

ELA Conference 2021 – Handout

If you need help transitioning to a vegan lifestyle start with www.challeng22.com (it takes 21 days to kick a habit, hence 22) where you can get support, including a mentor and advice from a clinical dietician if necessary.

There are some great recipes on the following websites:

Veganuary: www.veganuary.com

Bosh!TV: www.bosh.tv

Lazy Cat Kitchen: www.lazycatkitchen.com

The Vegan Society: www.vegansociety.com

It's important that you get a good balanced diet of wholefoods: vegetables, fruit, grains, pulse and nuts. These will contain all the protein, vitamins and minerals you need. The only supplement you need to take Vitamin B12. It's worth taking vitamin D in winter and Omega 3 supplements might be worth consideration although the science isn't clear on this at the moment. If you have any pre-existing health problems or concerns about switching to a plant-based diet make sure you consult a vegan nutritionist or your local GP before making changes to your diet.

B12 is sourced from bacteria in the soil but, in our sanitised world of intensive agriculture and clean vegetables we don't get it naturally any more. Even cattle reared intensively have to be given B12 supplements because they don't get it from outdoor grazing. Foods such as plant milks, cereals and yeast products (Marmite) are fortified with B12 but as a precaution you can also take B12 supplements in tablet form.

Omega-3 fatty acids are important for healthy brain development, vision and memory. The main ones are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). ALAs can be found in plants like flaxseeds, seaweed, chia seed, walnuts, kidney beans and soya oil. EPA and DHA are found in fish and other seafood so the only reliable way for a vegan to get these fatty acids are from supplements. These supplements are made from algae (where the fish get it from) and without the toxins that you would ingest by eating fish.

A reliable (not for profit) resource for nutrition is Dr Michael Greger's NutritionFacts. Check out his website and various lectures:

www.nutritionfacts.org

As far as vegan ethics is concerned, Earthling Ed's powerful speech is essential:

<https://youtu.be/Z3u7hXpOm58>

Ideally this should be seen after watching his film *Land of Hope and Glory* which shows standard practices in the UK farming industry.

www.landofhopeandglory.org

This is free to watch online. It's graphic so you might want to watch it with a friend.

Other film documentaries you might like to watch are *Cowspiracy*, which looks at the negative effects of animal agriculture on the environment: <http://www.cowspiracy.com>

What the Health looks at how meat, dairy, fish, and eggs cause some of the most common chronic disease associated with the western world: www.whatthehealthfilm.com

The Game Changers, a film by James Cameron which looks at how top athletes are switching to plant-based diets to enhance their performance: <https://gamechangersmovie.com>

Both *Cowspiracy* and *What the Health* are on Netflix. Despite the fact that all sources for the information included in these films are listed online there have been claims that the director of both films, Kip Anderson, changed or altered facts to support the underlying vegan agenda. It's worth noting that those refuting the facts and figures in these films were invited to take part in a public online unedited debate. A few agreed to take part but once Anderson tried to set up a date for the debate, they all pulled out. It turns out that studies and statistics used to refute the information in these films were funded by the animal agriculture industry. The fact that nutritionists and doctors get information from studies so obviously biased in favour of animal agriculture should be setting off alarm bells. Such misinformation is a deliberate marketing strategy to confuse consumers and protect profits.

There are two more graphic films showing the scope of animal abuse and exploitation: *Earthlings* (www.nationearth.com) and *Dominion* (www.dominionmovement.com).

My advice would be to watch the non-graphic films first as they should be reason enough to go vegan.

As hard as they are to watch I would still recommend seeing the graphic films so you have a complete understanding of the scale of exploitation and cruelty which the respective industries go to great lengths to conceal from their customers. *Land of Hope and Glory* is important as all of the footage is recent and from the UK. I would also advise seeing these films with a friend, partly as an act of self-preservation in terms of mental health and partly so that when you speak about issues highlighted in the films you have support from someone who can verify that what you have seen is true (non-vegans can be quick to argue that such films are from isolated cases and from abroad only).

If you need any further advice or information, please don't hesitate to contact me by email:

clevewest@btconnect.com

Thank you and good luck!

Other useful links:

General

Challenge22: www.veganuary.com

The Vegan Society: www.vegansociety.com

Veganuary: www.veganuary.com

Plant Based News: www.plantbasednews.org

Activism

Mercy for Animals: <https://mercyforanimals.org>

Surge Activism: <https://surgeactivism.com>

Those Who Love Peace: www.twlp.org

Peta UK: <https://www.peta.org.uk>

Viva: <https://www.viva.org.uk>

Let Fish Live: www.letfishlive.org

Veganics & Ethical/Sustainable Retail

Tollhurst Organic: <http://www.tollhurstorganic.co.uk>

Vegan Organic Network: <https://veganorganic.net>

Edible Culture: <https://edibleculture.co.uk>

Poyntzfield Herb Nursery: <https://www.poyntzfieldherbs.co.uk>

Bud Garden Centre: <https://www.budgarden.co.uk>

Veganic Agriculture Network: <http://www.goveganic.net>

Environment

Nicholas Carter's Plant Based Data - Over 1000 peer reviewed articles organized into reference lists and catalogued by topic. Interesting data countering regenerative farming claims about negative carbon emissions.

<https://www.plantbaseddata.org>

Cowspiracy

<https://www.cowspiracy.com>

Rob Greenfield

<https://www.robgreenfield.org>

Cookery Books

Carlin, Aine. *Keep it Vegan*, Kyle Books. 2014.

Carlin, Aine. *The New Vegan*, Kyle Books. 2015.

Devi, Yamuna. *The Art of Indian Vegetarian Cooking*, Leopard Books. 1995

Firth, Henry. & Theasby, Ian. *Bosh!*, HQ. 2018.

Frei, Retro., Hittl, Rolf & Chretien, Juliette. *Vegan Love Story*, New Internationalist. 2015.
Hingle, Richa. *Vegan Richa's Indian Kitchen*. Vegan Heritage Press, 2017.
Jury, Jean-Christian. *Vegan*, Phaidon Press. 2017.
Razavi, Parvin. *Vegan Recipes from the Middle East*, Grub Street. 2017.
Sahni, Julie. *Classic Indian Vegetarian & Grain Cooking*, William Morrow & Co. NY. 1985.
Sodha, Meera. *Fresh India* Penguin. 2016.

Nutrition

Nutrition Facts - www.nutritionfacts.org

Physicians Committee for Responsible Medicine - www.pcrm.org

Dr Esselstyn's Prevent and Reverse Heart Disease Program - www.dresselstyn.com

Plant Proof – Simon Hill - www.plantproof.com

Animal Free Research

Occasionally we are asked to sponsor someone doing great things to raise money for various charities. Since going vegan we have become aware that many of these charities support research where animals have been tested on. Clearly a vegan ethic can't support animal testing* so if you feel conflicted in this way you can donate instead to Animal Free Research UK where no animals are harmed. www.animalfreeresearchuk.org

*NB Some useful information about whether animal testing helps human medicine:

- 1) Less than 2% of human illnesses (1.16%) are ever seen in animals. Over 98% never affect animals.
- 2) According to the former scientific executive of Huntingdon Life Sciences, animal tests and human results agree just "5%-25% of the time."
- 3) Among the hundreds of techniques available instead of animal experiments, cell culture toxicology methods give accuracy rates of 80-85%
- 4) 92% of drugs passed by animal tests immediately fail when first tried on humans because they're useless, dangerous or both.
- 5) The two most common illnesses in the Western world are lung cancer from smoking and heart disease. Neither can be reproduced in lab animals.
- 6) A 2004 survey of doctors in the UK showed that 83% wanted an independent scientific evaluation of whether animal experiments had relevance to human patients. Less than 1 in 4 (21%) had more confidence in animal tests than in non-animal methods.
- 7) Rats are 37% effective in identifying what causes cancer to humans – less use than guessing. The experimenters said: "we would have been better off to have tossed a coin."

- 8) Rodents are the animals almost always used in cancer research. They never get carcinomas, the human form of cancer, which affects membranes (eg lung cancer). Their sarcomas affect bone and connective tissue: the two are completely different.
- 9) The results from animal tests are routinely altered radically by diet, light, noise, temperature, lab staff and bedding. Bedding differences caused cancer rates of over 90% and almost zero in the same strain of mice at different labs.
- 10) Sex differences among lab animals can cause contradictory results. This does not correspond with humans.
- 11) 75% of side effects identified in animals never occur.
- 12) Over half of side effects cannot be detected in lab animals.
- 13) Vioxx was shown to protect the heart of mice, dogs, monkeys and other lab animals. It was linked to heart attacks and strokes in up to 139,000 humans.
- 14) Genetically modified animals are not like humans. The mdx mouse is supposed to have muscular dystrophy, but the muscles regenerate with no treatment.
- 15) GM animal the CF- mouse never gets fluid infections in the lungs – the cause of death for 95% of human cystic fibrosis patients.
- 16) In America, 106,000 deaths a year are attributed to reactions to medical drugs.
- 17) Each year 2.1 million Americans are hospitalised by medical treatment.
- 18) In the UK an estimated 70,000 people are killed or severely disabled every year by unexpected reactions to drugs. All these drugs have passed animal tests.
- 19) In the UKs House Of Lords questions have been asked regarding why unexpected reactions to drugs (which passed animal tests) kill more people than cancer.
- 20) A German doctors' congress concluded that 6% of fatal illnesses and 25% of organic illness are caused by medicines. All have been animal tested.
- 21) According to a thorough study, 88% of stillbirths are caused by drugs which passed animal tests.
- 22) 61% of birth defects were found to have the same cause.
- 23) 70% of drugs which cause human birth defects are safe in pregnant monkeys.
- 24) 78% of foetus-damaging chemicals can be detected by one non-animal test.
- 25) Thousands of safe products cause birth defects in lab animals – including water, several vitamins, vegetable oils, oxygen and drinking waters. Of more than 1000 substances dangerous in lab animals, over 97% are safe in humans.

26) One of the most common lifesaving operation (for ectopic pregnancies) was delayed 40 years by vivisection.

27) The great Dr Hadwen noted “had animal experiments been relied upon...humanity would have been robbed of this great blessing of anaesthesia.”

28) Aspirin fails animal tests, as do digitalis (heart drug), cancer drugs, insulin (which causes animal birth defects), penicillin and other safe medicines. They would be banned if vivisection were believed.

29) Blood transfusions were delayed 200 years by animal studies.

30) The polio vaccine was delayed 40 years by monkey tests.

31) 30 HIV vaccines, 33 spinal cord damage drugs, and over 700 treatments for stroke have been developed in animals. None work in humans.

32) Despite many Nobel prizes going to vivisectionists, only 45% agree that animal experiments are crucial.

33) The Director of Research Defence Society, (which serves only to defend vivisection) was asked if medical progress could have been achieved without animal use. His written reply was “I am sure it could be.”

Source: www.vivisectioninformation.com