



## VEGAN IS HEALTHY

Research has shown that a healthy vegan diet leads to a lower risk of diseases that have been linked to dairy products and/or eggs, including diabetes, heart disease, high blood pressure, some cancers, and Alzheimer's disease. Nations with the highest dairy intake also have the highest rates of osteoporosis.

The Academy of Nutrition and Dietetics has endorsed a healthy vegan diet as nutritionally adequate and "appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes." An important part of a spiritual journey is caring for ourselves so that we can care for others.

Healthy vegan diets are rich in calcium from plant sources, especially dark leafy greens, beans and other foods. They also provide plentiful protein from legumes (beans, peas and lentils), nuts and seeds. When we eat animals, we also eat the terror and suffering that they have endured. This is one reason why higher consciousness and inner peace are increased when we eat with mercy and love.

## THERE ARE DELICIOUS VEGAN VERSIONS OF YOUR FAVORITE FOODS

Virtually any food you know and love can be veganized. Delicious vegan milk, cheese, yogurt, ice cream, mayonnaise and egg products are readily available in most grocery stores. To veganize your favorite recipes and discover tasty new ones, there are an abundance of resources online as well as in vegan cookbooks with recipes for every cuisine. Many eateries, including major restaurant chains, offer delicious vegan options.

## YOU CAN MAKE AN IMPORTANT DIFFERENCE WITH EVERY MEAL

When we become vegan, there's a great sense of inner peace from living in alignment with our values of love and respect for all beings. We can then know that with every meal, we choose compassion over cruelty, mercy over misery. Choosing a vegan diet honors all creation, improves personal health, and benefits the environment. With this compassionate choice, we can do the most good and least harm while living by our highest ideals of nonviolence and the Golden Rule.

*"Vegans treat animals the way we would want to be treated. With respect, with kindness, with compassion. Vegan is the Golden Rule in action."*

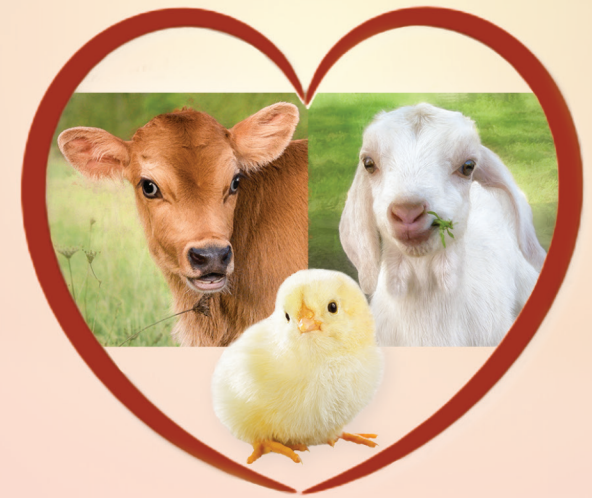
**JAMES ASPEY**

## RESOURCES TO HELP YOU SHIFT FROM VEGETARIAN TO VEGAN

- **APrayerforCompassion.com:** Watch this film to align your spiritual values of loving-kindness and mercy with your actions of nonharm through vegan living. Contact [interfaith@idausa.org](mailto:interfaith@idausa.org) to start a Compassionate Living Circle at your place of worship.
- **CircleofCompassion.org:** Find prayers for animals and learn about the spiritual benefits of including all beings in our circle of compassion.
- **ClimateHealers.org:** Read the science behind how living vegan is the most important step any of us can take to stop the devastation of our planet.
- **DharmaVoicesforAnimals.org/Eyes:** Discover resources to help your place of worship practice vegan living.
- **HumaneMyth.org:** Learn how raising animals for food can never be humane or kind.
- **IDAUSA.org/InterfaithVeganCoalition:** Receive faith-based vegan advocacy kits, vegan spirituality resources, and join the Interfaith Vegan Coalition.
- **IDAUSA.org/VegGuide:** Download your free vegan starter kit.
- **JewishVeg.org:** Explore their Vegan Options Always program to help you provide vegan options for events at your place of worship.
- **PCRM.org and NutritionFacts.org:** Learn about scientific studies proving that plants provide all the protein and nutrients we need while lowering our risk of many diseases.
- **RichRoll.com:** Discover how a plant-based diet improves fitness and athletic ability.

*"Going vegan is a commitment to practice in a completely different way than we were taught by our culture. Instead of practicing desensitizing, disconnecting, and reducing others, we practice reconnecting, resensitizing ourselves, and respecting others. This commitment comes from deep within us, from our inherent compassion and our inner urge to evolve spiritually and to live with awareness, kindness, freedom and joy."*

**WILL TUTTLE, AUTHOR, THE WORLD PEACE DIET**



# ARE YOU VEGETARIAN for Spiritual Reasons?

Many choose a vegetarian diet to align with their spiritual beliefs. Most are unaware that dairy and eggs involve grievous exploitation and cruelty. No matter what "humane" claims are made for milk and eggs, animals are harmed and killed for all animal products, and our planet suffers greatly from the blight of animal agriculture. There is a kinder, healthier way to a peaceful planet and to save all souls from suffering!

*"If you say you would not deliberately hurt an innocent animal unnecessarily, by definition you are vegan. Going vegan is about coming home to who you are."*

**SAILESH RAO, CLIMATE HEALERS.ORG**





If you are vegetarian, you are already significantly benefiting your health, the animals, the planet, and the lives of other people. You have questioned established narratives, defied conformism, and probably endured criticism for your courage. You walk the path of nonviolence. You align your actions with your spiritual values and your deeply held beliefs in peace, love, and the Golden Rule for all. With this kind of commitment, compassion and courage, you may be ready to eliminate all animal foods in order to extend your compassion to embrace all life.



**Milk comes from a grieving mother**

GoVeganNow.com

### DAIRY COMES FROM GRIEVING MOTHERS AND BABIES

Dairy cows endure chronic and acute abuse. Like all mammals, cows must give birth for their bodies to produce milk. Cows are repeatedly artificially inseminated on “rape racks” to keep them producing milk. In most cases, their babies are taken from them within hours after birth. Cows are loving mothers and desperately wish to bond with, nurse and nurture their babies who need them. The mourning and grief of the mothers and babies as they cry for each other is well documented and utterly heartbreaking.

At its core, the dairy industry is the veal industry, because all veal is a byproduct of dairy operations. Since they do not produce milk, male calves are either killed right after birth (often shot), or tethered in small crates so they cannot exercise, denied their mother’s milk, and fed a low iron diet to keep their flesh white and desirable for veal. When only a few

*“People are the only animals that drink the milk of the mother of another species. All other animals stop drinking milk altogether after weaning. It is unnatural for a dog to nurse from a mother giraffe; it is just as unnatural for a human being to drink the milk of a cow.”*

**MICHAEL KLAPER, MD, AUTHOR, VEGAN NUTRITION**



Beth Lily Redwood

*Since we steal mothers' milk meant for calves, only a tiny fraction of dairy cows and their calves ever experience the sacred, nurturing bond and life of this mother and son who are safe at a sanctuary.*

months old, these babies are killed for veal or calf skin. If the calves are female, they either replace their “spent” mothers or are killed for veal or beef.

Although their natural lifespan is about 25 years, dairy cows become less productive within about five years. At that young age, they are dragged to slaughter, suffering from severe mastitis and other diseases. They are often unable to walk because their bones have been depleted of calcium from excessive milking and confinement. Subjected to an excruciating death, in which they are hung upside down and cut apart, often while still conscious, their bodies are then sold for hamburger meat. The YouTube video “Dairy is Scary” reveals the violence inherent in this industry. As people of faith, longing to live by the Golden Rule, the more we learn, the more we want to be merciful and to do all we can to stop such abject cruelty.

### ALL EGGS COME FROM A CULTURE OF VIOLENCE

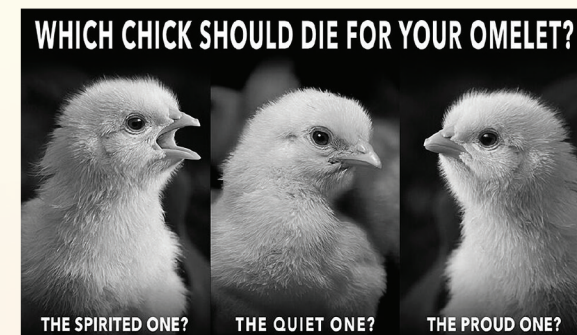
The cruelty and suffering caused by the egg industry is tragic as well. Since they do not lay eggs, male chicks are useless byproducts to the industry; billions of chirping newborn chicks are ground up alive or suffocated to death in plastic bags.

Egg-laying hens are tightly confined by the thousands in rows of small wire cages, or in huge barns, where they breathe toxic ammonia, which damages their eyes, lungs and mucous membranes. Their sensitive beaks are cut off without painkillers. Confined in a space no bigger than an iPad, hens are unable to spread their wings or engage in any

*“Being vegan is an expression of Oneness, Peace, Kindness and Universal Love. It is a key part of my spiritual path—the path to becoming an authentic, integrated human who lives in alignment with her beliefs and values. It is a huge step toward compassionate and nonviolent living.”*

**LANI MUELRAH, AUTHOR, THE MINDFUL VEGAN**

natural behaviors—dust bathing, perching or nesting. Genetically modified to produce 300 eggs per year instead of the 10–20 they would naturally lay, hens suffer enormous stress and many diseases.



BeFairBeVegan.com

“Spent” hens are typically slaughtered at 18 months old, even though their natural lifespan is eight years. They are hung upside down, have their throats slit, and are submerged in boiling water. Their frail bodies are sold as cat and dog food. The suffering of hens and killing of male chicks is inherent in all egg operations, including those in backyards, as well as “free range,” “humanely raised” and “cage free” industries. As people of faith, we can help end this torture and violence by refusing to purchase any food that contains the suffering of animals.

### DAMAGING OUR ENVIRONMENT

A vegan diet, with the lowest “foodprint” of all, is the most impactful choice an individual can make to help this sacred earth. Animal agriculture is a leading cause of the climate crisis and responsible for massive species extinction, habitat loss, deforestation, ocean acidification, water shortages, and pollution of our air, water and land. It takes 1,000 gallons of water to produce only one gallon of milk and 477 gallons of water to produce just one pound of eggs. As people of faith and caretakers of this precious earth, one of the most far-reaching and effective actions we can take is to stop supporting animal agriculture.