

## December 2013 – Resources for World Peace Diet Circle

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

“Many of your peers have become so entrenched in the very system which enslaves them, that they may well, fight to protect it.” – Morpheus, in The Matrix

Dr. Tuttle’s most recent article – “What Would Happen To All the Animals if Everyone Went Vegan?” - <http://www.onegreenplanet.org/uncategorized/what-would-happen-to-all-the-animals-if-everyone-went-vegan/>

Dr. Tuttle speaking and responding to questions on KBOO Community Radio in Portland, OR: <http://kboo.fm/content/couldchangingourbehavioraroundfoodtransformourworldw>

Terrific new short vegan video (with Dr. Tuttle) - Wisdom from Antiquity to Present - Famous Vegan Quotes - <http://www.youtube.com/watch?v=GkkOEfhm0r0>

New video of Madeleine making an oh-so-cute vegan Gratima for St. Nicholas Day---  
<http://t.co/w9J0j2kEOd>

Our Megan Kitajani has written an article in the Huffington Post on Thanksgivukkah -  
[http://www.huffingtonpost.com/megan-pincus-kajitani/thanksgivukkah-recipes\\_b\\_4294089.html](http://www.huffingtonpost.com/megan-pincus-kajitani/thanksgivukkah-recipes_b_4294089.html)

Our Veronique Perrot – The Vegan Solution to Breast Cancer –  
<http://www.theflamingvegan.com/view-post/THE-VEGAN-SOLUTION-TO-THE-POLITICS-OF-BREAST-CANCER>

“Don’t Eat Anything with a Face” Debate – Neal Barnard & Gene Baur vs. Chris Masterjohn & Joel Salatin - BEFORE the debate, 24% of the audience agreed with the vegan position, 51% were against, and 25% were undecided. AFTER the debate, 45% were pro-vegan (a gain of 21%), 43% against (a loss of 8%), and 12% undecided. The results were announced at the end of the program. [http://fora.tv/2013/12/04/Dont\\_Eat\\_Anything\\_With\\_A\\_Face](http://fora.tv/2013/12/04/Dont_Eat_Anything_With_A_Face)

New excellent 30-minute about USDA’s Wildlife Services -  
<https://www.youtube.com/watch?v=qSV8pRLkdKI&feature=youtu.be>

From Slaughterhouse Worker to Vegan Activist – One Man’s Story -  
<http://www.examiner.com/article/from-slaughterhouse-worker-to-activist-one-man-s-story>

The Truth About Thanksgiving – excellent short video dispels the myths -  
<https://www.youtube.com/watch?v=C4nQPI0AV7Q>

Thich Nhat Hanh’s 5 Mindfulness Trainings - <http://deerparkmonastery.org/mindfulness-practice/the-five-mindfulness-trainings>

The Fourteen Mindfulness Trainings (of Thich Nhat Hanh tradition) -  
<http://www.orderofinterbeing.org/for-the-aspirant/fourteen-mindfulness-trainings/>

An excellent summary of “Gift Animal” programs by A Well-Fed World - <http://www.all-creatures.org/articles/ar-say-no-gifting-animals.html>

And here's a whole bibliography of articles on Heifer and the "gift animal" problem, with some great alternatives as well: <http://www.all-creatures.org/articles/heifer.html>

Al Gore (Finally!) Goes Vegan - <http://www.washingtonpost.com/blogs/post-politics/wp/2013/11/25/al-gore-goes-vegan-with-little-fanfare/>

Interesting Article from Scientific American – “Humans Are Becoming More Carnivorous” – (mainly due to increasing meat/dairy consumption in China, India, etc) - <http://www.scientificamerican.com/article.cfm?id=humans-are-becoming-more-carnivorous>

Peak Meat: Is Animal Food Consumption Going out of Style in the US? <http://www.theguardian.com/sustainable-business/sustainable-meat-vegan-vegetarian-celebrities>

Is the Future of Meat Products Not Meat At All? – Salon - [http://www.salon.com/2013/11/18/is\\_the\\_future\\_of\\_meat\\_products\\_not\\_meat\\_at\\_all\\_newscred/](http://www.salon.com/2013/11/18/is_the_future_of_meat_products_not_meat_at_all_newscred/)

Rolling Stone Magazine Feature on Factory Farm Cruelty - <http://www.rollingstone.com/feature/belly-beast-meat-factory-farms-animal-activists>

See Blackfish – no charge– the Killer Whale film about Tilikum - <http://yify.tv/blackfish/>

“I’m Not Your Mother!” – Story from a CA Livestock Auction - <http://www.serenityinthestorm.com/?p=2934#.Uqb35URgcto.facebook>

Must-see 52-minute video! – The Animal Communicator - <http://www.cultureunplugged.com/documentary/watch-online/play/11936/The-Animal-Communicator>

Rev. George Malkmus – “Why Did God Allow Man to Eat Meat?” - <https://www.youtube.com/watch?v=v9HJ6v-URDg&feature=youtu.be>

According to Public Policy Polling, 7% of population self-identifies as vegan (6% as vegetarian) - <http://www.publicpolicypolling.com/main/2013/02/americans-pick-ronald-mcdonald-over-burger-king-for-president.html>

VegNews in Serious Trouble – “Brute Force Takeover” - <http://www.eatdrinkpolitics.com/2013/12/02/brute-force-takeover-of-vegnews-magazine/>

Thousands of Seal Pelts Discarded, So Why Are We Still Hunting Seals? <http://www.onegreenplanet.org/news/thousands-of-seal-pelts-wasted-so-why-are-we-still-hunting-seals>

Soccer-playing Turkeys - <https://www.youtube.com/watch?v=In5s7r6JQW0>

PETA Animated Video – Give Turkeys a Reason to Say Thanks! - <https://www.youtube.com/embed/FuCIQZ3xTMc?rel=0>

Business Insider – The Life of a Turkey - <http://www.businessinsider.com/life-of-a-turkey-2013-11?op=1>

Shocking animal abuse routine in Hollywood - <http://www.hollywoodreporter.com/feature/>

How Turkeys Suffer – short video - <https://www.youtube.com/watch?v=OBmVzVpXqw>

