

## June 2019 – Resources for World Peace Diet Circle

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

*“The indifference, callousness and contempt that so many people exhibit toward animals is evil first because it results in great suffering in animals, and second because it results in an incalculably great impoverishment of the human spirit.” -- Ashley Montagu*

Dr. Tuttle’s Essay, Honoring Mothers and Ending Slavery: <http://www.worldpeacediet.com/2019/05/honoring-mothers-and-ending-slavery/>

Dr. Tuttle Interviewed on Vegan Nation by our Marlene Narrow (with Madeleine also at the end): <http://www.wcuw.org/vegannation/V.N.05.23.19.Tuttle.HonoringMothersEndingSlavery.mp3>

Dr. Tuttle Interviewed on Yoga and Vegan Living (audio): <https://yogaisvegan.com/blogs/podcast/dr-will-tuttle>

Dr. Tuttle’s short video: “A Music & Art Interlude” with Madeleine’s paintings: <https://youtu.be/DdwtszmPqbY>

Dr. Tuttle’s “I Am the Vegan Activist” Poem: <https://www.all-creatures.org/poetry/ar-I-am-vegan-activist.html>

Dr. Tuttle’s Keynote via Zoom for the Launch of the Silicon Valley Vegan Entrepreneur’s Network (about 1:22): <https://zoom.us/recording/play/dBzJn0WpM5Bg6eBVfb1mVhuymOS3MQQo4QPQ8kKDXf4n6ABxgA-33GFBNfezIYWT?continueMode=true>

Dr. Tuttle’s Healing Power of Music, Part 1, video: [https://youtu.be/\\_PtnEycjhR4](https://youtu.be/_PtnEycjhR4)

Madeleine’s Intuitive Kitchen Video – Swiss Gugelhopf Cake Veganized: <https://youtu.be/rWkRoeCWrfS>

Madeleine’s Intuitive Kitchen Video – Vegan Chocolate Milk: <https://youtu.be/P-vCkbWgRCU>

Madeleine’s Intuitive Kitchen Video – No-Knead Whole Grain Bread with Wild Yeast: <https://youtu.be/fAWapZYDnRo>

Our Philip Nicozisis’ Book, *Have Laptop Will Travel*, is Selling Well: <https://www.newkerala.com/news/read/143042/have-laptop-will-travel-reaches-best-seller-status.html>

Our Marlene Narrow’s Vegan Nation Radio Broadcast May 16<sup>th</sup>: <http://www.wcuw.org/vegannation/V.N.05.16.19.DxE.ALC.SanFran.IRELAND.mp3>

Excellent Interview With ARM Founder Richard Couto by Jane Velez Mitchell About Fairlife Dairy: <https://facebook.com/JaneVelezMitchell/videos/870453983306791/?t=0>

Largest “Humane” Dairy Farm Exposed – Fairlife – by ARM: <https://www.kinderworld.org/videos/dairy-industry/largest-humane-dairy-farm-tortures-baby-animals/>

Fairlife Propaganda video: <https://www.youtube.com/watch?v=JJRy82i8e5Q>

Beautiful 3-minute video of Animals Celebrating: [http://assets.evie.com/asset/cc1afc44ee3cdaac9ae2f354f834dd30d7aa343e/video\\_inline\\_h540](http://assets.evie.com/asset/cc1afc44ee3cdaac9ae2f354f834dd30d7aa343e/video_inline_h540)

Some humorous and inspiring Animal Escapes:

<https://drive.google.com/file/d/19K8OmQYxW0beprsK2KI9S07XABA5wa50/view?ts=5cc8d08b>

Not Milking It: How Vegan Cheeses Have Caught Up (The Guardian):

<https://www.theguardian.com/food/2019/may/15/vegan-cheese-change-diets>

Will birds sing or will they be silent? Our choice is their fate: <https://www.animals24-7.org/2019/05/18/will-birds-sing-or-will-they-be-silent-our-choice-is-their-fate/>

12 Billion Dollar Annual Bailouts to Animal Ag Industry are Wiping Out Vegan Gains:

<https://www.facebook.com/connifer125/videos/10216374650852709/>

Cat Food and Killing Dolphins and Tuna: <https://www.animals24-7.org/2019/05/21/do-you-eat-dolphins-does-your-cat/>

Belgian Royal Academy of Medicine Rules Against Vegan Diets for Children:

<https://edition.cnn.com/2019/05/20/health/vegan-children-belgium-intl-trnd/index.html>

Chinese Man Buys Dog Slaughterhouse & Saves 2,000 Dogs: <https://www.happiest.net/animals/chinese-man-spends-400000-buy-slaughterhouse-saves-2000-dogs/amp/>

“Secret Ingredients” – helpful documentary on benefits of organic foods (though not explicitly vegan unfortunately): <https://freeshowing.secretingredientsmovie.com/screening/watch/>

Excellent short speech by Philip Wollen: <https://www.youtube.com/watch?v=HTgM7IU0zZc&feature=share>

The Rise of Veganism – Photo-Essay by Butterflies Katz: <https://thevegantruth.blogspot.com/2019/05/75-photos-rise-of-veganism.html>

Interesting Interview – Dr. John McDougall with Dr. Joel Fuhrman:

<https://www.drmcDougall.com/health/education/webinars/webinar-05-23-19/>

Jeff Nelson & Dr. T. Colin Campbell on the Corruption and Dishonesty of Joel Fuhrman:

<https://www.youtube.com/watch?v=9RztX3kOmSI&feature=youtu.be>

Jerry Simonelli: Lawyers as Clever Combatants for Animal Protection:

[https://higherlogicdownload.s3.amazonaws.com/MICHBAR/871edf0a-0824-49b7-9289-ca23577cca1c/UploadedImages/pdfs/Animal\\_Sp19.pdf](https://higherlogicdownload.s3.amazonaws.com/MICHBAR/871edf0a-0824-49b7-9289-ca23577cca1c/UploadedImages/pdfs/Animal_Sp19.pdf)

Augustine and Aquinas on the Ethics of Eating Meat:

[https://blog.talkingphilosophy.com/?p=1602&fbclid=IwAR3NIV1SnOor8GhnkLKCPpFI-PzA1-YzvYhMeZ0bRUaf\\_Qcg22Qi3TBM5bk](https://blog.talkingphilosophy.com/?p=1602&fbclid=IwAR3NIV1SnOor8GhnkLKCPpFI-PzA1-YzvYhMeZ0bRUaf_Qcg22Qi3TBM5bk)

Why I Abandoned Horse Riding: <https://freefromharm.org/farm-animal-welfare/racehorse/>

Vegan Evan: How to save the Earth (short video) -

[https://www.youtube.com/watch?v=ay\\_mqvU\\_pRg&feature=youtu.be](https://www.youtube.com/watch?v=ay_mqvU_pRg&feature=youtu.be)

DXE protest at Duck Facility in Petaluma, CA – 600 people; 98 arrested:

<https://www.pressdemocrat.com/news/9664193-181/protesters-flood-petaluma-area-duck-farm?sba=AAS>

Animal Rights Protester Grabs Mic From Sen Kamala Harris: <https://sentientmedia.org/animal-rights-protester-interrupted-kamala-harris-was-it-justified/>

Protester’s Rationale: [https://medium.com/@aidan\\_28588/why-i-took-the-mic-from-kamala-harris-d9e87fe2d2c0](https://medium.com/@aidan_28588/why-i-took-the-mic-from-kamala-harris-d9e87fe2d2c0)

Time to Replace Slaughterhouses with Greenhouses: <https://freefromharm.org/common-justifications-for-eating-animals/marginal-lands/>

Veganics: the Future of Agriculture: [https://www.veganaustralia.org.au/veganics\\_the\\_future\\_of\\_agriculture?mc\\_cid=99513aea07&mc\\_eid=11bfe79b63](https://www.veganaustralia.org.au/veganics_the_future_of_agriculture?mc_cid=99513aea07&mc_eid=11bfe79b63)

Why Vegans Can Make People Angry: <https://www.medicalnewstoday.com/articles/325220.php>

Diabetes and Erectile Dysfunction – Healing with Vegan Living: <https://www.youtube.com/watch?v=wargzoIb9K4&t=>

Exposé of “Dairy Disneyland” horrors gives agribiz the runs: <https://www.animals24-7.org/2019/06/07/expose-of-dairy-disneyland-horrors-gives-agribiz-the-runs/>

Fairlife? Biggest “Humane” Dairy Label in U.S. Exposed for Horrific Routine Abuse: <https://freefromharm.org/animal-rights/fair-oaks-farms-fairlife-milk-abuse/>

Mildly graphic version: [https://www.youtube.com/watch?list=PLtc3iQTP5EZ8zZ4IG1kNzvF9X9lj-8eZl&time\\_continue=14&v=quX1acHGks&fbclid=IwAR0i\\_jJwCQkkloiKdpTwjWOjQrWGziRLPt9tfLsEzTcTOIgvIvQDOi2GCUY](https://www.youtube.com/watch?list=PLtc3iQTP5EZ8zZ4IG1kNzvF9X9lj-8eZl&time_continue=14&v=quX1acHGks&fbclid=IwAR0i_jJwCQkkloiKdpTwjWOjQrWGziRLPt9tfLsEzTcTOIgvIvQDOi2GCUY)

New Vegan Film: *Fast Food Vegan* - <https://www.amazon.com/fast-food-vegan-Jimmy-Vaughn/dp/B07MQ3D747>

Wisdom for a 10-Year Old – “Don’t be on the Blind Side, Be on the Kind Side:” <https://www.all-creatures.org/articles/dont-be-on-blind-side.html>

Jeff Bezos Disrupted by Priya of DXE: <https://www.facebook.com/directactioneverywhere/videos/328635804737792>

Former Meat & Dairy Operators Share Their Stories: <https://freefromharm.org/humane-farmer/>

Tolstoy’s Plea for Peace: [https://www.upc-online.org/pp/summer2019/tolstoys\\_plea\\_for\\_peace.html](https://www.upc-online.org/pp/summer2019/tolstoys_plea_for_peace.html)

Good info on Vitamin B12: <https://www.drmcDougall.com/misc/2017nl/apr/b12.htm>

Do Vegans Need DHA Supplements? – Video by Jeff Nelson - [https://www.youtube.com/watch?v=c8\\_kTtWUnf8](https://www.youtube.com/watch?v=c8_kTtWUnf8)

Bruce Friedrich – The Next Global Agricultural Revolution – TED talk: [https://www.ted.com/talks/bruce\\_friedrich\\_the\\_next\\_global\\_agricultural\\_revolution#t-336665](https://www.ted.com/talks/bruce_friedrich_the_next_global_agricultural_revolution#t-336665)

Aidan Cooke of DXE Discusses the Kamala Harris Move-On Incident: <https://www.youtube.com/watch?v=S9sI-sCFK-w>

Good Summary – Top 11 Environmental Benefits of Vegan Living: <https://www.all-creatures.org/articles/env-11-benefits-veganism.pdf>

Canada Bans Whale & Dolphin Captivity: <https://www.hsi.org/news-media/canada-bans-cetacean-captivity-and-canada-bans-cetacean-captivity/>

The Devastating Impacts of Octopus Farming: <https://freefromharm.org/agriculture-environment/octopus-meat/>

Mary Max – Veganism is about **Loyalty**, not **Strictness**: <https://www.all-creatures.org/letters/marymax-12feb03.html>

The Guardian - The 14 things you need to know before you go vegan:

<https://www.theguardian.com/lifeandstyle/2019/jun/19/the-14-things-you-need-to-know-before-you-go-vegan>

600 Mink Liberated from Washington Fur Farm: <https://animalliberationpressoffice.org/NAALPO/2019/06/13/600-mink-liberated-from-jerry-marr-mink-farm-in-washington-delayed-report-2/>

The Day Israel Attacked America: [https://www.youtube.com/watch?time\\_continue=2002&v=tx72tAWVcoM](https://www.youtube.com/watch?time_continue=2002&v=tx72tAWVcoM)

The Superhuman World of the Iceman:

[https://www.youtube.com/watch?v=VaMjhwFE1Zw&feature=youtu.be&fbclid=IwAR01ogRSCjvBnicbd4SAnWC RALSVikyrGUjGoktpg2yQd\\_WwhSuDv1TTqiY](https://www.youtube.com/watch?v=VaMjhwFE1Zw&feature=youtu.be&fbclid=IwAR01ogRSCjvBnicbd4SAnWC RALSVikyrGUjGoktpg2yQd_WwhSuDv1TTqiY)

## Vegan Heart (Song for the World Soul)

When the bees have stopped their buzzing  
The forests are no more  
Wildlife has gone extinct  
The lions cease to roar  
As air becomes unbreathable  
Death claims the ocean floor  
And we live upon a wasteland  
Struggling to endure

Then will we remember  
The promise in our soul  
To serve as stewards of the Earth  
Our one and only home

Cry for all Creation  
Cry for the World Soul  
Hear the pleas of Mother Nature  
Whose heart has been bought and sold

Why are we the species  
Consuming as we go  
Taking without giving  
Forgetting what we know  
We are a thread in Indra's net  
One piece of a sacred whole  
Our ecosystem teems with life  
As it has since days of old

There's bounty in the harvest  
Beauty in the land  
Embrace it with your vegan heart  
And come to understand

All life belongs to nature  
We're bound to planet Earth  
In the seeds of all our actions  
Lies destruction or rebirth

At the heart of Mother Nature  
Lies the heartbeat of the world  
And every mother's nature  
Is to love her precious child  
The air, the land, the waters  
They connect us to each other  
The whale, the dove, the lamb, and us  
We're fed by the same mother

There's bounty in the harvest  
Beauty in the land  
Embrace it with your vegan heart  
And come to understand

Hear the song of all Creation  
Sing the song of the World Soul  
In harmony with nature  
As the coming days unfold

Words by Beth Lily Redwood

Video: <https://www.facebook.com/DanielRedwoodSongs/videos/2293310874067152/>

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Ultra rare picture of a vegan being born

