

# Science, Health, & Food in the age of Covid-19



The Covid-19 pandemic is severely impacting meat production, yet there can always be an abundance of plant foods. Every year the world feeds about 70 billion land animals and kills trillions of sea lives, yet does not feed 7.5 billion people!

This is a broken system with massive inequities largely caused by the wealthiest nations. All systems, large and small, of farmed animals, fowl, and fish are unsustainable.

## Follow the Science

The COVID-19 pandemic shows we must transform the global food system. [Guardian Article](#)

Excerpt: “Collectively, we must transform the global food system and work toward ending animal agriculture and rewilding much of the world. Oddly, many people who would never challenge the reality of climate change refuse to acknowledge the role meat-eating plays in endangering public health. Eating meat, it seems, is a socially acceptable form of science denial.”

**U.S. Could Be Weeks from Meat Shortages with Shutdowns Spreading**

[Bloomberg Report](#)

Excerpt: “While hundreds of plants in the Americas are still running, the staggering acceleration of supply disruptions is now raising questions over global shortfalls. It’s absolutely unprecedented. It’s a lose-lose situation where we have producers at the risk of losing everything and consumers at the risk of paying higher prices.”

“In 2016, the UN Environment Program warned that the “livestock revolution” (p. 18–19, 22-23) was a zoonotic disaster waiting to happen.”

– [Bloomberg Report](#)

Every life deserves respect, dignity, and compassion.



# Solution: Plant-Based Foods

Abundance • Diversity • Health

## Enjoying Plant-Based Foods:

Who, What, Why, Where

[botanicuisine.com/enjoying-plant-based-foods.html](http://botanicuisine.com/enjoying-plant-based-foods.html)

## Experts Support Plant-Based Nutrition

Every major health/nutrition organization supports the superior health benefits of a well-balanced entirely plant-based diet.

Official statements and URLs:

[botanicuisine.com/experts-support-plant-based-nutrition.html](http://botanicuisine.com/experts-support-plant-based-nutrition.html)

## RECIPES

- [Pasta Primavera Alfredo](#)  
Ann Arbor Vegan Kitchen
- [Sage Lentils with Squash & Mushrooms](#)  
Forks Over Knives
- [By Any Greens Necessary](#), Main Dishes  
Luscious Lasagna, Broccoli Ginger Cashew Stir-Fry, Mediterranean Chickpea Salad, Pizza-z!, Pepper “Steak,” and more.
- [Cheesy Chickpea-Broccoli-Cauliflower-Rice](#)  
Flora & Vino

## KEY NUTRIENTS VIA FOOD OR SUPPLEMENTS

[Food Revolution Network](#)

Vitamin B12, D3, K2, Omega-3, and Zinc

All except B12 are in foods. However, modern dietary habits can present deficiencies.

## The Game Changers Documentary

**Meat, Protein, Athletes, and the Rest of Us**

Stunning documentary by James Cameron, Arnold Schwarzenegger, Louis Psihoyos, Jackie Chan, Lewis Hamilton, and others.

[GameChangersMovie.com](http://GameChangersMovie.com)

What do world-class champions in martial arts, weightlifting, football, ultramarathons, sprinting, and cycling have in common? Be amazed as they share their cinematic stories of struggle and triumph, and their explosive success with plant-based nutrition that applies to everyone, backed by mountains of science.

FREE: 35 Amazing Recipes  
Among these Food Categories

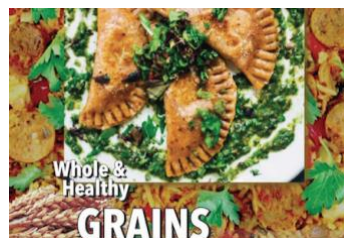
### RECIPE SET #1

Click to open / download.



### RECIPE SET #2

Click to open / download.



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Google Play, Vudu, YouTube