

## April 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

*“Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed foods. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.”*

– Kaiser Permanente, summary of findings, March 2013, largest health provider in the U.S.

Lecture by Dr. Tuttle at The Sacred Space in Santa Barbara March 15, 2015:

[https://www.youtube.com/watch?v=8JT7KxB\\_KsQ&feature=youtu.be](https://www.youtube.com/watch?v=8JT7KxB_KsQ&feature=youtu.be)

Dr. Tuttle is Interviewed by Dr. Cheryl Scheuer: [https://www.youtube.com/watch?v=Y0Xga4\\_2jC8](https://www.youtube.com/watch?v=Y0Xga4_2jC8)

Dr. Tuttle’s Lecture Presentation “The Vegan Diet is The World Peace Diet” at the World Vegan Summit March 20, 2015: <https://www.youtube.com/watch?v=abIxewU57WI&feature=youtu.be>

Excellent BC article summarizing *The World Peace Diet* : Eating Animals: A Social Justice Issue:  
<http://bctf.ca/SocialJustice.aspx?id=36863>

Cowspiracy Producer (WPD Facilitator Kip Anderson) and Keegan Kuhn on Democracy Now:  
<http://www.truth-out.org/news/item/30098-cowspiracy-as-california-faces-drought-film-links-meat-industry-to-water-scarcity-and-climate-change#>

Our Sven and Andi from South Africa, Bicycling for a Vegan World – the Velo Vegans:  
<http://velovegans.wix.com/home>

Our Judy Carman and the IDA New Animal Activist Hotline:  
<https://www.youtube.com/watch?v=7AjJ6DurXxU&feature=youtu.be>

Our Steve French’s Essay on Not So Angry Vegans:  
<http://www.thevegansdilemma.com/blog/2015/2/17/not-so-angry-vegans-a-lighter-heart>

Our Veronique’s New Essay on Zoophilia: <https://thevegancommunicator.wordpress.com/2015/04/09/the-zoophiliabestiality-underground/>

The Long Island based magazine Creations often features The World Peace Diet; see p. 9:  
<http://www.creationsmagazine.com/pdf/Apr-May-2015.pdf>

Excellent Hunting video: <https://www.youtube.com/watch?v=dHQog4e2fsM&feature=youtu.be>

Our Lorena Mucke discussed ways to speak with local high schools last month on our call. Her email if you would like to follow up (or receive her daily vegan information/inspiration) is <mailto:mlpmucke@gmail.com>.

The video that Pamela Ziemann mentioned about overbreeding of dogs: [https://www.youtube.com/watch?v=aCv10\\_WvGxo](https://www.youtube.com/watch?v=aCv10_WvGxo)

Steve French's blog that he mentioned to us: <https://steve-french-uawh.squarespace.com/>

Excellent new Facebook Group: Meditate to Liberate: <https://www.facebook.com/meditatetoliberate>

California Drought – Who's Really Wasting all the Water? - <http://www.onegreenplanet.org/news/californias-drought-whos-really-using-all-the-water/>

Four Obvious Things Missing from California's New Water Restrictions: <http://www.onegreenplanet.org/environment/obvious-things-missing-from-californias-new-water-restrictions>

Touching Video – “Why I Choose to be Vegan” - [https://www.youtube.com/watch?v=fIqYXq5Od\\_E](https://www.youtube.com/watch?v=fIqYXq5Od_E)

The Future of Organic Farming! - <http://www.loveclicks.org/food/this-man-is-destroying-our-views-on-conventional-farming-the-future-of-organic-is-here/>

U.S.D.A. Killing 5,500 Wild Animals Daily: <http://www.worldanimalfoundation.org/earth-and-animals-magazine/2015/4/US-GOVERNMENT-KILLING-5-500-ANIMALS-A-DAY>

Global Meat Market up 3% in 2014: <http://www.globalmeatnews.com/content/view/print/1066520>

9,000 Animals Rescued from Worst Torture Operation in US - <https://www.thedodo.com/9000-animals-rescued-from-worst-torture-operation-in-the-us-1046667596.html>

New video going viral has some of the World Peace Diet themes: <http://www.loveclicks.org/love/viral-video-could-change-the-world/>

Redefining Agriculture Yields – from Feeding Animals to Feeding People – Emily Cassidy research study: <http://iopscience.iop.org/1748-9326/8/3/034015/article>

Back To Eden – Paul Gaucchi – vegan organic gardening with woodchips - [https://www.youtube.com/watch?v=uM\\_gtZb8qyk](https://www.youtube.com/watch?v=uM_gtZb8qyk)

Niman's Naturalistic Fallacy, by James McWilliams: <http://www.all-creatures.org/articles/mdi-niman-ranch-fallacy.html>

New Vegan Crowd-Funding Platform – VeganStarter.Org: <http://www.veganstarter.org/>

USA Today – Editorial Against Abuse of Chickens Slaughtered for Food: <http://www.usatoday.com/story/opinion/2015/03/25/chickens-eggs-humane-treatment-slaughter-editorials-debates/70462280/>

Texas Scientists Find Antibiotic Resistant Bacteria Blowing in the Wind: <http://www.texastribune.org/2015/03/29/scientists-find-antibiotic-resistance-blowing-nort/>

California Bans Meat, Dairy & Egg Production to Save Water - (April Fools!) - <http://www.mfablog.org/breaking-california-bans-all-meat-dairy-and>

California Drought is also Due to GeoEngineering (ChemTrails) - <https://www.youtube.com/watch?t=583&v=O4WhYKP83zo>

California Drought: Why Farmers Are Exporting Water to China: <http://www.bbc.com/news/magazine-26124989>

Democracy Now: Meat & Dairy Industry Use 47% of California's Water – Interview with Cowspiracy Producers: [http://www.democracynow.org/2015/4/7/cowspiracy\\_as\\_california\\_faces\\_drought\\_film](http://www.democracynow.org/2015/4/7/cowspiracy_as_california_faces_drought_film)

Time Magazine - Ethical Vegans Stick with it Longer than Health Vegans: <http://time.com/3772257/ethical-health-vegans/>

The Social Costs of Capitalism are Destroying Earth's Ability to Support Life: <http://www.paulcraigroberts.org/2015/03/27/social-costs-capitalism-destroying-earths-ability-support-life-paul-craig-roberts/>

Thom Hartmann: Put Down the Cheeseburger - <http://www.thomhartmann.com/blog/2015/04/put-down-cheeseburger>

Federal Panel: Vegan Diet Best for the Planet: <http://thehill.com/regulation/237767-vegan-diet-best-for-planet-federal-report-says>

New Video coming from Makers of Forks Over Knives: <https://www.youtube.com/watch?v=9E6sa0OjSE&feature=youtu.be>

Richard Oppenlander – brief video on the problems with dairy: [https://www.youtube.com/watch?v=4BSNnlbDr\\_Y](https://www.youtube.com/watch?v=4BSNnlbDr_Y)

NPR – Barbara King - Does Being Vegan Really Help Animals: <http://www.npr.org/blogs/13.7/2015/03/12/392479865/does-being-vegan-really-help-animals>

The Joy & Wonder of Animals – short video - <https://www.youtube.com/watch?v=kIF3BYBXZWA&feature=youtu.be>

Sexual Abuse of Dairy Cows Not Uncommon - <http://live.huffingtonpost.com/r/highlight/sexual-abuse-of-cows-in-factory-farms-is-not-uncommon/541d986f02a760973f0004eb>

Why Positive Thinking Didn't Work for Me <http://ow.ly/2WZK2d>

Stephen Jepson – 73-Year-Old with Body & Energy of a Teen: <http://www.feelguide.com/2015/02/01/watch-this-profile-of-stephen-jepson-the-73-year-old-with-the-body-spirit-energy-of-a-teen/>

California's Dark Drought Secret: <http://www.earthintransition.org/2015/04/californias-dark-drought-secret/>

Plants Have Feelings Too - The Non-Case Against Veganism: <http://ericwalton.com/blog/2013/09/29/plants-have-feelings-too-the-non-case-against-veganism>

## **I No Longer Steal From Nature**

By Al-Ma'arri

You are diseased in understanding and religion.  
Come to me, that you may hear something of sound truth.  
Do not unjustly eat fish the water has given up,  
And do not desire as food the flesh of slaughtered animals,  
Or the white milk of mothers who intended its pure draught  
for their young, not noble ladies.  
And do not grieve the unsuspecting birds by taking eggs;  
for injustice is the worst of crimes.  
And spare the honey which the bees get industriously  
from the flowers of fragrant plants;  
For they did not store it that it might belong to others,  
Nor did they gather it for bounty and gifts.  
I washed my hands of all this; and wish that I  
Perceived my way before my hair went gray!

Al-Ma'arri was a blind Syrian Arab philosopher, poet and writer  
Born AD 973/AH 363, died AD 1058/AH 449