

May 2016 – Resources for World Peace Diet Circle

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

"It is very rare to sustain a movement in recognizable form without a spiritual base." - Daniel Berrigan, Catholic priest and activist

"There are two most important days in your life: the day you were born and the day you discover why you were born." - Boniface Mwangi

Dr. Tuttle Chat with Dr. Paul Palmer in Johannesburg, South Africa: <https://www.youtube.com/watch?v=mhPFnPr94w>

Illuminate Film Festival in Sedona will feature ***Vegan: Everyday Stories***, a new film documentary with Dr. Tuttle, June 1-5: <http://www.illuminatefilmfestival.com/vegan-everday-stories>

Dr. Tuttle Interview with Deb Ozarko – "Intuition, Deep Veganism, and World Peace:"
<http://www.debozarko.com/willtuttle/>

Dr. Tuttle & Madeleine – Piano & flute (2 recent): <https://www.youtube.com/watch?v=zuTnxIIIGgg>
<https://youtu.be/OU6C8tc-uOw>

Dr. Tuttle piano with Madeleine's Horse Painting, "Empowered by Spirit": <https://youtu.be/NP2nllNJq94>

Dr. Tuttle's Piano Improvisation on his piece from ***AnimalSongs*** entitled "Alive!" -

https://youtu.be/XRMWg97wA_g

Dr. Tuttle's Piano Composition, "Song of the Truth-Field" with Madeleine's paintings of animals:

<https://youtu.be/VBgbiH1QjvQ>

Our Sandra Higgins Writes About the Lamb Caoimhe: <http://us6.campaign-archive1.com/?u=a17b6bb876e4ee5e67084608d&id=bdace6944f>

Intriguing Video – Do Nutrients Matter? - <https://www.youtube.com/watch?v=4kdzEinw3fM>

Chef David Chang States 'Future is Vegan' After Sampling Impossible Burger:

<https://www.clearlyveg.com/blog/2016/05/13/chef-david-chang-states-future-vegan-after-sampling-impossible-burger>

For Evolving Brains, A 'Paleo' Diet of Carbs (NY Times): http://www.nytimes.com/2015/08/13/science/for-evolving-brains-a-paleo-diet-full-of-carbs.html?_r=1

The Insanely Complicated Logistics of Cage-Free Eggs for All: <http://www.wired.com/2016/01/the-insanely-complicated-logistics-of-cage-free-eggs-for-all/>

The ***Samsara*** Food Sequence – Must-watch - <https://vimeo.com/73234721>

Meet the Vegan Burger that May Change the Food World: <http://www.onegreenplanet.org/news/meet-the-vegan-burger-that-may-change-the-food-world-as-we-know-it/>

Vegan Restaurant Opening is So Popular Police Shut it Down: <http://www.ecorazzi.com/2016/04/18/vegan-restaurant-opening-is-so-popular-police-shut-it-down/>

Interview with Dr. Tuttle included in Chilean article on Cowspiracy (in Spanish):
<http://impresa.elmercurio.com/Pages/NewsDetail.aspx?dt=2016-04-23&dtB=23-04-2016%200:00:00&PaginaId=6&bodyid=9>

Five Great Reasons to go Vegan for Earth Day: <http://www.collective-evolution.com/2016/04/22/5-great-reasons-to-go-vegan-for-a-week-for-earth-day/>

Toxins in Fabric Softener & Dryer Sheets (good to be aware! – Similar ingredients in many laundry detergents also)
- <http://www.ewg.org/enviroblog/2016/05/skip-fabric-softeners>

Excellent short interview of Thich Nhat Hanh on Anger & Activism:
<https://www.youtube.com/watch?v=tZKrl5n79hY&feature=youtu.be>

Robert Goodland Disputes Alan Savory: <http://planetsave.com/2013/03/26/meat-lies-videotape-a-deeply-flawed-ted-talk/>

Café Gratitude Fiasco - <http://animaladvocatesmarycummins.blogspot.com/2016/04/founders-of-vegetarian-restaurants-cafe.html>

The Guardian's Article: http://www.theguardian.com/lifeandstyle/2016/may/03/vegan-restaurant-meat-eating-owners-cafe-gratitude-california?CMP=Share_iOSApp_Other

LA Times: "Why are LA Vegans Eating Their Own?" - <http://www.latimes.com/opinion/op-ed/la-oe-0506-friedersdorf-cafe-gratitude-vegan-infighting-20160506-story.html>

Lee Hall: A New Animal Liberation: <http://arzone.ning.com/forum/topics/a-new-animal-liberation-why>

Kenya Torch Millions of Dollars Worth of Ivory: <http://www.cnn.com/2016/04/29/africa/kenya-ivory-burn/>

EPA Allowing Livestock & Wildlife to Consume Toxic Fracking Water: <http://www.nationofchange.org/epa-allow-consumption-toxic-fracking-wastewater-wildlife-and-livestock-1373811581>

Interesting article: The Genesis of the "Fluoride is Good for Your Teeth" Dissemination of Untruth:
<http://www.activistpost.com/2016/04/fluorides-the-atomic-bomb-and-a-spy.html>

Dr. McDougall on Low-Carb Diets & SIBO & benefits of vegan living for Gut Health:
<https://www.drmcDougall.com/misc/2016nl/apr/sibo.htm>

The Best Thing You Can Do For The Planet: <http://www.forksoverknives.com/best-thing-can-planet-nothing-shorter-showers-hybrid-cars/>

Plant-Based School Lunches on the Rise: <http://www.organicauthority.com/v-is-for-vegan-plant-based-school-lunches-on-the-rise>

But What About Local "Humane" Farms? By Judy Carman in The Peaceable Table – New/Current Issue:
<http://www.vegetarianfriends.net/issue124.html>

David Haye – Vegan Heavyweight Boxing Champion: <http://www.businessinsider.com/david-haye-boxer-interview-2016-4>

Lawyer Goes Vegan, Starts Animal Sanctuary after Watching Cowspiracy:

<http://www.sandiegouniontribune.com/news/2016/may/03/san-diego-farm-animal-rescue>

Ag Boards Think They Should be Exempt from Freedom of Information Act: <http://www.mfablog.org/ag-boards-think-they-should-be-exempt-from-2>

10 Mothers on Why They're Saying No to Dairy: <http://freefromharm.org/animal-products-and-culture/mothers-against-dairy/>

Florida-Based Vegan Chain Opens 5th Restaurant - <http://latestvegannews.com/florida-based-vegan-chain-opens-fifth-location-plans-open-100-nationwide/#>

"I Had to Wear Pampers" – Brutality of Poultry - <https://www.washingtonpost.com/news/wonk/wp/2016/05/11/i-had-to-wear-pampers-many-poultry-industry-workers-allegedly-cant-even-take-bathroom-breaks/>

12 Questions Regarding Vitamin B-12 – T Colin Campbell: <http://nutritionstudies.org/12-questions-answered-regarding-vitamin-b12/>

Deb Ozarko: Letting Go of a World in Collapse - <http://www.debozarko.com/letting-go/>

Dhar Jamal: US Navy's Intent to Break Law & Threaten Endangered Species: <http://www.truth-out.org/news/item/35954-exclusive-emails-reveal-navy-s-intent-to-break-law-threatening-endangered-wildlife>

Himalayan Tribe Vegan for 5,000 years - <http://www.petaindia.com/blog/himalayan-tribe-vegan-5000-years/>
Brokpa Tribe: <http://www.thehindubusinessline.com/todays-paper/tp-life/a-secret-the-himalayas-hold/article2204749.ece>

Scientists Find Blood from Vegans is Eight Times More Effective in Fighting Cancer:

<http://www.riseofthevegan.com/blog/scientists-find-blood-from-vegans-is-eight-times-more-protective-against-cancer?ig>

Are Vegans Right? – By David MacFarland – Excellent Piece : <http://www.ucobserver.org/society/2016/05/vegans/>

Great Barrier Reef Dying Due to Bleaching: <http://www.npr.org/sections/thetwo-way/2016/05/14/477963623/new-photos-show-the-rapid-pace-of-great-barrier-reef-bleaching>

"Fish Have Feelings Too" – NY Times – Jonathan Balcombe - http://www.nytimes.com/2016/05/15/opinion/fishes-have-feelings-too.html?_r=0

Four Meat Conglomerates in top 15 Corporations Polluting our Water:

<http://www.cowspiracy.com/blog/2016/2/11/b03vdziecstmuqptq3jb88rgisip7v>

Exceptional Film – "Home" – about our planet and its beauty and our devastation of it:

<https://www.youtube.com/watch?v=jqxENMKaeCU>

Film – "Vegan 2015" – Excellent and Optimistic Overview of our Vegan Movement last year:

<https://www.youtube.com/watch?v=BYzlfPdpAeY>

Vegans Increase 350% in England – video - <https://www.youtube.com/watch?v=gne3M3gCTaE&feature=youtu.be>

I WANT TO BE VEGAN



**BUT I CAN'T BECAUSE
CAVEMEN ATE MEAT**