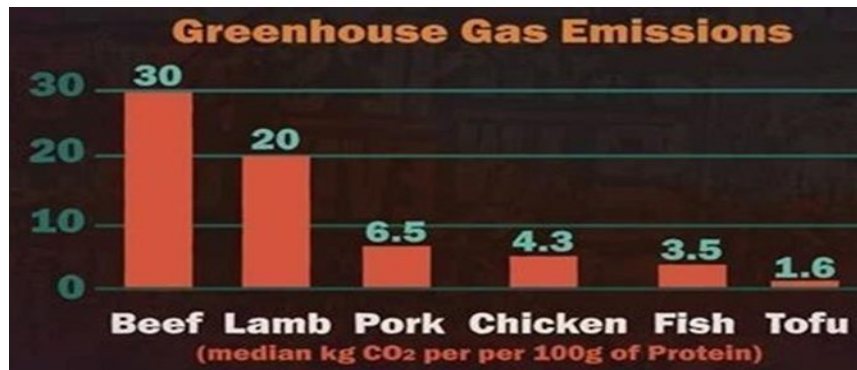


Which brings me to ...

ANIMAL Agriculture



ANIMAL AGRICULTURE - For most people in the developed world - from laborers - to chief executives - to scientists - to members of Congress ... the vast majority are simply not aware of the fact that that **ANIMAL AGRICULTURE** is - one of "the" leading drivers of our **CLIMATE CRISIS** (Global Warming / Climate Change) + our **HUMAN HEALTH!**

The rearing of **LIVESTOCK** (especially, in **FACTORY FARMS**) does contribute greatly to Global Warming, in (2) ways: (1)- the **heavy METHANE GAS** that the "animals themselves" give off, into the atmosphere - and (2)- the "rapidly increasing" **DE-FORESTATION** (due to "needing expanded pastures for the COWS")!



As well, **Factory Farms** and **Slaughter Houses** are not only 'cruel' to **ANIMALS** - they are also "breeding grounds" for antibiotic-resistant **bacteria**, which are expected to soon be killing an estimated 700,000 **HUMANS** - yearly! YES! See more >>>>>>> [Click HERE!](#)



PHASING OUT Animal Agriculture represents one of our best, and our most immediate, opportunities >>> to "reverse" the frightening trajectory of **Climate Change / Global Warming**. This pronouncement, according to a brand new model - just developed by scientists from Stanford, and the University of California, Berkeley.

RED MEAT - Scientists are warning that our "hunger" for **Red Meat** is putting an increasingly "huge stress" on our land - in (3) ways ... **a)** the need to produce more **Animal FEED** ... **b)** escalating **DE-FORESTATION** ... **c)** adding to more than **HALF** of the world's "emissions" of **METHANE** (yet "another" Greenhouse Gas)! See more >>> [Click HERE.](#)



EXTINCTION Before going any further - see **THIS "shocker"!** >>> [Click HERE!!](#)



VEGAN // VEGETARIAN? - Does going on a **PLANT-Based** Diet mean that I must become a “full fledged” **Vegan** -or- **Vegetarian**?

Well, most do - but many do not. There is no “one-size-fits-all” when approaching a healthy lifestyle. Successful eating plans need to be “individualized” ... and take into consideration - the “whole person”.

While pure **VEGANS** do typically avoid animal products altogether - Plant-Based eating is not quite as stringent for **VEGETARIANS** - and, has many interpretations.

Vegetarians will on occasion, eat tiny portions of eggs / cheese / chicken / fish, as well - but (like Vegans), they will usually try to avoid sweets / oils / pastries / butter / etc. I consider “myself” to be mostly a ‘Vegetarian’ (but I will go for “some” cheese (but no meat / chicken / fish).

Here is something that may be of interest to you ... Notice what the “%” is ... regarding **PLANT-Based Protein Diets** (see the comment at the very bottom):

THE WORD ON PLANT-BASED PROTEIN

68% OF CONSUMERS believe meat consumption should be limited
Source: Datassential

43 MILLION OF THE PEOPLE who regularly eat plant-based proteins

86% OF THEM ARE NOT vegan or vegetarian.
Source: NPD

Plant-Based Shopping List

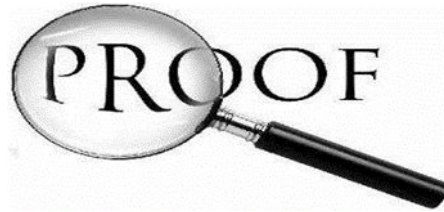
FRUIT			VEGETABLES			
Apples	Grapefruit	Peaches	Arugula	Celery	Mixed greens	Spinach
Avocado	Grapes	Pears	Asparagus	Collard greens	Mixed lettuces	Squash
Bananas	Honeydew	Pineapple	Beets	Corn	Okra	Sweet potatoes
Blackberries	Kiwi	Plums	Bell peppers	Cucumber	Onions	Swiss chard
Blueberries	Lemons	Pomegranate	Broccoli	Eggplant	Potatoes	Tomatoes
Cantaloupe	Limes	Raspberries	Brussels sprouts	Green beans	Radishes	Zucchini
Cherries	Mangoes	Strawberries	Cabbage	Kale	Romaine lettuce	
Cranberries	Oranges	Watermelon	Carrots	Leaf lettuce	Scallions	
Dates	Papaya		Cauliflower	Leeks	Shallots	
MISC. PRODUCE		WHOLE GRAINS				
Fresh herbs	Ginger	Amaranth	Buckwheat	Quinoa	Whole grain bread	
Garlic	Mushrooms	Barley	Millet	Rye	Whole grain pasta	
		Brown rice	Oats	Sprouted grain bread	Whole wheat	
LEGUMES						
Black beans	Chickpeas	Field peas	Lentils	Navy beans	Red beans	
Black eyed peas	Edamame	Kidney beans	Lima beans	Pinto beans	Snow peas	
					Sugar snap peas	
					White beans	
NUTS & SEEDS		SWEETENERS		REFRIGERATED/FROZEN		
Almonds	Pecans	Blackstrap molasses		Earth Balance vegan buttery spread		
Almond butter	Pine nuts	Coconut sugar		Vegenaise		
Cashews	Pistachios	Honey		Hummus		
Cashew butter	Pumpkin seeds	Maple syrup		Unsweetened almond milk		
Chia seeds	Sesame seeds	Stevia		Unsweetened cashew milk		
Flaxseed	Sunflower seeds	Dates		Unsweetened coconut milk		
Hemp seeds	Sunflower butter	Apples/applesauce		Frozen whole fruits and veggies		
Peanuts	Walnuts					
Peanut butter						
SEASONINGS/FLAVORINGS/CONDIMENTS/OILS						
Black pepper	Nutritional yeast flakes	Spices (cinnamon, ginger, parsley, basil, garlic powder, etc.)				
Bragg Liquid Aminos	Pure vanilla extract	Vinegars (apple cider, rice, red wine, balsamic, etc.)				

Ok, if you’re diving into the world of **PLANT-Based eating** ... one of the first things you want to do is figure out what you’ll actually be **EATING!**

This **PLANT-Based GROCERY List** should help - by providing you with a detailed **list** of foods to consider.

ORGANIC? - Yes, if at all possible - unless they are just too expensive (or they are unavailable).

WHY? - To avoid the possibility of **PESTICIDES**, which are “chemical compounds” that are used to kill all pests / insects / rodents / fungi / weeds. 1,000+ different pesticides are used around the world. **A TOP GUIDE to this >>>>> [Click HERE.](#)**



FINALLY - I wish to share with you (below), something [a remarkable awakening] that has totally “confirmed” for ME, the awesome power for us, of **PLANT-Based EATING** - both for **HUMAN HEALTH** - and for our **PLANET’S HEALTH** ... simultaneously!

IRREFUTABLE EVIDENCE

But First - here’s a “timeline” of important events that simply gives us “more” to think about, in terms of a “progression” of **PROOF** ...

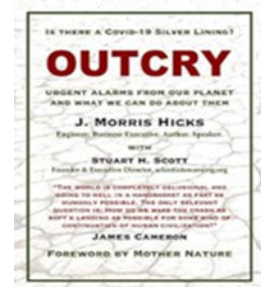
1) 1975 - Leading Climate Scientist at Cornell concludes that animal protein promotes cancer growth ... **2) 2007** - Former President Bill Clinton shifts to Plant-Based eating, ‘reverses’ chronic diseases, after learning from many pioneering MDs ... **3) 2009** - the World Bank Researchers conclude that animal agriculture drives at least 51% of our perilous “climate change” ... **4) 2019** - Stanford PhD concludes - due to deforestation, animal agriculture drives at least 87% of climate change ... **5) 2019** - An award winning Netflix film - ‘The Game Changers’ - dedicated to athletes - educates millions on the absolute power of Plant-Based eating (more on this below) ... **6) 2021** - New York City Mayor ‘reversed’ his diabetes via Plant-Based eating (he wrote a book) prior to running for mayor ... **7) 2022** - University of Cambridge ocean physicist shows animal agriculture’s crucial “climate-change-connection” - in a recent film - ‘Eating Our Way to Extinction’ ... **8) 2023** - Former Princeton Climate Scientist implicates animal agriculture as the leading driver of “climate change”.

KINGS! – See what these (4) “exceptional” doctors have to say >>>>>>> [Click HERE!](#)

Bottom Line - For almost fifty (50) years now, we’ve been seeing ample **PROOF**, from nutritional scientists at Cornell - to medical doctors at the Cleveland Clinic - to various climate scientists, on the power of **PLANT-Based Diets** to reverse disease in **HUMANS**.

What about “chronic diseases” in the biosphere of our **PLANET**? Well, we’ve now seen **PROOF** from scientists, or researchers, at Cornell / Princeton / Stanford / World Bank / University of Cambridge / etc. - about this whole topic.

MORE! – Again, J. Morris Hicks (JIM), an engineer / writer, and a B-I-G picture guy ... he tells it - “exactly like it IS” ... NO punches pulled! As time permits - read (**FREE**, right here!) his exceptional **BOOK** – to absorb his TRUTH about the ONLY way to improve **OUR OWN health** [and ‘survival’!] ... as well as the health [and the ‘survival’!] of **OUR PLANET!** Plus, another great **VIDEO (click) >>>**



one more thing



What About => **NUTRITIONAL SUPPLEMENTS??**

EXCELLENT Question!

For an 'IN DEPTH' look -

including Super GREEN POWDER Drinks:



CLICK HERE

"Errors and omissions excepted" (E&OE)
