

I discovered the hard way; our bodies need essential amino acids found only in animal flesh.

Former 25 year vegetarian KT888



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Organic Whole foods with no Hydrogenated oils is not enough

I am not trying to convince anyone of anything in this article. It was written mostly as a record of one of the biggest mistakes of my life; perhaps an apology to my son, perhaps as a warning to others, but mostly a way to organize my thoughts.

In plain language vegetarianism is unhealthy. Being concerned about your food is very healthy, but not eating meat protein will make you weak, if you are a vegan from when you are young, you will be “shorter in stature and dependent of supplements”¹ and it leads to obesity as a lack of meat makes your appetite insatiable.



The photo shows the back 10 acres of our farm “Lanark Highlands Grass Fed Beef”. We started producing beef on a quiet 25 acres of land that has been producing pasture raised beef for almost 200 years. We became meat producers after 25 years of vegetarianism and after trying to grow our own food in Permaculture gardens. Now retired from active beef farming we still try to grow allot of our own food and buy food from local farmers.

If you feel the need to consume no flesh, good on you, it makes no difference to me. My advice, based on 63+ trips around the sun would be:

If something is compelling you to be a vegetarian, look at it as a treatment you do Monday and Friday perhaps. It's always good to eat salads and lentils but not exclusively.

And in the same way I am not trying to convince you to eat meat, please don't inflict your unhealthy fad / ideology / whim / need to be liked on mind control media like Facebook / on your children.

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Talking to the boys

My Vegetarian Past

My young family of four was vegetarian for 25 years. We ate no flesh, nothing with a face. Our plan was cook our own fresh food, grow it organically on our farm, eliminate sugar, hydrogenated oils, drink clean water, combine foods to get complete proteins, eat quinoa, lentils and whole living foods and we will harm no life, feed our souls and be free. It was not an easy path to take in mid 1980's, but I was very active in the Green party, and most of my friends were activists, many vegetarians. We thought being a vegetarian was a way to make a difference. The idea that your personal choices made a significant difference in our collective outcome was just one of those things we believed². It turns out collective action, organization and a clear vision topples fascist regimes, not eating tofu and lentils.

At the time being a vegetarian felt great, in the short term, focusing on our food, buying fresh, organic, local, homemade vegetarian food improved our health. In hindsight it was the fresh, homemade food that made the difference. It is easy to be critical of our food system but really it's our food choices not food groups that are at fault. Along the way we genuinely believed that the choices we were making were the right ones for our family.

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Drinking the Kool-aid^b

The turning point for our family to become vegetarian was when my son was hospitalized with Kawasaki syndrome, a sometimes fatal reaction to pesticides. At least that is what we were told at the time. Solutions were clearly outlined in *Diet for a New America* and *Diet for a Small Planet*. Cookbooks like *Laurels Kitchen* and the *Moosewood Cookbook* became handbooks, turns out they were wrong but this is what we believed:

- The Hook: Vegetarianism; we would save ourselves, the planet and the animals
- The Line: Avoid processed foods; eat no white flour, sugar, no hydrogenated oils.
- The Sinker: Incomplete Protein combined became complete per diet for a small planet so you don't need meat after all Quinoa and Broccoli have more protein than meat⁴

All went well the first few years, my eldest son recovered from Kawasaki syndrome and my youngest son who never ate meat had no childhood sicknesses, we were smug. We all felt wonderful and we were healthy.

The end of vegetarianism for our family

For an adult it takes about 8 years for Iron reserves to be depleted.⁵ If you spend on supplements about twice what you would spend on a little meat you can drag it out, but anemia is inevitable for 10 year vegetarians. We took supplements; iron pills, B12 shots and the doctors were talking blood transfusions. My eldest son got a girlfriend who was not a vegetarian and his ordeal ended. My youngest son who had never eaten meat was a hard sell even with horrendously low iron levels. As a parent this is my greatest regret. Faith is blinding, even to the evidence staring at you in the form of your own anemic child.

Enthusiasm for split pea soup became "I am not eating this", and as any parent knows it is hard to force good food on children. Desperate we turned to the miracle food of the time: Soy in the form of Tempeh and various Yves products⁶. At the time soy was a vegetarian's best friend,⁷ In fact it is an endocrine disruptor.⁸ The effect on my wife was menstrual flow that lasted over a year.

After much consultation with gynecological specialists, naturopaths and doctors, she ended vegetarianism and soy and so ended her lengthy period.

I craved protein which I found in a spicy chick pea dish called Channa Masala from a local Indian restaurant, never being satiated I became obese. The "fact" that broccoli had more protein than meat is per calorie, it sounds good but you have to eat a head of broccoli to get the same amount of protein as a thumb sized piece of red meat.

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Nutrition Facts	
Serving Size	1/2 package (142g)
Amount Per Serving	
Calories	180
% Daily Values*	
Total Fat	9g 12%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	5mg 2%
Sodium	460mg 20%
Total Carbohydrate	19g 7%
Dietary Fiber	6g 21%
Sugars	8g
Protein	6g
Vitamin D	-
Calcium	-
Iron	-
Potassium	-

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Channa Masala

Nutrition Facts	
Grass Fed Ground Beef	
Serving Size:	3 oz (85.5g)
Amount Per Serving	
Calories	117.8
Calories from Fat 47.3	
% Daily Value*	
Total Fat	5.3g 8%
Saturated Fat	2.3g 12%
Trans Fat	0.2g
Polyunsaturated Fat	0.3g
Monounsaturated Fat	2g
Cholesterol	42mg 14%
Sodium	54mg 2%
Total Carbohydrates	0g 0%
Dietary Fiber	0g 0%
Sugars	0g
Protein	18g
Vitamin A	0%
Vitamin C	0%
Calcium	0.3%
Iron	10.5%

* Percent Daily Values are based on a 2000 calorie diet.

Grass Fed Ground Beef

Like Buddha I became a fat vegetarian. When you compare a vegetarian dish like Chana Masala with a meat dish you see there are trade offs, the meat less salt, less calories, less carbohydrates, Iron is present, and the vegetarian dish less cholesterol, no Iron, more calories. Choose your poison. Add a bun and condiments it changes the equation. Add a Nan and a Somoza and it tips again. Pick a different two examples and get different results. That's not the point; the point is it's about food choices. We found the best choices were made at home; even better the best choices were growing our own food.

Making and growing our own food on a meat centered diet was easier and healthier. Our experience was that a vegetarian diet was not hard to produce; **it was impossible to produce**. You could not be independent and do it yourself. You could on meat and potatoes.

Reflecting upon it after we realized the vegetarian diet was an entirely corporate centered, city centered, shopping centered diet. The vegetarian diet was a consumer's diet. The meat based diet, in our case was an entirely local, self sufficient, independent, country based diet. One represented dependence on a corporate food supply and the other depended upon our independence and resilience.

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Combining Proteins

A whole generation of vegetarians believed the sincerity of Francis Lappe when she stated you could get "complete" proteins from eating two different plant based protein sources together, like beans and rice.

Like most vegan truths, turns out it is not true.⁹ No plant-based foods has a complete set of amino acids. Your body can store amino acids but only to a point. You need to eat

complete proteins and complete amino acids most of the time. That means eating meat. The good news; like a rat, you can live for a short while on pizza and cigarette butts or even a vegan diet. But for the long term listen to your body, if you need supplements, iron, B12 shots, and blood transfusions, maybe its time to rethink what your doing, surrender your ego and admit you were wrong.

The internet and most vegetarian and vegan books have charts like this. They are simply not true. They are a lie. You will get sick, iron deficient and you will be a negligent parent if you believe this nonsense. It has been refuted.

The scientifically unsound rationales for food combining ignores that different enzymes digest different classes of nutrients, and all of them are released without regard to what you've eaten.

As a mixed meal passes through the small intestine, each enzyme goes about its business simultaneously, and in so doing, the absorbable building blocks of our food are absorbed as they become



available.

Each type of nutrient – protein, fat and sugar has dedicated nutrient-specific absorptive mechanisms; they need not compete with one another for absorption.¹⁰ The enzymes never read “Diet for a New America”.

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Understanding Sustainability

While vegetarians we had a 25 acre homestead. Our garden covered almost 2 acres with thirty 75 foot rows of vegetables, grains, fruit trees, blueberry bushes, rhubarb beds and asparagus beds. The post vegetarian farm included chicken coops, a small goat barn and a 10 acre pasture for cattle. One of our concerns was that in North America the average meal travels 2,000 km from farm to plate;(11) we were trying to grow a substantial portion of our food locally.

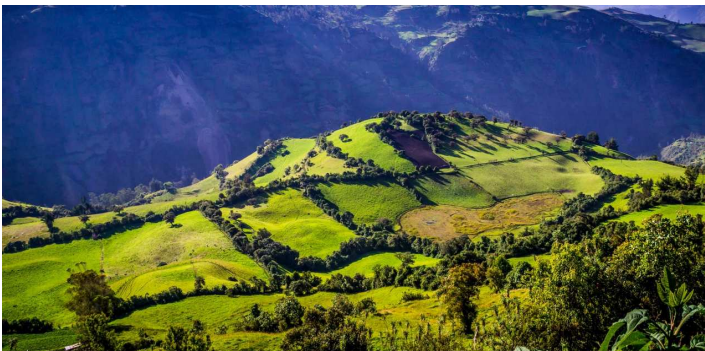
It turns out that the diet of our grandparents, meat and potatoes was extremely local and easy to achieve. We learned vegetarians cannot eat locally, they need that 2,000 km broccoli or blueberry harvested with illegal labour or food that has unforeseen consequences for those who do live sustainably.



Spring Garden

Because of its high protein content, quinoa is highly valued to vegans. Higher pricing afforded by the increased demand have made it unobtainable for the local Andean people who rely on it.

Ethical questions should give a thinking person pause to reflect on the effect their diet has on the poorest in the world. So why not grow quinoa. I lived in Ottawa; short cold springs, followed by long dry hot summers and long cool falls. Quinoa likes long cool springs like you find in the mountains of the Andes. Every food has its own unique requirements, you can't just grow what you want; you grow what will grow in your bioregion¹².



Andean Landscape: Sustainable Agriculture using animals for 5000 years

Photo credit ¹³

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Understanding the hired help

The other side of the sustainable coin is how much time and effort you can put into your farm. When we joined other farmers in the area who were using Community Supported Agriculture to market their produce we made 2 discoveries.

First the enthusiasm of most millennial and boomers for sustainable agriculture ended when they had to go beyond clicking a keyboard. Turns out dopamine addicted keyboard monkeys don't make good farm workers. Who knew?



Local Community Supported Agriculture using Farm labour from Jamaica

Second all the farmers we knew were hiring seasonal workers from Jamaica to fill those food baskets for the millennial type downtown. Hmmm, so that evangelical self righteous vegan Millennial who smugly drinks fair trade coffee while starving the quinoa farmers in the Andes, sitting on his or her air conditioned ass still has a black man sweating in the field for them. How Woke is that?

The employment of foreign workers poses serious ethical questions concerning the obligations of the employers, consumers and governments. This issue is largely ignored by consumers who are driven by a desire for cheap fresh food they don't have

to work for. Any moral obligations to these people are lost in the shuffle to get a 2.99 box of strawberries. ¹⁴ Why should you work for \$9.00 per hour and live in a shed instead of \$20.00 per hour living in a house with drywall and running water. That question is hidden from you by Loblaws, Costco and Wal-Mart, you know its happening but "you don't really give a flying fuck about the people in misery"¹⁵.

But your good, you buy Fair trade coffee right? It makes you feel good about yourself, but it does not protect the farms or farm workers. It all sounds really good, but the premiums paid by consumers are not going directly to farmers, the quality of Fair Trade coffee is uneven and it has evolved from an economic and social justice movement to largely a marketing campaign with little net benefit to the workers.¹⁶

The choices you make pose a genuine ethical dilemma between two moral directions, you are either growing your own food as a peasant, or you are a slave owner holding on by the chains of consumerism, you never corrected the legacy of the colonial mercantilist system where large businesses obtain special privileges from local governments, preventing others from competing and flourishing. Don't get smug though; what goes around comes around and your apathy will come around and bite you when you find that historical level of corruption in your Canadian parliament buildings today.

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Understanding Cruelty

We all want to minimize animal suffering and promote more sustainable agriculture, sadly a vegetarian diet might be the worst possible thing you could do to achieve that goal. One steer death delivers on average, a carcass of about 288 kilograms. This is approximately 68% boneless meat which, at 23% protein equals 45kg of protein per animal killed. This means 2.2 animals killed for each 100kg of useable animal protein produced.

Producing protein from wheat means a monoculture. Sit on a tractor pulling a plow and the predatory birds that follow you are not there to socialize; small mammals, snakes, lizards, frogs and insect life is killed in vast numbers.

The poisoning of mice is both overlooked by the public but well studied by farmers because of its huge cost. Each area of grain production has a mouse population explosion on average every four years, with 500-1000 mice per hectare. Poisoning kills at least 80% of the mice.

At least 100 mice are killed per hectare per year ($500/4 \times 0.8$) to grow grain. Average yields are about 1.4 tonnes of wheat/hectare; 13% of the wheat is useable protein. Therefore, at least 55 sentient animals die to produce 100kg of useable plant protein: 25 times more than for the same amount of rangelands beef.

Some of this grain is used to “finish” beef cattle in feed lots (some is food for dairy cattle, pigs and poultry), some makes bread. Soy has a similar production profile, it is also produced in a monoculture. It may surprise the city vegan mouse but more of his country mouse cousins are sacrificed to produce useable protein from grains and soy resulting in more suffering than from rangelands cattle.

The question of sentience; the capacity to feel, perceive or be conscious is debatable. Many think the billions of insects and spiders killed by grain production are not sentient, but they perceive and respond to the world around them. You may dismiss snakes, frogs and lizards as cold-blooded creatures incapable of sentience, and you may be right. Go out now and squish a frog, who cares? But what about mammals that sing, mice?

Mice are sentient. They sing complex, personalized love songs to each other that get more complex over time.¹⁷ Singing of any kind is a rare behavior among mammals, previously known only to occur in whales, bats and humans. Girl mice try to get close to a skilled crooner mouse. Now researchers are trying to determine whether song innovations are genetically programmed or whether mice learn to vary their songs as they mature.

Baby mice left in the nest sing to their mothers — a kind of crying song to call them back. For every female killed by the poisons we administer, on average five to six totally dependent baby mice will, despite singing their hearts out to call their mothers back home, inevitably die of starvation, dehydration or predation.

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When cattle and wild herbivores are harvested they are killed instantly. Mice die a slow and very painful death from poisons. From a welfare point of view, these methods are among the least acceptable modes of killing.

In Ontario the shooting of deer is strictly controlled and female doe tags are rare, the buck tag common, so Bambi is not left mother less. However, many times numbers of dependent baby mice are left to die when we deliberately poison their mothers by the millions.

Replacing red meat with grain products leads to many more sentient animal deaths. Relying on grains and pulses brings destruction of native ecosystems, significant threats to native species and at least 25 times more deaths of sentient animals per kilogram of food. Most of these animals sing love songs to each other, until we inhumanely mass-slaughter them¹⁸

Understanding Land Use of Meat vs Wheat and Soy

Given the limited amount of productive land in the world, it would make sense to focus our attentions on getting the most energy per hectare for human consumption. It is unfortunate that the production of grains results in more suffering, but it also results in more environmental damage than pasture raised beef.

Wheat, rice and pulses require multiple hundred acre lots of clear land, no trees or native vegetation. That act alone results in the deaths of thousands of animals and plants per hectare. At 7 billion people we have lost more than half of our native vegetation, mostly to increase production of monocultures of introduced species for human consumption.

Most of the world's arable land is already in use. If more people want their nutritional needs to be met by plants, our arable land will need to be even more intensely farmed. This will require a net increase in the use of fertilizers, herbicides, pesticides and other threats to biodiversity and environmental health. Or, if existing laws are changed, more native vegetation could be cleared for agriculture.

Cattle mostly graze on native ecosystems; pasture. These maintain far higher levels of native biodiversity than croplands. Pasture is usually not suitable for producing crops, so production of meat doesn't limit production of plant foods. Grazing is the only way humans can get substantial nutrients from 70% of the planet.

In some cases pastures have been altered to increase cattle friendly plants and grazing, if done improperly can cause soil loss, most farmers do it properly and add to the soil and prevent erosion, but importantly it doesn't result in the native ecosystem "blitzkrieg" required to grow crops.

We can also meet part of our protein needs using sustainably wild-harvested meat that thrives on the same pastureland. Unlike introduced meat animals, they don't damage

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native biodiversity. They are low methane-producing and produce an exceptionally healthy low-fat meat.

Most beef produced for human consumption comes from animals raised on grazing lands with very little or no grain supplements. At any time, only 2% of a nation's herd of cattle are eating grains in feed lots; the other 98% are raised on and feeding on grass. Many cattle slaughtered, especially animals for hamburgers feed solely on pasture. The reason is to achieve a lower fat content; the extra fat produced by grains is not needed or wanted. That fat is desirable for the marbling and sizzle in a steak, but not suitable for the mandated fat content of a commercial hamburger.

A vegan diet produces far greater animal suffering and significantly more environmental degradation. Protein obtained from grazing livestock costs far fewer lives per kilogram: it is a more humane, ethical and environmentally-friendly dietary option.

The challenge for the ethical eater is to choose the diet that causes the least deaths and environmental damage. There would appear to be far more ethical support for an omnivorous diet that includes grass fed red meat and even more support for one that includes sustainably wild-harvested deer, moose and bear.¹⁹

Industrial Beef farming



Taking the boys for a walk

Industrial beef farming that involves mass feed lots, crowding, unfair market practices and finishing on grains has some serious ethical and moral problems, so after 25 years of vegetarianism I decided to do it the way I wanted to see it done. That enterprise became Lanark Highlands Grass Fed Beef.

We never succeeded as vegetarian homesteaders, vegetable, grain and soy production is highly centralized big business and not practical on a small scale but it was relatively easy to small scale beef farm and feed our family and

dozens more. By focusing the garden on potatoes we could turn 50 pounds of seed potatoes into 300 pounds of harvested potatoes with mostly tractor power. By keeping cattle we were now awash in locally produced protein with minimal effort. One 20 month old cow equals 4,000 quarter pound hamburgers. Keeping chickens could provide a dozen eggs a day and a dozen chickens every couple of months in the freezer. All of this for about 10% of the work and effort of keeping a diverse garden that could not feed one vegetarian family.

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Why a local food supply is important; forget fair trade

We were trying to feed ourselves because that is the way most food on this planet is produced, by small scale farmers. Most food is produced without the taint of Monsanto, Cargill or a “modern supply chain” despite government support to a corporate controlled food system. It is locally produced and consumed. We wanted to free ourselves from corporate control.

This is not some hippy fantasy; it’s backed by the facts. Hilal Elver is a lawyer, diplomat, research professor in International Studies, University of California, and previously appointed to the United Nations Environment chair in environmental diplomacy. She states “Empirical and scientific evidence shows that small farmers feed the world, 70 percent of food we consume globally comes from small farmers. Currently, most government subsidies go to large agribusiness. This must change. As rural people are migrating increasingly to cities, this is generating huge problems. If these trends continue, by 2050, 75 percent of the entire human population will live in urban areas. We must reverse trends by providing new possibilities and incentives to small farmers, especially for young people.”

A new class of serf is being created by our governments for the benefit of the corporate class. We wanted no part of it and my observation is that veganism is part of that strategy.

Sustainable Beef, it’s a traditional lifestyle

It turns out what really does well in the rocky hills of the Lanark Highlands where our farm is situated, is beef pasture.

While you can find people living on the 12th floor of a condo typing into discussion groups things like a pound of hamburger takes “2,500 gallons of water, 12 pounds of grain, 35 pounds of topsoil and the energy equivalent of one gallon of gasoline to produce one pound of beef”²³

It does not. I know it does not because I have kept cattle. I have measured the water they drink, I paid for the fuel for my tractor and my truck to transport them and I never fed them any grain. In regards to 35 pounds of topsoil loss, the 10 acre pasture where I keep my half dozen cattle is deep green, luscious grass.



My animals spent most of their days sitting in cool shade. They have a good life, a life that would not exist if we did not have a symbiotic relationship, I tend and protect them,

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and then I eat some of them. Most survive to reproduce; it has been that way for a long time.

The other side of the coin as advocated by Peta is that "...On today's farms, animals used for food are crammed by the thousands into filthy, windowless sheds or stuffed into wire cages, metal crates, and other torturous devices."²⁴ I am sure this is true, somewhere, which is one of the reasons I was a vegetarian for 25 years. It is also one of the reasons I decided to start farming.

I humbly suggest to people to get beyond the end of your keyboard and actually look around the real world. If you want to find unethical producers, expose them, but maybe spend some time finding ethical producers and support them. A whole world full of farmers that are producing food in an ethical and fair way awaits you. Do not look for fair trade as in you can buy it in a cup of coffee at Whole foods, Loblaws or Costco. You can't, and you never will. But fair in that if you go looking you will find thousands of farmers trying to make a go of it and they do not "cram thousands of animals in windowless sheds".

'Two men look out through the same bars; one sees the mud and one the stars'
(Frederick Langridge, 1896)²⁵

The point is you will find what you are looking for. For me I found a traditional lifestyle.

If slaughter houses had glass walls

Everyone would be vegetarians, according to Paul McCartney. He may be right, but I would tend to side with the wisdom of the Lakota when they say "When a man moves away from nature his heart becomes hard."²⁶ There is killing in nature. I am not sickened by it; I am indebted to it for the essential amino acids flesh provides.

From my chair at the dinner table I can see my cattle field and I want to give thanks for the life taken. Cruelty is fed, not weakened, by tears²⁷ and I am kinder to my animals because of the connection I have with them. As for the slaughter house having glass walls, the glass would probably frighten the cattle and having school children lined up to witness the slaughter would upset the animals as well, give them some dignity in death.

My beef cattle live in pastures and take shelter in forests; they have shelter from the winter wind but they are healthier outside; they get sick with pneumonia in a barn. At slaughter they are inside a barn for the first time in their lives. The mooing sounds they make means they are a bit apprehensive (yes I understand "cow") and they calm down when they see me. I am their comfort, it makes farming less honest than hunting. A deer knows a life of constant awareness of impending death by coyote or cougar. But the cattle see me as a protector and in the end I betray them. That bothers me, the lack of truthfulness, but the slaughter house walls, poetic but not relevant.

What I share with Vegetarians is the abhorrence for the mistreatment and cruelty of animals. All too often social media vegans argue the ethical nature of slaughterhouses. But essentially I share a similar goal; to reduce cruelty and create a sustainable farm. A steer raised by a family and killed with the least suffering should be celebrated by vegans, but they would argue "There is no way to humanely kill an animal." Your right, so we

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rely on factory farming? There is no system of food production that does not kill. Organic soy and wheat are products of mono-cropping. Earlier we discussed that producing wheat and other grains results in at least 25 times more sentient animals being killed per kilogram of useable protein.”²⁸

Vegans and meat eaters need to combine forces to create community farms. Both sides need to open up to receiving help and innovation from the other side. Closing ourselves into certain sects will only make the agricultural industry stronger. Internet trolls, and crazy vegans and paleo diet freaks, your time to fight will come in the future. When factory farms are illegal and drag net fisheries are shut down, then we can sit down for a discussion.²⁹

Until then, my focus is on creating a sustainable farm that provides organic, non-gmo, and healthy food to my community. Do we want vegan slime sold as meat from corporate laboratories where no animal had to die but we become so detached from nature that we are happier living in a corporate oligarchy rather than a sustainable self sufficient community of farmers and artisans? That’s not my vision is it yours?

It just Natural

There is a mutual trust and benefits to the farming relationship. It promotes the well-being of both parties. The animal benefits from a safe environment free from predators. The farmer benefits by eating some of his friends.

While it seems obvious to me, for some it needs to be stated that the lamb is protected from the wolf/coyote by the farmer. Only one short hour from Ottawa Ontario there is a wide variety of natural predators that will dine on your vegetable crops, chicken, goat or cattle. Urban Coyotes are a constant threat to agriculture and the family pet, yet they mostly eat rodents. Removal of coyotes causes more problems for farmers with the resulting dramatic increase in rodent abundance and a decrease in rodent diversity³¹



Most dangerous predator of all behind damaged electric fence

The biggest wild life threat we faced on our farm were deer. Those vegetarians competed directly with this vegetarian, and were a source of endless frustration.

The lesson to be learned is that we are part of the natural world; a giant table is set by nature, and at it you are both served from and served to at

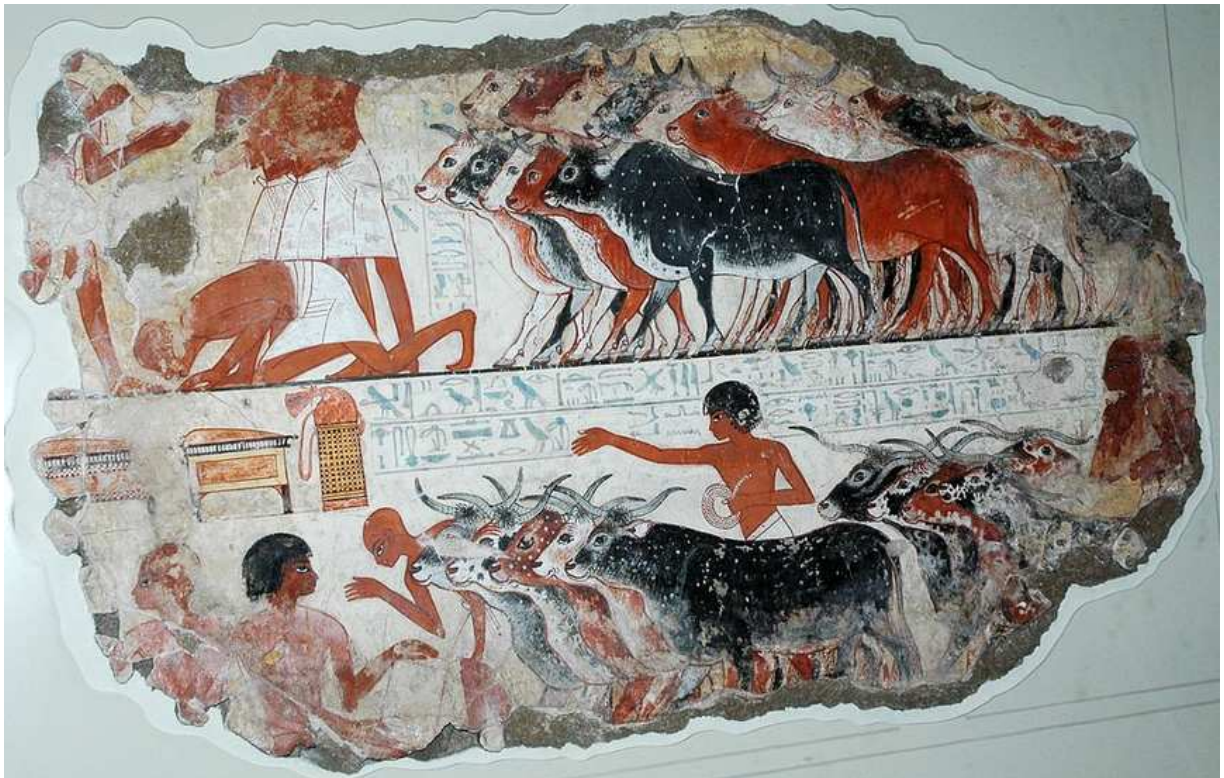
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one time or another.³² Extracting yourself from the natural order leads to mental illness. This is possibly why vegetarians were more likely than non-vegetarians to suffer from all four of the categories of mental illnesses. For example, vegetarians were twice as likely to have anxiety disorders and five times more likely to have eating disorders³³

Yet people who connect with nature by simply walking for 90 minutes in a natural area, as opposed to high-traffic urban setting, showed decreased activity in a region of the brain associated with a key factor in depression.³⁴ Animals improve mental health, even for people with challenging disorders. The studies are impressive enough that clinical settings are opening their doors to animal-assisted interventions³⁵

The animal-human relationships confer significant physiological and psychological benefits to people who tend to the needs of animals³⁶ which suggest that people are hardwired to tend to animals.



It has been an advantage during human evolution over the last 2.6 million years.³⁷ It is why people continue to be drawn to animals.³⁸

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Holistic pasture management by Sarvoy and cattle on left, naturally encroaching desert on right

A picture is worth a thousand words ³⁹

Carbon Sequestering Keeping animals is good for the land.⁴⁰ Grazing animals can reverse desertification when you graze moderately and time grazing so those plants can put on good growth in the spring. When you keep the soil covered⁴¹ aiming to optimize forage production for moisture conservation you maintain the soil organic carbon pool.⁴²

The soil is the key to our survival; animals are the key to soil. One third of the earth's surface is Grasslands; these are vast landscapes that have the capacity, if properly managed, to address humanity's most urgent challenges of food insecurity, poverty, and climate change.

Currently, grasslands are turning to deserts at alarming rates not because of animal use but because of a lack of and improper animal use. Holistic Management of grasslands results in the regeneration of soils, increased productivity and biological diversity, as well as economic and social well-being.⁴³

The oligarchs who run the techno industrial state want to tax carbon rather than sequester it. They want compliant consumers in the city eating the latest soy perversion techno food that is beyond meat⁴⁴ in calories, salt and higher in saturated fat than just plain hamburger⁴⁵. They want migrants, modern day serfs, rootless, living as commodities played off against each other based on their race, gender or culture but never questioning the class war that is engulfing them. Don't work with an independent farmer Do not read the Agrarian Standard by Wendell Berry. And certainly don't reflect on it.⁴⁶

<https://orionmagazine.org/article/the-agrarian-standard/>

Don't read it; this subversive article may make you want to hug a farmer.

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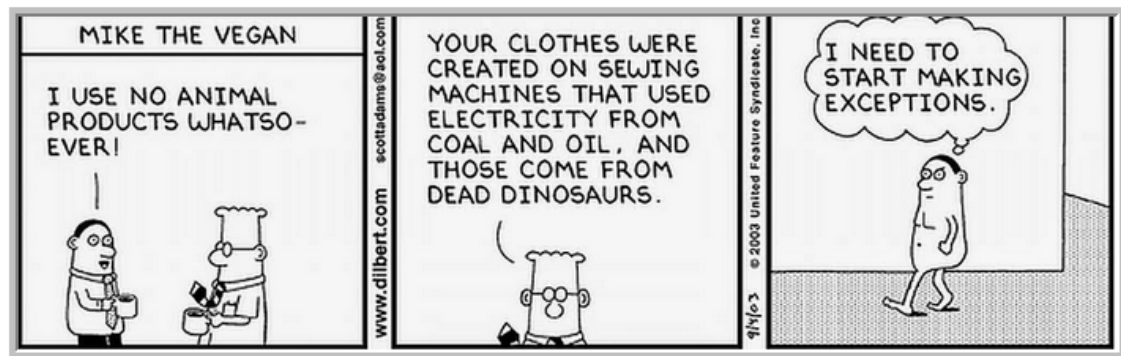
Former 25 year vegetarian KT888

***Keeping a herd is not the Collective Action I had in mind*⁴⁷**

One would think there was a debate about GMOs, synthetic fertilizers, pesticides, and industrial agriculture. There really is not, the purpose is to increase profit and take control of food as a commodity. Make no mistake, there is little to no benefit for us as individuals in the industrial vegan food order and a myriad of pitfalls.

Media loves a debate; it attracts eyeballs they can sell. The need for GMOs, synthetic fertilizers, pesticides and industrial agriculture or for that matter vegan vs meat eater is just another debate carefully maintained to benefit a few very wealthy people⁴⁸

It leads one to the belief that individual choice can change society. It has accomplished its real goal of a society divided and conquered. You were monitored thru social media and manipulated into seeking moral purity to distract you from the collective action that might bring about the real change we need.



Education, organization and commitment to collective action will politically overthrow the status quo. It's less likely to happen if you are anemic, smug, distracted and manipulated by social media, brainwashed into thinking your choice of food groups is going to affect political change. Simply put your moral purity is irrelevant, but your collective action is inherently dangerous to the political order that is killing our planet.

You will know your non violent political organizing is becoming effective when they attract the attention of the police and your find the RCMP at your door.⁴⁹ Until then you and your vegan friends are just circle jerking in the wind. Not that there is anything wrong with that.⁵⁰

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Bruce Coburn: And they call it democracy

Padded with power here they come
International loan sharks backed by the guns
Of market hungry military profiteers
Whose word is a swamp and whose brow is smeared
With the blood of the poor

Who rob life of its quality
Who render rage a necessity
By turning countries into labour camps
Modern slavers in drag as champions of freedom

Sinister cynical instrument
Who makes the gun into a sacrament -
The only response to the deification
Of tyranny by so-called "developed" nations'
Idolatry of ideology

North south east west
Kill the best and buy the rest
It's just spend a buck to make a buck
You don't really give a flying fuck
About the people in misery

IMF dirty MF
Takes away everything it can get
Always making certain that there's one thing left
Keep them on the hook with insupportable debt

See the paid-off local bottom feeders
Passing themselves off as leaders
Kiss the ladies shake hands with the fellows
Open for business like a cheap bordello

And they call it democracy (refrain)

See the loaded eyes of the children too
Trying to make the best of it the way kids do
One day you're going to rise from your habitual feast
To find yourself staring down the throat of the beast
They call the revolution

IMF dirty MF
Takes away everything it can get
Always making certain that there's one thing left
Keep them on the hook with insupportable debt

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- ² Change the world, not yourself: <https://aeon.co/ideas/change-the-world-not-yourself-or-how-arendt-called-out-thoreau>
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- ⁶ Soy: <https://www.goodhousekeeping.com/health/diet-nutrition/a20707020/is-soy-good-or-bad-for-you/>
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<https://www.cambridge.org/core/journals/business-ethics-quarterly/article/moral-problems-of-employing-foreign-workers/02B6FD98962C3A70973F3BFE732973E2>

¹⁵ You don't really give a flying fuck about the people in misery Bruce Coburn They call it democracy, I love this song, I hope they play this at my funeral.

<https://genius.com/Bruce-cockburn-call-it-democracy-lyrics>

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²⁵ Two men look out the same bars quote

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²⁶ Lakota quote about becoming cruel <https://www.insightstate.com/quotes/native-american-quotes/>

²⁷ Publilius Syrus was a 85–43 BC, Syrian slave to Roman Italy. By his wit won the favour of his master, who granted him freedom and educated him. He is attributed with say that Cruelty is fed, not weakened, by tears: as a former slave he may more about cruelty than Sir Paul; just saying.

²⁸ A vegan diet kills more animals per pound of food production than a meat centered diet. <https://theconversation.com/ordering-the-vegetarian-meal-theres-more-animal-blood-on-your-hands-4659>

²⁹ Inspiration for the last 3 paragraphs of “If slaughterhouses had walls” entirely from Why Vegans and the Paleo Diet Need to Team Up By Ian Cattanaach | March 6, 2017 from the website Savvy Zen <https://savvyzen.com/vegans-paleo-diet/> I heavily edited the article but the ideas and many of the phrases are entirely from Ian.

³¹ Coyotes eat rodents mostly, sheep are just for fun and it takes a bear to take down a cow. <https://urbancoyotereseach.com/coyote-info/coyote-relationships-other-animal-species>

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³² This quote about a giant table where we all dine on each other I first heard at a talk with David Suzuki. I have no other reference.

³³ Vegetarians more susceptible to mental illness than meat eating population
<https://www.psychologytoday.com/us/blog/animals-and-us/201512/how-scary-are-the-mental-health-risks-vegetarianism>

³⁴ Depressed, take a hike in nature not on main street
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³⁵ Animal therapy for nut jobs <https://time.com/4728315/science-says-pet-good-for-mental-health/>

³⁶ E.O. Wilson's bio-philial hypothesis
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³⁸ Bonding with commodities: <https://academic.oup.com/af/article/4/3/59/4638693>

³⁹ Holistic pasture management Savory institute
<https://i.unu.edu/media/ourworld.unu.edu-en/article/4716/Sarvoy.jpg>

⁴⁰ Allan Savory advocates for pastures and cattle
<https://www.nationalgeographic.com/culture/food/the-plate/2015/12/23/is-more-cattle-grazing-the-solution-to-saving-our-soil/>

⁴¹ For a good review of 30 years of soil sequestering of carbon research, this is nothing new folks! Read <https://onpasture.com/2017/11/13/what-30-years-of-study-tell-us-about-grazing-and-carbon-sequestration/>

⁴² For a good article on the carbon sequestering of cattle as carbon neutral read the following <http://www.dasnr.okstate.edu/Members/donald-stotts-40okstate.edu/carbon-sequestration-a-positive-aspect-of-beef-cattle-grazing-grasslands>

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⁴⁴ Beyond meat in calories, saturated fat and salt <https://www.beyondmeat.com/>

⁴⁵ Harvard says no to the veggie burger <https://www.health.harvard.edu/blog/impossible-and-beyond-how-healthy-are-these-meatless-burgers-2019081517448>

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⁴⁶ I just love Wendell Berry, <https://orionmagazine.org/article/the-agrarian-standard/>

⁴⁷ Change the world, not yourself www.aeon.co

⁴⁸ GMO, Pesticides, corporate farming we don't need them
<http://www.finalstraw.org/the-real-need-for-gmo-and-industrial-scale-food/>

⁴⁹ Refer to Green party article www.what-i-believe.ca

⁵⁰ "**The Outing**" is the 57th episode of the sitcom Seinfeld. "Not that theirs anything wrong with that" is a homosexuality reference and has become a popular catchphrase.