

CHAPTER THREE

WHY WE WERE NOT MEANT TO EAT MEAT

There was a time when people ate each other. They no longer do so, but they still eat animals. The time will come when more and more people will drop this terrible habit.

-Leo Tolstoy

As you already know, I have been a vegetarian for over twenty-two years and am completely convinced of the merits of vegetarianism, not only for myself and my family, but for all human beings. I know this sounds somewhat controversial and “exclusive”, but it is not meant to be that way at all. Over the years, I have done an extensive amount of research on the subject. Although I knew that my choice was a personal one and based upon my spiritual beliefs, I became curious about the global implications and wanted to be as knowledgeable as possible about the benefits of vegetarianism for humankind in general.

This chapter is a greatly abbreviated collection of my years of research and study. There is much more information that I have collected but chose not to present here because this is not the main focus of this book. The main focus of this book is to offer information and viewpoints that you may not have previously considered so that, at the very least, you can make a more informed choice each time you put food in your mouth.

Physiological Reasons

First of all, let’s consider the most basic and obvious aspect of our existence here on earth which is the aspect which we all share in common – our bodies. Each human being has the same basic physical and anatomical structure so this is a good place to explore the effect that a vegetarian vs. a non-vegetarian diet has on our bodies. Let’s take a look at our physical bodies and their structure. Our bodies, by their very design, share the same characteristics with other

herbivores (plant eaters), and not carnivores (meat eaters). When you consider how all human beings are “built”, it is clear to see that our bodies were not designed to ingest animal flesh. For example, we have short, flat teeth which are ideal for grinding our food, not long, sharp fangs that are used to tear and shred flesh. We, like most herbivores, have long, narrow, complex intestines and digestive systems that are not designed to ingest foods that cannot be broken down easily. In contrast, carnivores have short, thick intestines that allow flesh and other difficult to digest items to pass through quickly so that it does not linger and putrefy, thus causing disease. Even our digestive fluids are gentler than those of carnivores and not strong enough to adequately digest and dissolve meat. According to one study, the average person has over seven pounds of undigested meat in their intestines at the time of death.

So what does this really mean? What are the consequences? Basically, when herbivores adopt a carnivorous diet, which is one they were not designed for, they suffer the imbalances that occur when nature is in conflict with itself. Think about the infamous “Mad Cow Disease” that was a direct result of cows being fed grain which was mixed with dead cows, and as a result turned them into cannibals. This resulted in a chemical imbalance in the brain (the brain actually became full of holes or “spongelike”)which caused certain cows to become “mad.” In the case of man, although we are not cannibals, eating animal flesh and other animal products has a similar damaging effect since our bodies were not designed for this type of diet. This is most obvious when you consider the diseases of the body. Nearly every major disease and cause of death (obesity, heart disease, high blood pressure, diabetes, cancer, etc) can be directly associated with the consumption of an animal based diet.

I know that you’ve heard the old adage, “you are what you eat” perhaps a million times, but it really is true. The average person (especially the average American) is making their body a “graveyard for dead animals.” If you eat death, you become death. If you eat live, healthy foods that are not tainted with the antibiotics, chemicals, flesh and blood of dead and dying animals, then you will be more lively and healthy.

Let’s consider the first of the diseases mentioned above; obesity. Obesity is now an epidemic in our country and is the root cause of many of the other diseases we suffer as a nation. In spite of all of the advancements we have made as a species, whether in the medical field, education and welfare, or otherwise, physically, we are in the worst shape of our lives. On average, Americans are 30% heavier than we were just one generation ago. A big factor in this is the type of food that we eat and the way in which it is processed and prepared.

According to the American Obesity Association (AOA), (www.obesity.org), 64.5% of adult Americans are categorized as being overweight or obese. Each year, obesity and obesity related diseases cause at least 300,000 excess deaths in the United States, and the healthcare costs of American adults who are obese amount to approximately \$100 billion. These grim statistics are now starting to be seen in our children as well. In February, 2007, an article in Yahoo[®] News reported that gastric bypass surgeries, despite their inherent risk, are on the rise amongst our *children*. In fact, morbid obesity (excessive obesity to the point where it is life threatening) is increasing at an alarming rate amongst adults *and* children. It is a shame that

we have neglected our own health to the point where we are in a "state of emergency", but it is a crime that we have done that to our children as well.

The consumption of an animal-based diet is largely to blame for this condition, as well as many other diseases. Animal foods are far less healthy than they were just a generation ago due to the many chemicals, bacteria, growth hormones, and antibiotics that are common in the meat producing industry, as I discussed in CHAPTER TWO, *What's Really In Our Food?* The flesh of the animal foods we consume are saturated with these chemicals and are, in turn, ingested by us. How can we not suffer the consequences? There are many causes of obesity, including psychological causes, cultural and environmental causes, etc., but I truly believe that the medical field is ignoring one of the major causes, which is that of food quality and food addiction. The animal foods today are filled with so many various chemicals so how can we eat them and not become affected? We are literally becoming as large and unhealthy as the cows and chickens we are eating, and in some respect we cannot help this because our bodies are ingesting the same hormones and chemicals that the animals are, and our very body composition is starting to reflect this condition. Who's to say that our very cells are not "morphing" into something unnatural, something that actually craves the chemicals and the hormones that we have been feeding them for so long? Could it be that instead of being addicted to the food, some people are actually addicted to the *chemicals in the food*, thus making their problem one of chemical dependency and not just poor diet? Although this is not an excuse for a poor diet and lack of exercise, it certainly is a factor in America's growing battle against obesity and obesity related diseases. On an individual level, if you understand that your cells are actually addicted to these foods and that this addiction is chemical and goes beyond taste, this puts things in a different perspective and helps to remove the guilt and social stigma from the situation. This reminds me of one perspective of weight loss that was shared by Rhonda Byrne, the author of the best selling book, *The Secret*. In this book, Rhonda explains that diets do not really work and that the reason that people gain and retain weight is primarily the result of their mental image and the thoughts they think in relation to their health and body image. Although I wholeheartedly agree with this, especially in the power of thoughts and their ability to change things, even the very composition of our bodies, I feel that there is an element missing. Regardless of what we think, we cannot negate the negative repercussions of ingesting the flesh of animals who were filled with chemicals, lived a horrible existence and died under the most inhumane and cruel circumstances. There simply *has* to be a connection between our health or lack thereof and the type of food that we eat.

In contrast, those who follow a vegetarian or vegan diet are nine times less likely to be overweight than those who consume animal foods. In my case, I eat carbs, fried foods, and sweets and although I do exercise, I am not in the gym for hours seven days a week, and yet I do not have a problem with my weight. The difference, in my opinion is that I eat foods that are healthy on a physical and a cosmic level. Quite simply, plant based foods do not contain the amount of chemicals, hormones, and "suffering" that animal based foods do. When is the last time you've heard of rice, beans, or broccoli being slaughtered or injected with growth

hormones? This is just not an issue for those who follow a vegetarian diet, thus, the chances of being addicted to the food on a cellular level is far removed. Along with this, the ensuing diseases that are the result from years of an addiction to these foods are far removed also. This was studied by Dr. T. Colin Campbell, a nutritional researcher at Cornell University and the director of the largest epidemiological study in history. In this study, he states “The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented simply by adopting a plant-based diet.”¹ The American Heart Association reports that vegetarians “have a lower risk of obesity, coronary heart disease (the cause of heart attacks), high blood pressure, diabetes mellitus, and some forms of cancer.”²

At this point, some of you may be thinking that the perils of eating meat are limited to red meat; however, research shows that this is not the case, so even if you just eat chicken and fish, you should be aware of the health issues associated with them as well.

Chickens are now bred and drugged to grow so large, (that) chicken flesh today contains three times as much fat as it did just 35 years ago. Arsenic is used in chicken feed because it promotes faster growth. The National Institutes of Health warns that this cancer-causing chemical is then ingested by people who eat chicken flesh. Men’s Health magazine ranked chicken as the number one food you should never eat because of its high rate of bacterial contamination.³

As for the subject of fish, The Environmental Protection Agency (EPA) revealed that women who ate fish just twice a week had blood mercury concentrations that were seven times higher than those who didn’t eat fish. A woman who eats just one can of tuna per week will be 30 percent over the EPA cutoff for safe mercury levels. Mercury is known to cause severe health problems for humans, including brain damage, memory loss, and damage to a developing fetus. My daughter Kamaal, who is a senior in college studying Wildlife Management, had a professor who agreed with the above. According to this professor, he recommended that due to the toxic conditions that fish live and are bred in, their consumption should be limited to once per month for the average person, and never for pregnant women. But what about the beneficial aspects of fish, namely the fish oils (Omega 3 essential fatty oils) that are touted for the nutritional aspects in preventing heart disease? Well, it’s sort of interesting because the main causes of heart disease is an animal based diet, so it’s sort of a vicious cycle because you would not need the fish oil for your heart if, in fact your heart were healthy. As for the Omega 3 essential fatty oils that are present in fish, plant foods such as walnuts and flaxseeds contain the same oils with the same benefits but without the danger and harmful toxins that are found in fish flesh.⁴

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Whenever I share some of this information, people invariably ask me, if you don't eat meat, where do you get your protein? That's exactly why I've included a chapter on the subject (see CHAPTER FOUR) because vegetarians and non-vegetarians alike are both obsessed with this subject. Since I have gone into great detail in that chapter and even added a side by side comparison of the protein consumption of a vegetarian vs. a non-vegetarian, I will just close this section by saying that based upon my research and actual life experience, I have found that not only does my family, get sufficient protein, but in many cases more protein than the average meat eater. Not only more protein, but healthier protein since plant-based forms of protein contain none of the saturated fat, cholesterol, and toxins that are in animal-based protein.

A human can be healthy without killing animals for food. Therefore if he eats meat he participates in taking animal life merely for the sake of his appetite.

-Leo Tolstoy

Environmental Reasons

Now more than ever, people are concerned and actually making changes in their daily lives, right down to the products they purchase and the daily decisions they make. I call this the "Inconvenient Truth" phenomena after the hugely successful documentary by Al Gore that brought the seriousness of global warming to the forefront of our consciousness. Personally, as a family, we became more aware of how our actions were affecting the environment and global warming specifically and made a choice to do our part in not contributing to it even more. When shopping for our daughter's first car, she informed us that she would prefer not to drive anything other than a hybrid since this was one of the action items or suggestions that Mr. Gore mentioned at the end of the documentary.

Taking this to the next level, did you know that what you eat has the greatest single effect on the environment than any other activity you participate in? Think about it. *100% of the people in the world have to eat in order to survive* (and most of us in the United States eat not only on a regular basis, but far more often than we need to!) We do not have a choice about whether to eat or not, the way we do about whether to use a certain type of cosmetic, buy a certain brand of jeans, or even purchase electronics or drive cars. Abstinence from eating is not an option if you want to live. It is right up there with drinking water and breathing. That said, the question becomes, what do you eat and how does it affect the microcosm (your body and spirit) and the macrocosm (our environment)?

The act of eating is one thing in which you are making a moral choice, not only for yourself, but for the environment, each time you put food into your mouth. As John Robbins, the author

of “*Diet For a New America*” says, “few of us are aware that the act of eating can be a powerful statement of commitment to our own well-being, and at the very same time to the creation of a healthier habitat.....the very eating habits that can do so much to give you strength and health are exactly the same ones that can significantly reduce the needless suffering in the world, and do much to preserve our ecosystem.”⁵

Let’s take a look at how eating meat affects us on a global level:

- *Global Warming* – eating meat actually causes global warming. The massive amount of animal feces (and believe it or not, their farts!) produced in factory farms is the largest source of airborne methane. According to the EPA, methane is more than 20 times more effective than carbon dioxide at trapping heat in the atmosphere. Have you ever driven past a cattle farm? We live in Los Angeles and regularly drive to Northern California to visit our daughter or for business. About halfway to San Francisco, there is a huge cattle ranch that you can see from the freeway. Thousands of cows are meandering around, eating God knows what (I have never seen green grass in those fields). For about a minute during the drive, there are only cows for as far as the eye can see. The worst part is the smell. It is absolutely stifling. Even if I am asleep and my husband is driving, I always wake up at this point because of the smell. That’s when I know we are half way to San Francisco. It is always a grim and sad reminder of the soon to be fate of these animals.
- *Water Resources* – nearly half of all the water consumed in the United States is used to raise animals for food. It takes 2500 gallons of water to produce a pound of meat, but only 25 gallons to produce a pound of wheat. A totally vegetarian diet requires 300 gallons of water per day, while a meat-based diet requires more than 4,000 gallons of water per day.
- *Pollution* – farmed animals produce 130 times as much excrement as the entire human population of the United States. According to the EPA, the run-off from factory farms pollutes our rivers and lakes more than all other industrial sources combined.
- *Energy* – of all the raw materials and fossil fuels used in the United States, more than one-third are used to raise animals for food.⁶
- *Food and Land* – Eighty percent of the corn grown in the United States is used to feed cattle to make meat. Ninety-five percent of the oats produced in this country is not for human consumption, but for the animals raised for food. Forty five percent of the total land mass of the United States is used to raise animals for food. More than 260 million acres of forests have been cleared to grow crops to feed animals raised for meat. Each vegetarian can save one acre of trees *per year*.

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When considering these statistics, it is clear that vegetarianism can positively affect our entire planet, one person at a time. In fact, in my opinion, it is such a logical notion to shift to a vegetarian diet for health and environmental reasons. Just taking beef for example – cows are vegetarians so basically when we eat a cow we are just eating a recycled vegetarian. The average cow weighs about 600 pounds, or more than four times the average human. This cow “eats like a horse” so just imagine, as the statistics note above, how much of our natural resources are spent to feed these cows? And then, after they reach a certain level of maturity, they are slaughtered and ground up for meat. And the process then repeats itself. We have to grow the resources to grow the cows to slaughter them and grind them up for meat. This is not a “renewable resource”. It is very destructive to our planet and will ultimately threaten our very existence here on this planet.

In addition to the environmental benefits, there are enormous economic benefits to a vegetarian diet, as noted in the following quote by Economists David Fields and Robin Hur:

“A nationwide switch to a diet emphasizing whole grains, fresh fruits and vegetables – plus limits on export of nonessential fatty foods- would save enough money to cut our imported oil requirements by over 60 percent. And, the supply of renewable energy, such as wood and hydroelectric, would increase 120 to 150 percent.....Savings on health care alone could be expected to reach \$100 billion within five years.”

I firmly believe that what is happening in our external environment, our planet, is simply a reflection of what is happening in our internal environment, our own bodies. If our lifestyle and the daily choices we are making negatively impact our bodies, how can it be good for our planet? We *can* change the world, and in fact we *will* change the world, if we start honoring and taking care of our bodies and our minds. The condition of our planet is a direct result of the condition of ourselves. We must start with first things first. As Mahatma Gandhi said, “*Be the change that you want to see in the world.*”

“Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet.”

- Albert Einstein

Spiritual Reasons

Human beings, made in the image of God, are the highest life form on this planet yet we degrade our divinity by taking on characteristics of the lower forms, and by acting in ways more befitting of animals than of humans. Carnivores (meat eaters), in addition to being

anatomically equipped to eat meat, are born with an innate sense to hunt and kill their food. How many humans have this same instinct? If, using no special tools or equipment, you had to, track, hunt, kill and eat your food, instead of getting it out of nice, neat little plastic packages in the grocery store, would you be able to do it? I highly doubt it. For most of us, personally killing any living being seems *inhumane*, yet we are participating in ruthless killing every time we eat an animal. This, in my opinion, makes us more animal than human.

In fact, sometimes we act in ways even more brutal than our animal counterparts, such as abusing and killing each other for senseless reasons, and not just to eat or defend ourselves. When is the last time you've heard of an instance where an animal, or group of animals, went on a wild killing spree or killed mass numbers of other animals for no reason other than anger, greed, ego, etc? It just does not happen. Yet we, the top of creation, do this on a daily basis. I do not believe that violence and a lust for killing is a part of man's true nature. I believe that a tolerance for and participation in cruelty over time gets imbedded in the psyche of man and, in some cases leads to over aggression and more violence. I think there is some link between the taking of animal lives and the taking of human lives.

There has been quite a bit of research between food and human behavior, especially the behavior of young people. In the 1980's a series of studies was conducted where all chemical additives and sugar was removed from the diets of juveniles in youth correctional facilities. Over 8,000 youths were monitored during a specific period. During this test period, deviant behavior fell forty-seven percent. In one specific correctional facility in Virginia that housed particularly hardened adolescents, incidence of theft dropped seventy-seven percent, insubordination dropped fifty-five percent, and hyperactivity dropped sixty-five percent over a two-year period. I found this is to a fascinating illustration of the impact of certain types of food on our mental state and behavior. Although to the best of my knowledge this type of study has not been done replacing animal food with vegetarian food, intuitively I feel that the results would be similar.

As long as man continues to be the ruthless destroyer of lower living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other. Indeed, he who sows the seeds of murder and pain cannot reap joy and love.

-Pythagoras, Greek Philosopher

This brings us to the final point of this discussion. If you do your own independent research on the great spiritual leaders and philosophers of the past and present, you will note that they, by an *overwhelming* majority, have adopted a non-violence creed, most notably one of vegetarianism. Many of these philosophers and spiritual leaders are quoted throughout this book, so, instead of repeating myself here, I thought I would offer what I believe to be a great

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summary of why most of these leaders are vegetarian. Although I am not Hindu, I wholeheartedly agree with the following section which was adopted from the Hindu religion and is a clear, concise doctrine that I believe accurately expresses the beliefs of many vegetarians today.

Why Hindus Don't Eat Meat

Besides being an expression of compassion for animals, vegetarianism is followed for ecological and health rationales. In the past fifty years, millions of meat-eaters -- Hindus and non-Hindus -- have made the personal decision to stop eating the flesh of other creatures. There are five major motivations for such a decision:

1. *The Dharmic Law Reason*

Ahinsa, the law of non-injury, is the Hindu's first duty in fulfilling religious obligations to God and God's creation as defined by Vedic scripture.

2. *The Karmic Consequences Reason*

All of our actions, including our choice of food, have Karmic consequences. By involving oneself in the cycle of inflicting injury, pain and death, even indirectly by eating other creatures, one must in the future experience in equal measure the suffering caused.

3. *The Spiritual Reason*

Food is the source of the body's chemistry, and what we ingest affects our consciousness, emotions and experiential patterns. If one wants to live in higher consciousness, in peace and happiness and love for all creatures, then he cannot eat meat, fish, shellfish, fowl or eggs. By ingesting the grosser chemistries of animal foods, one introduces into the body and mind anger, jealousy, anxiety, suspicion and a terrible fear of death, all of which are locked into the flesh of the butchered creatures. For these reasons, vegetarians live in higher consciousness and meat-eaters abide in lower consciousness.

4. *The Health Reason*

Medical studies prove that a vegetarian diet is easier to digest, provides a wider range of nutrients and imposes fewer burdens and impurities on the body. Vegetarians are less susceptible to all the major diseases that afflict contemporary humanity, and thus live longer, healthier, more productive lives. They have fewer physical complaints, less frequent visits to the doctor, fewer dental problems and smaller medical bills. Their immune system is stronger, their bodies are purer, more refined and skin more beautiful.

5. *The Ecological Reason*

Planet Earth is suffering. In large measure, the escalating loss of species, destruction of ancient rainforests to create pasture lands for live stock, loss of topsoil and the consequent increase of water impurities and air pollution have all been traced to the single fact of meat in the human diet. No decision that we can make as individuals or as a race can have such a dramatic effect on the improvement of our planetary ecology as the decision not to eat meat.

The first reason for the Hindu's adoption of vegetarianism is the Dharmic Law Reason, or the law of non-injury. I believe this is the very core of the issue concerning vegetarianism and its spiritual effect. Few would argue that all spiritual paths promote tenets of peace, love and

compassion for others and their suffering. How then, can we proclaim to be truly seeking spirituality and sincerely following a spiritual path, if, on a daily basis every time we eat, we actually contribute to the suffering of so many of God's creatures? Is it that we consider them to be beasts because they cannot talk or show emotions in the same manner as humans? What makes a dog or cat higher on the "emotional ladder" than a cow, pig, chicken, or fish?

This reminds me of a quote by philosopher Jeremy Bentham regarding the treatment of animals and their use for food, "The question is not 'Can they reason?' nor 'Can they talk?' but 'Can they suffer?'" Surprisingly, these same questions could be asked about our babies and young children. It may sound ludicrous since obviously although our babies and very young children cannot reason or even talk, there is no question that they can suffer. If there is any doubt about whether or not animals suffer on their journey to becoming food on your plate, I would invite you to view a short documentary produced by P.E.T.A. (People for the Ethical Treatment of Animals) and narrated by noted vegetarian actor and activist Alec Baldwin entitled "*Meet your Meat.*" In this short documentary (at www.petatv.com) you are given an insider's look at the journey these animals take from birth to the hamburgers, fried chicken, ribs, etc. that we as a nation eat on a daily basis. Another look at this subject is the film *Fast Food Nation* which is a "docudrama" about a fictional fast food chain and the discovery of the conditions under which the animals are treated to produce the beef. Parts of this movie were filmed in a real slaughterhouse (referred to as a meat packing plant), which, to the best of my knowledge is the first time this has ever been done. Some of the scenes are shocking and disgusting, but nonetheless are a true representation of what happens in those establishments. The reason I personally know this to be true is that my husband once had a job as a "hog pusher" in a meat packing plant in Vernon, California when he was home one summer while in college. His father was a government meat inspector and got him the job. My husband lasted less than one month on that job and never ate pork again after that. He personally witnessed the screeching and suffering of these animals, and saw how the blood and feces were mixed right into the meat that was packed for consumption. He told me stories about how the smell was absolutely sickening and that he could not take it on a day to day basis so eventually had to quit. The slaughterhouse scenes in *Fast Food Nation*, he told me, were mild by comparison, but the end result was the same. I was shocked when I learned that the production line moved so fast sometimes that when the intestines were removed, that sometimes they were not intact and that the feces in them gets ground up in our meat. There is even a scene with Bruce Willis in the movie where he (as a representative of the packing plant) is talking to a representative of the fast food chain and basically admits that there is, and always has been "a little shit in our meat." His solution was that as long as you cook it long enough it won't hurt you. I don't know about you, but I don't want "a little shit" in anything I eat. As my son says "I'm straight", which is his way of saying no. When it comes to eating meat, I'm straight. (*It's that Boo Boo Meat again!*)

Author Ellen G. White, in her book *The Ministry of Healing*, has a passage which illustrates this point further. The interesting thing is that Ellen lived from 1827 - 1915, yet after viewing

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Meet your Meat you will see that what she wrote, shockingly, still holds true today. Basically, we still have a long way to go to evolve as a species which honors life and does not promote suffering of any living beings.

"Animals are often transported long distances and subjected to great suffering in reaching a market. Taken from the green pastures, and traveling for weary miles over the hot, dusty roads, or crowded into filthy cars, feverish and exhausted, often for many hours deprived of food and water, the poor creatures are driven to their death, that human beings may feast on the carcasses.

"The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat eating, while the real cause is not suspected by themselves or others.

"Flesh food is injurious to health, and whatever affects the body has a corresponding effect on the mind and the soul. Think of the cruelty to animals that meat eating involves, and its effect on those who inflict and those who behold it. How it destroys the tenderness with which we should regard those creatures of God!

"What man with a human heart, who has ever cared for domestic animals, could look into their eyes, so full of confidence and affection, and willingly give them over to the butcher's knife? How could he devour their flesh as a sweet morsel?"⁸

In his book *Eating for Peace*, Buddhist teacher Thich Nhat Hanh tells a story of a young couple who, with their son, attempted to make a long journey across a desert. Halfway through this journey they ran out of food and resorted to sacrificing their son and eating him for sustenance. Obviously, the parents who made this gut wrenching decision never recovered and could no longer be happy. Although this is an extreme example, Thich Nhat Hanh was making a point about how all living beings are connected and when we eat any of God's creatures, it is like eating our own son. We should be aware of this and practice what he calls "mindful eating."

"Mindful eating can help maintain compassion within our heart. A person without compassion cannot be happy, cannot relate to other human beings and to other living beings. And eating the flesh of our own son is what is going on in the world, because we do not practice mindful eating."

In conclusion, I'd like to end this chapter with a quote from Leo Tolstoy which summarizes the spiritual benefits of adopting a vegetarian lifestyle not only for us as individuals, but for our entire planet since, obviously there can be no global change without individual change.

“The wrongfulness, the immorality of eating animal food has been recognized by all mankind during all the conscious life of humanity. Why, then have people generally not come to acknowledge this law? The answer is that the moral progress of humanity is always slow; but that the sign of true, not casual progress, is its uninterruptedness and its continual acceleration. And one cannot doubt that vegetarianism has been progressing in this manner. The progress of the movement should cause special joy to those whose life lies in the effort to bring about the Kingdom of God on earth, not because vegetarianism is in itself an important step towards that kingdom, but because it is a sign that the aspiration of mankind towards moral perfection is serious and sincere.”⁹

In every area of our human existence, physiologically, environmentally, and spiritually, there are compelling reasons for a vegetarian lifestyle. I hope that you have maintained an open mind throughout this discussion and will consider the ramifications of what you put in your body, not only on a personal level but globally as well. The entire point of this book is to help with the first steps of this process and to show you that this way of life is easier to adopt than you may think and that the benefits will reach far beyond your physical being.