

Be Veg! Go Green!
Save The Planet

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Why Be A Vegetarian/Vegan?

For Compassion!
For better Health!
To Save our Precious Planet!

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Who are we?

The Supreme Master Ching Hai
International Association

We are:

- A humanitarian organization - specialists in disaster relief.
- A meditation association with practitioners in all corners of the world.

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Supreme Master
Ching Hai

- Fully enlightened Master from the Himalayas
- World Renowned Humanitarian
- Recipient of the World Peace Award and Guzi Peace Prize + many more awards
- Three-time Invited Speaker at the U.N.
- Constructive Media Pioneer and Founder of Supreme Master TV

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What do these people have in common?



Voltaire	Richard Gere
Confucius	Daryl Hannah
Lao Tzu	Demi Moore
St. Francis of Assisi	Gwyneth Paltrow
Mark Twain	Steven Seagal
Henry Ford	Brooke Shields
Pamela Anderson	Jerry Seinfeld
Ashley Judd	Naomi Watts
John Cleese	Cameron Diaz
Brigitte Bardot	George Harrison
David Duchovny	Charles Darwin
Jesus Christ and Disciples	Christian Bale

What do these people have in common?



They are all
Vegetarian/Vegan!

**These Veggie Elite
Tread Lightly on the Planet.**

Why be a Veggie?/Agenda



- Animals have feelings too.
- Compassionate reasons. Animals deserve to live too. They are in the “best friend” category.
- To curb the Food Crisis.
- For our Health!
- To end the Climate Crisis.

Animals have feelings too



- Animals cry when they get hurt and when they are about to be killed.
- Animals try to run away when they are about to be killed.
- Animals are mothers too. They have families.
- Animals are here to help us – they help us heal. They bring us comfort when we are sad.
- Our society teaches us to disconnect from animal feelings.

Animals have feelings too



See the movie: "Saving Luna".

A true story of Luna the killer orca whale in Nootka Sound near Gold River, British Columbia, Canada. Luna was everyone's friend.



Compassion

- Animal treatment before and during slaughter. Visit www.peta.org
- If each of us had to kill an animal ourselves, hear them cry and get their blood on our hands, chances are we would not eat the meat.
- Up to 270 species are disappearing every day. We are losing these precious beings.

Compassion

"We need to start saying 'Yes' to kindness, compassion, sustainability, freedom, peace, and justice to all living beings."

- Dr. Will Tuttle, author of "The World Peace Diet"



Compassion

**“Violence anywhere hurts everyone everywhere.
We are all connected.”**

- Martin Luther King



Let's Curb the Food Crisis

- The grain and cereals used to produce one serving of meat on your table could have fed 45 to 50 people.
- It takes 16 lbs of grain \Rightarrow 1 lb of meat.
- 16 lbs of grain \Rightarrow can feed 32 hungry people.
- 862 million people go hungry every year.
- World Health Organization reports 29,500 children die daily of starvation.



Let's Curb the Food Crisis

Hoarding grain to feed animals which in turn feed few **while millions of people die from hunger** just doesn't make sense. This is the #1 reason for the global food crisis. As a Veggie Elite **you will save the lives of Humans and Animals.**

Thank you for your compassion.



Let's Get Healthy!

Meat eating is dangerous and can even kill

- Witness the listeria outbreak in Canada in 2008.
- Mad cow disease.
- Pathogenic micro-organisms (agents that cause disease) in the average North American meal:
Vegetarian: 500
Animal products: 750,000 to 1 million

Let's Get Healthy - Diseases Related to Meat Eating



- Salmonella
- Bird Flu
- Listeriosis
- Shellfish Poisoning
- Pre-eclampsia
- Blue Tongue Disease
- E. Coli
- Pig's Disease (PMS)
- Campylobacter
- Heart Disease
- Cancer
- Diabetes
- Obesity

Let's Get Healthy



- The meat industry is heavily subsidized.
- Without subsidies, a 4-oz burger would cost \$12.
- Giving those tax subsidies to vegetable farmers to produce safe, healthy organic food would be far better for our health and the planet.

Let's Get Healthy - Heart Disease



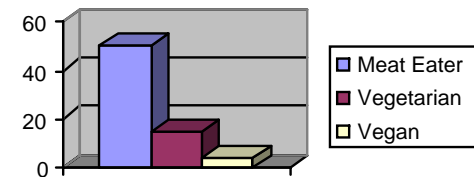
Animal protein is the #1 cause of heart disease

- Cost: Over 17 million lives lost globally each year
At least \$1 trillion US annually.
- Death risk for an American from heart attack is around 50%.
- Reduces to 15% if he eats no meat.
- Drops to 4% if he eats no meat, no dairy, no eggs.

Let's Get Healthy



% Risk of Death from Heart Attack



Let's Get Healthy - Cancer



- Over 1 million new colon cancer patients diagnosed each year.
- Cost: More than 600,000 colon cancer-related mortalities annually.
- In the US alone, colon cancer treatment costs about \$6.5 billion US.
- Risk of cancer increases 3 to 4 times for meat eaters.

Let's Get Healthy - Diabetes



- 246 million people affected worldwide.
- Cost: \$174 billion US.
- Risk rate of Type II diabetes is 4 times higher for meat eaters.

Let's Get Healthy - Obesity



- 1.6 billion adults overweight worldwide.
- 400 million adults obese.
- Cost: 2.6 million people die annually.
- In the US alone the cost of medical expenses for obesity is \$93 billion US.

Let's Get Healthy - The Cost of Milk Consumption



- Breast, prostate, testicular cancer from hormones.
- Listeria.
- Crohn's disease.
- Hormones and saturated fat in milk lead to osteoporosis, obesity, diabetes, heart disease.
- Linked to higher incidences of multiple sclerosis.
- Lactose intolerance.
- Classification as a major allergen.

Let's Get Healthy

- Fish



- Absorb and store toxic contaminants: PCBs, arsenic, radioactive substances.
- *New England Journal of Medicine* (2003) - **consumption of fish and other sea animals is the sole source of human exposure to methyl mercury.**
- Low concentrations of lead ⇒ mental retardation and physical disability in children; higher levels ⇒ coma, convulsions, and death.

Let's save our Planet

- Cost of meat consumption



Livestock sector directly or indirectly

- Uses 1/3 of the world's land area.
- Uses up to 70% of our clean water.
- Pollutes most of the water bodies.
- Deforests the lungs of the Earth.

Let's save our Planet

- Cost of meat consumption



- Uses up to 43% of the world's cereal.
- Uses up to 85% of the world's soy.
- Causes world hunger and wars.
- 80% cause of global warming.
- 80% of all grain produced in America is used to feed animals **but could feed 2 billion people.**

Let's save our Planet

- Gases



- **Methane** is 23 times more toxic than carbon dioxide – cows burp the methane.
- Livestock produce almost 40% of the world's methane.
- **Nitrous oxide** is 296 times more toxic than carbon dioxide – comes from their waste.
- **Hydrogen sulphide** from decomposing manure has killed 90% of the earth's creatures in our history.

Let's save our Planet - Methane Cycle



Causes global warming ⇒ warms oceans
⇒ melts permafrost ⇒ releases more
methane and hydrogen sulphide ⇒ causes
global warming . . .

**Both the Arctic and Antarctic ice caps
are melting faster than predicted.**

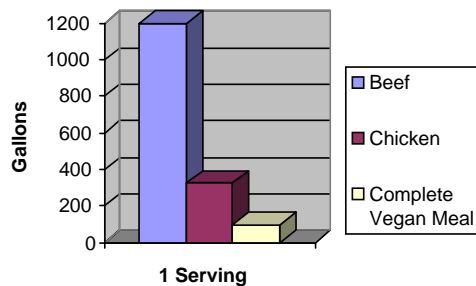
Let's save our Planet - Water Usage



- 1 serving of beef 1,200 US gal/4,500 L
- 1 serving of chicken 330 US gal/1,250 L
- 1 complete vegan meal 98 US gal/370 L
- **4 quarter-pound burgers consume more water than a year's worth of showers!**

We also have a water crisis on the planet.

Let's save our Planet - Water Usage



Let's save our Planet - Land



- **Deforestation** - Animal agriculture is connected to 80% of annual world removal of trees, the "**hamburgerization**" of our forests.
- **Rainforests** - 50% of the world's original rainforests have been felled.

Let's save our Planet

- The damage we have done

- Disease is running rampant
- People are going hungry while others are wasteful
- Children are dying of hunger every day
- 270 species/day of animals, birds, plants disappearing
- 20 islands have submerged beneath the sea and 2,000 more are at risk ... sea levels rising at alarming rates
- We have ravaged the lungs of our earth – the forests
- We are eating food with very few nutrients
- We kill animals and humans on a daily basis
- We put our children on drugs ...



Let's save our Planet

Where oh where
did we go wrong?



Let's save our Planet

- The Urgency

"We cannot now afford to put off change any longer. We have to get on a new path within this new administration.

We have only four years left ... to set an example to the rest of the world."

Dr. James Hansen, NASA
22 January 2009



Let's save our Planet

- Solutions

"If we eat further down on the food chain rather than animals, which have produced many greenhouse gases and used much energy in the process of growing that meat, you can actually make a bigger contribution in that way than just about anything. So that, in terms of individual action, is perhaps the best thing you can do. But you also have to do things that influence the decisions of policy makers."

- Dr. James Hansen, NASA



Let's save our Planet - Solutions



“Don't eat meat, ride a bike and be a frugal shopper – that how you can help brake ... global warming.”

- Rajendra Pachauri, Chief of the Nobel Prizing winning UN's Intergovernmental Panel on Climate Change (Jan 2008)

Let's save our Planet - More Solutions



- Become a member of The Veggie Elite.
- Use renewable energy: solar, wind, waves.
- Plant more trees.
- Drive green vehicles.
- Pray, meditate.

Let's save our Planet - More Solutions



“A vegan driving a Hummer does less planetary greenhouse damage than a meat eater riding a bicycle.”

- Paul Watson, Greenpeace Founder

Summary Benefits of a Veggie Diet



- ❖ **Lowers blood pressure and cholesterol levels**
- ❖ **Stronger immune system**
- ❖ **Reduces Type 2 diabetes**
- ❖ **Prevents stroke conditions**
- ❖ **Reverses atherosclerosis**
- ❖ **Reduces heart disease risk by 50%**
- ❖ **Reduces heart surgery risk by 80%**
- ❖ **Prevents many forms of cancer**
- ❖ **Increases life expectancy by up to 15 years**

Summary Benefits of a Veggie Diet



- ❖ Conserves up to 70% clean water
- ❖ Saves over 70% of the Amazonian rainforest
- ❖ A solution for world hunger:
 - frees up 3,433 million hectares of land annually
 - frees up 760 million tons of grain/yr (half the world's grain supply)
- ❖ Consumes 2/3 less fossil fuels than those used for meat consumption
- ❖ Reduces violence, increases our focus.

Benefits of a Veggie Diet



- ❖ Reduces pollution from untreated animal waste
- ❖ Maintains cleaner air
- ❖ Saves 4.5 tons of emissions per US household per year
- ❖ Stops 80% of global warming
- ❖ You will feel happy inside that no animal had to suffer for you. Your heart will be at peace.

Conclusion



***A Veggie diet
can solve most of the
world's urgent problems.***

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

- Albert Einstein



Be Veg!
Go Green!
Save The Planet!



The Time To Act Is
NOW!



***Would you be kind enough to email
this slide presentation to 5+ friends
and family members? They will also
want to help save the planet.***

<http://sites.google.com/site/compassionateearth/downloads>



