



# Ahimsa

now in our 35th year

Newsletter of the  
Young Indian Vegetarians  
Summer 2013  
Issue No 56



**save a life &  
save the planet**



अहिंसा  
अहिंसा



Dear Friends

Welcome to another issue of Ahimsa. In its eternal, never ending quest to make life more and more comfortable and happy the human race forgets that the resources to achieve all this has been provided by nature or God. Minerals and precious metals such as gold, diamonds, steel, copper and much more have been provided by mother Earth. The rainforests, rivers, oceans and the infinite biodiversity so essential for human survival have been provided by nature. This makes us human beings recipients of the largesse given by nature. All our intelligence, all our abilities would come to nothing if mother nature had not provided the ingredients needed for our survival. It is therefore crucially important that we humans should respect nature and not exploit it to extinction because there lies the route to our extinction as a species. This planet is millions of years old and over all these years our forefathers took from nature only the basic minimum and they respected the trees, rivers, mountains and all the biodiversity they lived amongst. They made sure that the planet was handed over to the new generation in a good shape. This has all changed in the last 200 years. We have abused the planet and created a situation which is already leading to climate change, devastation and chaos. For the first time in history the concentration of carbon dioxide in the atmosphere has passed the milestone level of 400 parts per million (PPM). Plants, amphibians such as frogs and toads, and reptiles such as lizards, may perish due to climate change brought about by CO2 emissions. These animals and plants are important because they perform fundamental ecosystem services such as cleaning up water supplies and decomposing waste products. According to Bob Ward of the Grantham Research Institute on climate change, 'we are creating a prehistoric climate in which human societies will face huge and potentially catastrophic risks'. The voracious human appetite for meat is causing major health issues; it is destroying rainforests, turning fertile land into deserts and using up precious water resources. The eco-systems of our rivers and oceans are also facing a catastrophe as huge trawlers chasing fewer and fewer fish are destroying all marine life. Mangrove forests and coral reefs are being decimated. One of the biggest causes of global warming and climate change is the methane gas released by billions of farm animals. It is time for politicians, academics and prestigious international organisations to acknowledge that meat and fish consumption is the biggest threat to our survival and a plant based vegetarian and vegan diet will heal the planet and save us and future generations from a impending disaster. It is also time for the human race to show more humility and acknowledge that it is Mother Nature that is providing all that we need to survive and we need to show her much more respect.

Nitin Mehta

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### **The Young Indian Vegetarians**

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**Communicate!** Please acknowledge receipt of this newsletter by emailing us. Do you have a story you think our readers might be interested in? We would like to hear from you. Please write to us or email us with anything which you feel may be of interest.

## Sohum Does us Proud!

Young Jain Sohum Shah organised a vegetarian day at his school in Reading on the 20<sup>th</sup> of May 2013. This was to celebrate the National Vegetarian Week. The school canteen served vegetarian meals all day for breakfast, lunch and dinner, including the boarding house (for the boarders). No meat, fish or eggs were served on the day. Around 550 pupils enjoyed the vegetarian fayre. The general feedback was great and the school is looking to organise more vegetarian days. The name of the school is Reading School and it ranks in the top 8 schools of the country. The article below is from the school newsletter. What a fantastic achievement!

### Out with the Meat, and in with the Veg!

Reading School held a Vegetarian Day on Monday the 20<sup>th</sup> of May, in conjunction with National Vegetarian Week. It helped spread awareness of the benefits and cultural traditions involved in the vegetarian way of life.

Spicy and delicious Mexican and Indian vegetarian dishes were on offer in place of the usual Monday meat dishes. I ran a stall, providing more information about the benefits of being a vegetarian.

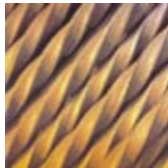
The event allowed students to understand how a simple change in lifestyle and diet can be easy and can bring big benefits. Reading School has many

vegetarian pupils.

The Reading Post sent one of their staff photographers, and an article will be featured in the paper soon.

Thanks to  
Torrin  
Edwards, the  
Catering  
Manager, who  
was so helpful  
in creating the  
vegetarian  
menu.

- Sohum Shah  
11E



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## My Vegan Journey

### by Emma Freestone-Rich

I became a vegan last year. It seemed quite sudden, but I suppose deep down it was inevitable. Cooking bacon on a Saturday was turning my stomach, and I was mainly vegetarian in the week with just the habitual roast dinner on a Sunday being eaten, but not enjoyed. Loving animals, it was always difficult to reconcile myself with eating them – even though you justify it for a while by buying organic high-welfare ‘products’, but when you see a lamb playing in the field or a cow comes up to you at the fence to say hello, you know its wrong to eat these beautiful living creatures.

Switching to a plant-based diet has helped my health a lot. At the very beginning I lost 1½ stones within weeks, which was great. It meant that my joints were less achy, as I had had a bit of arthritis in my hands and feet, and so far the pain hasn’t returned. I think giving up the dairy and losing the weight has helped my asthma too and I generally feel much more energetic and well. It hasn’t been as difficult as I thought it would be, I thought I’d miss cheese a lot but haven’t. The only thing I struggle with is cutting out chocolate, as dark chocolate is very strong,

but I have found good alternatives – it’s amazing how good the specialist websites are. It also becomes a lot easier when you remind yourself that you are not hurting animals, you are helping the environment and looking after your body too.

One bug-bear I have is people who make general sweeping statements, usually in a sarcastic tone, such as “well what DO you eat?”, “all you must eat is fruit & veg” and “oh, you can’t have much to eat!” – ALL NONSENSE – I love trying out new recipes from the Vegan Society’s website and from Vegetarian Living magazine, who helpfully convert a lot of their recipes into vegan recipes, and have never had so much variety in my diet, because you really think about what you’re preparing and making sure you have all the nutrients you need.

I don’t rise to the ‘sarky’ comments, but instead enthuse about all the lovely things I CAN eat. Most people then ask a few more questions and usually in a much nicer way. Inspiration comes from lots of places, especially the Hindu Community Xmas meal at Archbishop Lanfranc school, that we have been invited to over the last 9 years – the food is amazing and so varied and delicious, with new dishes being served up every year. My favourite being the gorgeous vegan chocolate cake, of course !

I haven’t managed to convert the whole family as yet, although on National Vegetarian Week we all ate vegan for the whole week and they really enjoyed it. My daughter is a vegetarian (most of the time) and they all have a few meat-free days per week, but the men of the family don’t seem ready yet to relinquish the meat altogether. Maybe one day...





## Some Good News;

### **Ban on Wild Animals in Circuses**

From December 2015 wild animals like tigers and elephants will no longer be used by circuses travelling around the country. This ban does not apply to domesticated animals such as dogs and horses. A special thanks to all those who campaigned hard for many years to bring this about. Animal Defenders International has played a pivotal role in bringing this about. A special thanks to them from all of us.

### **Sow Stalls Banned!**

Sow stalls confine pregnant pigs in a barren environment so small they cannot even turn around. After years of campaigning by Compassion in World Farming, a European Union wide ban came into effect from January 2013. The law prohibits the use of sow stalls beyond the first four weeks of pregnancy. Congratulations CIWF!

### **European Union Bans Cosmetics Tests**



After years of campaigning by many organisations, a complete ban on animal testing for cosmetics was finally achieved across EU in March 2013. The testing of vanity products on animals is ethically indefensible and countries such as USA and China should also ban this practice. When buying a shaving gel or a lipstick always check that they are from a company that have a no animal testing policy!

## Some bad news:

### **Birds Maimed in UK Zoos**

The Captive Animals Protection Society has exposed the practice of, 'pinioning' in the UK zoos. Pinioning is the practice of cutting off one wing at the carpal joint of birds such as flamingos and wildfowl. This makes the birds permanently incapable of flight because it is lopsided. The procedure is usually carried out at just a few days old and renders the birds disabled. No animal should ever be subjected to the removal of part of its limb simply so that they can be easily and cheaply exhibited to zoo visitors. Please sign a petition to ban this practice: [www.captivaanimals.org/bird.petition](http://www.captivaanimals.org/bird.petition). Do not go to zoos!

### **Stop the Live Export of Animals.**

Export of live animals has re-started from Ramsgate. Millions of animals from Europe are exported to countries in the Middle East and North Africa. The cruelty involved in transporting animals long distance and then subjected to horrific death is beyond words. Please support CIWF campaign to stop live exports. Visit [ciwf.org.uk](http://ciwf.org.uk)





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### *Mouthwatering Menus*

*Shayona Caterers presents an extensive innovative menu, drawn from various regions of India, especially the western state of Gujarat. If you require a dish that is not listed on our menu, please do enquire and we will be happy to accommodate your requirements. We cater for clients with specific dietary requirements (abstaining from onions and garlic) and can adapt our recipes to your individual taste and preferences.*

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Fax: 0208 900 2058  
Email: [admin@shayonaid.co.uk](mailto:admin@shayonaid.co.uk)  
Contact: Chandrakant Patel*

## Did You Know?

- 1 That UK burns enough grain to produce bio-fuel to feed 10 million people. The use of food crops as bio-fuel is causing hunger and land grab in many parts of the world.
- 2 That the Indian spice turmeric is a natural preventative of dementia and alzheimer's. Curcumin the key ingredient in turmeric encourages the growth of new nerve fibres in the brain. Rates of dementia are lower among the elderly in India and the scientists think it is to do with the widespread use of turmeric in Indian food. It also helps protect against prostate cancer as well as breast and bowel cancer.
- 3 That farm animals are fed one-third of the world's cereal harvest. This could feed 3 billion people.
- 4 That for every 100 food calories of edible crops fed to livestock we get just 30 calories in the form of meat and milk – a 70% loss.
- 5 That crustaceans like lobsters, crabs and prawns experience terrible suffering at the hands of humans. Lobsters are killed by being boiled alive, cut in half or having a knife pushed through their head all while fully conscious.
- 6 That farmed female prawns routinely have one of their eyestalks removed since this prompts them to begin laying eggs.
- 8 That tanning (the process by which animal skin leather is produced) is energy intensive, highly polluting and uses large volumes of water. Wool from sheep is often bleached and dyed with toxic chemicals. Say no to leather shoes, sofas etc. And say no to woollen clothes!
- 9 That 50 billion chickens are produced every year in the world. This is almost 8 times the human population. Imagine the amount of grain and precious water resources that must be used up in raising these chickens and the amount of its waste that must be polluting the planet.
- 10 That vaccines are injected into each embryo in the egg three days before chickens hatch to immunise them from diseases.
- 11 That twice as many people taking a prescription drug die from adverse reaction as do motorcyclists who lose their life in an accident.
- 12 That red meat cooked at a high temperature in a pan may be a major cause of prostate cancer. Meat cooked at a high temperature appears to create powerful carcinogens in the meat according to researchers from the University of South California.
- 13 That the latest data from the European Prospective Investigation into Cancer and Nutrition confirms that those who eat bacon, hot dogs, salami and other preserved meats are at a considerably greater risk of colorectal cancer.
- 14 That more than 18 million dogs are killed for human consumption worldwide.
- 15 That in a lifetime a meat eater may eat up to 11, 047 animals (including fish)
- 16 That due to adverse weather conditions in the UK thousands of sheep, cows and other animals have been left to freeze or starve to death by some farmers. These animals must have suffered terribly from cold and hunger.

### Sea Shepherd Conservation Society

Established in 1977, Sea Shepherd Conservation Society (SSCS) is an international non-profit, marine wildlife conservation organisation. Its mission is to end the destruction of habitat and slaughter of wildlife in the world's oceans in order to conserve and protect ecosystems and species. Sea Shepherd ships disrupt Japanese whaling fleets from killing whales. The brave crews of the Sea Shepherd followed Japanese fleets for 49 days this year and managed to save hundreds of whales. Sea Shepherd are the recipients of our Mahaveer Award.

## And the next step is to go vegan...

by Mahersh & Nishma Shah



We're all familiar with stories from our parents and grandparents about how during the 1960s and 1970s, being vegetarian was considered alien in the UK and usually frowned upon, both by society and by the scientific authority of the time. "We all need lots of animal protein for good health" was the mantra until relatively recently. How times have changed. Tireless educators and campaigners such as Nitin Mehta and others have over the last 30-40 years played a major part in bringing about a transformation.

Today being vegetarian is completely normal and acceptable, and even considered healthier than a typical western meat-based diet. In fact, we see the government spending millions on campaigns to encourage us to increase the proportion of fresh fruit and vegetables in our diet.

For many of us, the choice to go vegetarian was not primarily for reasons of health, but for reasons of compassion towards our fellow sentient beings. How lucky we humans are that we actually don't need to eat animals to live a happy, healthy and fulfilling life.

But is being vegetarian really sufficient? If we've turned vegetarian for reasons of compassion towards animals, yet we continue to consume animal milk, milk products and

eggs, for example, then the compassionate eating aim is not satisfactorily addressed by a vegetarian diet. Modern-day dairy and egg production the world over, by their nature and because they are profit-driven industries, necessarily involve the routine abuse, violation and murder of calves, chicks, cows and hens. This applies to both to conventional farming systems and to "higher welfare" systems such as free-range and organic.

This is why actually a vegetarian lifestyle is but a stepping stone on the way to going vegan. By following a vegan lifestyle, one seeks to avoid all forms of animal exploitation, for the benefit of animals, people and the planet.

The very good news is that, in dietary terms, the step from vegetarian to vegan is very small. For example, we are today spoilt for choice with the range of delicious plant milks that are widely available – soya, oat, rice, almond, hazelnut, coconut, etc. And the world of vegan cheeses, yoghurts and desserts is constantly evolving with new innovative products arriving on the scene every year. All this means that there are bound to be vegan versions of virtually all our favourite vegetarian foods (as well as of our past-life meat foods!), not to mention the vast range of new vegan cuisines yet to be enjoyed.

So if you're vegetarian, the next small step is to go vegan. For information and guidance, here are some reliable resources to start with:

[www.vegansociety.com](http://www.vegansociety.com)

[www.nhs.uk/Livewell/Vegetarianhealth/Pages/Vegandiets.aspx](http://www.nhs.uk/Livewell/Vegetarianhealth/Pages/Vegandiets.aspx)

Mahersh & Nishma Shah run their own exclusively vegan catering company, called Shambhu's. They also manufacture vegan & gluten-free cheesecakes sold in independent whole food outlets nationwide: [www.shambhus.co.uk](http://www.shambhus.co.uk)

A video of them talking about their vegan journey can be viewed at this link: <http://youtube.com/HeBSQ42f1xs>



## **We supported the following organisations in 2012:**

- 1 World Society for the Protection of Animals. WSPA is doing wonderful work for animals in many countries. [www.wspa-international.org](http://www.wspa-international.org)
- 2 Naturewatch Foundation. Naturewatch is active in saving dogs from cruel deaths in Ukraine and other countries. [www.naturewatch.org](http://www.naturewatch.org)
- 3 Hillside Animal Sanctuary. Hillside is a welcoming home for animals many of whom would otherwise end up in slaughter houses. We salute the dedicated volunteers who so lovingly care for the animals.
- 4 People for Ethical Treatment of Animals. Led by Ingrid Newkirk PeTA is fighting all animal abuse in many parts of the world. [info@peta.org.uk](mailto:info@peta.org.uk)
- 5 Dogs Trust. The trust provides safety and love to abandoned dogs. [www.dogstrust.org.uk](http://www.dogstrust.org.uk)
- 6 Blue Cross. Blue Cross has been looking after sick, injured and homeless pets since 1897. [www.bluecross.org.uk](http://www.bluecross.org.uk)
- 7 The Mayhew Animal Home. The home has helped animals and their carers since 1886. They help thousands of domestic animals escape from a life of cruelty and neglect every year.
- 8 Wood Green Animal Charity. [www.woodgreen.org.uk](http://www.woodgreen.org.uk)

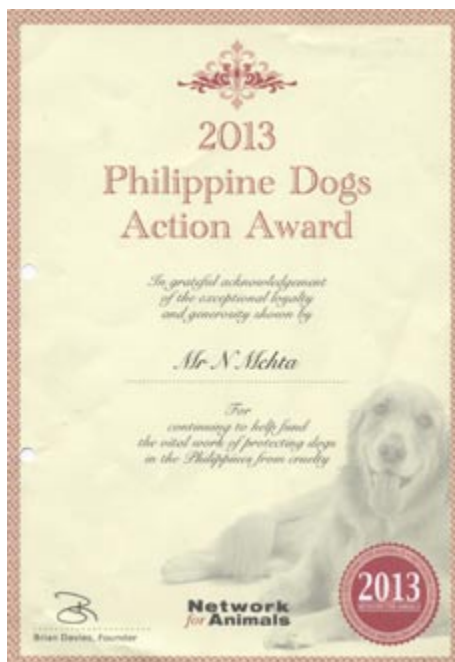
***The following people took a pledge to go vegetarian at the various events we held during the year. Only first names are mentioned so as to keep their privacy.***

Suzanne, Arjun, Pooja, Vikhyat, Krish, Amrik, Vrun, Rashim, Mohit, Onika, Vikas, Kishan, Anjali, Kieran, Maya, Bindiya, Nayan, Vanisa, Bhavik, Upekshi, Hiral, Vanita, Prabha, Ella, Neha, Om, Tina, Sai, Bhavin, Navin, Rhiannon, Sada, Suchismita and Bagmita.

***The following took a pledge to give up meat for a specific time:***

Josh, Rishi, Maya, Ani, Nimisha, Apurba, Surot and Shivani all for one week.

Ritika, Arsh, Inesh, Krishney, Arjoon, Priyanka, Simran, Shivani and Amar all for one month.



## A Campaign Tour of India

On 11th December 2012 a meeting was held by a group of animal rights activists at the residence of Shri Laxmi Narayan Modi in New Delhi. Amongst those present were Shri Dalmya and Dr DC Jain. We discussed ways of being proactive in promoting animal rights and vegetarianism. On 12th December I met Atmaswarup Swami at the famous Akshardham temple in Delhi. A strong vegetarian message is prominently displayed at the temple complex which is visited by tens of thousands of people throughout the year. Swamiji gave blessings for the success of our vegetarian campaigns. On 13th December I met India's leading animal rights activist and well known politician Maneka Gandhi.

Manekaji's dedication to the cause of animals is simply breathtaking. From picking up injured stray animals to stopping the illegal slaughter of cows and other animals, Manekaji and her team of dedicated workers in many parts of India are doing amazing work. She is keeping alive India's great heritage of Ahimsa. On 17th December we were guests of Rupa Raghunath in Vrindavan. Vrindavan is a city immersed in the love of Lord Krishna and his favourite animal the cow. Rupa is dedicated to this holy city and has started a school for the poorest of the poor children. The Sandipani school provides excellent education and nourishing food to all the children as well as providing school uniform and all the other necessities to the children. I addressed the school assembly and they all took a pledge never to eat meat, fish or eggs. On 20th December I gave talk to around 300 teenage students at the Swaminarayan school in Maninagar Ahmedabad. The talk was organised by Hasmukhbhai Shah, a dedicated Jain animal rights activist. I asked

the students to never eat meat no matter what the circumstances. There will be many challenges in your life but never compromise on your vegetarian principles, I urged them.



*At assembly, the students of Sandipani school, Vrindavan, pledge never to eat meat, fish or eggs*



*With animal rights activists in Delhi at the residence of Shri Laxmi Narayan Modi (2nd from right)*

### Good News From India

#### **India bans cruel animal testing for cosmetics, activists elated**

Animal welfare groups in India were elated to hear that India has banned cruel animal testing methods for cosmetic products. The Bureau of Indian Standards approved the removal of any mention of animal tests from the country's cosmetics standard. The use of modern non-animal alternative tests also becomes mandatory, replacing invasive tests on animals. Maneka Gandhi India's leading animal rights activist played a vital role in bringing this about. Humane Society International and PeTa, Beauty Without Cruelty also campaigned to bring about this ban.

## The following successful events took place since the last newsletter

- 1 On 21st July 2012 I gave a talk at the Navnat Centre in Hayes. Navnat youths had organised a Health Awareness Day. I urged the youths to be proactive in promoting their unique heritage of Ahimsa and not to abandon their vegetarian lifestyle.
- 2 On 11th And 12th August we kept a stall at the Janmastmi festival at the Hare Krishna temple in Watford.
- 3 On 15th September we kept a stall at the Croydon Ecology Centre.
- 4 On 12th October I took part in a demonstration against the export of live animals. It was organised by Kent Action Against Live Exports and took place outside the offices of Defra in Smith Square, London.
- 6 On 31st October I gave a talk to the Milan group of Wallington. The DVD, 'Not In My Name' was also shown. A lively discussion took place afterwards.
- 7 On 28th October we kept a stall at the annual 'Diwali in the Square' event.
- 8 On 9th December we had our 32nd. annual Christmas lunch. Around 130 people enjoyed the many varieties of food served. Croydon MP Steeve Reed and the leader of the Croydon Labour group Tony Newman were also present.
- 9 On 4th March 2013 I gave a talk to the OM group at the Harrow Leisure Centre, Harrow. Around 80 people were present and the response was very positive. People were determined to do something to reduce animal suffering and spread the vegetarian message.
- 10 On 21st April we kept a stall at the Hare Krishna temple in Watford during the Ramnavmi celebrations.
- 11 On 28th April I gave a talk at the Mahaveer Jayanti celebrations organised by the Jain Association of the UK. The venue was Indian YMCA, Fitzroy Sq. London
- 12 On 7th May I gave a talk to the Lions Club of Greenford. I said talking to Lions about vegetarianism would be difficult, however many Lions are prepared to change! The club donated £100.00 to the Jain Animal Sanctuary. A special thanks to Kantibhai Nagda for making it all possible.
- 13 The Leicester Jain Centre is celebrating its 25th anniversary with many events. On 19th May a big festival was held at the Navnat Centre. Around 500 people took a collective pledge to remain vegetarian and never eat meat, fish and eggs.
- 14 On 9th June we kept a stall at the Hare Krishna Rath Yatra festival in Trafalgar Square.
- 15 On 28th June I gave a talk to the Hari Aum travelers club. Around 60 people were present and everyone promised to promote Ahimsa and Vegetarianism. A special thanks to Harish Gohil for organising the talk.

### Jain Animal Sanctuary

Sheila Barber continues to look after the animals at the sanctuary in Burwash, Sussex. We continue sending £700 each month.

### YIV Website

**([www.youngindianvegetarians.co.uk](http://www.youngindianvegetarians.co.uk))**

A big thank you to our webmaster Vaid Bharath for his continued good work on the site. We have had over 16,000 hits since we launched.

Please visit the website and sign our pledges.



**Channel 4:** On 15th March 2013 I appeared on Channel 4, **4thought.tv** programme. I spoke about my vegetarian heritage and the many benefits of a vegetarian life style. The programme was watched by people all over the country and received a lot of positive comments.

Please go to our website to watch it:  
[www.youngindianvegetarians.co.uk](http://www.youngindianvegetarians.co.uk)

**Venus TV:** On 4th June 2013 I was interviewed on Venus TV and vegetarianism featured prominently in the discussion!

#### **The Independent ( 11 Feb 2013)**

For all those who are experiencing nausea and worse after finding out that their beef burgers had horse and pig meat, there is a simple solution. Go vegetarian and explore a whole world of gourmet food. Experience the freedom of eating food that does not involve the killing of sentient beings. You will be in good company. Mahatma Gandhi, George Bernard Shaw, Tony Benn, Bill Clinton, Joanne Lumley, Martin Shaw, the list goes on. Enjoy!

#### **LBC Radio**

On 1st July 2013 LBC Radio presenter Iain Dale was discussing the latest scandal of bovine TB infected beef sold to consumers. He asked the listeners to phone in and make a case for going vegetarian. I rung in and mentioned the many advantages of a vegetarian diet. I said by being vegetarian you would be happy and healthy! He said I had made a very eloquent case for vegetarianism!

### **YIV is grateful to the following organisations:**

- 1 Raj Saubhag Satsang Mandal UK for the kind donation of £500. A special thank you to Jaysukhbhai Mehta and all the members.
- 2 Jain Network and Sthanakvasi Paryushan Committee for the donation of £129.00
- 3 Mahavir Trust for the donation of £200.00. They have consistently supported us over the years for which we are truly obliged.
- 4 Norbury Ladies Mothers Day celebrations committee for a donation of £30.00
- 5 Jain Association of the U.K. for a donation of £375.00. A special thanks to Jivan Jain, Subahu Shah and all the members.
- 6 Oshwal Association of the UK Croydon Satsang Mandal. £500 was received from the mandal. We remember Manjulaben Shah who sadly passed away. She supported us and gave us guidance over the years.
- 7 Navnat Vanik Association for a donation of £350.00. Special thanks to president Bhupendrabhai Shah, Jayantbhai Doshi, Rameshbhai Shah and all the committee members.
- 8 Jain Samaj Europe for a donation of £1000.00. Our heartfelt thanks to president Ushaben Mehta, Pankajbhai Shah, Dr. Rameshbhai Mehta and all the committee members.
- 9 Bhakti Mandal for a donation of £151.00. Our thanks to Ramanbhai Shah, Prafulaben Shah and all the members.

#### **Don't buy Mahogany Furniture!**

Logging of forests is destroying the habitat of the Orangutans who are our closest relatives in the animal kingdom, sharing 96.4% of our DNA. Indigenous peoples of Indonesia and Malaysia call this ape 'Orang Hutan' which means 'Persons of the Forest'. Mahogany made from logging of hardwoods contributes to the destruction of these endangered species. Do not buy Mahogany!

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# HARI AUM

H O L I D A Y S

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## Killer Cola!

Sugar sweetened colas and sodas are every bit as dangerous as illicit drugs such as cocaine and heroine! The drinks are killing about 180,000 adults every year around the world, according to researchers from Harvard University. Their major risk is causing and escalating diabetes, a disease responsible for 133,000 of the 183,000 deaths associated with the drinks. This is followed by 44,000 deaths from cardiovascular disease and 6,000 from cancers. Mexico has the highest death rate among adults from consuming colas. Mexicans drink 43 gallons of the stuff each year. It also has one of the highest rates of diabetes and childhood obesity in the world. The association between sugary drinks, obesity and diabetes is strong. Diet colas are even worse. The artificial sweetener aspartame has been linked to many chronic diseases, especially heart disease and cancer. If you drink two or more colas every day for years you will live a short and painful life. Even one can a day doubles the risk of stroke, cancer and heart problems compared with someone who drinks nothing but water or natural fruit juices. Say no to Coca-Cola, Pepsi Cola and the rest!



## The 21st Century human being is reduced to eating very unpleasant things!

### The Horse Meat Scandal

Millions of people in the UK have been eating horse meat labelled as beef. Workers at a processing plant in the Netherlands described what used to happen at the plants. Horse meat was processed at the end of the day. Workers were tasked with cutting and mixing beef, some of which was defrosted from consignments, with labels as old as 2001 with horse meat. They had to cut out 'green' putrid beef which smelled so bad that they could keep working only by tying towels around their faces. This scandal had an impact on UK meat sales. Supermarket sales of frozen burgers fell by 43%, frozen ready meals by 13% and even fresh meat sales were down by 6%. Supermarkets also reported an increase in the sale of vegetarian food.

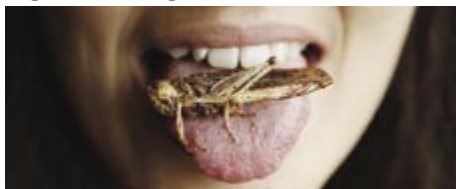
### Coming to your local supermarket soon: Chicken à la maggots!

In an effort to satisfy the ever expanding desire for meat, the European Union is planning to rear flies on an industrial scale by feeding them on cow, pig and chicken excrement and using their protein rich maggots for animal feed. A trial is under way to determine the feasibility of mass producing fly maggots or larvae that could take the place of widely demanded soya beans in high protein feeds for pigs, chickens and fish. So this is our 21st century - eating animals fattened on maggots which are fed animal excrement!



## Eating Insects!

Another brainwave from United Nations is to advise human beings to start eating insects. According to the UN, 1,900 insect species are edible for human consumption. The most popular insects are beetles, caterpillars, bees, wasps and ants. A Mexican chain restaurant recently trialed a dish of fried grasshoppers! We vegetarians are the luckiest people, living on fresh fruit vegetables and grains!



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## Meena Patel: A proud vegetarian and a role model for all of us



Meena Patel is a 63 year old young lady who has received 18 medals by running for many worthwhile charities. She has run 4 marathons as well as many half marathons and smaller runs. She is a Health Champion and Lung Cancer champion. She is also very involved in cancer volunteer work, Stopping Tobacco and Being Healthy campaigns. Since 2012 she has been a Public Representative for Healthy Behavioural Change Alliance for public health supported by NHS. The aim of the alliance is to guide the public towards Healthy Living.

### Here is what she has to say:

Vegetarians can also run marathons. I have been a vegetarian since I was born, in a religious Hindu vegetarian family in India. Although vegetarian food is becoming more popular and accepted, I still struggle

sometimes, e.g. to get a sandwich without cheese. I always carry my own home-made chapatti or snacks like nuts or a banana, and I have managed to survive. You do not have to eat meat to run a marathon of 26.2 miles at the age of 60+. People often ask me "Do you have a special diet? What do you eat?" And the answer is "A vegetarian healthy balanced meal". It is true that you need a good source of protein to repair your muscles after long runs in training. Whole foods like pulses, beans, lentils, sprouts, and nuts like walnuts, almonds, pistachios, cashews, and different types of seeds like flax seeds are a good and sufficient source of proteins. Fortified cereals like muesli and organic oats are my favorite for breakfast. I strongly believe in Ahimsa. In Hindu religion, scriptures say that you are not permitted to take anybody's life, not even your own, so even suicide is not permitted. God has given us life and it is only his right to take it away and not ours. There are lots of natural foods other than meat to survive. Where is the need to eat meat? There is a good saying that "You eat to live and not live to eat". Ahimsa to mankind or any living creature on earth is the best teaching of Hindu religion. I have got tremendous support from the public for fundraising for marathons and hope to get the same support in this campaign of Ahimsa. I hope this article inspires many people to become vegetarian. If I can survive you can survive.

*Meena Patel*

### Do's and Don'ts

- A Do persuade others to give up meat.
- B Do speak the word 'vegetarian' at every opportunity.
- C Go only to vegetarian restaurants.
- D Don't wear or buy leather goods, (sofas shoes etc).

## 2012 Mahaveer Award Recipient



A Mahaveer Award was presented to Maharaz Tarlochan Das Jee on 11<sup>th</sup>, November 2012 at the Harrow Leisure Centre, Harrow, London, UK. Over 2000 people from many cities of the UK as well as people from India attended this grand event. Maharaz jee has a huge following in many countries. Maharaz jee preaches the ancient wisdom of India. He urges people to lead a spiritual life and serve mankind with humility. He emphasises the importance of a vegetarian diet.

Before the presentation everyone was urged to take a vegetarian pledge by Nitin Mehta, founder of the Young Indian Vegetarians Society. The pledge was taken in Hindi as follows: *"I will not eat meat, fish and eggs as from today. May God help me keep this pledge."*

In his speech Nitin said that Ahimsa is a gem of Bharatiya civilisation which we have to guard vigilantly. While many civilisations have come and gone in Human history, Bharatiya civilisation has remained alive due to the ideal of Ahimsa. Someone has said: *Kutch Baat He Ase Ke Hasti Mit Ti Nahi Hamare*, there is something about Bharatiya civilisation that it has remained alive in spite of so many challenges and that something is Ahimsa.

Compassion towards animals and vegetarianism are the ideals that the saints and sages of India have propagated for centuries. Our Ahimsa is the Ahimsa of the brave not of cowards. As Kal Yug (the dark age) progresses if we keep our vegetarian diet then it will be easy to keep our Dharma alive for centuries to come. Nitin requested Maharaz jee to get millions of people in India to take the vegetarian pledge.

The inscription on the award is as follows:

### **Mahaveer Award**

**Param Puja Sant Tarlochan Darshan Das**  
***Jee you are keeping alive values of our ancient Dharma. Compassion towards all living beings and Ahimsa are the gems of Sanatan Dharma. With your guidance Bharat will once again lead the world towards the right path.***

**Y.I.V. - 11/11/2012**

Maharaz Jee expressed his great pleasure in accepting the award and said that he would promote vegetarianism and ask people to give up meat eating. The award was presented by members of the Jain community and Bharti Tailor of the Hindu Forum of Europe

A special thanks to Raj who is a devotee of Maharaz. Rajji helped to make this presentation possible.

**25/25 Project:** The Jain Temple in Leicester is celebrating its 25<sup>th</sup> Anniversary. As part of the celebrations we will encourage 25 people to give up meat, fish and eggs.

**40/40 Project:** Bhaktivedanta Manor, the Hare Krishna temple in Aldenham near Watford is celebrating its 40<sup>th</sup> Anniversary. As part of the celebrations we will encourage 40 people to give up meat, fish and eggs.

## **American oceanographer/ environmentalist James Cameron urges everyone to go Vegan**

James Cameron received National Geographic's "Explorer of the Year" award for his successful solo dive last year to the deepest point of the Pacific Ocean. James used the organisation's 125th-anniversary gala to share his new-found solution to saving the Earth. "I've had an epiphany recently," Cameron told the audience. "I want to challenge all of you as people of deep conscience, people who are environment stewards of the earth and oceans... By changing what you eat, you will change the entire contract between the human species and the natural world. Cameron said he went vegan a year ago and urged everyone in the room to do the same. "I felt like I was waking up from a long sleepwalk," he said. "I believe we are all sleepwalking off a cliff if we don't do this. The Oscar-winning director with a fortune of \$700 million or so has been a vocal supporter and has put his money where his mouth is for various green causes. People, he said, are always asking him what they can do to make a difference for the planet. He says he used to give the standard answers: - electric cars, solar panels - but now believes going vegan is, by far, the most important thing anyone can do. This was reported in the Washington Post dated 17th June 2013.



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More info: [www.london.vegfest.co.uk](http://www.london.vegfest.co.uk)

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## Quotable Quotes

**Love for all living creatures is the most noble attribute of man**

**Charles Darwin**

**If the extension of your compassion does not include all living beings, then you will be unable to find peace yourself.**

**Albert Schweitzer**

**Until you have loved an animal, part of your soul will have remained dormant.**

**Antalo Frances**

**It is incredible and shameful that neither indoctrinators nor moralists raise their voice against the abuse of animals.**

**Voltaire**

**Sometimes they ask me why do I invest so much time and money talking about kindness to animals when there is so much cruelty amongst men. My answer is: I am working at the roots!**

**George T. Angell**



George Buaben is a friend of mine. He is from Ghana. I told him he should give up meat eating and he said he needs his protein! I asked him where the animals he ate got their protein from. I told him that animals get their protein from vegetarian food. I then told him about the cruelty of killing animals and the health issues associated with meat eating. It all made sense to George and he has been a vegetarian for one year now. He has lost a lot of excess weight and feels very alert and healthy. He cannot think of eating meat ever again. George now promotes vegetarianism enthusiastically to his Ghanian friends! Here is an amazing Ghanian vegetarian recipe called Red Red.

## Red Red

### Ingredients:

1½ cups dried black eyed peas (or two cans)  
 ½ cup vegetable oil  
 2 onions, chopped (Jains can avoid this!)  
 8 cloves garlic, minced (Jains can avoid this!)  
 2-3" piece of ginger, grated  
 ½ teaspoon paprika  
 ½ teaspoon cayenne  
 2 serrano peppers, minced  
 Large can diced tomatoes in their juice (3 ½ cups),  
 2 cubes of vegetarian bouillon  
 ¼ cup chopped coriander plus extra for garnish



### Directions:

Rinse and drain dried black-eyed peas. Place in a medium saucepan, cover with several inches of water and bring to a boil. Reduce heat to low and simmer until tender, about 30 minutes. Drain and put aside. Heat oil in a large saucepan over medium-high heat and cook the onions and garlic until they begin to brown. Add the ginger, paprika, cayenne, and serrano peppers and cook, stirring, for several minutes. Place the tomatoes in a blender or food processor and pulse several times. You want some chunks left. Add to the onion mixture along with the bouillon and stir. Turn the heat to low and simmer for 10 minutes. Add the black-eyed peas and simmer another 10-15 minutes so that the flavors can infuse. Add the coriander, stir and simmer another minute. Season with salt and pepper. Top with plantain pillows (recipe follows).

### Plantain Pillows:

2 plantains, medium ripe and oil for deep drying.

Cut plantains into ½ to ¾" cubes. Heat oil in a heavy saucepan over medium-heat to 350 degrees. In batches, place the cubed plantains into the oil and fry until golden. Use as a topping for the Red-Red stew

## Tamil Poet Saint Thiruvalluvar on Vegetarianism

Thiruvalluvar was a famous Tamil saint who has had a huge impact on Tamil people.

Around 2000 years ago he wrote, 'Tirukkural' (sacred couplets). Here is what he said on meat consumption:

- 1 What is kindness and what is unkindness? Kindness is not killing.  
Unkindness is killing. Thus eating the flesh is never virtuous.
- 2 When a man realises that meat is the butchered flesh of another creature, he must abstain from eating it.
- 3 All that lives will press palms together in prayerful adoration of those who refuse to slaughter and savour meat.





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*Guest Speaker at The Lions Club of Greenford  
7 May 2012*

## Picture Gallery

*Looking Back!*

*Protect and Promote vegetarian and the Ahimsa Ideals of India*

*Public meeting - Rajkot, Gujarat, India*

*11th March 1985*



*Addressing students of the Swaminarayan School  
in Maninagar, Ahmedabad  
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