

November 2015 – Resources for World Peace Diet Circle

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

“There is nothing harder than the softness of indifference.” – Juan Montalvo, Ecuadorian essayist

“World Vegan Day is an annual event celebrated on 1 November, by vegans around the world. The Day was established in 1994 by Louise Wallis, then President & Chair of The Vegan Society, United Kingdom to commemorate its 50th anniversary and in 2014 the 70th anniversary of the term 'vegan', 'veganism', and the establishment of The Vegan Society.” (Wikipedia entry for World Vegan Day)

Dr. Tuttle’s Recent Essay on The Vegan Vision: <http://www.worldpeacediet.com/category/wills-essays/current-blogs/>

Dr. Tuttle’s Recent Interview on the Vegan Way of Living Summit: <http://www.rupavadodaria.com/vegan-way-of-living-summit/>

Dr. Tuttle’s Recent Essay on Cowspiracy: <http://www.idausa.org/cowspiracy-reviewed-applauded/>

Dr. Tuttle’s recent essay on the Valley Fire: <http://www.worldpeacediet.com/2015-essays/>

Dr. Tuttle’s recent lecture in Portland – audio recording:
<https://archive.org/details/WillTuttleFriendsHallNWVEG>

Short Videos of Dr. Tuttle on various vegan issues: <http://momentsoftruthproject.com/will-tuttle>

Madeleine’s Intuitive Kitchen: Vegan Onion Pie: https://youtu.be/4f_u9Arhuzg

Madeleine’s Intuitive Kitchen: Compost Tea for Veganic Gardening - <https://youtu.be/jGG6-qDVIWU>

Our Andi Brand from South Africa – Discusses Dr. Will & Madeleine’s upcoming Lecture Visit:
<http://vegangirlcycling.com/2015/11/17/waiting-for-will/>

Our Veronique Perrot – The Abolitionist vs Welfarist Debate is a Waste of Time:
<https://thevegancommunicator.wordpress.com/2015/10/22/the-welfarist-vs-abolitionist-debate-is-a-waste-of-time/>

Our Lorena Mucke’s Ethical Choices Program Non-Profit Launches:
<https://www.generosity.com/fundraisers/help-us-expand-the-ethical-choices-program>

Our Kim Benson and “My Journey Toward Veganism” - <http://www.presharts.com/vegan-vlog.html>

Our Lorena Mucke Launches her new Vegan Humane Education organization with this video:
<https://www.dropbox.com/s/y7826llnzcmybqh/ethical%20choices%20final%20cut%20small.mov?dl=0>

Cowspiracy and the Tipping Point: http://www.huffingtonpost.com/julie-gray/cowspiracy-the-tipping-point_b_8206260.html

Cowspiracy – The Most Shocking 90-second Video the World Must See:
<https://www.youtube.com/watch?v=g1z1taw6yNw>

Casey Taft (Of Vegan Publishing) – “How Do We Best Promote Veganism?” - <http://veganpublishers.com/how-do-we-best-promote-veganism-a-psychologists-perspective-casey-taft-ph-d/>

Touching and provocative Thanksgiving video: <https://goo.gl/RehFph>

Stigmatizing Eating Animals – by Zach Groff: <http://www.all-creatures.org/articles/ar-stigmatizing.html>

Meat-Eating is Destroying the Amazon Rainforest: <http://www.onegreenplanet.org/environment/meat-burgers-amazon-rainforest/>

Chris Hedges: I’ve Gone Vegan to Try to Help Save the Planet: <http://www.alternet.org/environment/chris-hedges-ive-gone-vegan-help-try-save-planet>

Gentle World: “If We Were They” - <http://gentleworld.org/if-we-were-they/>

4-H and FFA Teach Kids Hard-Heartedness: <http://www.onegreenplanet.org/animalsandnature/kids-being-taught-to-raise-animals-for-slaughter/>

NY Times: Jeong Kwan: The Korean Zen Philosopher Chef - http://www.nytimes.com/2015/10/16/t-magazine/jeong-kwan-the-philosopher-chef.html?_r=0

Survival of the Kindest: We Become More Compassionate - <http://wakeup-world.com/2015/10/22/survival-of-the-kindest-evidence-humankind-is-evolving-to-become-more-compassionate/>

Eating Chickens is a Leading Cause of Death: http://www.huffingtonpost.com/jacy-anthis/eating-chickens-is-a-lead_b_8429232.html

Mother Jones: The Scary New Science That Shows Milk is Harmful: <http://www.motherjones.com/environment/2015/10/dairy-industry-milk-federal-dietary-guidelines>

This Month’s Veg E-News: http://www.lholmesassociates.com/cgi-bin/veg/nologo/nologo_newsletter_webpage.pl

Vegan Doctor Addresses Soy Myths and Misconceptions: <http://freefromharm.org/health-nutrition/vegan-doctor-addresses-soy-myths-and-misinformation/>

Seaspiracy – excellent short documentary: <https://www.youtube.com/watch?v=MLgkrQSRy9E&app=desktop>

“As We Eat Our Way to Extinction: - excellent short video: <https://www.facebook.com/zizi.branson/videos/691361944334740/?pnref=story>

Video: “Are You Ready to Go Vegan?” – for young people, especially: https://www.youtube.com/watch?v=Ee2_B_PIGmA&feature=youtu.be

Medical Doctor Sells Practice, Opens Up a “Farmacy” - <http://www.stage2omega.com/Topics/truthrepublic/>

Vandana Shiva Speech on Food & Agriculture: <https://www.youtube.com/watch?v=SXPYvUgC6is&feature=youtu.be>

Rescue Exposes Free Range, Organic Hens Worse off than Caged: <http://freefromharm.org/animal-rescue-stories/organic-free-range-hens-rescue/>

Happy Cows – The Way We Should Treat Animals: <https://www.youtube.com/watch?v=kUZ1YLhIAg8>
Scared Cow – Going to Sactuary - <http://www.sun-gazing.com/cow-terrified-started-crying-realized-headed/>

Global Analysis Suggests Ocean Collapse: <http://www.sciencedaily.com/releases/2015/10/151012181037.htm>

Animal Ag Industry Just Had a Really Bad Week: <http://thepawreport.org/2015/10/26/the-animal-ag-industry-just-had-a-really-bad-week/>

BBC – Can We Justify Killing Animals for Food? - <http://www.bbc.com/news/science-environment-34541077>

Wayne Hsiung – Chinese Foot Binding and the Liberation Pledge: http://www.huffingtonpost.com/wayne-hsiung/post_10470_b_8480886.html?utm_hp_ref=green&ir=Green

Here's the WorldWatch Institute's Report by Goodland and Anhang that Animal Ag is Responsible for 51% of GHG emissions: <http://www.worldwatch.org/files/pdf/Livestock%20and%20Climate%20Change.pdf>

Top Cardiologist recommends vegan: <http://www.forksoverknives.com/why-the-president-of-the-american-college-of-cardiology-wants-heart-disease-patients-to-eat-vegan-diets/>

New vegan egg that scrambles: <http://www.onegreenplanet.org/news/follow-your-heart-vegan-egg/>

Plant-Based Diet is Solution to America's Health Care Crisis (by Staton Awtrey, M.D.) - http://www.mrt.com/health_and_wellness/stories/article_2b19faa0-71ea-11e5-8ead-0b5a9ddcddb3.html

Do Different People Really Need Radically Different Diets? - <http://freefromharm.org/common-justifications-for-eating-animals/do-different-people-really-need-radically-different-diets>

Processed Meats Linked with Cancer: <http://www.washingtonpost.com/news/wonkblog/wp/2015/10/26/hot-dogs-bacon-and-other-processed-meats-cause-cancer-world-health-organization-declares/>

Excellent short video on abuse of dairy industry:
<https://www.facebook.com/gary.yourofsky/videos/890046534383929/?fref=nf>

German Meat Companies Seek To Invest In Non-Meat Alternatives:
<http://www.newseveryday.com/articles/28618/20151017/german-meat-companies-seek-invest-non-alternatives.htm>

Eight Things You Didn't Know about Starch: <http://nakedfoodmagazine.com/8-things-you-didnt-know-about-starch/>

World's First Vegan Football Club (in England): <http://www.foxsports.com.au/football/what-the-fox-forest-green-rovers-become-worlds-first-vegan-football-club/story-e6frf423-1227592663641>

How the U.S. Government Helped McDonald's Climb out of its Sales Rut: <http://qz.com/533505/how-the-us-government-helped-mcdonalds-climb-out-of-its-sales-rut/>

Scientists Prove that Crabs Do Feel Pain: <https://uk.news.yahoo.com/crabs-feel-pain-electric-shock-010000630.html#VWLEoro>

We're Winning: 6 Signs that Veganism is Taking Over - <http://www.mfablog.org/were-winning-6-signs-that-veganism-is-taking>

Why Plant Crops Don't Kill More Wildlife than Pasture Raised Animals: <http://freefromharm.org/common-justifications-for-eating-animals/why-plant-crops-dont-kill-more-wildlife-than-pasture-raised-animals/>

Birth, Death, and Money On a Livestock Farm- by Bob Comis: http://www.huffingtonpost.com/bob-comis/birth-death-and-money-on- b_5186257.html

Siberian Tiger Documentary – worth watching: <https://www.youtube.com/watch?v=SM8y1qjJS1A>

Pseudo-Science in the Animal Rights Community: <http://veganpublishers.com/pseudoscience/>

Our Vegan Diet Almost Killed Us: <http://www.eatplantsdrinkbeer.com/readup/2015/11/12/our-vegan-diet-almost-killed-us>

We mentioned several links in relation to our recent lecture tour to Europe:

Here is a link to Piero Musini’s KeBio organic/veganic pasta operation in Gubbio (near Assisi): <http://www.kebio.it/en/>

Here is a link to the Brahma Kumaris organization I mentioned: http://www.brahmakumaris.org/index_html?set_language=en

This is a link to Manuel Klarmann’s Eaternity NGO in Zurich: <http://eaternity.com/planet/>

This is a link to Stefan Wolf (Shin)’s Eine Neus Wir (A New We) documentary (EcoVillages and Eco-Communities in Europe): <http://www.newwe.info/>

Secrets of the Climate Paradox (and Meat Paradox) - <https://www.youtube.com/watch?v=ovfOURebDjc>

The Peaceable Table – November Edition: <http://www.vegetarianfriends.net/issue119.html>

Eli Lilly – Ractopamine and the Fringe 1% - <http://www.motherjones.com/tom-philpott/2015/11/pharma-exec-meat-industry-critics-youre-lunatic-fringe>

Best Medicine is Plant-Based Lifestyle: <http://www.forksoverknives.com/the-plant-based-lifestyle-is-the-best-medicine-i-ever-prescribed/>

Vegan Abolitionist Movement and Cyber-Bullying: <http://www.vegantrove.com/2015/11/01/vegan-trove-0025/>



“Oh, geez, sorry about that, ma’am. Some nutty vegetarian has been putting those up to make people feel guilty about eating meat.”