





What do these people have
in common?

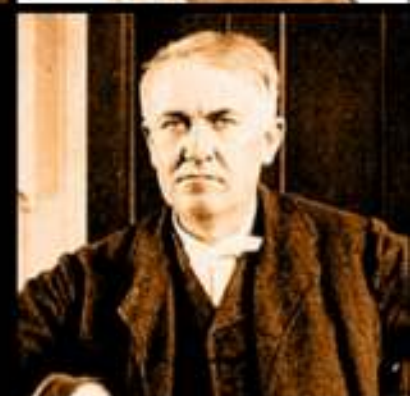
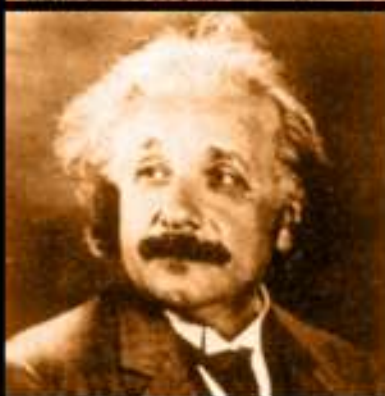
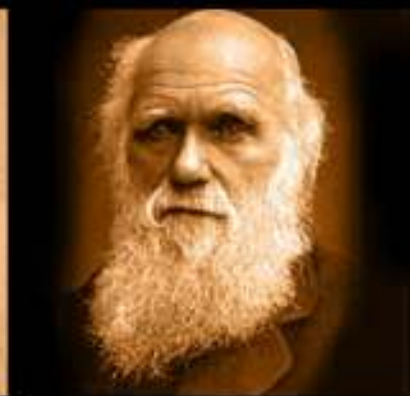
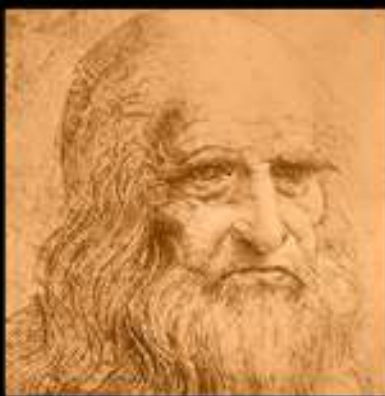


They don't eat anything
with a **face!**

They are **VEGETARIANS**

Past Famous Vegetarians

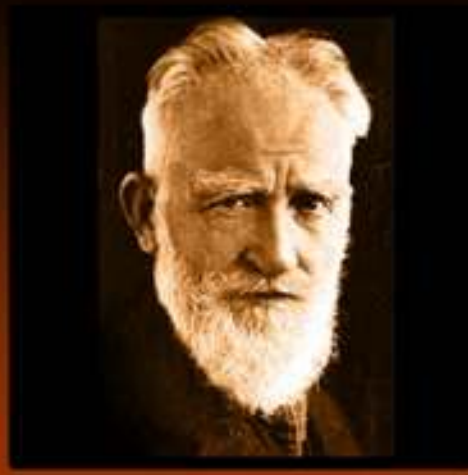
- Albert Einstein
- Aristotle
- Benjamin Franklin
- Darwin
- Edison
- Emerson
- George Bernard Shaw
- Isaac Newton
- Leonardo Da Vinci
- Mahatma Gandhi
- Plato
- Pythagoras
- Tolstoy
- William Shakespeare





Leonardo Da Vinci

A time will come
when men will look upon the
murder of animals as they now look
on the murder of men.



George Bernard Shaw

My stomach is not a graveyard
for dead animals.



Present Famous Vegetarians

- Paul Newman
- Paul McCartney
- Dustin Hoffman
- Michael Jackson
- Madonna
- Sting
- Bryan Adams
- Tom Cruise
- Brad Pitt
- Whitney Houston
- Elton John
- Mel Gibson
- Ronald McDonald



Paul McCartney

If animals could speak,
I think they would tell us not
to eat them.



Ronald McDonald

MEAT IS MURDER

Geoffrey Guiliano

Vegetarianism

THE GROWING POPULARITY

America:

12.5 MILLION VEGETARIANS

Britain:

4.2 MILLION VEGETARIANS

Who Is A Vegetarian?

A Vegetarian is a person
who does NOT eat:



**Some People say Eggs are lifeless
and so can be eaten.**



Scientists Say NO!

**Scientists of Michigan University
have undoubtedly proved that no egg -
fertilized or unfertilized is**

LIFELESS.

Eggs are NOT Vegetarian Food



If everyone on earth
were a vegetarian, could
the earth support us?



“Assuming the West were willing to share its
plant resources with the Third World,
not only would global vegetarianism
be possible,
it’d be environmentally desirable too.”

Readers Digest UK, September 2002



Why Should I Be A Vegetarian?



**Ask NOT Why
should I Be A
Vegetarian
But
Ask Yourself
Why Should I Be
A
Meat-Eater?**

Animals were created
to be eaten.

**GOD SAYS
NO!**

Humans were made to
eat meat.

**OUR BODY SAYS
NO!**

Meat is good for your
health.

**THE
DOCTORS SAY
NO!**

Meat will make you
strong.

**THE
CHAMPIONS SAY
NO!**

Did God Create Animals To Be Eaten?

HINDUISM

“Meat of animals is like the flesh
of one’s own son,
and that the foolish person who eats
meat must be considered the vilest of
all human beings.”

MAHABHARATA (ANU 114.11)

BUDDHISM

“Meat eating in any form, in any manner,
and in any place is unconditionally and
once for all prohibited. Meat eating I
have not permitted to anyone,
I do not permit, I will not permit .”

LORD BUDDHA

JAINISM

“Ahimsa is the highest Dharma,
the only Dharma that will give Nirvana .”

LORD MAHAVIR

JUDAISM

“I give you every seed-bearing plant
on the face of the earth and
every tree that has seed-bearing fruit
to be your food.
I give them all, green plants as food.”

GENESIS 1:29-31

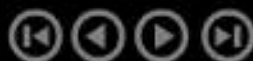
CHRISTIANITY

“Thou Shalt Not Kill”

THE 6TH COMMANDMENT

“You shall not eat the meat of any ox
or sheep or goat .”

BIBLE - LEVITICUS 7:22-27



SIKHISM

“It is the order of the True Lord to the entire body of the Khalsa that they shall abstain from bhang, tobacco, opium, alcohol and refrain from eating meat, fish, onions, nor indulge in theft or lust.”

HUKUM – Namas
(Collected from Adi Granth Sahib)

SWAMINARAYAN

“None shall eat meat nor intentionally kill
any living creatures.”

LORD SWAMINARAYAN
Shikshapatri 11-12

“Everyone has a right to live.
It is not humane to kill animals.”

His Holiness PRAMUKH SWAMI MAHARAJ

Are We Made To Eat Meat?

The Difference Between Meat-Eating Animals and Humans

Meat-Eating
Animals



**Sharp, Pointed Teeth
to Tear Flesh**

Humans

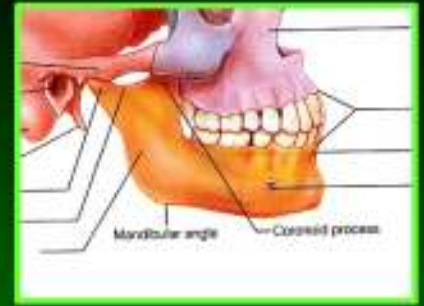


**Molars for Grinding
and Crushing**

Teeth



Jaws



**Only Move Up and
Down for Tearing and
Biting**

**Move Up and
Down/Side to Side for
Grinding**



Acidic

Saliva



Alkaline



**Simple Round
Sack**

Stomach



**Oblong,
Complicated**



**10 Times
More**

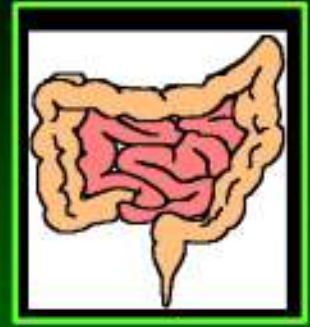
Hydrochloric Acid



**Secretes
Much Less**

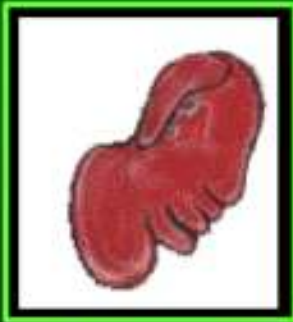


Intestines



**3 Times the Length of
Its Trunk**

**12 Times the Length of
Our Trunks**



**10/15 Times More
Capable of Eliminating
Uric Acid**



Less Powerful



Rough

Tongue



Smooth



**Claws For
Tearing Flesh**

Hands



**Perfectly Designed
for Plucking Fruit
From Tree**

In an essay titled “On Eating Flesh,” the Roman author Plutarch delivered a challenge to meat eaters:

“If you declare that you are naturally designed for such a diet, then first kill for yourself what you want to eat. Do it, however, only through your own resources, unaided by cleaver or sword or any kind of axe.”

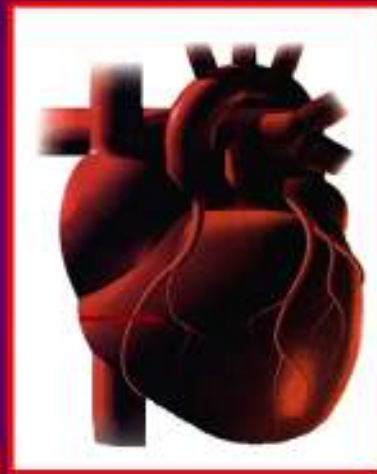
Is Meat Healthy For Us?

✚ Meat-Eaters Suffer More From... ✚

- | | |
|--------------------------|------------------------|
| 1. Arthritis | 6. Strokes |
| 2. Constipation | 7. Asthma |
| 3. Heart Disease | 8. Colon Cancer |
| 4. Hypertension | 9. Diabetes |
| 5. Kidney Disease | 10. Gallstones |

10 Good Reasons To Avoid Meat

The most common cause of death in
the U.S. is Heart Attack.
It kills 1 person every 45 seconds.



**Risk of
Heart attack for
Meat-Eater:
50%**



**Risk of
Heart attack for
Vegetarian:
15%**



“Vegetarians have the best diet.
They have the lowest rates of heart disease of
any group in the country.
They have only 40% of our cancer rate.
On the average vegetarians outlive other
people by about 6 years now.”

Dr. William Castelli
Director of the
Framingham Heart Study



There are more than 1,000 cases of food poisoning recorded every week in Britain which are caused by eating meat.





The 1988 Journal of the American Medical Association states that eggs cause food poisoning - which leads to diarrhoea, vomiting, stomach cramps, fever and headaches.

77% of the cases studied in America found eggs at the root of these diseases.

In 1989, Britain reported 5,000,000 people infected with Salmonella - food poisoning caused by eggs.

The central question about vegetarian diets used to be whether it was healthy to eliminate meat and other animal foods.

Now, however, the main question has become whether it is healthier to be a vegetarian than to be a meat eater.

The answer to both questions, based on currently available evidence, seems to be yes.

Jane E. Brody
New York Times News Service

Are Vegetarians Weak?



We Are Vegetarians



Al Beckles – Bodybuilding World Champion

Mr. Universe, Mr. Olympia & Mr. America

Andreas Cahling – Bodybuilding World Champion

Mr. America & Mr. Universe

Bill Pearl – Bodybuilding World Champion

Mr. America & Mr. Universe

Cory Everson – Bodybuilding World Champion

6 times Ms Olympia

Carl Lewis – Athletics

4 Gold Medals In 1984 Olympics

Edwin Moses – Athletics

Undefeated for 8 Years in 400 Meters Hurdles

Ridgely Abele – Karate

8 times National Champion

Chris Campbell – Wrestling

1980 World Champion Wrestler

Killer Kowalski – Wrestling

6 times World Champion

Dave Scott – Iron-man Triathlon

*Only Man to Win Iron-man Triathlon More than twice
(6 Time Winner).*

Stan Price – Bench-Press

World Record In Bench-Press

Bill Pickering – Swimming

World Record In Swimming. The English Channel.

Donnie Lalonda - Boxing

Light Heavyweight Boxing Champion of the World

Billie Jean King - Tennis

*6 time Wimbledon Champion, 10 Grand Slam Titles
10 time Wimbledon Doubles Champion*

Martina Navratilova - Tennis

9 time Wimbledon Champion, 18 Grand Slam Titles

Desmond Howard - American Football

America Football Player

Pierreo Verot - Skiing

World Record in Downhill Endurance Skiing

Ashrita Furman

*13 Different World Records In
The Guinness Book of World Records.*



Now who says vegetarians are weak?

How Much Do Animals Suffer?



The horrifying conditions which induce fear, pain and terror in these poor animals, from the time they are born to when they are slaughtered are beyond any calculation.



VEAL

From birth male calves live alone and in complete darkness until they are slaughtered.

Their heads are chained to prevent them from moving their entire life.

Their main diet consist of drugs to prevent diseases and hormones to make them grow quickly.



POULTRY

At birth male chicks are killed, steamed, grinded into powder and given as poultry-feed to female chicks.

Hens are crammed into cages their entire lives.

Most become insane and are de-beaked.

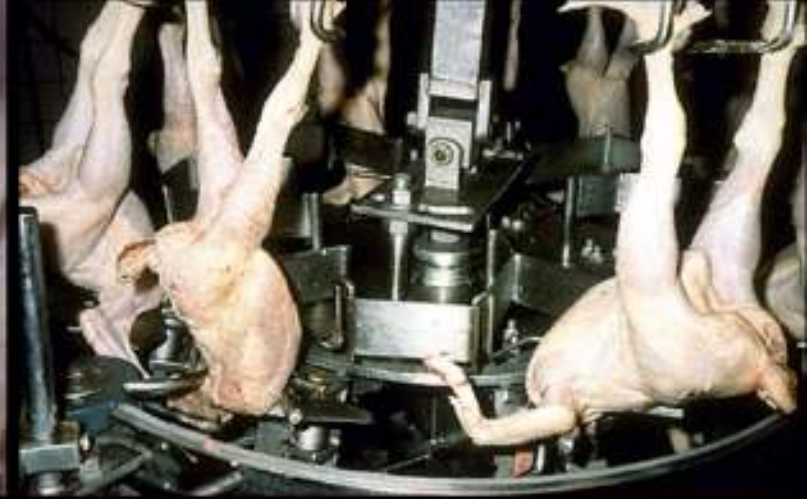
Their lifespan is 3 years less than normal chickens.

After death, they too become poultry-feed.



PORK

A normal pig gives birth to 6 piglets a year.
The meat industry forces them to produce 30!
Sows are cramped and made immobile.
Pigs become insane and tend to bite.
And so their teeth are extracted and their tails
amputated. No anesthetic is used.

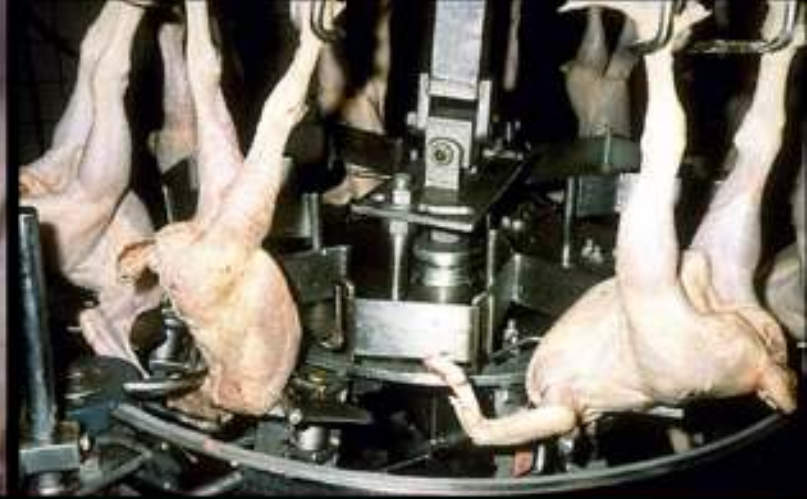


SLAUGHTER

To maintain speed, slaughterhouses use electric rods.
64% of animals are alive before they are skinned
or scaled by boiling water.

Sen. Robert Byrd told Congress:

“Our inhumane treatment of livestock is becoming
widespread and more and more barbaric.”



SLAUGHTER

Tennis champion Peter Burwash

"I played hockey until half of my teeth were knocked down my throat. And I'm extremely competitive on a tennis court. But that experience at the slaughterhouse overwhelmed me.

Man's cruelty to animals laid the real groundwork for my commitment to vegetarianism."

Average American
consumes
in one 70-year lifetime

- 1 Calf
- 2 Sheep
- 12 Cows
- 29 Pigs
- 37 Turkeys
- 910 Pounds of Fish
- 984 Chickens



EVERY YEAR IN BRITAIN

720 Million Chickens

40 Million Turkeys

18 Million Sheep

14 Million Pigs

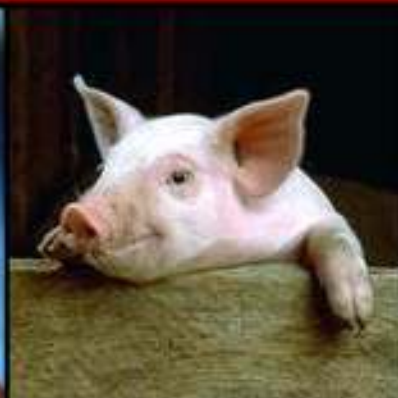
13 Million Ducks

3 Million Rabbits

2 Million Geese

1 Million Cattle

600 Million Tonnes of Fish





Next time you tuck into a hamburger or a hot dog,
remember:
that you are eating an animal that had suffered great
barbaric and inhumane torture, terror, fear, shock,
unimaginable pain and a slow bloody death before it
reached your plate.

“People often say that humans have always eaten animals, as if this is a justification to carry on the practice.

According to logic,
we should not try to prevent people from
murdering other people,
because this has also been done since the
earliest of times.

Isaac Singer.

Is It Right To Kill Their Mum & Dad?



© Whistling.com

As the crown of creation,
man must protect and feed his subjects,
not exploit and eat.



If you really care about
Animal Welfare the most positive step
you can take is to stop eating them.





Jai Swaminarayan