VEGETARIAN/VEGAN ACTION NEWSLETTER,
WEDNESDAY (2ND WEDNESDAYS), NOVEMBER 13, 2019.


Edited by Dick Bennett for a Culture of Peace, Justice, and Ecology

http://omnicenter.org/donate/

To be removed from this mailing, drop me a note unsubscribe, but please continue your urgent advocacy of vegetarianism and veganism.

This Newsletter is about food and its consequences in 3 categories: human health or harm, cruelty to animals, and climate catastrophe. Tell people about OMNI, our Veg Potluck, its comprehensive message, and Newsletter.

OMNI’s NEXT VEGETARIAN/VEGAN POTLUCK (NEWSLETTER #62), is Wednesday, NOVEMBER 13, 2019, 2019 (2ND Wednesdays), at OMNI, Center for Peace, Justice, and Ecology. We start eating at 6:00.

We will see the film Forks Over Knives beginning at 6:30. Comment following by George and Kathleen Paulsen, and discussion. All are welcome to the experience of eating together and becoming better informed for a healthier and safer life for all sentient beings and for the atmosphere and soils. Each of you is invited to tell about your favorite Vegan recipe and your potluck recipe for the evening.

OMNI is located at 3274 Lee Avenue parallel to N. College southeast of the Village Inn and 2ND building south of Liquor World. More information: 935-4422; 442-4600. Or take College to Harold St (at Flying Burrito), turn east (right if you’re heading north). Go one block
to Lee and turn left. Go one block to Bertha. We’re the gray brick on the corner, 2nd house south of Liquor World, solar panels on roof!

Or bike to OMNI. For example the Trail goes from MLKJr. Blvd. north passing OMNI to the west, and it is a short and easy route along Appleby to Fiesta Square then across 71B to OMNI a few blocks farther.

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HEALTH AND NUTRITION
"Forks Over Knives" is a documentary in which Lee Fulkerson enacts a mirror image of the journey taken by Morgan Spurlock in "Supersize Me." Instead of eating only at McDonald's for a month and nearly killing himself, he eats a plant-based whole food diet for six months, gets off all of his cholesterol and blood pressure medications, drops a lot of weight, sleeps better and has more energy.

His film follows three other sick people: one with breast cancer, one given less than a year to live because of heart problems, one with murderously high cholesterol. All are well again after the vegetarian diet. The movie opens with a warning that no one should take such steps without consulting a physician, and I quite agree; I would not have depended on nutrition to cure my cancer, but I'm convinced that I would always have been healthier if I'd eaten correctly…(continued)

A damning investigation into the junk food industry is both chilling and contentious. Rev. by Joanna Blythman Sat 23 Feb 2013.

‘Only sugar processors have the brass neck to present it as anything other than an ingredient we would do well to eat as little of as possible.’ Photograph: Richard Wadey/Alamy New York Times journalist Michael Moss spent three-and-a-half years working out how big food companies get away with churning out products that undermine the health of those who eat them. He interviewed hundreds of current and former food industry insiders – chemists,
nutrition scientists, behavioural biologists, food technologists, marketing executives, package designers, chief executives and lobbyists. What he uncovered is chilling: a hard-working industry composed of well-paid, smart, personable professionals, all keenly focused on keeping us hooked on ever more ingenious junk foods; an industry that thinks of us not as customers, or even consumers, but as potential "heavy users"...(continued)


"RIVETING." - VegNews

“SPECTACULARLY IMPORTANT.” - John Robbins

“Impressive research, incisive prose, and the passion of a muckraker.”
– James McWilliams, Ph.D., author of Just Food

Few consumers are aware of the economic forces behind the production of meat, fish, eggs, and dairy. Yet omnivore and herbivore alike, the forces of meatonomics affect us in many ways.

This is the first book to add up the huge "externalized" costs that the animal food system imposes on taxpayers, animals and the environment, and it finds these costs total about $414 billion yearly. With yearly retail sales of around $250 billion, that means that for every $1 of product they sell, meat and dairy producers impose almost $2 in hidden costs on the rest of us. A $4 Big Mac really costs society about $11, and regardless whether you even eat meat, you incur a share of $7 in external costs each time someone buys a burger.

Perhaps more troubling, consumers have lost the ability to decide for ourselves what – and how much – to eat. Those decisions are made instead by animal food producers who control our buying choices with artificially-low prices, misleading messaging, and heavy control over legislation and regulation. Learn how and why they do it and how you can respond.

Articles in Good Medicine (Autumn 2019)
“Doctors Tell Dietary Guidelines Advisory Committee to Ditch Meat and Dairy.”
“First, dairy products are not well digested, if digested at all, by most people who are not white, and further, as the leading source of saturated fat in the diet, dairy products contribute to chronic diseases, including heart disease and prostate cancer, that disproportionately harm or kill people of color.”

“Dr. Barnard: Doctors Need Nutrition Education.”

“Case Study: Plant-Based Diet Leads to Crohn’s Disease Remission.”

Next time you’re in Texarkana don’t miss Three Chicks Feed, See, and Café, to enjoy their popular Veggie Burger--from *Arkansas Living* (Nov. 2019), pp. 40-41.

**PROTECTION OF ANIMALS**


[https://progressive.org/magazine/real-meat-without-killing-animals-dawn/](https://progressive.org/magazine/real-meat-without-killing-animals-dawn/)

[https://progressive.org/topics/karen-dawn/](https://progressive.org/topics/karen-dawn/)


**Beyond the Slaughterhouse**

A look at a new industry working to produce real meat without killing animals. by Karen Dawn

1.4K

“If the new meat being grown is called ‘cell-based’ or ‘cultured,’ shouldn’t traditional meat be labeled ‘slaughtered?’”

The question from the audience got a good laugh and prompted a fun jab back from panel moderator Ezra Klein, who called us a “roomful of hippies.”

That was last year, in Berkeley. This year’s *Good Food Conference*, held in early September, was across the bay at San Francisco’s five-star Palace hotel. When I tried to book a room, prices were more than $600 per night. Winky Smalls and I opted for the nearby Kimpton, known to give five-star service to fur-kids.
The Good Food Conference is put on by the Good Food Institute, a nonprofit group that supports companies trying to replace animal agriculture with truly sustainable meat, dairy, eggs, and seafood production that doesn’t involve killing billions of animals per year.

Though the meat industry’s dire effect on our planet finally got some attention after the release of the 2014 documentary film *Cowspiracy: The Sustainability Secret*, the mainstream media have largely failed to catch on. Only as the Amazon burns have more outlets picked up on the issue, noting that the fires were started by cattle ranchers clearing land, and by soybean farmers growing crops to feed cattle.

Following from *PETA Global* (Fall 2019).

(Back cover.) “Sisters Under the Skin: End Speciesism.” Photo of a dog, a chicken, a pig, and a human showing muscular system.

CLIMATE

**Nil Zacharias: Founder, Eat For The Planet**  
*Website: [https://www.onegreenplanet.org/author/nil_zacharias/](https://www.onegreenplanet.org/author/nil_zacharias/)*

*Nil Zacharias is the host of the popular weekly podcast, "#EatForThePlanet with Nil Zacharias” and co-author of the book, *Eat For The Planet.* Nil started his career as a media and technology lawyer and worked for over a decade in the digital media and online advertising space in various business and operational roles prior to founding One Green Planet. He can be found on Twitter @nilzach.*

**ON CONTACT with Chris Hedges: The state of the planet and the looming food crisis**  
*https://www.youtube.com/watch?v=13c9wjzADh8*

Nil Zacharias, co-author with Gene Stone, *Eat for the Planet,* explains to journalist Chris Hedges how industrialized animal farming is at the heart of the environmental crisis, using
excessive clean water and contributing more to pollution of air and water than the transportation sector combined. The solution he argues is for the individual to embrace veganism.

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Kathleen Paulson, M.D., and George Paulson will present resources for a plant diet.
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More Good Medicine articles: MS, Diabetes
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Undercover Reporting Legal
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