

The Four Noble *Vegan* Truths

The 4 Noble Truths

Water	Cruelty	Carbon	Health
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1. **Water:** It takes 2000 gallons of water to create a hamburger.
2. **Cruelty:** Agriculture is cruel, a vegan life is inflicts no suffering.
3. **Carbon:** Cattle are a significant source of our CO2 problem.
4. **Health:** Beef is bad for your health, a vegan diet is all you need.

These “truths” have been refuted in “vegetarian regrets”. I write from 25 years of vegetarian experience, attempting to grow my own food for 40 years and have seen a number of generations make the same stupid mistakes.

Vegan-ism is a emotional response to a very real problem. You are rightly concerned with the well being of animals. Alternative action would be to support ethical, local farmers, become part of an agri-culture.

But you have surrendered to being a domesticated creature of a corporate food and media system. You are tracked and monitored and your ideology is shaped for you. Lacking experience, you find it easy to believe outrageous fabrications; repeated often and confirmed by others with no experience.

To be so ignorant is only possible from complete submission and a complete disconnect from the primacy of your nature. The Sudanese peasants are starving! **Let them be vegan.** Now get me another avocado toast with an almond smoothie. Oh if only they were vegan they could go to sleep with a full tummy.

Tax reform and solving overpopulation are the only two issues that will make your life better. There are avenues open to everyone who wants to see the system change. The first step is to recognize that every word that comes from the corporate media is a lie. Peace means war, Economic growth means poverty, more crowded hospitals, schools and roads, job creation means the destruction of your local economy. You are being told little personal changes will change the world when what is needed is large scale political opposition.

Resist wisely.