

July 2012 – Resources for World Peace Diet Circle

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

This month's special guest is Mark Stroud

The June 2012 Issue of Veg E-News – packed with some excellent articles -
http://www.lholmesassociates.com/cgi-bin/veg/nologo/nologo_newsletter_webpage.pl

Low-Carb vs. Plant-Based – see the difference -
<http://www.youtube.com/watch?v=2zVxA6yipv4>

Michael Klaper's video - fine lecture on health benefits of plant-based – “Food that Kills” -
http://www.youtube.com/watch?v=KNCGkprGW_o

Richard Oppenlander video – good overview of eco devastation – Your Role in Global Depletion
- <http://www.youtube.com/watch?v=drS5hHdelR8>

How Israel was taken by stormy by Gary Yourofsky's YouTube video - http://www.gary-tv.com/garymain/?page_id=4948

The Hidden Costs of Animal Agriculture (Report) – Canada -
http://www.choosecagefree.ca/whatsonyourplate/WSPA_WhatsonYourPlate_FullReport.pdf

Philip Wollen's powerful speech in the Australian Animal Liberation Debate –
<http://www.youtube.com/watch?v=uQCe4qEexjc>

Mark Bittman in NY Times – Milk: You Don't Need It! -
<http://opinionator.blogs.nytimes.com/2012/07/07/got-milk-you-dont-need-it/>

Pig Farmer Turns To Animal Rights -
<http://www.taipeitimes.com/News/taiwan/archives/2012/07/07/2003537184>

Rev. BJ Stannard of Unity in Worcester delivers a historic sermon!! -
<http://www.youtube.com/watch?v=HjvH7v8dM5c&feature=plcp>

Why Less meat is Served on American Plates - <http://www.wrvo.fm/post/why-theres-less-red-meat-served-many-american-plates>

Vegan Coach Bill Clinton! - <http://www.nationalenquirer.com/celebrity/bill-clinton-warns-cow-addict-danson-eat-meat-and-die>

5 Tips to Help Your Family Go Vegan - <http://www.mindbodygreen.com/0-4564/5-Tips-for-Helping-Your-Family-Go-Vegan.html>

Rio – To Stop Global Warming, Take Meat Off the Menu -
http://www.washingtonpost.com/opinions/why-are-they-serving-meat-at-a-climate-change-conference/2012/06/15/gJOAUn0afV_story.html

Rev. Al Sharpton Goes Veg, Loses Weight - <http://www.examiner.com/article/rev-al-sharpton-is-healthier-and-leaner-than-ever-thanks-to-vegetarian-diet>

NPR – A Nation of Meat-Eaters – Environmental Consequences - <http://www.npr.org/blogs/thesalt/2012/06/27/155527365/visualizing-a-nation-of-meat-eaters>

Plutarch (45 - 125 AD), was an ancient Greek priest at Delphi. His essay, "On Eating Flesh," is a thought-provoking literary classic:

"Can you really ask what reason Pythagoras had for abstinence from flesh?" he began. "For my part I rather wonder both by what accident and in what state of mind the first man touched his mouth to gore and brought his lips to the flesh of a dead creature, set forth tables of dead, stale bodies, and ventured to call food and nourishment the parts that had before bellowed and cried, moved and lived.

"How could eyes endure the slaughter when throats were slit and hides flayed and limbs torn from limb? How could his nose endure the stench? How was it that the pollution did not turn away his taste, which made contact with sores of others and sucked juices and serums from mortal wounds?

"It is certainly not lions or wolves that we eat out of self-defense; on the contrary, we ignore these and slaughter harmless, tame creatures without stings or teeth to harm us For the sake of flesh we deprive them of sun, of light, of the duration of life to which they are entitled by birth and being.

"If you declare that you are naturally designed for such a diet, then first kill yourself what you want to eat. Do it, however, only through your own resources, unaided by cleaver or cudgel or any kind of ax."



