

February 2013 – Resources for World Peace Diet Circle

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

“As far as eating is concerned, humans are the most stupid animals on the planet. We kill billions of wild animals to protect the animals that we eat. We are destroying our environment to feed to the animals we eat. We spend more time, money and resources fattening up the animals that we eat, than we do feeding humans who are dying of hunger. The greatest irony is that after all the expenses of raising these animals, we eat them; and they kill us slowly. And rather than recognize this madness, we torture and murder millions of other animals trying to find cures to diseases caused by eating animals in the first place.”~ Mike Anderson, creator of THRIVE diet & videos

Recent article by Dr. Tuttle – “What Are The Roots of Freedom and Slavery?”

<http://www.onegreenplanet.org/animalsandnature/what-are-the-roots-of-freedom-and-slavery/>

Recent video by Dr. Tuttle – “Open Your Eyes” -

<http://www.youtube.com/watch?v=xmcSLH4kEjQ&list=UUXsBERcZDP4Jp5UldjYPknw&index=1>

Illustrated Lecture by Dr. Tuttle on the WPD – put together by the Vegetarian Society of Hawaii-

<http://www.youtube.com/watch?v=8PkQrJZYZN4&feature=youtu.be>

Gratitude Meditation by Dr. Tuttle especially for WPD Circle Members -

<http://www.youtube.com/watch?v=ttfVTNc22qc>

The Dr. Don Show with Dr. Don Wagner - Interviews Dr. Tuttle on "The Intelligence of Human Physiology," "Domination of the Sacred Feminine," and other topics- There are three dates for Dr. Tuttle's interviews – Jan. 24, 2013, Oct. 23, 2012, and May 24, 2012 in the archives.

<http://bullheadurgentcare.com/archives/index.html>

UK guardian - Eating Meat Harms Us All – (Good eco and world hunger overview) -

<http://www.guardian.co.uk/commentisfree/2013/jan/22/quinoa-bolivian-farmers-meat-eaters-hunger>

Excellent Overview of Why Vegans Don't Eat Eggs from Backyard Chickens -

<https://www.facebook.com/notes/matt-bear/eggs-from-backyard-chickens-ethical-considerations/390943384273595>

Butterflies Katz - Vegan Health Professionals - <http://thevegantruth.blogspot.com/2012/12/plant-powered-professionals-vegan.html>

Colleen Patrick Goodreau - Vegan Wellness Practitioners -

<http://www.compassionatecook.com/resources/vegan-wellness-practitioners>

Overfishing Threatens Whales - <http://www.nytimes.com/roomfordebate/2013/01/10/did-we-save-the-whales-19/overfishing-threatens-whales>

Thoughtful Birds In Action: Bird Brains Are Highly Evolved -

<http://www.psychologytoday.com/blog/animal-emotions/201301/thoughtful-birds-in-action-bird-brains-are-highly-evolved>

Crabs Feel pain - <http://www.psychologytoday.com/blog/animal-emotions/201301/crabs-feel-pain-expanding-the-circle-sentience-club>

*Terrific Article by A Pig Farmer – Telling the Truth that Meat is Murder – <http://mcaf.ee/tosh4>

Finally – The Truth About Soy! - <http://zenhabits.net/soy/>

The “Pollination” Model of Giving – Great info if you’re considering applying for a grant... - <http://www.philanthrogeek.com/giving-innovations/a-pollination-model-of-giving/>

Food Not Bombs volunteers serve free vegan food in hundreds of cities around the world--a fantastic movement to know about and support! – Their new “Free Skool” for Activists in Taos, NM - http://foodnotbombs.net/free_skool.html

Hartford Sentinel - 2013: Year of the vegan? - http://www.hartfordsentinel.com/news/opinion/year-of-the-vegan/article_1044e714-5e8b-11e2-8521-001a4bcf887a.html

Official List of Wild Animals Killed by USDA’s Wildlife Services 2009 - http://www.aphis.usda.gov/wildlife_damage/prog_data/2009_prog_data/PDR_G_FY09/Basic_Tables_PDR_G/Table_G_FY2009_Short.pdf

Somewhat Humorous Article (Important!) Lampooning “Humane Meat” in The Onion - <http://www.theonion.com/articles/we-raise-all-our-beef-humanely-on-open-pasture-and,30983/>

Our Colleague Pamela Ziemann’s web presence – classes and videos, etc (great job Pamela!) - http://pamelaziemann.com/Food_Awareness_and_Lectures/Classes.html

Feces Taints 50% of Buffalo Chicken - <http://www.pcrm.org/good-medicine/2013/winter2013/its-a-crapshoot-feces-tainted-chicken-is>

Recreational Hunting: Would You Kill Your Dog for Fun? - <http://www.psychologytoday.com/blog/animal-emotions/201302/recreational-hunting-would-you-kill-your-dog-fun-0>

Is A Vegetarian Diet the New Hand-Washing Disease Prevention? <http://baltimorepostexaminer.com/is-a-vegetarian-diet-the-new-hand-washing-disease-prevention/2013/01/23>

Ag-Gag - Several States Working on Laws to Criminalize Reporting Abuses on Factory Farms - http://www.naturalnews.com/038884_terrorism_animal_abuse_factory_farms.html

Torture and Infanticide: Why Vegans Don’t Eat Dairy - <http://veganrabbit.com/the-issues/torture-and-infanticide-why-dairy-is-bad/>

Investors See Promise in Plant-based “Eco-Foods” - <http://www.businessweek.com/articles/2013-01-24/venture-capital-sees-promise-in-lab-created-eco-foods#r=auth-s>

Even Readers Digest Encourages Veganism now - <http://www.rd.com/slideshows/convincing-reasons-eating-vegan-isnt-crazy>

Forbes: How To Cut Your Food Budget in Half - http://money.msn.com/shopping-deals/c_article.aspx?cp-documentid=250281833

Starch (Not Meat) Fuel of Human Evolution - <http://news.bbc.co.uk/2/hi/6983330.stm>

Short instructional video of collecting semen from male turkey for impregnating females - https://www.youtube.com/watch?feature=player_embedded&v=qgf6h588v-I

Vegan Mentors – a FB group for Newbie Vegans - <https://www.facebook.com/groups/162265507255859/>

Kentucky Pig Farms – “Tour De Stench” - <http://www.emagazine.com/blog/the-tour-de-stench/>

James Cromwell Recently Arrested Protesting U. Wisconsin Cat Vivisection – https://www.youtube.com/watch?feature=player_embedded&v=gYlsKLxqKwo

Elephants Grieve Like Humans - <http://www.dailymail.co.uk/news/article-2270977/Elephants-really-grieve-like-They-shed-tears-try-bury-dead--leading-wildlife-film-maker-reveals-animals-like-us.html?ito=feeds-newsxml>

Fascinating – 100 Vegan Dogs - <http://thevegantruth.blogspot.com/2013/01/dogs-that-eat-vegan-directory.html>

Taking Aspirin Regularly Linked with Macular Degeneration and Blindness - http://www.naturalnews.com/038886_aspirin_blindness_AMD.html

Fish Caught Near Fukushima 2,500 Times Higher in Nuclear Contamination - http://www.naturalnews.com/038887_Fukushima_fish_radiation.html

James McWilliams – “Branding the Movement” - <http://james-mcwilliams.com/?p=3040#respond>

PlantPositive – A website with a lot of good information on the Paleo/Atkins Diet Disasters - <http://www.plantpositive.com/1-the-journalist-gary-taubes-1/>

American meat eaters eat the most toxic flesh it seems - Russia refuses to import it! <http://www.foodqualitynews.com/Legislation/Russia-moves-to-ban-US-meat/>

Excellent article by Kathy Freston on Cooked Meat and Cancer - http://www.huffingtonpost.com/kathy-freston/cooked-meat-breast-cancer_b_2506072.html

NY Times – “How To Go Vegan” - <http://well.blogs.nytimes.com/2013/01/14/how-to-go-vegan/>

The Pollination Project featured in Parade magazine (Ari's a WPD facilitator) - 365 \$1,000 mini-grants for veg-promoting projects -- http://www.parade.com/parade-picks/index.html?PPID=%2Fparade-picks%2Fcategories%2Fhome%2Fpollination-project.html#.URcJrgU_n5p.twitter

First Edition of Vegan News by Donald Watson, from 1944 - <http://arzone.ning.com/forum/topics/first-edition-of-the-vegan-news-from-1944>

Excellent Video – “La Surconsommation” - <http://player.vimeo.com/video/57126054#at=0>

Devastation Wrought by Chinese Pig-Farming Operations - <http://www.guardian.co.uk/world/2013/jan/01/china-taste-pork-pollution-problem>

Imported “Sea Food” Full of Drugs, Poisons, and Feces - http://www.naturalnews.com/039077_seafood_chemicals_FDA_inspections.html

Dangers of GMOs by our own Veronique! - <http://ezinearticles.com/?Dangers-of-GMOs%3A-How-to-Avoid-Becoming-an-Experiment&id=7491607>

Farmed Animals Are On Drugs - http://science.time.com/2013/02/12/why-meat-in-china-and-the-u-s-has-a-drug-problem/?hpt=hp_bn18

CA Chicken Farmers Face Felony Cruelty Charges - <http://www.sfgate.com/news/crime/article/Turlock-farmers-charged-after-hens-starve-4269359.php>

No more excuses. The only defensible option is to go vegetarian – <http://www.guardian.co.uk/commentisfree/2013/feb/17/no-more-excuses-go-vegetarian>

Eating Meat is Killing Wolves – Howard Lyman says Go Vegan! - <http://exposingthebiggame.wordpress.com/2013/02/18/fourth-generation-montana-cattle-rancher-now-promotes-veganism/>

Some interesting research on how we deny minds to those we intentionally harm, like cows - <http://www.habitatforhorses.org/the-horse-meat-scandals-reveal-we-are-more-psychologically-screwed-up-than-we-realized-about-eating-animals/>

