

The meaning of a vegetarian diet



**Can a vegetarian diet
improve or restore
health?**

**Can it prevent certain
diseases?**

The most common assumption



**Vegetarians suffer from protein
deficiency**

**The greatest, most sturdy
and strongest of animals
are herbivores**

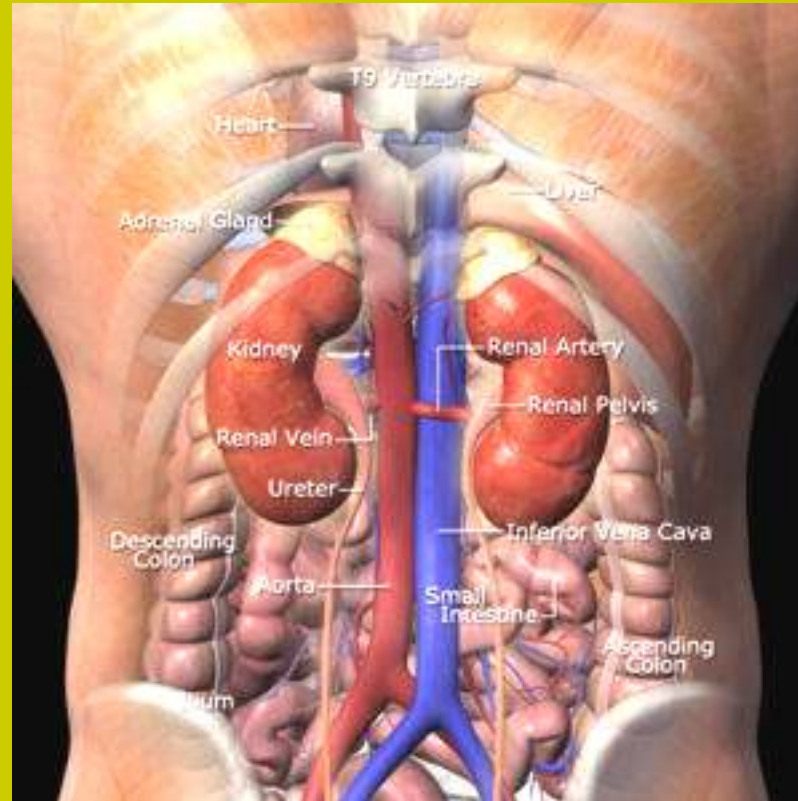
**They never suffer due to
lack of proteins**

**Here are some of
them ...**





Excess proteins cannot be stored in the body.



They must be excreted through the kidneys, which is a very taxing process.

**Researchers at the Max
Planck Institute (Germany)
have shown that most
vegetables, fruits, seeds,
nuts and grains are
excellent sources of
complete proteins.**

**Is our body
designed to
consume
meat?**

***Let us compare our
bodies to those of
carnivores and
herbivores***



The Comparative Anatomy

	Carnivores	Herbivores	Human
<i>Facial muscles</i>	reduced to allow wide mouth gap	well developed	well developed
<i>Jaw motion</i>	minimal side-to-side motion	good side-to-side motion	good side-to-side motion

The Comparative Anatomy

	Carnivores	Herbivores	Human
<i>Teeth: incisors</i>	short and pointed	broad, flattened and spade shaped	broad, flattened and spade shaped
<i>Teeth: canines</i>	long, sharp and curved to tear flesh	dull and short (sometimes long for defense), or none	short and blunted

The Comparative Anatomy

	Carnivores	Herbivores	Human
<i>Teeth: molars</i>	sharp	flattened	flattened
<i>Chewing</i>	none; swallows food whole	extensive chewing	extensive chewing

The Comparative Anatomy

	Carnivores	Herbivores	Human
Saliva	acidic saliva; enzymes to digest carbohydrate not present	alkaline saliva; enzymes to digest carbohydrate present	alkaline saliva; enzymes to digest carbohydrate present
Stomach acidity	<i>pH 1</i> (to digest tough animal muscle, bone, etc.)	<i>pH 4 to 5</i>	<i>pH 4 to 5</i>

The Comparative Anatomy

	Carnivores	Herbivores	Human
<i>Small Intestine</i>	3 to 6 times body length (from mouth to rectum)	10 to 11 times body length (from mouth to rectum)	10 to 11 times body length (from mouth to rectum)
<i>Colon</i>	simple, short and smooth	long, complex	long, complex

The Comparative Anatomy

	Carnivores	Herbivores	Human
<i>Perspiration</i>	no skin pores; perspires through tongue to cool body	perspires through millions of skin pores	perspires through millions of skin pores
<i>Nails</i>	sharp claws	flattened nails or blunt hooves	flattened nails

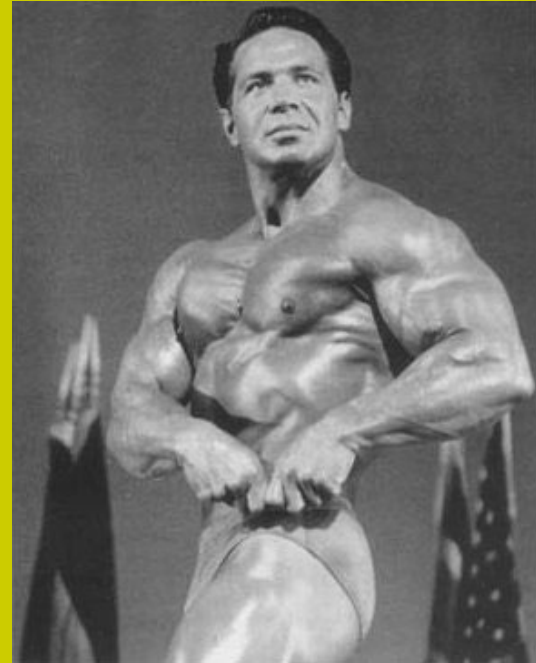
Famous vegetarians

Many famous people through history have proven that a vegetarian diet doesn't diminish mental power or intelligence:

1) Plato, 2) St. John Chrysostom (a Christian mystic), 3) Clement of Alexandria (an early Christian church father), 4) Ovid, 5) Socrates, 6) Pythagoras, 7) Leonardo Da Vinci, 8) Isaac Newton, 9) William Shakespeare, 10) Thomas Edison, 11) Albert Einstein, 12) Ralph Waldo Emerson, 13) Leo Tolstoy, 14) Martin Luther, 15) Nikola Tesla, 16) Franz Kafka, 17) Mahatma Gandhi, 18) George Bernard Shaw, 19) Anthony Robbins and many others.

Famous vegetarian sports people

Bill Pearl
(Mr. Universe)



Andreas Cahling
(Mr. International)

Al Beckles

(top body builder from the 60's)

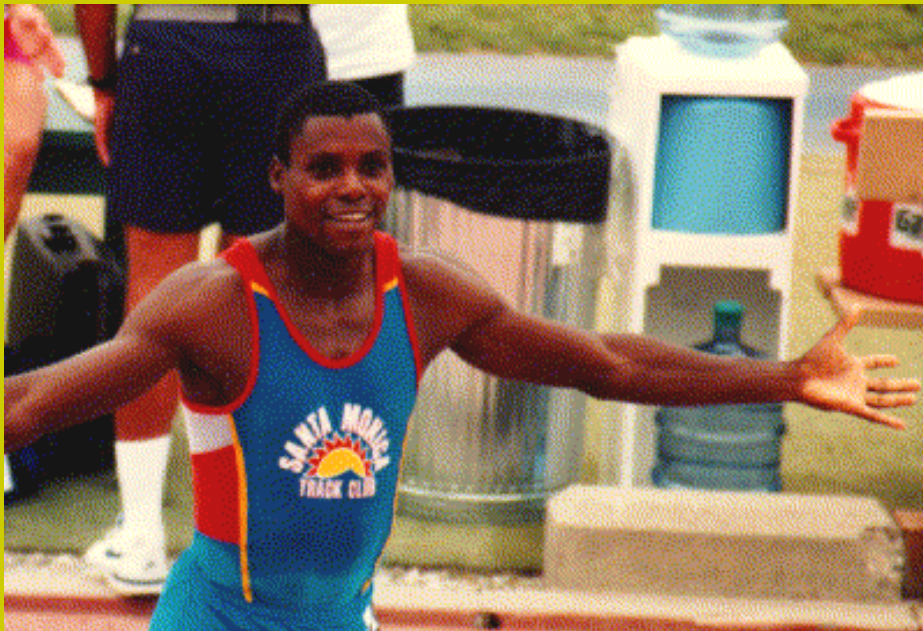
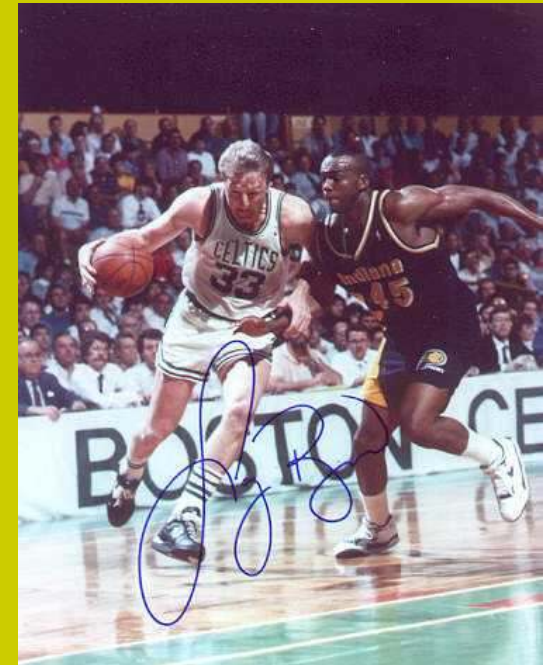


Jack LaLanne

(elite fitness trainer)

Larry Bird

(popular basketball player)



Carl Lewis

(distinguished athlete)

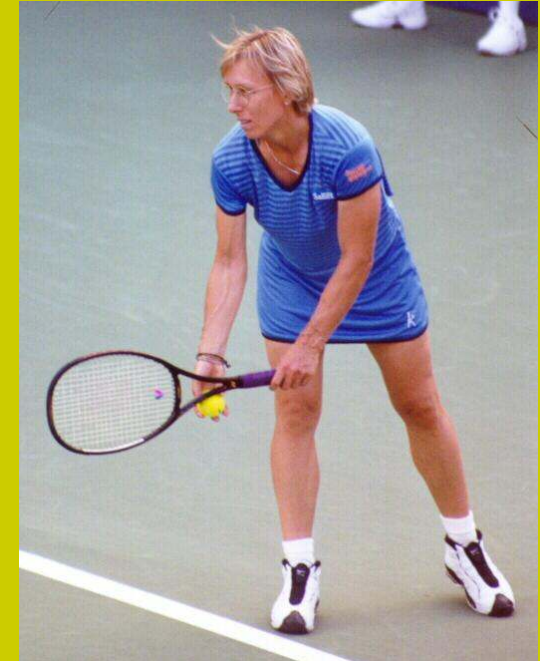


Edwin Moses

**(400m with
hurdles – world
record holder)**

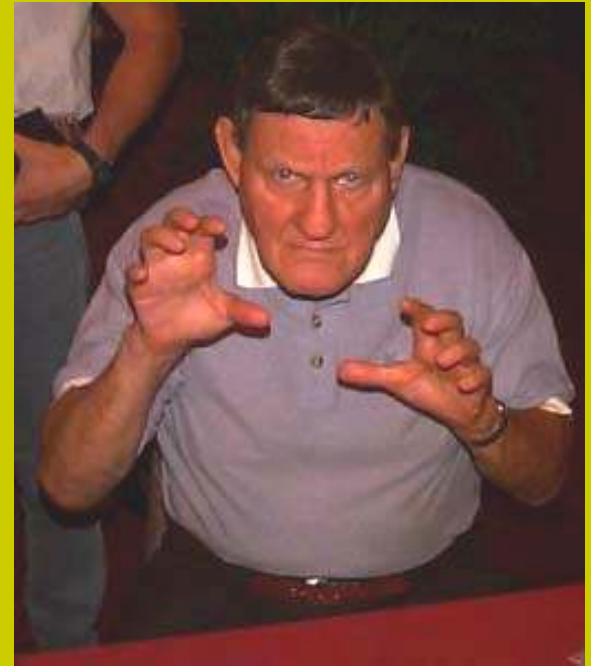
Martina Navratilova

(world tennis champion)



Killer Kowalski

**(former world wrestling
champion)**



Chris Campbell

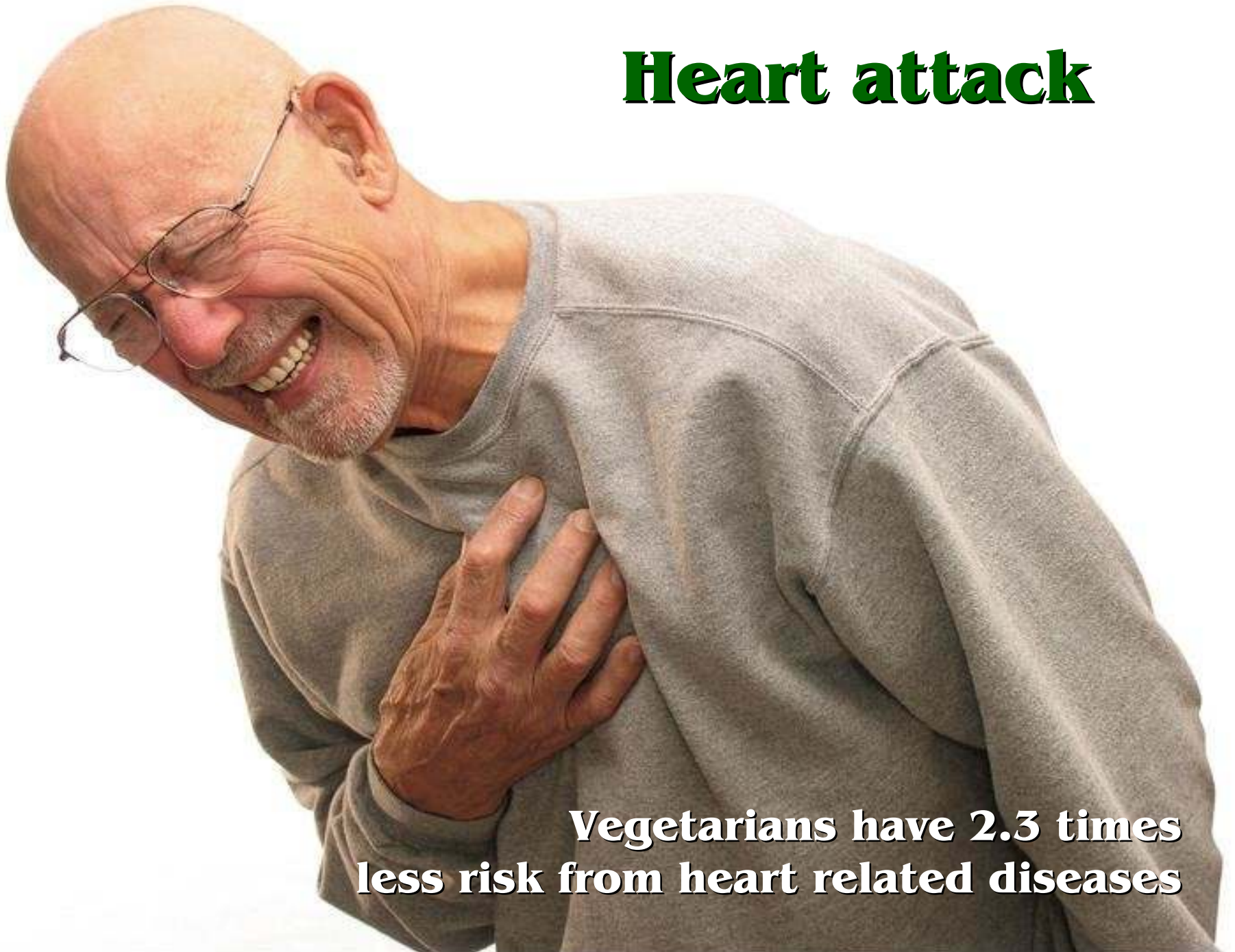
**(former world wrestling
champion)**



Here are some facts that the owners of the meat industry want to hide from you at any cost

Health reasons for a vegetarian diet

Heart attack

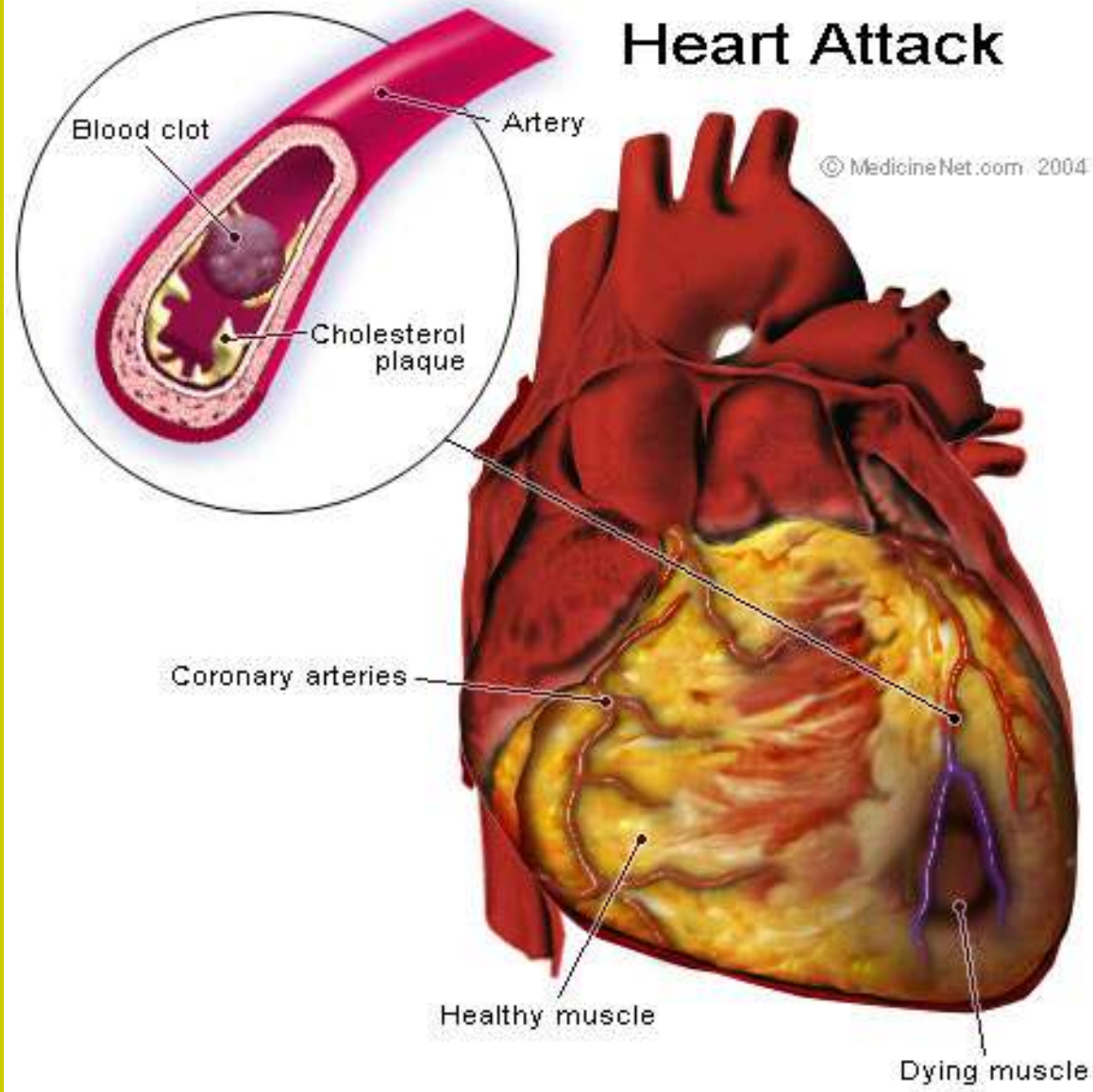


Vegetarians have 2.3 times less risk from heart related diseases



Heart related diseases account for about 50% of deaths in the United Kingdom and are the No.1 killer in the USA.

Vegetarians have 14% less blood cholesterol than meat-eaters.



Meat contains a much greater percentage of fats (especially saturated fats) than vegetarian food. Plants don't contain cholesterol that clogs blood vessels.

The '*Journal of the American Medical Association*' in 1961 reported:

“90%-97% of heart diseases could be prevented by a vegetarian diet.”





In general, out of every four people with too high blood pressure - three of them are meat-eaters.

Overuse of antibiotics and growth hormones in cattle and poultry farming is one of the main factors responsible for the creation and outbreak of new pathogens that are incurable by modern medicine.



A scanning electron micrograph (SEM) showing a dense cluster of cancer cells. The cells are irregular in shape, with some appearing as large, rounded masses and others as smaller, more fragmented pieces. The color palette is a mix of green, blue, and purple, highlighting the complex, textured surfaces of the cells. The background is black, making the cellular structures stand out.

Cancer

Killer No.2

Red meat and fish contain carcinogenic substances that attack genetic material of DNA molecules and develop cancer.

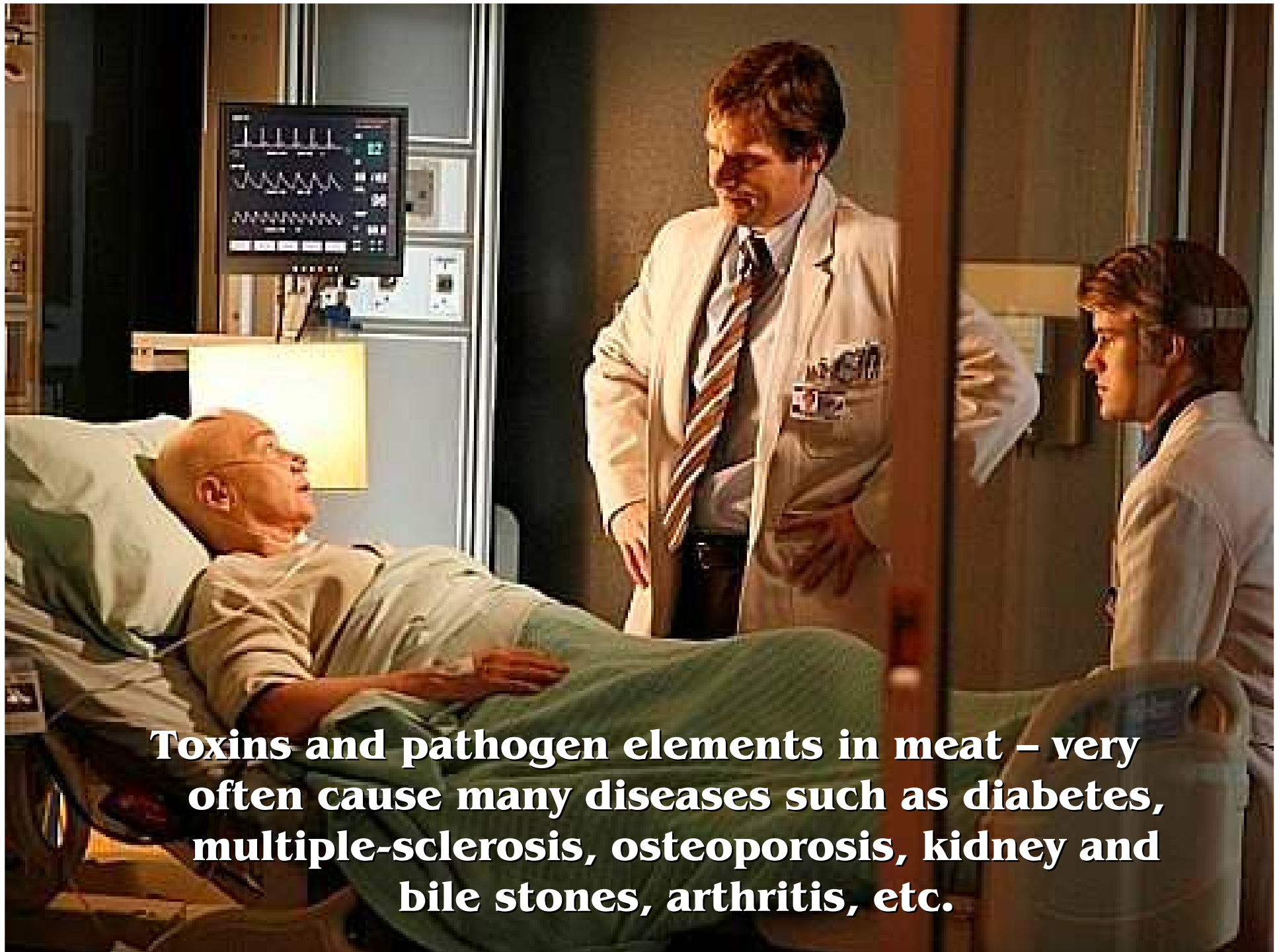


When cooked, fried or roasted, most meats generate large amounts of benzenes and other carcinogenic components.

A microscopic view of several pathogenic bacteria, likely E. coli, characterized by their rod-like shape, numerous fine flagella, and long, thin pili. The bacteria are illuminated with a green light against a dark blue background. The text "Pathogenic organisms" is overlaid in the top right corner.

Pathogenic organisms

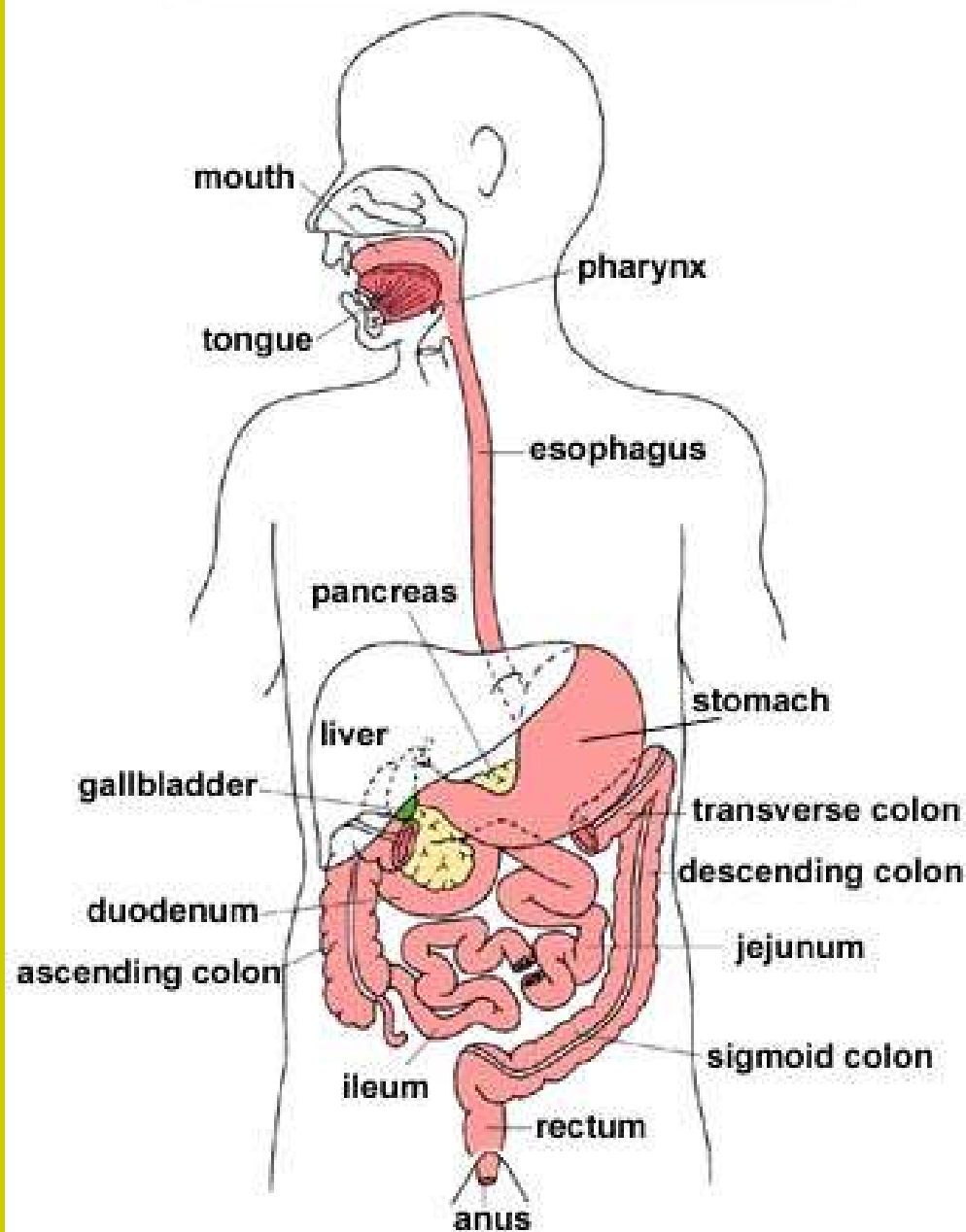
Meat contains innumerable bacteria and viruses that are common in animals. Micro organisms are present in plants too, but their number and level of danger is not comparable to the ones in meat.



Toxins and pathogen elements in meat – very often cause many diseases such as diabetes, multiple-sclerosis, osteoporosis, kidney and bile stones, arthritis, etc.



In some people, this is the consequence of fats, cholesterol and hormones in meat.



Intestinal Toxemia.
Meat rots in the
colon and releases
toxins which destroy
intestinal flora. This
flora is of crucial
importance for sound
health.

Due to pesticides that are present in meat, the highest levels of contamination in the breast milk of vegetarian women is 35 times lower than the lowest level of contamination in non-vegetarian women.



Meat contains 14 times more pesticides and other chemicals than vegetarian food.





Some other facts ...

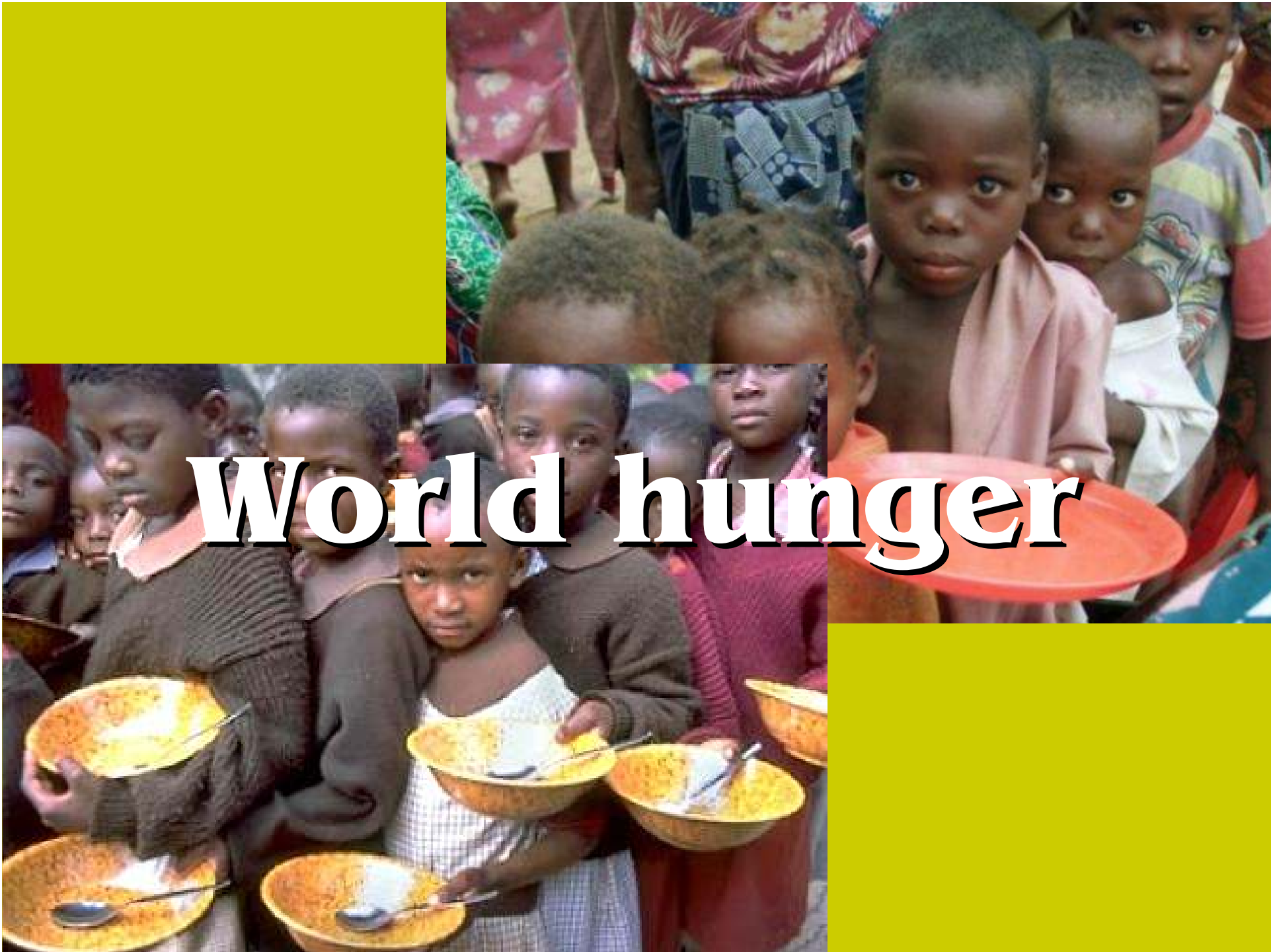
- **Fibre deficiency. Fibres absorb excessive fats, clean the alimentary system and boost peristalsis (muscle activities of alimentary system). Most plants are replete with fibres, whereas meat doesn't have them at all.**
- **Meat lacks in carbohydrates, especially starch which is of crucial importance for vibrant health.**
- **Vitamin deficiency. Except for b-complex, meat hardly has any other vitamins.**



Carnivores don't have to cook, fry or roast meat in order to digest it.

If humans are meant to eat meat, why don't they hunt and eat it raw just as carnivores do?





World hunger



**More than 20 million people die
of hunger every year.**

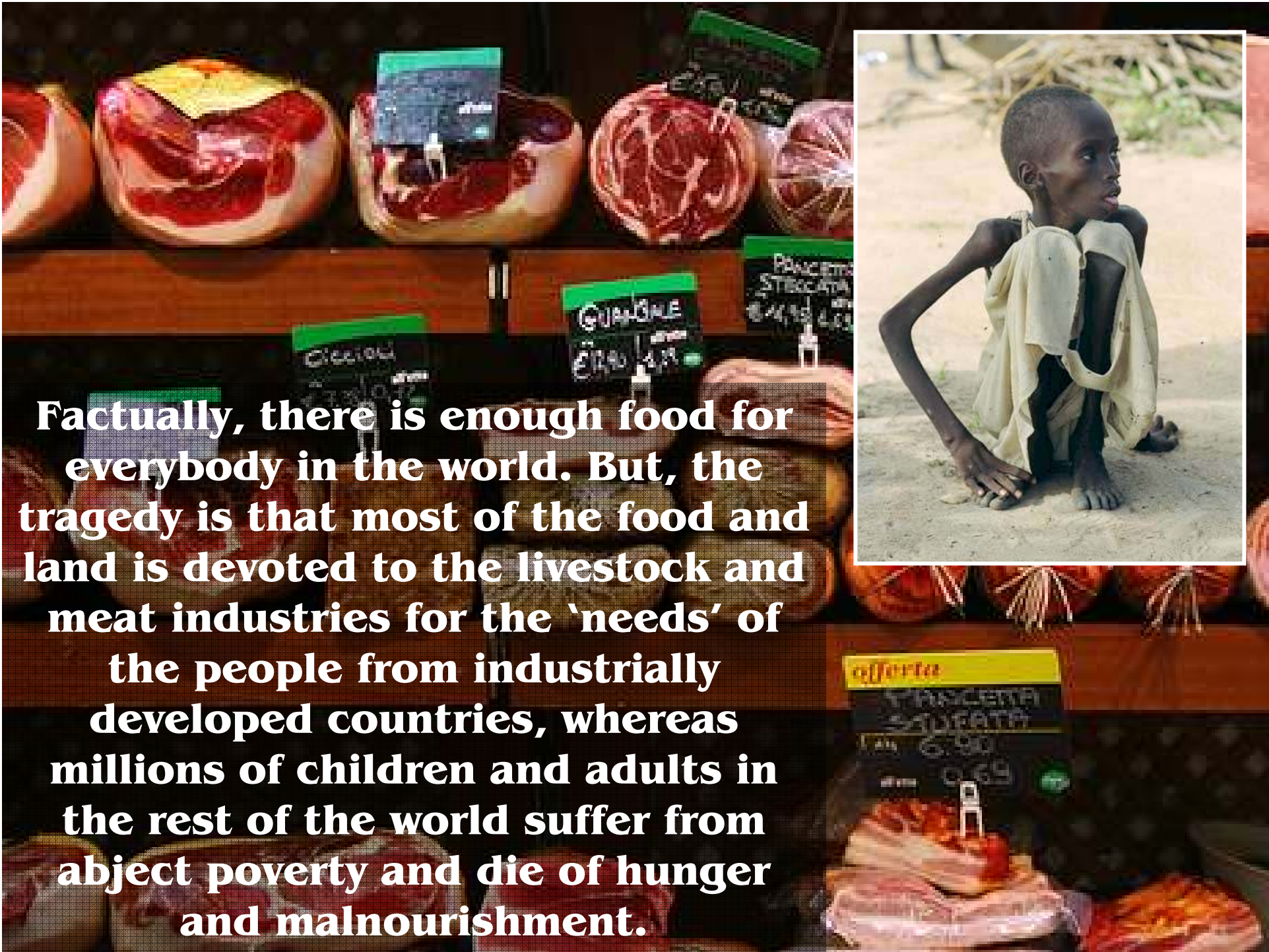
2/3 of them are children.

**Every 3.6 seconds somebody
in the world dies of hunger.**

UN General Secretary recently admitted:



“...meat consumption in industrially developed countries is the key factor for world hunger.”



Factually, there is enough food for everybody in the world. But, the tragedy is that most of the food and land is devoted to the livestock and meat industries for the 'needs' of the people from industrially developed countries, whereas millions of children and adults in the rest of the world suffer from abject poverty and die of hunger and malnourishment.

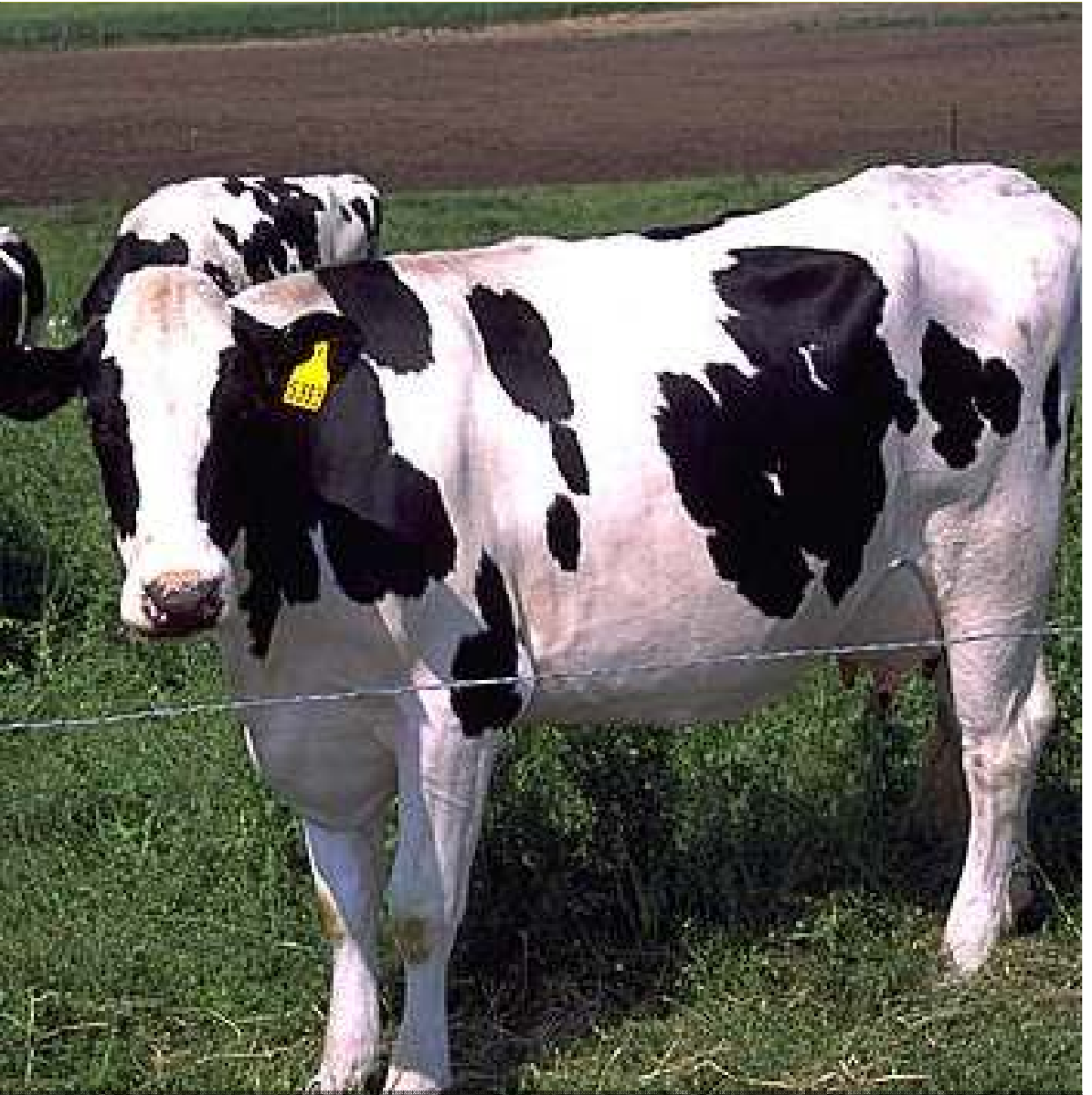


A tract of land that feeds one meat eater, could feed 20 vegetarians.



**Percentage of proteins lost in the process from
animal feed (corn, barley, soy, etc.) to meat is
90%**





The amount of grains and soy required to feed livestock animals in the USA for one year – would be sufficient to feed **1.3 million hungry people.**

A cowboy wearing a hat and a plaid shirt is riding a white horse in a corral. He is holding a lasso and herding several brown and black cattle. The scene is set in a dusty, enclosed area with a wooden fence in the background.

When only one person becomes a vegetarian, it frees enough farmland to feed **19 other people.**

If **only 10%** of American meat eaters adopted a vegetarian diet - that would release 12 million tons of grains for human consumption - enough to feed the **20 million people** who die of hunger every year.



**Percentage of agricultural farming
land in the USA used exclusively for
beef production – 56%**

To produce 0.5kg of wheat, it requires 95 litres of water. To produce the same amount of beef, it requires 1400 litres of water.



Though the level of the world oceans and seas is gradually rising – rivers and lakes are drying up, which causes a deficiency in the drinking water supply.





It is only a question of time when there will be large scale wars for want of water in the world. In some places, it is available only to those who can pay for it.

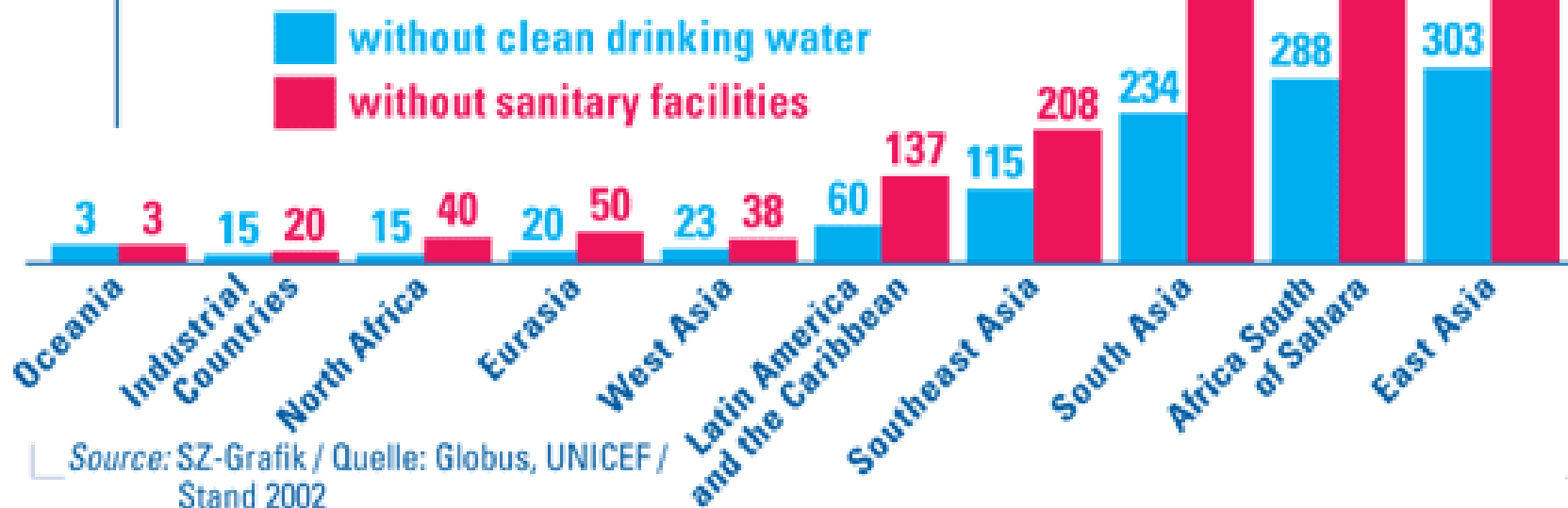
The previous picture was taken in India, 22km away from a pig farm that has regular and sufficient water supply. Their meat is exported to Japan.



> Water Shortage

Data in millions

- ➔ 1,2 billion people all over the world live without clean drinking water;
- ➔ 2,6 billion people without sanitary facilities




If everybody in the world adopted a vegetarian diet and if the food wasn't wasted – the current food production could feed 10 billion people – more than the population projected for the year 2050.



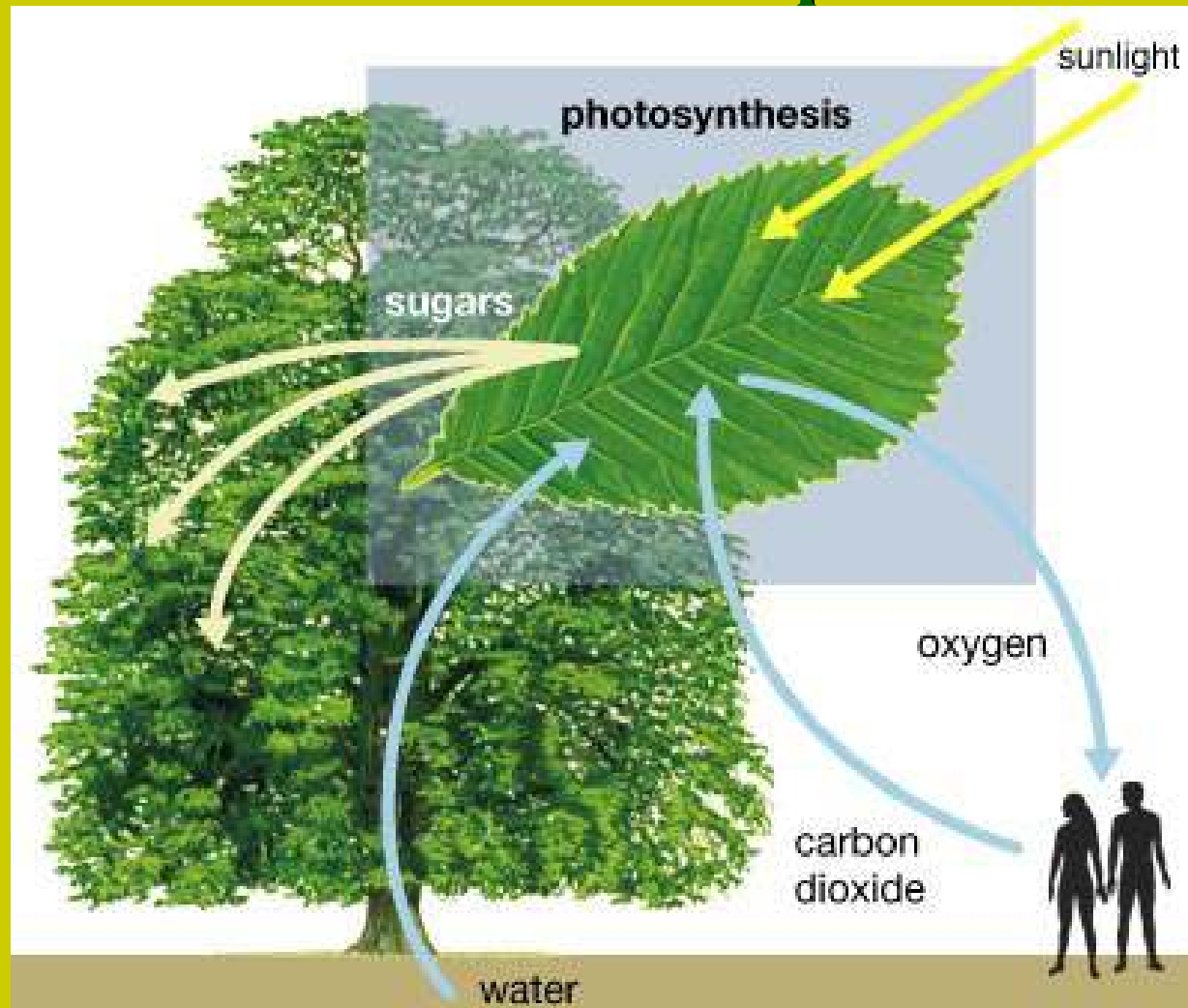
A photograph of a small, clear stream flowing through a dense, lush tropical forest. The water is shallow and flows over rocks, creating small ripples. The surrounding vegetation is thick and green, with various types of plants and trees visible. The word "Ecology" is written in a large, white, serif font with a black outline, centered over the middle of the stream.

Ecology

The image is a vertical composite. The top half shows a lush, green forest with tall, straight tree trunks and dense foliage. The bottom half shows a deforested area with a steep, eroded hillside, exposed tree stumps, and a path of mud and debris, illustrating the impact of logging.

Each hamburger made from cows reared on pastures that were formerly rainforests in Central and Latin America – requires about 5 square meters of forest.

Why are the forests of vital importance for our survival on this planet?



By the process of photosynthesis, the trees absorb carbon dioxide and produce oxygen so important for all of us. Tropical forests are the 'lungs' of planet Earth.



60% of the Brazilian Amazon forests are being cleared every year exclusively to make pastures for cows that end up in the restaurant chains owned by multinational companies.

As forests have the ability of absorbing excessive CO₂ (carbon dioxide) from the air, the rapid decrease in forestland leads to acceleration of the greenhouse effect, i.e. global warming. Some of the consequences of global warming are:



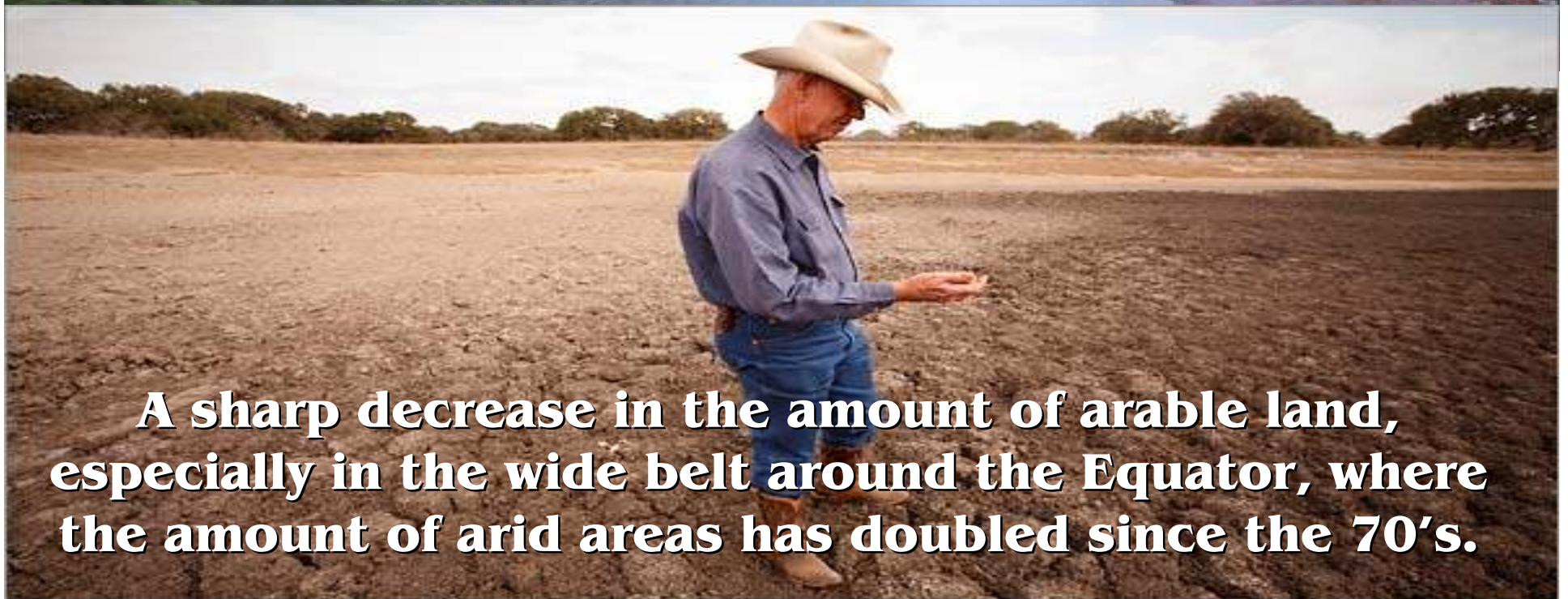
Rising levels of seas and oceans



Spreading of deserts



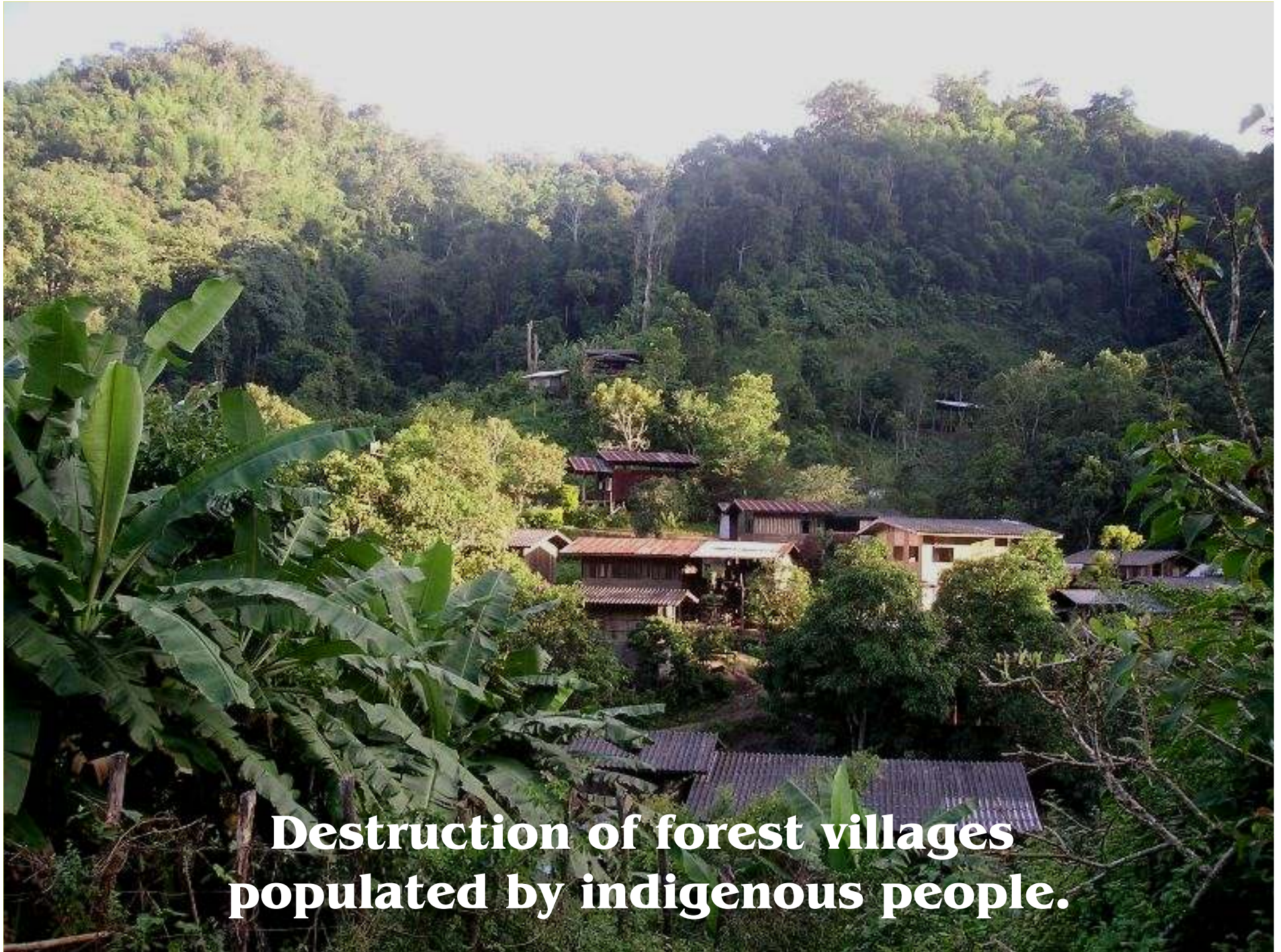
Creation of hurricanes




A sharp decrease in the amount of arable land, especially in the wide belt around the Equator, where the amount of arid areas has doubled since the 70's.

A photograph of a dense tropical forest. The scene is filled with tall, slender trees and a thick canopy of green leaves. Sunlight filters through the branches, creating dappled light on the forest floor. The overall atmosphere is lush and vibrant.


Forests generate ozone and oxygen necessary for life on Earth. Massive clearance of the world's forestland, **alarmingly decreases oxygen production.**



**Destruction of forest villages
populated by indigenous people.**



Destruction of the natural habitat of many species of plants and animals. The current rate of extinction due to deforestation is more than 1000 species per a year.



Deforestation of tropical forests, largely contributes to an increase of carbon dioxide (CO₂) in the atmosphere.

It takes 78 calories of fossil fuels to produce 1 calorie of beef protein; 35 calories to produce 1 calorie of pork; 22 calories to produce 1 calorie of chicken meat – and only 1 calorie of fossil fuels for 1 calorie of soy. By eating vegetarian food, we significantly contribute to the conservation of unrenewable sources of energy.

All the cars, trucks, buses, **all** the trains, ships and **all** the airplanes in the world, **combined together** – do not contribute to global warming as much as ...



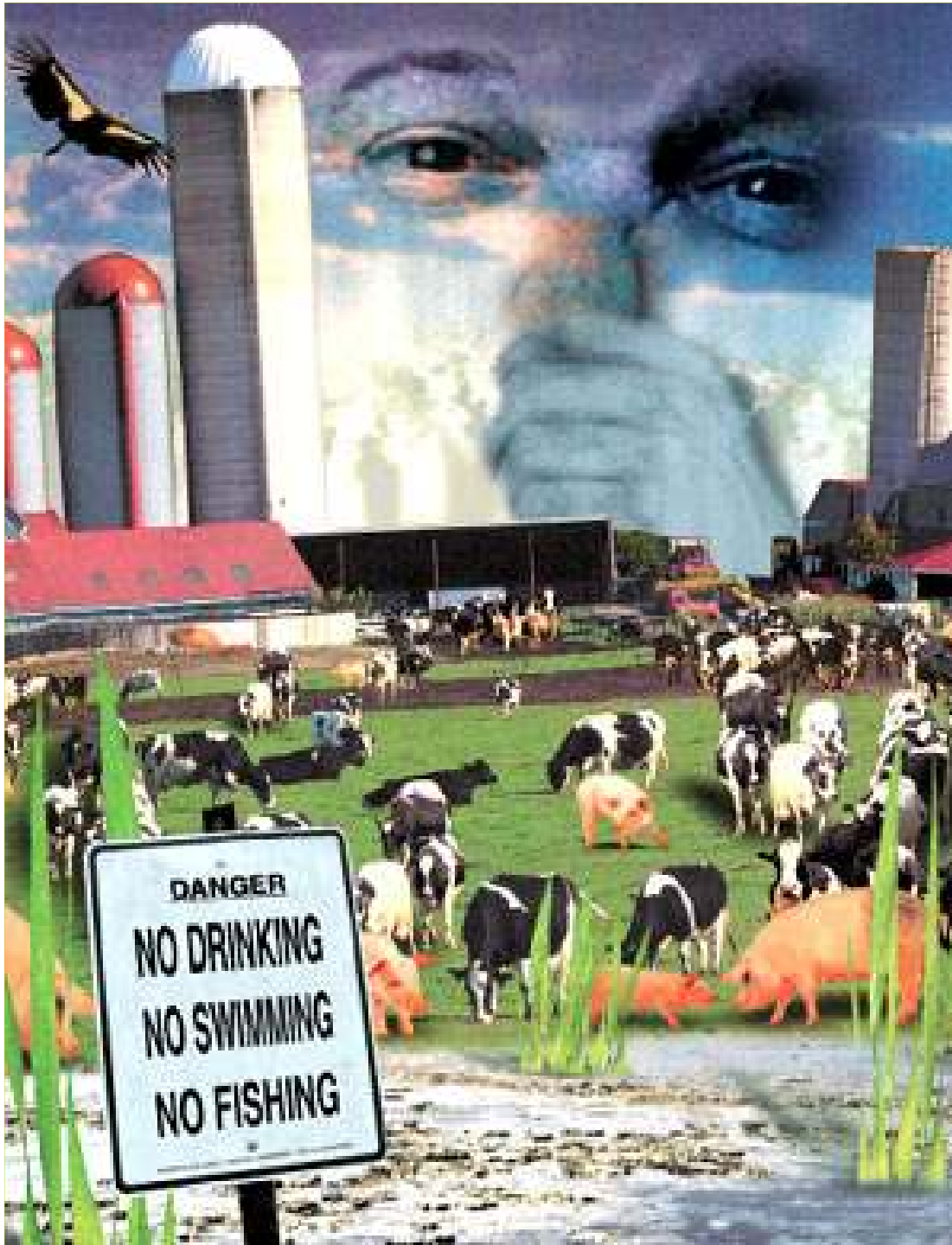


... livestock.

The livestock sector accounts for 9% of the CO₂ derived from human-related activities, but it produces a much larger share of even more harmful greenhouse gases. It generates 65% of human-related nitrous oxide, which has **296 times** the Global Warming Potential (GWP) of CO₂. Most of this comes from manure.



And it accounts for 37% of all human-induced methane (**23 times as warming as CO₂**), which is largely produced by the digestive system of ruminants, and **64%** of ammonia, which contributes significantly to acid rain.



Let us not forget the enormous amounts of manure dumped into rivers and lakes that can reach even underground water. Such a contamination causes the death of large numbers of fish and water plants.

When the contamination reaches underground water – it causes epidemic diseases and the death of people and animals that drink that water.

Cruelty



Approximately **50 billion** animals are killed every year for the sake of the meat industry. In the USA alone, 660,000 animals are killed **every hour**.



Most battery hens are debeaked when they are just five days old. Debeaking involves searing off the end of a chicken's beak with a red-hot blade. This procedure is carried out to reduce the effects of cannibalism, caused by overcrowding and stressful living conditions. They are tightly packed in a narrow cage, so they cannot even spread their wings.

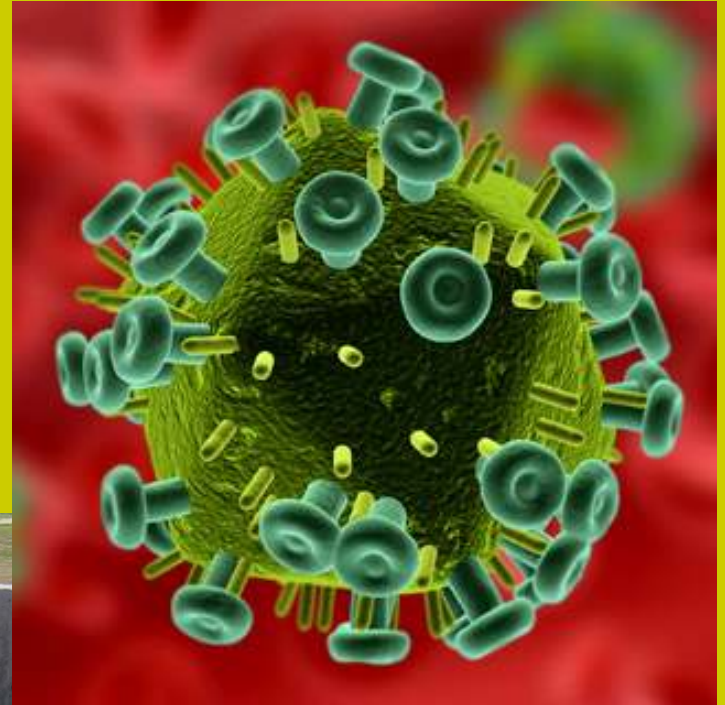


The cage 'floor' is made of wire that severely harms and deforms their legs. The scientists simply could not invent better incubators for viruses such as salmonella, E-coli, bird fever and MRSA bacteria.

Such poultry farms are veritable epicentres of epidemic diseases, for the birds that live in such unnatural conditions – are not resistant to bacteria and viruses that attack them. Those diseases are consequently transferred to humans by consumption of infected meat. For example, scientists in Russia found out that the cruel life conditions at a poultry farm in Kurgan, were responsible for the outbreak of bird fever. 45,000 chickens had to be killed.



Not only chickens are exposed to epidemic diseases.





**“If slaughterhouses
had glass walls, many
people would become
vegetarians.”**

(Paul McCartney)

As male chicks do not have commercial value, they are 'packed' in plastic bags and thrown in the garbage.



Or they are milled alive in a machine and used as soil fertiliser.

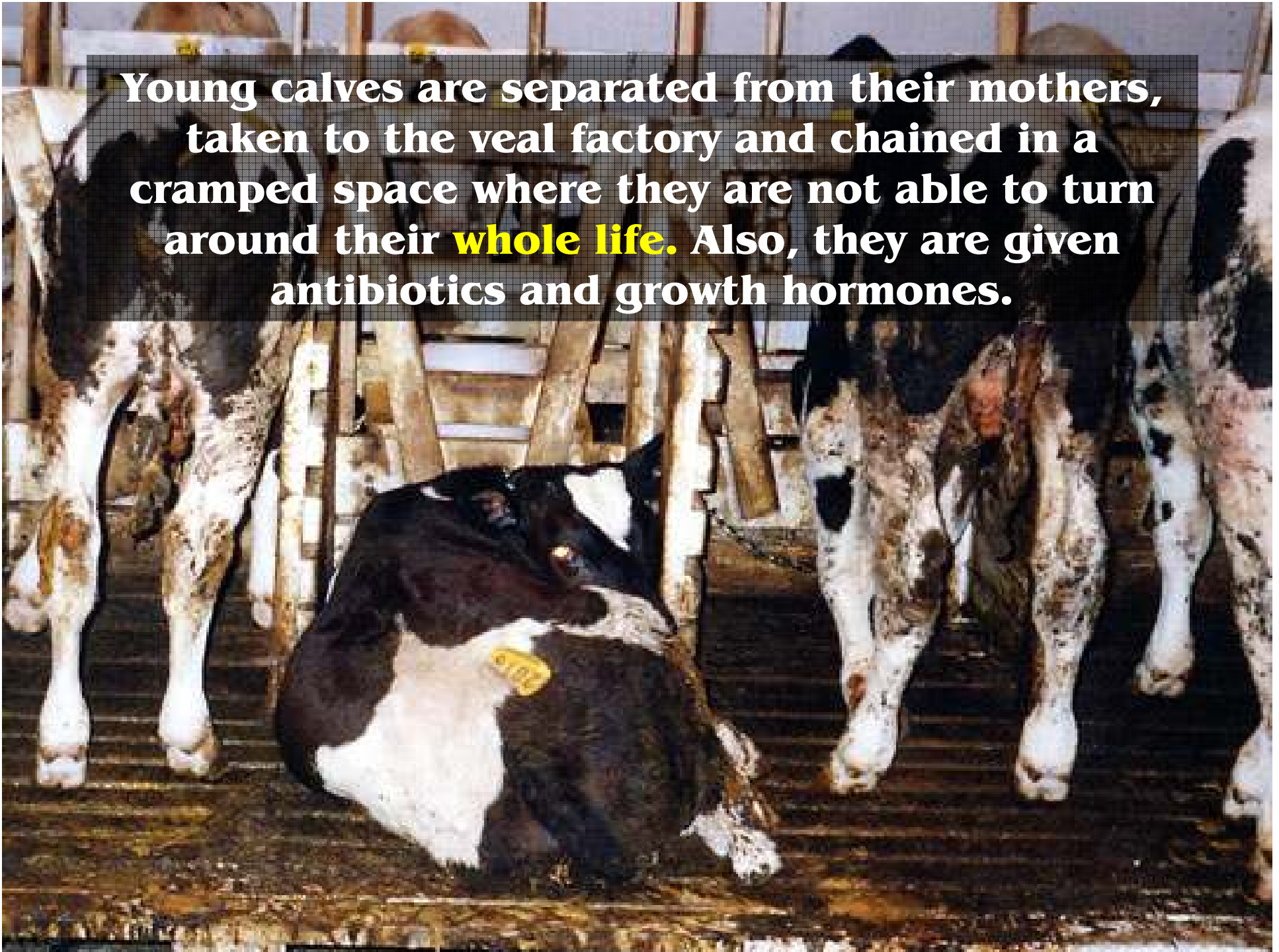
**“While we ourselves
are the living graves
of murdered beasts,
how can we expect
any ideal conditions
on this earth?”**

George Bernard Shaw



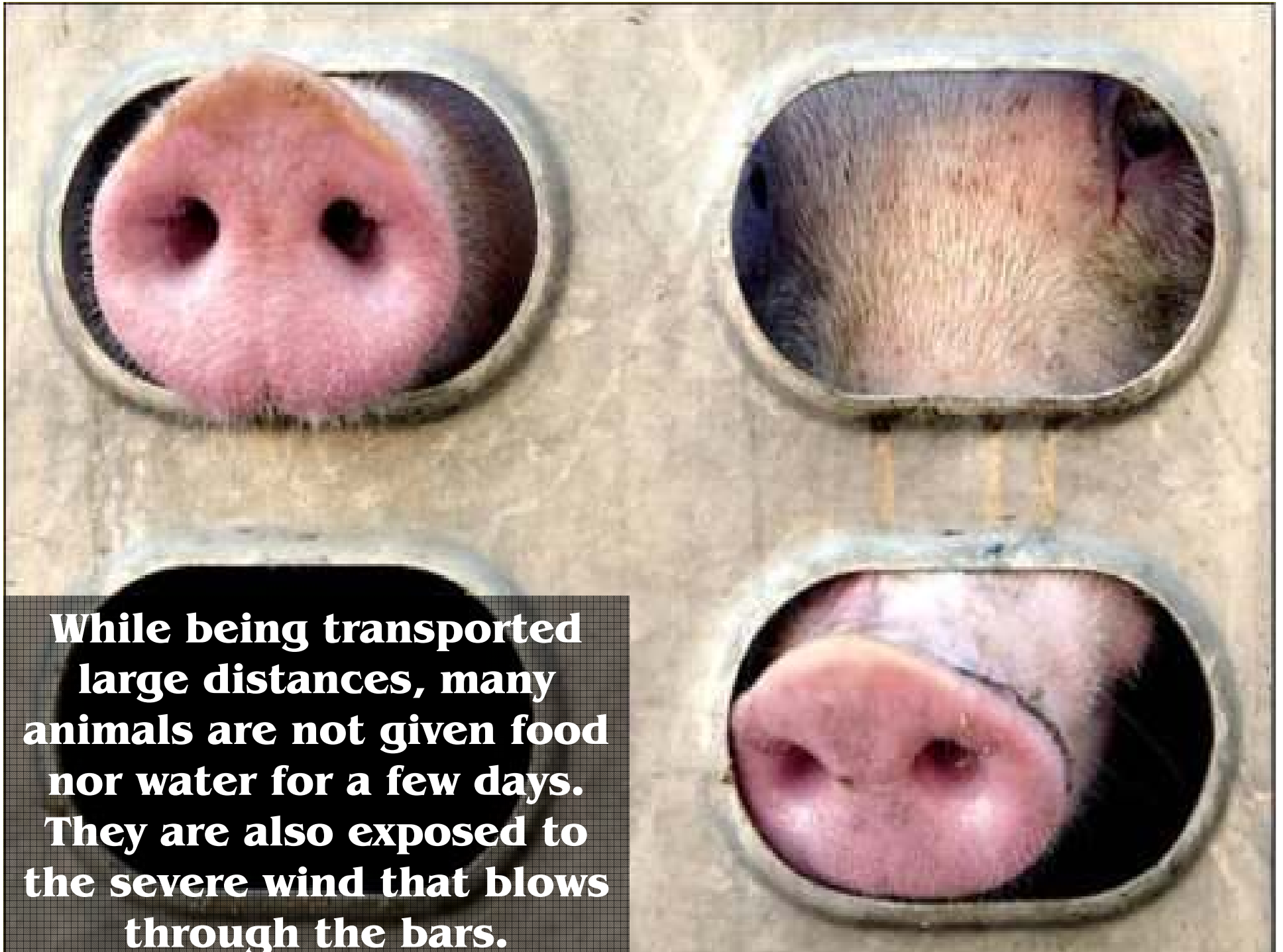


Young calves are separated from their mothers, taken to the veal factory and chained in a cramped space where they are not able to turn around their **whole life**. Also, they are given antibiotics and growth hormones.





Almost nothing is thrown away. This will be made into pastes (bread spreads), animal feed or added to cosmetics.



While being transported large distances, many animals are not given food nor water for a few days. They are also exposed to the severe wind that blows through the bars.



**"Truly man is the
king of beasts, for
his brutality
exceeds theirs. We
live by the death of
others: We are
burial places!"**

(Leonardo Da Vinci)

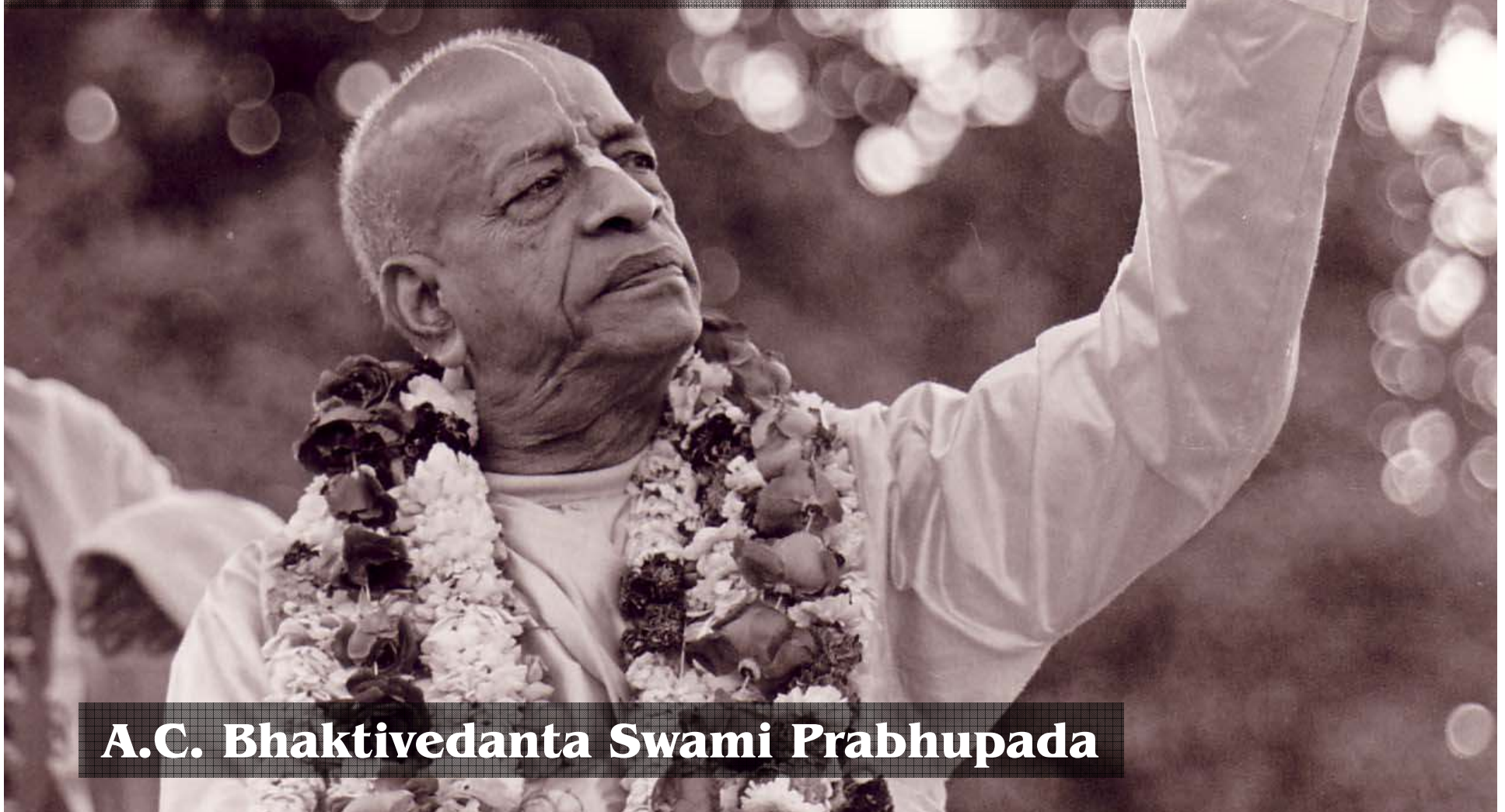
**So, if meat is
that bad –
what to eat
then?**



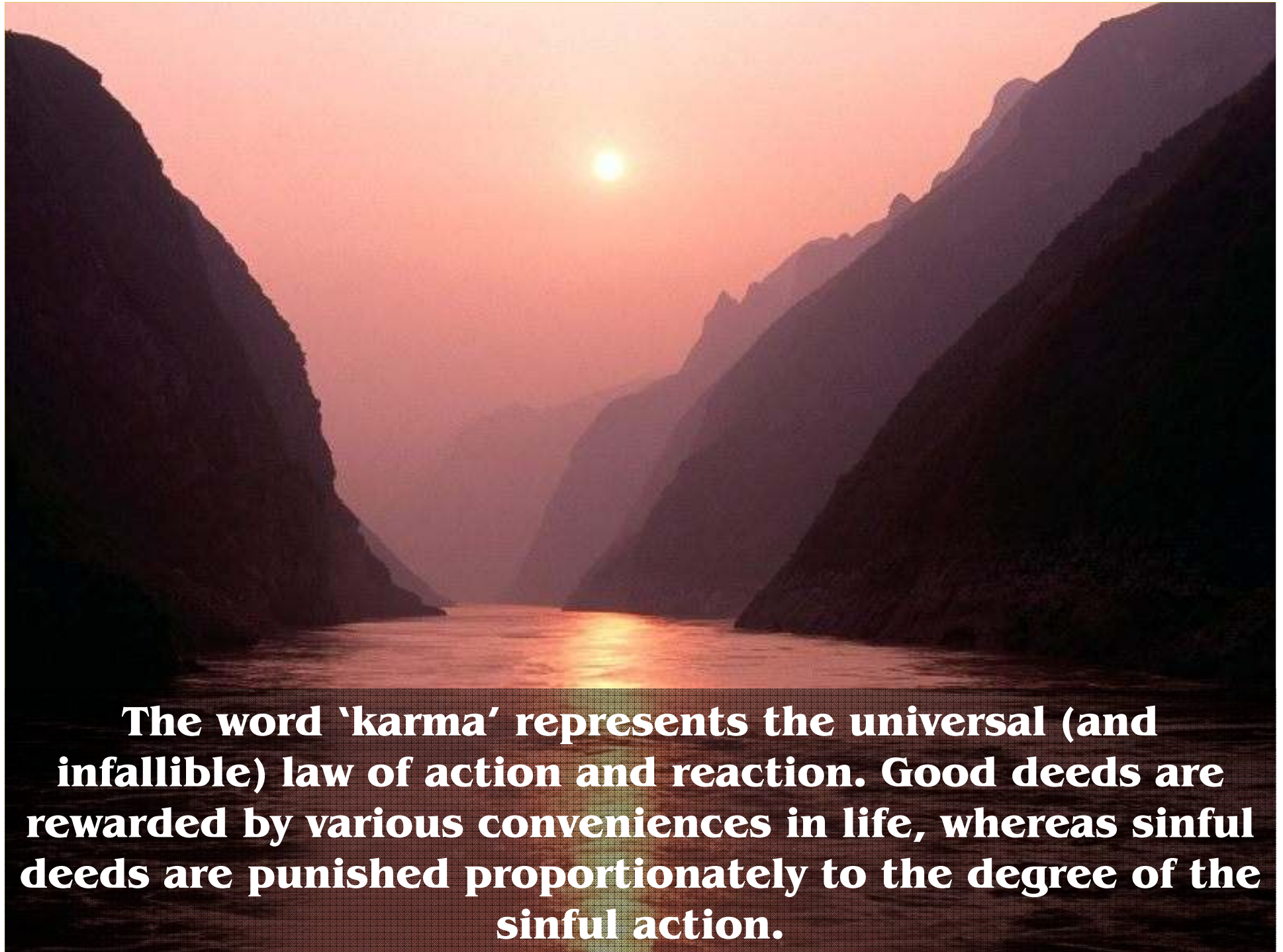
Cereals, fruits, vegetables, pulses, nuts, seeds, honey, dairy products and vegetable oils – are the only appropriate food for people who want to be healthy and live in cooperation with nature.



“We are suffering or enjoying the results of our activities from time immemorial, but **we can change the results of our karma, or our activity, and this change depends on the perfection of our knowledge.”**

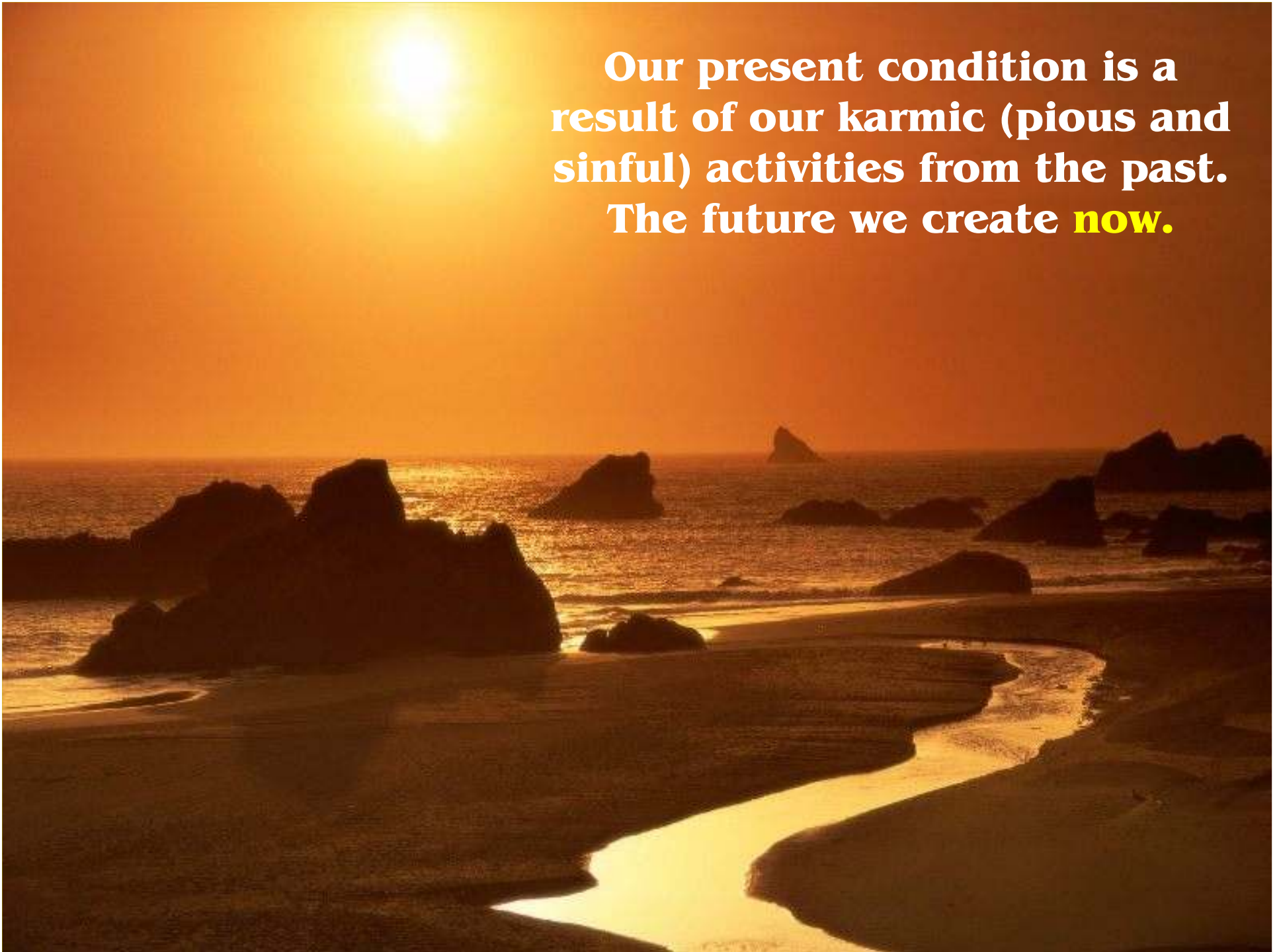


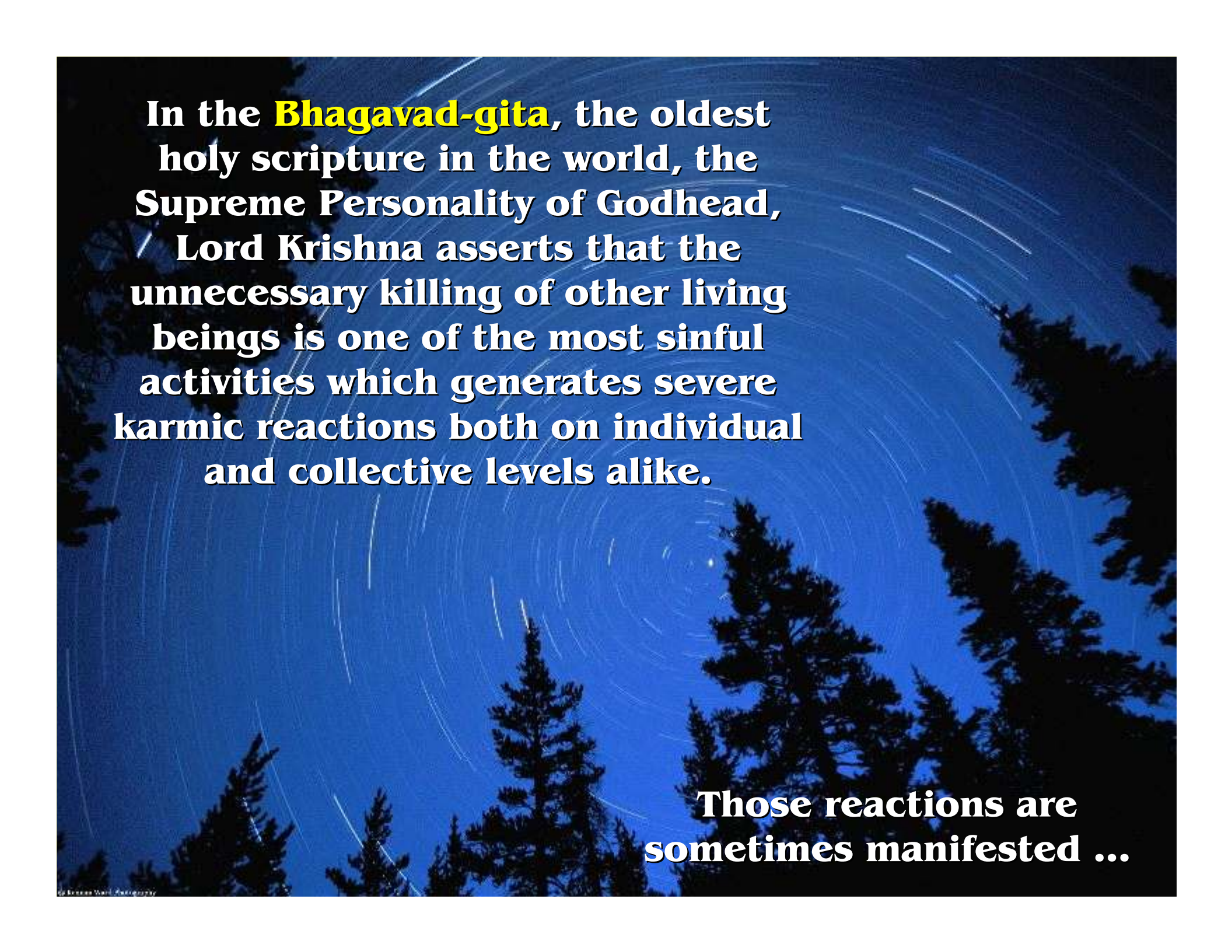
A.C. Bhaktivedanta Swami Prabhupada



The word 'karma' represents the universal (and infallible) law of action and reaction. Good deeds are rewarded by various conveniences in life, whereas sinful deeds are punished proportionately to the degree of the sinful action.

**Our present condition is a
result of our karmic (pious and
sinful) activities from the past.
The future we create **now**.**



The background of the slide is a photograph of a night sky. It features numerous white, curved light trails from stars, creating a sense of motion and depth. The sky is a deep, dark blue. In the foreground, the dark silhouettes of evergreen trees are visible against the starry sky, framing the scene from the bottom and sides.

In the **Bhagavad-gita, the oldest holy scripture in the world, the Supreme Personality of Godhead, Lord Krishna asserts that the unnecessary killing of other living beings is one of the most sinful activities which generates severe karmic reactions both on individual and collective levels alike.**

Those reactions are sometimes manifested ...



In our country ...

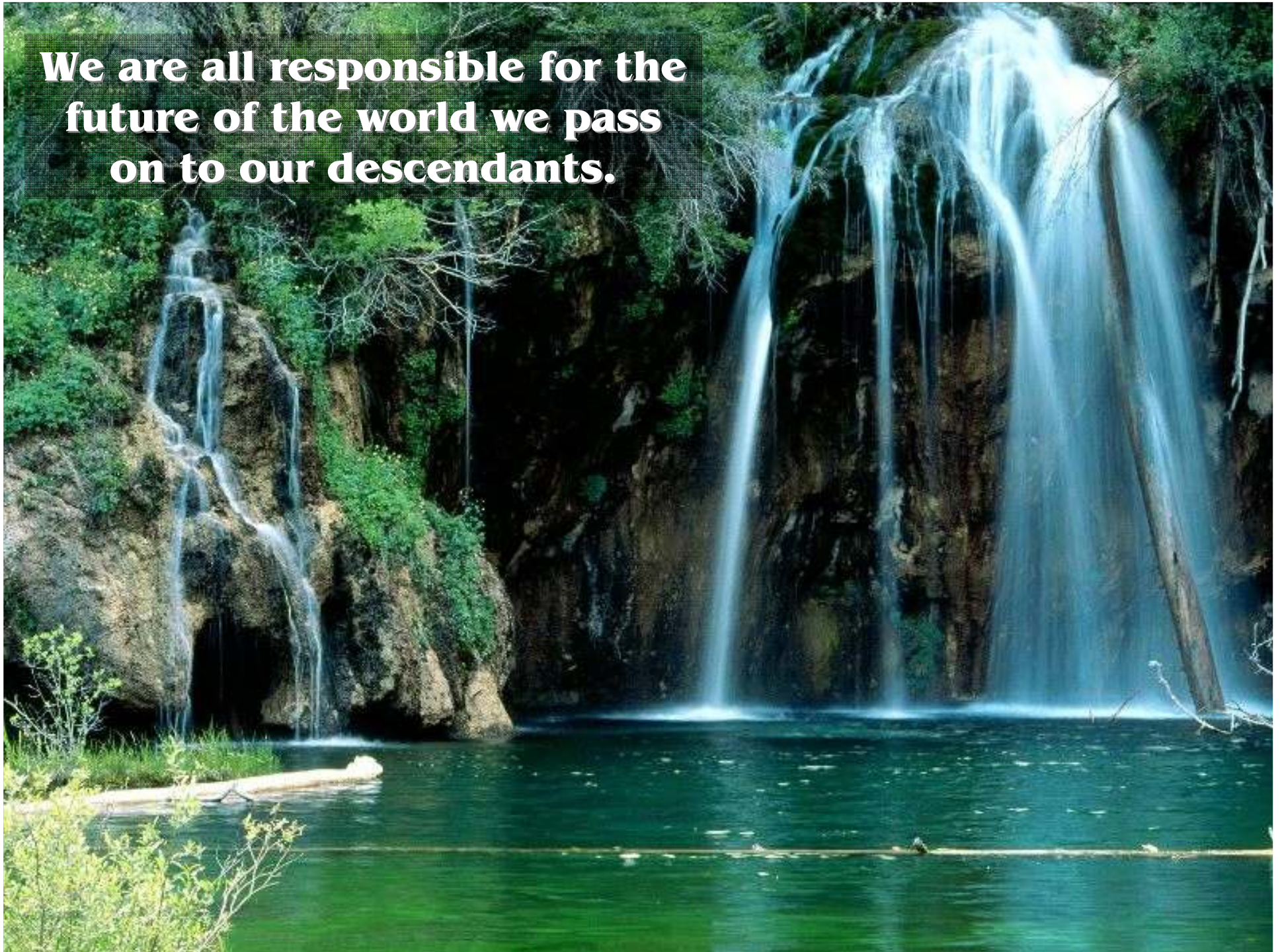
In our town ...

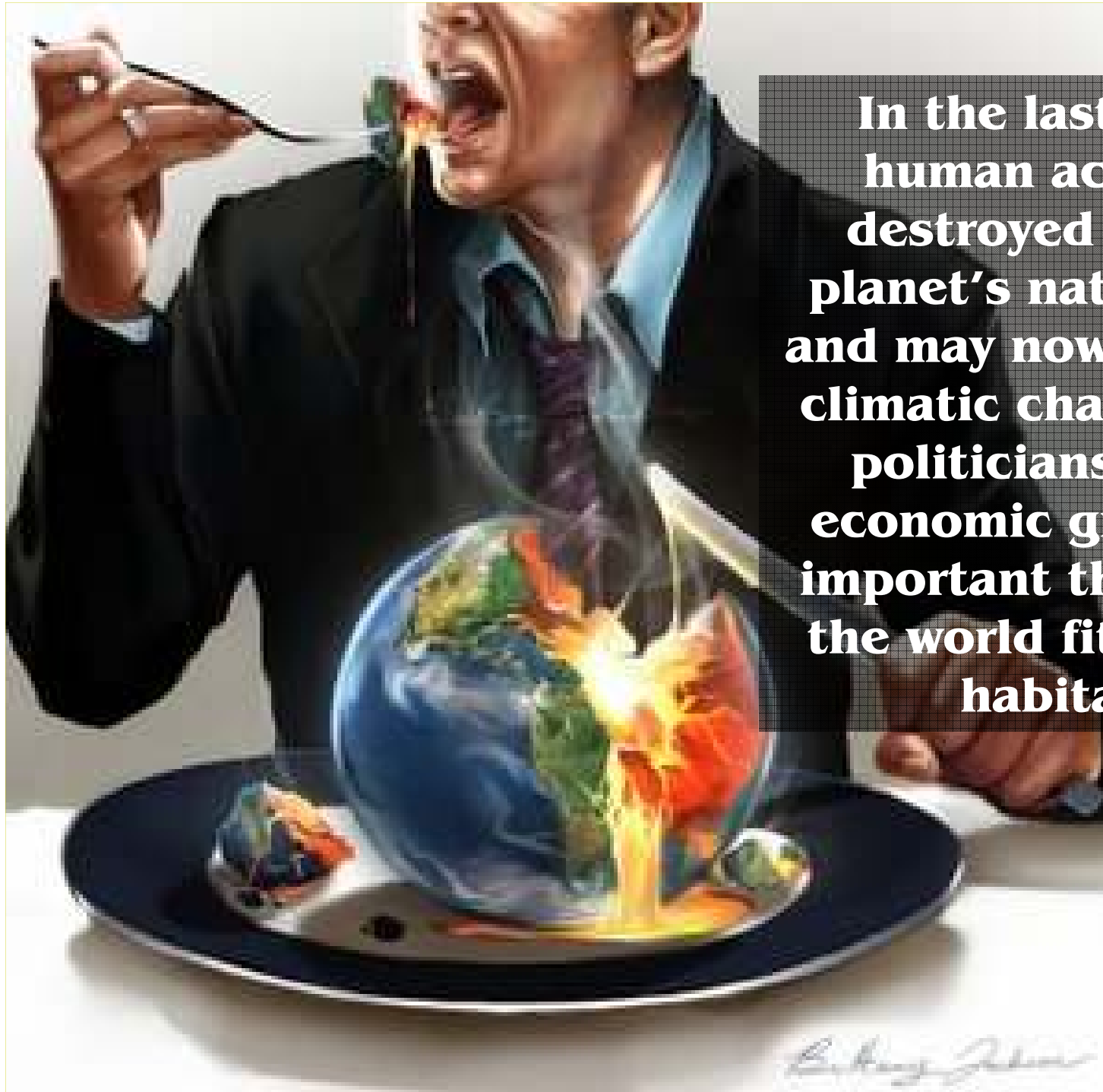


... or in our family



**We are all responsible for the
future of the world we pass
on to our descendants.**





In the last 40 years human activity has destroyed **1/3 of the planet's natural wealth and may now be creating climatic chaos. And yet, politicians consider economic growth more important than keeping the world fit for human habitation.**

Barry Scheraga

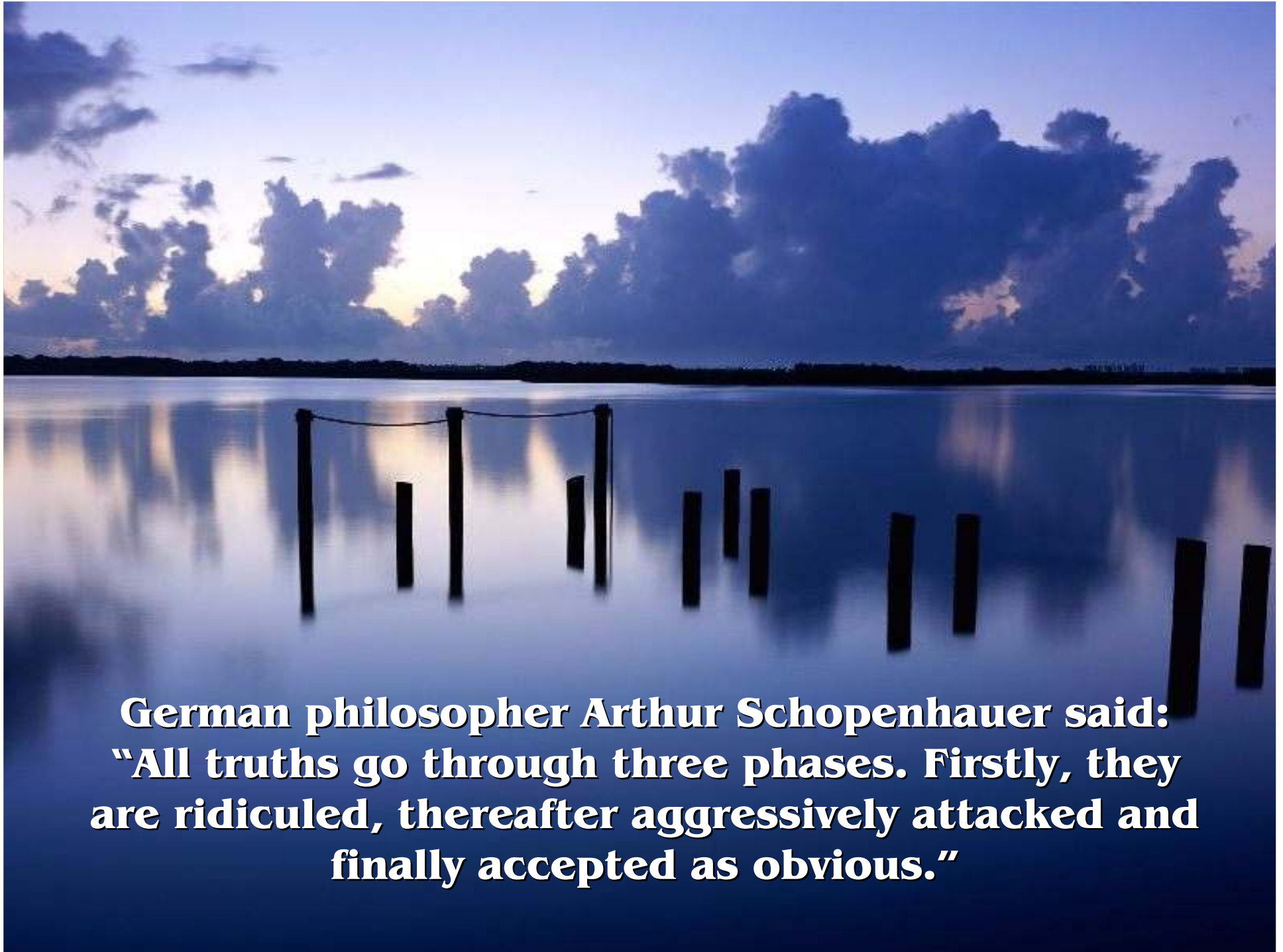
**It is high time we made
our contribution!**

STOP being fooled by the
propaganda of the
unscrupulous owners of
the meat industry ...



**... and begin to live according
to our **original nature**, for the
ultimate pleasure of our own
selves, our offspring, the
whole humanity and this
troubled planet.**



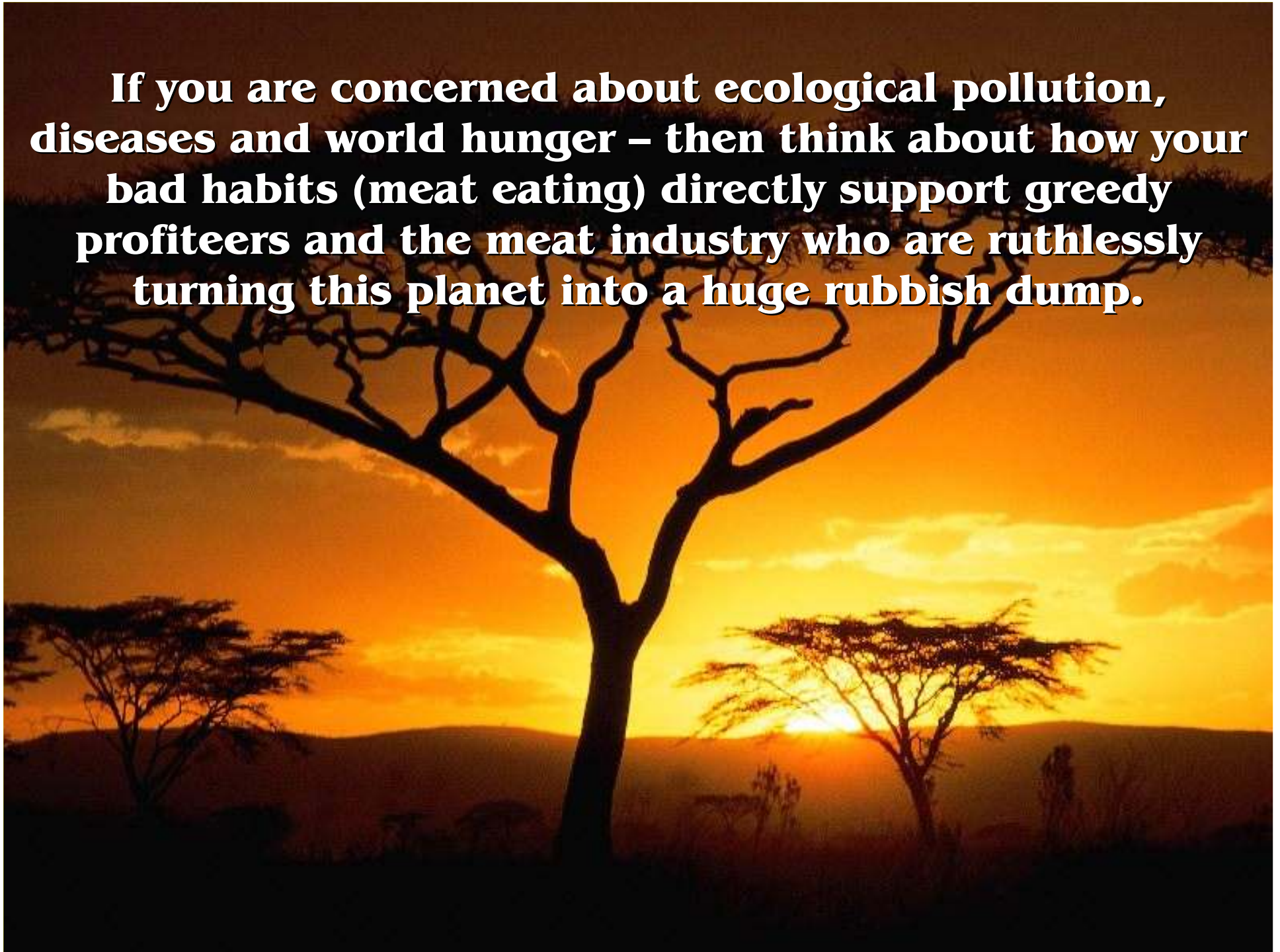


**German philosopher Arthur Schopenhauer said:
“All truths go through three phases. Firstly, they
are ridiculed, thereafter aggressively attacked and
finally accepted as obvious.”**



The statement that the Earth is round, went through these three phases and now, the fact the vegetarian diet is the only suitable diet for human beings, is going through the same three phases.

If you are concerned about ecological pollution, diseases and world hunger – then think about how your bad habits (meat eating) directly support greedy profiteers and the meat industry who are ruthlessly turning this planet into a huge rubbish dump.



If you consider this presentation useful and informative, please share it with your relatives and friends who:

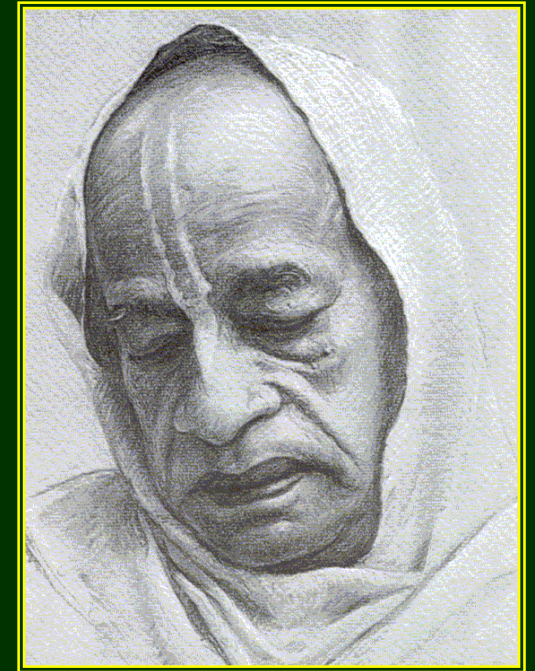
- **Say they like animals, but eat them.**
- **Want a healthier and longer life.**
- **Are concerned about wars, terrorism and violence in the world.**
- **Feel sympathy for all the children dying of hunger.**
- **Feel sympathy for the people who live in abject poverty.**
- **Are concerned about the deforestation of tropical forests.**
- **Are concerned about the imminent collapse of bio-ecological systems of this planet.**
- **Wish to leave a brighter future for their descendants.**
- **Are concerned about the extinction of large number of animal and plant species.**

A photograph of a lone, gnarled tree with a wide, spreading canopy standing on the edge of a dark, layered rock cliff. The cliff face is rugged and textured. Below the cliff, a vast, dense forest of green trees stretches out to the horizon, appearing slightly hazy. The sky is a pale, overcast grey. The overall mood is serene and contemplative.

**“The best way to change the world –
is to change ourselves.”**

Author of the presentation: Vladimir Pavić
(Vrsabha das)

ISKCON “International Society for Krishna Consciousness”
(Founder A.C. Bhaktivedanta Swami Prabhupada)



Please visit our website www.krishna.com and read some of our books that convey the ancient wisdom that has been preserved by generations of saints through thousands of years. This slide presentation has been made according to the philosophy of the **Bhagavad-gita** and teachings of A.C. Bhaktivedanta Swami Prabhupada, a genuine spiritual master who made the spiritual tradition of the ancient Vedic literatures – available to the whole of humanity.