



VEGAN

OCTOBER 2015

Health
Compassion
Environment
Social Justice



Perspectives of Animal Agriculture

Animals, as referenced in this brochure, include all land animals, fowl, aquatic animals, fish, or any sentient beings used in animal industries.

FREE brochure download and more information: www.HARPforAnimals.com





Millions of people throughout the world have adopted a vegan lifestyle, which is beneficial for everyone regardless of age, nationality, religion, or ethnicity. People choose a vegan lifestyle for various reasons, yet all agree that animals should not be exploited for food, products, entertainment, or research. Animal agriculture has extensive impacts on our health, the animals, societies, and the environment. Living as cruelty-free as possible fosters a sense of peace and alignment with our deepest values.

The Vegan Lifestyle

In addition to enjoying the boundless options which plant-based foods offer, vegans support respecting the lives of all species. Animals belong in their natural habitats, living free and free from human harm. Donald Watson, who created the term 'vegan' in 1944, described veganism as "a way of living which seeks to exclude, as far as is possible and practical, all forms of exploitation of, and cruelty to, animals for food, clothing, or any other purpose."¹ Each person can choose to support living in ways that impose the least amount of harm possible.



BRANDED AS COMMODITIES

Speciesism

– A Form of Prejudice –

Speciesism is a belief that the desires and needs of one's own species are more important than the desires and needs of a different species.² Historically, we have witnessed the destructive forces of prejudice in slavery and in discrimination against women.

- **Holocaust survivor** of the Warsaw ghetto and founder of *Farm Animal Rights Movement*, Alex Hershaft recalls, "there are many similarities between how the Nazis treated us and how we treat animals ... raised for food" (blog.farmusa.org/tag/alex-hershaft, 2014).
- **People have a remarkable capacity** to appreciate the unique intelligence, sensitivities, and social capacities of other species. Yet beliefs based upon speciesism do not recognize animals' inherent rights to life and freedom, so vital to their well-being.
- **"The fact that animals are not human, that they belong to different species, is not a reason for giving less consideration to their interests"** (Peter Singer in *Speciesism: The Movie*, speciesismthemovie.com). Animals have an existence and their own interests, outside of human profit. Speciesism disregards the moral consideration of animals' lives, and is the basis for why people eat their flesh, wear their skin, and use animals for experimentation and entertainment.



"Our task must be to free ourselves ... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty."

~ Albert Einstein, Nobel Prize for Physics, 1921



Playful, Intelligent, Gentle, Social

Health for Life

"Vegan diets are healthful, nutritionally sufficient, and may provide health benefits in the prevention and treatment of certain diseases"³ (American Dietetic Association). The Physician's Committee for Responsible Medicine, The Harvard School of Public Health and other organizations also support a plant-based diet.



PLANT FOODS include an unlimited variety of food choices that provide plentiful amounts of all nutrients, which include protein, carbohydrates, fats, vitamins, and minerals.

WHOLE GRAINS: Rich in fiber, complex carbohydrates, protein, and many vitamins and minerals, including B-vitamins and zinc.

LEGUMES & BEANS: Excellent sources of protein, iron, calcium, zinc, B vitamins, and many nutrients.

VEGETABLES AND FRUITS: Loaded with nutrients including vitamins A and C, beta-carotene, riboflavin, iron, potassium, calcium, iron, protein, fiber, and other vital nutrients.

NUTS & SEEDS: Packed with protein, vitamins, minerals, and healthy fats.

DAIRY replacements include plant milks (soy, almond, cashew, and many others), and many varieties of plant-based cheeses, creams, yogurt, and butter. **EGGS:** www.ordinaryvegan.net/egg-substitutes:

BEEF, CHICKEN, TURKEY, PORK, FISH: Plant-based versions now abound and are available in most grocery stores.

- More **weight loss** can be seen with a healthy vegan diet than with other dietary patterns.⁴
- Only plant foods provide **phytochemicals** – substances which "prevent and treat many health conditions, including cancer, heart disease, diabetes, and high blood pressure."⁵
- **Vitamin B-12**, the only nutrient not known to be in plant foods, is made by bacteria found naturally in soil, ingested by animals who graze. Nutrition experts recommend consuming B-12 through a supplement or fortified foods.⁶

Health benefits increase as the amount of food from animal sources in the diet decreases.⁷

- **Chronic illnesses** linked to animal products include: cardiovascular disease, heart disease, cancer, diabetes, high cholesterol, osteoporosis, obesity, impaired kidney function, some food-borne illnesses and toxic chemical exposure.⁸
- Numerous research studies conclude that a **plant-based diet protects against many cancers**. These studies compared the proliferation of cancer cells in blood samples among vegans, vegetarians, and omnivores.^{9A}
- **Dairy products** contain "potent links to breast and prostate cancers [through] Insulin-like Growth Factor-1, ... synergized by steroid hormones present in milk."^{9B}

Love Babies,
Don't Eat Them



Tofu Cheese Melt*

Culinary experiences expand with new and exciting food choices and recipes.



Beyond Meat, Chicken-like Wrap
bmorevegan.com



Macadamia Nut Brie En Croute*

Lentil Quinoa Burger*



Chocolate Cherry Pie,
www.AlanRoettinger.com

Plant-based proteins provide the same, or very similar, flavors and textures found in animal foods.

*Recipes from www.onegreenplanet.org

Compassion



All farm animals feel love and pain, joy and fear. They have unique intelligence, sensitivities, curiosity, a great capacity for social relationships, self-awareness, and a strong will to live.

Adapted from *The Emotional World of Farm Animals*, by Jefferey M. Masson, Ph.D, best-selling author who has appeared on Oprah and Good Morning America.
<https://www.youtube.com/watch?v=9K0re-XFXm0>

"Empathy is the seed from which compassion blooms. It is the antidote to all forms of violence and is central to our wellbeing" (M. Joy).¹⁰

- **When living freely**, animals are able to develop their unique intelligence, sensitivities, and social structures.
- **Farmed animal mothers** – cows, pigs (sows), and chickens (hens) – have natural instincts to nurture and care for their young. This sacred bond is destroyed for commercial animals. Females are bred to produce more babies than they naturally would, then slaughtered young as their breeding ability declines.
- **"Cows ... nurture friendships, bear grudges, and become excited over intellectual challenges" (J. Leake).¹¹**
- **Pigs** "have the cognitive ability to be quite sophisticated. Even more so than dogs and certainly three-year-olds" (S. Boyson).¹¹
- **Chickens** are "behaviorally complex, do quite well in learning, show a rich social organization, and have a diverse repertoire of calls" (B. Rollin).¹¹
- **Fish are sentient too:** "Fish have memories, a sense of time, recognize individuals, have complex social relationships, engage in play, and have the ability to feel fear and suffer in the same ways as animals." (fishfeel.org)



Environment

Animal Agriculture is the leading cause of species extinction, ocean dead zones, water pollution, and habitat destruction.¹²

- The sheer quantity of animals raised for human consumption **threatens Earth's biodiversity.**¹³
- **Up to 91% of Amazon destruction** is caused by animal agriculture.¹⁴
- **Methane**, extensively produced by livestock, is 25 times more destructive than carbon dioxide.¹⁵
- Growing **feed crops** for livestock consumes **56% of water** in the U.S.¹⁶
- Every Minute, 7 million pounds of **excrement** are produced by farm animals in the U.S.¹⁷
- **Land required** to feed a vegan for one year: 1/6th acre; a meat-eater is 20 times as much.¹⁸
- The amount of **fossil fuel energy** needed to produce animal protein is eight times that of plant protein.¹⁹
- **76% of the world's fish species** are fully- or overexploited (69%) or depleted (7%).²⁰
- **Fishless oceans could be a real possibility by 2050;** 30 percent of fish stocks have already collapsed.²¹



Rainforest before and after deforestation in South America.

"You can't be an environmentalist if you are not eating a plant-based diet."²²

~ James Cameron,
Academy Award-Winning Director



“Poor countries sell their grain to the West while their own children starve in their arms, and the West feeds it to livestock.

So we can eat a steak?
Am I the only one who sees this as a crime?

Every morsel of meat we eat is slapping the tear-stained face of a hungry child.”²⁸

– Philip Wollen, Founder of the Winsome Constance Kindness Trust



Starving Boy and Missionary

buzzlamp.com/35-of-the-most-powerful-photos-ever/10

Social Justice

- “A reduction of negative impacts from agriculture would only be possible with a substantial **worldwide diet change, away from animal products**”²³ (United Nations, 2010).
- **Slaughterhouse work is dangerous** with employee turnover rates at 75%-100%. “Workers are pressured to kill more animals in less time, are conditioned to accept a hazardous, demeaning environment, and are afraid to report injuries out of fear of losing their jobs. Slaughterhouse wages are low, with many undocumented workers.”²⁴
- **Deforestation**, mostly caused by animal agriculture, is often in areas occupied by **indigenous people**, and their rights and welfare are almost always ignored.²⁵
- **Exorbitant amounts of water** are needed for animal agriculture; water that is desperately needed in many areas of the U.S. and the world, where fresh water is scarce.²⁶

Choices and Beliefs

As a civilized, progressive, and free society we support social justice initiatives and animal protection laws so that all can live free, be safe, and prosper. In this context, we explore the fundamental contradiction between social justice and consuming animal products / supporting animal industries.



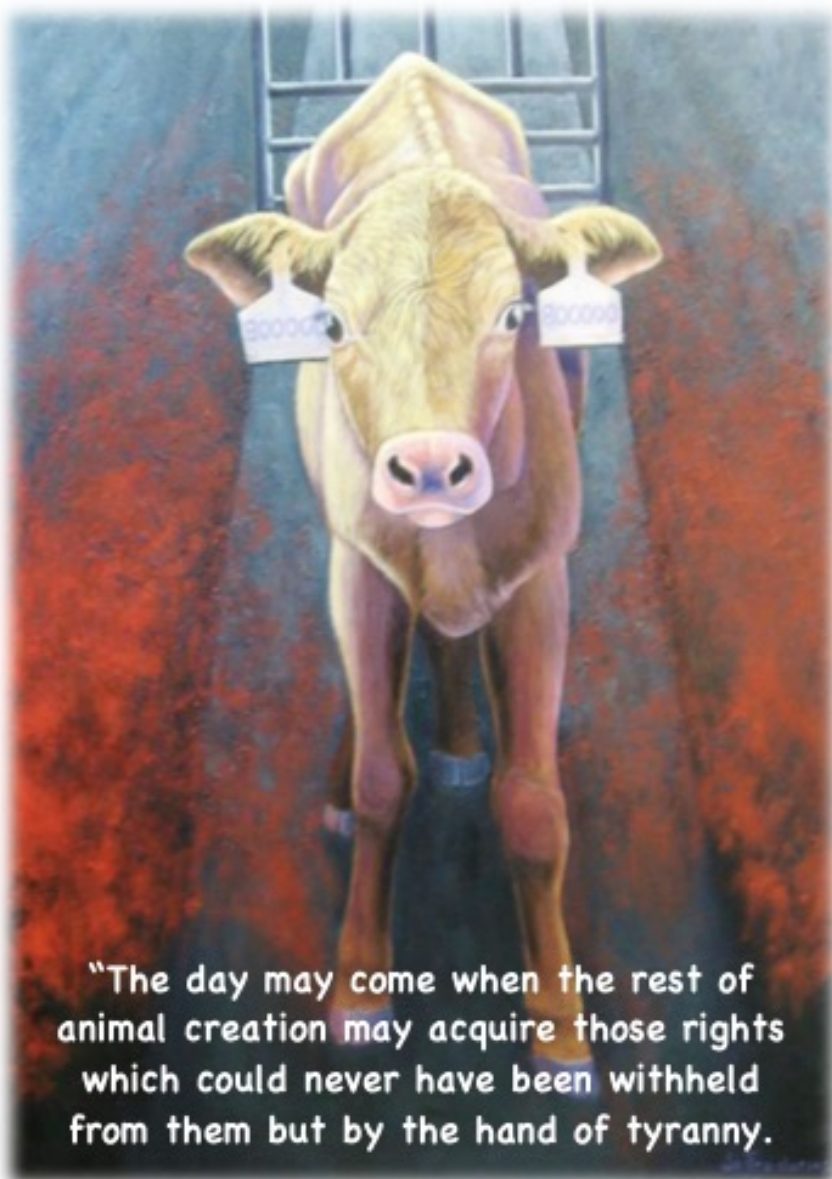
- “**Carnism**, an ideology that conditions us to eat certain animals, while we love and respect other animals, is shaped by the same mentality that enables other **societal oppressions**. Meat eating is not necessary for survival, it’s a choice; and our choices always stem from our beliefs. Addressing the nature of carnism will help create a more just social order.”²⁷

Adapted from ‘Carnism ...’ by Melanie Joy, PhD., EdM., author of *Why We Love Dogs, Eat Pigs, and Wear Cows*. (2010, Red Wheel/Weiser).

- A plant-based diet is based upon an **awareness of the origins and impacts of the foods** we purchase and consume. Removing animal products from our diet alleviates the ‘violence on our plates’ and we understand our actions do make a difference. With every meal, we no longer participate in the suffering and environmental destruction that we naturally want to prevent.

Adapted from *The World Peace Diet* (p. 196) by Will Tuttle, PhD (2005, Lantern Books).

- Cruelty and oppression are qualities of antiquated cultures, whereas **freedom and caring for others** are cornerstones of modern, civilized societies.



"The day may come when the rest of animal creation may acquire those rights which could never have been withheld from them but by the hand of tyranny.

The question is not 'can they reason?' Nor 'can they talk?' But 'can they suffer?' Why should the law refuse its protection to any sensitive being?"
 - Jeremy Bentham (1748-1832)

'Humane' Treatment Myth

There is no such thing as humane killing, exploitation, or slavery. When an animal becomes a commodity s/he loses their freedom and is ultimately put into harm's way.

- "Even the very few **organic and small farms** abuse animals in ways that would be illegal if done to dogs or cats." – Bruce Friedrich, Farm Sanctuary, humanefacts.org Only animal sanctuaries are truly humane.

- **Slaughter:** "[Terrified] animals in slaughterhouses can smell, hear, and often see the slaughter of those before them. Pre-slaughter stunning frequently fails, and they remain conscious while being slaughtered."²⁹

- **All farmed animals are slaughtered when still very young**, living only a fraction of their natural life.

- **All farmed animals**, regardless of farm size, are subjected to **traumatic physical alterations** for purposes of identification and to reduce risks of hurting each other, as they are kept in unnatural, crowded environments.³⁰

- **"Cage-free" and "free-range"** chickens are crammed in overcrowded, toxic environments. No legal regulations govern deceitful, humane labels. All chicks' beaks are painfully burned and cut in half; all hens are slaughtered at about 18 months old, when their egg production declines.³¹



All male chicks born into the egg industry are considered **useless**. They are discarded by being ground up alive, suffocated, or gassed, even in systems considered 'ethical'.³²

Dairy Cows: Commodities for Milk

Regardless of whether a farm is conventional or organic:

- **Milk production** requires continuous pregnancies for all dairy cows by forceful artificial insemination (which causes immense distress for both male and female cows). Consumer demand for dairy products necessitates continuous milking of cows for over 300 days a year,³³ even when cows are pregnant.

- **Pushed to extremes**, all dairy cows are slaughtered between 4-7 years old, after their milk production declines; noncommercial cows can live 20-25 years. Some cows become so **weakened** from exploitation that they cannot walk and are referred to as '**downed cows**'.³⁴

- **All calves** are taken away from their mothers shortly after birth, so that only humans will get their mother's milk. Male calves are treated as **disposable by-products**; calves not killed after birth are raised for veal. Isolated and chained in small confined quarters, **veal calves** are almost always intentionally malnourished so their flesh is pale.³⁵



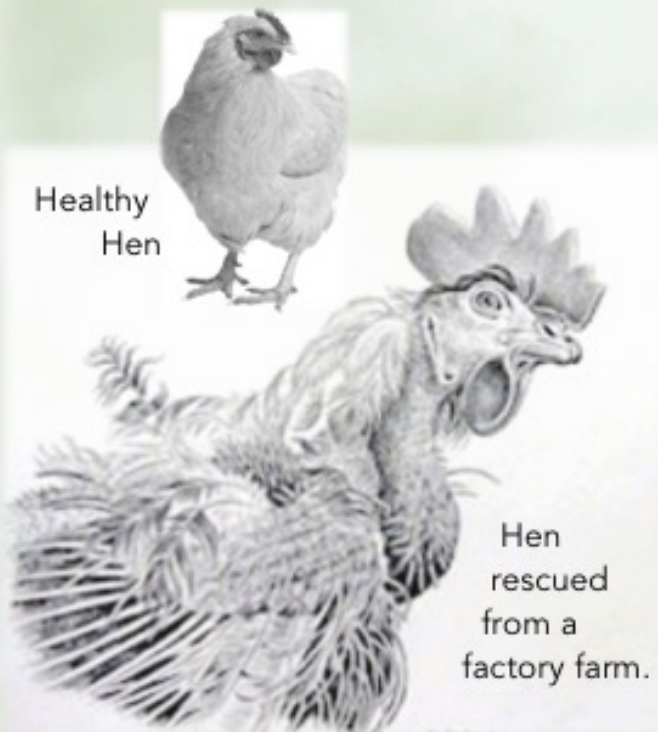
Female cows are no longer needed after milk production declines; male dairy calves are considered useless.

Every Life Has Inherent Value

All need to live free and to never be commodities.



"Peace is not just the absence of war. It is the presence of justice. Justice must be blind to race, color, religion, or species."²⁸
- Philip Wollen



Healthy Hen

Hen rescued from a factory farm.

VIOLENCE

"The intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in, or has a high likelihood of resulting in, injury, death, psychological harm, maldevelopment, or deprivation."³⁶

- World Health Organization

In an Animal Sanctuary



All Are Individuals

Pigs are confined in gestation crates on factory farms, where they remain for most of their lives.

About 99% of all commercial animals [in the United States and other developed countries] are on factory farms,³⁷ the only way to raise enough animals to meet basic consumer demands.

Watch videos at factoryfarm360.org

Please refer to the References and Resources listed on the following page to learn more and to discover ways of making the most rewarding choices.

Thank You.

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ADDITIONAL RESOURCES

- | | |
|--|---|
| A Well-Fed World: awfw.org | Dr. Greger. Nutrition Facts: nutritionfacts.org |
| Cowspiracy: cowspiracy.com | Peaceable Kingdom: peaceablekingdomfilm.org |
| Farm Animal Rights Movement: farmusa.org | Physician's Committee for Responsible Medicine: pcrm.org |
| Forks Over Knives: forksoverknives.com | Voiceless, The Animal Protection Institute: voiceless.org |
| Humane facts, Labels & Loopholes: humanefacts.org | World Peace Diet, Will Tuttle, PhD: worldpeacediet.com |
| Dr. Klaper, Nutrition-Based Medicine: doctorklaper.com | Univ. California Integrative Medicine: ucdintegrativemedicine.com |

veganeasy.org • joyfulvegan.com • BiteSizeVegan.com • rubylathon.com • vegan.com



WHY VEGAN: Health Compassion Environment Social Justice

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