

TWO (2) Major PROBLEMS,
ONE (1) Solid F-I-X!

Quandary

Q:

WHY have we been taught - our entire lives - about a [now] "proven" UN-TRUTH - from our moms & dads / our teachers / neighbors / friends / ministers / doctors / governments? How "could" they all be **WRONG** - about such a basic TRUTH - one that we have ALL accepted - and practiced - for our entire lives?

In fact, we should ALL wonder W-H-Y we didn't [and still do not] hear this crucial message from our - Scientists / Researchers / Health Care Experts / the United Nations ... and/or ANY of the greatest thinkers / leaders ... worldwide!

A:

Well, we are (finally!) starting to hear the answer, from more and more of our most eminent thinkers / scientists / nutritionists / (some) medical practitioners / elected officials - regarding what is "by far" one of the best and easiest ways to - improve our **HUMAN HEALTH** ... AND ... our **PLANET'S HEALTH** ... both "simultaneously!"

Hello, and Welcome! My name is **Peter Arnold** ... I am a Business & Financial Consultant, and a Natural Health & Wellness Advocate. I'd like to share with you, some thoughts about OUR HEALTH + CLIMATE CHANGE [which is causing some major changes across our planet - SEA LEVELS RISING // OCEAN TEMPS and ACIDITY, INCREASING // FOOD PRODUCTION FALLING // the EXTINCTION of our SPECIES] ... and then, show a **SOLID F-I-X** (with 2 'huge' **HEALTH** benefits)!



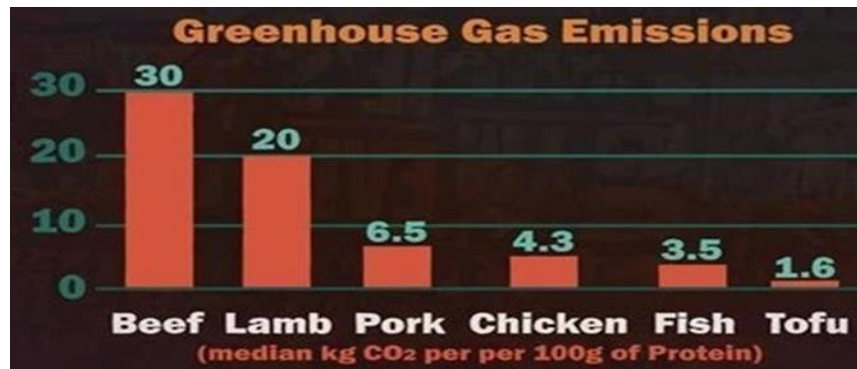
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Health & Wellness

But first, a serious look at THIS >>>>>>>>> [Click HERE](#).

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. See >>>> [VIDEO](#), by J. Morris Hicks!!

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!!](#)

Which brings me to ...

A word cloud featuring numerous medical terms in different colors, sizes, and orientations. The words are scattered across the frame, with some appearing more prominently than others. The colors include shades of red, yellow, green, blue, purple, and pink. The words vary in size, with larger words indicating higher frequency or importance. Some words are oriented vertically, while others are horizontal. The overall composition is dense and visually busy.

Epilepsy
Acne
Sleep Apnea
Stroke
Autism
Depression
Osteoporosis
Fatigue
HIV
HEART DISEASE
Heart Attack
Leukemia
Angina
Dementia
Lupus
Hypertension
Multiple Sclerosis
Alzheimer's
Parkinson's
Kidney Disease
Aneurysm
OBESITY
ADDICTION
Schizophrenia
Metabolic Syndrome
Arthritis
ANIS
DIABETES
Muscular Dystrophy
Spina bifida

EDUCATE YOURSELF

[illegible]



It's time to make (the "right kind" of) **FOOD** (not prescription **DRUGS** and **FAST FOODS**!) - the "foundation" of our **HEALTH**. Our bodies will "thank" us, for the rest of our lives. And in the process - we will contribute to a healthier **PLANET** now - and for future generations!

**JUST SAY
NO
TO MEAT
AND DAIRY**

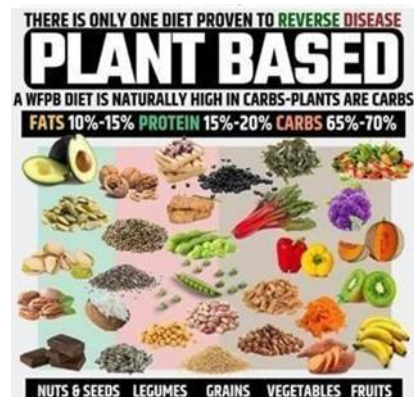
Which brings me to ...



But, **PLANT-Based** eating is still *controversial* - and some people, who DO make the switch, are not eating in a way that gives them the incredible “benefits” of this way of life.

Sadly, their diets are still “loaded” with too many refined carbohydrates / sugars / vegetable oils - and not enough fruits / vegetables / whole grains / legumes / seeds / nuts. And as a result, their health can still suffer, unfortunately.

As well, at the same time, widespread fear. and rampant misinformation, are both on the rise. And, with the advent of fake news, it's no longer enough to just "trust science", or the mainstream media. NO. We need **FACTS - proof** - that comes only from unbiased, high quality => **RESEARCH**.



TRUTH: Experts - from “nutritional science” - AND from “medicine” - all agreed on one particular way of eating that would - cost less money - promote weight-loss - prevent [or reverse!] many [most] chronic diseases ... greatly “improve our **HEALTH**”... AND ... help “save our PLANET” - all together - simultaneously >>>>>>>>> **PLANT-Based EATING!**

[illegible]

What Is A Plant-Based Diet?

NO

- Meat
- Fish
- Eggs
- Milk
- Butter
- Gelatin

IT'S SIMPLE:
A plant-based diet is based on a variety of delicious, nutritious plants.

YES

- Fruit
- Vegetables
- Nuts
- Legumes
- Grains
- Plant-derived substitutes

Why?

- Environmental**
Plant-based diets use fewer resources
- Health**
Plant-based diets reduce the risk of heart disease, cancer, and more*
- Ethical**
Plant-based diets don't harm animals
- Allergies**
Plant-based diets are free of dairy allergens and animal by-products

*Physicians Committee for Responsible Medicine (PCRM.org)


























>> FOOD POISONING! See Dr. John McDougall's CHART on this! >>> [Click HERE!](#) <<

MYPROTEIN

are a “specific category” of plant foods - with lots of PROTEIN - the best QUALITY of it! Legumes (lentils / beans / peas / nuts / tofu / tempeh) - these are especially good sources. But “quality” protein is also found in whole grains (steel-cut oats / whole wheat) ... and in many more plant foods. Eating a “variety” of these will meet ALL your PROTEIN needs.

Bonus: PLANT-Based **proteins**, like black beans, and lentils - also nicely increase your daily **FIBER** intake.

PROTEIN in PLANT FOODS

 BROCCOLI	 PUMPKIN SEEDS	 QUINOA BERRIES	 FIGS	 SPROUTS
 KALE	 HEMP SEEDS	 AVOCADO	 SWEET POTATO	 ALMONDS
 MACA ROOT	 CAULIFLOWER	 BARLEY GRASS	 BRAZIL NUTS	 ROMANESCO
 SPINACH	 ASPARAGUS	 GREEN PEAS	 SESAME SEEDS	 CHIA SEEDS
 SUNFLOWER SEEDS	 WATERCRESS	 MUSHROOMS	 SPIRULINA	 QUINOA



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%

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	Sugar snap peas
Black eyed peas	Edamame	Kidney beans	Lima beans	Pinto beans	Snow 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					

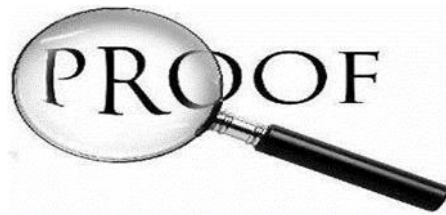
SEASONINGS/FLAVORINGS/CONDIMENTS/OILS		
Black pepper	Nutritional yeast flakes	Spices (cinnamon, ginger, parsley, basil, garlic powder, etc.)
Bragg Liquid Aminos	Pure vanilla extract	Vinegars (apple cider, rice, red wine, balsamic, etc.)

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** ...

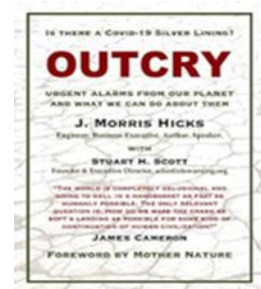
1) 1975 - Leading Climate Scientist at Cornell concludes that animal protein promotes cancer growth ... **2) 2007** - Former President Bill Clinton shifts to Plant-Based eating, ‘reverses’ chronic diseases, after learning from many pioneering MDs ... **3) 2009** - the World Bank Researchers conclude 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**) >>>



The Last Word



LASTLY, I stated (above) that I had found sources that had 100% “confirmed” - for ME - the absolute **PROOF** that **Plant-Based Eating** was a MIRACLE.

THE GAME CHANGERS ...

Movie (a Documentary) - a 90-min, 2019 film - on Netflix - it's produced by Academy Award winners, James Cameron and Louie Psihoyos - that follows the journey of several Elite ATHLETES, as they all train, prepare for, and compete, in major events - all, while they are "thriving" on a **PLANT-BASED DIET**.

There's a long lineup of heavy-hitting "celebrities" who are Plant-Based advocates, such as **Arnold Schwarzenegger** ... and it features many [EXPERT](#) "physicians & surgeons" who are also pro **Plant-Based nutrition**, and who provide many science-backed studies.

The response to this film has been undeniable - as it was swiftly crowned "the best-selling documentary of all time" on iTunes. At the time of publication, the Trailer alone, had been viewed more than **11.5 million times**, on YouTube. This documentary "joins" the likes of - Forks Over Knives - Super Size Me - What the Health - An Inconvenient Truth - Food, Inc films that also tackled factory farming / food myths / climate change - and in profound ways.



(The film has also been accredited, or supported, by the Defense Health Agency - and by the Special Operations Medical Association ... two organizations that are in no way persuaded by “fairy tales” - only by optimal performance, in combat - and by reducing military health-care costs). **I strongly urge “everyone” to watch this, on NETFLIX. – OR**



I also put together a PDF, to give you a much “better” look at this - for yourself - with a few links (to the FULL Movie / their Trailer / their Website / their Plant-Based Recipes / etc / etc). >>>>>>>>>>>> Click HERE.

[illegible][illegible]

"Give Me 30 Minutes - I'll Give You 30 Years!" = Click [HERE!!](#)

AND



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

EXCELLENT Question!

For an 'IN DEPTH' look -

including Super **GREEN POWDER** Drinks::



CLICK HERE

"Errors and omissions excepted" (E&OE)
