

## About CDG

Cairns Diet Group (CDG) is a nonprofit group that promotes healthy eating. It is coordinated by scientists and volunteers. And the vegan department is the most active department of the group. [Click here to see our gallery.](#)



Keywords: Friendship, Consultation, Health, Antiaging, Vegan, Gluten-free, Raw, Organic Food, [Ecological Farming](#), Science

Links: [Governmental Guide](#) | [Diet on Wikipedia](#) | [2015 World Health Organisation Meat Warning](#)

### Publication: Diet & Antiaging

'Diet & Antiaging (2016)' is based on about 15 years of research of our scientists.

more than 80 pages,  
30 AUD per copy

Supplement for the book is under construction



### Eco Farming

Links: [Why gardening is good for you](#) | [Importance of BioDiversity](#) | PDF of 'Why You Should #LoveWeeds'

Illustration: Many types of ferns are used in traditional medicines for removing intestinal worms.



### Wildcrafted Herbs

Below is a list of common wild plants/'weeds' in Cairns of Far North Queensland, that are healing/edible herbs:

Richardia Brasiliensis, Tridax Procumbens, Drymaria Cordata, Amaranthus viridis, Portulaca Oleracea, Cleome Rutidosperma, Croton Pallida Var. Obovata, Synedrella Nodiflora, Sedge Cyperus sp., Cyperus Rotundus, Catharanthus Roseus, Phyllanthus Tenellus, Eleusine Indica, Chromolaena Odorata, Phragmites Australis, Commelina benghalensis, Centella asiatica, Axonopus compressus, Ipomoea triloba, Kyllinga nemoralis, Bidens pilosa, Alternanthera sessilis

Less common healing/edible wild plants found in our garden : Senna Occidentalis, Triumfetta Rhomboidea, Ipomoea hederifolia, Centrosema pubescens, Hibiscus rosa-sinensis, Tradescantia spathacea, Macaranga tanarius

Most people have these wildcrafting/open-pollinated/non-GMO herbs in the yard. Search the scientific names online for more information. [You can also check out the JCU reference](#)

### Membership

9 AUD per year (Free samples of vegetables from our garden included)

## Copyrights

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## Contacts

By Appointment Only

Opening hours: 9:00AM-17:00PM 7 days

Address: Natural Garden Centre, Woree, QLD 4868, Australia.

Phone: +614 0695 7631

Email: CairnsDiet@GoodEasy.info

Web: CairnsDiet.GoodEasy.info

[Live Chat Online](#)

Request Call Back Free

Your name

Your phone number in international format. For example: +61 499 999 999

Your email

Submit

## Donation and Volunteers

Donation and volunteers are welcome. Please contact us for more information.

# Raw Vegan Club Cairns

Official microblog of Raw Vegan Club Cairns <http://rvc.world-institute.info/>

Anonymous	2021-02-01 21:13:21
🤔🤔🤔	
-	2021-02-01 21:38:33
RVC is in a new location: Natural Garden Centre	
-	2021-02-02 06:00:14
RVC now provides leafy green from the garden 🍃	
-	2021-02-02 12:07:39
RVC domain name: <a href="http://rvc.world-institute.info/">rvc.world-institute.info</a> 🍃	
-	2021-02-02 12:11:52
Peaches are great base of raw vegan sauce. A++ for color, texture and taste. Mix them with other things in a blender	
-	2021-02-02 20:02:24
Divine:pray appreciate widely balance citizen tap pilot author fully remaining cousin sir heritage segment eliminate admission absolutely hope hate (See <a href="http://ED.GoodEasy.info/">ED.GoodEasy.info</a> )	
-	2021-02-05 09:35:09
Eating mainly leaves, stems and fruits can reduce waist size. The food can be flushed out your body completely. True gluten-free.	
-	2021-02-06 20:35:31
Cooked gluten free vegetable noodle with bean threads	
-	2021-02-07 12:07:36
Fruits from local markets are much better. Read about polish chemicals, sticker, and commercial breeding of the supermarket ones	
-	2021-02-07 13:42:49
The weather is too hot to not give raw a try	
-	2021-02-08 16:42:09
Made raw vegan cocoa icecream today. \$5 per coffee cup.	
-	2021-02-11 20:04:47
Check out the divine vegan comics Animal Academia <a href="http://aa.goodeasy.info/">aa.goodeasy.info</a>	
-	2021-03-01 09:57:34
"It's Australian Shepard Avocado season" Eggs for vegans	
-	2021-03-06 19:00:10

Our garden is full of organic vegetables. Members can pick up fresh free. It can produce 35 serves of green a day.

-	2021-03-10 14:14:05
We made a bucket of vegan chocolate pudding under divine instruction ( <a href="http://ED.GoodEasy.info/">http://ED.GoodEasy.info</a> ). Ingredients are tapioca flour, pea starch, mung bean starch, corn starch, goji berry, cocoa powder, coconut oil, desiccated coconut powder, raw sugar, extract of Cilantro Chamomile Orange leaf Zedoary turmeric Geranium Cypress Tarragon Rose Acorus tatarinowii Rose grass Cumin Spearmint Cassia Tangerine Notopterygium Grapeseed Bergamot Orange. Come try free	
-	2021-04-09 09:39:44
Divine:pray stop plus giant mystery burden (See <a href="http://ED.GoodEasy.info/">ED.GoodEasy.info</a> )	
-	2021-06-15 07:17:39
Made healthy sour cream for burgers from coconut milk, blend of 10 oils, dry seaweed, organic soy sauce, mushroom and fermented/acidic drink Sweetener. You can replace Sweetener by vinegar	
-	2021-06-15 07:21:50
From Sweetener leaflet - Taste: Tart, slightly sweet ✓Made in Woree ✓Liver detox tea ✓Natural source of probiotics Ingredients: Liver detox teas, culture, water, sugar Non-Alcoholic Drink Only at: Natural Garden Centre, 11 Moana Cl, Woree, QLD 4868 Email: <a href="mailto:Sweetener@GoodEasy.info">Sweetener@GoodEasy.info</a>	
-	2021-06-15 07:22:37
Divine: (See <a href="http://ED.GoodEasy.info/">ED.GoodEasy.info</a> )	
-	2021-06-16 12:22:26
Message from the professor: Scholarship to good students this month - pickled spicy mushroom sauce. Made from more than 26 ingredients. Great source of iron, protein and probiotics. Add it in your noodles, burgers etc. to enhance flavor and nutrition. Vegetarian friendly. Healthy instant noodle made with the sauce is also available during the time.	
-	2022-01-12 12:34:41
Pickled green vegetable now available.	
Made with wildcraft vegetables in our centre.	
Add on food to enhance flavor and nutrition.	
41 AUD per bottle.	
-	2022-05-17 12:30:14
Avocado salad with onion, lemon juice, vegemite, yummy always	

# Asian Food Street

<https://cairnsdiet.goodeasy.info/gallery/>

Healthy, Vegan, Gluten-Free, Organic



↑



↑ 1



↑ 2\_color\_five\_noodle



↑ 3\_box\_drink



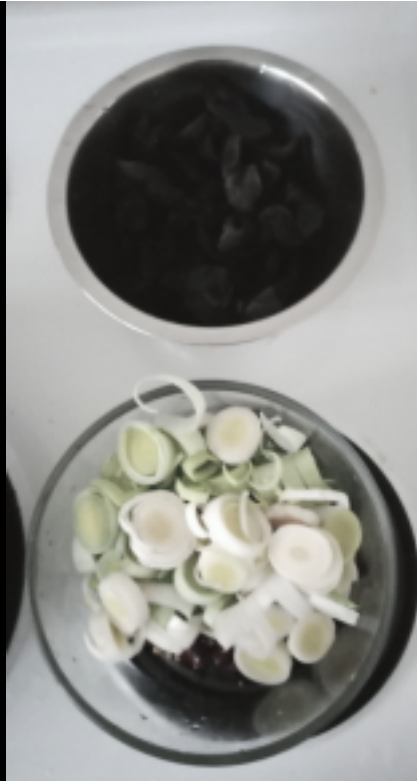
↑ 4\_box



↑ 6\_cooking



↑ 5\_Jen



↑ 7\_cooking



↑ 8\_soup\_prepare



↑ 9



↑ 10



↑ 11



↑ 12



↑ 13\_cooking



↑ 14\_cooking



↑ 15



↑ 16\_box\_drink



↑ 17\_cooking





↑ 18



↑ 19\_box

[Return to blog home](#)

yeah 2020-06-18 20:12:03

you can reply too

- 2021-02-02 13:13:51



- 2021-02-02 21:39:58

Divine:constitutional assessment later island (See ED.GoodEasy.info)

- 2021-02-02 21:42:27

I love cooking, inventing new way of eating

- 2021-02-02 21:43:28

Google 'Cairns diet group's that is my project

- 2021-02-02 21:51:15

I have many exotic Asian dry food. They are great for vegan cooking. For example many different mushrooms, seaweeds, fruits, vegetables and sauce 😊

- 2021-02-02 21:52:25

I like making friends by food. Healthy food. Feeding people is enjoyment

- 2021-02-02 21:54:00

Divine:secret hundred biological aspect picture stuff direction historic quality characteristic himself push world aim those wind Muslim (See ED.GoodEasy.info)

- 2021-02-03 05:55:39

Divine:baby musical certain desperate article forever (See ED.GoodEasy.info)

- 2021-02-04 08:03:49

I teach Chinese language: [zc.world-institute.info](http://zc.world-institute.info)

- 2021-02-08 16:58:50

The pronunciation and grammar of Chinese is simple. The characters are difficult. You can study speaking and listening first

- 2021-02-08 17:28:27

Luna new year is before the Valentine's day. Happy new years Asian friends all over the world

- 2021-02-08 18:17:57

If you are I interested in Zen [zt.goodeasy.info](http://zt.goodeasy.info)

- 2021-02-09 19:00:20

Had to break this for close-minded people. Empathy level test: 0 to 6. 6 is the highest. How strong is your empathy? In general: 0 care only myself, 1 my family, 2 my ethnic/race/national group, 3 other humans, 4 other animals, 5 other material being (tree, fungus etc.), 6 other beings (immaterial, ghost, soul etc.). If you are 3, you are human rights. 4 animal rights, 5 environmentalist, 6 witch/diviner. 0 is most selfish. 6 has full empathy. If you stop anywhere before 6 you still have discrimination of some sorts in your mindset. Not holy yet.

- 2021-02-09 20:09:08

It seems that there are many Martial Art schools in Cairns

- 2021-02-10 06:13:47

Tomorrow is going to be the new year eve of Luna new year

- 2021-02-10 13:45:11

Cooking mungbean-jelly noodle with kelp and exotic mushrooms. It is tragedy if you never had them 😊

- 2021-02-11 06:03:14

Will celebrate Luna new year with yummy plant-based food. Today is the new year eve.

- 2021-03-02 13:51:31

Had beautiful pumpkin soup. I cooked it with wakame seaweed, nori, onion, bamboo mushroom, tapioca flour, tomato paste, spirulina, organic soy sauce, sun flower oil, leaves of okinawan sweet potato. Feeling recharged

- 2021-04-03 11:50:52

Greens should be the staple of your diet. Chinese character for dishes, 菜, also means green vegetables. Your food should be green largely. Good way of cooking greens: steam then add organic soy sauce, or my vegan fish sauce, sea salt, healthy oils. Tastes like stir fry but healthier. If you absolutely cannot get green, buy spirulina tablets

- 2021-05-06 13:02:03

Many Asian delicacy, such as mushroom, seaweed, fruits and nuts, are dry food. This is how people preserve food without fridge in the old/natural days. Steaming is good way of cooking the dry food, it saturates the food with purified water and makes them easy for digest. You can blend oil, sea salt and organic soy sauce etc. in the end to add flavors. It would taste like stir fry but very healthy 😊

- 2021-05-07 09:50:35

Tai green curry is my favorite Tai takeaway. Fast DIY: steam blend of (green) vegetables with, Pandaroo green curry paste and Ayam coconut milk, both are marked as free from additives (It took me long for find them in IGA). You can also add sea salt, organic soy sauce, boiled noodles etc. into it 😊

- 2021-05-13 09:03:55

Cost to buy prepared ingredients (such as boxed vegetables) to make that Tai vegan curry is about half of what you pay at restaurant. You can go this way for your vegan fast food

- 2021-05-14 17:01:12

Tofu dish tasting like meat: <https://omnivorescookbook.com/vegetarian-mapo-tofu/>

- 2021-05-15 11:14:18

Making steam pumpkin. You can stir fry them with seaweed and boiled back yard egg briefly in the end, taste great

- 2021-05-17 14:49:55

Check out Raw Vegan Club <http://rvc.world-institute.info/>

- 2021-05-17 16:14:15

Divine:change detect maintain detect president project (See ED.GoodEasy.info)

- 2021-05-29 10:36:09

I am making vegan knot noodle, (mian-ge-da in Chinese). You can make it from flour without special tools. It tastes as good as regular noodles but are less processed <https://whattocooktoday.com/mian-ge-da-tang.html>

- 2021-06-02 20:20:03

Buy dry goji berries from asian food store. Put a layer of them on top of the rice when you make steam rice. This improves/balances the taste and nutrition

- 2021-06-06 10:38:30

My aim is to be obsessed with raw vegan <https://petitions.goodeasy.info/blog.php?id=237>

- 2021-06-09 19:15:15

You can make (sweet) chilli sauce from dry chilli. The taste can be more potent. Same method I wrote for fresh chilli (see the video on the website of raw vegan club Cairns): Use a blender to mix dry chilli, sugar, vinegar healthy oil, sea salt, sugar, organic soy sauce, seaweed etc and serve. You can remove sugar from the ingredients and heat it up to boiling temperature if you want to keep it longer in the fridge. Add sugar when you eat. It is a great flavor enhancer for vegan

- 2021-08-02 17:35:53

Just thiered the recipe of the green curry I shared earlier with raw salad mix, epic. Healthy raw vegan boost

- 2021-08-21 08:48:43

Making mungbean soup. Boil till they are soft. Add sugar to improve flavor. Less sugar is healthier. Yum. Great detox. 😊

- 2021-08-21 10:24:50

<https://www.delish.com/cooking/g26001696/tofu-recipes/> buy organic tofu

- 2022-05-18 15:48:44

When you try Asian recipes, you can usually use vegemite to replace soy sauce

- 2022-05-29 20:05:43

Had an avocado salad with vegan chicken. It was great. You can buy the vegan meat from local Asian shops

- 2022-05-30 09:46:03

Mungbean sprouts can easily grow. Good for soup, salad or stir fry. Buy the dry beans from your local Asian shops, put them in a cooking basket and soak the basket in water for days. Replace water in-between if it is no longer clear. The roots should appear the second day. You can eat the hulls, they are also used in Chinese remedy. I just had a soup of the sprouts

- 2022-06-02 05:43:20

Wombok and bok choy (called different names outside Australia) are great for soup and stir fry, they have delicious tastes, you just need to add some sea salt, and drops of oils

- 2022-06-06 10:50:29

Fruits are good flavor enhancer of vegan cooking, you can add pear, apple, prune, etc. fresh, dry or jam, into your soup or stir fry

- 2022-10-01 19:13:47

I shared many cooking photo and ideas recently, in our FB group <https://m.facebook.com/groups/268775194676432/>

- 2022-10-27 18:50:01

Ginger pieces in apple cider vinegar is beautiful dressing

- 2023-01-17 09:20:43

After research and experiments, I can now teach you how to make wakame/savory seaweed salad at home with all natural ingredients, much healthier than the pre-made ones from Asian shops/restaurants, and cheaper. I can give you samples too. Same for many other Asian food, my version is healthier, but tastes good

- 2023-02-07 19:11:43

I have been making healthy can food <https://m.facebook.com/groups/woree.creek/permalink/585796769640938/> photos inside

- 2023-02-07 19:21:46

DIY can food makes food last longer and saving cooking time. There are overhead cost of cooking. So usually cooking larger meal is more cost/time-effect. You can also recycle glass can for this. I eat plenty of garden vegetables these days because of it

- 2023-02-07 20:05:17

It is difficult to cook dry Asian mushrooms. I pre-cooked them, place them in the glass cans. So it is super easy to cook them with additional ingredients now, almost like making instant noodle

---

- 2023-02-07 21:18:53

Just made yummy/healthy "fry rice" with the pre-made cans in five minutes. I used half can of steam rice, half can of cooked potatoes, a quarter can of Asian mushrooms. Added sea salt, black bean sauce, nori and peanut oil

---

- 2023-02-07 21:21:20

My cans are about 400ml

---

- 2023-02-07 22:01:11

Uploaded a random/divine cartoon for the blog. A copy of me in front of my spiral?

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- 2023-02-08 06:24:19

The cartoon [https://petitions.goodeasy.info/userfiles/media/food/Screenshot\\_2023-02-07-21-50-59-15.png](https://petitions.goodeasy.info/userfiles/media/food/Screenshot_2023-02-07-21-50-59-15.png)

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- 2023-02-10 19:53:16

My Local store <https://chi.GoodEasy.info>

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Why You Should

# #LoveWeeds

@PermacultureWeb v1.3

Wild plants in your yard, also known as weeds, are gifts from mother nature , plan of God's kingdom. There are many reasons to love them.



- They are wildcrafted, better than organic. In our testing field, almost all common weeds found are herbal remedies. There are free plant identification services/apps online. They can help you identify plant by photos. If you look up the names of the plant online you can find the uses. We also have a comprehensive library of herbal remedies . You can contact us if you need this information service.



- They cover bare soil. Prevent soil erosion. Hence reduce the dust in your living area. In tropical region bare soil can easily go through desertification, then nothing can grow. Tall plants can also provide shade to your home. They can reduce the impact of natural elements such as rain, wind, sunlight
- They absorb green house gas CO<sub>2</sub>, reducing global warming
- Leaves are natural solar panels, they absorb sunlight, lower the surface temperature of soil, prevent water loss of the bare soil. So you do not need water your garden much.
- They produce lasting nature scent which covers your whole yard. Essential oil is great for human wellbeing. Aromatherapy is popular and expensive. A small bottle

of essential oil can cost some dollars. The amount of essential oil the wild plants provide to your yard is priceless

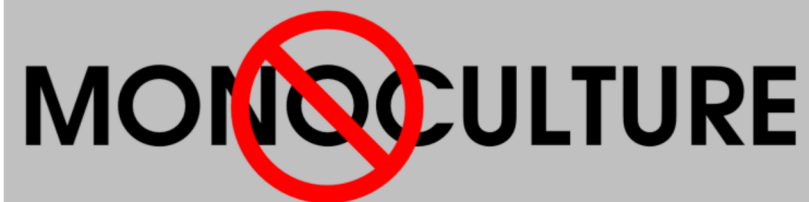
- Green view is soothing for mind and eyes. It also attracts other animals such as birds



- Many weeds such as those related to beans, do nitrogen fixation from the air. The roots of wild plants reach out all corners of your soil, they feed bugs and microbes, decompose and regrow. Weeds attract

animals to hang around and leave excrement in the soil. They enrich soil

- Monoculture is wrong, that's why they are forced to do crop rotation. Biodiversity is a key to the health of ecosystems. If you have main plants that you want to grow, having wild plants can balance the nutrition use of soil. It also creates a diverse and resilient ecosystem which are less likely to collapse ( going crazy, for example having a massive bug problem )



**MONOCULTURE**

- They are selected by mother nature also known as evolution. They are best adapt to local environment.

They can stand harsh environment, require no human care. You save water, fertilizer, pesticide, time and more

- Lawn moving produces large amount of sound pollution. Animals hate it. So do we. We saw many times other animals running away from moving sites. It also consumes electricity, increase green house gas emission.
- Many arguments against having wild plants are based on irrational fear and ignorance of nature. For example, judging by the number of death(1)(2), Australians are about 3 thousand times more likely to be killed in a road accident than by snakes. Pharmaceutical drugs are 62000 times more likely to kill (3). In almost entire human evolution. We live with nature. 'Man-made' world is more dangerous than God's kingdom

- and more...

## Conclusions

Love weeds, do lawn moving and weeding as little as you can. Let wild plants grow. Taoism is permaculture. A key Taoist (i.e. the philosophy of The Way) concept is wu-wei (i.e. non-action, success without effort): Follow the flow of nature (plan of God's kingdom). Doing less (e.g. weeding) but achieving more is intelligent.(5)

## References

(1)[https://en.wikipedia.org/wiki/List\\_of\\_fatal\\_snake\\_bites\\_in\\_Australia](https://en.wikipedia.org/wiki/List_of_fatal_snake_bites_in_Australia)

(2)[https://en.wikipedia.org/wiki/List\\_of\\_motor\\_vehicle\\_deaths\\_in\\_Australia\\_by\\_year](https://en.wikipedia.org/wiki/List_of_motor_vehicle_deaths_in_Australia_by_year)

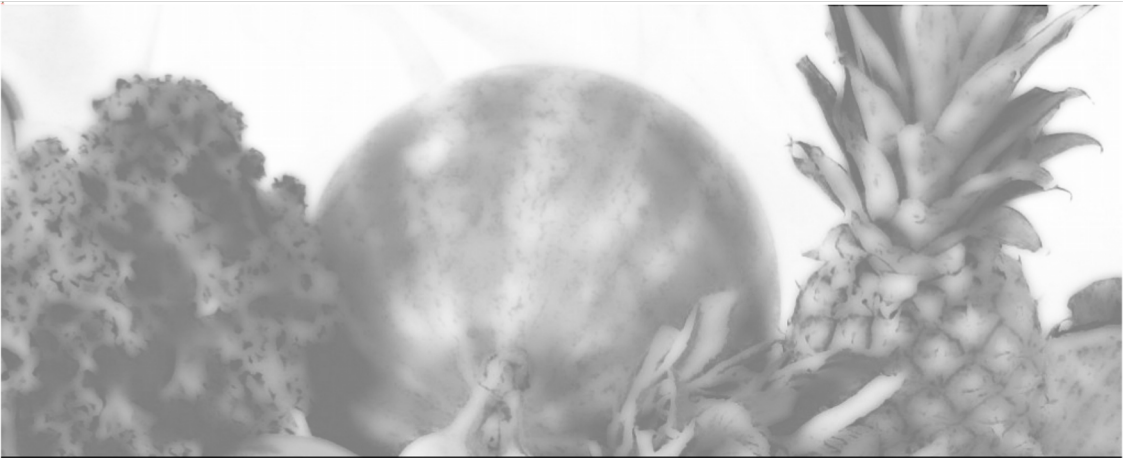
(3)<http://articles.mercola.com/sites/articles/archive/2012/07/24/pharmaceutical-drugs-vs-nutritional-supplements.aspx>

(4)[https://en.wikipedia.org/wiki/Timeline\\_of\\_human\\_evolution](https://en.wikipedia.org/wiki/Timeline_of_human_evolution)

(5)<http://www.myrkothum.com/wu-wei/>

## About Us

We are an international nonprofit group of eco farming. Our team members have Master degree and PhD degree in agriculture, biology and ecology from world leading Universities. Our Twitter: @PermacultureWeb



# DIET & ANTIAGING



**CDG 2016**

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## Information of publisher

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Email: CairnsDiet@GoodEasy.info

Web: <http://CairnsDiet.GoodEasy.info>

Edition: 1.0

Retail price: \$30

## Keywords

Harmony, Philosophy, Health, Equality, Environmentalism, Truth Seeking, Reference for life, Feminism, Peace, Green, Science, Spirituality, Alternative Medicine, Diet, Herbalism, .

## About Cairns Diet Group:

Cairns Diet Group was initiated by Dr Zai in March 2016.

Dr Zai is a holistic doctor, world-class expert of holistic diet. She had dozens of inventions and a Doctor degree of interdisciplinary science from the University of Queensland.

Dr Zai managed many world-class holistic projects in her academic career. Her projects have received funding support from Australian government and university. She had near ten years experience in the academic research and education of related fields.



Dr Zai is a 100%-raw-vegan. for more information please visit official site: <http://CairnsDiet.GoodEasy.info>

## Disclaimer

The accuracy and completeness of the information provided and opinions stated in this book are not guaranteed or warranted to produce any particular results.

The advice and strategies contained in this book may not be suitable for every business, organization, or individual.

The editor/author/publisher shall not be liable for any loss incurred as a result of the use and application, directly or indirectly, of any information presented in this book. They have used the efforts in preparing this book and it is designed to provide accurate information about the covered subjects.

## Summary

This book is about the optimal diet and the lifestyle to your well-being. Traditional wisdoms and cutting edge science both confirm that diet is very important to health. Effective diet must be holistic, must be a lifestyle, Diet is fundamental and effective method of antiaging. Correct understanding of how everything works give you the right attitude to food, so you will automatically make wise food choice. This is the highest level of diet: you are on diet but you don't feel you are on diet (restricted). This book will help you get there.

The book is compiled from past publications of Dr Zai and her teams. Each chapter is a collection of reading tasks or short messages. References are in-line. If a piece of information has an underscore, it means there is reference (link) for the information on the official website of Cairns Diet Group (<http://CairnsDiet.GoodEasy.info>). If you are unsure about the source of certain information, you may contact us.

## Vegetarianism

General healthiness of common food: (green) vegetables/fruits > seeds (cereal etc.) > mushroom/seafood > white meat > red meat. Eat more healthy ones.

Our evolutionary relatives are herbivores (monkey,ape). Humans were forced to eat meat in the ice age. We are not designed for meat. Avoid meat.

'Myths and Truths about Vegetarianism of Ultraventus Film' is a popular documentary of the topic. Below are the DVD cover and transcript.



© Ultraventus

Myths and Truths about Vegetarianism - For Earth, for Animals, for Yourself

FAQ#1 Vegetarian = vegan, it's too difficult I cannot do it.

One of the major problems of people changing to vegetarian diets is that they have no idea how to do it.

The first image that pops into many people's heads when they hear the term "vegetarian" is green vegetables.

This is wrong. Vegetarians do not just survive by munching on salads and raw, green vegetables.

It would be surprising to see anyone eating a diet like that

without being miserable.

Vegetarians can eat pizza, delicious snacks that are breaded and deep fried, they can drink beer, eat big lasagnas, stuffed peppers, fries, chocolate cake, ice cream, and so much more.

If you think about it, most food does not have meat in it. Also, there are many types of vegetarians.

You can start just by avoiding the meat of mammals. That's not very hard is it?

FAQ#2 A vegetarian diet does not provide enough nutrition

That would make it difficult to explain why studies show that vegetarians live longer than non-vegetarians.

Even vegans have no problem getting enough nutrition if they eat balanced diets.

Some people are concerned that if they become vegetarians, they will miss out on key nutrients, such as vitamin b12.

It's important to know that vitamin b12 is not even made by animals, it's made from bacteria.

The main reason some people have vitamin b12 deficiencies is because their food is too clean.

Some freshly farmed vegetables, yeast, seaweed, dairy, or eggs should fix that.

It is also important to note that humans need an extremely miniscule amount of vitamin b12 and that it can be stored in the body for up to 30 years.

What about protein? People need to eat meat in order to get protein and stay strong, right?

Wrong. Plenty of champion bodybuilders and professional athletes have vegetarian diets and get more than enough protein.

Try going up to a gorilla and asking it what it's like to be a wimpy vegetarian.

Perhaps a bull would be better at answering that question. Don't forget to buy life insurance.

Protein does not need to come from animals, and animal protein is actually known to promote certain cancers in humans.

So where does this myth of vegetarian diets not being nutritious enough come from?

Well, the myth comes from a small group of people with irresponsible eating habits.

Plenty of people become vegetarians by simply removing the meat from their diets without replacing it with other foods.

This is not vegetarianism; this is what I like to call starvatarianism.

People who want to change the foods they eat should change the foods they eat, not just eliminate them and starve.

Here is a great example: An average person in a Western country may go out to dinner at a restaurant and order a salad and a steak.

A person who has just chosen to become a vegetarian might just eat the salad and skip the steak.

Do you see any problem with this scenario?

A real vegetarian would order a full meal, like a plate of deep fried samosas, a spicy soup, a tall glass of beer, and some chocolate pie for dessert.

Any person who eats irresponsibly or starves themselves will have health problems.

Vegetarians who choose to eat bad diets or starve themselves should not blame vegetarianism for their problems.

People who eat meat can also eat irresponsibly.

Think of all the people who eat fast food on a daily basis, binge on sweets, or choose to be bulimic.

Should they blame all of their problems on the fact that they happen to eat meat?

Although a significant number of serious diseases actually do come from too much meat consumption, letting these people blame all of their health problems on meat would be unfair and would not make sense.

Meat does not force people to binge on snack foods, just as vegetarian diets do not force people to starve themselves into a skinny and weak state.

Let's move away from a small group of people in Western

countries choosing to be starvatarians, and move to a place where vegetarianism is common.

A 2006 survey done by the Hindu newspaper revealed that 40 percent of India's population, which calculates to nearly 400 million people, is vegetarian.

That's more vegetarians than there are people in the entire United States.

Some believe that if Indians' strict definition for vegetarianism was changed to a more lenient Western definition, most of India's population would be considered vegetarian.

That's an extremely large population to grow with so little meat.

So to those who tell horror stories of mothers having problems giving birth or breast feeding their babies due to vegetarian diets;

please go to India and ask if you can help them with their small population problem. (2011 India Population Estimate: 1.21 BILLION)

FAQ#3 We are designed to eat meat

Quite the opposite, most of our biological traits are designed for vegetarian diets.

Humans are primates like chimpanzees, gorillas and orangutans.

Chimpanzees, who have been seen to hunt meat on occasion, are actually still about 98% vegetarian and most of the meat they do eat comes from termites.

Humans can eat meat, but we usually destroy it by cooking it and covering it in some kind of plant based sauces or seasonings in order to make it edible.

This has gotten humans through times of famine and ice ages.

It is a wonderful ability, but should not be done often if one wants to maintain optimal health.

Some people are quick to mention that humans have canine teeth and that this is proof that humans are made to eat meat.

But canine teeth have nothing to do with eating meat unless they are the kind that are designed for shearing meat, like those in the mouths of many carnivores.

Canine teeth are mainly for holding food in place, or for fighting.

Many mostly vegetarian animals have much larger canine teeth than canines themselves.

Look at the huge canine teeth on monkeys and hippos.

Even horses have canines.

Human canine teeth are very different from the canine teeth of meat eaters.

Our canines are not designed for meat eating and actually match the kind that herbivores have.

This means that our canine teeth are proof we should be mostly vegetarian.

Just because they are called "canine teeth" and animals referred to as canines mostly eat meat does not mean that they are for meat eating.

Similarly, if a person has a "widow's peak" it does not necessarily mean that they are a woman whose husband has died. It is just a silly name.

Most people watching this documentary also have "Achilles tendons".

That does not mean that you are an ancient mythical hero of the Trojan War.

Again, it is just a silly name for a body part.

We are only just getting started.

Let's go through some facts compiled by Milton Mills, M.D. to learn why humans are biologically built to be mostly vegetarian.

This may be shocking to some.

Carnivores, Omnivores, Herbivores, Humans

Facial muscles, Jaw type, Jaw joint location, Jaw motion

Major jaw muscles, Mouth opening vs. head size, Incisor teeth,

Canine teeth, Teeth: Molars, Chewing, Saliva, Stomach acidity with food in stomach, Length of small intestine, Colon, Liver, Kidney, Nails

Also, Meat-eaters: typically have very few sweat glands, such as only in the paws.

Herbivores and humans: often have sweat glands throughout the surface of the bodies

Why go vegetarian?

(1 For the Environment) Do it for the Environment.

A UN report released in 2006 showed that farming produces more greenhouse gas than cars when measured in their CO2 equivalent.

Cutting down on, or excluding meat from our diets can also solve world hunger by effectively using land and resources.

It takes up to 16 pounds of grain just to produce one pound of meat.

Imagine going straight to the food source and getting 16 times the food.

2 For Animals

Killing is one of the worst possible cruelties.

A 2008 article by Gowri Koneswaran and Danielle Nierenberg in the Environmental Health Perspectives journal mentions that 56 billion land animals are reared and slaughtered for human consumption annually

Why do farm animals deserve 10,000 holocausts every year?

Why do they deserve to be raised and slaughtered in the nightmarish conditions of factory farms?

Let's start a counter to watch the rate that animals around the world die from the meat, dairy and egg industries.

The counter will start at zero and increase at the rate animals being killed. (a counter from sfvegan.org)

(3 For Yourself) Do it for Yourself

The China Study shows that people who eat vegan diets and avoid animal products like meat, fish, eggs, and milk will lower the chance of getting or even reverse the development of chronic diseases.

Several major religions promote vegetarianism as a way to aid mental health.

Being vegetarian promotes non-violence and the Buddha believed that great compassion cannot coexist with the eating of meat.

Scientific evidence also backs up the Buddha's belief.

An international survey conducted by more than 10 scientists between 2007 to 2008 also shows the correlations between compassion for animals and compassion for other humans.

The survey asked people about human rights issues and animal rights issues

It appears more than once that people do not care much about animal rights issues also do not care much about human rights issues.

(for details please see book Origins of Attitudes towards Animals)

Many of us have heard about the correlation between serial killers and their cruelty to animals when they were younger.

An Australian police study showed that 100 percent of sexual homicide offenders examined had a history of animal cruelty.

Still not convinced?

If you think becoming a vegetarian will make you weak and ill, please read about

Mac Danzig; The Ultimate Fighter 6 winner, UFC fighter, former lightweight champion for the Gladiator Challenge and King of the Cage, and a strict vegan.

Dave Scott; Ironman Triathlon World Champion, and oh yeah, the first person to win it 6 times. He is also a vegan.

Mike Mahler; a vegan and a strength trainer of former UFC light heavyweight champion, Frank Shamrock.

Bill Pearl; a 4-time Mr. Universe winner, winner of Mr. USA, winner of many other awards, and a vegetarian.

There are heaps of top level athletes with vegetarian diets.

Seeing that it is such a healthy choice, this is no surprise.

If you think vegetarianism isn't a smart idea, do some reading about Nikola Tesla

Albert Einstein

And Leonardo DaVinci. They were all vegetarians

Conclusion

Humans are capable of being omnivores, which is great because it helps us survive extreme situations such as famines and ice ages;

however we are almost entirely designed for vegetarian diets.

Being a vegetarian has been proven to be healthier than eating meat.

It's very easy to be a vegetarian! Imagine being able to eat many delicious, cheap, low calorie meals.

Forget eating small, high calorie, intestine clogging servings of expensive meat which can make you feel too guilty to eat more out of fear of gaining weight.

Keep a happy, healthy, full stomach and keep away from the doctor.

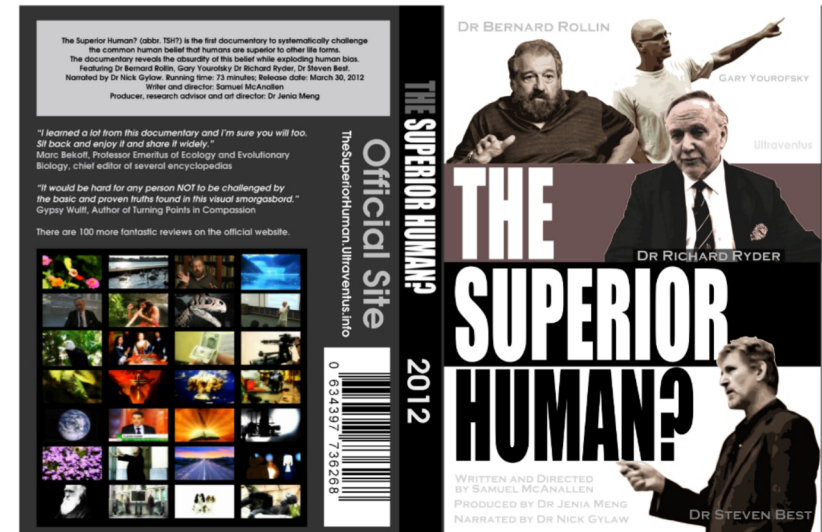
Here is something everyone can do to make a difference

1. Start a balanced vegetarian diet – you can start by

searching for recipes

2. Share the information in this film with others

## Reverence for Life



Equality of all life forms is a central view of vegan diet. The Superior Human? of Ultraventus Film is the best science documentary on this topic. The documentary systematically challenges human superiority over other life forms. Below are the DVD case and transcript of the film.

NARRATOR

The world is an amazing place. It is filled with billions of life forms of various sizes and shapes. According to some, the most amazing life forms on the planet must be humans. They believe humans have revealed their astounding superiority over all other life forms with their many key traits and special abilities. In this film, we will journey through a list of highly referenced



points, sourced from a variety of individuals and resources, that support the supposed inherent superiority of humans.

Having a large population

Humans do have a reasonably large population... for mammals at least. Other life forms outnumber people by the trillions, but perhaps the human population is just the right size for those believing in human superiority.

Population alone is not such an important factor to some human supremacists, though. Some believe humans make up for this by:

Having long life spans

But, not too long. Some plant species can live for thousands of years. Animals like sponges can also live thousands of years. But these species live their lives very slowly over a long duration instead of very quickly over a short duration like humans, so it is difficult for some humans to empathize with their lifestyles.

What about life forms that have faster lifestyles, more like humans? How long can they live?

There are tuataras, which can live for over 200 years, bowhead whales – about 200 years, Greenland sharks – estimated at 200 years, tortoises – 188 years, and others. Their life spans must be too long though, because they are still even longer than humans live. Humans must live just long enough in the eyes of human supremacists – around the age of some parrots, who we will forget for the moment.

Creating art

Humans can create art.

Other life forms can create art too, even human-like art.

But other life forms cannot make human-like art as well as some humans can. Thus, some people view this as proof of human superiority.

Building

Other life forms can build things as well.

Beavers harvest trees and use the lumber to build protective homes with underwater entrances. The world's largest beaver dam is about 850 meters long.

Honey bees build highly intricate hives in which they raise a vast number of young and store food.

Some termites build cities of complex skyscrapers. The buildings can be as high as 9 meters.

The human built Burj Khalifa skyscraper in Dubai is 828 meters tall. That's about 531 times taller than the average human. So how does the termite skyscraper stack up against the competition? Large termite skyscrapers are about 914 times taller than the average termite. That is like humans building an approximately 1,424 meter high building.

Their skyscrapers have rock solid walls, air vents, heating and cooling, royal chambers, and even areas where they literally farm food for themselves. Their cities can support millions and they have been building them for ages. But surely termite's

human-like civilizations cannot be older than human civilizations themselves... can they?

Termites have been building and living in their huge cities for the past approximately 50 million years. Compare that to humanity's several thousand years of civilization.

Humans do something differently though according to human supremacists. Other life forms may have built twice as high as humans relative to their size, farmed, lived indoors, and had huge societies long before humans existed, but apparently humans still have a unique aspect of building which is more special and inherently superior to all others:

#### Living in houses

Not certain complex houses like bee hives and others mentioned, houses like the ones humans live in.

But what makes a human house special? Well, building materials, shape, size, and location may all vary drastically, however they all have one thing in common: They are all suitable to human living. If ants, termites, birds and others built houses suitable for humans rather than themselves, perhaps human supremacists would give them greater value.

It is also important to question the idea that living in a house makes a life form superior in the first place. Is being unable to live suitably in a natural environment a real strength? According to some, it is.

#### Having opposable thumbs

Other life forms have hooves, horns, wings, etcetera that have their respective uses, however the tasks that human thumbs

can do appear to be more special.

Some people might say that some other primates, like Old World monkeys and great apes, have opposable thumbs as well and ask why human thumbs are better? It looks like some apes have opposable thumbs on their feet too, so are they twice as impressive as humans? The human supremacist answer is that human opposable thumbs are superior because they are used to build things which are useful to humans.

Humans do not only use their thumbs to build though. Sometimes they need extra help. This is where tools come to the rescue.

#### Using tools

Human beings are easily identified by our universal use of tools. It is true that chimpanzees, some monkeys, some birds and other animals are known to use tools, but their rate of tool use is much lower. They appear to rarely need tools and can live to old ages quite harmoniously with nature.

Some modern humans on the other hand seem to try to rebuild nature on a massive scale in a way that is suitable to their lifestyles. Garbage, car exhaust, plastics, pesticides, smoke coming out of mills, and nuclear waste are all quick giveaways of a modern superior human civilization. Most of these things are not needed, but are part of the superior human's culture of valuing virtual profit and symbolic material goods over things like the future promise of health and clean food.

Our tools are not only for building and expanding, however. Arguably, the most precious human tools are arms. Human countries spent a total of about 1.63 trillion US dollars on defense in 2010. If you spent one million dollars every day since the proposed date of Jesus Christ's birth, you would still be far

away from spending 1.63 trillion. For those who do not know who Jesus Christ is, he is a figure in humankind's most popular current religion who taught peace to his followers. Getting back to the point, Human countries spent about 1.63 trillion US dollars on defense in 2010. What is "defense", you may ask? Defense is a word many humans use to help describe their military arms, personnel and actions. Interestingly enough, most countries have "defense" budgets, but it seems nearly impossible to find countries listing "offense" budgets. It looks as though human militaries only exist for defensive purposes.

This defense seems to be very significant at times. Japan "defended" China during World War II and conducted a surprise "defense" on Pearl Harbor. Germany systematically "defended" Jews across Europe. The US and Soviet Union threatened to "defend" each other off of the face of the Earth during the Cold War.

Some humans have figured out that they can actually use arms like guns to hunt for food. This remains quite rare though and guns are mostly still used for their original purpose: Killing humans... in defense, of course.

Other life forms should begin to push industry, exploitation of resources and materialism to their limits, build military industrial complexes, and reduce their guarantee of future necessities like clean food, water and air if they want to elevate their statuses to the level of some modern humans.

Using reasoning

Squirrels and other life forms have shown a remarkable ability to reason, even through complex obstacle courses, but human supremacists believe the specific human type of reasoning is better. Human reasoning helps humans complete tasks beneficial to humans.

Walking upright

Some view walking upright on two legs as a sure sign of human superiority.

If we can simply agree that animals, such as birds do not exist, perhaps it is. Walking upright is seen by some as a remarkable skill and a clearly civilized behavior, which brings us to our next point:

Living in societies

Other life forms have societies larger and smaller than humans' and they are structured in many different ways. Termites are the oldest social animals by far, evolving complex societies even before ants. They may live in the same buildings for generations and termites from older generations help raise the younger generations. But human society is superior to these, and all other societies in the eyes of human supremacists even though it has been around for a very short time compared to the tens of millions of years many billions of insects have been living in their bustling societies.

Perhaps for societies to be deemed successful by certain humans, they need to be relatively new and grow to a reasonably large size in a rapid population explosion. This is an interesting hypothesis that I would like to see tested. In the meantime, let's continue our journey in search of some more fundamental evidence of human superiority.

The ability to kill all other life forms

Now this is something we can talk about. Taking life is one thing

we definitely excel at. Quite recently, the human species has become incredibly destructive. We are so destructive; we can wipe out all life on Earth. Well, not all life, but a large amount. Let me rephrase: Humans can kill just the right amount of other life forms.

So how valuable is this skill? Imagine a group of humans hiding deep underground in a shelter before triggering the explosion of nuclear bombs scattered around the planet. What would victory look like once they emerged from their shelter? For them, victory would look like a vast wasteland with no edible food and no readily drinkable water.

### Teaching and learning

Other life forms can teach and learn as well, however human supremacists believe humans use the perfect balance of verbal, written and body language to teach and learn, which brings us to:

### Language

Not using scents, complex hormones, animal body language, or animal verbal language, but a certain combination of specific human body language, human verbal language and written language.

Koko the gorilla and Washoe the chimpanzee have learned American Sign Language and have used it to communicate with humans.

A male bonobo named Kanzi is able to understand about 3,000 human words, as well as simple sentences. Bonobos have also been shown to use reason, a trait supposedly unique to humans, to invent new phrases from the words they have learned. Some argue that the accomplishments of the apes

are not equal to humans on the basis that they are simply learning human sign language and inventing new words based on the human sign language.

So, it looks like human supremacists need to study bonobos in the wild to see them use communication that they originally developed. Some scientists are, and have been studying how bonobos naturally communicate and have explained some of it in human language. But they do not speak one of our current, popular, verbal languages, so it is unlikely that certain people will be interested.

What about dolphins? Dolphins communicate in a variety of ways and can even conduct ultrasound scans of life forms using their echo-location ability. They have even been able to find abnormalities, such as tumors in people who did not know they had them.

Prairie dogs have complex verbal language which they invented themselves and use to talk to each other. They have words to describe size, speed, color, direction, and more. If they see a person walking by, they can tell another prairie dog that a person is walking by, how fast he is walking, how big he is, what he is wearing, and even what he is carrying. They also have words for abstract shapes, such as triangles and ovals. An example of a sentence a prairie dog can say is: "The short man in the blue shirt is coming and he is holding a gun".

Not only do prairie dogs have a complex verbal language with adjectives and nouns like human language, they may have something significantly unique. In an experiment in which six prairie dogs isolated from each other in sound-proof rooms were shown a European ferret – something none of them had ever seen before – they spoke a new, identical word to describe the ferret. The experiment has been repeated several times by showing the prairie dogs new animals and has

produced similar results.

How can one prairie dog that is shown something it has never seen before, call it a word that is the same word another isolated prairie dog will call it? Some people trying to figure out the phenomenon say it's as if once a prairie dog invents a new word, all other prairie dogs instantly learn the word without even being in contact with the inventor. Slobodchikoff, the scientist who performed the experiments, ponders if the prairie dogs have some kind of neural template with certain sounds describing certain features. This way, the prairie dogs would speak the same words when seeing objects with the same features. Surely there is a logical explanation behind this, but we have yet to discover it.

Don't get excited too quickly, though. Some linguists are not yet sure whether prairie dogs have words to describe time, and they use this as an excuse to say that prairie dogs do not have language at all. So to have language, a species apparently needs to have words for time. However, this presents a minor problem to some humans. The Amondowa tribe in the Amazon also lacks words to describe time.

I am sorry Amondowa tribe; you are no longer people according to these linguists.

Besides prairie dogs, dogs and cats use language as well. They also have such finely tuned senses of smell; they can even know when a person is nearing death by picking up traces of specific chemicals from their bodies.

On top of that, cats and dogs can learn human language. Some dogs can learn over 1000 different human words for their toys. Can a human learn 1000 forms of dog communication? Can a human pick up faint smells and measure their chemical components to know what another life form is going through

without even having to ask it?

So why do some people think that human verbal and written communication is special? How is it different from the other forms of communication mentioned? Well, that is simple. Humans vibrate their necks while they slap their wet tongues around in their mouths and move their lips. The various slap patterns and lip movements are attributed to meanings we think they mostly agree on.

This tongue slapping and lip moving can be very time consuming, as it may take several complex maneuvers just to convey one word.

Humans have even invented devices that can transmit our tongue slaps at a distance so that time and place have less detriment to this awkward, time consuming ritual. These devices require substantial electrical power and manufactured parts, but are worth it for humanity's sake.

Why are we so dependent on communication? It's possible that since we rely so heavily on tool use and social cooperation, we require a large array of references just to manage our lifestyles. It may not be the best strategy for all life forms, but it seems to work for humans.

Let's see how effectively our communication ability functions in the following scenario: Imagine going to visit your best friend who is not feeling very well and is taking a day off from work. You make noises from your mouth in a pattern which tells him you want to know what is wrong. He recognizes the sounds you make, smiles, and tells you he is just not feeling very well and needs to stay home for the day. You smile back and tell him you are glad it's not serious, then you leave to go home and relax. What you don't realize is that your pet dog you brought with you is not relaxed. While your friend was smiling on the

outside and convincing you he was okay, your dog could sense strong fear and tension in him. Your dog also quickly knew that he was not just sick... he had cancer. Your friend has been diagnosed with cancer some time ago and was trying to fight it on his own. It's time for him to abandon his pride, however. Your dog knows something that your friend does not: His cancer is more serious than he thinks. He is quickly approaching death and requires urgent medical attention.

Like many dogs, your dog has an incredible sense of smell that is so great, while you were viewing the outside of your friend's body and asking him if he was okay, your dog was already deep in the process of studying his fundamental bio-chemistry which was detectable in the air. As unlikely as this story sounds, it is technically possible. This is a very real skill that many dogs possess. Dogs can be used to sniff out cancer in patients, predict seizures, and more after only a couple weeks of simple training. But is training even necessary?

In 2007, the New England Journal of Medicine reported on a cat named Oscar who was being kept in a nursing home to provide company to the residents. Whenever Oscar the cat went and curled up next to a patient, the patient died shortly afterward. The nursing home staff eventually concluded that the cat must have somehow known when certain patients were approaching death, so he would go to comfort them. The staff found Oscar's ability to be so precise that they began using it as an alert to which patient was approaching death. Oscar the cat has been correct at least 25 times by now.

It's a pity dogs and cats cannot trade their nearly telepathic smelling ability for the symbolic, superficial vocalizations that humans use. Until they can, they are destined to remain seen as inferior to some humans and it seems unlikely that people will stop using thousands upon thousands of them every year in experiments fit for inferior life forms.

## Other life forms rely on instinct

Instinct drives many creatures to eat, drink, bond with some of their peers and compete with others, find a mate, start a family, and protect their young. According to some people, humans apparently do none of these things based on instinct and learn them all from a previous generation. Perhaps they believe that a human's DNA, as well as the rest of its biological makeup are simply decoration and do not contribute at all to how a person functions. Is it really possible that our desires to survive, eat food, thirst for water, and even fall in love are simply learned behaviors. Do you need someone to teach you to be thirsty? It looks like human supremacists have some questions to answer.

## Culture

There have been historical cases of feral children found in the wild. Some children were actually raised by other animals. The results were quite interesting. They had trouble speaking with people, they were unable to have normal social interaction, and they had difficulty learning. In a relatively recent case of a feral girl who was raised by dogs, she did not even walk upright.

Was this dog girl void of culture? Was her life damaged by being raised by dogs? Being more accurate, it's not that she had no culture; she actually had the culture of the dogs. It appears other creatures do actually have culture. Unlike the little girl's mother, dogs do not have alcoholism in their culture and did not neglect the little girl. The abandoned little girl who would have most likely died on her own was assimilated successfully into the culture of a group of dogs and survived to tell her story.

Other animals raised in a human culture can also have serious

problems when put back into their natural cultural environments. Chimpanzees raised by humans can lack survival skills and risk being ostracized and even killed by other chimpanzees for their unique way of communication. It may seem that human culture is not helpful to all species and is actually only fit for humans.

Being at the top of the food chain

Some popular topics for school children in western countries to learn about are food chains and food webs.

Many children are taught that there is a hierarchy system among life forms and are shown diagrams revealing their various ranks. Plants are often on the low end, herbivores appear above plants and predators are at the top.

When kids learn about food chains, which are often simplified and called "the food chain", some students ask "what about humans?" A common conclusion seems to be that nothing eats humans and that they are at the top of the food chain.

This is quite satisfying, and it's apparently true, isn't it?

Well, there are creatures that live in an estimated 85% of humans and slowly rob them of their nutrients, such as food, or blood. Some can live for decades and others can kill the host quite quickly. Certain humans have classified these creatures as parasites though, so they apparently do not matter as much as humans. Even though parasitism is the most common animal lifestyle, it is not given much attention.

What some humans seem to worry about being eaten by are things like lions, who are not able to eat humans anymore... usually.

So, if we conveniently exclude the most popular lifestyle group of animals on the planet, nothing really does eat humans. Humans appear to be the ones doing most of the killing eating.

Media tends to pick up where school leaves off and presents children and adults with a world where big fish and little fish compete to be on top of the food chain. The big fish always wins.

What's interesting is that some of the same outlets that tout the big fish as having an advantage also seem to show concern over the environment at times.

But, if being able to eat other life forms is ideal, who cares about the little guy?

Is it possible that species of consumers not only dominate and devour their prey, but are dependent on them? After all, how can a wolf survive with no prey and what would a cow do without plant life?

It looks like food chains and food webs are not just one way transactions all leading up to a victor at the top. They are more like networks of interdependence. In fact, the point of food webs is to show interdependence, but popular media seems to find the simplified, hierarchical food chain idea to be more attractive.

Even Darwin described nature as a "web of complex relations".

Something some people do not seem to realise is that for a consumer to survive on a species of prey, the prey's total bio-mass typically needs to be ten times greater than its consumers. So, if a big fish eats a smaller fish, the population of smaller fish will typically have at least ten times more bio-mass

than the population of the big fish. And, if the smaller fish survive by eating algae, the algae population will typically have at least ten times the bio-mass of the smaller fish population.

Consumers are very dependent on their prey and require them to be highly populous and successful in order to survive off of them. If the prey is having problems, it's very likely that the creatures who consume them will share their problems. The following example clearly demonstrates this relationship:

A trout caught in a fresh water lake may have ten thousand times the concentration of polychlorinated biphenyls in its flesh than the water it swims in. How is this possible? Life forms that are low in the food chain absorb the toxic chemical, mistaking it for a similar needed one. After that, the tiny life forms are consumed by a predator and the toxins from each tiny life form are concentrated in one body. Another predator then eats many of the previous predator, concentrating the toxins even further. The trend continues all the way up the food chain to the trout. By the time we reach humans, who top this particular food chain, the fish is ten thousand times more toxic than the lake water.

This is only one example of how the pollutants dumped into nature by irresponsible humans end up being concentrated and put into their own food supply.

Since consumers are so dependent on their prey having large, healthy populations, it only seems natural that some consumers would even strive to protect their prey. Some do, as a matter of fact.

Take chili peppers for example, the fruit from plants in the capsicum genus. These plants are native to the Americas, a fairly small area compared to the total area of the Earth. Chili

has evolved a spicy flavor that prevents many mammals from wanting to eat it.

This spice does not seem to deter humans however... – quite the opposite. Chili turned out to be a spice in high demand among humans, so surely the capsicum plants must have had their terrible fates sealed once humans came into contact with them. They would surely go extinct and humans would be left victorious... this is not what happened. In fact, humans enjoyed eating chili so much, they have spread it around the planet, rapidly growing its population and elevating it to a prominent global status.

Humans have exerted substantial energy in acquiring land for capsicum plants, clearing other plants to give them more room to grow, and buying fertilizers to help maximize their health. I have to ask: Who is working for whom here? This story has repeated itself with many other different types of species around the world.

So why do some people tend to place those who eat above those who are eaten? Why is the complex food web we all seem to know about ignored in favor of simplistic, hierarchical food chains that are arranged with humans on top? Could it be that since human supremacists view themselves as being at the top of the consumption aspect of many webs and chains, they tend to focus on a chain in which consumers are given the most value?

What would they think if plants invented something called a "production chain" in which they were at the top and the insignificant creatures who depended on them were near the bottom?

All the arguments for human superiority over other life forms have been highly debatable so far, but we have yet to reach



our greatest reason for why some believe humans top a hierarchy of life forms. The following factor appears to be the largest reason for why humans are apparently superior to all other species:

### Intelligence

Intelligence seems to be humanity's most prized talent. Having the brain highly developed rather than other parts of the body, such as muscles, noses, ears, eyes, etcetera seems to make humans better in the minds of some people. Scientists might mention cases of some chimpanzees being smarter than humans in certain intelligence tests. They might also mention Dolphins' huge brains, or the fact that houseflies can process visual information at such incredible speeds, that if one were watching this film, it would see the frames going by one-by-one like a slideshow, unlike humans who are so slow that some think they are receiving a solid stream of video.

The good news is that none of those details matter to those believing in human supremacy. That is because the average human brain is better at performing "higher" thinking. But what makes "higher" thinking higher? Would other life forms be more successful if their refined mental or physical abilities were replaced with human-like brains? Imagine a cheetah trading its running ability for a large, heavy brain. How about a grey squirrel trading its incredible ability to remember precisely where hundreds of its nuts are stored for a different human-like mental ability, like not being able to remember where one set of car keys is?

Let's see what someone regarded by many as being highly intelligent has to say about intelligence:

(Quote on screen)

"I believe that intelligence is probably overrated. It's not necessarily a good thing for a species' survival".

-Stephen Hawking

### NARRATOR

On the contrary, some people do not believe intelligence is overrated. Some believe that intelligence is the most important attribute of a life form, and that it can be used to measure a life form's value. This means that a heroic fireman with great physical strength and bravery is worth less than an accountant whose IQ is one point higher. For those of you not familiar with IQ and how it is tested, it is a system some people created that asks a very small series of culturally biased questions to find out the mental worth of a human being. French psychologist Alfred Binet was arguably the first person to create this type of test and he warned that they were not able to measure human intelligence. So what were the results of his warning? The tests were named "intelligence quotient tests" and began being used to measure intelligence.

Is there any problem with measuring the value of all other creatures against humanity's supposed greatest ability? Using similar logic, could dogs be deemed superior from their perspectives? After all, a human's sense of smell is a fraction of the average dog's sense of smell. This means that it takes a number of humans just to equal the value of one dog. Some may argue "but wait, why is a sense of smell valued as the most important trait?" I wonder if dogs, who are often mercilessly experimented on in laboratories, might have the same question about intelligence.

I have learned something about this attitude before. This type of attitude allows people to treat others differently, simply for being different. It doesn't matter if they have their own unique

abilities. It doesn't matter if they are equal in some way. Being different is enough reason to treat them terribly. This is the ugly face of discrimination.

Many humans are masters of discrimination and demonstrate their hate by committing war, genocide and subversion. Once some humans are done finding reasons why they are superior to other life forms, it is only natural for them to continue to find reasons why some humans are superior to other humans.

There is one final reason commonly used to argue human superiority. This reason is quite difficult to understand, even for humans. However mystical it may be, it is extremely important to the subject of human superiority.

#### Consciousness and autonomy

Let us begin with some history. Cartesian Dualism is the belief that the mind and body are somehow separate entities. The belief was created by a French philosopher born in the late 1500s named Rene Descartes. He formulated that consciousness and self-awareness came from some sort of non-physical spirit. He believed the body was a machine, however the mind was something more spiritual.

Descartes believed that non-human life forms did not have this mind. They were simply the machine part of a life form without the non-physical mind. When a human sustained an injury, the spiritual mind realized the pain and the person suffered. When another life form sustained an injury, they were simply machines who felt no real pain. Even as Descartes cut animals open while they were still alive – a hobby of his that is still practiced today – he rationalized that their struggling and whimpering was simply a machine reaction and the animal was in no real pain.

Descartes was eventually criticized and questioned as to how such a mystical and disconnected mind could interact with a physical body in the first place. Many of his followers began to reject his ideas and Cartesian Dualism is now generally unaccepted in the academic world. But could Descartes have been right? Have any other influential individuals come to the same conclusions before him? Let's ask Professor Bernard Rollin, an expert on animal consciousness.

#### DR BERNARD ROLLIN

To my knowledge, in the history of thought, from ancient times up to the time of Descartes, no one denied that animals could think and feel. It was so close to common-sense, that it just didn't occur to anybody to question it. That does not mean that people drew ethical consequences from it. People acted towards animals in many cases as if they were wheelbarrows more than as if they were people. But Descartes actually had an axe to grind, of course being a religious Catholic he wanted to prove that the mind i.e. the soul, same thing for him, were unique to humans. He was also the first guy to say that biology should be part of physics, that essentially everything is made up of matter, except humans who are made up of mind and matter, and therefore if you want physics to explain biology, in other words, anticipating molecular biology, you have to say that animals don't have a mind in the sense humans do. Their behavior is simply the result of mechanical interactions of the matter that makes them up. And people who were followers of Descartes believed that if you literally cut up animals alive – vivisection – which now means animal research to a lot of people, but in that time it meant cutting up alive "vivi": alive, "section": cutting. They didn't have any anesthesia, so they used brute restraint and the animals were cut up alive to see how this works and that works, the heart is a pump, it's mechanical, blah, blah, blah. We actually have a place, we know of a place where the people did biological

experiments following Descartes and we have reports of travelers who visited there and saw the animals chained to tables, chained to walls with rings in the wall so that they couldn't move being cut up. And Descartes's followers told the students "even though it looks like they're feeling pain, they're not because if humans can build a cuckoo clock or a mechanical person that"— you know the famous clock in Germany of a milkmaid milking a cow — "certainly God can build organisms that act like they feel pain but really don't".

NARRATOR

Interesting, but some in Europe seemed to be falling under the spell of Descartes at the time. If there was no major opposition, then he must have had valid points, right?

DR BERNARD ROLLIN

David Hume, the philosopher who was the greatest skeptic in human history, he denied mind, body, God, causality, miracles, consistency, and everything, but he says somewhere that the one thing that only an idiot would deny, meaning Descartes, is that animals have thoughts and feelings. And the first ethics for animals in modern time came out of the utilitarian philosophers who based ethics on pleasure and pain and it was obvious to them that animals felt pleasure and pain. This really became a crisis at the end of the 19th, beginning of the 20th century, where a lot of philosophers and scientists wanted to demarcate science from everything else, like religion, metaphysics and so forth, and some of that stuff was getting mixed in with science, for example there were biologists who said what made matter living was — it sounds better in French. Bullshit always sounds better in French — "élan vital" — "Lifeforce". And so there were a whole bunch of philosophers in the late 19th century who said "no, we have to stick to what's observable, measurable, quantifiable in science" and

developed the position known as logical positivism which is if you can't experience it, essentially, it isn't real. Since we can't experience animal thought, we can deny it's reality. Since we can't prove killing is wrong by gathering data, we can deny its reality. And those two components of what I call "scientific ideology" reinforced each other: Science has nothing to do with ethics, so you don't worry about animal pain and if you wanna worry about animal pain you say it isn't really pain; it's mechanical.

NARRATOR

So, whether Descartes was an idiot or not, it still looks like some humans went on believing that they were the only creatures capable of thinking and feeling.

Where are people today in their thoughts on this topic?

DR BERNARD ROLLIN

I wrote a book, I published a book in 89 proving that animals feel pain and I remember going, there was an article about it in the local paper, and I went into the Harley shop and these bikers all said "well, congratulations on the new book. What's it about?" And I said "well, I'm trying to prove to scientists that animals feel pain" and they looked at me like I was out of my mind, you know what I mean? Like, "who has to do that?" You have to have that ideological conditioning that spurs your skepticism; otherwise nothing is more obvious than that animals feel pain. You step on the dog's foot; it howls. One time, I called a veterinarian. You know veterinarians had been very bad on pain control til' the Federal law of 85 required the control of pain in research, and then they started looking at pain. Before that, I did a literature search for Congress for analgesia — you know, pain control — there were only... Analgesia for lab animals: There were no papers in the

literature. Analgesia for animals in general: There were two; one which said there ought to be papers. So, you know, even veterinarians who were dealing with animal suffering weren't paying attention to animal suffering and animal pain. So, Like I say, when I looked in 82 there were two papers. I looked a few months ago... There's now 11,664, probably 12,000 by now. And so, what we hoped would happen; federal law mandating control of pain would make scientists re-appropriate common sense. (Filmed September, 2011)

NARRATOR

Perhaps history is less important than modern research and experiments. If animals really could think and feel pain, there must be some kind of experiment we can do to prove it.

DR BERNARD ROLLIN

Oh yes, I called one of the few veterinarians who said that animals feel pain and tried to address what you should do about it, and he was a guy from, I think the Bronx or Brooklyn – an Italian guy – so I called him up and I said "look, I'm working on this issue and you know there's a lot of people in your field who deny that animals feel pain". He says "yeah, I know". I said "so, when you encounter these people, what do you do?" He was a pretty colourful guy. He says "well, I'll tell ya". He says "I encounter one of these guys that denies that animals feel pain; I tell em here, you got a little experiment you should run. Put him up on your examining table, oh yeah, make sure it's like a big, male, in-fact Doberman... Big one, you know? Put him on your examining table. Get a vice-grip, and then adjust the vice-grip to fit his nuts, and then squeeze it, and he'll show you he feels pain, he'll rip your god-damn face off". Which is, essentially, a common-sense response. (WARNING: Do not attempt this)

NARRATOR

Are dog's balls the real answer to whether or not other life forms can think and feel? How does one know if a dog is reacting to physical agitation due to conscious pain, or if it is simply a machine programmed to react a certain way and does not really "feel" anything in the human sense of the word?

Well in my writing I say look, behavior is similar in animals and people when they're painful. They guard the limb, they vocalize, this, that. The physiological substratum is the same: what happens with the nerves, what happens with the biologically active chemicals. Anesthesia and analgesia work on animals. You can train animals with pain and pleasure – negative and positive reinforcement. So, really, all the evidence that militates in favor of your feeling pain, Descartes notwithstanding, militates in favor of the animals feeling pain.

GARY YOUROFSKY

That Descartes, Rene Cartesian way of looking at animals like they're machines; it is outdated and quite frankly 100% insane. Because, if we all understand that animals can use their eyes to see, ears to hear, noses to smell, mouths to eat, legs to walk, feathers to fly, fins to swim, genitalia to procreate, bowels to defecate, I'm always perplexed that most people don't believe that they can also use their brains to think, feel, be rational, be aware, and be self-aware. Am I supposed to believe that every body part on an animal functions just like it's supposed to, except the brain?

NARRATOR

So, how can one prove conclusively if other life forms, such as animals, have consciousness?

DR BERNARD ROLLIN

Are animals conscious? Well, sure. Now, can you prove conclusively that animals are conscious? No. Can you prove conclusively that I'm conscious? Can I prove conclusively that you're conscious? Or, to use the great philosophical example; can we prove conclusively that that chair exists independently of our perception? When we leave this room, what is the chair like? Well you wanna say it's this and this color, but that depends on it interacting with the rods and cones of the eye, right? Or, as Bertrand Russel once said, how do we know the whole world wasn't created ten seconds ago, and us with all our memories and the fossils and everything? You can't know that. Science is not skeptical that we can trust each others' perceptions, though it should be, or at least it could be. Therefore, it shouldn't be skeptical about when animals show all the signs of pain, whether they really feel pain, because that's special pleading for the things that they want to specially plead for and not use the same standards of evidence for animal mind as they use for the existence of an external world. I mentioned earlier to you that Hume – the greatest skeptic of all time – said you can't deny animals think and feel. Darwin said that if physical traits are follow genetically continuous and evolve, and metabolic traits and physiological traits, then so too are thinking and feeling. And he, in fact, has a book called *The Expression of Emotion in Man and Animal* showing that that's continuous. You know, if you're an evolutionist, you gotta believe it's continuous. Strangely enough, even though modern biology in the 20th century is evolutionary, the evolutionary point that Darwin makes that animals have to be conscious and capable of feeling and so forth; that drops out under the ideology that I mentioned.

NARRATOR

Let's retreat back to experiments and make this easier. Some

define consciousness as being self-aware. So how could we test to see if a life form was self-aware? Arguably the best human sense is sight, so humans test other humans by placing them in front of mirrors and seeing if they recognise their own reflections. Canines cannot see very well, but have exceptional senses of smell. Naturally, they display self-awareness by recognising their scents and can distinguish between their territorial marks and the marks of others, including their packmates'. Wild dogs and wolves survive on this skill of self-awareness, as a mistake could mean a violent confrontation. So how do some of humanity's top scientists test the self-awareness of canines?

Well, they put them in front of mirrors.

Using this logic, it may be fair for canines to conclude that humans are not self-aware for not recognising their own urine scents, or for some insects to conclude the same, since humans cannot recognise their own hormones. It's a good thing that some humans are discriminatory creatures and are able to hide from points of view that may undermine a temporary sense of comfort. But what if human supremacists did try using logic to put their superiority to the test? What do you say we try it just to see what happens? We can start where one logically should start.

Are "superior", "better" and "higher" specific features, or are they opinions at a fundamental level? Wouldn't all species view themselves as the best species since life forms naturally value their own traits? Let's imagine what it would be like talking to another life form that shared the way of thinking of some humans.

BEAR

Grizzly bears are superior to humans.

HUMAN

Humans are superior to grizzly bears.

NARRATOR

Why?

BEAR

Grizzly bears have an incredible sense of smell.

HUMAN

Humans have incredible intelligence.

NARRATOR

What makes that trait so superior to others?

BEAR

Grizzly bears are great and they have an incredible sense of smell.

HUMAN

Humans are great and they have incredible intelligence.

NARRATOR

But why are you great?

BEAR

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...We have an incredible sense of smell.

HUMAN

...We have incredible intelligence.

NARRATOR

You both seem to have good traits.

BEAR

But, humans walk on two legs, have dull teeth, are overly reliant on shelter to survive, and are dependent on tools to support their insufficient bodies.

HUMAN

But, bears walk on four legs, don't live in houses, can't use tools, and rely on their brute strength to survive.

NARRATOR

But would your skills even be useful to the other animal?

BEAR

No, because humans are lower life forms.

HUMAN

No, because bears are lower life forms.

NARRATOR

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What does "lower" mean? Do you mind telling me what makes a higher species so high?

BEAR

I'll enlighten you: We have full fur coats, sharp claws, we are very big, can run 56 km/h, we live about 25 years, eat fish, have four legs, large ears, and there are many more reasons.

HUMAN

We wear clothes, stand on two legs, live in houses, we aren't so hairy, we use tools, we have big brains, we have thumbs, and there are many more reasons.

NARRATOR

There are creatures with more or less fur, sharper and duller claws and teeth, bigger and smaller brains compared to their body size, who eat more or less fish, run much faster or slower, and live in all kinds of houses, or no houses at all. What makes your traits at the perfect level?

BEAR

We are higher life forms and that's what it took to make us this way.

HUMAN

We are higher life forms and that's what it took to make us this way.

NARRATOR

Why are you higher?

BEAR

Well... we have an incredible sense of smell...

HUMAN

Well... we have incredible intelligence...

NARRATOR

If people base the success of a species on how human-like it is, humans will always appear to be the most successful.

Basing overall success on the characteristics of one particular species may provide occasional comfort to that species, but at the cost of an equal value of side-effects. One immediately recognizable side-effect to this belief is a heavily biased moral outlook.

DR RICHARD RYDER

In 1970, I coined the term speciesism to describe the prejudice against the other species and to draw the analogy with other prejudices like racism and sexism. The point I was trying to make was that we're all related. All species are related biologically and through evolution, and instead of treating the other species like objects, we should be treating them as our evolutionary cousins, as our kindred. We should stop exploiting them in laboratories, in factory farms, in the wild, and elsewhere. I felt that speciesism was a unintelligent, out-of-date sort of prejudice. Since Charles Darwin came along and told us that we're all animals and we're all related through evolution, we haven't really drawn the proper moral conclusions from

that. It's like it's taken a hundred years or more for the penny to drop. We're really all in the same boat, morally speaking. Darwin himself said this. Darwin worried about the way in which the human animal treated the other animals as our slaves. And, indeed, there is a moral similarity between speciesism and slavery. The important thing about the other species of animal is that they can suffer pain, and there's growing scientific evidence that other animals do suffer pain. They have similar nervous systems to ourselves, they have similar biochemicals in the brain associated with the experience of pain in ourselves, so we can be fairly sure that they experience pain and distress in the same sort of way that we do – hundreds of other species of animals. And I'm saying that morally, it's important that X amount of pain in a dog, or an elephant, or a cat matters as much as X amount of pain in human beings. So, it doesn't matter what species you're from any more than it matters what race or gender you're from. The pain is the same. So we shall all have the same sort of respect, morally speaking. Some people argue that because human beings allegedly are more intelligent, or more religious, or more independent, or autonomous than some of the other species that therefore that gives us some moral superiority. Well I argue that all these alleged differences, which are probably exaggerated anyway, all these alleged differences are morally irrelevant. They aren't relevant to the moral situation at all. The important thing is that we all suffer pain. Jeremy Bentham said this, the famous British philosopher in 1789 when he said "the question is not can they reason, nor can they talk, but can they suffer?" Suffering is really the important criterion for morality, not somebody's intelligence. I mean, we don't give special extra rights to professors because they are intelligent, or to priests because they are very religious. We wouldn't want that to happen within our own society, so why do we do it across the species barrier, allegedly giving us more moral privileges, more rights than the other species merely because we seem to be a bit more intelligent? It doesn't make sense.

## NARRATOR

It seems that some humans need to stop defining words like "superior", "success" and "better" as being human-like in the first place and take a more objective approach. From a more Darwinian viewpoint, "superior" could possibly mean more able to survive and procreate. Let's see how humans match up against other life forms now that we have a more objective form of measurement.

The answer: Compared to many other species, humans are losing miserably. Cyanobacteria have been around for several billion years and had such powerful domination over the Earth that they dramatically transformed its atmosphere. Horseshoe crabs have been around for approximately 445 million years – about 200 million years before dinosaurs. *Triops cancriformis* has been around for over 220 million years with no signs of visible change. Even great white sharks are thought to be at least 16 million years old. These are just several types of super successful life forms.

In comparison, anatomically modern humans are only about 150 to 200 thousand years old. Humans are nowhere close being able to call themselves a successful species.

But, just because humans have only been around for such a short time does not mean that they will go extinct before outdoing other species, right? Surely humans won't "go the way of the dodo".

Actually, Dr. David M. Raup has studied past extinction rates and come to the conclusion that the average lifespan of vertebrate species seems to be around 2 to 4 million years. So it looks like humans have about 1.8 to 3.8 million more years to live if everything goes as usual. His findings showed that well dispersed species were less susceptible to extinction, however



one factor that lowers lifespan is if the species in question is high on the "food chain".

Perhaps living between 1.8 to 3.8 million more years is the best that the human species can hope for because it looks like probability is suggesting that humans will go the way of the dodo... save for one minor detail: The dodo bird, which some humans have jokingly named and relentlessly mocked as being an idiotic, extinct species with little knowledge of survival, has been estimated by some to have lived for several million years or more. That means that if humans live another 1.8 or possibly even 3.8 million years, that might not make us successful enough to "go the way of the dodo" in terms of survival time. We may actually be around for less time than the dodo bird: one of humanity's most well known examples of extinction.

But wait, there's more! Assuming the human species may live at least 1.8 million more years is only taking typical natural processes into consideration. We have yet to include the fact that we have nuclear weapons. Is there any chance that humans would be foolish enough to use them? Actually, there is more than a chance.

Shortly after the first nuclear weapons were created, people used nuclear weapons... on their own species... twice.

One of the only differences between then and now is that now, nuclear bombs are up to 3,800 times or more powerful and there are many more of them. Using a nuclear bomb in an act of defense or aggression today would be much different than in the past, since many countries now possess nuclear weapons. The use of a nuclear weapon today could easily escalate into a nuclear war.

Even though the US and Soviet Union showed the world that

nuclear war was impractical and could lead to mutual assured destruction, some countries around the world are still working very hard to acquire nuclear weapons, or perfect the ones they already have.

Are the countries trying to acquire and perfect nuclear weapons actually planning on using them, or are they just willing to spend millions, or even billions of dollars for fun? Let's not forget to add in biological weapons and also new, deadlier forms of viruses created by the experiments of some scientists.

It's interesting to think that some humans view themselves as the ultimate life forms, which rule the planet like gods even though many people have trouble managing their own species and are working very hard to accelerate it towards what looks like a quickly approaching death.

So how on Earth did the belief that humans are inherently superior to all other life forms emerge? Have humans always thought this way? Do all humans currently think this way?

Some, earlier hunter-gatherer societies around the world viewed humans as a part of nature, or at least relatively equal to it.

Some experts believe that in Australia, "Aboriginal people learned from their stories that a society must not be human-centred but rather land centred, otherwise they forget their source and purpose.... humans are prone to exploitative behaviour if not constantly reminded they are interconnected with the rest of creation, that they as individuals are only temporal in time, and past and future generations must be included in their perception of their purpose in life."

It's not only Australian Aborigines, or people living before the

years of Rene Descartes that did not strongly believe in human superiority. Research suggests that Far-Eastern, Indian, Greek and many indigenous cultures have higher levels of reverence to other life forms than Abrahamic religions, such as Islam, Judaism and Christianity.

Plenty of recent Western thinkers also held views in sharp contrast to human superiority, including Darwin, who thought it was absurd to think of some animals as higher than others.

DR STEVEN BEST

Homo sapiens is an animal that is considered to be radically unique. Now, that's redundant because by definition a species is a species that is unique from other species, so to say that human beings are unique, as people like to say, is to say nothing. Of course we're unique. A squirrel is unique, a rat is unique, a dog is unique, by definition. But somehow, we are so unique, we're different from all these other animals – radically different. And, we are unique by defining ourselves in a certain way and that is as a rational essence and this has been so well articulated in the Western philosophical tradition from Plato, to Aquinas, from Aristotle, to Descartes, Kant, and beyond. We still think this is common sense; we are the rational animal. If we say that our essence as humans is rational, and we can identify a certain class of human beings as less than rational, they're less than human. You go through Western history books and re-read what the greats had to say and they will mostly conclude that women were deficient in rationality. Rousseau, for instance, said women have practical rationality, but not theoretical rationality, they can't be philosophers. It's nonsense but this is how the classic thinkers thought. So, if we can say women don't have rationality we can say they're subhuman and they belong at the bottom of the hierarchy. If we can say people of color, people from Africa, if Europeans can go on colonial missions and say these aren't rational people, they're

savages, they're animals, they're beasts, they're subhuman, then we can put them in the category of animals where they have no value and we can do anything we want to them, and there's no moral question about it. And every time there's a war, first the enemy has to be reduced to the status of animal. This is again part of the politics of human identity: who gets to be called human and what are the consequences of that. Notice, we are talking about an error, a mistake, an illusion, because it was Nietzsche who taught us that as soon as human beings begin to think, they immediately make mistakes. They immediately make mistakes in cause and effect, in all the different fallacies that you identify in logic class. They immediately think to posit a god, they anthropomorphize: sun god, moon god. They immediately think that somehow they are privileged in the universe. They have irrational fears, etc. Some of these lies are corrected and vanish forever. Some stay with us. The lies that stay with us, the errors that we retain are the ones, he says, are the ones that add utility. They serve our purposes, our pathetic, psychological purposes to be demigods on this earth.

NARRATOR

What are humans left with? Are we superior to other life forms in any general, objective sense? From what we learned on this journey, evidence suggests equality between all life forms, that advantages do not come without disadvantages, and that all life is interconnected. Life's unique features, such as flight, speed, human-like intelligence, and transformation of matter all work together like components of one machine – interdependent and interlocked. As the machine constantly changes and certain components lose their value, they evolve or become extinct. The human component is very new to this machine... let's see how long it can remain useful.

\*\*\* End of Transcript \*\*\*

Equality of lives doesn't mean sameness. It is a opposite state of hierarchy. Imagining you press down a pyramid until it is flat (equality).

CDG believes all things in the universe are equal, not only lives. Because everything is the child of Tao, the universal rule.

Question you may be asked by a holistic thinker: how do you know rocks do not have mind/thoughts?

A training: ask yourself one by one: Do non-human animals have thoughts? What about plants, rocks, planet Earth, and the universe?

If you do not understand humans discrimination against other life forms, you do not fully understand discrimination. August is Anti-Discrimination Month. Prejudices ([racism](#), [sexism](#), [speciesism](#), age, rural residency, social class, disability, occupation, language, nationality, ethnicity etc.) are connected. They are an attitude against diversity. Common discrimination tactics: defamation, blaming the victims. Learn how to defend victims of discrimination, get scientific anti-discrimination resources from ADRD ( web: [ADRD.GoodEasy.info](http://ADRD.GoodEasy.info) )

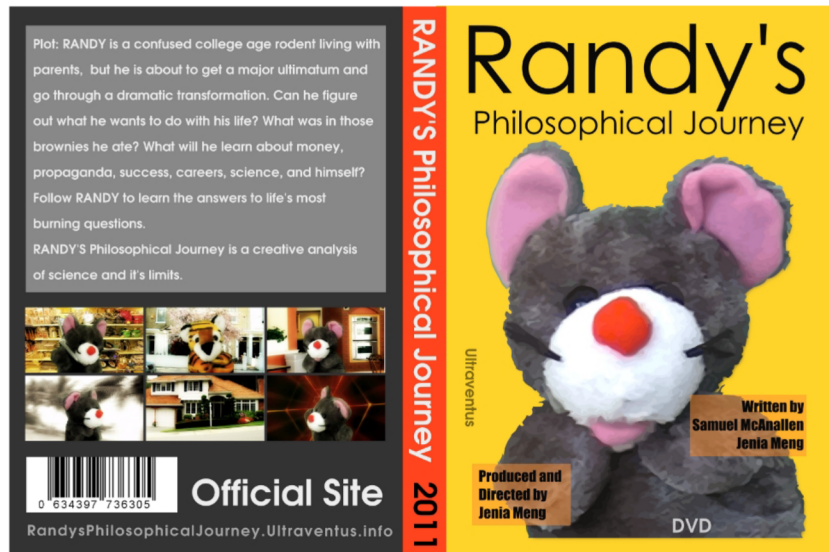


Above is a poster of ADRD

## Basic philosophy

RANDY's Philosophical Journey of Ultraventus Film is an animation film explaining basic philosophic principles. Vegan lifestyle share most of these ways of thinkings. Below are DVD case and transcript of the film. Randy is a college age rodent

who is trying to figure out what to do with his life. Follow randy to learn about money, propaganda, success, careers, science, and ourselves.



© Ultraventus

Randy's Philosophical Journey

FATHER: Randy, you need to shape up and do something with yourself. You want keep living like a loser?

RANDY: I'm not living like a loser, I have a job.

FATHER: Yeah, sales. That's not gonna to cut it.

MOTHER: Your friends are all going to have their degrees soon and be making lots of money. What would you be doing?

RANDY: I don't know what to do, okay! And I heard the

average person change their mind about what they want to do in college several times before they decide.

MOTHER: Well, your friends seem pretty average to me and they will be graduating with their degrees soon and getting good jobs.

RANDY: Lots of people don't know what they want to do yet. Steve doesn't know what he wants to do either and he's just working.

MOTHER: elephant noise) STEVE: !? How can you compare yourself to Steve!? He is living like a bum in that little apartment and he has no ambition.

RANDY: How do you know what his ambitions are?

MOTHER: Randy, he only did one semester of college and he works at the gas station. Is he going to raise a family on his minimum wage?

RANDY: Ughhhh... I'm tired from work, I need to go to bed.

FATHER: Sleeping won't get you a degree, Randy.

RANDY: I know, can you please just shut up and leave me alone! You don't think I want to figure out my life as soon as possible too? I'm trying as hard as I can.

FATHER: Yeah, well you better try a lot harder because your mother and I are going down to visit your Grandma in two days and I don't want to come back up here and see you sitting on the couch like a bum playing that video game I was dumb enough to buy you.

RANDY: You won't, I'll be working when you get back.

FATHER: No, Randy, I mean I don't want to see you.

RANDY: ...What?

FATHER: If you don't find something to do with your life by that time, I don't want to see you in this house. You need to get out.

RANDY: What am I going to do with my life... What is this? A

container... Oh, it must be Steve's brownies. God, why does he always leave things in my room? Well, if he's gonna leave the brownies here, I may as well just eat one.

RANDY: Uhhh... I think Steve must have put something in those brownies.

RANDY: Oh my god, where the hell am I? Am I dead? What's going on? Oh shit.

Randy, calm down.

RANDY: Oh my god!

Randy! Relax...

RANDY: Where am I?

You are here to ask me a question.

RANDY: Noooo I'm not. I think I just ate something I wasn't supposed to eat and I need to wake up.

Don't worry Randy. Everything is okay.

RANDY: It doesn't look okay. Where am I?

You are in a place where your questions can be answered. What you are seeing around you, are simply your past thoughts and memories. I am your spiritual guide and I will change to a higher form every time you come to visit me. Now..., ask me any question.

RANDY: I think I'm hallucinating.

SPIRITUAL GUIDE: You will only be here for a short

period of time Randy. Why not just ask me any questions you may have to see if they can be answered.

RANDY: Well, okay ummm... I would like to know something: I'd like to know what I can do to have a really good life.

SPIRITUAL GUIDE: The question does not make sense. Who do you want to believe you are doing something good?

RANDY: Ummm... Everyone.

SPIRITUAL GUIDE: Good and bad are simply opinions, not universal truths. Even Alexander the Great, who is seen as a hero by many, is also seen as a terrible invader by others.

RANDY: Uhh... I have a few job ideas that I think are good, but I just want to make sure I choose one that will make me successful. Can you tell me a job that will make me successful?

SPIRITUAL GUIDE: All ideas of success are biased. In reality, all

jobs and lifestyles have balance. A rich man may not need to worry about money or status, but he may also need to work very hard and may not be able to spend enough time with his family. A poor man may worry about money and status, but live with low stress and enjoy spending a large amount of time with his family. You need to find out what you want to do simply by observing your own hobbies and interests.

RANDY: I understand that all jobs have their benefits and shortcomings. I still have trouble knowing what I want though. Is there any way I can just at least narrow down my choices of what I want to do? I kind of wanted to do something in science and I tried to pass my last science class, but I failed by one percent, so I don't think I should do anything in science. I'm not sure.

SPIRITUAL GUIDE: I noticed you are trying to make progress by drawing artificial lines.

RANDY: What do you mean?

SPIRITUAL GUIDE: Do you think that all the kids who passed your science class are good at science?

RANDY: Yeah, I think so.

SPIRITUAL GUIDE: So the one point difference between your grade and a passing grade made you go from being quite good at science to being completely bad at science?

RANDY: I guess that doesn't really make much sense.

SPIRITUAL GUIDE: Lines also cannot be drawn between what is science and what is another subject, such as math, history, or language. Some science focuses on history, some history

focuses on language, some language focuses on art. The disciplines are all connected and inseparable, just like everything else. Drawing artificial lines is a useful tool for humans in everyday life so that they can distinguish between things in a way that is most helpful to them. The negative aspect to this way of thinking is that it can convince people that those lines actually exist. The words male and female can

convince people that there are only two extremes of gender separated by a line. What about men who are less masculine than other men.

What about women who are more feminine than other women? Where would you draw the line between male and female? Where would you draw the line between fast and slow?

RANDY: That's a good point

SPIRITUAL GUIDE: Which part of your science class did you find the most difficult and which part did you find the easiest?

RANDY: Well, I really liked the experimenting with different

chemicals part and I passed every assignment during that time. Then we moved on to do some physics equations and I got confused pretty quickly mostly because I was too bored to pay attention.

SPIRITUAL GUIDE: So you like chemistry and you get very good marks in Chemistry?

RANDY: Yeah!

SPIRITUAL GUIDE: Science is separated from other subjects by

imaginary lines, the types of science your class included, such as chemistry and physics, were held together by imaginary lines and your failing grade was made by an imaginary line only one point higher than your grade

RANDY: Well I guess need to stop taking those imaginary lines so seriously.

FATHER: Randy, wake up and get to work you bum!

RANDY: Ughh... Why didn't my alarm go off?

FATHER: You didn't turn it on, so don't blame the alarm. It's more reliable than you.

MOTHER: This isn't a very good start on what we talked about yesterday, Randy.

FATHER: And I want my money back for that game too, Randy. You said you pay me back two month ago. Looks like you have a lot to do when we're gone.

SPIRITUAL GUIDE: Hello again Randy.

RANDY: Mom? Is that you?

SPIRITUAL GUIDE: No Randy, it's still me. As you

learn from talking to me, more of my true form will be revealed.

RANDY: I've been thinking about what you taught me yesterday about good and bad, and being successful or unsuccessful, and drawing lines. I thought about all of those things at work today and I think I realized something important: All those are caused by subjective thinking. I need to think

objectively.

SPIRITUAL GUIDE: You are partially correct.

RANDY: Only partially? But if I think objectively though, I'm observing what is true. I thought that was the only way to be realistic and scientific.

SPIRITUAL GUIDE: You are making one large assumption Randy.

RANDY: What?

SPIRITUAL GUIDE: That you can be completely objective in the first place.

RANDY: Why couldn't I be?

SPIRITUAL GUIDE: How do beings like yourself learn about the world around you? How is your body able to interpret your surroundings?

RANDY: ...With our senses

SPIRITUAL GUIDE: Do all creatures have the same senses and experiences?

RANDY: Oh, I see what you are suggesting. So ,everyone can only see the objective world through their subjective senses, and that makes everyone's idea of reality a little bit different.

SPIRITUAL GUIDE: Very good.

RANDY: But, we can use high-tech tools to: observe the universe and find out what is really going on. Who builds the high-tech tools? Do the tools have flawless senses? Is every

high-tech tool built exactly the same way? How do you read the data created by a high-tech tool? You read it with your subjective senses. Not to mention that in order to view something, it needs to be changed in some way. I recommend you do some reading about the Heisenberg Uncertainty Principle. You need to learn that there is a limit to completely objective thinking. This limit causes many to perceive their own species, and even culture as superior to others.

RANDY: Well. I guess it's impossible to be totally objective then. But I wish we could find out what everything is made out of, you know? I wish we could know the one thing that makes up everything else and can take the form of matter, or energy, or anything once it's agitated.

SPIRITUAL GUIDE: You just answered your own question in the best way it can be explained to you. Everything can be described as forms caused by agitation of the field. If a pond was used to represent the field, everything we know to exist could be described as ripples, or currents in the pond.

RANDY: Cool.

(Scene Transition to Randy's work place)

RANDY: Hello?

STEVE: What's up Randy?

RANDY: Hi Steve, I'm really busy. I need to go to work. I can talk later, OK?

STEVE: Uhhh... Sure.

RANDY: Bye. No more being late for work!

FATHER: Hi Randy? Hey it's Dad. Have you earned back the money from that game yet? I want it by the time I get back home.

RANDY: No, Dad. I'll get it... I'll get it, just stop. Talk to you later, bye.

Dang, how am I supposed to figure out what I'm gonna do with my life if I have to work all day?

MOTHER: Alright Randy, we're all packed to go visit grandma and your father is out in the car. We'll be back tomorrow afternoon... Good luck.

RANDY: Hmmm... One left. Maybe I should just go for it.

RANDY: I've enjoyed talking with you, and I've learned so much about the

world. I still have one serious problem though.

SPIRITUAL GUIDE: Yes?

RANDY: I have all these ideas and plans for what I want to do, but I always seem to change my mind and move to something new. It's like I just can't keep my focus.

SPIRITUAL GUIDE: Your mind is being overtaken by

messages from your parents and from television. These messages are reprogramming your brain.

RANDY: I'm not sure about that. I actually don't even listen to what my parents tell me and I just watch TV for fun, I don't take it seriously.



SPIRITUAL GUIDE: You may not want to listen to your parents, but they create immense pressure on you - much more than your friends.

RANDY: Oh, do you mean subliminal messages or something?

SPIRITUAL GUIDE: Not necessarily. Most of the messages are out in the open. For instance, the rap music videos you watch. They are aggressive

economic propaganda teaching you associations between money,

material items and beautiful women. There is nothing subliminal about them. It's surprising to hear your concern over the possibility of subliminal advertising, meanwhile you seem to

have no problem staring at a screen while a rapper repeatedly tells you to "make money, get that money, and worship money", meanwhile attractive women are shown on the screen. This is one of the most basic forms of propaganda and yet you could not identify it.

RANDY: Woah! I never even noticed that. I saw a movie where a villain played a simple message on a big video screen over and over until everyone believed it and I thought it was too silly to work in real life. I have actually been doing that myself though. My favorite song is actually a rap called "I Get Money". It's basically just some guy saying "I get money" over and over with words on the screen

and attractive girls dancing around. I guess it makes people

feel good so they build an association.

SPIRITUAL GUIDE: Yes. These videos make you want to earn as much money as possible, and forget about your own interest. Any good businessperson knows that it is good when people compete over their product. So who do you think

will gain when you compete over money?

RANDY: Probably just bankers... I bet that they are the same ones paying to put those messages in my movies and music.

SPIRITUAL GUIDE: Very good.

RANDY: It probably doesn't affect me very much though. I usually think pretty independently and use my own thoughts to make decisions.

SPIRITUAL GUIDE: You cannot draw a line between what

is your thinking and what is outside. If that was possible, then why would you feel agitated by physical pain? Why would you become excited while listening to fast paced music. Why would you laugh when you watch a funny movie? Is your body part of your mind? Is a comedy movie part of your mind? If not, why would they make you laugh.

RANDY: Well, things can affect me, but I make the big decisions on my own.

SPIRITUAL GUIDE: Okay. I am going to ask you some

questions and I would like you to think deeply about your answers.

RANDY: Okay.

SPIRITUAL GUIDE: Why does a ball fall when you drop it, Randy?

RANDY: ...Because of gravity.

SPIRITUAL GUIDE: Are you sure it doesn't decide to fall?

RANDY: Yes.

SPIRITUAL GUIDE: Why does a tree grow?

RANDY: Ummm... Water and nutrients get absorbed into the tree and and maybe

its genetic makeup combined with all of the nutrients make it get bigger. Something like that.

SPIRITUAL GUIDE: Are you sure it doesn't decide to grow?

RANDY: Yeah. It just grows because of it's chemistry with the environment.

SPIRITUAL GUIDE: How does a supercomputer find answers to equations?

RANDY: ...They are built to react a certain way when numbers are entered into them and then the correct answers are displayed because of that.

SPIRITUAL GUIDE: Do they think and then decide on answers?

RANDY: No, they just answer based on how they are built and what's entered into them.

SPIRITUAL GUIDE: I see. Why do you have a picture of a sports car on your bedroom wall, Randy?

RANDY: Well, it's a cool car.

SPIRITUAL GUIDE: Why is it cool?

RANDY: It's really fast and it looks good.

SPIRITUAL GUIDE: There are many fast and good looking cars, why do you like that one?

RANDY: I guess because I saw it in a spy movie I really like.

SPIRITUAL GUIDE: Why did you see it in that spy movie?

RANDY: ...Probably because an advertiser paid to have it shown in the movie.

SPIRITUAL GUIDE: Why?

RANDY: So he can get paid by the car company, I guess.

SPIRITUAL GUIDE: So, as far back as you can see, part of the reason you have a car poster on your wall is because an advertiser wanted to make money?

RANDY: Yeah... I guess

SPIRITUAL GUIDE: If you were a very feminine girl, do you think you would still have that car poster on your wall?

RANDY: Probably not.

SPIRITUAL GUIDE: Why?

RANDY: Because I think guys are more interested in that type of car and also the spy movies it's in.

SPIRITUAL GUIDE: So are you saying that genetic interests also determine who will be interested in the car?

RANDY: Definitely.

SPIRITUAL GUIDE: What you told me so far is that you have a poster of that car on your bedroom wall because of the way the outside environment interacted with your body.

RANDY: Yeah, that's science.

SPIRITUAL GUIDE: So you didn't really choose, you

just thought you did because all those factors are too difficult to trace.

RANDY: No, I decided.

SPIRITUAL GUIDE: But you just verified the factors that caused you to put the poster on your wall.

RANDY: Yeah, I know I did, but before I put up the poster, I made the final decision.

SPIRITUAL GUIDE: So although your environment and

your body's design can cause you to put a poster on your wall, you make the decision right before you do it?

RANDY: Yes.

SPIRITUAL GUIDE: So although a tree's environment

and its design cause it to grow, it makes a decision right before

it grows.

RANDY: No.

SPIRITUAL GUIDE: So the outside world is controlled

by the laws of physics, but you are independent of those laws and are able to act independently?

RANDY: Well no... but... Well, I don't know. I feel like I have free will though. Why would I feel like I do if I don't have it?

SPIRITUAL GUIDE: I want you to imagine two civilisations.

RANDY: Okay.

SPIRITUAL GUIDE: One civilisation thinks that

everything happens due to cause and effect, including their own thoughts. Although they cannot detect all causes and effects and some things appear random to them, they see the basic pattern of cause and effect and know that they must also function according to this law. The other civilisation thinks that most things happen due to cause effect as well, but they can somehow escape this law of the universe and magically produce their own thoughts. They see that everything happens from some sort of cause - a ball falling due to gravity, a tree growing due to nutrients and its genetic makeup,

but they like to think that they are special and their thoughts are not affected by the TV they watch, by their DNA, or anything else. They like to believe that their thoughts come from themselves and that they are original. Which civilisation might be more successful if they began to compete with each other?

RANDY: ...I think that the second civilisation might have more confidence than the first one. I saw some documentary about the leaders of armies teaching their soldiers that they cannot die just to make them braver in war.

SPIRITUAL GUIDE: So you mean people that believe that they are more special in some way can be more confident?

RANDY: Yeah. I also read that the Viking's religion taught them that if they die bravely in battle, they will just go to some heaven and they will live forever anyway.

SPIRITUAL GUIDE: Is that belief reality though?

RANDY: No, it's pretty silly.

SPIRITUAL GUIDE: But do you think it helped them?

RANDY: Yeah, it probably helped them a lot at the time. It would boost their psychology and make them much more motivated and less scared... I see what you are suggesting... so, free will might not be real, but just believe in it because it helps me?

SPIRITUAL GUIDE: Gee, it took you long enough to get it.

RANDY: Sorry. I guess free will has nothing to do with my problem right now though. I just need to figure out what I am

going to do with my life. I wish there was someone out there who could just tell me what to do.

SPIRITUAL GUIDE: If you really just wanted someone

to tell you what to do with your life, you would have simply done what your parents told you to do.

RANDY: Oh, I definitely don't want to do that. Maybe someone smarter like you.

SPIRITUAL GUIDE: You think there should be some sort of god to give you the answer?

RANDY: Is there a god?

SPIRITUAL GUIDE: Many creatures on this Earth think

hierarchically and feel secure to have something not only below them,

but also above them. You may call them leaders. A leader can take the form of a parent, teacher, politician, or even a friend. Many will only lead themselves if they have no other choice and like to depend on someone else to lead. Do you?

RANDY: Well, I have you to lead me.

SPIRITUAL GUIDE: You are right. You have me to lead

you. Do you know who I am.

RANDY: Some sort of god?

RANDY AND SPIRITUAL GUIDE: I am the one who knows myself better than anyone else.

RANDY: ...Uh!... it was just my imagination the whole time.... But that means that... that I knew all of those answers all along....

I just needed to look deeper into myself.

STEVE: Oh, hey Randy. I left something in your room and I was wondering if could go grab it.

RANDY: Sure, you can go grab it.

STEVE: Hey, do you want to do something today?

RANDY: Sure. I need to go somewhere right now though. I'll meet up with you when I get back, okay?

STEVE: Okay. See ya.

FATHER: What's that noise? Randy said he was supposed to be working when we got home.

MOTHER: Maybe he found something to do with his life.

FATHER: It doesn't sound like it!

FATHER: Randy!!!

FATHER: Randy!!!

Steve?

STEVE: Uh, Randy isn't here right now.

MOTHER: Do you know where he is?

STEVE: Yeah, he said something about signing up for a chemistry course at the college.

STEVE: Yeah, I guess I've been a good influence on him... Huh huh.

MOTHER: Steve...

Shut up.

## Environmentalism

CDG is critical of anthropocentrism ( human-centered worldview ), it believes every things in the universe is equally important.

Biosphere is an interconnected system. GMO contamination easily goes beyond geographic/species boundaries. Everyone is at risk.

Saving is encouraged. Research home brand products from supermarkets, buy other things on Ebay. It will save you a lot.

Carbon emission per capita is higher in the industrialised nations/regions. <http://t.co/CDeEknsFNc>

Respect autonomy of other life forms is encouraged. Pet keeping is therefore discouraged because it is linked to animal slavery.

Public transport is more environmental than private transport

'Public Transportation Reduces Greenhouse Gases and Conserves Energy' : <http://t.co/1HKMRXH45U>

'Get on your bike — and off oil' <http://t.co/cT4cADyb2a>

Often, real green lifestyle is inactivity (as opposed to activism)

"reduce my carbon footprint: <http://t.co/qdD6ipmTLt>

check out the 'Secondary' tab"

Carbon footprint(CF) is a common index that measures environmental impact of human activities. An online CF calculator <http://t.co/qdD6ipEuD1>

CDG emphasises empathy. Moves between perspectives of many different life forms(human,other animal, tree, fungus etc.)

A: I can't empathize with other life forms,they look so different from us. B: Study evolution, you will get it,the difference is superficial.

Celebrate green event Earth April (EA): April is the month of Mother Earth and her children <http://t.co/TXKifacglS>

2015 news about annual march against Monsanto: World rallies to protest GMO in 38 countries, 428 cities <http://t.co/s7QnRKoVAp>

## Natural living

Take things slow. Don't rush.

Have you heard of cob house? The natural building made from earth and strawbale. Cheap and fun to build <http://t.co/ZsLjGzxLKU>

Uncontacted people in Amazon rain forest live in harmony with nature.

Nature is not the enemy that humans should fight. Nature is the mother of humans and other lives.

Nature has temper, learn and follow the temper. Don't fight against it, because humans can never win. Any victory is humans illusion.

Your own sweat is good for your skin, better than commercial cosmetics or skin care products.

Use natural alternatives of household chemicals. Most can be replaced. We know how.

Vegan how-to: if you like the creaming flavour of animal products, replace them with coconut cream or avocado. They do the same to the taste.

Mushrooms are closer relatives of animals than plants in evolution, so they are good replacement of meat: the taste/nutrition are similar to meat.

Many household cleaning ( laundry, dish, surface... ) can be done with help of baking soda(a mild form of 'soap'). Avoid harsh chemicals.

Useful essential oil you should have at home; lavender oil(general skin care) and tea tree oil (antiseptic,antimicrobial). Avoid harsh chemicals.

Soys were nutritious source of food . Unfortunately most soys in the market today are genetic modified. Stay away from soy products.

You can make your all-natural soap at home. Search 'soap making' online there are many results. We make our own soaps.

You must read ingredients before you buy any food, chemicals

etc. Don't be deceived by good-looking package. What's inside is more important.

Q: I know all the natural health principles. I just can't stick to them. A: That means you don't actually understand the principles.

Real natural health is living healthy voluntarily; You don't force yourself do anything, you intelligent mind choose to stay away from harms.

We help you understand that philosophy of healthy lifestyle is a natural choice. Natural living makes more sense.

Philosophy of healthy lifestyle is holistic. It's to do with all aspects of the universe. Only studying some fields doesn't work.

Cucumbers, Fruits in genus prunus ( plums, peaches etc ) and citrus ( oranges etc ) are delicious & nutritious. They are also good for home-made skin care.

One hidden/unconscious reason of being clean is not allowing other life forms (insects, bacteria, fungus, virus etc.) sharing my territory

Microorganisms aren't evil, Like it or not, human body is a forest of microorganism. They are everywhere, They live inside of the our cells.

CDG view of being clean is not completely removal micro-organism ( we can't ), but living in harmony with them.

Cleanliness is often good for many reasons. But strong concern of cleanliness is associated with territorial behaviour and being

controlling.

Living in harmony with nature: children grew up in 'dirtier' environment, for example having other animals at home, have stronger immune.

CDG discourages dairy consumption. Milk is liquid meat, harms baby cows. Per capita consumption is low in China: <http://t.co/jZGJj9Z8Mt>

Sunlight is great healer. Take time to do sunbathing

Common sitting positions/types in the offices are not natural. Be aware of the damage to your body. Learn natural positions from primates

Nonhuman animals know natural living. The false perception of human superiority stop many learning from non humans.

Follow the flow

Have a juicer, love juice, DIY.

Urbanization should not be encouraged.

Useful herbs, search each name online for uses: aloe,tea tree, garlic, ginger, honey, lavender, rosemary, sage, rose, ylang, sandalwood, peppermint,

Useful herbs, search each name online for uses: parsley,thyme, eucalyptus, arnica, calendula, chrysanthemums, echinacea, elderberry, valerian.

Taiji (太极) means supreme ultimate in Taoist cosmology, Taiji also refers to a soft exercise based on Taoist philosophy, it suits

elderlies well.

You can learn TaiJi free from Youtube channel of TaiJiZen  
<https://t.co/lZIKWI7NkA>

If you plan for long term you live long. If you plan for short term(quick gain, immediate advantage) you live short. Slow down.

CDG likes natural life ( eg rural life ).The word civilisation is biased from the origin. It implies people live in cities are kinder. Untrue.

Statistics of China shows the difference of rural and urban populations: on average rural people are shorter, eat less meat.

Grow some vegetables in your own garden/field with organic methods. You will know how vegetable should taste: so delicious!

Super Food Mung beans:Leaves and beans can detox. Beans have all the proteins. Bean and shoots r yummy. Easy to grow.  
<http://t.co/GXqXgHHLr7>

It's good to use dim light at night. It makes you calm. The moon light is enough for simple night activities if you are used to it.

( Natural living ) How to cure desperate ( selfish, merciless, short-term-vision ) people? Send them back to mother nature.

Anthropomorphism, human supremacy, human exceptionalism are views that separate humans from nature  
<http://t.co/WnNpxOqyBz>

Human belongs to nature. Separating human from nature makes humans acting desperately: being selfish,merciless,focus on short term advantages.

( Unconsciously ) focus on ego can be seen as a desperate response of being separated from Mother nature

Desperate ( selfish, merciless ) people destroy/wast natural resource,&whine about limited resources for survival. Use intelligence, not aggression.

Gardening is high technology. Seeds are CDs of DNA of the plants. Plants are 'little green men'. Sowing are recreating 'aliens' from DNA.

## Health

Core of traditional medicines is advanced science, billions-year evolution gives organisms ( humans etc. ), self/natural medication abilities.

Natural childbirth position is squatting. Below is the transcript of a cartoon about this: <http://t.co/GpYqGX66Mw>  
<http://t.co/CAnn0WW5Wo>

Diet and nutrition are the key of health. Food is your best medicine.

The China study by T. Colin Campbell and colleagues : animal protein is bad for health <http://t.co/IVPJaVtvxz>

There is a curer for cancer: raw vegan diet. Watch these popular documentaries about cancer treatment:  
<http://t.co/nHLBVDnQgG>



A large British study of 8170 people found vegetarian diet is associated with high IQ <http://t.co/q4qzE8gmF6>

The principle of holistic health applies to life in general: blockages are generally considered negative, connections are positive.

Rain water and dew is highly valued. They are considered the most natural/healthy source of drinking water.

Green vegetables are delicious. They should be the main part of your diet.

Your illness ( symptoms, discomfort etc ) is not your enemy. It's your body ( parts ) begging for attention. Give them care and compassion.

If possible, try not eat or eat very little after 12 AM.

Fasting does not mean you cannot eat anything. You can drink juice. It give your vital organs chance of self-repair.

Earlier birds are healthier. Be earlier birds. Do not stay up late.

Sea bathing is good for health.

Eat as much raw as possible. Don't go raw with animal products - avoid animal products.

The left side of head (face) and right side of body are more masculine in most people.

Right-wing politics is more masculine than left-wing. That's where the name is from.

Your body is a small 'universe'. Your personality is the interplay of Ying ( femaleness ) and Yang ( maleness) in your body.

The longer second toe suggests a Yang personality that adapted to a harsh environment. <http://t.co/7eXC�fPAeO>

Contrary to popular belief, bad breath is a holistic problem of body,not only a dental problem. Raw vegan diet helps, mouth can 'self-clean'

Often, overweight is a mental problem of insecurity that one may not aware. Treat the mind first. Stop waste time and money with drugs.

Human bodies have a horizontal symmetry. It is less obvious, but important to energy channels in your body. The axis lays across your waist.

Massage is acupuncture without needles. Both are based on the stimulation of acupuncture points (switches of energy channels) of your body.

Follow the rhythm of nature. The best time for sleep is around 9PM to 4AM

Diabetes is linked to excessive Yang (male behaviour pattern) lifestyle

Acupressure is similar to massage. It is a non-invasive form of acupuncture that you can DIY: <http://t.co/MlIPh4mWXO>

Often, the evolutionary purpose of pain is stimulating you to massage the painful parts. The massage is called acupressure

Sour food such as limes and vinegar are good for detox and

regeneration. They protect liver.

Meat consumption is linked to many diseases. You can reduce the consumption easily: use meat/seafood as seasoning, not the main part of meal.

Tropical fruits are usually very nutritious.

Aromatherapy is effective in reducing stress in our experiences. Buy a small bottle of essential oil of your favourite scent and smell. Simple.

Green fruits and vegetables can help you recover from the damages caused by industrialized pollution.

Carnivore/Male type of behaviours ( aggression, domination, selfishness etc. ) are associated with shorter life span. Females often live longer.

A good doctor should be kind. Be ware of those who are hierarchical, overweight, aggressive...

Main stream health information of daily limits of salt intake is bad science. It should consider water intake, the concentration.

Selfishness is a general attitude:the kind of people often don't look after their own body parts/family members/other ethnic group/animals.

Every patient is different. The goal of treatment is not removing symptoms, but offer unique solution to sources (imbalance)

Standardization of treatment is not holistic. We cannot classify diseases: same symptoms can come from different sources for

different people

People should research the best treatment/care for themselves. Animal testing makes no sense:cruel and results unsuitable for human

Best natural health knowledge is the evolution of life. General principle: organisms live healthier in ways that evolved longer. Look back.

Importance of water: inside of human body is a simulation of earlier ocean ( temperature , chemical composition etc ). Humans are aquatic apes.

Environmentalism is grand compassion: All our 'actions'(consumptions/developments) cost other lives.Live with gratitude. Minimise the damage.

Taoism is known for being associated with 'mortality', Many noticed that people from Taoist region often look younger. Optimal diet in Taoism is pretty much vegan-gluten-free diet.

Many common things in our kitchen, such as sea salt,garlic, chilly,olive oil,lemon,ginger,apple cider vinegar, have medicinal properties,

Makeups ( excluding health products ) are deceptions, generally bad for health, linked to sexism. They should be used as little as possible.

Vision and other body features are similar to height and weight,everyone is naturally different. There is no standard ( vision etc. ),only average

If you did not have experience of eating healthy, you can start

with Mediterranean diet. Yummy and healthy  
<http://t.co/ltWBJFNcbX>

Systematic cruelty of dairy industry: <http://t.co/DiSZpCtn3w>  
male calves are commonly killed.

Why would cows produce things that are ideal to those who harm calves(humans)?Dairy links to many autoimmune diseases,nature's punishment?

BBC documentary: Physicist presenter proves the effectiveness of acupuncture by rigorous scientific experiments  
<https://t.co/6MqTJ0TEEI>

Common meditation method is focusing on breathing. It helps you relax by caring fundamental needs. Breathing has been evolved for a long time,

Youthfulness of physical body is linked to youthfulness of mind (being baby-like). See the world like babies

## Natural farming

To access best source of food. You should try organic gardening.

Natural farming is eco (laissez faire) agriculture.. Do less, get more.

Biodiversity/layers are bases of natural farming:<https://t.co/6LsZRr5oVy>

Agriculture is not monoculture

There is no such thing as 'weeds', check out <http://EatTheWeeds.com> You have wildcrafting/open

pollinated/non-GMO herbs in garden

Real natural farming mentality: see plants & other lives as intelligent creatures, as your collaborators, in the task of getting energy

Human history is only the blink of an eye in the evolution. Other life forms have been thriving without any human intervention.

Plants and other animals collaborate with each other, provide food and shelter to each other, and respond to natural challenges intelligently.

'A few of the rainforest foods that are used everyday by people are' <https://t.co/Gm10ZMTQTj>

Rainforests are champion of biodiversity&yielding, they are 'disorganised', with little human interventions. Do less, get more

Crop rotation( <https://t.co/zR2oe4SmiW> ) is a common practise. It has many benefits(soil,yield,insect control), because monoculture is wrong

Per capita consumption of aquatic organisms more than tripled in half a century. Aquaculture is fast growing  
<https://t.co/5HjeaBNSGe>