

In 2006, United Nations found, that raising animal for human consumption contributes to more greenhouse gases than all the planes, cars and trucks on the planet combined.

Ethics

Some farm animals such as pigs and chickens are more intelligent and sensitive than 3 year olds. Professor Stanley Curtis of Penn States University found that pigs play and excel at joystick-controlled video games. He observed that they are capable of abstract representation and are able to hold an icon in the mind and remember it at a later date. It is also shown that chickens and other animals can mimic what they see on television and learn to distinguish between different shapes. Dogs and cats are unable to do this. Pigs are so intelligent that once a pig saved a boy from drowning. So pigs are able to do just as much or even more than your companion dog or cat.

But we stick forks into farmed animals who are more intelligent than the ones we love. This makes no sense.

How can it be that 95% of Americans feel that it is wrong to unnecessarily hurt and kill animals, yet 95% of Americans continue to unnecessarily hurt and kill animals so they can eat them? This makes no sense.

Humans should be non-violent loving beings. We should be compassionate for all life forms and regard all animals as living breathing and intelligent creatures who too would like to live a full life without pain or suffering.

Going vegan is the single best thing you can do for your health, animals and the Earth.

What can you do?

- ✓ *Stop eating all animal products*
- ✓ *Do not purchase any products which contain animal ingredients*
- ✓ *Do not purchase products which are tested on animals*
- ✓ *Do not support circuses, rodeos, zoos or other forms of entertainment*
- ✓ *Do not wear any animal clothing including; fur, leather, suede, down, wool or silk*
- ✓ *Educate the public on animal rights and veganism*

Please love every creature on Earth.

We have only one Earth.

Do not destroy it.



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Change Your Lifestyle – Change the World

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Revised: May 18, 2010

Introduction

Did you know, if you changed your lifestyle you can change the world for the better? Eliminating one item in your life and substituting it for another item can lead to:

- Loosing or maintaining weight
- Reducing the risk of heart disease, cancer, autoimmune and many other diseases
- Eliminating flu's and common cold
- No need for doctors or hospitals
- No need for medication or vitamins
- Living a long healthy life
- Ending world hunger
- Ending wars
- Ending deforestation
- Clean air, oceans and waterways
- Saving precious resources such as energy water and land
- Reducing or stopping global warming
- Saving money

Remember, eliminating one item in your life and substituting it for another can bring many wonderful changes to your life and the world.

What is this one item?

Animal products

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Meat

Dairy

Eggs

Animal Protein & Cholesterol

Your body uses approximately 18g of protein per day. Most people (including pregnant, lactating, infancy, childhood, adolescence, old age and bodybuilders) need slightly more than 20 grams of protein per day. Because the typical western diet contains 70-100g of protein it is leading to a wide range of diseases including; heart disease, cancer and autoimmune diseases; which there are multitude of. When cooked, all flesh including chicken and fish form cancer-causing chemicals called heterocyclic amines (HCA's).

Cholesterol in flesh contributes to higher risk of heart disease due to blockage of blood flow. Cholesterol also increases the risk for cancer. We do not need extra cholesterol as our body builds cholesterol naturally.

What people are saying

No matter what people think or how much they like the foods they eat. It is now proven that animal based foods are the number one leading cause of sickness in the world.

Michael Lanfield
Animal Activist and Nutritionist

Eating animal products has killed more people over the last century than all the car accidents, all the wars and all the natural disasters combined.

Dr. Neal Barnard
Founder and President of PCRM

We kill animals, we eat them. These animals are killing us.

Howard F. Lyman
4th Generation Cattle Rancher

There is no doubt that the consumption of animal protein and fats is linked to the formation of: cancer, heart disease, diabetes, autoimmune diseases, of which there are a multitude: multiple sclerosis, Parkinson's disease, arthritis, dementia and Alzheimer's disease. In fact most, if not all the diseases that effect modern society today can be linked to animal proteins and fats.

Dr. T. Colin Campbell
Author of "The China Study"

So you are thinking, what should I eat now?

There are array of food possibilities

- Fruits and vegetables
- Legumes (Beans, lentils and peas)
- Grains, nuts and seeds

Vegan

A vegan is a person who does not eat, wear or use animal products. This includes all meat including; beef, pork, chicken and all seafood. Vegans do not wear any animal products including; wool, leather, fur, down, suede or silk.

Vegans also never buy any products which contain animal ingredients.

What is so spectacular about a vegan diet?

It is proven, studies show that a plant-based vegan diet can reduce the chances of obesity, cancer, heart disease, diabetes, osteoporosis, gout, gallstones, kidney stones, hypertension and autoimmune diseases. Plant-based diets contain anti-oxidants or phyto-chemicals, anti-aging properties and a wide range of minerals and nutrients. Plant based foods are the only sources of fibre; which is very beneficially to the immune system. Animal products do not contain any fibre.

Meat = Environmental Disaster

Not only is a vegan diet good for your health, it also helps the environment and our planet. Did you know because of our desires for meat, dairy and eggs, we kill 60 billion animals a year? We feed 80% of the world's grain to these animals, when at the same time billions of people go hungry every single day. It is proven that approximately 3.7 billion people in the world today are malnourished and 40,000 people die every single day, all because we feed grains, legumes and soy to livestock. And the main reason for cutting trees in the rainforests are to grow food to feed farmed animals. Animal agriculture also plays a role on water and energy usage making it the top contributor.