



the
VEGAN RESET

**WEEK FOUR: ETHICAL
DAY TWENTY-FOUR:
FISH & DAIRY**



fish and dairy

People often consider eating fish less impactful and harmful than eating other meats, but that is hardly the case.

According to a report from the World Wildlife Fund, aquatic life had decreased by 50% from 1970 to 2012! As of 2015 commercially fished species such as Tuna & Mackerel seem to have been hit the hardest with a 75% decline in population and specific species such as Pacific Blue Fin Tuna are now on the verge of extinction. There are several factors to blame for these devastating findings, with the three largest contributors being overfishing, pollution, and the decline in fish habitats such as mangroves and seagrasses which are currently being lost at 2 - 5x the rate of forests.

For several decades, chemicals have been routinely dumped into our seas, rivers, and oceans. These include: DDT, Methylmercury, Dioxins, Polychlorinated BiPhenyl (PCB's) Persistent Organic Pollutants (POP's), and synthetic pollutants. Sea Animals that are highest on the food chain have the highest levels of these pollutants in their tissue and body fat, some of which, such as tuna, are used as a main food source around the world. Worse yet is the presence of plastic and pollution. Edward Humes, author of Garbology noted that the weight of plastic that ends up in our waters every year is estimated to equal the weight of 40 Aircraft carriers. Plastics absorb chemicals at impressive rates and aquatic life, unfortunately, consume plastic and other toxic waste which further toxifies their bodies making them completely unsafe for consumption.

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The main argument most people have for consuming fish is that they are an excellent source of omega 3 fatty acids. Luckily, plants are also an excellent source! Foods such as flax seeds, dark leafy greens, mung beans, navy beans, kidney beans, cabbages and winter squash are all excellent sources of omega 3 fatty acids that involve no death and minimal environmental impact.

Cows milk is another animal product that is often seen as not only harmless, but healthy. Milk and dairy have been touted by the dairy industry as not only healthy, but a necessity in development for people to grow “big and strong”. “Got Milk?” commercials and advertisements have been around for decades, with top athletes and other socialites pictured with a milk mustache promoting the consumption of dairy for a healthy lifestyle. But is milk and dairy actually good for us?

Studies have shown the food source that grows breast tumors fastest is cow’s milk. Cow’s milk contains a hormone called IGF-1. Insulin-like growth factor 1 (IGF-1) is a growth hormone that comes from our liver and tissues that tells our cells to multiply, don’t die, keep dividing. Our bodies naturally produce a lot of this from birth to help us grow into adulthood, then the amount we produce decreases after puberty. IGF-1 aids in tumor growth precisely because of this and also promotes metastasis (the spread of cancer to different organs) by telling these cells to enter the bone, the lungs, the kidneys, etc. According to professors Plant (Professor of Geochemistry) and Djamgoz (Professor of Cancer Biology), this provides a perfect environment for cancer cells to thrive and spread.

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Clinical research has also shown that consumption of cow milk actually has little to no benefit on bone strength. In fact, according to the Physicians Committee, women who consume 3 or more glasses of milk per week have a 60% increase in risk for developing a hip fracture. In fact, countries with the lowest rate of dairy consumption (I.E. Africa and Asia) actually have the lowest rates of osteoporosis.

Beyond health issues, dairy cows suffer a terrible fate. Not only are they artificially inseminated using brutal methods, but as soon as their calf is born it is immediately taken away from the mother. That's when the milk pumping begins. For the most part, milking is no longer done by hand like some old-school movies portray; they are hooked to industrial machines that tax these cows' bodies to exhaustion, literally. They get pumped until they bleed. The batches that have too much coloring from the blood become Chocolate Milk and Chocolate Milk products.

Like human moms, the over pumping creates overproduction of milk leading to infections like mastitis. This is extremely painful. These cows are then given anti-biotics to kill the infection in the inflamed milk ducts. As the flow slows, the cows are again impregnated, calves are stolen and the process repeats. There may be 6 years in the life of a dairy cow, but the birth-kidnap-milk-repeat cycle takes a terrible toll on their health. They are severely malnourished and some can't even stand on their own by the end of their suffering. By this point they no longer serve a financial purpose and are nonsensically slaughtered. It is important to mention that conditions aren't like this in every farm, but this does apply to the vast majority.

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All in all, industrial dairy is one of the more torturous industries we promote. Luckily, there are many alternatives to dairy such as nut milks (almond milk, cashew milk, peanut milk, etc.), soy milk, oat milk, nut cheeses, vegan ice creams, vegan butter substitutes and more. Thanks to the ever growing popularity of Veganism worldwide, companies are working more now than ever to find healthy and delicious vegan substitutes for all things meat and dairy related!