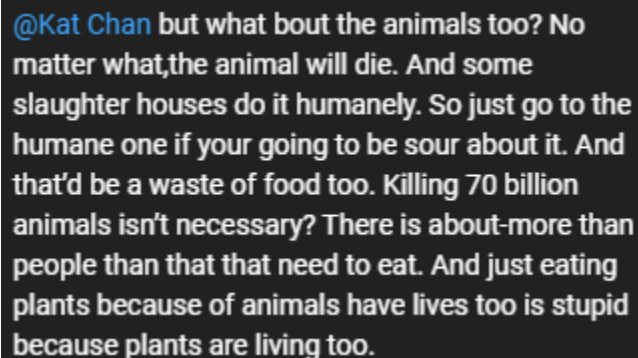


We can just eat plants, it's been proven many times that a well-planned whole foods vegan diet can sustain human life. Many athletes even thrive on it. Here's the academy of nutrition and dietetics (not even a vegan organization btw) releasing a massive peer reviewed statement saying a well-planned vegan diet is suitable for all stages of life including pregnancy lactation infancy and athletes.

<https://pubmed.ncbi.nlm.nih.gov/27886704/>

They wouldn't have said this if otherwise, over 100,000 credited dietitians and the biggest body of dietitians in the US too. Along with the British dietetic association backing that up and also the NHS. Thus, eating animals is then unnecessary.

Slaughtering around 70 billion land animals a year has nothing to do with the natural food chain anyways, we force breed all these animals which is very different from this food chain you relate to. A natural food chain supports the ecology of the earth and doesn't release tons of methane and greenhouse gasses into the atmosphere unlike factory farming. Just because something is natural too doesn't mean it's right, in nature lions eat babies, rape other lions. I don't think any animal would be very good role models in today's society where choice is abundant. We get rid of disease but it's natural, avoid impacts of earthquakes but it's natural. What's culture isn't moral too, slavery and disfranchising women and gays was a culture/legal at some point. There's cultures where people are stoned to death, women's genitalia are mutilated and other species animals are slaughtered.



@Kat Chan but what bout the animals too? No matter what,the animal will die. And some slaughter houses do it humanely. So just go to the humane one if your going to be sour about it. And that'd be a waste of food too. Killing 70 billion animals isn't necessary? There is about more than people than that that need to eat. And just eating plants because of animals have lives too is stupid because plants are living too.

Forgot to mention that lions and other obligate carnivores eat animals out of necessity too, unlike us. We also possess moral agency, meaning we know the difference between right and wrong. The World Health Organisation also classed red processed meat to be a 'Group 1 carcinogen'

<https://www.cancercouncil.com.au/1in3cancers/lifestyle-choices-and-cancer/red-meat-processed-meat-and->

[cancer/#:~:text=The%20World%20Health%20Organization%20has,of%20bowel%20and%20stomach%20cancer](https://www.cancercouncil.com.au/1in3cancers/lifestyle-choices-and-cancer/red-meat-processed-meat-and-cancer/#:~:text=The%20World%20Health%20Organization%20has,of%20bowel%20and%20stomach%20cancer)

The animals, yes, so why are they here in the first place? Because we breed billions of them and then just to slaughter them every year which is not even natural since we artificially inseminate them aka force them to have children and take their young away (especially in dairy production). As the number of vegans in the world increase, less demand will mean much more animals won't need to be born into this

world and suffer and thus with the remaining animals we can look after them in animal sanctuaries. In the end, these billions of animals won't have to die because they won't be bred into our factory farms.

Humane slaughter does not exist, it is merely an oxymoron to make us feel better when buying meat. Can someone humanely rape you? Humanely rob you? Can I kill a dog or pet animal that wants to live humanely? To be humane is to bestow compassion and benevolence, it is impossible to have compassion when ending lives of sentient creatures that do not want to die, especially when we can live off alternatives.

You may say "but we breed these animals specifically to be killed so therefore it is ok". Does that then make dogfighting and bull fighting moral because we raise them for that purpose? And also anything immoral we do to children/pets because we gave them life?

Yes, killing 70 billion animals isn't necessary. There isn't more than 70 billion humans in the world, there's only around 7 billion humans. If we take all the crops that the USA is growing for livestock alone, we could feed 800,000 with all that grain.

<https://news.cornell.edu/stories/1997/08/us-could-feed-800-million-people-grain-livestock-eat#:~:text=%22If%20all%20the%20grain%20currently,24%2D26%20meeting%20of%20the>

Granted that some of that grain is not suitable for human consumption but we could take all that food currently being fed to the 70 billion livestock a year and instead, feed it directly to humans to end world hunger. Instead of filtering all those plant nutrients through animals it would be immensely more efficient and less impactful on the planet. We take grain and crops from countries where there is famine and feed it to livestock, that's why there is world hunger.

<https://www.fastcompany.com/1580712/infographic-of-the-day-how-the-global-food-market-starves-the-poor>

Plants are living too yes, but are they sentient? I would think not, just like how the Corona virus is alive but should we give it rights to live? I would think not again. Plants don't have a brain, no nervous system, lack pain receptors and have no conscience at all. Ask any scientist and they will agree that plants are not sentient. Cutting a carrot is way different from cutting a bunny rabbit. If you really did care about plants you would default to veganism anyways because it takes around 14-16 pounds of plant food to produce 1 pound of beef. And again, with that kind of spare plant food and if people were plant based we would be able to feed maybe even double our world population, definitely a whole lot more than what we currently feeding.

And again, we are not obligate carnivores, we have no special genetic, anatomical, physiological adaptations to eating meat, however we do when it comes to plants. Our jaws move from side to side in a grinding motion like other herbivores, our stomach acids aren't as strong as obligate carnivores, we have longer intestines like other herbivores instead of short ones carnivores have, we don't eat flesh raw like obligate carnivores, we hinder from the sight of taking innocent lives and would rather be compassionate instead etc...

Instead of filtering through (sun->plants->animals->humans), it would be more sensical to just go (sun->plants->humans) which is way more efficient by all means. There's more plant 'casualties' when eating meat too because you have to harvest more crops just for that slice of bacon or rump of steak. Meaning more small insects or critters are killed when eating meat.

Eating meat is a choice yes, just like how it is my choice to go kill someone. Both these choices have victims, and when a choice has a victim it no longer becomes a 'personal choice' but rather a 'moral imperative'.

So you think legality equates to morality? How about when slavery was legal or in countries now where it is legal to stone/kill people because of who they are. How about female genitalia mutilation where it is currently legal in some African countries. It used to be legal to disenfranchise women's rights and arrest gay people. It shows that we adapt and evolve to meet our standards of morals throughout history and the law also reflects this too.

I'm not saying you are a murderer but it is a fact that meat eaters fund the murder of animals that don't want to die. Buying meat brings higher demand of meat causing more animals to be suffered and killed, it is therefore murder by proxy to pay for animal products.

I agree with you some people have to eat meat because it is necessary for them since they are in survival situations. Many of the population are not when we have huge supermarkets with an abundance of plant-based choice. There was a crash in the Andes in 1972, the remaining crew only survived because they cannibalised on the other dead crewmates. Would you then say cannibalism is then justified? Of course not, it was only because they were in a survival situation and it was necessary to survive.

Yes, when we slaughter billions of animals there is a reason, 'taste'. Along with 'convenience', 'habit' and 'tradition'. However, these reasons are nowhere near good enough to justify the mass cruelty and killing inflicted onto these sensitive and sentient beings. Ask yourself this, which is more important? Our taste buds or the life of an animal, for us it's 10-20 minutes of taste pleasure, for them it's their whole life – only knowing suffering and pain. And if you answer with 'taste pleasure' being more important then can we use sensory pleasure to then justify immoral acts like killing? Does the sensory pleasure one feels as a result of doing wrong undermine the actual immoral act they have committed? Aka this would then justify things like rape and murder.

Well, I'm sure murderers have reasons to kill, either they enjoy the sensory pleasure and keep doing so to satisfy that need or for some other sadistic reason.

It is not perfectly fine eating meat because in the world we live in today, plethora of choice, the fact we can live life happily and healthily on a plant-based diet, this all deems killing animals unnecessary and immoral. We choose to harm animals when we can choose to practically harm no one? Being vegan is

about taking the right steps to practically minimize the suffering of other beings. Choose empathy over cruelty. We currently have three choices, harm humans, harm animals, or try our very best to harm no sentient living being at all.

1a. Yeah I was just making a point that if something's legal doesn't necessarily mean it's moral. I'm sure many places have changed to a certain point to accept everybody, but back when slavery was legal in the US this wasn't the case.

1b. Indeed some people farm for money because it's such a profitable area, government subsidies are poured into these abhorrent practices so there's large incentive to go make profit from the backs of animals. Even slaughterhouse workers, many are suffering since they have high rates of PTSD, depression and mental illness. Some just do it since it's their only job choice. For example one time in Canada there was a lack of people working in abattoirs so who did they go find to replace them? Immigrants that just fled from other (maybe even war torn) countries trying to find a better life, however, were just put into the hell scape that is a slaughter house where it smells like blood, fear and feces. We just want farmers and industries to start moving from cruel practices to more humane/moral plant-based agriculture where it's better for everyone including the planet.

2. Being vegan is far from being expensive. You can make any diet whatsoever to be as expensive or cheap as you like. For sure if you buy vegan mock meats (maybe not as healthy as meats, definitely not as healthy as whole plant based foods, what's sure about vegan meats is that there's less suffering) then prices may add up, however, if you think about the cheapest things in the market right now, beans, rice, pasta, legumes, vegetables etc they are all vegan. Meat used to be a luxury back when factory farming wasn't massive. Like people only had meat when it was a special occasion, then on every Sunday, now it's perhaps every day. With the explosion of factory farming due to governments pouring billions of dollars into these horrible practices people are now able to purchase meat for cheap. Also many charities that help/feed the poor in famine stricken countries use vegan/vegetarian meals to feed hundreds because it's the cheapest foods. Again, if someone is in a survival situation (like many animals) then killing will be justified just like how it was justified in the 1972 Andes crash where they cannibalised dead crewmates to survive, however, the many that are not in these situations have no excuse with abundance of plant choices that exist in supermarkets.

3. No worries, I love talking about this stuff. Mainly using the Socratic method to get the message across, but sometimes I may just unload an abundance of information just to get my points out. I don't pick and choose people to tell this too, every chance I get to try plant a seed into someone's mind I will take it because it's my moral obligation to help others in need and alleviate suffering for everyone including non-human animals. I suppose if you still want to support animal abuse and cruelty then ultimately I can't stop/force you, you do you. But I would just like you to know the facts and consequences from

eating meat. Not only stopping/cutting out will save animals but also help the environment's ecology and bodily health. Indeed, is it normal and standard, but it's definitely changing since millions more have joined the movement because they realise the truth, just like how slavery was abolished, this will too. Slavery took 400 years to abolish so you can see why animal rights is taking so long too. Have a good day/night.

If there's something you can take away I advice you to read this, it's facts, evidence and logic which is irrefutable.

[veganspeak.org/vegan-arguments/](https://veganspeak.org/vegan-arguments/)

If you would rather watch something instead of reading:

[https://www.youtube.com/watch?v=2AYOViszK\\_A&list=PLv32N1u9E2UmYtKCgBvpKPKVZYVxBjbdJ&index=120&](https://www.youtube.com/watch?v=2AYOViszK_A&list=PLv32N1u9E2UmYtKCgBvpKPKVZYVxBjbdJ&index=120&)

<https://www.youtube.com/watch?v=es6U00LMmC4&list=PLv32N1u9E2UmYtKCgBvpKPKVZYVxBjbdJ&index=3&t=439s>

<https://www.youtube.com/watch?v=gcVR2OVxPYw&list=PLv32N1u9E2UmYtKCgBvpKPKVZYVxBjbdJ&index=55>

Why should you care about animals? Well, I am sure many humans would choose the world to be as peaceful as possible, minimal suffering and thriving community/life rather than the destruction, death, and eternal pain in the universe. We humans are inclined to go with the more compassionate and ethical choice because we are naturally kind, we possess moral agency and know what is right and wrong. If you choose to not care about animals but do to humans then you practice 'speciesism' which is the root to all oppression, when we start to hate/harm other living beings for what they look like etc, we start to believe that we are better than a certain group: this is why racism, sexism, homophobia exist. From when we are born we all have the instinct to love all live but we are fed (both literally and metaphorically) with information that teaches us to protect some kinds of animals while slaughtering and eating other animals is ok. If a baby is put into a cot with a bunny and an apple/carrot, never in a million years will that baby try eat the bunny, if that happens then you might just have a demon baby. If we teach children to respect all forms of life, from spiders to dolphins, pigs to cats, to respect their right to life and to avoid suffering how will that child grow up to hate Jews, Blacks or any other kinds of people in our own same species? If we teach that all animals are just like us in the sense they need food and water, seek companionship and shelter, avoid pain and enjoy their ability to freely move around, then how can hate exist in the world? How would wars start when we all understand each and every sentient being's perspective.

## Veganism and Media

This moral emergency has been caused with our disconnect from the food we eat, we no longer see the living beings that were exploited behind the scenes but rather, nuggets, beef, pork. Euphemisms that downplay the real suffering these animals endure in factory farms.

Face the facts Betty, the future will be vegan whether you like it or not, no one can safely defend the slaughter of billions of animals. Read the indisputable truth: <https://veganspeak.org/vegan-arguments/>

We have moral agency, not in survival situation and lions won't be very good role models in today's society since they kill babies and rape other lions.