

December 2012 – Resources for World Peace Diet Circle

Compiled by Dr. Will Tuttle,
For World Peace Diet Circle Members

"Compassion hurts. When you feel connected to everything, you also feel responsible for everything. And you cannot turn away. Your destiny is bound with the destinies of others. You must either learn to carry the Universe or be crushed by it. You must grow strong enough to love the world, yet empty enough to sit down at the same table with its worst horrors." - Andrew Boyd

This month's special guest is Steve Prussack, with surprise guest Sunny Mueller of Vegetarian House

Article by Dr. Tuttle in One Green Planet about the consequences of our culture's violence toward children (of all species) - <http://www.onegreenplanet.org/animalsandnature/our-cultures-defining-dilemma-our-violence-toward-children-of-all-species/>

Article by Dr. Tuttle in One Green Planet - The Vegan Spirit of Thanksgiving - <http://www.onegreenplanet.org/animalsandnature/the-vegan-spirit-of-thanksgiving/>

Dalai Lama Promotes Vegetarianism on first-ever World Vegetarian Day in India - <http://www.hindustantimes.com/India-news/Mumbai/Dalai-Lama-promotes-vegetarianism-on-first-ever-World-Compassion-Day/Article1-965751.aspx>

James McWilliams in the NYTimes – Good Summary Article! – The Myth of Sustainable Meat - http://www.nytimes.com/2012/04/13/opinion/the-myth-of-sustainable-meat.html?_r=1&

Farm Animals Have Become Gross Parodies of their Natural Selves - http://www.huffingtonpost.co.uk/sue-cross/farm-animals-have-become-_b_2136249.html

Plant-Based Meals Predicted to Take Center Stage in 2013= <http://www.mfablog.org/2012/12/plant-based-foods-predicted-to-take-center-stage-in-2013.html>

Israel Goes Vegan - <http://www.tabletmag.com/jewish-life-and-religion/117687/israel-goes-vegan?all=1>

New Vegan Magazine – Laika - <http://laikamagazine.com/>

TV Host Calls Vegan Chef a Liar on National TV - <http://www.youtube.com/watch?v=0iKJF489yKs&feature=share>

Going Vegan is big Success for Portland, ME New Anchor - http://www.pressherald.com/life/making-the-vegan-switch-proved-to-be-a-win-win-win_2012-11-07.html

Kathy Freston - Why Do Vegetarians Live Longer? http://www.huffingtonpost.com/kathy-freston/plant-based-diet_b_1981838.html?utm_hp_ref=mostpopular

Extremely sobering PBS special on China's booming Meat & Dairy Industry - <http://human-nonhuman.blogspot.ie/2012/11/china-strains-to-satisfy-growing-demand.html>

Rhino Poaching in South Africa Increasing - <http://awf.org/content/headline/detail/4606>

Botswana becomes first nation to ban sport hunting - http://newswatch.nationalgeographic.com/2012/11/15/no-more-hunting-of-any-kind-in-botswana/?utm_source=Humane+Research+Council+News&utm_campaign=30d83e9654-HRC_News_Dec_4_2012&utm_medium=email

Rich Roll – My Top 7 Sources of Plant-Based Protein - - <http://www.mindbodygreen.com/0-4491/My-Top-7-Sources-of-PlantBased-Protein.html>

John Salley on Being Vegan – L.A. Times - <http://articles.latimes.com/2012/nov/17/health/la-he-five-questions-salley-20121117>

Firefighters – Why You Should Try a Plant-Based Diet - <http://www.firefighternation.com/article/firefighter-safety-health/why-you-should-try-plant-based-diet>

NPR - Carbs, Not Meat, Fueled Evolution Of The Enlarged Human Brain – <http://www.npr.org/blogs/13.7/2012/12/02/166360654/carbs-not-meat-fueled-evolution-of-the-enlarged-human-brain>
And - <http://evolvinghealthscience.blogspot.com/2012/12/why-you-can-all-stop-saying-meat-eating.html?sref=tw>

Why Vegans Don't Wear Silk - http://gentleworld.org/do-vegans-use-silk/?utm_source=BenchmarkEmail&utm_campaign=Dec_02_2012_Email&utm_medium=email

Never Too Late to Go Veg - <http://www.ourhenhouse.org/2012/12/never-too-late-to-change-the-world-why-i-became-vegetarian-at-age-86/>

German Strongman is Vegan and a Beautiful Soul!! -- http://www.youtube.com/watch?v=_xdSd_EjmMo&feature=share

FDA Quietly Increases Radiation Levels for Meats - http://www.naturalnews.com/038255_radiation_meats_FDA.html

World Religious Leaders Call for Compassion to Animals - <http://hsus.typepad.com/wayne/2012/12/major-religions-call-for-compassion-for-animals.html>

Backyard Animal Farming is NOT a Humane Alternative to Industrial Animal Farming - http://www.upc-online.org/backyard/121207backyard_animal_farming.html

The Vegan Experiment – Cross-Fit Trainer Goes Vegan – Amazing Results! <http://saawinternational.wordpress.com/2012/01/20/the-vegan-experiment-crossfit-head-coach-michael-gregory/>

If you think there is something wrong with only one of these...



you need to keep thinking.