What’s at stake: Vegetarianism offers significant guidance—principles and practices—to our nutrition and health, to our treatment of animals, and to climate change.

OMNI’S Blog
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Contents Vegetarian Action Newsletter #11, September 10


Nutrition, Health
Dr. Fuhrman

Animal Rights and Protection
The Abolitionist Approach: Veganism
John Griffith, Abolitionist Vegan Advocate from Jonesboro, johnbengriffith@gmail.com
Dr. Fuhrman coined the word, *Nutritarian* to describe his recommended diet which concentrates on eating the most micronutrient rich foods.

**What is Dr. Fuhrman’s Nutritarian Diet?**

Simply put, a *Nutritarian* diet is a way of eating which bases food choices on maximizing the micronutrients per calorie. A Nutritarian diet is designed with food that has powerful disease-protecting and therapeutic effects and delivers a broad array of micronutrients via a wide spectrum of food choices. It is not sufficient to merely avoid fats, consume foods with a low glycemic index, lower the intake of animal products, or eat a diet of mostly raw foods. A truly healthful Nutritarian diet must be micronutrient rich and the micronutrient richness must be adjusted to meet individual needs. The foods with the highest micronutrient per calorie scores are green vegetables, colorful vegetables, and fresh fruits. For optimal health and to combat disease, it is necessary to consume enough of these foods that deliver the highest concentration of nutrients.

A Nutritarian diet is guided by nutritional quality.

**Dr. Fuhrman’s Prescription for Improving and Maintaining Great Health**

**NUTRITARIAN FOOD PYRAMID**

- Dr. Fuhrman’s food pyramid is based on his principles of the health equation Health = Nutrients / Calories (H=N/C).

- He advocates that at least 90% of the daily diet should be comprised of whole plant foods that naturally contain health-promoting phytochemicals.*

- The pyramid promotes foods that are richest in micronutrients and benefit health and longevity.
The quality of a diet can be based on three simple criteria:

1. Levels of micronutrients (vitamins, minerals, phytochemicals) per calorie
2. Amounts of macronutrients (fat, carbohydrate, protein) to meet individual needs, without excessive calories that may lead to weight gain or health compromise
3. Avoidance of potentially toxic substances (such as trans fats) and limited amounts of other potentially harmful substances (such as sodium)

Dr. Fuhrman created The Health Equation: \( H = N/C \) or Health = Nutrients/Calories (first published in 1999 in his work, The Health Equation and later described in more detail in his book, Eat To Live) to define how the quality of calories impacts health.

This equation means your future health can be predicted by the micronutrient per calorie density of your diet. Micronutrient per calorie density is important in devising and recommending menu plans and dietary suggestions that are the most effective for tackling weight loss and for preventing and reversing disease.

Assuring superior nutrition means meeting an individual's unique nutritional needs to profound therapeutic effects for preventing, treating and reversing disease. Dietary micronutrient quality must be increased accordingly to utilize dietary recommendations therapeutically for disease reversal or to protect high-risk individuals.

Though micronutrient density is critically important, it is not the only factor that determines health. For example, Vitamin D levels, B12, and proper omega-3 intake are important for optimal long-term health as well as avoidance of sodium and other toxic excesses. These concerns are not addressed in the \( H = N/C \) equation. However, if the focus is consuming more micronutrient-rich natural foods then the other important nutritional benefits automatically will follow, such as lower sodium, reduced calories, high fiber and volume, a low glycemic index, and a high satiety and phytochemical index to name a few.

Eating low nutrient foods fuels overeating behavior and toxic hunger.

Last, but not least, Dr. Fuhrman’s unique contribution to the science of nutritional care, disease reversal and weight loss is his explanation of the physiology behind hunger and food cravings.

It is important to recognize that low nutrient eating (and toxic eating) leads to increased cellular toxicity with undesirable levels of free radicals and advanced glycation end products (AGE's), lipofuscin, lipid A2E and other toxins that contribute to the development of chronic disease. His findings are that these toxic substances lead to addictive withdrawal symptoms (toxic hunger) which result in the desire to eat more frequently and overeat. Low nutrient eating, therefore, establishes a mechanism that leads to food addictions and food cravings that can't be ignored. This is the reason why calorie counting diets fail. Without addressing dietary quality, excess food cravings are almost impossible to ignore.

Fortunately the drive to over-consume calories is blunted by high micronutrient, high food antioxidant, consumption and the symptoms that people thought were hypoglycemia or even hunger, simply disappear after following his dietary recommendations. Not only do people lose the symptoms of fatigue, headaches, irritability and stomach cramping, but they get back in touch with true hunger felt in the throat, which simply makes eating more pleasurable and directs them to a more appropriate amount of calories for their body's biological needs.
In a portion controlled (calorie counting) diet it is likely that the body will not get adequate fiber or micronutrients. The body will have a compounded sensation of hunger and cravings which for most is simply overwhelming. It invariably results in people either being unable to lose weight or unable to keep the weight off and eventually gaining it back. The biochemistry and physiology behind food cravings are more thoroughly explained in Dr. Fuhrman's books and lectures, but without a thorough understanding of these principles weight loss attempts are typically doomed to fail.

Are you striving to adopt a Nutritarian diet to extend lifespan and reverse and prevent disease?
Here are 5 basic rules that may help you:

1. Consume a large green salad every day, and put some raw onion and shredded cruciferous veggies on top.
2. Eat at least a 1/2 cup of beans or lentils each day, in a soup, stew, or top of a salad or in another dish.
3. Eat at least 3 fresh fruits a day, especially berries, pomegranate, cherries, plums, and oranges.
4. Eat at least 1 ounce of raw seeds and nuts daily, utilizing some chia seeds, flax seeds and walnuts.
5. Consume a double-sized serving of steamed greens daily, and utilize mushrooms and onions in your dishes.

Test Dr. Fuhrman, sent to me by a MD friend

Click here: NIHSeniorHealth: Eating Well As You Get Older - Choose Nutrient-dense Foods
ANIMAL RIGHTS AND PROTECTION

THE ABOLITIONIST APPROACH: VEGANISM

Search Results

1. Animal Rights: The Abolitionist Approach - ...and Abolition ...
   www.abolitionistapproach.com/
Aug 8, 2014 - The mission of this website is to provide a clear statement of a nonviolent approach to animal rights that (1) requires the abolition of animal ...
Six principles of the abolitionist ...

The Six Principles of the Abolitionist Approach to Animal ...

FAQs

FAQs. Excerpt from Introduction to Animal Rights: Your Child or the ...

Video

Gary L. Francione is Board of Governors Professor ...
John Griffith - Vegan abolitionist ...

- John Griffith - Vegan abolitionist friends. I want to take...

https://www.facebook.com/VeganFriendMe/posts/646616882019661

Vegan abolitionist friends. I want to take our message beyond the Internet into my local community in Northeast Arkansas. To whom should I go...
Arguments for Veganism by John Griffith

Benefits to health, hunger and climate should only be regarded as positive impacts of veganism adopted from a moral conviction not as reasons to advocate veganism in their own right. John Griffith (https://www.facebook.com/johnbengriffith?fref=ts) tells us why:

“The argument from health says you should be vegan because animal products are bad for your health. If you feel good or if you only eat a moderate amount of animal products that minimally affect your health the argument is negated and you won't be vegan.

The argument from hunger says you should be vegan because it frees up resources to feed more. If you can transition to eating "more efficient calorie converters" the argument is negated and you won't be vegan.

The argument from climate says you should be vegan because animal agriculture is a major contributor to climate change. If you can transition to eating non-ruminants and other animals that produce fewer emissions the argument is negated and you will not be vegan.

The argument from abolition says that you cannot justify treating another sentient being as property. This argument has no negation. Animal liberation is only achievable in any lasting and significant way through the moral argument with abolition as the moral baseline.”
failure of the ...

- [Arguments for Veganism by John Griffith - Vegan.lv](https://www.vegan.lv)
- [Dzīvnieku tiesības, filosofija, ētika › Dzīvnieku tiesības](https://www.vegan.lv)

Aug 13, 2013 - John Griffith (https://www.facebook.com/johnbengriffith?fref=ts) tells us why: ... The argument from abolition says that you cannot justify treating ...

- [Anders Branderuds blogg: Abolitionist veganism - articles ...](http://bloganders.blogspot.com/2014/05/abolitionist-veganism-articles.html)

May 5, 2014 - Abolitionist veganism - articles, arguments and refutations of ... Introduction to Abolitionist veganism and anti-speciesism ......

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**WORLD DAY FOR FARMED ANIMALS, OCTOBER 2**

[http://dayforanimals.org/](http://dayforanimals.org/)

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**TEN BILLION LIVES**

**FARM ANIMAL RIGHTS MOVEMENT (FARM)**

Home Blog Volunteer Hiring Donate Media About

We're changing hearts, minds, and diets by the thousands!
According to USDA reports, nearly 10 billion land animals are raised and killed every year for food in the U.S. alone. Farm Animal Rights Movement (FARM), is bringing this injustice to the country's attention by showing the hard-hitting 10 Billion Lives video at college campuses, music festivals and street fairs.

Our dedicated staff and volunteers offer passersby $1 to watch the video – an outreach method known as "pay-per-view." After watching, viewers are encouraged to decrease consumption of animals and work towards a vegan diet. The results speak for themselves - more than 80% of viewers commit to eating fewer animal products!

This has information about the 4 min. video

http://10billiontour.org/

THE WORLD PEACE DIET

- Home
- VegInspirations
- Upcoming Events
- Book News
- Order
- Will’s Music
- Madeleine’s Art
- Multimedia
- Educate Others
- Will’s Blog
- Favorite Links
Dr. Will Tuttle is an award-winning speaker, educator, author, and musician. A vegan since 1980, his writings, music, and presentations focus on compassion, creativity, intuition, and the intersectionality of social justice, animal liberation, and environmental, health, spiritual, and peace issues.

On this website, you can find out more about Dr. Tuttle’s book, *The World Peace Diet*, about his writings and teachings promoting compassion and justice for nonhuman animals, and there are also links to his original piano music, his seminars and retreats on developing intuition, altruism, and meditative equanimity, and about the individualized music and art portraits he does with his spouse Madeleine.

*The World Peace Diet* 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. Dr. Tuttle offers lecture presentations, workshops, and trainings internationally on *The World Peace Diet*, veganism, spirituality, effective activism, meditation, and intuition development.

See the [Tour Schedule](http://www.worldpeacediet.com/) for details of upcoming events.

This person has it right--the world peace diet


**CLIMATE CHANGE, ANIMALS, AND FUTURE**

**NATIONAL WILDLIFE FEDERATION**


Wildlife Library
Wild Places
Wildlife Conservation
Threats to Wildlife
Global Warming
What's Happening?
Human Impact
Effects on Wildlife and Habitat
Polar Bears
Moose
Pika
Ringed Seals
Waterfowl
Coldwater Fish
Blue Crab
Lake Sturgeon
Salmon
Walleye
Coral Reefs
Pest Species
Eastern Hemlock Forests
Coastal Wetlands
Great Lakes
Mangroves
Prairie Potholes
Sagebrush Steppe
Southwestern Streams
Western Forests
Southern Forests
Extreme Weather
Habitat Loss
Invasive Species
Overexploitation
Pollutants
Disease
Our country is home to a diverse array of wildlife ranging from the highest peaks, to the driest deserts, to freshwater and marine environments and to all the places in between. The abundant and diverse wildlife resources, which are so important to our culture and well-being, face a bleak future if we do not address global warming.

Featured Species:
Polar bear family
Polar Bears
Polar bears rely heavily on Arctic sea ice, which is rapidly disappearing due to global warming. In Hudson Bay, polar bears are starving during the long summer months as the ice they rely on to hunt for food melts earlier each spring and later in the fall. Learn more >>

pika
Pika
The American pika, a small mammal that lives on Western mountaintops, is being forced to move to higher and higher altitudes to find the tolerable alpine temperatures it calls home. As global warming increases average temperatures, the pika may soon run out of places to go. Learn more >>

Wood Duck
Waterfowl
Ducks, geese and other waterfowl across the country are changing behaviors and migration patterns and suffering the consequences of more extreme weather, including drought and floods. This not only threatens the birds themselves, but has greatly impacted the hunting businesses that depend on ducks showing up for duck season. Learn more >>
FIND OUT HOW CLIMATE CHANGE IS IMPACTING...

Ringed Seals | Coldwater Fish | Salmon | Coral Reefs | Eastern Hemlock Forests | Estuaries and Coastal Wetlands | Great Lakes | Mangroves | Prairie Potholes | Sagebrush Steppe | Southwestern Streams | Western Forests | Southern Forests | Invasive Species


Wildlife depends on healthy habitats. They need:

- The right temperatures
- Fresh water
- Food sources
- Places to raise their young

Climate change is altering key habitat elements that are critical to wildlife’s survival and putting natural resources in jeopardy.

**TEMPERATURE**

Melting arctic ice removes hunting ground from Polar Bears.

Warmer water temperatures will cause population declines for trout, salmon and many other species that require cold water to survive.

Rising ocean temperatures have already caused massive coral bleaching, leading to the collapse of these ecosystems which sustain huge numbers of fish.

**WATER**

Larger floods are expected to increase erosion levels, reducing water quality and degrading aquatic habitat.

Severe droughts stress and can kill plants on which wildlife depend for food and shelter, and deprives wildlife of water sources.

**FOOD**

Climate change has altered food availability for migratory species; birds arrive on schedule to find their food sources—insects, seeds, flowering plants—have hatched or bloomed too early or not at all.

Milder winters cause seasonal food caches to spoil, so wildlife species like the Gray Jay depending on food stores to survive the winter are left without sustenance.

**PLACES TO RAISE YOUNG**

Droughts caused by global warming could dry up 90 percent of central U.S. wetlands, eliminating essential breeding habitat for ducks, geese and other migratory species.

Rising sea level and changes in salinity could decimate mangrove forests, leaving many fish, shellfish, and other wildlife without a place to breed, feed or raise offspring.

Often overlooked, just as important as the many ways in which our climate is changing, is that it is changing so fast and thus the need to address global warming. Species may not be able to adapt to this rapid climate change or to move fast enough to more suitable areas as their current areas become less...
suitable for them. Unless significant action is taken now, global warming will likely become the single most important factor to affect wildlife since the emergence of mankind.

CLIMATE CHANGE, ANIMALS, AND FUTURE, Google Search, Sept. 8, 2014.

Scholarly articles for CLIMATE CHANGE, ANIMALS, AND FUTURE

Extinction risk from climate change - Thomas - Cited by 3803

Climate change, coral bleaching and the future of the ... - Hoegh-Guldberg - Cited by 2307

Climate change and human health: present and future ... - McMichael - Cited by 965

Search Results

Images for CLIMATE CHANGE, ANIMALS, AND FUTURE Report images

More images for CLIMATE CHANGE, ANIMALS, AND FUTURE

1. Climate change: the effects on ocean animals
   www.neaq.org/.../climate_change/effects_on_oc...
   New England Aquarium
   But sea ice is decreasing throughout their Arctic range due to climate change. ... by the year 2050, even with moderate projections for future climate change.

2. Climate change and animals - how does climate change ...
   www.ypte.org.uk/.../climate-c...
   Young People’s Trust for the Environment
   This factsheet takes a look at some of the challenges that animals might have to face in the future. How does climate change effect them? Frogs, toads and newts

3. WWF - Species threatened by climate change
   wwf.panda.org › ... › Nature at risk
   World Wide Fund for Nature
   Climate change and global warming impacts on species in a number of ways. ... could contribute to the mass extinction of wild animals in the near future.

4. Preparing for the Future | A Student's Guide to Global Climate
   www.epa.gov/climatestu...
Preparing for the Future. Because carbon dioxide and other greenhouse gases have been building up in the atmosphere, climate change is already happening, ...

5. Effects of global warming - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Effects_of_global_warming
Wikipedia
General circulation models project that the future climate change will bring .... Effects of climate change on terrestrial animals and Effects of climate change on ...

6. Scientific Facts on Arctic Climate Change - GreenFacts
www.greenfacts.org/en/arctic-climate-change/
How has the climate changed in the Arctic so far, and what future changes are ... The Arctic is home to an array of plants, animals, and people that survive in ...

7. Arctic Climate Change: 5. How will animals be affected by ...
www.greenfacts.org › Home › Arctic Climate Change › Level 2
Many Arctic animals, such as polar bears, seals, walruses, and seabirds, rely on the ... Such international agreements will be crucial in future as climate change ...

8. Can animals and plants adapt to global warming?
www.skepticalscience.com/Can-animals-and-plants-ada...
Skeptical Science
Dec 22, 2011 - Because current climate change is so rapid, the way species typically adapt ... But extrapolating these observed impacts to predictions of future ...

9. Predicting future biodiversity under climate change | John ...
www.theguardian.com › ... › Climate Consensus - the 97%
The Guardian
Mar 28, 2014 - John Abraham: A new study predicts how climate change affects the ... change will affect the plant and animals communities of the future.

Searches related to CLIMATE CHANGE, ANIMALS, AND FUTURE
animals threatened by climate change
future effects of climate change
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PATACAKE AND DALAILAMAS, KNOW THE WORST BUT KEEP ON STRUGGLING by Dick Bennett

When faced with a powerful, dire threat many people, feeling helpless, or just wishing to remain comfortable, deny, avoid, evade in all the ways humans are so expert, and our commercial society so adept at exploiting. Let’s call it, to change the metaphor, the patacake response, with smiling face. (Wal-Mart’s Smiley Face sells!)

Many fewer recognize reality, try to understand it, to alert others, and prepare for and prevent the worst while keeping their eyes on the goal of a caring society. Let’s call them the dalailamas, who see clearly and still smile (good psychology). OMNI was established to provide this public service. Of course nobody invited us either to seek or tell the truth, so we shouldn’t get bent out of shape if we’re not always welcome.

But because serious, probably catastrophic, dangers are ahead, we ought to try to stop or reduce the old harms (violence in general, nuclear war specifically) and new approaching harms (climate change rushing in, even our supposedly responsible officials disregarding and denying).

How does Vegetarianism come in? If we know people (species!) are in danger, shouldn’t we use every nonviolent means available to protect them, and since eating meat is a major fact of violence and cause of CO2/warming/rising seas/extreme weather, and since the effects of climate change are contributing to the sixth great extinction of animals, shouldn’t we seek to project the immense benefits of vegetarianism wherever we can?

To ask, how does OMNI fit in? is to ask, what is the mission of OMNI?

We seek:

- a world free of war and the threat of war,
- a society with equity and justice for all,
- a community where every person’s potential may be fulfilled,
- and an earth restored.

That is, the entire peace, justice, and ecology movement, of which OMNI is a part, seeks to create a better world (actually the statement is much stronger than that). That is OMNI’s promise. And it is profoundly, inescapably political, involving choices affecting others, and resources the organization of which is essential to human survival.

So I welcome the possibility of a community to speak out and work for the great hope of vegetarianism.

Most people like to think they are not naïve, and in this case, we are not. The question, for example, of whether humans are inevitably warlike has been thoroughly researched: homo sapiens is obviously violently aggressive, but not always and therefore not inevitably. Prof. Fry in The Human Potential for Peace found some 500 societies throughout human history who lived cooperative lives. And humans change. Numerous examples of humans abandoning vicious practices are well-known: slavery in the nineteenth century; in the twentieth apartheid in S. Africa (legalized color discrimination) and Jim Crow apartheid in the US South; and European genocidal wars. Who would have thought, before King and Mandela, or at the end of WWI and WWII that such bigotry and persecution or such slaughter would ever end? Or smoking: who could have guessed only a few decades ago that perhaps the most tenacious addiction could be severely reduced as it is today.

Eating meat is no different. My childhood town was rigid with what were assumed natural hatreds: anti-Semitic, racist, and anti-Catholic bigots dominated conversations, but of course so deeply woven into the culture
were these prejudices that nobody thought they were bigots, and certainly not they themselves. But gradually informed people began to call these bigots out by challenging their false, hateful claims. And now, at least in most communities the practice is, like smoking, much reduced, and mainly without employing law.

Knowing that human effort can reverse human error is a strong foundation for future action. Undergirding the hopeful mission of OMNI, is our certain knowledge of successes in the past. But those successes required struggle.

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OMNI VEGETARIAN POTLUCK, WEDNESDAY, AUGUST 13, 6:30. DESSERT CONTEST MONTH?

Nutrition, Health

Mostly Martha, Film of Love and Food

Nutrition Action Health Letter

Physicians Committee for Responsible Medicine PCRM

Good Medicine, the Magazine of PCRM

“Round-up” vs. Health

Antibiotics in Meat vs. Health

Animal Rights and Protection

Dick’s Letter to AETN

Better World for Animals

Assisi International Animal Institute

Interspecies Friendships

Global Warming, Climate Change

Animals and Climate Change

Endangered Species Day

END VEGETARIAN ACTION NEWSLETTER #11, SEPTEMBER 10, 2014