that the chickens are killed and ground up. And causing females to starve to death is not economical nor is it humane

F 1/21/16 :Try this to start: https://en.wikipedia.org/wiki/Chick_culling

F 1/22/16

Commentary: Humane Society Urges Action On Gestation Crates

<http://trtnj.com/commentary-humane-society-urges-action-on-gestation-crates/>

Gestation crates are a medieval horror, but crate-free is not cruelty-free. If you wouldn't hurt a dog or cat even one time, why would you hurt (by ordering one for dinner) a pig even one time? The only way to ensure animals don't suffer is to go vegan.

F 1/22/16

Norwegian cruise ships switching to 100 percent cage-free eggs by 2025

<http://www.sun-sentinel.com/business/tourism/fl-norwegian-cage-free-eggs-policy-20160119-story.html>

Cage-free is not cruelty-free. All male layer chicks, economically worthless since they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Cage-free hens still never see the light of day, and, when their productivity wanes, are shipped to the slaughterhouse to make chicken nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether. Even backyard chickens came from factory hatcheries.

F 1/22/16

ConAgra joins other companies in move toward using '100 percent cage-free eggs'

http://www.omaha.com/money/conagra-joins-other-companies-in-move-toward-using-percent-cage/article_80ef58b1-2986-524f-8b2c-2b7d22b42c47.html

Cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether. Even most backyard chickens come from factory hatcheries.

F 1/22/16

Target Joins Growing List of Food Companies Committing To Cage-Free Eggs

<http://fortune.com/2016/01/20/target-cage-free-eggs/>

Cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether.

F 1/22/16

Taco John's Announces Timeline For Sourcing 100% Cage-Free Eggs

<https://www.tacjohns.com/company/newsroom/2016/january-2016/taco-johns-announces-timeline-for-sourcing-100-cage-free-eggs/>

Cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether.

T 1/16/16

When A Chicken Farm Moves Next Door, Odor May Not Be The Only Problem

<http://www.kpbs.org/news/2016/jan/24/when-a-chicken-farm-moves-next-door-odor-may-not/>

<http://www.npr.org/sections/thesalt/2016/01/24/463976110/when-a-chicken-farm-moves-next-door-odor-may-not-be-the-only-problem>

If it's unbearable for the neighbors, imagine what it's like for chickens surrounded 24/7 by feces and rotting carcasses, not to mention the workers who must tend to them. Not only does the ammonia-filled air burn eyes and lungs, the putrid living conditions lead to disease and contamination. Consumer Reports found that over 95% of store-bought chicken contained harmful bacteria. And cooking it was no solution as most disease spread occurred from surfaces contaminated by raw meat. The safest course is to ditch meat altogether and embrace the wholesome, cruelty-free lifestyle enjoyed by millions of healthy, happy vegans.

F 1/29/16

Bob Evans vows to use cage-free eggs by 2025

<http://www.toledoblade.com/business/2016/01/28/Bob-Evans-vows-to-use-cage-free-eggs-by-2025.html>

It's important to remember that cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating egg products altogether.

F 1/29/16

White Castle to Transition 100% of Egg Supply to Cage-Free

<http://www.prnewswire.com/news-releases/white-castle-to-transition-100-of-egg-supply-to-cage-free-300212125.html>

Cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating egg products altogether. Plenty of plant-based substitutes exist.

F 1/29/16

What You Need to Know About the Corporate Shift to Cage-Free Eggs

<http://civileats.com/2016/01/28/what-you-need-to-know-about-the-corporate-shift-to-cage-free-eggs/>

As Paul Shapiro affirms, cage-free isn't cruelty free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating egg products altogether. Plenty of plant-based substitutes exist, especially for processed foods.

M 2/1/16

A Diet High In Fiber May Help Protect Against Breast Cancer

<http://www.kpbs.org/news/2016/feb/01/a-diet-high-in-fiber-may-help-protect-against/>

<http://www.npr.org/sections/thesalt/2016/02/01/464854395/a-diet-high-in-fiber-may-help-protect-against-breast-cancer>

Animal products (meat, fish, dairy, eggs) contain ZERO fiber. A stomach can hold only so much food, and fiber is very filling. Bottom line: Ditch animal products in favor of whole, plant-based foods.

T 2/2/16

Crazy For Jerky: An Ancient Trail Food Finds New Fans

<http://www.kpbs.org/news/2016/feb/01/crazy-for-jerky-an-ancient-trail-food-finds-new/>

<http://www.npr.org/sections/thesalt/2016/02/01/463954925/crazy-for-jerky-an-ancient-trail-food-finds-new-fans>

The International Agency for Research on Cancer recently classified processed meat (salted, cured, smoked) as a carcinogen. As an alternative, animals worldwide recommend vegan jerky.

W 2/3/16

Response from twells: "Plants have many natural carcinogens and toxins, owing to their use as deterrents for insects. Saying animal products are carcinogenic while implying plants products are not is not intellectually honest."

My reply: "If you'll please point me to the edible plants that the International Agency for Research on Cancer classifies as carcinogens, I'll gladly avoid them."

F 2/5/16

Sickly Sea Lion Pup Rescued From The Marine Room

<http://www.kpbs.org/news/2016/feb/04/sickly-sea-lion-pup-rescued-marine-room/>

Kudos to SeaWorld for its rescue & rehab efforts. When they ultimately decide to return their woeful collection of imprisoned-for-entertainment-profit animals to their natural habitats, they'll have my full support.

Reply from simondgreat

I don't seem to see PETA ever come to the rescue of sea lions. What gives?....I'm sure they're waiting in line for your support. How bout you try helping out few of this sea pups for yourself on your own time and dime. I didn't think so. How do you think they make the money to come rescue the these sea lions?

My reply: Based on pressure from PETA and other animal rights organizations, the European Union banned seal products in 2010, preventing hundreds of thousands of baby Canadian seals from being clubbed to death. Huge results compared to the 47 marine mammals SeaWorld San Diego rescued this year and the 1,057 rescued last year. How much did SeaWorld spend on these rescues? A pittance compared to the profits they rake in from exploiting their captive seals, dolphins, and orcas. How about this for a compromise? SeaWorld forms a separate non-profit rescue and rehab organization, to which I'll gladly contribute.

T 2/9/16

Record \$300 Million Net Loss For McDonald's In Japan As Sales Drop

<http://www.kpbs.org/news/2016/feb/09/record-300-million-net-loss-for-mcdonalds-in/>

<http://www.npr.org/sections/thetwo-way/2016/02/09/466128137/record-300-million-net-loss-for-mcdonald-s-in-japan-as-sales-drop>

Could it also be that the Japanese people are wising up to the fact that even worse than out-of-date meat and bits of vinyl are the deleterious effects of animal proteins loaded with saturated fat and high cholesterol with absolutely zero fiber?

W 2/10/16 Reply on KPBS from Richard Hylton (ditto in next post about fish farming)

Full disclosure may add to the credibility of your posts. Are you employed by, or have an interest in, a company that is iis in the dietary-fiber business? I ask because the word "fiber" is always prominent in your posts.

My response

Thanks for asking, Richard. I'm a retired computer/business college teacher and a vegan health enthusiast who believes that killing animals merely to satisfy human taste buds is morally wrong. For 2/3s of my life, I accepted industry/government arguments that we needed animal products to be healthy. When I learned the opposite was true, I became an overnight vegan. I wish someone had shared the truth with me years earlier, which is what I attempt to do in these posts for others who've also been misled. Regarding fiber, it should be obtained from whole plant-based foods, not supplements. Few people realize that animal products (meat, egg, fish, dairy...) have zero fiber, which is essential to our digestive health.

T 2/9/16

Gulf Of Mexico Open For Fish-Farming Business

<http://www.kpbs.org/news/2016/feb/08/gulf-of-mexico-open-for-fish-farming-business/>

<http://www.npr.org/sections/thesalt/2016/02/08/466036407/u-s-opens-gulf-of-mexico-to-aquaculture>

The irony of the many downsides of fish farming is that fish itself is far from being a health food. With nearly as much saturated fat and cholesterol as land-based animal proteins, and absolutely zero fiber, fish flesh is often laden with noxious substances such as mercury & PCBs. Even the much touted omega-3s can be more safely obtained from ground flax seeds, walnuts, or microalgae, which is where fish acquire it from in the first place.

F 2/19/16

Beyond Pizza And French Fries: Museums Eye More Healthful Menus

<http://www.kpbs.org/news/2016/feb/18/beyond-pizza-and-french-fries-museums-eye-more/>

<http://www.npr.org/sections/thesalt/2016/02/18/466384938/beyond-pizza-and-french-fries-museums-eye-more-healthful-menus>

Kudos to these museums for attempting to move stubborn humans to embrace healthier fare. Given the improved medical profiles of captive animals on leafy greens diets, it's amazing how many people decline to eat in their own self interest. Incredibly, most prefer pills, stents, and insulin shots.

F 2/19/16

Cage-Free Taking Over Breakfast Menus Everywhere, Including at IHOP

<http://blog.humanesociety.org/wayne/2016/02/ihop-applebees-to-go-cage-free.html>

As Wayne rightly acknowledges, cage-free isn't cruelty free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating egg products altogether. Plenty of plant-based substitutes exist, especially for processed foods.

F 2/19/16

The Elephant-Sized Subsidy in the Race

<http://www.nationalreview.com/article/431453/end-farm-subsidies-now>

I have my differences with HSUS's reluctance to promote the message that if animals deserve moral consideration, people shouldn't be eating them. In terms of their ability to suffer, cows and chickens are no different than dogs or cats. Eating animal products is totally unnecessary as millions of healthy, happy vegans will attest. But in this case, I couldn't agree more with Shapiro about farm subsidies. It's one thing to provide them to small individual farmers. It's obscene to use them to support massive corporate farms.

Th 2/25/16

San Diego Receives Dogs Rescued From Korean Dog Meat Farm

<http://www.kpbs.org/news/2016/feb/24/san-diego-receives-dogs-rescued-korean-dog-meat-fa/>

Kudos for rescuing these Korean dogs! Now to be fair, perhaps the Humane Society International should rescue an equal number of American cows living in filthy conditions, suffering from untreated diseases, subjected to daily cruelty by callous hired hands, and destined for the slaughterhouse merely to satisfy American taste buds.

Sa 2/27/16

Eat Less Meat, We're Told. But Americans' Habits Are Slow To Change

<http://www.kpbs.org/news/2016/feb/26/eat-less-meat-were-told-but-americans-habits-are/>

<http://www.npr.org/sections/thesalt/2016/02/26/465431695/eat-less-meat-were-told-but-americans-habits-are-slow-to-change>

The "bottom line" that most Americans don't consider is that if so-called "food" animals are as uniquely individual and able to feel pain as household pets, people shouldn't be eating them or their secretions (eggs, milk) in the first place. There is absolutely no need to consume animal products, as millions of vibrant, healthy vegans can attest. All animals want to live; none wants to be food on a plate.

Su 2/27/16 response from Richard Hylton on KPBS:

You can't be serious. No medical doctor or self-respecting quack supports or would support your position. Are you Dr. Dolittle or do you just know little?

My reply: (M 2/28/16 reposted again to KPBS with note to moderator about hyperlinks)

Hi Richard. Here are three doctors (with Wikipedia links) who've performed research conclusively supporting 100% plant-based eating, along with the largest HMO in the country, Kaiser, which knows that vegan diets reduce medical costs. Let know if you'd like me to list more.

* T. Colin Campbell, The China Study, https://en.wikipedia.org/wiki/T._Colin_Campbell

* Caldwell Esselstyn, Prevent and Reverse Heart Disease, https://en.wikipedia.org/wiki/Caldwell_Esselstyn

* Neal Barnard, Reversing Diabetes, https://en.wikipedia.org/wiki/Neal_D._Barnard

* Kaiser Permanente, The Plant-Based Diet, <http://share.kaiserpermanente.org/wp-content/uploads/2015/10/The-Plant-Based-Diet-booklet.pdf>

My post to NPR: Same as above without "Hi Richard." or "Let me know..."

M 2/28/16 Reposted with query to moderator: Hi Richard Hylton. I posted this yesterday as a reply to you, but the moderator may have blocked it. So I'll try again. (To the moderator: Is it the hyperlinks?)

Moderator reply: When a comment has hyperlinks we have to review it before it gets posted. -Brooke Ruth, KPBS web producer

M 2/28/16 NPR response from The Pooch

If you call observational studies, based on self-reported food intake surveys, riddled with hundreds of confounding variables, and conducted by scientists with a vegan axe to grind "conclusive," then sure!

The China Study debunked: <http://rawfoodsos.com/2010/07/...>

Meanwhile, none of the hypotheses from these observational studies have been demonstrated in experimental trials. The experimental trials on diet, with human subjects, generally support a low(er) carbohydrate, high(er) fat diet than current recommendations.

My response (didn't appear, so reposted T 3/1/16):

Hi The Pooch: The China Study, often dubbed the gold standard of epidemiological studies, was debated years ago by Dr. Campbell and Denise Minger, whose site you referenced. She's a self-described former vegan English major, not a doctor, scientist, or nutritionist. The other two doctors, Esselstyn & Barnard, conducted rigorous clinical studies, not surveys, that proved plant-based eating actually reversed heart disease and diabetes. Most tellingly, if plant-based diets didn't reduce their health costs, Kaiser wouldn't be urging its 17,000-physician network to recommend them. The problem is, most of these doctors don't follow such diets, and, like doctors who smoked in the 1960s, it's tough to advise a patient to do what you yourself don't practice.

M 2/28/16 KPBS responses:

Li Tempo to Richard Hylton: The only protein that Jack Lalane ate during his long lifetime was wild salmon and egg whites. Weinberg certainly has a case.

Richard Hylton to Li Tempo: With respect to eating meat, undoubtedly; but Jack Lalanne would disagree with regard to their "secretions" (eggs) and fish (animals.) Finally, female mammals who have recently given birth, produce milk, a secretion, for a health-promoting reason. Weinberg's case is, at best, weak.

My reply: Hi Richard. I'll omit the hyperlinks, but human breast milk (7% protein) is optimized for human babies while cow's milk (26% protein) is designed to grow a baby calf into a 1000 lb cow in a year or two. No species other than humans drinks milk past childhood, and only humans drink milks of other species. Regarding eggs, their contribution to atherosclerosis is equivalent to smoking cigarettes. And fish, with their high cholesterol, saturated fat, mercury, PCBs, etc. and zero fiber, are not a health food.

M 2/29/16

Herring Headache: The Big Obstacles To Eating Small Fish In California

<http://www.kpbs.org/news/2016/feb/29/herring-headache-the-big-obstacles-to-eating/>

<http://www.npr.org/sections/thesalt/2016/02/29/467954091/herring-headache-the-big-obstacles-to-eating-small-fish-in-california>

With nearly as much cholesterol and saturated fat as land-based meats, as well as absolutely zero fiber, fish is not a health food. Not to mention all the nasty chemicals in seawater that fish ingest and store in their fat cells. The article itself ironically states, "herring are especially healthy to eat, since they contain low mercury levels...." The optimal amount of mercury, a deadly nerve toxin, in a healthy diet is zero.

M 2/29/16 response from The Pooch:

Neither saturated fat nor cholesterol has ever been demonstrated to cause any health problems. Cold-water, oily fish are one of the most nutrient-dense foods that one can eat. You will never get to a perfectly "zero" mercury or zero toxin diet, because there are small amounts of mercury and other toxins in everything, land and sea. Even plants can absorb and store "nasty chemicals" from the soil. We have to eat something. The nutritional value of fish far outweighs the potential harm. No fiber? Put the herring on top of a salad. Problem solved.

T 3/1/16 my reply:

Saturated fat stimulates the liver to boost cholesterol. If high cholesterol wasn't a health problem, doctors wouldn't be prescribing statin drugs, with all their side effects, to millions of Americans. Here's a short science-based video that debunks the industry-sponsored "eggs & butter are good for you" research: The Saturated Fat Studies: Set Up to Fail <http://nutritionfacts.org/video/the-saturated-fat-studies-set-up-to-fail/>. The food industry has taken a page from the tobacco industry's pseudoscience playbook on how to sow confusion and doubt so that people keep consuming their products.

The Pooch:

Saturated fat consumption does raise total cholesterol and LDL cholesterol, but both of these are terrible predictors of heart disease. Saturated fat also raises HDL cholesterol (a good thing), and shifts LDL particles towards the less harmful size distribution (also a good thing). Both HDL cholesterol and LDL particle size are better predictors of heart disease. The net impact of saturated fat consumption on blood lipid profiles is neutral to beneficial.

Recent large meta-analyses that have failed to find any connection between saturated fat consumption and actual heart disease:

<http://www.ncbi.nlm.nih.gov/pu...>

<http://www.ncbi.nlm.nih.gov/pu...>

Randomized clinical trials, with actual human subjects, in which a high(er) fat, low(er) carb diet produces improvements in blood lipid profiles, as well as weight loss and better blood sugar control, compared to those eating a low fat or standard dietary advice:

<http://www.ncbi.nlm.nih.gov/pu...>

<http://www.ncbi.nlm.nih.gov/pu...>

<http://www.ncbi.nlm.nih.gov/pu...>

You seem quick to blame the "food industry" for pushing butter and eggs (which have been consumed since forever, long before there was a food industry), but you seem quite accepting of the pharmaceutical industry for pushing statins. If medical research is vulnerable to lobbying from the food industry, wouldn't it also be vulnerable to lobbying from the pharmaceutical industry?

My reply:

The pharmaceutical industry is just as manipulative as the food industry, so I have no love for them or statins, which are an easy out for people who want to maintain their current artery-clogging eating habits. I read the abstracts of each of the studies you referenced. I assume you watched the video I referenced, which showed how data results can be manipulated and misleading. It's true that any dietary-pattern change can produce weight loss, and that Atkins-type diets can do so quickly, but at what long-term health cost and for how long? The problem with most of the studies is that "low fat" is often defined as 30% of calories and "high fat" as more than 30%, so it's no wonder that no advantages to "low fat" are found. True low-fat diets, in the 10% range, have been clinically proven (Ornish, Esselstyn, Barnard) to unclog arteries and reverse diabetes without medication. Kaiser Permanente, the largest HMO in the country, has seen the light. It recommends that its 17,000+ physician network prescribe whole-food, plant-based diets to all their patients.

Th 3/17/16

San Diego Company Recalls More Than 31,500 Cans Of Tuna

<http://www.kpbs.org/news/2016/mar/16/san-diego-company-recalls-more-than-31500-cans-of/>

Perhaps a recall of ALL cans of tuna is in order. Consumer Reports advises pregnant & breastfeeding women to stop eating tuna to avoid harm to their offspring from mercury. Even if tuna didn't contain mercury, PCBs, and other accumulated nasties, animal protein, saturated fat, and cholesterol are known health hazards. Even the beneficial omega-3s can be more safely obtained from ground flax seeds, walnuts, or microalgae, which is where fish get it from in the first place.

Sa 3/26/16

San Diego Vegans Facebook-Native Foods Survey / Patronizing ONLY vegan eateries

https://www.facebook.com/groups/sdvegans/permalink/10154245386651412/?comment_id=10154245561321412¬if_t=group_comment_mention

Gabe Hosler-Lancaster: I have a genuine question for the group. In regards to this Native Foods survey, let's be clear I don't want them to add animal products. However, I'm curious. How many of you ONLY patronize Vegan restaurants vs. how many patronize Omni establishments and order Vegan items? I guess I'm just curious (as absolutely bummed as I would be for them to add animal products) I'd still love their Reuben so of those of you who say you'd never go there ever again, how would they be different than the places you patronize that sell animal products and you order vegan options? Unless of course you ONLY patronize vegan restaurants which I'm curious who does just that.

My reply:

Hi Gabe Hosler-Lancaster. I'm relieved that Native Foods quickly backed away from adding animal products--apparently, swift vegan backlash saved the day! In response to your original query, I am the only vegan I know of, for certain, who strictly patronizes ONLY vegan eateries. There are several practical reasons why: no worries or questions about hidden animal ingredients, no mix-ups of being inadvertently served animal foods, no cross-contamination of utensils and cooking surfaces, especially from animal grease that permeates kitchen air, omnivorous companions will choose & enjoy vegan options, vegan owners need our help to stay in business. But the core reason for me was emotional. About 19 years ago, I went vegan, literally overnight. My only regret was that I was already in my mid 40s when I (finally) learned that I didn't need animal products to be healthy, in fact the opposite was true. I wasn't a stereotypical "animal lover," but I couldn't justify animals suffering and dying solely for my eating pleasure. But it wasn't until about 3 years ago that I decided to avoid vegetarian and "veg-friendly" eateries, which I had begun to see for what they truly were: sanitized extensions of the slaughterhouse. I could no longer handle the cognitive dissonance (simultaneously holding contradictory thoughts) of my normally kind and compassionate omnivorous companions blithely chowing down on animal corpses and secretions, especially those who'd heard the vegan message from me several times. It dawned on me that I wouldn't attend a dog, cock, or bullfight, where people entertain themselves by watching animals get hurt, so why would I attend an event where people entertain themselves by actually hurting (eating) animals? It's been a lonely decision, and while I make it a point not to boycott social functions (family gatherings, parties, weddings, etc.), I do avoid the animal-sacrifice portions by taking a walk or dining at a nearby vegan eatery then returning to the event. In order to promote and protect my vegan-eatery options, I maintain the VeganDiego! calendar / list of all 100% vegan entities in San Diego County. If you're interested, you can like and follow it at www.facebook.com/vegandiego. Thanks for your question. Take care, Mike

T 3/29/16

Saudi Land Purchases Fuel Debate Over USWater Rights

<http://www.kpbs.org/news/2016/mar/28/saudi-land-purchases-fuel-debate-over-us-water-rig/>

Does it really matter who owns and farms the land when California farmers themselves export a hundred billion gallons of water per year in the form of alfalfa to feed China's livestock? The bigger issue is human consumption of water-intensive livestock products: producing a gallon of milk requires 880 gallons of water, a pound of beef about 2500 gallons. Neither dairy nor meat is necessary for survival. On the contrary, consumption of animal products leads to a host of ailments from heart disease and diabetes to cancer. Save our water and your own health: Go vegan!

W 3/30/16

Why Whole Foods Wants A Slower-Growing Chicken

<http://www.kpbs.org/news/2016/mar/30/why-whole-foods-wants-a-slower-growing-chicken/>

<http://www.npr.org/sections/thesalt/2016/03/30/472167748/why-whole-foods-wants-a-slower-growing-chicken>

Chickens are intelligent creatures with individual personalities like any dog or cat. Slow growing or fast, if you don't want chickens to suffer, you'll leave them off your plate.

Twells: Calling chickens intelligent is a stretch.

My reply:

Not according to modern science. For example, chickens demonstrate complex skills such as self control, basic arithmetic, physics, and geometry. They are creative and able to solve novel challenges. They have 30+ vocal calls and can recognize and remember up to 100 individuals, including their social status (pecking order). Mothers teach chicks life skills and modify instructions based on learning progress. Chickens form long-term memories and can anticipate future events. Like dogs or cats, they form strong interspecies bonds and can express emotions like grief, fear, enthusiasm, anxiety, frustration, friendship, and boredom. According to Scientific American, chickens possess communication skills on par with some primates. I'd provide you with links, but they'd have to be vetted by the moderator, so a simple search for "are chickens intelligent" will verify these facts. The same goes for fish and other animals that humans unnecessarily eat.

F 4/8/16

A Global Alarm About Diabetes — And Don't Blame It All On Fast Food

<http://www.kpbs.org/news/2016/apr/07/a-global-alarm-about-diabetes-and-dont-blame-it/>

<http://www.npr.org/sections/goatsandsoda/2016/04/07/473406951/a-global-alarm-about-diabetes-and-dont-blame-it-all-on-fast-food>

Further evidence that fat, not sugar (unless it leads to weight gain), causes diabetes. Like gum in a lock blocking a key, fat blocks insulin from inserting energy-giving glucose into cells. The resultant high blood sugar then damages the vessels that feed nerves, leading to pain, blindness, and amputation. Fortunately, a whole-foods, plant-based diet has been clinically proven to reverse diabetes and eliminate the need for daily insulin injections.

T 4/26/16

For Earth Day, Report Has News To Ease A Meat-Lover's Conscience

<http://www.kpbs.org/news/2016/apr/22/for-earth-day-report-has-news-to-ease-a-meat/>

<http://www.npr.org/sections/thesalt/2016/04/22/475293342/you-don-t-have-to-ditch-burgers-altogether-to-eat-a-planet-friendly-diet>

The very title of this article accurately implies that meat lovers have something to feel guilty about. Devastating environmental impacts aside, humans have zero nutritional need to consume animal products. In fact, the opposite is true. The only reason that billions of food animals, each with a personality and a desire to live, are bred and killed annually is that they "taste good." However, without the addition of plant-based spices and sauces, meat is bland. If reducing animal consumption is a good thing, eliminating it altogether in favor of a delicious, nutritious, whole-food, plant-based diet is even better.

T 5/3/16

Cyclist Teaches Kids To Use Fun To Prevent Type 2 Diabetes

<http://www.kpbs.org/news/2016/may/03/cyclist-teaches-kids-to-use-fun-to-prevent-type-2/>

<http://www.npr.org/sections/health-shots/2016/05/03/476495319/cyclist-teaches-kids-to-use-fun-to-prevent-type-2-diabetes>

Bicycling or any exercise that leads to weight loss is vital, a further indication that fat, not sugar (unless it leads to weight gain), causes diabetes. Like gum in a lock blocking a key, fat blocks insulin from inserting energy-giving glucose into cells. The resultant high blood sugar then damages the vessels that feed nerves, leading to pain, blindness, and amputation. Fortunately, a low-fat, whole-foods, plant-based diet has been clinically proven to keep weight off long term and reverse diabetes, eliminating the need for daily insulin injections.

M 5/16/16

San Diego Oceanographer, 98, Spurs Research Proving Climate Change Makes Days Longer

<http://www.kpbs.org/news/2016/may/16/climate-change-making-days-earth-longer/>

Fascinating research! What encourages me is that more and more sources are documenting that meat consumption and animal agriculture are leading contributors to climate change. In fact, the Worldwatch Institute has calculated that livestock production (growing the grain, raising the animals, transporting the meat) accounts for up to 51% of greenhouse gas emissions. If true, there is no greater impact an individual can have on climate change than reducing or eliminating meat consumption.

F 6/11/16

Beyond Bison Burgers: Around Yellowstone, The National Mammal Is Local Cuisine

<http://www.kpbs.org/news/national/?page=7>

<http://www.npr.org/sections/thesalt/2016/06/09/481290445/beyond-bison-burgers-around-yellowstone-the-national-mammal-is-local-cuisine>

The teaser for this article stated: "It's not hard to find this shaggy beast's meat on menus. (Don't worry: It's all farm-raised.)" Wonder what the "farm-raised" bison thought of this cavalier statement. The article goes on to state: "At our safe and respectful distance, my family stood quietly in awe." It's the height of hypocrisy (and cognitive dissonance) to respect one bison and eat another. While the circle of life necessarily exists in nature, no sentient being wants to be food on the plate of a human who has absolutely no nutritional need to eat animal products.

Sa 6/18/16

Compassion Drove Dad To The Salad Bar — That, And Fear Of Alien Abduction

<http://www.kpbs.org/news/2016/jun/18/compassion-drove-dad-to-the-salad-bar-that-and/>

<http://www.npr.org/sections/thesalt/2016/06/18/481264569/compassion-drove-dad-to-the-salad-bar-that-and-fear-of-alien-abduction>

So sad that humans, with absolutely no nutritional need for animal products, will go to such lengths to justify eating sentient beings because "they taste good." It obviously made Chen "incredibly happy" to see her father nibble on pork, because it reaffirmed her own food choices. But there's little doubt what the unfortunate pig thought about it--no animal wants to be food on a plate.

M 6/20/16 Reply from twells (via KPBS)

Every animal on this planet survives by ingesting other organisms. That is a fact of nature. Our biological evolution puts us in the omnivore category, which means our systems were evolved to ingest almost everything (although we are not very efficient at digesting heavy cellulose material). Can we survive without eating animal proteins? I think your lifestyle has proven that. But just because you choose to live that lifestyle doesn't mean that I have to deny what I think is best nutritionally for me.

Hi twells

Thanks for your thoughtful post. But debates about herbivore vs. omnivore seem less relevant when you learn that herbivorous cows are fed fish meal, rendered pet & livestock remains, as well as poultry litter & feathers. Certainly humans in the past were opportunistic eaters and had to survive on whatever food was available. But in modern society, there is no necessity to consume animal products. For me, it's a matter of aligning my actions with my ethics. I wouldn't hurt or kill a dog or a cat, so why would I pay someone to hurt & kill other animals for me to eat? For those concerned about missing nutrients, appropriately-planned vegan diets in all life stages, from pregnancy to infancy to athletics, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest organization of food and nutritional professionals.

Su 7/17/16

Horse Races Return To Del Mar Racetrack

<http://www.kpbs.org/news/2016/jul/15/horse-races-return-to-del-mar-racetrack/>

Hats, celebrities, gambling, prizes! While exciting for humans, it's tough to see how the horses can be having a good time. Friday's opening day festivities included the broken leg and subsequent euthanasia of thoroughbred Presidential Air. According to Jane Cartmill of San Diego Animal Advocates, a horse will die on average every third day at Del Mar. And over 10,000 will be slaughtered annually because of this so-called sport. Portrayed as glamorous by those who stand to profit, horseracing is an incredibly ugly business. Horses are run too young, too long, and too hard before their bones are fully developed. Drugged in order to mask injuries, in time they wind up in the horror of the slaughterhouse on their way to overseas dinner plates. It's doubtful that even one of the 40,000 opening-day attendees would personally harm an animal, yet somehow they justify supporting an industry that does.

Sa 7/23/16

Endangered Earth newsletter feedback

Email message: I was disappointed to not see a single word in the Endangered Earth Summer 2016 issue about the devastating impacts of animal-product consumption. I applaud the Center for Biological Diversity www.biologicaldiversity.org for being one of the few so-called "environmental" organizations to address this issue with its peripheral "Take Extinction Off Your Plate" program

<http://takeextinctionoffyourplate.com>. And I've doubled my annual contribution for the last three years because of it. But it appears that to shield your likely majority meat-eating donor base from uncomfortable truths that might require action on their parts, it's rarely discussed and rather hidden away.

Su 7/24/16

Sadness, thrills run neck-and-neck at Del Mar

<http://www.sandiegouniontribune.com/news/2016/jul/23/del-mar-california-chrome-horse-deaths/>

Hats, celebrities, gambling! While thrilling for humans, it's tough to see how the horses can be having a good time. On average, a horse dies every two days at Del Mar. And over 10,000 will be slaughtered annually because of this so-called sport. Portrayed as glamorous by those who stand to profit, horseracing is an incredibly ugly business. Horses are run too young, too long, and too hard before their bones are fully developed. Drugged in order to mask injuries, in time they wind up in the horror of the slaughterhouse on their way to overseas dinner plates. And even if none of these evils befall a few lucky horses, if they "live" to run, why must they be whipped to run faster by those who claim to "love" them? It's doubtful that even one of the thousands of racegoers would personally harm an animal, yet somehow

they justify supporting an industry that does. Today's racehorses should be sent to sanctuaries, where they can run free as they live out their lives.

T 8/2/16

This Spanish Farm Makes Foie Gras Without Force-Feeding

<http://www.kpbs.org/news/2016/aug/01/this-spanish-farm-makes-foie-gras-without-force/>

<http://www.npr.org/sections/thesalt/2016/08/01/487088946/this-spanish-farm-makes-foie-gras-without-force-feeding>

"Sousa calls out to his approximately 2,000 geese as if they were children." Of course, they all are or have been children, with parents & siblings. Many species mate for life and the death of a fellow goose provokes behavior remarkably similar to human grief. Nor matter how well parents/farmers treat their children/animals, the ultimate betrayal is to "sacrifice" them for culinary pleasure or any other reason. Instead of the author waxing poetic about the taste of Sousa's "smooth and rich" foie gras with "hints of all the wild herbs, olives and fruits the geese have eaten," why not practice some ethics, let the geese live out their lives, and eat the herbs, olives, and fruits directly without first passing them through a bird's digestive tract?

- KPBS reply from Richard Hylton: Mike, there are few inhabitants to be found on your island. Is it lonely there?

- My reply: Hi Richard. Frankly, yes, it can be lonely, although the vegan population is growing every year as formerly committed omnivores discover they don't need animal products to be healthy (in fact the opposite is true) and can no longer justify animals suffering and dying solely because they "taste good."

- NPR reply from The Pooch: We don't get the same nutrition by eating the herbs, olives, and fruits directly compared to eating the meat and organs of herbivores. Herbivores have the physiology and gut bacteria to convert plant compounds into all required nutrients, as omnivores we don't have the same physiology/gut bacteria.

- My reply: Hi Pooch. Appropriately-planned vegan diets in all life stages, from pregnancy to athletics to old age, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest organization of food and nutritional professionals. It is true that vegans (as well as many omnivores) require tiny amounts of supplemental B12 (in fortified foods or pill form), which is produced not by animals but by bacteria in the soil they ingest. Ironically, the relatively clean food fed to modern livestock must also be supplemented with B12. To further cloud the issue, many herbivorous cows are fed all sorts of animal products, including fish meal, poultry feathers/waste, rendered carcasses of diseased animals, road kill, and euthanized dogs & cats. As humans can not only survive but thrive on 100% plant-based diets, the only ethical choice for a caring person is to stop eating animals and their secretions. Fortunately, instead of deprivation, vegan eating opens up a whole new world of culinary adventure!

M 8/8/16

HappyCow Two Vegan Sistas

<https://www.happycow.net/reviews/two-vegan-sistas-memphis-37157>

In response to my August 2014 post about bee products, which they subsequently dropped from the menu.

- mmuqtasid: I'm vegan and do not understand why the exclusion by some of bee products. The bee is an insect, not being killed maybe a little mistreated by harvesting it's food supply. When you eat a plant based diet you consume countless insects, byproducts of insects etc. So I just don't see it. Therefore, honey is okay in my food.

- My reply: Hello mmuqtasid. If you're interested in learning why honey is NOT vegan, check out <http://www.vegetus.org/honey/honey.htm>. By definition, a vegan avoids animal products whenever possible, and honey is easily avoided. Those who can't resist bee products have taken to calling themselves "beegan." Best, Mike

Th 8/11/16

Working 'The Chain,' Slaughterhouse Workers Face Lifelong Injuries

<http://www.kpbs.org/news/2016/aug/11/working-the-chain-slaughterhouse-workers-face/>

<http://www.npr.org/sections/thesalt/2016/08/11/489468205/working-the-chain-slaughterhouse-workers-face-lifelong-injuries>

Per the article, today's average American "eats about 200 pounds of meat a year." In the 1950s, Americans ate about 60 lbs/yr less. Since then, our population has doubled. Hence the enormous demand for cheap meat and the resultant pressures on slaughterhouse workers. If Americans replaced meat products with fruits, vegetables, grains, and legumes, the population would not only be healthier and the environment spared, slaughterhouse workers could transition to jobs processing and packing produce instead of killing and handling animal carcasses. Also in the article, a worker advocacy spokesperson states, "They are treating us like animals." I've been to a slaughterhouse and nothing could be further from the truth. Handling is brutal, right up to the point that the animals' throats are slit.

M 8/15/16

Fishing And Foraging: How To Catch Your Seafood, Ethically

<http://www.kpbs.org/news/2016/aug/15/fishing-and-foraging-how-to-catch-your-seafood/>

<http://www.npr.org/sections/thesalt/2016/08/15/489178305/fishing-and-foraging-how-to-catch-your-seafood-ethically>

While the author's approach to harvesting seafood may be less damaging to the ecosystem than commercial methods, there is no way that it could meet the demand, especially for the tons of fish meal fed to farm animals destined to be human food. In truth, there is no "ethical" way to kill. I used to be an avid spearfisherman and meat eater until I (finally) learned that I didn't need animal products to be healthy--in

fact, the opposite was true. I could no longer justify having animals suffer and die for my eating pleasure, either by my own hand or that of another I paid to do so. And fish is anything but a health food. Even the "cleanest" fish is a storehouse for toxins drawn from the polluted environment in which it lives. Still, no fish wants to be removed from its environment and suffer the pain and panic of being speared, hooked, or netted then slowly suffocating to death when exposed to the atmosphere. The only ethical action is to leave fish, and other animals, off one's plate.

- Pooch reply: Humans are adapted to an omnivorous diet, and we have eaten fish, shellfish, and meat since before we were even human. If a vegan diet works for you, then great, but it is unlikely to produce health in most people because it is evolutionarily inappropriate to our species.

There are many types and qualities of seafoods. Cold-water oily fish (herring, sardines) and bivalves (clams, oysters, mussels) are among the most nourishing, sustainable, healthful, and nutrient dense foods that we can eat, providing many essential nutrients which are absent from or difficult to digest from plant foods. "Low on the food chain" fish and shellfish are the least likely to contain contaminants. Nobody is arguing for the consumption of unsustainable or contaminated foods (and plant foods are not magically free of toxins, either).

Check out Seafood Watch for sustainability rankings of various seafoods:

<http://www.seafoodwatch.org/>

As for the question of ethics, I value my health and my family's health more than I value the lives of non-human animals.

- My reply: Hi Pooch. I've shared this with you before but want to repeat it here for anyone confused by our contrasting comments. Plus, according to the message above, NPR will no longer be accepting article comments as of August 23, so this is our last chance to communicate. :(Appropriately-planned vegan diets in all life stages, from pregnancy to athletics to old age, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest organization of food and nutritional professionals. It is true that vegans (as well as many omnivores) require tiny amounts of supplemental B12 (in fortified foods or pill form), which is produced not by animals but by bacteria in the soil they ingest. Ironically, the relatively clean food fed to modern livestock must also be supplemented with B12. To further cloud the issue, many herbivorous cows are fed all sorts of animal products, including fish meal, poultry feathers/waste, rendered carcasses of diseased animals, road kill, and euthanized dogs & cats. As humans can not only survive but thrive on 100% plant-based diets, the only ethical choice for a caring person is to stop eating animals and their secretions. Fortunately, instead of deprivation, vegan eating opens up a whole new world of culinary adventure! Take good care!

Su 8/21/16

I Don't Let Friends Eat Meat In My Presence

http://www.huffingtonpost.com/nzinga-young/i-dont-let-my-friends-eat_b_11575264.html

Kudos to the author for her principled stand! But I'd extend it from not only meat but to egg & dairy, whose industries are magnitudes worse for animals than the meat industry. Not only do hens and mother cows suffer for years as their bodies are exploited, in the end they are killed for meat anyway—no one gets out alive. Over nearly 20 years of veganism, it's grown too painful for me to be around normally kind & compassionate family & friends as they blissfully consume animal products just because they "taste good." Especially after I've shared the tenets of veganism with them on multiple occasions. For the last few years, except for a couple of stubborn older white male holdouts (not because they don't like vegan food, they just don't like being "told what to do"), my omnivorous dining companions have joined me exclusively in 100% vegan eateries. No animals suffer or die, everyone enjoys their meals, and all proceeds benefit brave vegan restaurant owners. Just as I wouldn't attend a dog, cock, or bull fight where people entertain themselves by *watching* animals, why would I attend events where people entertain themselves by *eating* animals? However, I never boycott social gatherings, just the animal-eating portions. I don't make a fuss about it, I simply take a walk (having brought my own food or eaten beforehand) and return when the cruelty is over.

<http://www.liberationpledge.com/#pledge-now>

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T 8/23/16

NPR stopped accepting comments on articles, and all previous comments vanished. I switched to following the Huffington Post and the San Diego Union Tribune.

F 8/26/16

Horse Fatalities Push Back Del Mar Racetrack Season

<http://www.kpbs.org/news/2016/aug/25/horse-fatalities-push-back-del-mar-racetrack/>

Mac McBride of the Del Mar Thoroughbred Club states "...like the animal rights people, we make the safety of our horses (and riders) our number one priority." If horses were human athletes, and 16 had died, would the appropriate response be to tack on an extra prep week? On the contrary, the #1 priority remains gambling for pleasure and profits. Animal rights people are against use, not just abuse. Horses should be set free on sanctuaries to live out their lives in peace without bits, whips, saddles, and riders forcing them to conform to unnatural human demands.

Su 8/28/16

After Losing Half A Beak, Grecia The Toucan Becomes A Symbol Against Abuse

<http://www.kpbs.org/news/2016/aug/27/after-losing-half-a-beak-grecia-the-toucan/>

https://www.facebook.com/LovingHutUSA/?hc_ref=NEWSFEED (8/31/16)

<http://vegnews.com/articles/page.do?pagelid=8316&catId=1> (8/31/16)

How wonderful that so many people, professionals, and experts came together to heroically help a single bird. How ironic that billions of Grecia's brethren (chickens, originally jungle fowl) routinely have their beaks sliced off (to prevent pecking each other in abysmally crowded conditions) and their throats slit merely because they "taste good." As millions of happy, vibrant vegans know, you don't need to eat animals or their byproducts to be healthy, in fact, the opposite is true. The dictionary describes abuse as the "cruel and violent treatment of a person or animal." By this definition, anyone who mutilates and kills animals, or pays someone else to do so, is guilty of animal abuse.

M 9/12/16

Can A Vegan Diet Give You All You Need? German Nutritionists Say 'Nein'

<http://www.kpbs.org/news/2016/sep/12/can-a-vegan-diet-give-you-all-you-need-german/>

The German Nutrition Society has performed a useful service if it gets vegans to pay attention to their B12 and Omega-3 needs. But the fact is, hospitals aren't filled with nutrient-deficient vegans; they're filled with omnivores suffering diseases of dietary excess, like obesity, heart disease, and diabetes. Appropriately-planned vegan diets in all life stages, from pregnancy to athletics to old age, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest body of food and nutritional professionals, as well as many other prominent organizations. It is true that vegans (as well as many omnivores) require tiny amounts of supplemental B12 (in fortified foods or pill form), which is produced not by animals but by bacteria in the soil they ingest. Ironically, the relatively clean food fed to modern livestock must also be supplemented with B12. Regarding Omega-3, flaxseeds are a great source, but they must be ground up or will pass through the body undigested. As humans can not only survive but thrive on 100% plant-based diets, the question becomes: "If you can be healthy without hurting animals, why would you?"

- Richard Hylton: The statement of assertion that precedes the question that you ask in the last paragraph, disputes the conclusion of the Germans, but you are quite indirect in dealing with that matter. Confute their science or modify your assertion.

- My response: I see your point. I'll modify my assertion to "100% plant-based diets, supplemented by B12." Thanks!

- Me: On further reflection, since livestock are fed B12, omnivorous diets are also "supplemented." Personally, I get adequate B12 not from a pill but from fortified soy milk and fortified nutritional yeast (delicious cheese-flavored flakes that taste great sprinkled on everything from popcorn to salads to soups and stews).

M 9/12/16

Momentum Grows Against Bullfighting In Spain, As Thousands Rally

<http://www.kpbs.org/news/2016/sep/11/momentum-grows-against-bullfighting-in-spain-as/>

Kudos to the Spanish protesters for bucking an age-old tradition! In order to avoid being hypocritical, let's also protest the torture and killing of cows, chickens, and pigs in our country solely because they "taste good."

W 9/14/16

Gov. Brown Signs Bill Banning SeaWorld Orca Shows

<http://www.kpbs.org/news/2016/sep/13/gov-brown-signs-bill-banning-seaworld-orca-shows/>

California governor signs bill banning SeaWorld orca shows

<http://www.sandiegouniontribune.com/sdut-california-governor-signs-bill-banning-seaworld-2016sep13-story.html>

Here's a model for SeaWorld that even animal-rights activists could support: * Release all captive animals, not just orcas. If necessary, fund coastal sea-pens for animals until they are able to return to the wild. * Ramp up rescues, giving tours of rehab operations, encouraging visitors to join their volunteer rescue corps. * Install virtual reality rides (like Universal Studios), holographic exhibits, and IMAX-quality film screenings, e.g., swimming with the whales. * Increase the number of mechanical ocean-oriented rides (like Disneyland & Six Flags). * Educate visitors on what they can do to help save oceans and natural habitats of sea creatures, e.g., recycle/reduce use of throwaway plastics.

T 9/27/16

They Dreamed Of Sheep (Farming): Peek Inside An Alabama Dairy

<http://www.kpbs.org/news/2016/sep/26/they-dreamed-of-sheep-farming-peek-inside-an/>

Sounds like an idyllic life for the sheep. But as with cows (and humans), no female mammal gives milk without being impregnated. Male offspring have no use except for meat. Female offspring as well are separated from their mothers shortly after birth so that the milk can be captured for human use. And when production wanes, "spent" sheep are slaughtered for their meat--no one gets out alive. Meanwhile, plant-based cheeses continue to improve in texture and flavor. If you could have cheese without an animal being hurt, why wouldn't you?

T 9/27/16

Teaching Middle Schoolers Climate Change Without Terrifying Them

<http://www.kpbs.org/news/2016/sep/27/teaching-middle-schoolers-climate-change-without/>

It's controversial in some circles to even acknowledge human-induced climate change. So imagine how risky it would be to teach students that the livestock production cycle accounts for 14-51% of greenhouse gas emissions depending on the study referenced. Asking kids to eliminate or reduce animal-product consumption, vastly more effective than changing light bulbs, would create an uproar among their omnivorous parents, who blindly consume while the waters rise.

-- Richard Hylton reply: I claim to be a Christian, Mike, and I blame that (the bible) for my meat and cheese-eating habits. All the references to sheep, shepherds, fatted calves; milk, honey, etc; as here: He saith unto him, Feed my lambs; thou knowest that I love thee. He saith unto him, Feed my sheep. What then is the purpose of these well-fed livestock, if not for their milk or meat?

--My reply: That's a valid question, Richard. I'm a lapsed Catholic-Jewish-Jesus-Freak Atheist. In my late teens, almost 50 years ago, in a quest to be the best Christian I could be, I'm afraid I asked too many unanswerable questions. But from my reading of the Bible, the original culinary ideal was "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." (Genesis 1:29-30, King James Version). And the prophesized future biblical ideal is: "The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain," says the LORD." (Isaiah 65:25, New International Version). Somewhere along the way (banishment from the garden? Noah's ark?), these ideals were lost, and it became a free-for-all of animal consumption, with a ban on "unclean" animals for certain religious sects. Almost 20 years ago, when I finally learned that I didn't need animal products to be healthy, in fact the opposite was true, I became an "overnight" vegan. I could no longer justify animals suffering and dying solely for my dining pleasure. And my goal ever since has been to share this profound message.

-- Richard Hylton reply: Well done, Mike. Well done.

M 10/10/16

Why Turmeric May Be A Vegetarian's Best Friend (mass email from Ocean Robbins)

P.S. I like to use turmeric powder as a spice in foods, and I also like to juice the root, and mix it with ginger juice, lemon juice, honey, cayenne pepper and water for a kind of healing elixir. Share your favorite turmeric ideas in the comments!

https://foodrevolution.org/blog/turmeric-may-boost-vegetarian-brains-omega-3-dha-levels-nih-research-reveals/?utm_campaign=frn16&utm_medium=email&utm_source=email-automated&utm_content=2126&utm_term=existing-email-list&email=mike.weinberg1952%40gmail.com&firstname=Mike&lastname=Weinberg

Ocean. I'm very disappointed to see that a supposed animal-rights person (am I wrong, or have you, and perhaps your dad, strayed from cruelty-free living?) endorses honey (in your email that linked to this article). I suspect you've heard all the arguments against it, but if not, here's what's wrong with honey: <http://www.vegetus.org/honey/honey.htm>. Mike (also replied with this comment in email to Ocean).

--Ocean's reply (via Karolin): Mike, I have deep respect for people who choose not to consume honey for ethical or health reasons. The majority of honey comes from large-scale operations that feed their bees high fructose corn syrup every winter - and this is not something I consume or support. My personal perspective is that raw honey from local small-scale bee-keepers can be ethical and can make a positive environmental contribution. Here's an article that addresses that perspective. <http://grist.org/food/when-i-eat-honey-do-i-hurt-bees/> Of course, each person needs to assess their own ethical and health considerations and values and decide what makes sense for them. The turmeric drink I mentioned in my email works beautifully with maple syrup, or with coconut syrup, or even without any sweetener at all.

--My reply. Ocean Robbins, thanks for your thoughtful reply. To quote Ben Franklin: "So convenient a thing it is to be a reasonable Creature, since it enables one to find or make a Reason for every thing one has a mind to do." In this case, once one has decided that honey has health benefits (however minor) or simply tastes good, rationalizations for its use are conveniently drummed up. In your email, you simply listed "honey" as one ingredient of your turmeric elixir, perpetuating the myth that honey is a health food. You neglected to specify that you consume only "local, small-scale" honey, so your ardent followers could easily assume that any commercial honey will do. Furthermore, the article you linked above "When I eat honey, do I hurt bees?" has several questionable assumptions. First off, it wholeheartedly encourages purchase and consumption of bee products, albeit from selective sources, as a "wonderful boon for beekeepers." It justifies this with "Under normal conditions, a healthy colony of honey bees can have surplus 'hive products' removed without overtaxing the colony" followed by "Smart beekeepers leave the bees enough honey to nibble on over the winter." But can you count on beekeepers, who profit from its sale, to not harvest any honey at all from 'unhealthy' hives under 'abnormal' conditions. And what if they guess wrong and fail to leave enough honey for an indeterminate-length winter? Another concern is that nonnative bees can compete with and decimate native pollinators so that when hives fail, even fewer insects are left to pollinate. More ominously, it's legal in many states for beekeepers to kill honey-loving bears who threaten profits. Since you list viable alternatives, wouldn't you agree that the best course is to leave bee products out of your drinks and off your plate?

--Ocean's partial reply (via Karolin): We don't take a hard core vegan approach because we want to reach a lot of people and we think it is more effective to point in a direction than it is to stand for a specific goalpost....treating animals raised for food in a more respectful manner would be, in our view, a step in a positive direction.

Th 10/20/16

Rocky Mountain Oysters Are What?! We Try A Dish Of Cowboy Lore

<http://www.kpbs.org/news/2016/oct/20/rocky-mountain-oysters-are-what-we-try-a-dish-of/>

Although consuming any part of a sentient being just because it tastes good is ethically questionable, the ultimate irony of the "macho" ritual of consuming bull testicles is that these powerful animals are naturally vegan! People claim to need meat for its protein but fail to

consider where the animal got its protein—from plants! This article reminded me of a cross-country trip I took with my family as a young California boy. In Missouri, we visited a former neighbor who had bought a farm. For some reason, he shared with me and my brother how he neutered bulls by clamping their scrotums with a device that looked like a nutcracker with a latch. He told us that the bulls felt nothing and that after a week or so, their scrotums would shrink and fall off. We naively accepted his word on this, but now I wonder how he would have felt if someone clamped his scrotum.

Sa 10/29/16

Technology May Rescue Male Baby Chicks From The Grinder

<http://www.kpbs.org/news/2016/oct/28/technology-may-rescue-male-baby-chicks-from-the/>

How strangely naïve of O'Hayer not to know the fate of male chicks before he got into the business. Is he not just as "horrified" that after a few years, when their egg production wanes, millions of gentle hens are slaughtered for pet food, chicken nuggets, and pot pies?

W 11/2/16

Hey, Looks Like Americans Are Finally Eating More Fish

<http://www.kpbs.org/news/2016/oct/31/hey-looks-like-americans-are-finally-eating-more/>

Fish may be marginally "healthier" than beef, pork, or chicken, but it's certainly not a "health" food. The only beneficial nutrient in fish, long-chain, omega-3 fatty acids, are more easily and safely obtained from microalgae that the fish themselves eat. Grown under sanitary lab conditions, commercial microalgae is packaged in capsules and avoids the nasties that ocean or farmed fish consume and store in their flesh, like mercury, PCBs, and antibiotics. Worldwide fish stocks are already severely depleted—no one should be encouraging people to consume more.

Su 11/6/16

Manure Happens, Especially When Hog Farms Flood

<http://www.kpbs.org/news/2016/nov/04/manure-happens-especially-when-hog-farms-flood/>

And all of it unnecessary, as there is no nutritional need to eat pig meat and plenty of evidence about its negative health effects.

W 11/16/16

After Powerful Quake, Tourists, Residents (And Cows) Stranded In New Zealand

<http://www.kpbs.org/news/2016/nov/14/after-powerful-quake-tourists-residents-and-cows/>

What's up with this paradoxical concern for a few stranded cows ("lucky quake survivors") whose ultimate fate is to be food on a plate? And reflective of New Zealand's 2:1 cattle-to-human ratio, with 1 billion food-insecure people around the world, how is it that there's enough alfalfa and grain to fatten up 10 billion livestock?

F 11/18/16

How You Can Stop Antibiotic Resistance (And Still Eat Bacon)

<http://www.kpbs.org/news/2016/nov/17/how-you-can-stop-antibiotic-resistance-and-still/>

"1. Put down that strip of bacon." Great advice, but even "antibiotic-free" bacon is laden with saturated fat, sodium, & cholesterol, which along with excess consumption of sugar and fiber-deficient processed foods, lead to heart disease and cancer, top-rated causes of death in industrial societies. Of the world's five famous Blue Zones, where people regularly live to 100 without disability or medication, most are in rural areas, but the (only) one in the U.S. is smack in the middle of a densely-populated urban zone, a two-hour drive north in Loma Linda (San Bernardino County), home to 7th Day Adventists who shun meat for spiritual reasons. The Blue Zone secret: plant-based diets!

F 11/25/16

How To Teach A Sea Lion Who's Fussy About Grammar

<http://www.kpbs.org/news/2016/nov/24/how-to-teach-a-sea-lion-whos-fussy-about-grammar/>

It sounds cute and benign, but teaching sea lions to mimic human speech patterns is a trivial reason to keep these free-roaming sea creatures captive. How is this any different than SeaWorld's confinement of orcas for show and profit? The school analogy falls apart as human children are allowed to go home after classes instead of being perpetually housed in what amounts to a prison school. It's time for an age of enlightenment between humans and animals. Even Ric O'Barry, the once-celebrated trainer for the 1960's Flipper TV series, saw the light and has fought for years to put an end to all dolphin captivity.

F 11/25/16

Heritage Turkeys Make A Comeback, But To Save Them We Must Eat Them

<http://www.kpbs.org/news/2016/nov/23/heritage-turkeys-make-a-comeback-but-to-save-them/>

To be "saved" in order to be eaten seems like a raw deal for heritage turkeys. What human would wish such a fate on his/her children? If the true goal is to preserve heritage breeds (and not just to sell them for profit), raise them in sanctuaries where they can live out their full lives natural and free with their families, supported with donations from human visitors who appreciate their uniqueness and beauty.

F 11/25/16

When Food Banks Say No To Sugary Junk, Schools Offer A Solution

<http://www.kpbs.org/news/2016/nov/23/when-food-banks-say-no-to-sugary-junk-schools/>

Yes to donating hummus & fresh fruit! No to cheese, yogurt, & milk, which are loaded with casein and saturated fat. Casein (milk protein) is the #1 carcinogen to which humans unwittingly expose themselves. Saturated fat clogs arteries, increasing blood pressure and heart disease. Excess fat also gums up cells so that insulin can no longer insert energy-giving glucose into them. Glucose then accumulates in the bloodstream and the resulting high blood sugar damages tiny nerves leading to the eyes and extremities, which may result in blindness and amputations, the scourges of diabetes.

F 12/9/16

How Your Cashmere Sweater Is Decimating Mongolia's Grasslands

<http://www.kpbs.org/news/2016/dec/09/how-your-cashmere-sweater-is-decimating-mongolias/>

Yet another example of how unnecessary human use and exploitation of animals is devastating the environment. From deforestation of the Amazon rainforest (livestock grazing & feed production) to desertification of the American West (free-range livestock) to pollution of world waterways (factory-farm effluent) to the decimation of ocean populations (overfishing). So many synthetic and plant-based alternatives exist for clothing and food, it's criminal what the human species persists in doing to other species for pleasure and profit.

F 12/9/16

Say, What? Monkey Mouths And Throats Are Equipped For Speech

<http://www.kpbs.org/news/2016/dec/09/say-what-monkey-mouths-and-throats-are-equipped/>

More evidence that animals are branches on the tree of life, with more DNA in common than not. Many so-called lower species have skills and abilities that humans couldn't touch (sight, hearing, speed, flight...). But regardless of rank, all animals have the ability to suffer and feel pain, which is vital for survival. So it behooves ethically-evolving humans to avoid harming and killing other species for food, profit, or pleasure.

Reply from Richard Hylton: It is said that we share about 60% of our genes with a banana, and I eat those every day; Potassium deficiency.

My reply: Yes, it's remarkable that ALL living things, plant and animal, share common DNA. But not all have nervous systems that register pain and suffering as we humans and our pets, for example, experience it. Even if one were to argue that plants feel pain, it's still more ethical to eat plants directly than recycle them through animals, as it can take up to 16 pounds of plant matter to produce 1 pound of meat. Regarding potassium deficiency, a single banana provides only about 10% of the daily recommended value. In fact, bananas rank only about 70th in the USDA's Food Composition database for potassium. Number 1: molasses!

W 12/14/16

Fishermen Team Up With Scientists To Make A More Selective Net

<http://www.kpbs.org/news/2016/dec/13/fishermen-team-up-with-scientists-to-make-a-more/>

Great! With cod populations depleted from overfishing, let's have fisherman deplete the flatfish population. Not to mention the ocean-floor critters and habitat destroyed by net dragging. All for a "food" that humans have no biological need to consume and, with its ingested, fat-stored, pollution load (mercury, PCBs, etc.), would be better off avoiding.

T 12/20/16

Black Goat Is Sacrificed On Tarmac Of Pakistani Airport

<http://www.kpbs.org/news/2016/dec/19/black-goat-is-sacrificed-on-tarmac-of-pakistani/>

Sacrificing a goat for an antiquated religious tradition is deplorable, but it hardly compares to the billions of animals "sacrificed" each year simply because they "taste good." Particularly since humans have zero biological need to consume animal products.

W 12/21/16

Soy, Almond, Coconut: If It's Not From A Cow, Can You Legally Call It Milk?

<http://www.kpbs.org/news/2016/dec/21/soy-almond-coconut-if-its-not-from-a-cow-can-you/>

Yet another example of the declining animal-products industries running scared. Last year, Hellmann's sued Hampton Creek over its plant-based "Just Mayo," arguing that mayonnaise, by definition, must contain eggs. After they lost the case, they came out with "Hellmann's Vegan Carefully Crafted Dressing," their own egg- and cholesterol-free mayonnaise! This year, the dairy industry was forced to settle an antitrust, price-fixing lawsuit for \$52 million after it was caught killing 500,000 young cows to lower supply and raise milk prices. Beth Briczinski of the National Milk Producers Federation has one thing right: plant-based milks have different nutrient profiles than dairy milk, which itself must be fortified with vitamin D in order to make its "health" claims. Unlike plants, dairy products, especially cheese, are loaded with addictive casein protein, which according to T. Colin Campbell, author of The China Study, is the #1 carcinogen to which humans are exposed. Furthermore, cow's milk, with 26% protein (% of solids), is designed to grow a baby calf into 1000 lb steer in a year. In contrast, human breast milk, with just 7% protein solids, has all the protein a human infant needs during its most rapid growth phase. Amazingly, humans are the only species that drinks milk after weaning and the only species that drinks the milk of other species. Dog milk anyone?

F 12/23/16

Despite Pledges To Cut Back, Farms Are Still Using Antibiotics

<http://www.kpbs.org/news/2016/dec/22/despite-pledges-to-cut-back-farms-are-still-using/>

Besides cutting down on disease due to overcrowding of animals, the meat industry uses antibiotics to promote rapid growth and hence increased profits, which explains their reluctance to cut back on or eliminate antibiotic use. But a more prevalent health concern, besides loads of saturated fat and cholesterol, is fecal contamination. A 2012 study covering 15 grocery store chains in 10 U.S. cities found fecal contamination in 48% of chicken samples. Besides E.coli, which can be deadly, feces can contain roundworms, hair worms, tapeworms, insect larvae, bile and undigested food, in addition to antibiotics and other chemicals. Washing meat before cooking merely serves to spread the contamination to sinks, cooking surfaces, and hands, which should be washed with bleach for effectively cleaning. This makes thorough cooking no guarantee of safety. Best option: A whole-foods, plant-based diet!

Su 12/25/16

Science strives to make climate change more personal, economically relevant to Americans

<http://www.sandiegouniontribune.com/news/environment/sd-me-climate-science-20161220-story.html>

Depending on the research cited, livestock production causes 14-51% of all greenhouse gas emissions, more than all forms of transportation combined. Which makes it tough to be a meat-eating "environmentalist." Most planet-friendly option: a whole-food, plant-based diet.

M 1/9/17

Would You Eat This Fish? A Shark Called Dogfish Makes A Tasty Taco

<http://www.kpbs.org/news/2017/jan/07/would-you-eat-this-fish-a-shark-called-dogfish/>

"When populations of cod...became too scarce, Eldredge wanted to keep fishing." Reminds me of Shel Silverstein's "The Giving Tree," where as the boy matures into a man he takes everything from the tree (leaves, apples, branches, trunk) for his own use until only a stump remains. What's next when dogfish are depleted? All for a "food" that humans have no biological need to consume and, with its pollution load (mercury, PCBs, etc.), would be better off avoiding.

W 1/18/17

Food As Medicine: It's Not Just a Fringe Idea Anymore

<http://www.kpbs.org/news/2017/jan/17/food-as-medicine-its-not-just-a-fringe-idea/>

The definitive guide to "food as medicine," backed up by peer-reviewed scientific evidence, is Dr. Michael Greger's New York Times Bestseller "How Not to Die." <http://nutritionfacts.org/book>

M 2/6/17

Chasing A Dream Built On Dairy, This Master Of Milk Came Home

<http://www.kpbs.org/news/2017/feb/04/chasing-a-dream-built-on-dairy-this-emperor-of/>

You've got to admire Mike McCloskey's drive, but the last thing the world needs is more cows milk. Per T. Colin Campbell, the famed author of The China Study, casein (milk protein) is the number one carcinogen to which humans are exposed. And despite claims linking the calcium in milk to bone health, countries with high dairy consumption actually have higher rates of bone fracture. Humans are the only species that consumes milk after weaning, and the only species that consumes the milk of another species. People are getting the message as sales of plant-based milks continue to soar.

W 2/8/17

Don't Call It Wheat: An Environmentally Friendly Grain Takes Root

<http://www.kpbs.org/news/2017/feb/08/dont-call-it-wheat-an-environmentally-friendly/>

Salish Blue seems like a promising development, but farmers already grow enough grain to feed the world several times over. The problem is that up to 90% of it is fed to livestock. It's way past time to cut out the "middlecow" and feed the world directly.

Th 2/9/17

Video: From Measles To Syphilis, How We Created The Golden Age Of Germs

<http://www.kpbs.org/news/2017/feb/08/video-from-measles-to-syphilis-how-we-created-the/>

Infectious diseases from livestock (bird/pig flu, anyone?) are another great reason for a societal shift to veganism. That includes the proliferation of drug-resistant super bugs that have evolved from the routine use of antibiotics, not to fight disease, but to enhance livestock growth merely for increased profits.

Sa 2/11/17

NPR News Nuggets: Terrorizing Pig, (Sort Of) Flying Pig & Wigs

<http://www.kpbs.org/news/2017/feb/11/npr-news-nuggets-terrorizing-pig-sort-of-flying/>

Would any omnivore who finds LiLou's story touching please explain how they can continue to eat bacon? After playing Farmer Hoggett in the hit movie Babe (1995) about a sheep-herding pig, actor James Cromwell did the only rational thing: He became vegan.

Sa 2/11/17

Saving The Planet, One Burger At A Time: This Juicy Patty Is Meat-Free

<http://www.kpbs.org/news/2017/feb/11/saving-the-planet-one-burger-at-a-time-this-juicy/>

This article does a decent job explaining the environmental scourges of livestock production—it's oxymoronic to be a meat-eating environmentalist. But Impossible Burger founder Pat Brown's statement, "You're not going to get people to change their diets. You know, stop eating meat, fish and dairy — ain't gonna happen," ignores the growing legion of vegans who choose to eat plant based for health, environmental, and most importantly, animal concerns. After all, why would you hurt an animal if you don't have to?

M 2/13/17

90 Percent Of Fish We Use for Fishmeal Could Be Used To Feed Humans Instead

<http://www.kpbs.org/news/2017/feb/13/90-percent-of-fish-we-use-for-fishmeal-could-be/>

Fish may be marginally healthier than beef, pork, or chicken, but it is NOT a health food. Not only is it high in saturated fat, it's often loaded with pollutants like mercury & PCBs. Its most-touted beneficial nutrient is omega-3, which is more safely obtained from microalgae, which is what the fish eat in the first place. Healthy sources of omega-3 are microalgae capsules (e.g., Ovega-3) produced in sterile lab environments, as well as ground flaxseeds and walnuts.

M 2/13/17

To Stem Spread Of Avian Flu In China, Some Provinces Shutter Poultry Markets

<http://www.kpbs.org/news/2017/feb/13/to-stem-spread-of-avian-flu-in-china-some/>

Another example of the harm to humans caused from needlessly domesticating and consuming animals. At least the article is honest enough to call it "avian" flu. In 2009, the USDA harangued the news media into calling that year's pandemic strain "H1N1" instead of "swine" flu, because it was hurting pork sales!

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To Save The Planet, Give Cows Better Pasture

<http://www.kpbs.org/news/2017/feb/13/to-save-the-planet-give-cows-better-pasture/>

Besides the fact that the livestock industry contributes anywhere from 14-51% of greenhouse gas emissions, more than all sources of transportation combined, the last thing the world needs is more cows milk. Per famed China Study author T. Colin Campbell, casein (milk protein) is the number one carcinogen to which humans are exposed. Designed to grow a baby calf into a half-ton steer, it's the last thing humans should be ingesting. And despite claims linking the calcium in milk to bone health, countries with high dairy consumption actually have higher rates of bone fracture. Humans are the only species that consumes milk after weaning, and the only species that consumes the milk of another species. Dog milk, anyone?