

Vegetarianism and Sustainability



(FOR THE EARTH AND ITS INHABITANTS)

Sustainability of the Earth



Dr R K Pachauri, Chairman of IPCC: “We didn’t say it before, but we are saying it now. One of the best ways to fight global warming is to adopt a vegetarian diet”. Speech in Geneva, January 15, 2008



“Due to the increase in population and other natural factors, these vast pasture lands are fast disappearing, so cows and buffaloes are also disappearing...A time will come when the populations of the meat eating countries will be in great trouble due to the absence of animal proteins.”

P.R. Sarkar,
Founder of PCAP

Land



- According to scientists at the Smithsonian Institute, the equivalent of seven football fields of land is bulldozed every minute, much of it to create more room for farmed animals.



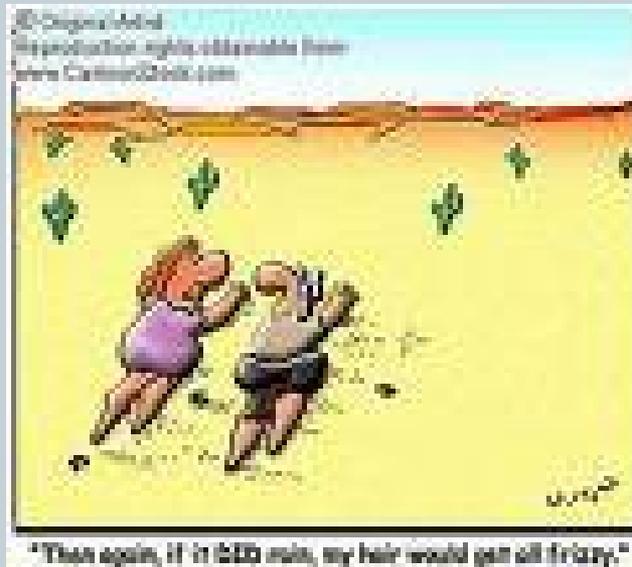
Of all the agricultural land in the U.S., nearly 80 percent is used in some way to raise animals—that's roughly half of the total land mass of the U.S.



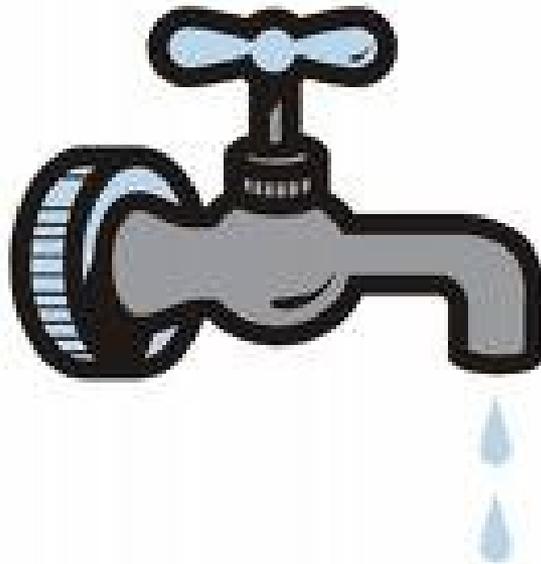
Water



- To produce 1 lb. of feedlot beef requires 7 lbs. of feed grain, which takes 7,000 lbs. of water to grow.



One half of all US
water resources are
used to grow meat.



Pass up one hamburger,
and you'll save as much
water as you save
by taking 40 showers
with a low-flow nozzle.

1



=

40



Meat eaters require 14 times as much water for their diets as do vegetarians.



Soil



- “85% of topsoil erosion in USA is due to raising animals for food”

Howard Lyman (American Mad Cow Activist)



Energy



- In the USA, 20 times as much energy is required to produce one calorie of animal food as is required to produce one calorie of vegetable food



Forest



- Of the Amazonian rain forest cleared in South America, more than 38 percent has been used for ranching



More than 260 million acres of U.S. forest have been cleared to create cropland to grow grain to feed farmed animals.



Pollution



- According to the Environmental Protection Agency, factory farming pollutes U.S. waterways more than *all* industrial sources combined.



In the U.S., livestock now produce **140 times** as much waste as people do. Just one hog farm in Utah, for example, produces more sewage than the city of Los Angeles!!



Animal Slaughter



- Every year, nearly **9 billion animals** are killed for food in the United States alone!!



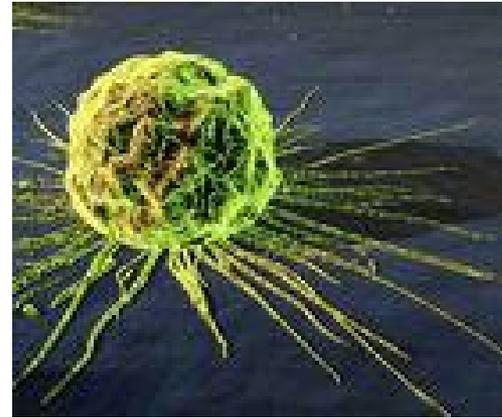
“When human beings come to understand that animals also experience pleasure and pain they will acquire a new dimension of wisdom. It is because of our human sense of duty and our higher understanding that we should be sympathetic to all living beings.”

P.R. Sarkar

Sustainability of Human Health



At the turn of the century, heart disease and cancer used to cause 8% and 4% of deaths. Now they cause 36% and 22% of deaths.



In China a recent shift to meat-heavy diets has been linked to increases in obesity, cardiovascular disease, breast cancer and colorectal cancer.



"The vast majority, perhaps 80 percent to 90 percent, of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented, at least until very old age, simply by adopting a plant-based diet."

Dr. T. Colin Campbell
Cornel University



Superiority of Plant Protein



- Professor Colin Campbell: “There is a mountain of compelling evidence that so called “low quality” plant protein which allows for slow but steady synthesis of new proteins is the *healthiest* type of protein”



“Heart Attack Proof” Diet



- Diets of Dr. Dean Ornish and Dr. Caldwell Esselstyn keep cholesterol levels below 150, the level below which no one has ever suffered a heart attack.



The New Phenomenon of Obesity and Malnutrition



- There are 1.3 billion people overweight and 800 million underweight



The Solution



- Breastfeeding, consumption of fruits, vegetables and whole grains.
- Barry A. Popkin, *Scientific American*, June, 2008



Vegetarianism and Spirituality



“In the higher stages of sa'dhana' (spiritual practice), sa'dhakas (spiritual aspirants) feel that all the living beings are their own. In sympathy with the joys and sorrows of all living beings, they help all creatures.”

P.R. Sarkar