

June 2015 – Resources for World Peace Diet Circle

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

“A principle is a principle, and in no case can it be watered down because of our incapacity to live it in practice. We have to strive to achieve it, and the striving should be conscious, deliberate and hard.” - Mahatma Gandhi

Dr. Tuttle’s most recent essay: “A Golden Key to Effective Animal Advocacy” -
<http://www.idausa.org/effective-animal-advocacy/>

Dr. Tuttle – Guest lecture for The Pollination Project Salon in Marin, CA with Ari Nessel:
https://www.youtube.com/watch?v=YVYfH8P__5o

Dr. Tuttle’s visit to Korea – Article by Mr. Go in Korean:
<http://www.jejusori.net/?mod=news&act=articleView&idxno=162447>

Our Michael Lanfield: The Argument Against Vegetarianism - <http://thevegansandwich.com/argument-against-vegetarianism/>

Our Susan Pitcairn: The Paleo Diet: A Dangerous Myth - <http://susanpitcairn.com/blog/93484/the-paleo-diet-a-dangerous-myth>

A Vegan AirBnB ! – connecting veg hosts & guests: <http://www.vegvisits.com/>

Steven Wise on Granting Chimpanzees legal personhood – TED talk:
http://www.ted.com/talks/steven_wise_chimps_have_feelings_and_thoughts_they_should_also_have_rights

T. Colin Campbell: Low-Carb Hot Air: Again, Again, and Again! (excellent) -
<http://nutritionstudies.org/low-carb-hot-air/>

Everyone Should See This Side of Cows:
<https://www.facebook.com/AnimalsAustralia/videos/10153852684000299/>

100 Vegan-Eating Dogs: <http://thevegantruth.blogspot.co.uk/2013/01/dogs-that-eat-vegan-directory.html>

Moby & Gene Baur: Video Interview – hour-long: https://www.youtube.com/watch?v=C-I3IrNj_-c

On California Coast, the Ocean is Dying: <http://alternativenewsproject.org/newsletter-rss/article/climate-ecology/the-ocean-is-dying-marine-and-animal-life-die-offs-california-coast-1/>

Plant-Based Nutrition Health-Care Conference in southern CA - <http://pbnhc.com/>

NY Times: Our Water-Guzzling Food Factory:
http://www.nytimes.com/2015/05/31/opinion/sunday/nicholas-kristof-our-water-guzzling-food-factory.html?smid=pl-share&_r=0

Amazing Abilities of Bonobos: http://www.ted.com/talks/susan_savage_rumbaugh_on_apes_that_write#t-311357

Richard Oppenlander – Cascading Effects of Eating Sea Animals (short & excellent): <https://www.youtube.com/watch?v=Ejf0TZmGIII>

The Shambhala Warrior, by Joanna Macy: <http://www.awakin.org/read/view.php?tid=236>

Planet Earth Flag: <http://alternativenewsproject.org/newsletter-rss/article/science-futures/planet-earth-now-has-a-flag/>

New Zealand Officially Recognizes Animals as Sentient Beings: <http://www.stuff.co.nz/nelson-mail/68363264/New-Zealand-legally-recognises-animals-as-sentient-beings>

Beyonce Announces She is Vegan on Good Morning America: <http://exploreraw.com/2015/06/08/beyonce-announces-vegan-diet-success-on-good-morning-america/>

5 Toxins in the Air Caused by Factory Farms: <https://www.thedodo.com/scary-breathing-thanks-to-factory-farms-1094343444.html>

Vegan Fare Finds Traction Among Millennials - <http://www.qsrmagazine.com/news/vegan-fare-finds-traction-among-millennials>

Mayo Clinic: The Risks of Not Going Meatless - <http://healthletter.mayoclinic.com/editorial/editorial.cfm/i/397/t/The%20risks%20of%20not%20going%20meatless/>

Kaiser Permanente – 17,000 Physicians – Mandates Plant-Based Diets for all Patients – 3/13: <http://www.thepermanentejournal.org/files/Spring2013/Nutrition.pdf>

Ducklings Vs. Stairs – This is inspiring! - <http://safeshare.tv/w/gqpEqacoYK>

Dolphin has hook and fishline removed by divers: <http://blog.therainforestsite.com/dolphin-hook-rescue/>

Butterflies Katz: “Veganism: The New Normal” - <http://thevegantruth.blogspot.com/2014/04/veganism-inventing-new-normal-my-2014.html>

NY Times – Peter Singer on Speciesism & Racism: http://opinionator.blogs.nytimes.com/2015/05/27/peter-singer-on-speciesism-and-racism/?smid=nytcore-ipad-share&smprod=nytcore-ipad&_r=1

Herd of Elephants Rescues a Baby Elephant: <http://www.grindtv.com/wildlife/herd-rescues-fallen-baby-elephant-on-busy-roadway/#f2OqzE1AGK08T1hA.97>

Who’s Murdering Lots of Chickens in South Carolina? – <http://www.bloomberg.com/news/features/2015-06-02/who-s-murdering-thousands-of-chickens-in-south-carolina->

Give Up Dairy Products to Beat Cancer: http://www.telegraph.co.uk/foodanddrink/healthyating/10868428/Give-up-dairy-products-to-beat-cancer.html?fb_ref=Default

Study Links Alcohol and Tobacco Addiction to Nutritional Deficiency! - <http://alibi.com/news/49251/Eat-It-Raw.html>

A Response to Beyoncé's Vegan Announcement: <http://www.theminimalistvegan.com/what-level-vegan-are-you/>

7/11 Stores Switch Exclusively to Plant-Based Mayonnaise - <http://www.ecorazzi.com/2015/06/12/7-eleven-stores-will-switch-exclusively-to-plant-based-just-mayo/>

A Young Mother's Plea: Excellent essay on the dairy industry: <http://freefromharm.org/animal-products-and-ethics/a-young-mothers-plea/>

Ben & Jerry's Announces Vegan Ice Cream Coming in 2016: <http://vegnews.com/articles/page.do?pageId=6724&catId=1>

Our Vegan Colleague Sassy Knutsen is a Fountain of Inspiration: <http://www.vegancoach.com/>

The Right to Waste Water is Parching the West: http://digg.com/2015/the-right-to-waste-water?utm_source=digg&utm_medium=email

Revenge of Animals Graphic Novel - <http://www.rockethub.com/projects/56896-revenge-of-animals-graphic-novel>

New NASA Studies Show How the World is Running out of Water: <http://www.washingtonpost.com/blogs/wonkblog/wp/2015/06/16/new-nasa-studies-show-how-the-world-is-running-out-of-water/>

THE ESSENCE OF VEGANISM

"As we realize the power of our culture's violent food rituals to shut down our inherent intelligence and compassion, we can begin healing by going vegan, making the connections, and refusing to participate in mealtime rituals of abuse.

We can further that healing by cultivating our ability to embody the essence of vegan living, which is ahimsa: non-violence in all our relations with others, including the humans who surround us."

~ Dr. Will Tuttle ~