

## March 2015 – Resources for World Peace Diet Circle

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

*“Having abandoned the taking of life, refraining from killing, we dwell without violence, with the knife laid down, scrupulous, full of mercy, trembling with compassion for all sentient beings.”* Buddha Shakyamuni

Dr. Tuttle video – Ultimate Wellness: The Five Levels of Health - on Vegan Survivor:  
<https://www.youtube.com/watch?v=SZhvobN51yU#t=816>

Dr. Tuttle – Audio Interview on “Best Ever You” with Dr. Walter Jacobson & Elizabeth Hamilton-Guarino:  
<http://www.blogtalkradio.com/besteveryou/2015/03/12/dr-will-tuttle--world-peace-diet>

Dr. Tuttle with our Pamela Ziemann – How Food Choices Affect You and Your World -  
<https://plus.google.com/events/cfld1jusr9fbinn4q5oi51e3bhc>

Our Donna Vernon Tells Her Story: Rise Up Sophia! -  
<http://riseupsophia.blogspot.com/2015/03/awakening-sophia.html>

Our Susan Pitcairn & her Veterinarian Husband have Created an excellent Vegan Dog & Cat Summary:  
<http://files.faso.us/13231/4193.pdf>

Our Marlene Narrow Interviews Kip Andersen (WPD Facilitator also) about his film Cowspiracy:  
<http://wcuw.org/vegannation/V.N.02.13.15.SarahKipCowspiracy.mp3>

Andi & Sven’s Vegan African Tour – an Interview on the WPD Sunday Phone Bridge -  
<https://app.box.com/s/2czv5lb2rqosrc1sfw9p1rb33dsnky1s>

Congressional Dietary Guidelines Committee – Vegan Diet is best for health and environment -  
<http://thehill.com/regulation/healthcare/233269-moderate-coffee-consumption-is-healthy-dietary-report-recommends>

Excellent Animal Awareness new book: *The Awareness* - <http://www.amazon.com/The-Awareness-Jon-Doyle/dp/0615944647>

Woman Wants to Convert Husband’s Ranch to Vegan Sanctuary:  
<http://www.onegreenplanet.org/animalsandnature/woman-wants-to-convert-husbands-cattle-ranch-into-a-farm-sanctuary/>

Pig Feces Polluting North Carolina Rivers: <https://www.thedodo.com/pig-poop-factory-farms-streams-1001541162.html>

NY Times: “To Kill A Chicken” - [http://www.nytimes.com/2015/03/15/opinion/sunday/nicholas-kristof-to-kill-a-chicken.html?\\_r=0](http://www.nytimes.com/2015/03/15/opinion/sunday/nicholas-kristof-to-kill-a-chicken.html?_r=0)

The Eyes of Cows & Pigs Headed to Slaughter, by Toronto PigSave: <https://www.thedodo.com/cow-eyes-slaughter-photos-1007256737.html>

Beautiful heart-touching rendition of John Lennon's Imagine - <https://www.youtube.com/watch?v=Epi7USIi-po>

Marc Bekoff – “Scalding Live Chickens: An Accepted Business Model” - <https://www.psychologytoday.com/blog/animal-emotions/201503/scalding-live-chickens-is-accepted-brutal-business-model>

Excellent video! – Can Pets Be Vegan? - <https://www.youtube.com/watch?v=zDpksTIEAyI>

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)

Mark DeVries of Speciesism Movie now using drones to view Factory Farms: <http://factoryfarmdrones.com/>

Canadian Researcher David Jenkins: Why the man who brought us the glycemic index wants us to go vegan: <http://www.theglobeandmail.com/life/health-and-fitness/health/the-not-so-simple-reasons-for-becoming-vegan/article23123391/>

Lioness Chases Baby Wildebeest, then Protects Her!! - <https://www.facebook.com/video.php?v=876063102419641>

No One Wants to do This Job That Kills 6,000 Chicks Per Day: <https://www.thedodo.com/chicks-factory-farming-culling-1027688867.html>

Cock Fight: Meet the Farmer Blowing the Whistle on Big Chicken: <http://interactive.fusion.net/cock-fight/>

Excellent Vegan Website: The Minimalist Vegan - <http://www.theminimalistvegan.com/>

Friendship Has Now Boundarides: <http://www.flixy.com/friendship-has-no-boundaries.htm>

First Vegan School To Open in 2015: <http://www.onegreenplanet.org/news/all-vegan-muse-school-james-cameron/>

How Your Zoo Promotes Trophy Hunting: <http://www.all-creatures.org/articles/an-tpr-zoos-trophy-hunting.html>

President's Nutrition Panel in Big Political Fight with Big Beef: [http://www.slate.com/articles/news\\_and\\_politics/politics/2015/02/the\\_climate\\_case\\_against\\_meat\\_u\\_s\\_nutrition\\_panel\\_suggests\\_americans\\_eat.html](http://www.slate.com/articles/news_and_politics/politics/2015/02/the_climate_case_against_meat_u_s_nutrition_panel_suggests_americans_eat.html)

Indian State Bans Consumption of Beef: <http://vegnews.com/articles/page.do?pageId=6642&catId=1>

Going Vegan Could Improve Mood: <http://www.bizjournals.com/washington/blog/2015/02/study-going-vegan-could-improve-mood-productivity.html>

Neal Barnard – Go Vegan for National Breakfast Week - [http://www.huffingtonpost.com/neal-barnard-md/celebrating-national-school-breakfast-week\\_b\\_6800290.html](http://www.huffingtonpost.com/neal-barnard-md/celebrating-national-school-breakfast-week_b_6800290.html)

The Economist: Plant-based Meat Substitutes Growing! - <http://www.economist.com/news/technology-quarterly/21645497-tech-startups-are-moving-food-business-make-sustainable-versions-meat>

Confessions of a Wildlife Film Maker: <https://www.psychologytoday.com/blog/animal-emotions/201503/confessions-wildlife-filmmaker-misinformation-abuse>

NPR – The Paleo Diet: Not the Way to a Healthy Future:  
<http://www.npr.org/blogs/13.7/2011/10/27/141666659/the-paleo-diet-not-the-way-to-a-healthy-future>

Time Magazine: Should I Eat Tofu? - <http://time.com/3712038/should-i-eat-tofu/>

The Big Apple Experiment (The Power of Thoughts...) - <http://www.loveclicks.org/tests/apple-halves-teach-lessons-about-life/>

Beautiful Lecture by Thich Nhat Hanh from 2007: “Sitting in the Autumn Breeze” - <http://plumvillage.org/letters-from-thay/sitting-in-the-autumn-breeze/>

Recent Funeral for a Pig at a Restaurant in Berkeley – DXE Action - <https://www.youtube.com/watch?v=LJ4VEigEsb8&feature=youtu.be>

New – The Rowdy Girl Sanctuary for Animals: <https://www.youtube.com/watch?v=NaopEanAAG8&t=70>

