

## September 2012 – Resources for World Peace Diet Circle

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

This month's special guest is Sassy Knutson, the "Vegan Coach" and host of VeganCoach.com.

Article by Dr. Tuttle in One Green Planet - Positive Moods May be the Key to Transforming our Lives and our Culture - <http://www.onegreenplanet.org/lifestyle/positive-moods-may-be-the-key-to-transforming-our-lives-and-our-culture/>

New Article by Dr. Tuttle – “Why Be Vegan When Nature is Predatory?” - <http://www.onegreenplanet.org/animalsandnature/why-be-vegan-when-nature-is-predatory/>

An internet radio interview with Dr. Tuttle (Sept. 18, 2012) - (about 50 minutes) - <http://www.worldpeacediet.org/mp3/Dr.DorisShow.mp3>

Dr. Tuttle in Decatur, IL - [http://herald-review.com/news/local/author-activist-promotes-vegan-diet-as-path-toward-world-peace/article\\_87aedc2a-fe27-11e1-86c7-001a4bcf887a.html](http://herald-review.com/news/local/author-activist-promotes-vegan-diet-as-path-toward-world-peace/article_87aedc2a-fe27-11e1-86c7-001a4bcf887a.html)

Vegetarians Have Better Moods and Less Stress - <http://livinggreenmag.com/2012/08/16/food-health/eating-meat-affects-mental-health-vegetarians-have-better-moods-and-less-stress/>

Important article - Wall Street Journal – Would We Be Healthier with a Vegan Diet? – Campbell <http://online.wsj.com/article/SB10000872396390444184704577587174077811182.html?KEYWORDS=colin+campbell#articleTabs%3Darticle>

Meat Consumption Draining World's Water Supply - <http://www.examiner.com/article/meat-consumption-draining-world-s-water-supply>

World may be forced to go veg by 2050 - <http://news.yahoo.com/blogs/lookout/vegetarian-2050-190426669.html>

Excellent video by Dr. John McDougall – “The Diet Wars” - [http://www.drmcDougall.com/video/diet\\_wars.htm](http://www.drmcDougall.com/video/diet_wars.htm)

Current issue of Veg E-News - [http://www.lholmesassociates.com/cgi-bin/veg/nologo/nologo\\_newsletter\\_webpage.pl](http://www.lholmesassociates.com/cgi-bin/veg/nologo/nologo_newsletter_webpage.pl)

Conversation with Sharon Gannon on Vegan Living and Yoga - [http://www.huffingtonpost.com/dr-terri-kennedy/being-yoga\\_b\\_1853174.html?utm\\_hp\\_ref=email\\_share](http://www.huffingtonpost.com/dr-terri-kennedy/being-yoga_b_1853174.html?utm_hp_ref=email_share)

The big debate on Welfare vs. rights - <http://animalrightsrumination.blogspot.com/2012/08/farm-sanctuary-doublespeak.html>

Feeding Candy to Cows in Drought-Stricken Areas - <http://www.takepart.com/article/2012/08/23/candy-cows-one-ranchers-drought-desperate-solution>

McDonald's To Open First Vegetarian Outlet (in New Delhi) - <http://www.straitstimes.com/breaking-news/asia/story/mcdonalds-open-first-vegetarian-outlet-20120904>

BBC – “Rise of the Semi-Vegetarians” - <http://www.bbc.co.uk/food/0/19294585>

Feminism and Dairy Consumption - <http://www.theveganwoman.com/feminism-the-next-step/>

Since Animals Eat Other Animals, Why Shouldn't We be Carnivores? <http://www.care2.com/causes/since-other-animals-are-predators-why-shouldnt-we-eat-animals.html>

Great video of Shao Lin Monks - Long-time Vegan Martial Arts Masters in Training- <http://www.youtube.com/watch?v=J6Z-ekyyK8o>

National Pork Producers – Anti-Science and Anti-Animal - <http://www.commondreams.org/view/2012/09/08-0>

Veganism or Extinction? – Water Shortages - <http://gentleworld.org/veganism-or-extinction/>

Environmental consequences of honeybees - <http://www.vegetus.org/honey/ecology.htm>

Gary Francione: “Nicholas Kristof: Please Wince” - <http://www.abolitionistapproach.com/nicholas-kristof-please-wince-please/>

The Meat Industry Pushback – Happy Meat - <http://gentleworld.org/something-almost-primal/>

Seven Reasons we have Not Evolved to Eat Meat - [http://freefromharm.org/animal-rights/seven-reasons-why-we-have-not-evolved-to-eat-meat/?utm\\_source=The+Matrix%2C+the+red+pill%2C+the+truth+about+animals%3A+%22We%27ve+all+been+handed+the+re&utm\\_campaign=July+2012&utm\\_medium=email](http://freefromharm.org/animal-rights/seven-reasons-why-we-have-not-evolved-to-eat-meat/?utm_source=The+Matrix%2C+the+red+pill%2C+the+truth+about+animals%3A+%22We%27ve+all+been+handed+the+re&utm_campaign=July+2012&utm_medium=email)

Fresh-water Fish Populations Collapsing - <http://www.earthintransition.org/2012/08/freshwater-fish-collapsing/>

Crocodile Whisperer's love for animals - <http://message.snopes.com/showthread.php?t=53955>

New Study concludes Eggs as Harmful as Cigarettes - <http://www.mfablog.org/2012/08/new-study-eggs-as-harmful-as-cigarettes.html>

The argument for an animal welfare approach - <http://ccc.farmsanctuary.org/welfare-reform-and-vegan-advocacy-the-facts/>

Feds Close Central CA Dairy Cow Slaughterhouse after C.O.K. undercover video - [http://www.washingtonpost.com/lifestyle/food/feds-close-central-valley-slaughterhouse-after-getting-video-of-cows-being-shocked-and-shot/2012/08/20/fb8bd574-eb3c-11e1-866f-60a00f604425\\_story\\_1.html](http://www.washingtonpost.com/lifestyle/food/feds-close-central-valley-slaughterhouse-after-getting-video-of-cows-being-shocked-and-shot/2012/08/20/fb8bd574-eb3c-11e1-866f-60a00f604425_story_1.html)

The AR 2012 Conference – Welfare vs. Rights – James LaVeck's analysis - <http://www.humanemyth.org/room1212.htm>

John Robbins – Could Anyone Find This Abuse Tolerable? [http://www.huffingtonpost.com/john-robbins/central-valley-meat-b-1821942.html?utm\\_source=Could+Anyone+Find+This+Animal+Abuse+Tolerable%3F&utm\\_campaign=Would+Anyone+Find++This+Animal+Abuse+Tolerable%3F&utm\\_medium=mail](http://www.huffingtonpost.com/john-robbins/central-valley-meat-b-1821942.html?utm_source=Could+Anyone+Find+This+Animal+Abuse+Tolerable%3F&utm_campaign=Would+Anyone+Find++This+Animal+Abuse+Tolerable%3F&utm_medium=mail)

Why is it Legal to Sell Unsafe Meat? – Michael Greger - <http://nutritionfacts.org/2012/08/23/why-is-unsafe-meat-legal/>

More Black Americans Giving Up Meat and Dairy - <http://www.toledoblade.com/Food/2012/09/02/More-black-Americans-are-giving-up-meat-and-diary.html>

Andrew Kirschner's Open Letter to the Vegan Community - <http://kirschnerskorner.wordpress.com/2012/07/02/an-open-letter-to-the-vegan-community/>

Tesco Corp. Drove Amazon Deforestation for Beef Sourcing - <http://www.greenpeace.org.uk/blog/forests/tesco-drove-Amazon-deforestation-20120606>

The Myths of the Paleo Diet by Janice Stanger - <http://perfectformuladiet.com/plant-based-nutrition/the-paleo-diet-dangers-and-distortions/>

