

And God said, Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food (Gen1v29). Human Physiology (see chart) confirms that God created us as fruitarian, our food should not require the death of either animals or plants.

The following chart demonstrates the physiological basis underlying the *fact* that human beings are, by nature, designed to eat plants only. It is a combination of several sources, including *The Comparative Anatomy of Eating*, by Milton R. Mills M.D. and *Vegan Nutrition: Pure and Simple*, by Michael Klaper M.D. Table from: The Real forbidden Fruit. Visit: www.JeffPopick.com

	Carnivores	Herbivores	Humans
Teeth: Incisors	Short and pointed	Broad, flattened and spade shaped	Broad, flattened and spade shaped
Teeth: Canines	Long, sharp and curved	Dull and short or long (for defense), or none	Short and blunted
Teeth: Molars	Sharp, jagged and blade shaped	Flattened with cusps	Flattened with nodular cusps
Facial Muscles	Reduced to allow wide mouth gape	Well-developed	Well-developed
Jaw Type	Angle not expanded	Expanded angle	Expanded angle
Jaw Joint Location	On same plane as molar teeth	Above the plane of the molars	Above the plane of the molars
Jaw Motion	Shearing; minimal side-to-side motion	No shear; good side-to-side, front- to-back motion	No shear; good side-to-side, Front to-back motion
Major Jaw Muscles	Temporalis	Masseter and pterygoids	Masseter and pterygoids
Mouth Opening vs. Head Size	Large	Small	Small
Chewing	None; swallows food whole	Extensive chewing necessary	Extensive chewing necessary
Saliva	No digestive enzymes	Carbohydrate digesting enzymes	Carbohydrate digesting enzymes
Stomach Type	Simple	Simple or multiple	Simple
Stomach Acidity	Less than or equal to pH 1 with food in stomach	pH 4 to 5 with food in stomach	pH 4 to 5 with food in stomach
Stomach Capacity	60 to 70% of total volume of digestive tract	Less than 30% of total volume of digestive tract	21 to 27% of total volume of digestive tract
Length of Small Intestine	3 to 6 times body length	10 to more than 12 times body length	10 to 11 times body length
Colon	Simple, short and smooth	Long, complex; may be sacculated	Long, sacculated
Liver	Can detoxify Vitamin A	Cannot detoxify Vitamin A	Cannot detoxify Vitamin A
Kidneys	Extremely concentrated urine	Moderately concentrated urine	Moderately concentrated urine
Pores	No pores; perspires through tongue	Perspires through pores	Perspires through pores
Nails	Sharp Claws	Flat nails or blunt hooves	Flat nails

Christian Vegetarian Association UK

Working towards a violence-free world

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Meat - Blessing or a Curse?

As vegetarians we expect to encounter opposition from the general public, they like their meat and nobody has the right to condemn them for not being vegetarian, and that is true. But as Christian vegetarians we do not expect to find vegetarianism a contentious issue within a church based on the compassionate teachings of Jesus Christ or within Christian ecology groups, who continuously refuse to consider how the blessings of a vegetarian diet could help their cause.

Our need to share our knowledge is not based on a desire for immediate results, especially when our own journey to vegetarianism probably took several years. But Christians vegetarians do want to sow the seeds of compassion and mercy in this cruel and violent world. Our patron the Revd J. R. Hyland writes the following in one of her books:

It is hard to envision what that [future] society will be like, but we do know from the life of Christ and from the teachings of the Latter Prophets, what some of its characteristics will be. It will be a caring, compassionate, and nonviolent world in which regenerated human beings will no longer exploit each other or any other creature. In such a world "The wolf will live with the lamb . . . the cow shall feed with the bear . . . the lion will eat straw like the ox and a little child will lead them . . . There shall be neither harm nor destruction . . . for the earth will be full of the knowledge of the Lord as the waters cover the sea" (Isaiah 11).

We have been given a promise and a choice. The promise of a Presence that can guide us and help us to live in such a way that we are part of a spiritual evolution that will be manifested in the kind of world described by the prophets. And though we do not live in that millennial world, its purpose and its blessings can be realized in our own lives. If we choose to follow the Way of love, service, and nonviolence that Jesus taught, our lives on earth will have been a process of spiritual growth that prepares us for life on a higher plane of existence. And that is the greatest blessing that even a millennial world can bring: the opportunity to grow in the knowledge and understanding that God is our life, our destiny, and our home.

Today, we stand at the crossroads, a hungry world where cruelty and violence increases as resources diminish, or a compassionate world of plenty where humankind reflect the non-violent image of our loving and merciful God. The choice is yours, but please consider which direction Jesus would choose.

The curse: Global Meat Consumption Has Far-Ranging Environmental Impacts - Worldwatch Institute.

Growing demand for meat has become a driving force behind virtually every major category of environmental damage now threatening the human future, write the editors of *World Watch* magazine in the July/August issue. Total meat consumption has increased five-fold in the past half century, putting extreme pressure on Earth's limited resources, including water, land, feed, and fuel. In "Now, It's Not Personal!" a survey of each major category of environmental impact regarded as critical to the sustainability of civilization reveals how central a challenge this once marginal issue has become.

- **Deforestation and Grassland Destruction:** The world's appetite for meat is razing forests at an accelerating rate. In Central America, 40 percent of all the rainforests have been cleared or burned down in the last 40 years, mostly for cattle pasture. In the process, natural ecosystems where a variety of plant and animal species thrive are destroyed and replaced with mono culture grass.
- **Fresh Water:** Water experts calculate that humans are now taking half the available fresh water on the planet—leaving the other half to be divided among a million or more species. Producing 8 ounces of beef requires 25,000 litres of water.
- **Waste Disposal:** Waste from livestock production exceeds the capacity of the planet to absorb it. The U.S. Environmental Protection Agency estimates that livestock waste has polluted more than 27,000 miles of rivers.
- **Energy Consumption & Global Warming:** It takes far more fossil-fuel energy to produce and transport meat than to deliver equivalent amounts of protein from plant sources. This heavy use of carbon-rich fuels also contributes significantly to the emissions of global-warming gases.
- **Food Productivity of Farmland:** In the U.S., 56 million acres of land produce hay for livestock. Only 4 million acres produce vegetables for human consumption, reports the US Department of Commerce. Such inefficient use of land means that food production will not keep up with population growth.
- **Diseases:** Mass production of livestock has generated large-scale increases in both infectious diseases and degenerative or "lifestyle" diseases.

- **Biodiversity Loss and Threat of Extinction:** As Earth becomes more crowded, poor populations are increasingly venturing into wildlife reserves for meat. Poaching and black marketeering of bush meat is decimating remaining populations of gorillas, chimpanzees, and other primates.

Visit: <http://www.worldwatch.org/epublish/1/v17n4>

The following United Nations Food and Agricultural Organization document (November 2006) verifies the above Worldwatch report.

Livestock's long shadow - Environmental issues and options

Summary: This report aims to assess the full impact of the livestock sector on environmental problems, along with potential technical and policy approaches to mitigation. The assessment is based on the most recent and complete data available, taking into account direct impacts, along with the impacts of feed crop agriculture required for livestock production.

The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global. The findings of this report suggest that it should be a major policy focus when dealing with problems of land degradation, climate change and air pollution, water shortage and water pollution, and loss of biodiversity.

Livestock's contribution to environmental problems is on a massive scale and its potential contribution to their solution is equally large. The impact is so significant that it needs to be addressed with urgency. Major reductions in impact could be achieved at reasonable cost.

To download full report (PDF 5Mb) or read Executive Summary, go to
http://www.virtualcentre.org/en/library/key_pub/longshad/A0701E00.htm

The above reports by respected secular organisations confirm, beyond any reasonable doubt, that our carnivorous lifestyle is a curse. A curse not only on humankind but also the rest of God's creation.

The blessing - God's perfect diet.

The table on the next page proves beyond any reasonable doubt that our bodies were designed to be sustained by plant, not animal, foods and confirms the biblical account of our creation. It has now becoming increasingly obvious that Adam and Eve's diet is the perfect diet for humankind, would you really expect otherwise?

As vegetarians we see God's future 'Peaceable Kingdom' manifesting itself within our compassionate and merciful diet. And as Christians, consider it our duty to share that good news with fellow Christians, who pray every Sunday 'your Kingdom come, your will be done on Earth as it is in heaven'.