



SAVE THE PLANET

JANUARY 2024 NEWSLETTER



Unprecedented Compassion in Action

In 2023, the City Council of Atlanta officially declared November 25th as a Meatless Day, encouraging citizens at home and abroad to come together in unity and harmony. Protection of animal life and their natural habitat promotes stability of ecosystems and a healthy climate for all creatures.

Welcome to the first edition of *Save the Planet*, a newsletter dedicated to helping people find cures, solutions, and healing through the power of plant-based food. Sponsored by Sadhu Vaswani Center Atlanta, Inc. and friends, the newsletter spotlights local vegan/vegetarian restaurants, veg recipes, and International Meatless Day events and activities.

This November 25, pledge to go meatless! As Rev. Martin Luther King Jr. once said, "Faith is taking the first step even when you cannot see the whole staircase."

True Modernism

— SADHU VASWANI



The nations are wandering today in a "jungle" of "civilisation." The nations love the violent: they trample upon the great vision of the one life in all... reverence for [all] life.

"Let us be modern," said an "educated" man to me. Are we modern, I ask, when we torture the animals and shoot the birds? Wilberforce, a leader strived to abolish the

slave trade said, "The horrors of slaughterhouse, cattle trucks and transport streamers confound and sicken us. I suppose if we really knew a hundredth part of the agony, we should rather starve than profit from it." I recall the words of the American poet, Longfellow:

*Amongst the noblest in the land,
Though he may count himself the least,
That men I honour and revere,
Who without favour, without fear,
In the great city dares to stand,
The friend of every friendless beast.*

Modern civilisation has gone astray, for it thinks from the head, not the heart. If indeed, life is one, is not the animal, too, my brother? And am I not his keeper? Again and again, I have felt within me that when the life of men becomes purer and nobler, will not man realise that he must have reverence for all forms of life? And growing daily in reverence, must I not grow in the thought that my life is linked up with all life and the life of bird and beast is linked with me? Must I not grow in sympathy and helpfulness, in devotion and love?

Stop all slaughter!

Meat is Not for Us

— DADA J. P. VASWANI



Fresh, natural fruits and vegetables add joy and zest to life. 'Dead' foods only make your stomach a graveyard for diseased carcasses.

The amount of toxic wastes present in the flesh of a dead animal are very high. Thus, when we eat the flesh of animals, we are not only consuming the so-called nutritive portions, but also these poisonous waste products. The body cannot eliminate

these poisons immediately. The famous vegetarian, Dr. Kellogg says, "When we eat vegetarian food, we don't have to worry about what kind of disease the food died of. That makes a joyful meal!"

Human beings are not carnivores by physiology. Our anatomy and digestive system show that we evolved for millions of years living on fruits, nuts, grains, and vegetables. Scientists and naturalists, including the great Charles Darwin who gave the theory of evolution, agree that early humans were fruit and vegetable eaters and that throughout history our anatomy has not changed. The great Swedish scientist Von Linnaeus states: "Man's structure, external and internal, compared with that of the other animals, shows that fruit and succulent vegetables constitute his natural food."

I believe that the time has come when all animal lovers must get together and formulate a charter of animal rights— a charter of man's duties towards the animal kingdom.

**Animal welfare is not enough!
We must speak of animal rights!**



Why Celebrities turned to Vegetarianism

- Russell Brand, Comedian**
"I don't see why someone should lose their life just so you can have a snack."
- Morrissey, Singer/Songwriter**
"You either approve of violence or you don't, and nothing on earth is more violent or extreme than the meat industry."
- Moby, Musician**
"If you don't want to be beaten, imprisoned, mutilated, killed or tortured, then you shouldn't condone such behaviour towards anyone, be they human or not."
- Paul McCartney, Singer/Songwriter**
"When I see bacon, I see a pig, I see a little friend, and that's why I can't eat it. Simple as that."
- Bryan Adams**
"My motto has always been "If you love animals, don't eat them ... The moment I began to understand what was going on with the treatment of animals, it led me more and more in the way of the path I am [on] now, which is a complete vegan"
- Johnny Depp**
"If you don't like seeing pictures of violence towards animals being posted, you need to help stop the violence, not the pictures."

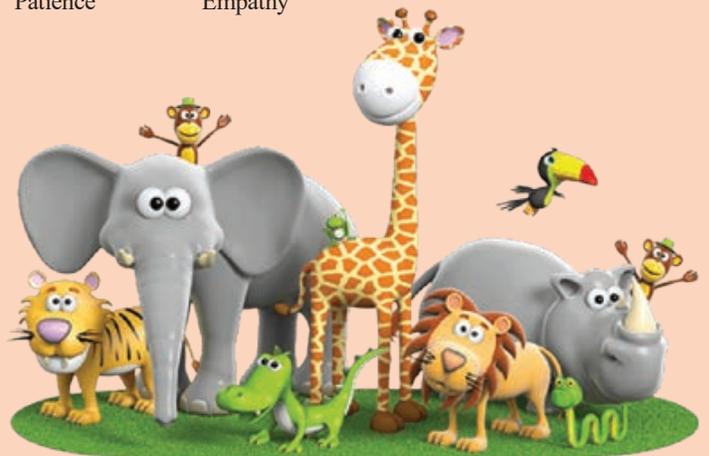


BEING AROUND ANIMALS LEADS TO HAVING THE FOLLOWING QUALITIES. CAN YOU FIND OUT ALL OF THEM?

C	A	R	E	P
Q	S	E	M	A
K	U	R	P	T
I	C	T	A	I
N	C	U	T	E
D	E	I	H	N
N	S	O	Y	C
E	S	P	L	E
S	K	L	J	H
S	A	O	S	D
B	N	V	C	M
R	P	E	B	D

Care
Kindness
Patience

Love
Success
Empathy



FAQs about Climate Change and Vegetarians

Q1: How do you get enough protein in your diet?

A1: Lentils.

According to the website www.muscledandfitness.com, "A mere 1.5 cups of lentils contains just as much protein as a 3 oz chicken breast, but lentils contain the dietary fiber, copper, phosphorus, and manganese that you can't get from meat. Look for veggie patties made from lentils at your local health food store to effortlessly swap out the chicken."

Q2: And what about B12?

A2: Nutritional yeast, fortified cereals and milk, among other foods come with lots of this and other necessary nutrients. See the Vegetarian Society website vegsoc.org for more info.

Q3: Is it expensive to sustain a meatless diet?

A3: The veg food industry (including brands such as Beyond Meat, Gardein, etc.) continuously develops new products in response to changing consumer tastes and preferences. These newer products often come with a price tag, however they are optional and do not need to be part of a meatless diet. Rev. Dada J.P. Vaswani followed a very simple diet — fruits, grains, and vegetables — which kept him strong, wise and healthy during the 100 years that he lived, never having consumed any meat in his life. As another perspective, refer to the "Three Sisters" diet of the Nicoya people in Costa Rica — a blue zone diet that helped residents live to 100. The people followed a simple diet of corn, squash and beans that resulted in longevity.

Q4: I often travel for work in the U.S. and options are very limited at client or company-sponsored events. What do I eat that is healthy and that will give me energy?

A4: At first, eating a salad and having the less popular things on the menu such as sides may make you feel left out or discouraged. We assure you that abstinence from any desire (such as a little taste of meat), such as a practice

of intermittent fasting, has been scientifically proven to lower cholesterol, improve blood pressure and in fact reduce stress. Dr. Gloria Tinubu, Senior Community Economist, did a juice fast for 40 days and shared that she was able to think more clearly and it tremendously improved her health. The same applies to difficult decisions to make at the table when on the road.

Q5: There's no evidence that a meatless diet is healthier than nonveg diet on a day-to-day basis. So why bother?

A5: Long-term impact of eating meat is disease, such as cancer, and climate change. Studies have shown that long-term consumption of meat causes inflammation in the body, which leads to disease. A [recent study](#) from Oxford University revealed that people who ate more than 3.5 ounces of meat daily accounted for 22.5 pounds of carbon dioxide emissions a day due to, among other variables, the farming of livestock and land used to grow animal feed... and vegetarian diets produced 9 pounds of carbon dioxide daily. Vegan diets had the lowest totals, accounting for 5.4 pounds of carbon dioxide a day. Pledge to be Veg to reduce carbon emissions.

Q6: Some difficult circumstances such as my current health prevents me from following a meatless diet. For example, I tend to get frequent migraines and/or suffer from anxiety. How can a meatless diet help me?

A6: According to a [peer-reviewed case study](#), published in British Medical Journal (BMJ) Case Reports, a Low Inflammatory Foods Everyday (LIFE) diet, which avoids processed foods and meats, and focuses on fresh vegetables and fruit, may be the answer for you. Consult with your doctor. Dark leafy greens such spinach, kale, and watercress are especially good sources of nutrient-intense, anti-inflammatory foods. You could start with increasing your intake of leafy foods in addition to your normal diet and slowly reduce your intake of meat so that it is not a dramatic change in your diet. Further, think about the feeling of an animal right before

it is slain (feeling of anxiety, fear, helplessness). That same feeling is transmitted within the meat to humans when consumed, which results in immune and mental health disorder. Anxiety and depression are linked to the consumption of meat. The same irreverence towards life which is taken by force from a helpless animal creates a karma that plagues humanity with crises. Rev. Dada J.P. Vaswani says: "Meat eating and world peace appear to be poles apart. Actually the two are interlinked. So long as animals and birds are slain to provide food for man, so long we will not see peace on the face of this Earth. If man kills an animal for food, he will not hesitate in killing a fellow man whom he considers as his enemy. The root cause of world wars is irreverence towards life."

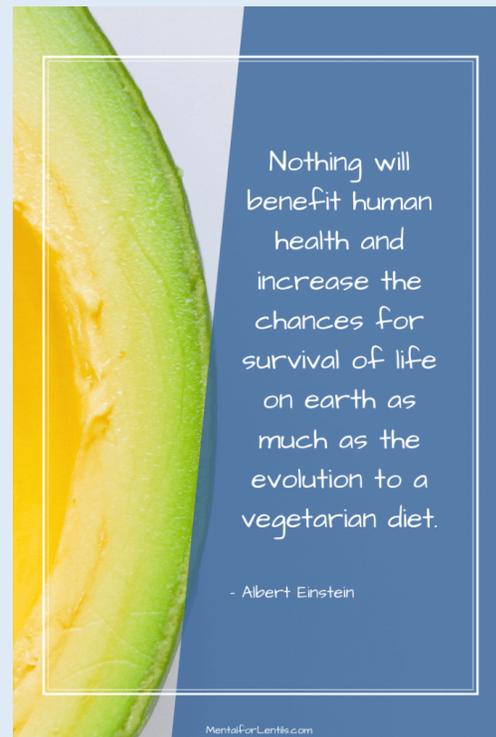
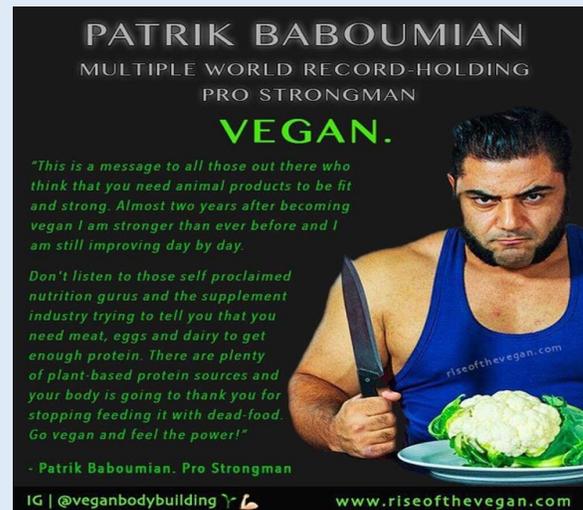
Q7: What evidence can you share that will help me in my decision to go plant-based?

A7: There are two recent interesting Netflix documentaries that are revealing and may influence your decision. In addition, refer to BBC Earth's social media pages for extensive research findings regarding the impact of animal hunting and proximity to animals that have resulted in pandemics and accelerating climate change.

Netflix Documentary Spotlight #1:



Netflix Documentary Spotlight #2:



Still Poached for Ivory

Despite a ban on the international trade in ivory, African elephants are still being poached in large numbers. Tens of thousands of elephants are being killed every year for their ivory tusks. The ivory is often carved into ornaments and jewellery— China is the biggest consumer market for such products.

The ban on International Trade was introduced in 1989 by CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora) after years of unprecedented poaching. In the 1980s, an estimated 100,000 elephants were being killed per year and up to 80% of herds were lost in some regions. The ban allowed some populations to recover, especially where elephants were adequately protected.

But there has been an upsurge in poaching and illegal ivory trafficking in recent years, driven by increasing demand in Asia, which has led to steep declines in forest elephant numbers and some savanna elephant populations. Insufficient anti-poaching capacity, weak law enforcement and corruption undermine efforts to stop the poaching and trafficking in some countries.



Heartwarming Stories of Animals

- It turns out that even a ruthless predator like a lion can show empathy towards other animals or even people. In 2005, in Ethiopia, a group of men kidnapped a 12 year old girl in order to marry her forcibly to a member of their community. A week later, the girl was found in the jungle under the protection of three lions. It turned out that when the lions saw the men beating the girl, they kicked away the intruders and guarded her. When the police found the little girl, the lions retreated. However, they went back to the jungle only when the girl safely returned home.



In her testimony, she said that lions protected her until the police came.

- The black cat, Rademenes, arrived at an animal shelter in Poland in 2014 with a severe disease of the upper respiratory tract, which caused him excruciating pain. His owners brought him in to be euthanised, but the doctors decided to give him a second chance. To everyone's surprise, the cheerful cat made a quick recovery. Moreover, after overcoming the disease, the cat started to take care of other animals at the rehabilitation centre and earned the nickname "nurse". Rademenes gives hugs to the other fluffy patients, warming them up as they rest and recover, and sometimes he even licks their ears. Today, the cat-nurse is almost a full-time employee of the shelter. It is said that those animals which Rademenes looks after recover much faster. Now doesn't that just show what miracles are possible by showing a little kindness?



News Makers



Beyond Burger— Feels like Meat! Keeps animals safe! Win win situation for all!

Animal slaughter is the worst torture that we can inflict on those poor, defenseless animals who can't even oppose the wrong that is inflicted on them. Hence, Beyond Meat and other companies have come up with alternatives that taste exactly like its meat counterpart, but are made up of soy protein, potato protein, and sunflower oil.



Even though it has not increased the number of vegetarians, but it has made the meat-eaters opt for this plant-based meat. Seems like animals will finally be spared from the knife of the butcher!

Treat'ing them right

You must have given a treat to your friends before or must have attended one. But the treat given by world champion race car driver Lewis Hamilton was a bit different as he threw a vegan barbecue for his teammates. He convinced everyone to try the Beyond Meat Burger and says that "they all love it." In his words, "Once you go Beyond Meat, you ain't going back." Hamilton himself went vegan in 2017 after he learnt about the horrors of animal agriculture and is active on Instagram, urging his followers to go vegan.



Broccoli Apple Salad Recipe

Ingredients:

- 1) 1 chopped broccoli floret
- 2) 2 - 3 grated carrots
- 3) 1 chopped red onion
- 4) 1 chopped red apple in cubes
- 5) few pecans or walnuts
- 6) few dried cranberries
- 7) Follow Your Heart egg- and dairy-free mayonnaise
- 8) half lemon juice
- 9) 1 1/2 tbsp honey
- 10) salt and pepper to taste

Method :

- *Mix the vegetables and apple in a serving bowl
- *In a small bowl or jar, combine mayonnaise, lemon juice, honey, salt & pepper to form dressing
- *Add the dressing to the serving bowl until all ingredients are well-combined.
- *Refrigerate for few mins before serving



Featured Café and Food Shop

Conveniently located in Sandy Springs, GA, Strive Foods is making a tremendous difference in Atlanta area. The shop inspires people to believe in themselves and offers creative dishes and programs for individuals to change their lives. For example, culinary classes are offered on selected Wednesdays from 5:30pm to 9:30pm.

Join upcoming cooking classes:

-  Wednesday, February 21: Indian Night
-  Wednesday, March 6: Mexican Night
-  Wednesday, April 3: Asian Night

Reserve your spot by paying in-store or Venmo @strivefoods. Note: No refunds or transfers, \$100/person, which includes multiple dishes and plenty takeaways. Text (678) 477-1484 name and date attending.

“With plant based foods we are minimizing the impact on the planet and maximizing the benefits to you our customer!”

Follow Strive Foods on Instagram and Facebook @strivefoods !

News Makers



Novak Djokovic credits his win to his plant based diet

Fifth-time Wimbledon winner Novak Djokovic credits this win to his plant based diet. He prefers not to call himself a 'vegan' or a 'vegetarian' but he has been consuming plant based diet for quite some time now.



And he is not the only one in the list. From World Race Car Champion Lewis Hamilton to Basketball star Kyrie Irving to our very own captain of the cricket team Virat Kohli are the athletes who have a plant based diet and are bursting the myth that having an animal based diet is a must for them!

Facts to go 'Nuts' about

- Walnuts are the oldest known tree food– they date all the way back to 10,000 BC.
- If you love almonds as much as we do, thank bumblebees! Almonds can't grow on their own. They need bees to help them pollinate.
- Pistachio is known as the "smiling nut" in Iran and the "happy nut" in China.
- Six cities in the US are named Peanut, which shows the love of Americans for this nut.
- Peanuts aren't actually nuts, they are legumes.
- Ancient Greeks believed hazelnuts could treat coughing.
- Almonds have a long storage life because they are rich in Vitamin E and can be refrigerated for up to 2 years.
- Cashews are actually fruit.



What can you do to promote Meatless Day?



- **Start with your friends**
Tell them how meat is a food of violence, and how we must not kill the poor, innocent, animals just to satisfy our taste buds.



- **Give them the healthier option** Explain your friends how fruits and vegetables are a tastier and healthier option. Google some tasty and healthy vegetarian dishes, make them and invite them home for a treat.

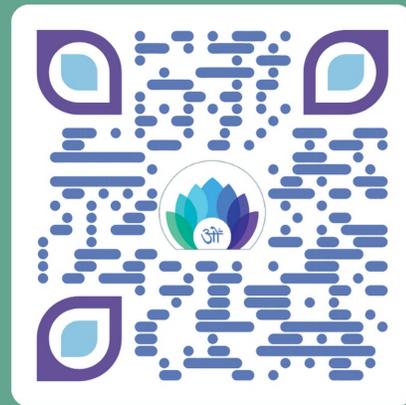


- **Collect pledges**
By making people aware of the horrors that are inflicted on animals, you can encourage them to pledge to go meatless for a day, a week, a month, a year or for lifetime.



- **Join the Peace Rally**
You can join a Peace Rally along with your friends and family.

SCAN ME NOW



#VEGPLUDGE
#InternationalMeatlessDay



SADHU VASWANI CENTER
FOR WORLD PEACE



www.sadhuvaswanicenter.com
@sadhuvaswanicenter

Animals have no voice, they cannot communicate their suffering, they look up to human beings for kindness and comfort.

- Dada J. P. Vaswani

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