OMNI VEGETARIAN NEWSLETTER #1, November 12, 2013. Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.

[VP, like all of OMNI's activities, is a member-run group. If you would like to assemble Newsletter #2, contact Dick.]

NOVEMBER POTLUCK

Wednesday THE 13\textsuperscript{th}, 6:30p.m.
OMNI, 3274 Lee Ave., north of Office Depot, SE of FedEx.
Program to be announced.

The worldview of vegetarianism is “the absolute least that anyone can do to deal with the world’s overwhelming environmental, health, and humane problems. Adopting a vegetarian diet is the ultimate in empowerment in the face of what most caring people feel powerless to address.” Susan Cockrell

Analytical, Arguments for Vegetarianism

Nutrition: Keeping Healthy
Ethics: Protecting and Enhancing Lives of Animals
Ecology: Protecting Environment, Mitigating and Adapting to Climate Change

Newsletters

http://www.omnicenter.org/newsletter-archive/

Index:

http://www.omnicenter.org/omni-newsletter-general-index/

National/International Days

MY NEW EMAIL ADDRESS
Contents #1

Vegetarian Organizations, Magazines, Books, Films:

- Vegetarian Voice
- Vegetarian Times
- Vegetarian Living
- VegNews (Vegan)

Organizations, Magazines, Books, Films for Preservation of Animals

- PETA’s Animal Times

VEGETARIAN AND VEGAN ORGANIZATIONS, MAGAZINES, BOOKS, FILMS,

1. Vegetarian Times - Great Food, Good Health, Smart Living
   www.vegetariantimes.com/

   Vegetarian Times delivers healthy, delicious recipes, plus expert nutrition and lifestyle information that is exclusively vegetarian but inviting to all. ... Center · Marketplace · Join us on · Join us on Join us on · MAGAZINE · VT_1113_Cover_web ...

   Vegetarian Recipes - Classic Israeli Salad - Zucchini Croquettes with Bell ... - MyVT

2. Favorite Vegetarian Magazines Reviewed ... - Vegetarian Food
   vegetarian.about.com › Food › Vegetarian Food › Vegetarian Lifestyle

   If you need something to inspire you to create a fabulous meal tonight while you're in the waiting room in the doctor's office, then read on to find out where you ...

3. Vegetarian Times (1-year): Amazon.com: Magazines
   www.amazon.com › ... › Organic & Natural Foods

   Amazon.com: Vegetarian Times (1-year) Magazine Subscription: Subscribe at Amazon for discounts, simple renewals, free shipping, gift notifications and easy ...
4. **A New Food Quarterly for Vegans and Vegetarians: Chickpea Magazine**

www.thekitchn.com/new-food-quarterly-for-vegans-and-vegetarians-chi...

Jun 18, 2012 - Remember this list of our favorite quarterly food journals? Now we have another one to add to the list: Chickpea **Magazine**, a new vegan online...

5. **Are there any good vegan magazines out there? - Yahoo! Answers**

answers.yahoo.com › ... › Food & Drink › Vegetarian & Vegan

Mar 1, 2008 - Please don't suggest **Vegetarian Times** as most of t...

6. **Vegetarian Living Magazine | Vegetarian Living magazine**

www.vegetarianliving.co.uk/

**Vegetarian Living** is a new magazine for people who want to be inspired by vegetarian cooking – whether you are vegetarian, vegan or simply want to cut down ...

7. **Top Vegetarian Magazines**

vegetarianmagazines.blogspot.com/

Top Vegetarian Magazines.

8. **Vegan Magazine's Faux-Meat Recipe Photos Actually Real Meat**

www.huffingtonpost.com/.../vegetarian-magazine-photos-real-meat_n_8...

Apr 14, 2011 - VegNews, the "premier magazine to focus on a vegetarian lifestyle" according to its website, has been using real meat photos to accompany its ...

9. **Vegetarian Times Magazine Subscription, 9 Digital Issues | Zinio**

us.zinio.com/magazine/Vegetarian%20Times/pr-235728019

**Vegetarian Times** is written for those at the forefront of the healthy living movement. Published nine times a year, it provides delicious recipes, expert wellness ...

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**VEGETARIAN VOICE**

- Home
Join/Renew

Subscribe to Vegetarian Voice!
When you become a member of the North American Vegetarian Society, you'll receive a subscription to our quarterly magazine, which will keep you up-to-date on current medical and nutrition studies. Vegetarian Voice also explores compelling consumer, environmental, animal rights and lifestyle issues. Plus delicious vegan recipes are always featured. Members also receive a 10% discount on all merchandise, including those items listed on our internet site.

Join now and receive 2 free gifts
New members will receive our 40 recipe-card set featuring favorite recipes from seven popular cookbook authors. This collection (not available for purchase) includes entrées, salads, soups, side dishes, desserts and more. Plus you'll receive Vegetarianism: Answers to the most commonly asked questions. This handy 16-page booklet provides answers to those difficult questions and includes recipes. One year membership is $22.

• Membership

• Support Our Efforts

© North American Vegetarian Society

• PO Box 72

• Dolgeville, NY 13329

VEGETARIAN TIMES
The November 2013 is almost entirely about nutrition and food fun: masterful menus, magnificent mains (entrees), accompaniments, sunchokes, beyond pumpkin pie, and so on. This number is like what a Vegetarian Gourmet magazine might be. –Dick
I haven’t read this magazine from the UK, but this advertisement suggests it is primarily for nutrition and consuming. But one item deals with ethics and climate change, which I have copied following.

--Dick

**Download the app now!**

*Vegetarian Living* magazine
on your iPad, iPhone and iPod Touch

- Vegan hero
- Vegetarian Living wins 2013 VegfestUK award for Best Publication
- By gum
- City life
Vegan hero

Vegan marathon runner Fiona Oakes is, quite simply, incredible. Sara Niven Smith caught up with Fiona – who ... Read more »

Interview with...

Ethical debate

Tara Gold, the founder of online children's store Ethical Kidz, talks to us about why ethical shop... Read more »

Latest news

Take a stand

Shelley Feldman talks to us about 1066 Cake Stand.... Read more »

Most popular recipes

Warm sticky spice cake

Category Dessert Serves 8 Preparation 20 mins Cooking 40 mins

Allow to cool completely, cover and freeze for up to 3 months. Thaw at room temperature for 3 hours and serve either cold or
Freckle bread

Type Main course  Makes 1 loaf
Preparation 15 mins + proving
Cooking 30 mins

Read recipe »

Ethical debate

Tara Gold, the founder of online children's store Ethical Kidz, talks to us about why ethical shopping is so important today.

An increasing number of parents are considering eco-credentials and ethical values when they shop for kids' kit. Vegetarian Living spoke to Tara Gold, the founder of online children's store Ethical Kidz, about why ethical shopping is so important today, and how a local approach can help to tackle a global problem...

When and why did you set up Ethical Kidz?
In 2007, after my third child, Ellen, was born. I wanted to be at home with my children, but also wanted to work at something I enjoyed.

What are your core values as a business?
The wellbeing of our family, friends and community is at the heart of our business. We wanted to form a company that would
start taking steps towards tackling some of the issues that will affect the future of these special people and places, as well as protect other families and communities around the globe.

**We believe that global warming is the biggest threat we face as we move into the future. As a result, our business values have developed around environmental considerations, ethical practices and sustainable behaviour.**

We want our children to be healthy, happy and part of a caring community, as well as helping them to understand the issues our planet is facing. We have tried to set up a company that supports these goals.

**Where and how do you source products?**

We select suppliers that share our ethos – a concern for the environment and a belief in the need for ethical and sustainable practices. We choose products that fulfil certain criteria – they should be environmentally friendly, handmade, locally and ethically produced, with the ability to be reused or recycled; they should also be educational and encourage active, imaginative or creative play; and support cottage industries and sustainable practices. The more criteria each product fulfils the better!

However, we realise that some compromises still have to be made. Rather than disregard a supplier because they don't tick every box on our list, we decided to credit them for their positive aspects. Sometimes we have to sacrifice one credential for another. For example, our Oskar & Ellen products offer a great range of hand-sewn fabric toys that encourage imaginative play. Although these products are made ethically and encourage sustainable business practices, they are made in sewing studios in the Philippines so are not produced locally to us.

Local suppliers are contributing more and more products to our range. We are surrounded by some extremely creative cottage industries and we like to offer these small businesses a chance to promote and sell their work on a website without the need to set one up themselves. Included in this range are handmade children's clocks, knitting and baking sets, pencil cases and cushions.

**Why is 'green' so important for kids – and parents?**

*Global warming* will dramatically change the way we live our lives, if not during our lifetime, certainly during the lifetime of our children and our grandchildren. What we do now will make a difference. This is why we must act now.

**What's new on the site – and what's next?**

We're aiming to add more sections to our free activities and factsheet pages during the coming year. In particular, we want to add more information pages about how the environment works and also more healthy-eating sections. We are continually on the lookout for more handmade products too.

We are moving our family and Ethical Kidz to Bath this winter, and we hope to be seen attending the farmers' markets around Bath. We are currently an online store; however, following the move we also hope to set up a small shop.

* Visit Ethical Kidz at www.ethicalkidz.co.

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**VEGAN MAGAZINE**

10. [VegNews Magazine](https://www.vegnews.com/) | *Vegan Recipes, Food, News, Travel, Health ...*

VegNews is an award-winning vegan magazine and website packed with recipes, travel, news, food, reviews, and so much more.
BOOK ON VEGANISM

1. “Forks Over Knives”: Is the Science Legit? (A Review and Critique ... rawfoodsos.com/.../forks-over-knives-is-the-science-legit-a-review-a...

You +1’d this publicly. Undo

Sep 22, 2011 – As most of you probably know, a documentary called “Forks Over Knives” recently hit the theaters after months of private screenings. Vegans ...

ORGANIZATIONS, MAGAZINES, BOOKS, FILMS DEVOTED TO ANIMAL WELFARE

PETA

ANIMAL TIMES


PETA is a comprehensive animal support organization. This number of its magazine promotes healthy food, rescuing distressed, abused, neglected, abandoned animals, vegetarianism, veganism, books on all aspects of animals, defenders of animals, sanctuaries, adoption rather than purchase; and it rejects animal use for cosmetic testing, killing animals for fur, killing ducks and geese for foie gras; and much more.
See below for more,.and see OMNI’s Animal Rights Newsletter

ORGANIZATIONS, MAGAZINES, BOOKS, FILMS STUDYING FOOD AND CLIMATE (see below for more)
1. **Food and climate change** - David Suzuki Foundation
   www.davidsuzuki.org › What you can do › Food and our planet

It's not only what vehicle we drive or how we heat our homes that determines our carbon footprint. The **food** we eat also has an impact - on our health, and on the ...

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**FOUNDATIONS OF VEGETARIANISM**

Nutritional, Ethical, and Climate Arguments

**NUTRITIONAL ARGUMENTS**


**ETHICAL ARGUMENTS Against Injuring and Killing Animals**


www.thehumanist.org Makes case for inherent worth and dignity of each animal.

“Farm to Fridge—The Truth Behind Meat Production” by Mercy for Animals, narrated by James Cromwell.

**ENVIRONMENTAL, CLIMATIC ARGUMENTS** (see at end)

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**Vegetarians | Vegetarian Foods | Vegetarian Diets**

**Why People Become Vegetarians from Vegetarian Voice**

Most people wonder what drives vegetarians to give up meat and adopt an entirely different lifestyle. There is no single answer to this question.
Vegetarians have decided to eat this way for a reason - some even for multiple reasons. Most of them claim that they became a vegetarian for one of four reasons.

1. The majority of vegetarians have ethical problems with eating meat.

They disagree with how chickens are debeaked, forced to live in small cages, and are then slaughtered when they do not produce eggs fast enough. Most vegetarians also disagree with the crowded and stressful environments animals are forced into and the hormone-laden feed used to make them grow faster and produce more.

People who become vegetarians for this purpose often draw ethical boundaries in different spots, depending on their personal beliefs. For instance, some staunch vegans won’t consume yeast, wear wool or silk, or even eat certain vegetables, such as carrots, that require killing the plant to harvest.

On the opposite side of the spectrum, some vegetarians (sometimes referred to as pseudo-vegetarians) will actually eat fish and chicken on a regular basis.

2. Health concerns are the second biggest reason.

Many of these people have high cholesterol and perhaps a heart condition. Sometimes it’s just a worry that because heart disease or strokes run in their families and they want to do all they can to prevent themselves from having these problems. Others do not eat it because it often contains high concentrations of hormones and preservatives.

It could just be that they feel better physically when eating a vegetarian diet.

3. Some vegetarians simply do not like the texture and taste of meat. Much like some non-vegetarians don’t like the taste of vegetables.

4. The fourth and smallest group of vegetarians cite environmental reasons for not consuming meat.

They complain that consumption of meat causes farmers to continually deforest land to create grazing land for cattle. They say if you use the crops grown to feed animals for meat production is used to feed humans, there would be such a surplus of grain that no hunger or starvation would exist anywhere in the world.

There are many more varied and often personal reasons people decide to adopt the vegetarian lifestyle. Some of them maintain it for life while some give it up after a period of time and add fish or chicken back into their diet.
OMNI HAS A LIBRARY ON VEGETARIANISM, TO WHICH DAN DEAN DONATED HIS COLLECTION WHEN HE MOVED TO WINSLO.

**Dan Dean: List of Publications donated to Omni Library**

**DVD’s**

*Invisible Children Update*. 2007

*Meatrix*.  [www.themeatrix.com](http://www.themeatrix.com)

*Sierra Club. The True Cost of Food*. 2004

**Books**

*Meltzer, Albert. Anarchism: For and Against*. 1996


*Quinn, Bill. How Wal Mart is Destroying America (and the World) And What You Can Do About It*. 2000

*Benjamin, Medea, Ed. etal. Stop The Next War Now: Effective Responses To Violence And Terrorism*. 2005

**Magazines**

*Synthesis/Regeneration: A Magazine of Green Social Thought*. 8 copies

*The Mindfulness Bell: published by students of Thich Nhat Hanh*

*Co-op Quarterly: Building Economic Alternatives*


*Turning Wheel: The Journal of Engaged Buddhism*

**Other items**

*Assorted pamphlets about vegetarianism, Walmart Watch and fair trade*

*Template for making a Flyer for World Vegetarian Awareness month in Oct.*

**MISCELLANEOUS ADDITIONAL ARTICLES AND FILMS**

**HISTORY**
Rynn Berry's *Famous Vegetarians and their Favorite Recipes*.

Pythagorean Books, Post Office Box 8174, JAF Stn., New York, NY 10116. USA. US$16.95, softcover. [I have cooked from an old copy of this book and have enjoyed making dishes enjoyed by Shelley or da Vinci. –Dick]

**Reviewed by Lavina Melwani**

Leo Tolstoy, the man who gave the world War and Peace and Anna Karina, was a strict vegetarian. For an aristocrat in Czarist Russia to renounce meat was unheard of, but then Tolstoy was a man with a social conscience.

Leonardo da Vinci, the great artist, engineer and creator of the Mona Lisa, was such a fervent vegetarian that he would buy caged birds from poultry vendors and set them free.

Dr. John Harvey Kellogg, inventor of cornflakes and a brilliant surgeon, was a vegetarian who set up a chain of vegetarian restaurants in Skid Row where the poor could get a meatless meal for a penny.

These are some of the remarkable people you meet in Rynn Berry's *Famous Vegetarians and their Favorite Recipes*. If you are a vegetarian, you will be pleased to know that you are in some very distinguished company. Pythagoras, the ancient Greek sage who gave us the Pythagorean theorem, was also the father of vegetarianism in the West. In fact, Berry explains that until the late 19th-century people who ate meatless diets were called "Pythagoreans." Plutarch, Buddha, Socrates, Plato, Percy Bysshe Shelley, Henry Salt and George Bernard Shaw were all vegetarians as were social reformer Annie Besant, writer Malcolm Muggeridge and Sylvester Graham, inventor of graham flour and the graham cracker.

*Famous Vegetarians and their Favorite Recipes* (Pythagorean Publishers) is an intriguing book which takes you into the lives of famous people who left the meat out of eating, and also gives you their recipes. The book contains 70 recipes for soups, pastas, entrees and desserts right from George Bernard Shaw's Savory Rice to Swami Prabhupada's Pleasingly Bitter Vegetable Stew. His prodigious research included historical accounts, cookbooks and family notes. Berry says the work was arduous but very stimulating.

For Buddha's recipes Berry studied Food and Drink in Ancient India and found that spinach was one of the vegetables Buddha urged his followers to eat. Using the spices and curry-recipes which were prevalent in those days, Berry recreates Buddha's probable recipe for Curried Spinach. He has also found and published the vegetarian recipes of Leonardo da Vinci which he translated from medieval Latin into English. Interestingly, these are in *De Honesta V oluptate*, written in 1475 and considered the first modern cook book.

Berry even contends that Jesus Christ was a vegetarian! He writes: "Although the evidence for Jesus' vegetarianism is largely circumstantial, it is nonetheless compelling. Even Dr. Hugh Schonfield, writing in *The Passover Plot*-probably the most rigorous and demythologized life of Jesus ever written-asserts that Jesus belonged to a strict vegetarian branch of the Essenes in northern Judea-the Nazoreans."
Famous Vegetarians, which is subtitled Lives and Lore from Buddha to the Beatles, also includes present-day celebrities such as the ex-Beatles-George Harrison, Paul McCartney and his wife Linda-Hollywood stars Dennis Weaver and Cloris Leachman and even the wrestling star Killer Kowalski, who was the first professional athlete in the West to go vegetarian. Kowalski, who is very interested in spiritualism, observes: "No one who eats the flesh of animals can progress spiritually beyond the average."

Rynn Berry, who is himself a diehard vegetarian, has written several books on vegetarianism including The Vegetarians and The New Vegetarians and is a frequent lecturer on the subject. He turned vegetarian when he was a teenager. He recalls, "I was a bookworm and I read widely. I found my intellectual heroes-George Bernard Shaw, Shelley, Gandhi-were all vegetarians. That's what propelled me." Berry found the vegetarian diet made him feel lighter and more energetic although in those days it was considered eccentric, even bizarre, to be a vegetarian.

Today, of course, the prospects for vegetarians are much better with many restaurants catering to them. Berry is an avid cook himself, especially of Indian and Chinese cuisine. He says, "The first thing I studied was Indian cooking. It's the highest, the most sophisticated form of vegetarian cooking."

Vegetarianism has taken Berry as far as China to do research on the vegetarian aspects of Taoism. He points out that Taoism itself was influenced by Hinduism and Jainism in the first century bce, and according to some historians, Tao Te Ching, the sacred book of Taoism, is a thinly disguised manual of yoga. India has, of course, been an important part of Berry's research and he recently spent three months living with a Jain family in Bombay.

Berry believes that earlier on most of the ethical vegetarians in the West were living in London, and that India had a tremendous influence on British culture: "Very often the country that is colonized influences the parent country. More books have been written in English on vegetarianism than any other language."

Although Berry interviewed many distinguished vegetarians, he particularly remembers his conversations with the Nobel prize winning writer Isaac Bashevis Singer: "Vegetarian themes and motifs have sounded through even his earliest work." Asked whether he turned vegetarian for his health, Singer replied, "I didn't do it for my health but for the health of the animals."

Rynn Berry is not a Hindu, though he says he is, spiritually. He identifies very strongly with Indian culture, and when he is in India he is often mistaken for an Indian and asked for directions on the street.

Currently he is researching a book on the vegetarian representatives of the major religions of the world, including a Catholic monk who was expelled from his order for trying in his capacity as monastery cook to introduce vegetarian food into the Franciscan order.

Berry believes that even the earliest Western vegetarian movement such as Pythagorean can be traced to Indian influences, and that India with the traditions of Hinduism, Buddhism and Jainism has been the cradle of vegetarianism: "Today, in our time, the Indian influence in
America is quite prevalent with the arrival of Swami Satchidananda and Swami Prabhupada and other swamis who have had a tremendous influence on the dietary habits of the world. Vegetarianism is burgeoning in the West and a lot of it is proceeding from Hinduism, the American version of Hinduism. We owe a tremendous debt to India and it continues to be a source of inspiration to the world.”

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NUTRITION

New York Times Magazine

The Extraordinary Science of Addictive Junk Food
On the evening of April 8, 1999, a long line of Town Cars and taxis pulled up to the Minneapolis headquarters of Pillsbury and discharged 11 men who controlled America’s largest food companies. Nestlé was in attendance, as were Kraft and Nabisco, General Mills and Procter & Gamble, Coca-Cola and Mars. Rivals any other day, the C.E.O.’s and company presidents had come together for a rare, private meeting. On the agenda was one item: the emerging obesity epidemic and how to deal with it. While the atmosphere was cordial, the men assembled were hardly friends. Their stature was defined by their skill in fighting one another for what they called “stomach share” — the amount of digestive space that any one company’s brand can grab from the competition.
James Behnke, a 55-year-old executive at Pillsbury, greeted the men as they arrived. He was anxious but also hopeful about the plan that he and a few other food-company executives had devised to engage the C.E.O.’s on America’s growing weight problem. “We were very concerned, and rightfully so, that obesity was becoming a major issue,” Behnke recalled. “People were starting to talk about sugar taxes, and there was a lot of pressure on food companies.” Getting the company chiefs in the same room to talk about anything, much less a sensitive issue like this, was a tricky business, so Behnke and his fellow organizers had scripted the meeting carefully, honing the message to its barest essentials. “C.E.O.’s in the food industry are typically not technical guys, and they’re uncomfortable going to meetings where technical people talk in technical terms about technical things,” Behnke said. “They don’t want to be embarrassed. They don’t want to make commitments. They want to maintain their aloofness and autonomy.”

A chemist by training with a doctoral degree in food science, Behnke became Pillsbury’s chief technical officer in 1979 and was instrumental in creating a long line of hit products, including microwaveable popcorn. He deeply admired Pillsbury but in recent years had grown troubled by pictures of obese children suffering from diabetes and the earliest signs of hypertension and heart disease. In the months leading up to the C.E.O. meeting, he was engaged in conversation with a group of food-science experts who were painting an increasingly grim picture of the public’s ability to cope with the industry’s formulations — from the body’s fragile controls on overeating to the hidden power of some processed foods to make people feel hungrier still. It was time, he and a handful of others felt, to warn the C.E.O.’s that their companies may have gone too far in creating and marketing products that posed the greatest health concerns.
The discussion took place in Pillsbury’s auditorium. The first speaker was a vice president of Kraft named Michael Mudd. “I very much appreciate this opportunity to talk to you about childhood obesity and the growing challenge it presents for us all,” Mudd began. “Let me say right at the start, this is not an easy subject. There are no easy answers — for what the public health community must do to bring this problem under control or for what the industry should do as others seek to hold it accountable for what has happened. But this much is clear: For those of us who’ve looked hard at this issue, whether they’re public health professionals or staff specialists in your own companies, we feel sure that the one thing we shouldn’t do is nothing.”

As he spoke, Mudd clicked through a deck of slides — 114 in all — projected on a large screen behind him. The figures were staggering. More than half of American adults were now considered overweight, with nearly one-quarter of the adult population — 40 million people — clinically defined as obese. Among children, the rates had more than doubled since 1980, and the number of kids considered obese had shot past 12 million. (This was still only 1999; the nation’s obesity rates would climb much higher.) Food manufacturers were now being blamed for the problem from all sides — academia, the Centers for Disease Control and Prevention, the American Heart Association and the American Cancer Society. The secretary of agriculture, over whom the industry had long held sway, had recently called obesity a “national epidemic.”

This article is adapted from “Salt Sugar Fat: How the Food Giants Hooked Us.”

Michael Moss is an investigative reporter for The Times. He won a Pulitzer Prize in 2010 for his reporting on the meat industry.
Dr. Will Tuttle, author of *The World Peace Diet*, is a pianist, composer, educator, and recipient of the Courage of Conscience Award. A former Zen monk, his Ph.D. from U.C. Berkeley focused on educating intuition and altruism. He presents ongoing events promoting peace through compassion for all life.

"Love is understanding...”


The missing book that illuminates the hidden core of our culture and helps us understand...

*The World Peace Diet*, which became a #1 Amazon best-seller in March, 2010, offers a compelling and liberating new understanding of our food and our culture. It has been called one of the most important books of the 21st century: the foundation of a new society based on the truth of the interconnectedness of all life. It is the first book to make explicit the invisible connections between our culture, our food, and the source of our broad range of problems—and the way to a positive transformation in our individual and collective lives. *The World Peace Diet* is an award-winning book. If you want to understand the big picture of our culture and why we have the unyielding dilemmas we face, and how we can solve them, this book is for you.

*The World Peace Diet* lists for $22. When you order from this website, your book is only $20, and will be signed by the author, and will include a copy of *Living in Harmony With All Life*, a 75-minute CD discourse by Dr. Tuttle on some of the main ideas in *The World Peace Diet*, with musical interludes. It will also include a free copy of Madeleine's "Intuitive Cooking." [Click here](#) to order a printed copy of *The World Peace Diet* and have it shipped to your door, with the *Living in Harmony With All Life* CD and "Intuitive Cooking."

[Click here](#) to download a complimentary mp3 sound file of *Living in Harmony With All Life*, the 75-minute discourse by Dr. Tuttle on *The World Peace Diet* and/or a PDF file of Madeleine's "Intuitive Cooking," or the book.

John Stephens: "I was at Green Festival today in Seattle, and attended a talk by Congressman Dennis Kucinich, where he talked about how individuals can make a difference by changing their diet. He recommended your book, *The World Peace Diet*, and even held up a copy of it for everyone to see, during his talk."

“If I could afford it, I'd place a copy of *The World Peace Diet* in every hotel room in the country.”

M.A. Lederer, Cincinnati

**NUTRITION AND ETHICS**

*FOOD, INC.*  GOOGLE SEARCH, Nov. 4, 2013.

[00Food, Inc. - Wikipedia, the free encyclopedia](en.wikipedia.org/wiki/Food,_Inc.)

*Food, Inc.* is a 2008 American documentary film directed by Emmy Award-winning filmmaker Robert Kenner. The film examines corporate farming in the United ...

Robert Kenner - Eric Schlosser - Diana DeGette
1. **Food, Inc.** | **POV** | PBS  
www.pbs.org/pov/foodinc/

Food, Inc. will be accompanied by Notes on Milk, a short variation of the 2007 featured documentary Milk in the Land: Ballad of an American Drink. Ariana ...  

2. **Film Description** | **Food, Inc.** | **POV** | PBS  
www.pbs.org/pov/foodinc/film_description.php

This 2010 Oscar-nominated film lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that's been hidden from the American ...  

3. **Food, Inc.** (2008) - **IMDb**  
www.imdb.com/title/tt1286537/

Rating: 7.8/10 - 29,092 votes

Food, Inc. -- An unflattering look inside America's corporate controlled food ... A documentary on Al Gore's campaign to make the issue of global warming a ...  

Robert Kenner - Earthlings - Plot Summary - User Reviews  

4. **Food, Inc** - **TakePart**  
www.takepart.com/foodinc

Food, Inc. has become more than a film—it's fostered a loyal community committed to living healthier lives and taking action to change the food industry. This fall ...  

5. **Food, Inc.** | **Top Documentary Films**  
topdocumentaryfilms.com › Health

For most Americans, the ideal meal is fast, cheap, and tasty. Food, Inc. examines the costs of putting value and convenience over nutrition and...  

6. **Monsanto** | **Food, Inc. Movie**  
www.monsanto.com › Food, Inc. Movie

We’ve heard from a number of you who have seen the film during the past several months. You have questions about Monsanto and we're answering them.  

7. **Food, Inc.** - **Rotten Tomatoes**  
www.rottentomatoes.com/m/food_inc/

Rating: 96% - 106 reviews

An activist-made film of considerable interest, Food, Inc is also a piece of investigative journalism
that tells us a thousand things that are pertinent to eating ...

FOOD AND CLIMATE CHANGE

GOOGLE Search, Nov. 6, 2013, First Page

2. Food and climate change - David Suzuki Foundation
   www.davidsuzuki.org › What you can do › Food and our planet

It's not only what vehicle we drive or how we heat our homes that determines our carbon footprint. The food we eat also has an impact - on our health, and on the ...

3. Climate Impacts on Agriculture and Food Supply | Climate Change ...
   www.epa.gov/climatechange/impacts-adaptation/agriculture.html

Agriculture and fisheries are highly dependent on specific climate conditions. Trying to understand the overall effect of climate change on our food supply can be ...

News for Food and Climate Change

1. Climate Change Seen Posing Risk to Food Supplies
   New York Times - 4 days ago
   A leaked draft of a report by the Intergovernmental Panel on Climate Change said that climate change could reduce output and send prices ...

2. Unchecked climate change to lower food production
   Economic Times - 22 hours ago

3. Climate change draft report predicts war, heat waves, starvation
   CBC.ca - 3 days ago

4. Climate Change | WFP | United Nations World Food Programme ...
   www.wfp.org/climate-change

Climate change is not only a future concern. Even today, most of the food-insecure communities that WFP supports suffer from extreme weather events, and ...

5. Home | CCAFS: CGIAR research program on Climate Change ...
   www.ccafs.cgiar.org/

CCAFS: CGIAR research program on Climate Change, Agriculture and Food Security... Challenging gender assumptions within farming and climate change ...

6. UN Climate Change Food Production Report - Business Insider
The New York Times’ Justin Gillis reports a soon-to-be-released study now says climate change will cut food production by 2% each decade.

7. Climate change is already affecting food supplies (Wired UK)

by Duncan Geere - in 545 Google+ circles

3 days ago - A leaked draft of an IPCC report due in 2014 shows how climate change is already affecting food security around the world.

8. Climate Change: The Unseen Force Behind Rising Food Prices ...

www.worldwatch.org/node/5434

That sneaking suspicion you get every time you arrive at the grocery checkout counter is right: food generally costs more than it did just 12 months ago.

9. Global food supply at severe risk from climate change, warns leaked ...

www.theverge.com/.../ipcc-leaked-climate-change-report-warns-severe-f...

5 days ago - A scientific panel set up by the United Nations has found that climate change will pose a serious threat to the world's food supply in the coming ...

10. Potential Impacts of Climate Change on World Food Supply ...

sedac.ciesin.columbia.edu/giss_crop_study/ Detailed analysis of a modeling study of the effects on crop production and its economic implications, coordinated by the Goddard Institute for Space Studies, for ...


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