

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

with DR. WILL TUTTLE,
author, The World Peace Diet



Module Four – Course Notes

Module Four: Fish, Dairy, Eggs, and the Mentality of Domination

Introductory thoughts from Dr. Tuttle:

I'd like to remind everyone that the forums are a wonderful resource to get to know each other and a way to create dialog and meaningful understanding from each other. We are creating community among ourselves and then bringing that community to the larger world.

I've been getting questions from people looking for tips on how to deepen our connection with the underlying meaning of the WPD book, and how to deepen the connection with the consciousness of radical inclusion -- what we are is not separate from others (humans, animals, natural world, cosmos). We will cover ways to help do this in later sessions, but it comes from things we can understand through inner listening, quieting our mind (an activity like yoga, tai chi, gardening, etc. is helpful). Also meditation and prayer, and getting involved in nature in an authentic way; and the arts. Make sure that we take time in our lives to strengthen our "right brain" activities.

We have to quiet our minds and listen more deeply to our inner knowings and the cries of the world that our culture teaches us to disconnect from.

It's helpful to open our minds to the positive dimensions of life and cultivate a sense of the good and love that we are receiving. We don't need to do huge things to make the world a better place. If we all do lots of little things with mindfulness and awareness and a loving attitude that will be enough to make the world a better place.

Cultivate a feeling of knowing that whatever we are doing today is the right thing for us to be doing; that we are engaged in a path that is right for our life. Eating animal foods is a sure way to destroy self-confidence. When little kids are forced to do things that are not in the best interest of animals (and little kids love animals!) it strikes at the very heart of their confidence.

I think the vegan message is unstoppable and will spread throughout our culture because it's based on the truth. And as it does, people and the animal production industry will stamp and scream and complain about it.

Kathy Freston who wrote the book, "Veganist," said the main thing she learned writing the book is how unassailable the Vegan message is and that it seems to come from a higher consciousness. There are no real arguments for another way (of eating) that you have to fight against. The underlying message of our lives here as human (spiritual) beings is that we are part of a larger ecosystem and it's better for all of us when we live in ways that are less violence to all of us, and especially to animals.

Veganism is living the teaching, living the truth.

Chapter Five of the WPD on Nutrition: Concluding Remarks -

There are three substances in animal food that cause problems in human health and have been proven to be basically toxic. They are: saturated fat, cholesterol and animal proteins.

When we are coaching or engaging people towards a Vegan diet, make sure that these people are eating a whole foods, whole grains diet. Some people will respond quickly and feel great, but others will at first feel sick because their body is cleansing. Some will hear from their doctors that they aren't getting enough protein, and when they go back to eating meat they will feel better because animal proteins are almost like a drug to the body.

Fruits and vegetables are natural detoxifiers.

The last thing we would do if we saw an animal killed in the road is go up and eat the flesh. Our reaction is to move away from it. Scientists say the stronger disgust or negative reaction, the greater placebo effect.

A classic example is a vegetarian who isn't feeling well and someone tells them they need to eat some chicken. The vegetarian says, "No, I can't do that. I'm a vegetarian." But little by little, they cave and suddenly they think they have all this energy and in their mind believe the chicken did make them feel better. The placebo effect is very powerful. Our mind will sometimes not work in our best interest in being healthy by allowing us to eat foods that are unkind, and a lot of this is cultural.

For example, take the country of Korea, where I've been to the dog (flesh) markets in Seoul. When you ask someone in our culture, if they crave dog meat, they say of course not. But in Korea, I did meet some men who crave dog meat and they said they feel unhealthy if they didn't eat it at least once a year or some even once a month.

I ran this scenario by a woman who was a minister and wanted to be a Vegan for ethical reasons. She didn't feel that healthy when she tried, and her health practitioner said she should eat some fish and chicken. I asked her, "What if the doctor said instead of eating a little chicken or fish, you eat a little dog or cat?" and she immediately said she would have sought a second opinion.

When I saw her a few days later, she said she pondered my thought, and said she realized that fishes and chickens are just as sentient as dogs and cats. She has now embraced Veganism for four or five years.

The last point of the nutrition chapter is that our health very often is in our mind.

Chapters Six and Seven: Fish, Dairy and Egg Production

These are the "soft" foods. People think that eating fish, dairy and eggs isn't as "bad" as eating other animals.

In the text of the WPD book, I go into the production cycles of these industries deeper than I can in this session. Most people have very little idea what goes on in dairy farms and the big fishing farms inland and out in the ocean.

In the chapter about hunting and herding sea life, we have a situation where roughly two-thirds of the fish eaten in the United States is from aquaculture because the oceans are being depleted. The fishing industry is a whole perverse and devastating culture to the earth that is basically strip-mining our oceans. The oceans are the foundations of all life on this planet, and the pH of the ocean is changing, jellyfish are taking over, coral reefs are dying, the whole system is breaking down.

The demand for fish is not just for people, but because fish are used to feed livestock as well. Most people are not aware that both cows and chickens are fed lots of fish to help them increase their milk and egg production.

Shrimp fisheries are the worst offenders because only 10 to 20-percent of what is hauled in is kept. The rest is called throwback, and this "catch" includes other marine life, turtles, and sea birds that are most often killed. If this was permitted across the land, we wouldn't stand for it. But this is what is happening in our oceans.

Another example is salmon farming, where salmon are kept in huge netted pens and pesticides are dumped into these to keep marine life predators (sea lice, seals, etc.) away from the salmon. These toxins are also poisoning the salmon who can't escape because they are penned in, and basically trapped and dying even before they are killed.

There is a system in place that is truly insane and the oceans are bearing the brunt of this. Dolphins and whales and seals are killed mainly by the countries with fishing interests.

Fish themselves are highly intelligent and complex social beings. You can realize this if you get the chance to do some scuba diving or snorkeling.

Even fish are struggling to live their lives and yearning to live their lives and we are causing so much suffering to them.

Chapter Seven: The Domination of the Feminine.

We talk about Sophia, the inner-feminine dimension of compassion. In many ways, this is humanity's saving grace. This is the dimension of ourselves that looks out at the world and yearns to care and be kind, and nurtures our young and cares for the earth.

Sophia is really repressed in our culture by the meat and egg and dairy industries and this 10,000-year-old culture of killing animals for food. From the very time we are born, this dimension of compassion, kindness and wisdom is repressed.

We know that it hurts us to steal babies from mother cows. It hurts the cows, and it hurts us because we have to repress this compassion. There is such cruelty on every level in the dairy industry. It's important to look deeply into this whole system and see the way our cruelty to cows is one of the most severe that we are causing.

It's even doubtful that milk itself, from another animal, is that healthy for us to be eating. T. Colin Campbell emphasizes in his book says that in his research, casein is the most powerful carcinogen that humans are routinely exposed to.

IGF1 hormone which causes baby cows to grow so quickly is basically the same hormone that makes humans grow when we are little kids. Scientists say that this is extremely rare for two species to have nearly the exact same growth hormone, and that we shouldn't be eating this once we are grown. This hormone in adults is somewhat like throwing gas on the fire: If you have a small cancer, the presence of IGF1 will feed this and make it grow very quickly.

There are caseo-morphines created when we digest cheese that are chemically addictive. So getting people to give up dairy, especially cheese, can be a challenge.

Modern egg productions are extremely cruel. Male chickens are routinely killed, and females are penned in extremely small cages and forced to lay eggs for on average two years. They have food and water withheld

and essentially go insane. It's an absolutely hideous cruelty to subject other animals to and what health can there be to eat anything that comes from that situation?

In the United States, 99-percent of eggs come from these operations. Cage-free is a luxury item that the egg industry is using to say that egg production is not cruel.

Eggs also have the highest levels of cholesterol, and it's well demonstrated that cholesterol is toxic for us.

Sometimes seeing images or videos can help people make the switch to Veganism. I sometimes think the only ones watching these videos are Vegans because people eating to meat don't want to see them. In the resources section of the membership site are some videos that you can watch and share to help get the word out.

To see this cruelty, and it will be maybe the hardest three minutes you will ever have to watch, Google "Conklin Dairy Video."

Bonnie Scrudato of Myrtle Beach, South Carolina, completed WPD training and is certified as a WPD trainer. She started a WPD church study group and speaks to us about her experience spreading the Vegan message:

She learned that the founders of the Unity church, in the early 1900s, were vegetarians, and as such, were able to find a greater spiritual connectedness.

Bonnie is leading an 8-week course at night at her church, in which a Vegan meal is served and they discuss how good the food tastes and how it feels in their bodies. One class was totally silent, and she instructed the participants to "eat like the monks eat," and feel the reverence of the food. After 45-minutes, the silence was broken and a discussion followed.

We all grew up that meat was the main part of the meal. When Bonnie told her mother that she was going to be a vegetarian years ago, her mother said, "But what will you eat?" Through her example of eating fruits and vegetables, her mother changed her thoughts on the meat-base diets.

Bonnie reminds us that we have to accept all people with where they are, and educate and teach and love them, just as we want them to love the animals, the earth. It's very important that if we want others to learn compassion, that we teach them compassion as well.

In her courses, Bonnie says she uses a gentle approach to teaching people. She tells them that at first they may feel guilt, but they need let the guilt go, and make new decisions. And they can work together to make new decisions together.

Additional ways Bonnie is spreading the WPD message include a Vegan meal followed by a movie and a Vegan-bake sale on Earth Day.

Dr. Tuttle offered that it's important to people to be aware of VegFund.org. They are an organization who will pay for food for vegan events. Just send them the receipts, and they will send you a check. He's used them many times.

Also, some movies can be hard to watch. This includes the movie Earthlings that talks about the entire human mistreatment of animals, but it has a section about food production that can be shown to appropriate audiences in conjunction with teaching the WPD message.

Q+A

1) Does organic milk have the same negative growth hormones as non-organic milk?

Yes, it does.

2) Is it true that calcium can't be absorbed by our bodies?

Yes, that is mostly true for a host of scientific reasons. Also the more dairy products we eat, the weaker our bones and teeth.

3) In the Great Health Debate, you say it is wrong to own animals. Does this extend to pets?

What I was talking about is the concept of owning another being. It's obviously more severe to own animals that will be eaten, but this is true of people who own dogs and treat them very badly. Some cities have changed their laws that we don't "own" our animals, but they are our companions. I also think it is best to "procure" our companions from shelters and not breeders.

It's a fabulous and loving thing to take animals in and give them a loving home, and of course I'm not against that. The point I was making is against the idea of ownership over them.

4) Would I recommend the T. Colin Campbell course?

I have not taken it, but some people taking this class have taken it. He makes it clear that it is not a vegan class, and his thing is plant-based nutrition. Also since he has done so much experimentation with mice, maybe he doesn't feel comfortable calling himself a vegan. I know Dr. Janice Stanger who was with us last week went through that class.

5) Can I recommend a specific brand for vitamin D2 for online purchase?

I can't, but maybe someone else could in the forums. Vitamin D2 is the plant-based version of Vitamin D. Vitamin D3 comes from animal-based sources. A recent breakthrough is vegan Vitamin D3 that might be helpful to people in extreme cases.

6) In ancient Vedic culture, there was cooperation between people and cows; the people shared the cow's excess milk. Do you think this might happen again in a future culture?

Again, because of the hormones, I don't think cow's milk is the best thing for humans to eat. However, there may be a strong yearning to connect with animals in this way, to eat their milk. But I think we have to evolve a long way before we can ask a cow if they would be willing to share their milk with us. I think what we are called to do right now is to free these animals and connect with the natural world.

7) Which non-Vegan foods are the most important to eliminate first?

That's a great question, what order should we release eating these foods. Some people give up red meat first, then pork, then dairy. And then dairy and eggs. That's a pretty tried and true path.

But in some ways, fish and chicken and dairy are best to give up first. Fish and dairy are so toxic to the earth, and our bodies. Then give up eggs and chicken, and of course pigs and cows very quickly too.

In terms of the most damaging to the environment, fish and beef production are the worst.