



the
VEGAN RESET

**WEEK FOUR: ETHICAL
DAY TWENTY-TWO:
INTRO TO ETHICAL**

intro to ethical Veganism

More often than not, you'll hear people ponder whether or not they should "eat meat" instead of asking if other living beings need to die in order for them to sustain life. Luckily, more and more people have begun speaking out and criticizing the way in which animals are being mistreated and slaughtered before becoming "food". Meat consumption is a choice, not a requirement, and there are an overwhelming amount of reasons for us as human beings to stop eating meat and rely on a plant-based diet instead which we will discuss today.

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When it comes to eating meat and other animal products, there is a huge disassociation between the living animal and the meat that ends up on people's plates. Of course, some people who consume meat fully understand that what they are eating used to be a living, breathing being, but fathoming what exactly the animal suffered through is incredibly difficult and often overlooked. An example of disassociation is referring to certain products that come from Cows and Pigs as beef and pork. A very inconvenient truth is that even though some farmers actually treat their animals with love and respect before eventually bringing them to slaughter, close to 99% of meat consumed by people comes from something called "factory farms". In the book *Eating Animals*, Jonathan Safran Foer explores in great detail the transition animals incur from family farms to factory farms, and exposes the cruel ways in which the animals are treated during the process. As an example, the chickens and turkeys consumed by humans today actually don't have much in common with the chickens and turkeys that existed a few decades ago.

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They have since been genetically manipulated in order to grow at rapid rates with excessively large “breasts”. Due to this genetic manipulation, their bodies often become too big to carry causing their legs to break under the pressure (as shown in the documentary Food, Inc.) To save money, the “farmers” keep the animals in extremely crowded and filthy spaces. Most chickens, for example, never get a chance to fully extend their wings, and as a measure to prevent the chickens from pecking at each other in such confined spaces, the “farmers” slice off their beaks using a hot knife and no anesthetics. Under these almost unfathomable conditions, the animals are prone to a variety of diseases and are therefore systematically fed antibiotics in addition to growth hormone. What does that mean for the people who eat them? It means they ingest the same antibiotics found in the animals causing them to gradually become immune to antibiotics.

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“It doesn’t matter how animals are treated, it’s our right as human beings to eat them!” If you’ve ever heard, or ever hear this argument, know that it is both ignorant and systematically untrue. Contrary to popular belief, the human body is not designed to eat and digest meat. As anatomist and physical anthropologist Dr. Alice Roberts explains in the BBC TWO documentary series *Origins of Us*, our ancestors were actually herbivores who turned to meat consumption as a last resort when food had become scarce due to drought and other extreme climate changes. As a better example we can look at the physical features of herbivores versus carnivores.

Carnivores (or meat eaters) have claws and sharp front teeth that allow them to attack their prey. When a natural carnivore attacks its prey, the first thing they do is consume the organs and blood of the prey in order to obtain the maximum amount of nutrients, which is easily and quickly digested by their bodies thanks to an elevated level of hydrochloric acid in their stomachs in order to avoid the decaying carcass rotting in their digestive track, which on average happens to only be 3x longer than their body.

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Humans and other natural herbivores on the other hand, do NOT have claws and sharp teeth, but rather flat rear molars for grinding nuts, seeds and plants. An herbivores stomach acid is roughly 20x weaker than that of a carnivore, and their intestinal tract is 10 to 12x the length of their body, so almost 3 times the length of a carnivore.

When introduced to high amounts of animal products, our bodies react in numerous ways and are prone to illnesses such as cancer, cardiovascular disease, high blood pressure and cholesterol being just a few.

It has now been scientifically proven that eliminating animal products from the human diet can not only halt heart disease, but actually reverse the effects!

According to T. Colin Campbell and Thomas M. Campbell II (The China Study: The Most Comprehensible Study of Nutrition Ever Conducted and The Startling Implications for Diet, Weight-Loss and Long-Term Health), it is practically impossible to have a heart attack when living on a whole-foods plant-based diet.

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On the environmental front, factory farming is responsible for more greenhouse gas emissions than all transportation means on the entire earth COMBINED. This is due not only to the processing of meat, but the methane gas created by billions of these tortured animals every single day. Actually, if factory farming were to cease and the plant-based food and water used to raise these animals was then used for human consumption, there would actually be more than enough food and drink to feed and hydrate every single person on earth.

So congratulations! By participating in the Vegan Reset you've taken a step, whether for health or ethical reasons, that has now changed the world for the better. When you eat breakfast, lunch or dinner tomorrow, be happy knowing you are making a conscious effort to save not only yourself, but the planet as well =)