

## January 2013 – Resources for World Peace Diet Circle

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

"I became a vegan the day I watched a video of a calf being born on a factory farm. The baby was dragged away from his mother before he hit the ground. The helpless calf strained its head backwards to find his mother. The mother bolted after her son and exploded into a rage when the rancher slammed the gate on her. She wailed the saddest noise I'd ever heard an animal make, and then thrashed and ...dug into the ground, burying her face in the muddy placenta. I had no idea what was happening respecting brain chemistry, animal instinct, or whatever. I just knew that this was deeply wrong. I just knew that such suffering could never be worth the taste of milk and veal. I empathized with the cow and the calf and, in so doing, my life changed." --- James McWilliams

Article By Dr. Tuttle Published by One Green Planet – “Why Are Few Spiritual Leaders Vegan?”  
- <http://www.onegreenplanet.org/animalsandnature/why-are-few-spiritual-teachers-vegan/>

Gratitude Meditation by Dr. Tuttle especially for WPD Circle Members -  
<http://www.youtube.com/watch?v=ttfVTNc22qc>

Steve Prussack's VegWorld Online Magazine – <http://www.vegworldmag.com/>

Ambassadors for The Pollination Project (Please feel free to apply for a grant and let me know if you'd like a recommendation) -  
<http://thepollinationproject.wordpress.com/category/about/organizational-partners/ambassadors/>

New Animals and Nature video (with Dr. Tuttle's music) -  
<http://www.youtube.com/watch?v=Yd0HboEUQW8&feature=youtu.be>

Our Own Megan Pincus Kajitani (who was certified as a WPD facilitator a few months back) just made a wonderful presentation on TEDx - <http://www.youtube.com/watch?v=Gx6maUzz1us>

Resolved – a Vegan USA by 2018! - <http://blog.bravebirds.org/archives/1030>

Short powerful video (on dairy) – great to share! -  
<http://www.youtube.com/watch?v=g56DGkc2T78&feature=youtu.be>

Another excellent 3-minute video – Assembly Line of Death -  
<http://www.youtube.com/watch?v=KtjbKy9eseg>

Julieanna Hever (We interviewed her for Veganpalooza in July) now has her own TV show!  
<https://www.facebook.com/photo.php?fbid=10151406435583707&set=a.275484178706.144008.262307778706&type=1&theater>

How Do You Respond to “Veganism Is Extreme?” - <http://freefromharm.org/veganism/how-do-you-respond-to-veganism-is-extreme/>

Colleen Holland – VegNews – Why the Word Vegan is more Powerful Than Ever -  
<http://vegnews.com/articles/page.do?pageId=4950&catId=1>

U.S. News & World Report - Why Plant-Based Diets Are All The Rage -  
<http://www.businessinsider.com/plant-based-diets-a-primer-2013-1?page=2>

Spanish Animal Rights vigil – (very touching) -  
[https://www.youtube.com/watch?feature=player\\_embedded&v=iTfxgFr78rk#](https://www.youtube.com/watch?feature=player_embedded&v=iTfxgFr78rk#)!

Five Signs The Plant-Based Diet is Already Winning in 2013 -  
[http://www.onegreenplanet.org/news/5-signs-the-plant-based-diet-is-already-winning-in-2013/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=5-signs-the-plant-based-diet-is-already-winning-in-2013](http://www.onegreenplanet.org/news/5-signs-the-plant-based-diet-is-already-winning-in-2013/?utm_source=rss&utm_medium=rss&utm_campaign=5-signs-the-plant-based-diet-is-already-winning-in-2013)

Chickens and Pigs: Incredible Cruelty Claimed To Be Humane -  
<http://www.psychologytoday.com/blog/animal-emotions/201212/chickens-and-pigs-incredible-cruelty-claimed-be-humane>

Inspiring short video of Humpback Whale Rescued from Gill Net in Sea of Cortez -  
<http://www.youtube.com/embed/EBYPlcSD490?rel=0> And rescue of Deer from Icy Water in Alaska - <http://fishing.outdoorzy.com/four-deer-rescued-from-alaskan-waters-121411/>

Ten Protein-Packed Plants - <http://gentleworld.org/10-protein-packed-plants/>

Excellent PBS documentary on the Unusual (Trans-Species) Relationships of Animals -  
<http://video.pbs.org/video/2300668052>

PETA's Billboards for kids! – linking cats with turkeys – good veg coverage for the masses -  
<http://news.yahoo.com/video/controversial-peta-billboard-directed-towards-181000786.html>

Great new TV Commercial sponsored by Ady Gil - <http://agwc501.org/>

Eating Chicken and Smaller Penis Size - <http://nutritionfacts.org/2011/09/15/eating-chicken-may-lead-to-a-smaller-penis/>

Excellent overview of why Honey is Not Vegan -  
<http://www.thisdishisvegetarian.com/2011/04/honey-debate-why-honey-is-not-vegan.html#.UPTSDgk7HrI.facebook>

“Go Further” is a fine pro-vegan documentary by Woody Harrelson from 2001 – Can be seen on Netflix, etc...

Western Diet May Cause Brain Impairment - <http://www.foodnavigator.com/Science-Nutrition/Western-diet-may-cause-brain-impairment-and-neurodegenerative-conditions-say-researchers>

Please take Dr. Jonathan Balcombe's Survey about Fishes! -  
<http://www.surveymonkey.com/s/5LJ9DYY>

Steve-O Speaks Out on the Benefits of Being a Vegan -  
<http://www.hlntv.com/video/2013/01/04/steve-o-speaks-out>

Israel Bans Animal-Tested Cosmetics - <http://www.care2.com/causes/israel-bans-animal-tested-cosmetics-why-cant-we-do-the-same.html>

Another Look at “Sustainable” Animal Farming by Lee Hall –  
<http://www.counterpunch.org/2012/12/21/another-look-at-sustainable-animal-farming/>

Recreational Fishing Harms Fish Evolution & Genetics -  
<http://www.psychologytoday.com/blog/animal-emotions/201301/fishing-is-bad-the-best-bass-fathers-evolution-work>

PCRM Billboard - “Hot Dogs Cause Butt Cancer” – Backlash -  
<http://abcnews.go.com/Health/chicago-hot-dogs-butt-cancer-billboard-highlights-colon/story?id=15920567#.UO23vonjmER>

ABC News – Harvard Study - Meat Consumption Linked to Early Death -  
[http://abcnews.go.com/Health/w\\_DietAndFitness/red-meat-tied-increased-mortality-risk/story?id=15901365#.UO24jonjmEQ](http://abcnews.go.com/Health/w_DietAndFitness/red-meat-tied-increased-mortality-risk/story?id=15901365#.UO24jonjmEQ)

Short video on the WAPF (Weston A. Price Foundation) – (good to be aware of the WPF)  
[http://www.youtube.com/watch?v=6wvPW\\_MiGI&feature=youtu.be](http://www.youtube.com/watch?v=6wvPW_MiGI&feature=youtu.be)

Paul Graham – Being Vegan: A Clear Conscience for All -  
<http://lasvegas.informermg.com/2012/12/29/being-vegan-a-clear-conscience-for-all/>

Short video of Baby Calf Taken from her Mother on Dairy – touching -  
<http://www.youtube.com/watch?v=Q4qQNi3WZdQ>

Dr. Neal Barnard – Go Vegan to Avoid Alzheimer’s -  
<http://www.vegsource.com/news/2012/12/neal-barnard-md---go-vegan-to-avoid-alzheimers-video.html>

Ireland’s Eden Farm Sanctuary – Inspiring and Informative Newsletter – by Sandra Higgins, a WPD Facilitator - <http://www.edenfarmanimalsanctuary.com/>

Why It’s Unethical To Eat Animals  
<http://woodstocksanctuary.org/learn/why-its-unethical-to-eat-animals/>

Dr. John McDougall – 5 Favorite Articles (from Recent Medical Research) – Milk, not Coke, Causes Obesity; Animal Foods and Precocious Puberty; and 3 more...  
<http://www.drmcDougall.com/misc/2012nl/dec/fav5.htm>

Costa Rica Moves Toward Total Ban on Hunting -  
<http://www.pri.org/stories/science/environment/costa-rica-moves-toward-national-ban-on-hunting-12505.html>

New Plant-Based TV Show Featuring Vegan Chef Jason Wrobel -  
<https://www.facebook.com/photo.php?fbid=10151368633208707&set=a.275484178706.144008.262307778706&type=1>

Taiwan – Former Monk Leads Fight for Animal Rights -  
<http://www.taipeitimes.com/News/taiwan/archives/2012/12/27/2003551130>

Cow Escapes Slaughterhouse by Diving Into Icy Pool <http://www.care2.com/causes/cow-plunges-into-icy-pool-saved-from-slaughterhouse.html>

Cruelty to Pigs Considered Humane in Canada - <http://www.care2.com/causes/cruelty-at-pig-farm-considered-humane-by-independent-panel.html>

Hopi Permaculture – Plant-based eating and Harmony - [http://www.yesmagazine.org/for-teachers/teacher-stories/permaculture-helps-us-remember-who-we-are?icl=email\\_ednews\\_dec12ed&ica=PermacultureHelpsUsRemember](http://www.yesmagazine.org/for-teachers/teacher-stories/permaculture-helps-us-remember-who-we-are?icl=email_ednews_dec12ed&ica=PermacultureHelpsUsRemember)

Millions of Sharks Killed for Shark-Fin Soup – Short Video -  
<http://www.grindtv.com/outdoor/blog/50552/alarms+sign+thousands+of+shark+fins+drying+on+hong+kong+rooftop/#.UOdnySPW-k.email>

NY Times -- A Vegan Resolution - <http://well.blogs.nytimes.com/2013/01/04/a-vegan-resolution/>

Being a Vegan Kid - <http://www.veganoutreach.org/articles/vegankid.html>

Plant-Powered MDs, NDs and other Health Professionals – helpful list! -  
<http://thevegantruth.blogspot.com/2012/12/plant-powered-professionals-vegan.html>

Georgia Emergency-Room Doctor – “Don’t eat Animal Foods!” -  
<http://onlineathens.com/opinion/2013-01-03/priest-resolve-eat-your-veggies>

The Biology of Vegetarianism – (India) - <http://centreright.in/2013/01/on-the-biology-of-vegetarianism-2/#.UPJQBKHvwbs>

Aaron Swartz, founder of Reddit, “suicided” at age 26 – See this video! – “How We Stopped SOPA” - <http://www.youtube.com/watch?v=Fgh2dFngFsg>

KFC Offers Vegetarian Foods in India - <http://www.hindustantimes.com/business-news/CorporateNews/KFC-goes-curry-vegetarian-to-bounce-back-in-India/Article1-985900.aspx>

