

## Nutrition

(Excerpted from And Still They Fly, 2nd Edition, by Guido Moosbrugger, 2004, pg 21-22)

The Errans nourish themselves according to the laws of Creation, which means that they consume a balanced, measured and nutritious diet of both mineral and vegetable as well as animal foods. Of primary value is nutrition obtained from fruits and vegetables. They categorically reject a purely vegetarian nutrition because negative side effects can result in the form of abnormal mental activities and conscious reaction abilities of an excessively positive nature. Consequently, critical judgment is impaired to the extent that a person can no longer distinguish between what is real and what is unreal. As for the purely physical side-effects, it must be said that adults can tolerate such a one-sided diet over an extended period of time with relatively little harm, but can cause growth disorder and other negative symptoms among children and adolescents. Insufficient vegetarian food or an excessive amount of animal products give rise to the exact opposite effects such as sluggish thoughts and reactions which are also undesirable. Consequently, Errans do not abstain from animal food but never indulge in excessive amounts. They never slaughter domestic animals such as cattle and swine, as we do. Lower animal forms such as rabbits, ducks, and chicken and only slaughtered and consumed under extreme circumstances. Nevertheless, people do not have to go without meat specialties, since cutlets, for example, are also on their dietary plan. But how does this relate to the aforementioned? Well, it simply means that the meat used for dietary purposes is artificially cultivated with the help of cell cultures. Therefore, we should not be surprised to find out that on Erra, veal cutlets are produced on an assembly line without having to slaughter a single animal.

According to Quetzal, many earth people unfortunately have very different and erroneous opinions about nutrition that have equally harmful effects on them. The erroneous opinion that a human life form can develop to its full and healthy potential without animal substances is just as false as the assumption that large quantities of animal substances improve the physical constitution. The truth is that great deficiencies appear if either excessive animal substances are consumed or none at all. The entire structure and preservation of human life forms are dependent upon floral and faunal nutrition, at least those pertaining to the physical body. If, for example, faunal nutrition is not available or is abstained from based on erroneous assumptions, then plant substances of equally nutritious value must substitute the lack of animal substances. But this is not yet possible on earth because these nutritious plant substances have remained practically undiscovered. The few that are known are shunned for some unintelligible reasons of disgust.

It would also be interesting to find out what the inhabitants of Erra drink. I do not know enough about this to give a full report, but it is certain that natural juices in all possible variations play a major role. Pure alcoholic beverages are completely unknown. Instead, beverages similar to alcohol are consumed without causing intoxication- not even if a person drinks large quantities.

In my opinion, it would be commendable if our nutritionists would familiarize themselves with the nutritional habits of the Errans in order to give the people of earth appropriate advice on healthy nutrition in the future.

## Domestic Animals

(Excerpted from And Still They Fly, 2nd Edition, by Guido Moosbrugger, 2004, pg 23)

In former days when their ancestors of the present-day Pleiadians lived on earth, they returned home with a pair of almost every kind of animal existing on earth and then totally eradicated all animal diseases. Today, as previously mentioned, it is strictly prohibited to import animals from alien planets for security reasons unless they have been 100 percent disinfected so there is absolutely no danger of bringing in a disease.

Despite their love for animal life forms, domestic animals are treated quite differently from the animals here on earth. In view of the fact that many diseases are transferred from domestic animals to human beings, they switched over long ago to keeping all domestic animals on Erra in specially built caged enclosures but never directly in human living quarters. This also holds true for cats, dogs, birds, hamsters, etc. that are often viewed or treated like children or family members here on earth. Out of ignorance and a false understanding of

love for animals, this type of treatment can unfortunately lead to very many health problems. It happens that we usually grow most fond of domestic animals. They are often the only form of companions that prevents elderly and lonely people from feeling so alone and forsaken. However, cats and dogs are responsible for more than 50percent of all contagious diseases. According to the Errans, cats and dogs are principle carriers of many deadly diseases and the danger of contagion for human beings is relatively high. The presumed cleanliness of a cat is only an outward appearance since deadly pathogens can be found in its coat only 30 seconds after it has undergone a complete chemical disinfecting. These are facts that hit us earth people especially hard and which we cannot easily digest all at once. In view of the misplaced affection for animals and the incorrect keeping of house pets, our present attitudes on earth will probably not change too quickly. For all those who are fond of house pets, the following should be carefully heeded in one's own interest as well as in the interest of the general public:

- Immediately after petting or simply touching a domestic animal, ones' hands should be washed.
- Household pets should not be treated like human beings by kissing them or letting them sleep in the same bed, or similar practices.