

A Continuation of Ahimsa From [The Writings of Vasu Murti](#)

In *A Vegetarian Sourcebook* (1983), author Keith Akers observes:

"Much has been made over the virtues of chicken and fish in comparison to red meats such as beef and pork. It has been said that eating chicken and fish will aid in the prevention of heart disease, because these meats are relatively lower in fat and contain more unsaturated than saturated fat, thus helping to lower cholesterol levels. Unfortunately, these claims are not supported by the evidence. Studies in which human volunteers switched from diets including beef and eggs, to one including fish and chicken showed that serum cholesterol levels were not appreciably lowered by switching to chicken and fish.

"And an examination of the nutritional data suggests an explanation: while it is true that chicken and fish contain less fat than beef, it is also true that chicken and fish contain about twice as much cholesterol per calorie as does beef. Indeed, some seafoods (such as crab, shrimp, and lobster) are exceptionally high in cholesterol content.

"All of these diverse theories have roughly the same dietary implications. Meat is high in cholesterol, saturated fat, and total fat. Plant foods, by contrast, are usually low in saturated fat and total fat, and contain zero cholesterol. Vegetarians have lower levels of serum cholesterol than do meat-eaters, with total vegetarians (vegans) having the lowest levels of all."

Keith Akers in *A Vegetarian Sourcebook* (1983), writes:

"It becomes a question of your money or your life. We may eventually acquire, through sheer technological prowess, the ability to cure or at least cope with these (degenerative) diseases, but we'll have to pay for it, and pay dearly (health care costs).

"And it is all so unnecessary. For the most part, we know what causes heart disease; we know what causes cancer. Through dietary reform we could probably cut the incidents of heart disease and cancer by 60% to 80%...

"Meat in particular, *and animal products in general*, have three nutritional disadvantages: they contain too much fat, they contain too much protein, and they contain no fiber at all... Carbohydrates, which are the primary constituent of most whole plant foods, are almost entirely absent in most animal products... only milk has significant amounts of carbohydrate.

"And the carbohydrate of milk is in a form -- lactose -- which is unusable by much of the world's population, which cannot digest it after infancy. Lactose provides no fiber and is nutritionally equivalent to table sugar...

"Some vegetarians may be somewhat offended to find that dairy products and eggs are... part of the nutritional problem. Eggs, milk, cheese, meat, fish, and fowl, all have about the same high quantities of fat and protein and about the same dearth of fiber.

"Almost any vegetarian diet is an improvement over the typical Western diet, but the best diet of all would also eliminate refined and processed foods, as well as most (if not all) animal products — in short, a total vegetarian (vegan), whole foods diet. This is a fairly radical claim, and one which should not be accepted uncritically..."

"Actually, none of these is a 'minor' disease. All are widespread and cause a lot of physical suffering. Broken bones, arthritis, kidney stones, gallstones -- many accept these things as inevitable parts of getting old. They need not do so. These afflictions are all largely brought about by a diet too high in fat and protein, and too low in fiber.

"A vegetarian diet -- especially a total vegetarian (vegan) whole foods diet -- is low in fat and protein, and high in fiber, and would greatly reduce the incidence of all these diseases."

In the 1980s, when semi-vegetarians were giving up red meat but still eating chicken and fish, thinking themselves "healthier" and wanting to call themselves "vegetarians" because it was fashionable and trendy, there was outrage in *Vegetarian Times*, with hardcore long-time vegetarians asking, "Since when did chicken and fish become vegetables?!" Animal advocates differ on strategies on reducing the number of animals being killed for food. As early as 1988, Rudolph Ballentine authored *Transition to Vegetarianism*, which advocated first phasing out red meat and pork, followed by eliminating chicken and fish from one's diet, and in a chapter entitled "Now that you're a vegetarian," the health hazards with eggs and dairy are discussed. More recently, we've seen vegetarians advocating campaigns like "Meatless Mondays" and *Vegan Before Six* to reduce the number of animals being killed. If meat-eating were healthy would you eat it? Pro-lifers believing the unborn child has a right to life won't be swayed by studies showing abortion is safer than childbirth. Neither are animal advocates affected by debates whether animal products are healthier.

In the 1980s, my family and I were dining with an Indian family, Dr. & Mrs. Garg in Del Mar, California. We had ordered take out food (Indian or Chinese) consisting of both vegetarian and nonvegetarian dishes. Mrs. Garg accidentally put some meat on her father's plate. Her father, whom she affectionately referred to as "Papaji," recoiled in horror! She immediately got him a fresh plate and put only vegetarian food on it. Here in Northern California, there are soup and salad bar restaurant chains like Fresh Choice and Sweet Tomatoes, similar to the Soup Exchange and the Souplantation in Southern California. In 1991, *bhakta* Rankin Fisher was excited that a new Mexican fast food chain, La Salsa, had appeared in the San Diego area: they were not using lard, but rather vegetable oil in their preparations. In 1999, my mom and I were dining with my cousin Shobha and her parents (my aunt and uncle) visiting from India at Sweet Tomatoes. Shobha helped herself to some Jello for dessert. I told Shobha that gelatin contains some of the worst animal byproducts (e.g., animal hooves) and thus isn't even vegetarian. Shobha immediately put down the Jello and opted for another dessert. *Similarly, once we learn chickens are killed in the production of eggs and cows are killed in the production of dairy, how do we respond?* Meat is Murder says Morrissey.

The same arguments that convince meat-eaters to go vegetarian (ecological, economic, energy, environmental, ethical, health and nutrition) can be taken a step farther and convince meat-eaters and vegetarians to go vegan.

In the Central Valley of California cows generate the same amount of fecal waste as a city of 21 million people, much of which goes untreated and pollutes waterways.

Dairy products, like other animal products, are obtained through modern agribusiness and factory farming, and the issues of animal cruelty, the health hazards caused by eating higher rather than lower on the food chain, as well as the energy and environmental concerns are not avoided by switching from one commercially produced animal product to another.

Dr. John McDougall writes in his 1983 book, *The McDougall Plan*.

"In today's affluent societies, most people consume rich foods that historically were available only to aristocrats and royalty... What once was reserved for a few is now the only food available in our hospitals, school cafeterias, restaurants, and homes. Rich foods are so common that people forget that not long ago they were served as delicacies, and then only to the wealthy classes...

"Rich' foods include red meat, poultry, eggs, fish, shellfish, cheeses, milk, oils, nuts, seeds, white rice, refined flour, processed foods, salt, and sugar. They were traditionally found in abundance on the tables set for festive occasions. The unfortunate reality is that, in one form or another, most westerners feast at each and every meal, twenty-one times or more a week...

"The diet that best supports health and healing for humans is a pure vegetable diet centered around starch foods with the addition of fresh fruits and vegetables. We will refer to this diet as a starch-centered diet and as a health-supporting diet...

"First the history of human diets tells of most people living successfully on a variety of starch-centered diets: rice for Asians, corn for Indians of North and Central America, bread and potatoes for Western Europeans, sweet potatoes in New Guinea, and various grains and beans in South America and Africa. Even in prehistoric, preagricultural eras, the diets of humans consisted largely of plant foods. Except for the wealthy few in these societies, people did not suffer from the diseases commonly found in affluent societies today.

"Prior to the Industrial Revolution, about one hundred years ago, and the subsequent large scale economic advancement of masses of people in western societies, diets were largely based on a variety of starches... This is still the case in developing countries today. The people living in these underdeveloped societies suffer mostly from illnesses caused by starvation and poor sanitation...

"Our evolutionary history clearly shows that humans developed primarily as herbivores (plant eaters), not as carnivores (meat eaters). Most of our teeth are flat for grinding grains and vegetables. They are not designed to tear apart raw meat. The residual canine teeth cited by some people to justify eating meat are in no way comparable to the teeth of true carnivores. Our hands are designed for gathering, not for ripping flesh. Our saliva contains alpha-amylase, and the sole purpose of this enzyme is to digest complex carbohydrates found in plant foods. It is not found in the saliva of carnivorous animals. Our intestine is long like that of other herbivores, in order to allow for the time needed to digest the nutrients found in plants."

Whether we "evolved" from lower animals is, of course, subject to serious debate.

Dr. McDougall writes:

"Carnivores have short intestinal tracts that rapidly digest flesh and excrete its remnants. Carnivores also have a great capacity to eliminate the large amounts of cholesterol consumed in their diet. Our liver can only process and excrete a limited amount of cholesterol, which leaves the excess to be deposited in our tissues. Also of interest is the observation that carnivores lap up water and cool their bodies by panting. Like other herbivores, we sip our water and perspire to cool our bodies.

"Like meats, dairy products are rich foods. The heavy consumption of these foods will result in the diseases common to affluent societies... After the age of four years, most people naturally lose the ability to digest the carbohydrate known as lactose found in milk, because they no longer synthesize the digestive enzyme, lactase, which lines the small intestine. This condition, known

as lactose intolerance... is especially common among adult blacks and Asians, occurring in as many as 90 percent of these people...

"Dairy products are high on the food chain and therefore may contain unsafe levels of environmental contaminants. Even human mother's breast milk can contain dangerous amounts of these substances. An infant, being at the top of the food chain, gets the highest level of these environmental chemicals. The Environmental Defense Fund studied the breast milk of 1,400 women from 46 states. This study found widespread contamination of breast milk with pesticides. The levels of contamination were twice as high in meat and dairy-consuming women as in vegetarians. Because pesticides are concentrated in animal foods, the study advised 'women who expect to breast feed their babies to avoid meat, some kinds of fish, and high-fat dairy products.'..."

"The dairy industry, in conjunction with the many nutritionists who believe in the healthful benefits of dairy foods, dwell on three issues to promote these products: calcium, Vitamin D, and fat content.

"The dairy industry attempts to sell us products based on our need for calcium, yet most people in the world have diets that contain no dairy products at all. In preindustrial Asian and African societies where milk is rarely consumed, the people have strong bones and sturdy teeth and escape diseases common to people in rich societies.

"The African Bantu woman provides an excellent example of good health. Her diet is free of milk and still provides 250 to 400 mg of calcium per day from vegetable sources, which is one-half the amount consumed by western women. Bantu women commonly have ten babies during their lifetimes and breast feed each of them for about ten months. But, even with this tremendous calcium drain and relatively low calcium intake, osteoporosis (thin, fragile bones) is essentially unknown among these women. It is interesting to note, when relatives of these same people migrate to the affluent societies and adopt rich diets, osteoporosis and diseases of the teeth become common...

"Unprocessed vegetable foods contain sufficient calcium to meet the needs of adults and growing children. In fact, calcium deficiency caused by an insufficient amount of calcium in the diet is not known to occur in humans, even though most people in the world don't drink milk after weaning because of custom, lactose intolerance, or unavailability... In addition to the scientific and medical evidence against dairy products, we can observe the way milk is used by other animals. No other animal in its natural environment drinks milk after it is weaned. Furthermore, in nature no young animal drinks the milk of another species."

Frank A. Oski, MD writes in his 1983 book, *Don't Drink Your Milk*:

"Most lay persons are not aware that the milk of mammalian species varies considerably in its composition. For example, the milk of goats, elephants, cows, camels, yaks, wolves, and walrus show marked differences, one from the other, in their content of fats, protein, sugar, and minerals. Each was designed to provide optimum nutrition to the young of their respective species. Each is different from human milk.

"In general, most animals are exclusively breast-fed until they have tripled their birth weight, which in human infants occurs around the age of one year. In no mammalian species, except for the human (and the domestic cat), is milk consumption continued after the weaning period. Calves thrive on cow's milk. Cow's milk is for calves.

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"The fact is: *the drinking of cow's milk has been linked to iron-deficiency in infants and children... and the possibility has been raised that it may play a central role in the origins of atherosclerosis and heart attacks.* Among physicians, concern has been voiced about the potential hazards of cow's milk, that the Committee on Nutrition of the prestigious American Academy of Pediatrics, the institutional voice of practicing pediatricians, released a report entitled, *'Should Milk Drinking by Children Be Discouraged?'* Although the Academy's answer to this question has (as of this writing) been a qualified 'maybe,' the fact that the growing concern about this product, which for so long was viewed as sacred as the proverbial goodness of mother and apple pie."

Dr. John McDougall writes in his 1983 book, *The McDougall Plan*:

"To date, research points clearly, consistently, and overwhelmingly to rich foods in the form of meats, dairy products, eggs, sugars, processed foods, and refined grains, and to lifestyle practices involving smoking, alcohol, caffeine, as the major causes of death and disability. The money interests behind these industries aren't looking for more damaging research to expose the dangers of their products. Not surprisingly, a great deal of money is actually pumped into research projects that attempt to disclaim health hazards and, in fact, insist that their product (be it cigarettes, coffee, cream, or sugar) is good and good for you.

"Research completed over the past eighty years not only supports the role of diet and lifestyle in the cause and prevention of disease, but clearly shows that most of these same diseases can be treated more effectively by removing the causes than by using any of the drugs and surgical practices available today...

"The prevailing misconceptions about health and nutrition do not only cause illness; they promote it. They continue to exist because of one-sided, profit-oriented messages that attest to the advantages of a particular product and ignore the hazards...

"The dairy industry has one of the most successful advertising messages around. With their well-orchestrated campaign they have convinced dietitians, doctors, and parents that milk is nature's most perfect food and that poor health will be the inevitable result of a diet that fails to provide generous amounts of dairy products. The possibility of developing some vague illness imagined as 'dietary calcium deficiency' haunts those not consuming milk and milk products. However, calcium deficiency of dietary origin is a myth and is virtually unknown in humans, even though most people in the world do not consume any milk after weaning. The whole truth is that dairy foods are the most harmful of the traditional four food groups. They are high in fat, protein, and environmental contaminants and deficient in fiber and carbohydrate.

"Large industries have great influence in high places. They are government subsidized when their profits go below a certain point, even if the reason for failure is that people won't buy their products because of health hazards. Witness the tobacco agriculture industries that receive

financial backing from the government even though they are highly profitable and even though the Surgeon General of the United States formally warns the cigarette buyer against smoking in a statement printed on each package.

"The dairy and neat industries are presently suffering from a depressed market as a direct result of increased public awareness. Officials of the U.S. government, which was founded on the principles of freedom of information, actually have suppressed printed material intended to improve health because of the material's potential harmfulness to business. Food lobbyists had little trouble convincing the Department of Agriculture to abandon publication of a relatively noncontroversial pamphlet -- *Food/2* -- which recommended ways to reduce fat and cholesterol in the American diet by discouraging meat, poultry, dairy, egg, fat, and oil consumption."

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Vegan author John Robbins writes in his 1987 Pulitzer Prize nominated *Diet for a New America*:

"To supply one person with a meat habit food for a year requires three-and-a-quarter acres. To supply one lacto-ovo-vegetarian requires only one-half of an acre. To supply one pure vegetarian (vegan) requires only one-sixth of an acre. In other words, a given acreage can feed twenty times as many people eating a pure vegetarian (vegan) diet-style as it could people eating the standard American diet-style..."

(Lappe, Frances Moore, *Diet for a Small Planet*, Tenth Anniversary Edition, Ballentine Books, New York, 1982, p. 69)

(Altschul, Aaron, *Proteins: Their Chemistry and Politics*, Basic Books, 1965, p. 264)

(Doyring, Folke, "Soybeans," *Scientific American*, February 1974)

Raising animals for food, even raising animals for animal by-products like milk and eggs, means wasting valuable acreage, because the animals have to be fed plant food! If we eat lower on the food chain, fewer resources are required to feed everyone, which means less agricultural acreage, etc., which means fewer rodents and insects are killed when fields are ploughed for farming, etc.

If you carry this argument to its logical conclusion, a **vegan** diet is the least violent, because it requires one-third less acreage than a lacto-ovo-vegetarian diet, and twenty times less acreage than a meat-centered diet.

Similarly, on the issue of livestock and water consumption, John Robbins writes:

"To produce a day's food for one meat-eater takes over 4,000 gallons; for a lacto-ovo-vegetarian, only 1,200 gallons; for a pure vegetarian (vegan), only 300 gallons. It takes less water to produce a year's food for a pure vegetarian (vegan) than to produce a month's food for a meat-eater."

(Altschul, Aaron, *Proteins: Their Chemistry and Politics*, Basic Books, 1965, p. 264)

On average 990 liters of water are required to produce one liter of milk. (United Nations)

Pesticide residues accumulate higher on the food chain as well. Pesticide authority Lewis Regenstein writes:

"Meat contains approximately fourteen times more pesticides than do plant foods; dairy products 5 1/2 times more. Thus, by eating foods of animal origin, one ingests greatly concentrated amounts of hazardous chemicals. Analysis of various foods by the FDA shows that meat, poultry, fish, cheese and other dairy products contain levels of these pesticides more often and in greater amount than other foods."

(Regenstein, Lewis, *How to Survive in America the Poisoned*, Acropolis Books, 1982, p. 273)

In an article in *Back to Godhead* in the '80s, a devotee writer commented that while we think we're conquering nature, we're really kicking ourselves. Sometimes it comes back to us in the form of acid rain, etc. Satsvarupa dasa Goswami similarly editorialized about the environmental disaster at Love Canal, "America's *karmic* debts are coming due."

John Robbins writes: "Recent studies indicate that of all the toxic chemical residues in the American diet, almost all, 95% to 99%, comes from meat, fish, dairy products and eggs. If you want to include pesticides in your diet, these are the foods to eat. Fortunately, you can overwhelmingly reduce your intake of these poisons by eating lower on the food chain, and not choosing foods of animal origin..."

Hormones from Meat and Milk:

In his Pulitzer Prize nominated *Diet for a New America* (1987), vegan author John Robbins writes about the advantages of eating lower on the food chain (avoiding growth hormones in meat; pesticide residues accumulate in greater concentration higher on the food chain, etc.) in a chapter entitled *America the Poisoned*. He quotes Dr. Carmen Saenz in Puerto Rico:

"...a four-and-a-half-year-old girl with delicate coffee-colored skin, doelike brown eyes and almost fully developed breasts... She had an ovarian cyst..."

"A one-year-old-girl... lies on the examining table with a ruler stretched across her chest to measure the diameter of her enlarged breasts..."

"A five-year-old-girl... her breasts are as large and well-developed as a fourteen-year-old's... her *mons veneris* is covered with a scraggly tangle of pubic hair.

"This one had a well-developed uterus and... some vaginal bleeding..."

Dr. Saenz wrote in the *Journal of the Puerto Rican Medical Association* (February 1982):

"It was clearly observed in 97 percent of the cases that the appearance of abnormal breast tissue was... related to local whole milk in the infant group. At a later age (the culprit was)... consumption of local whole milk, poultry and beef."

When Dr. Saenz was asked how she could be sure the children were contaminated with hormones from meat and milk rather than from other source, she replied:

"When we take our patients off meat and fresh milk, their symptoms usually regress."

John Robbins writes: "Regulations regarding hormone use in livestock are not enforced as well in Puerto Rico as they are in the rest of the United States, and this partially explains the epidemic of prenatal sexual development... doctors in the U.S. are seeing earlier and earlier puberties in both boys and girls..."

"Other countries are also experiencing the same trend. An English medical journal reported that hormone traces in the meat of chemically fattened livestock are causing British schoolgirls to mature sexually at least three years earlier than in the past."

John Robbins' Pulitzer Prize nominated *Diet for a New America* (1987) makes veganism seem as reasonable and mainstream as recycling.

John Robbins writes in his 1987 Pulitzer Prize nominated *Diet for a New America* that historically, "mankind has eaten whatever it could find, or grow, or kill, or raise. Issues of what might be the optimum diet, and what the health consequences might be of various diets, were never studied in any depth. Such thoughts were a luxury to which we had not yet attained."

John Robbins writes:

"In 1964, the heart specialist Dr. Paul Dudley White, renowned for his treatment of President Eisenhower's heart attack, went to visit the Hunzas of Kashmir, to see for himself whether the claims were true that these people lived to exceedingly old ages without any heart disease... Dr. White suggested a causative correlation between the Hunza's diet-style, which was almost pure vegetarian (vegan), and their astounding lack of heart disease.

"Scientists began to reason that if meat, eggs and dairy products were in fact the culprits they were beginning to appear, then it would be expected that lacto-ovo vegetarians, who do not eat meat, would have lower heart attack rates and lower heart disease mortality than meat-eaters. If this theory were correct, pure vegetarians (vegans), who consume no eggs, dairy products, or meat, would have even lower rates.

"Numerous studies were undertaken to find out if this might be the case. One of the largest studies of this kind was conducted at Loma Linda University in California, and involved 24,000 people. Reported in the *American Journal of Clinical Nutrition*, this study found the heart disease mortality rates for lacto-ovo vegetarians to be only one-third that of meat-eaters. Pure vegetarians (vegans) truly impressive figures -- only one-tenth the heart disease death rate of meat-eaters.

(Phillips, R., "Coronary Heart Disease Mortality Among Seventh Day Adventists with Differing Dietary Habits," Abstract American Public Health Association Meeting, Chicago, Nov 16-20, 1975)

"Other studies verified these findings. Lacto-ovo vegetarians suffer much less heart disease than do meat-eaters. And pure vegetarians (vegans) suffer much less than do lacto-ovo vegetarians...

(Ruys, J., "Serum Cholesterol... in Australian Adolescent Vegetarians," *British Medical Journal*, 6027:87, 1976)

"We have been made to feel that to do without these foods would be a severe deprivation and in the back of most of our minds there lives the belief, planted there unbeknownst to us by the Dairy Council, that milk is 'nature's most perfect food.' In fact, milk is nature's most perfect food for a baby calf, an animal who, with its four stomachs, will double its weight in 47 days."

John Robbins writes:

"The Food and Nutrition Board of the National Academy of Sciences, hardly a bastion of nutritional radicalism, spoke of people who consume no dairy products, meats, or eggs:

"Pure vegetarians from many populations of the world have maintained... excellent health."

(Food and Nutrition Board, "Vegetarian Diets," Washington, DC: National Academy of Sciences, 1974, p. 2)

Animal products all contain saturated fat. John Robbins writes that persons with Multiple Sclerosis have a higher saturated fat content than people without the disease.

(Baker, R., *Lancet*, 1:26, 1963)

"During World War II, when the diets of people in occupied western European countries were dramatically reduced in animal fat consumption, researchers noticed that M.S. victims in these areas suddenly had fewer attacks, less frequent hospitalizations, and fewer deaths. It is most common where consumption of animal fats is high, and least common where such consumption is low or nonexistent...

"The next piece of the puzzle came into place when it was discovered that children who are fed cow's milk formulas grow into adults with a higher susceptibility to M.S. than children who are breast fed.

(Agranoff, B. "Diet and the Geographical Distribution of Multiple Sclerosis," *Lancet*, 2:1061, 1974)

"Cow's milk contains only one-fifth the linoleic acid of human milk, and skim cow's milk is utterly void of this important nutrient. Linoleic acid is an essential nutrient for human nervous systems, which is just where M.S. strikes. Researchers suspect that the nervous system of children raised on a diet that derived its fat from animal sources such as cow's milk might be deprived of sufficient linoleic acid at a critical juncture in the development of their nervous systems, and so become more susceptible to M.S. later in life... The standard American diet -- beginning with the substitution of cow's milk for breast milk, and continuing on with high levels of animal fat -- is thus a breeding ground for Multiple Sclerosis."

On the subject of ulcers, John Robbins writes: "...ulcers occur most frequently, and most seriously, in people whose diets are acid-forming, low in fiber, and high in fat. Meats, fish and

eggs are the most acid-forming of all foods. Meats, fish, dairy products and eggs contain no fiber. With few exceptions, these foods are all high in fat...

"...dairy products produce no improvement in ulcer disease, and in fact often make things worse. Milk does contain calcium, which tends to neutralize stomach acids, providing temporary relief. But milk actually increases natural acid production, which further erodes the linings of the duodenum and stomach.

(Ippoliti, A. "The Effect of Various Forms of Milk on Gastric-Acid Secretions, Studies in Patients with Duodenal Ulcers...", *Annals of Internal Medicine*, 84:286, 1976)

"Researchers also found another excellent reason for staying away from milk. Ulcer disease patients treated with dairy products were found to have two to six times the number of heart attacks."

(Hartoft, W., "The Incidence of Coronary Heart Disease in Patients Treated with the Sippy Diet," *American Journal of Clinical Nutrition*, 15:205, 1964)

On the subject of arthritis, John Robbins writes:

"In 1981, the *British Medical Journal* reported... a 38-year-old woman, who for eleven years had been suffering from steadily worsening rheumatoid arthritis. Three weeks after doctors removed all dairy products from her diet she showed signs of improvement. In four months, her arthritic symptoms had completely disappeared. She remained free of symptoms until, in the interests of scientific curiosity, she once again ate some cheese and milk. The next day her joints were swollen, stiff and painful. Fortunately, her symptoms again disappeared as she resumed her abstinence from dairy products."

(Parke, A., "Rheumatoid Arthritis and Food..." *British Medical Journal*, 282:2027, 1981)

John Robbins writes about kidney stones: "The severe pain they cause is completely unnecessary and preventable. Over 99% of all kidney stones can be prevented by low-protein, high-fiber, lowfat diets that contain no cholesterol, saturated fat or empty calories.

(Derrick, F., "Kidney Stone Disease: Evaluation and Medical Management," *Postgraduate Medical Journal*, 66:115, 1979)

Vegetarians in the United States have fewer than half the kidney stones of the general population. Pure vegetarians (vegans) have almost none."

(Robertson, W., "Dietary Changes and the Incidence of Urinary Calculi..." *Journal of Chronic Diseases*, 32:469, 1979)

On the issue of salt and fat and cholesterol contributing to high blood pressure, John Robbins writes: "Cheese is among the highest foods in salt content; and the dairy industry is America's second leading seller of saturated fat, tipping its hat only to the meat industry... The association between foods high in saturated fat and cholesterol, such as dairy products, and high blood pressure, has been established and documented in literally hundreds of rigorous studies."

(Hartoft, W., "The Incidence of Coronary Heart Disease in Patients Treated with the Sippy Diet," *American Journal of Clinical Nutrition*, 15:205, 1964)

(Oski, F., "Is Bovine Milk a Health Hazard?" *Pediatrics* 75 suppl. 182, 1985)

(Belizan, J., "Reduction of Blood Pressure with Calcium Supplementation in Young Adults," *Journal of the American Medical Association*, 249:1161, 1983)

(Jonson, N., "Effects on Blood Pressure of Calcium Supplementation of Women," *American Journal of Clinical Nutrition*, 42:12, 1985)

(Sowers, M., "The Association of... Calcium with Blood Pressures Among Women," *American Journal of Clinical Nutrition*, 42:135, 1985)

On the subject of asthma, John Robbins writes: "Researchers at the University Hospital in Linkoping, Sweden, put bronchial asthma patients, whose condition was so severe that they required cortisone or other medication, onto a pure vegetarian (vegan) diet, without any eggs or dairy products. The results were extremely promising.

"After one year of the diet, more than 90% of the patients who completed the project reported a major improvement in the severity and frequency of asthma attacks. Also, levels of medication dosages dropped an average of 50 to 90 percent. A number of the patients were so improved that they were able to discontinue medication altogether with the pure vegetarian (vegan) diet."

(Lindahl, O., "Vegan Regimen with Reduced Medication in the Treatment of Bronchial Asthma," *Journal of Asthma*, 22:44, 1985)

If the laws of nature intend humans to be lacto-vegetarian, why is it two-thirds of the world's population is lactose-intolerant (blacks and Asians in particular)?

When I told Anantarupa dasa that there's a demonic Christian preacher who is telling his followers, "You don't have to be vegetarian, you don't know..." Anantarupa said it didn't bother him, because some fanatical Christians imply vegetarians are "of the devil," etc.

Yes, I'm sympathetic to veganism and have been since the late '80s. When the animal rights movement first started making headlines in the mid-'80s, devotees (constantly harassed by and at odds with meat-eating Christians) took it as a sign that their preaching and book distribution was having an influence on mainstream secular American society. When the Smiths' *Meat is Murder* album topped the charts, the *ISKCON World Review* reported it, saying, "Hit Song Blasts Cow Slaughter." In 1986, a female devotee wrote an editorial in the *ISKCON World Review*, "Animal Rights: The Answer to A Vaishnava's Prayer." Devotees were seeing mainstream secular Americans, not shaving their heads, not wearing robes, etc. becoming nonviolent towards animals.

And the animal rights activists have responded in kind. In 1987 or 1988, one animal activist (it might have been Crystal Dunn), said, "Oh, we like the Krishnas. We just disagree with them on the dairy issue." Over a decade ago, a member of Food Not Bombs, which distributes vegan food to the homeless, attended a Sunday Feast at the Berkeley temple, and called ISKCON "a wonderful organization." As I've pointed out before, Srila Prabhupada's teachings on nonviolence are closer to the vegans than to meat-eating pro-lifers, and since abortion and war are the *karma* for killing animals and we can't end abortion till we first end the killing of animals, we should be siding with animal activists.

You claim milk is a necessity for vegetarians.

In London in 1973, a Catholic priest similarly asked Srila Prabhupada, "How would we survive if we didn't eat meat?"

And Srila Prabhupada's response included the argument that it's possible to survive without killing animals.

It wasn't that long ago that people thought **meat** was a necessity!

In 1988, my friend Krishnamurti dasa (Ira Shottland), a fallen Prabhupada disciple, and I attended a vegetarian singles gathering in San Diego. Krishnamurti dasa did not take a liking to the organizer of the event, John Raworth, a vegetarian atheist, who felt Krishna devotees make fools of themselves chanting and dancing in public. On the other hand, Krishnamurti dasa met Devi dasi, another fallen Prabhupada disciple at the singles gathering, and took an interest in *her*.

I told Devi dasi about Dr. Paul Amato and his fiancée Sonia Partridge who had been vegetarian for over six years and recently vegan, explaining to her that vegan means living entirely on plant foods. Her reaction was that it sounds boring.

As I commented via email in 1998 to Saradiya dasi (Loetitia Lilot), a fallen Prabhupada disciple who has done artwork for the animal rights movement and said she would like to be vegan, Krishna devotees react to **veganism** the way meat-eating Christians react to **vegetarianism**: a boring diet, an unnecessary austerity which they think isn't part of the faith, might be unhealthy or damaging, is seemingly unscriptural, etc..

My old buddy Randall (Ratha Yatra dasa), now living in India, visited me here in the San Francisco Bay Area in September 2015. We discussed veganism, and I gave him a copy of *"Will Hare Krishnas Go Vegan?"* I pointed out some of the main arguments in the book. He could see the logic, and the theological consistency, but felt it was different from the traditional interpretation...

...and that was my friend John Antypas' reaction to theological arguments in favor of *Christian *vegetarianism** in 1986!

The parallelism is almost uncanny.

In 1987, when vegetarianism was brought up on USENET, Dave Butler, whose main claim to fame is having coined the radical pro-choice slogan "not even close" (implying the unborn may be killed for the same trivial reasons we now kill animals), argued against vegetarianism. Dave Butler said unlike herbivores, the human body can't break down cellulose, the principal component of plant foods (though it does serve a purpose as dietary fiber); historically mankind has been omnivorous; there's the problem of obtaining enough Vitamin B-12 on a vegan diet, When it was pointed out that most vegetarians get their Vitamin B-12 through eggs and dairy products, Dave Butler responded, "Exactly. And these are **vegetarians**, not herbivores." Animal advocates no longer claim humans are herbivores, but rather argue *humans resemble the other primates, the frugivores*, so Dave "Exactly" Butler's point is moot. To claim humans are omnivores despite the radical differences in physiology or to claim humans need animal products in their diet would be to play right into the hands of the meat-eaters who argue there's nothing wrong with eating meat, nothing wrong with killing animals, etc. Vegans aren't the problem. The

sectarian hostility towards giving up meat before we can end abortion and war is not coming from vegans, it's coming from meat-eating Christians!

From the Physicians Committee for Responsible Medicine

Milk and other dairy products are the top source of saturated fat in the American diet, contributing to heart disease, type 2 diabetes, and Alzheimer's disease. Studies have also linked dairy to an increased risk of breast, ovarian, and prostate cancers.

Saturated Fat and Heart Disease

Milk and other dairy products are the top sources of artery-clogging saturated fat in the American diet. Milk products also contain cholesterol. Diets high in fat, saturated fat, and cholesterol increase the risk of heart disease, which remains America's top killer. Cheese is especially dangerous. Typical cheeses are 70 percent fat.

Lactose Intolerance

Infants and children produce enzymes that break down lactose, the sugar found in breast milk and cow's milk, but as we grow up, many of us lose this capacity. Lactose intolerance is common, affecting about 95 percent of Asian Americans, 74 percent of Native Americans, 70 percent of African Americans, 53 percent of Mexican Americans, and 15 percent of Caucasians. Symptoms include upset stomach, diarrhea, and gas.

Bone Health

Research shows that dairy products have little or no benefit for bone health. According to an analysis published in the *British Medical Journal*, most studies fail to show any link between dairy intake and broken bones, or fractures. In one study, researchers tracked the diets, exercise, and stress fracture rates of adolescent girls and concluded that dairy products and calcium do not prevent stress fractures. Another study of more than 96,000 people found that the more milk men consumed as teenagers, the more bone fractures they experienced as adults.

Cancer

Research has linked the high fat content and hormones in milk, cheese, and other dairy products to breast cancer.

One study of nearly 10,000 women found that those who consume low-fat diets have a 23% lower risk for breast cancer recurrence. They also have a 17% lower risk of dying from the disease.

A 2017 study funded by the National Cancer Institute that compared the diets of women diagnosed with breast cancer to those without breast cancer found that those who consumed the most American, cheddar, and cream cheeses had a 53% higher risk for breast cancer.

The Life After Cancer Epidemiology study found that, among women previously diagnosed with breast cancer, those consuming one or more servings of high-fat dairy products (e.g., cheese, ice cream, whole milk) daily had a 49% higher breast cancer mortality, compared with those consuming less than one-half serving daily.

Research funded by the National Cancer Institute, the National Institutes of Health, and the World Cancer Research Fund, found that women who consumed 1/4 to 1/3 cup of cow's milk per day had a 30% increased chance for breast cancer. One cup per day increased the risk by 50%, and 2-3 cups were associated with an 80% increased chance of breast cancer. But the study cites research showing that vegans, but not lacto-ovo-vegetarians, experience less breast cancer than nonvegetarians.

Regular consumption of dairy products has also been linked to prostate cancer

High intakes of dairy products including whole and low-fat milk increase the risk for prostate cancer, according to a meta-analysis that looked at 32 studies. In another study, men who consumed three or more servings of dairy products a day had a 141% higher risk for death due to prostate cancer compared to those who consumed less than one serving.

But avoiding dairy products and eating a more plant-based diet may help protect the prostate. A study published in the *American Journal of Clinical Nutrition* found that men who followed a vegan diet had a 35% lower prostate cancer risk than those following a nonvegetarian, lacto-ovo-vegetarian, pesco-vegetarian, or semi-vegetarian diet.

Consumption of dairy products continues to show a risk for prostate cancer, according to a new study published in the *American Journal of Clinical Nutrition*. As part of the Adventist Health Study-2, researchers looked at data from 28,737 men and found that as dairy product consumption rose, so did the risk for prostate cancer. However, the risk was not seen with nondairy sources of calcium. This study adds to the already large number of studies showing increased prostate cancer risk associated with dairy consumption. A 2016 meta-analysis of 11 different studies showed that men consuming the most milk products had a 43% higher risk of dying of prostate cancer, compared with men who generally avoided dairy products.

This commentary was delivered on January 25, 2017

VEGANISM: The Ultimate Lactose Intolerance

What is ice cream?

Like most dessert treats it's made up of fat and sugar.

Sugar is plant based, but what about fat? Does it have to be of animal origin? Let's compare coconut ice cream to dairy based ice cream.

Real dairy starts ironically with artificial insemination.

Beyond that there are some unfortunate realities.

For instance:

It will be two years on average before a calf will produce. During this time the young cow will consume enormous amounts of feed, land, and water, all before the first drop of milk is taken.

Nothing against them, but cows are quite needy. Another reality is that to build a herd of five hundred dairy cows, you would need to breed into existence a thousand animals.

You would then have five hundred unwanted male calves, this problem would be remedied by selling the bulls off to the beef industry.

As I was told during my vegetarian years, "the dairy industry IS the beef industry".

So let's move on to coconut ice cream. Coconut milk yields a wonderful creamy product, and can be enjoyed immediately after harvest.

It's cleaner, healthier, less expensive, better for the environment, more humane, and tastes better.

So why are we still following those needy cows around?

I love cows.

I think it's a tremendous step forward to "wean" oneself from a dependence on their milk.

This is why I became vegan.

I see the cause of animals and that of Veganism to be one and the same.

Any argument against Veganism is an argument against animals..

What are the arguments against Veganism?

In the past five years I haven't found a single one.

This is why I helped start VegCurious.

Animal agriculture is a game that's now played mainly by a wealthy few.

The rules of that game run contrary to the laws of nature.

Trust your senses, defining a truth can be difficult, but detecting a lie is easy.

I believe we should all stand for something. I stand for the respect and ethical treatment of others,

Where do you stand?

Thank you

Ray Cooper

VegCurious

Precious Three-Year-Old Girl Explains to Her Mom Why She Can't Drink Cow's Milk Anymore

by Amanda Lindner

Milk has been touted a staple in the American diet for decades, and while milk consumption is considered a cultural norm, few people are actually aware of what happens in order for us to have milk. Even though cows are mammals, just like us, many people don't even realize that a cow

has to give birth to a baby to produce milk! If humans are the ones drinking the milk ... then, what happens to the baby? Sadly, these calves are ripped away from their mothers, often within hours or days, of being born and sent to slaughter, while their mothers are hooked up to milking machines. The concept can be a hard one for even adults to grapple with, but sometimes, children have a way of making complicated things seem so simple.

That's what this adorable three-year-old girl does when she learns the truth about where milk comes from. Her solution? She's not going to drink cow's milk anymore. "We can't... we don't need to," she says. Instead of hurting these baby cows by drinking their milk, she's come up with a better idea: "Let's go save those cows!" She even enlists her mom to help saying, "We got to hold them together."

We can't help but be completely inspired by this little girl and her compassion for animals. And the best part is, she doesn't have to give up any of her favorite things. Almond, soy, coconut, and so many other non-dairy milks, cheeses are everywhere! Ben & Jerry's just released four dairy-free flavors ... Mmmm. Want to help save cows along with this little girl? Check out how you can change the world for animals and the environment just by changing what's on your plate, or in your glass.

Study Reveals Shocking Results: Cow's Milk Ranks As The Number One Cause Of Fatal Anaphylaxis
Apr 8, 2022

What The Science Has to Say

In a world where we're understandably concerned about peanut and tree nut allergies in our children, you might be shocked to learn that cow's milk is actually the most common food allergy in kids younger than five. Even more surprising is that milk from a cow accounts for about half of all food allergies in children younger than one.

The American Academy of Pediatrics recommends that infants be breastfed for the first six months if possible. Around 12 months old, the CDC recommends introduction to cow's milk (but not before) and says, "the cow's milk may put your child at risk for intestinal bleeding. It also has too many proteins and minerals for your baby's kidneys to handle and does not have the right amount of nutrients your baby needs."

This information doesn't line up with the age-old rhetoric that children need to drink milk from a cow each and every day to grow up big and strong. In fact, these findings highlight how the consumption of cow's milk – and other dairy products – are having the opposite effect.

A Study on Fatality for Food-Induced Anaphylaxis

A 20-year study done in the UK uncovered that although the fatality rate has decreased for food-induced anaphylaxis, hospital admissions have increased threefold from 1998 to 2018. The study goes on to highlight that in school-aged children, dairy is now the most common single cause of fatal anaphylaxis.

Yes, you read that right. The white stuff that has been peddled to kids as a super-healthy, necessary inclusion in their mealtimes for strong bones and healthy bodies tops the list of landing them in the hospital or worse.

Many parents, schools, and businesses are mindful of peanut and tree nut allergies, as those are allergies that we are so often warned about with children. But this study shows how the proportion of fatalities due to peanut or tree nuts have fallen while those due to cow's milk have increased. Dairy is now the strongest driver of fatal food anaphylaxis in children in the UK, and this pattern has also been noted in North America and Israel.

The study says that “In food allergy, the body treats certain proteins such as casein and whey in milk as invaders, mounting an immune response. Antibodies known as immunoglobulin (Ig)E, which normally protect against bacteria, viruses, and parasites, trigger inflammation, the release of histamine, and can lead to symptoms, typically within minutes, ranging from rash and swelling to vomiting, difficulty swallowing, and difficulty breathing.”

Dairy Can Be Deadly for Many

What's more, dairy is harmful to the health of humans in many ways, not just by way of allergy. Globally, around 70% of people lack the enzyme to break down the sugar in mammalian milk. This is known as lactose intolerance or lactase non-persistence. Since lactase's only function is the digestion of lactose in milk (including human breast milk), the activity of the enzyme decreases precipitously after age five because the body is designed to wean off its mother's milk and sustain itself on food.

The continuation of drinking breast milk, especially after age five, can lead to symptoms such as abdominal cramps, diarrhea, bloating, burping, acid reflux, and more. Drinking cow's milk as a child is far more normalized than human breast milk at the same age, but the response would be the same.

While the study mainly focused on kids, it showed that cow's milk was responsible for 5% of fatal food reactions in adults, and that the recognition of the risks posed by dairy is not increasing. So with the science showing that dairy is not necessary for our health after all, and exposing the harm that it can do to our bodies, why don't we hear about its negative side effects more often?

The Dairy Industry Leaves Us In The Dark

Sad but true: The dairy industry has put millions of dollars into advertising each year to keep the idea going that drinking breastmilk from a cow is normal, healthy, and even necessary. They've lobbied hard to ensure dairy's inclusion in the dietary guidelines and school lunches for kids across the country, despite mounting evidence showing how consuming cow's milk is connected to higher rates of childhood obesity, diabetes, bone fractures, and other diseases.

Fortunately, people around the world are having their eyes opened and turning to plant-based options that are healthier and kinder to our bodies, the planet, and animals used for food.

How Does Dairy Impact Climate Change?

There are approximately 270 million dairy cows worldwide. Unlike wild species, cows are domesticated animals that have been bred to such a massive extent that harms the planet. The process of dairying takes an extreme toll on our environment and contributes to climate change.

The global dairy industry is a significant contributor to greenhouse gas (GHG) emissions and taxes the earth's water supply and precious land. There is no ecological benefit to dairying nor is dairy a necessity for human survival—it's a want, not a need, and it's causing irrevocable damage

to the place we all call home. From emissions to the depletion of natural resources, here is how dairy impacts climate change.

Greenhouse Gas Emissions and Climate Change

The global dairy industry makes up four percent of the world's total greenhouse gas emissions. While this single digit may seem insignificant, remember, this is just one food category. If every food industry contributed four percent, the world would max out at just 25 food industries—and that's not accounting for other GHG contributors such as transportation and electricity.

Dairy's GHG are made up of methane, nitrous oxide, and carbon dioxide. Methane—the most potent of the three—is produced from cows themselves (think of the collective 270 million cow farts and burps). Nitrous oxide and carbon dioxide enter the air as a result of cow manure.

Beyond the farm, one also has to consider the transportation and electricity required to raise the cows (transport feed, operate milking machines, etc) when looking at the total scope of GHG emissions. Collectively, it's far beyond what any single industry (particularly a non-essential industry) should be contributing.

What's wrong with greenhouse gases? They directly contribute to climate change. Methane, nitrous oxide, and carbon dioxide all warm the planet, and their effects can last decades to thousands of years (depending on the emission). Dairying is causing lasting damage, and the longer we continue, the further we're digging ourselves and our planet into a hole we cannot escape from.

Water Use

If you've ever encountered a dairy cow in person, you know they're big—bigger than you imagined. The world has approximately 270 million of them at any given time, and they drink a lot of water. Water is also required to flush out manure and sanitize barns, clean machinery, cool cows, and irrigate the crops cows will eventually eat. Given all of these applications that demand water, it takes approximately 1,000 gallons of water to produce one gallon of milk. If that sounds extremely inefficient, it's because it is.

Americans consume about 17 gallons of milk per person per year. Multiply the population of America by 17,000 (gallons of water per person), and that's 5,576,000,000,000,000 gallons of water needed to keep up America's milk consumption. The number is mind-boggling, and it doesn't even account for other dairy products that have become increasingly popular such as butter, cheese, and ice cream.

Water is a finite resource, and the dairy industry is making frustratingly inefficient use of it. One simple thing everyone can do to lower their water footprint is to simply swap out dairy for plant milks. Yes, even almonds are less water-dependent than dairy.

Land Use

Those 270 million cows have to stand somewhere, but like water, land is a limited resource. Beyond the physical space a cow takes up, there are grazing areas, barns, enormous corporate dairy production facilities, manure lagoons, and the land needed to grow crops to feed the cows.

In America alone, dairy farms require the land equivalent of the state of Virginia. Essentially, the nation could dedicate an entire state to dairy. What's more upsetting is that the US isn't even the top dairy-producing nation. That title belongs to India, and it requires far more land than the state of Virginia for its dairy operations.

It's not just the measured space that becomes the issue in dairy's land use—it's what the industry does to the land. Giant vats of manure accompany each dairy farm, and those lagoons of feces are not leak-proof. Even if you were to discount the occasional manure spill that wreaks havoc on the surrounding areas, the Environmental Protection Agency still considers dairy manure a threat to the land and waterways due to surface runoff. It simply does not make sense to pollute our land to drink a substance that will pollute our bodies.

Thankfully, we can protect the planet by withdrawing our support of an industry that harms it.