

A VEGAN OR VEGETARIAN THANKSGIVING

Complete With Wine

*The Way Jesus
Meant It To Be*

Greg Dinneen

TITLE PAGE

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Complete With Wine The Way Jesus Meant It To Be

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A VEGAN OR VEGETARIAN THANKSGIVING COMPLETE WITH WINE THE WAY JESUS MEANT IT TO BE

*“John the Baptist came neither eating bread nor drinking wine;
and ye say, He hath a devil.
The Son of Man is come eating and drinking;
and ye say, Behold a gluttonous man, and a winebibber,
a friend of publicans and sinners!”*
From Luke 7:33-34.

Jesus gave his disciples, bread and wine, and said:
“Do this in memory of me”.
Luke 22:19.

Jesus said that this wine was his blood which sealed:
“God's New Covenant”.
Luke 22:20.

ANIMAL SACRIFICE HAS NEVER BEEN A PART OF CHRISTIANITY

“It is kindness that I want, not animal sacrifices.”

Matthew 9:13 and 12:7.

“Every Jewish priest performs his services every day and offers the same sacrifices many times; but these sacrifices can never take away sins. Christ, however, offered one sacrifice for sins, an offering that is effective forever, and then he sat down at the right-hand side of God.”

Hebrews 10:11-12.

THE THANKSGIVING DAY TURKEY

“It is kindness that I want, not animal sacrifices.”

Matthew 9:13 and 12:7.

It is unlikely that Jesus would have ever even seen a Turkey.

Turkeys come from America – not the Middle East.

And.

Slices of firm white cheese.

Or, if you are a Vegan, slices of firm tofu, can easily pass for Turkey.

Anyway.

JESUS ABOLISHED ANIMAL SACRIFICE

*"What I want from you is plain and clear:
I want your constant love, not your animal sacrifices."*
Hosea 6:5-6.

Jesus, referred to Hosea and said:

"It is kindness that I want, not animal sacrifices."
Matthew 9:13; 12:7.

JESUS ABOLISHED ANIMAL SACRIFICE

Jesus abolished animal sacrifice.
And, the Sacrificial Lamb of the Passover.

The only time, in the Gospels, Jesus became physically violent was when he drove the people, who were selling animals for sacrifice, out of the Temple.
John 2:13-16.

AT THE LAST SUPPER, JESUS REPLACED ANIMAL SACRIFICE, WITH BREAD AND WINE

Jesus gave his disciples, bread and wine, and said:

"Do this in memory of me".
Luke 22:19.

Jesus said that this wine was his blood which sealed *"God's New Covenant"*.
Luke 22:20.

And, was: *"for the forgiveness of sins"*.
Matthew 26:28.

Yet, 2000 years after Jesus abolished animal sacrifices, including the sacrificial Passover lamb.
And replaced the Old Covenant of Punitive Black Letter Law with the New Covenant of Kindness.

2000 years after Jesus said that he wanted kindness and not animal sacrifices.
Drove the people who selling animals for sacrifice out of the Temple.
And, replaced animal sacrifice with bread and wine.

Some Christians still sacrifice animals to celebrate Thanksgiving.

And, so traditional has this unchristian, animal sacrifice become, that even some Vegetarians and Vegans wonder what to eat on Thanksgiving Day.

What Is A Vegetarian Or Vegan To Do For Thanksgiving Day? Fruits, Nuts And Herbs, From Biblical Times

BIBLICAL FOODS FOR A VEGAN THANKSGIVING DAY FEAST

Bread and Wine, or Grape Juice, could be eaten with Olives or Olive Oil.

Combined with other fruits, nuts, vegetables and herbs, of a biblical flavour.

Including: *Carob* [St. John's Bread].
[Carob can be used instead of chocolate.]

Nuts:
Almonds, Pistachio and Pine Nuts.
And, Chestnuts.

Herbs:
Anise, Caraway, Cinnamon, Coriander, Cumin, Chives, Dill, Hyssop, Mint, Mint, Marjoram, Oregano, Parsley, Rosemary, Saffron And Thyme.

Vegetables:
Leeks, Onions, Garlic, Melons, Cucumbers, Squash and Gourds.

Seeds:
Mustard Seeds and Flax Seeds.

Fresh Fruits:
Apples, Apricots, Cherries, Dates, Figs, Grapes, Juniper Berries, Mulberries, Olives, Pomegranates.

And Dried Fruits:
Dates, Figs, Raisins.

[NOTE: If eating dried fruit remember to eat sun dried fruit and to clean your teeth afterwards. Eating celery stems can do this. The sugar in dried fruit has become concentrated and sticky.]

Some of these foods, such as Chestnuts, were not mentioned in the Bible, but they were available.

IF YOU ARE A VEGETARIAN

If you are Vegetarian, then you could also have Biblical Dairy Foods, such as:
Milk, which Abraham gave his adult guests to drink [Genesis 18:8], Yoghurt, Curds [Soft Cheeses], and hard Cheeses.

Or, genuinely free-range, genuinely cruelty-free, eggs.

Fruits, Nuts And Herbs, From The New World

Thanksgiving Day started in Canada, in Newfoundland in 1578, to give thanks for a safe arrival in the New World.

The first Thanksgiving Day, in what is now the United States of America, was a spontaneous festival and feast in 1621 involving about 90 Indians and about 50 European new settlers.

A VEGAN OR VEGETARIAN THANKSGIVING DAY TURKEY

“It is kindness that I want, not animal sacrifices.”

Matthew 9:13 and 12:7.

The current traditional United States Thanksgiving is pumpkin pie, cranberry sauce and Turkey.

But, it is unlikely that Jesus would have ever even seen a Turkey.

Turkeys come from America – not the Middle East.

And.

Slices of firm white cheese, or if you are a Vegan, slices of firm tofu, can easily pass for Turkey.

A VEGAN OR VEGETARIAN THANKSGIVING

Vegetarians and Vegans do not have to eat only pumpkin, corn and potatoes.

You can eat *chocolate*, made from *cacao*.

And, the many other native American foods like *pecans*, *cashews*, *Brazil nuts*, *chestnuts*, *peanuts* and *blackberries*, *raspberries*, *huckleberries*, *rose hips*, *cranberries* and *maple syrup*.

Drink *bergamot*, [*monarda didyma*], *tea* as the patriots did after the Boston Tea Party.

And, not use a festival, of Thanks to God, as a pretext for the animal sacrifice that Jesus abolished.

CONVERTING A TRADITIONAL THANKSGIVING DAY

*Replacing the Thanksgiving Day Turkey,
with slices of firm tofu, or white cheese,
is the easiest way of converting a Traditional Thanksgiving.*

Much of a traditional Thanksgiving is already Vegan or Vegetarian.

The entrée and the dessert.

Fruit and vegetables.

Can already all be Vegan or Vegetarian.

One can simply replace the Thanksgiving Day Turkey with slices of firm *tofu*, or white *cheese*.

Replace any animal fat with *cold-pressed olive oil*.

And, make *bread and wine, or grape juice*, the basis of Thanksgiving Day.

BREAD AND WINE

“Do this in memory of me.”

Luke 22:19.

WINE

There are many *wines* to choose from.

And, *grape juices including sparkling grape juices*.

Or, you can squeeze you own *fresh grape juice*.

BREAD AND PASTRY

“Take wheat, and barley, and beans, and lentils, and millet, and spelt [emmer], and put them in one vessel, and make bread of it.” From Ezekiel 4:9.

Breads, in the Bible, were either sour-dough, leavened breads.

Or, unleavened flat breads.

Grains used to make breads included, *Wheat, Rye, Barley, Millet and Spelt*.

Legumes included *Lentils and Beans*.

For Thanksgiving Day Bread, you could eat unleavened bread, or one of the many gourmet breads available.

You could make your own unleavened bread.

Or, more simply, pancakes.

A RAW VEGAN OR VEGETARIAN THANKSGIVING

Raw food eliminates cooking and reduces cleaning up afterwards.

*And, no-one, on their death bed,
ever said they wished they had done more housework,
on Thanksgiving Day.*

Fruit, nuts, herbs, and vegetables, can be eaten raw.
And, so can bread.

RAW BREAD

If you want a raw-Vegan Thanksgiving Day, then if you do not add yeast, you can eat most bread, pancake, and cake mixtures, raw.

If you want raw bread, just add more flour or less liquid, for a firmer mixture.

And, you can use *cold-pressed olive oil*, instead of butter, to make a raw pastry.

COOKBOOKS

For a Raw Thanksgiving Day – one could look at the more gourmet Vegetarian and Vegan cookbooks.

And, find the recipes, that can be eaten raw.

And, since cooking is often dehydrating, finding recipes that can be simply modified, by using a lower proportion of the liquid ingredients, and eaten raw.

AN OUTDOOR PICNIC ALSO REDUCES HOUSEWORK

Raw food reduces housework.

And, an outdoor picnic, in your garden, in a botanical gardens, next to a lake, or on a beach, also reduces housework.

There is no need for a hot stove.
Little to clean up afterwards.

With no animal fat on dishes to clean up, only cold water, and a damp paper towel, is needed.

VEGANISM AND THE BIBLE

According to The Bible,
all people and all animals,
started out as Vegans.

*"Here are all the herbs,
the Elohim told them,
that seed on earth,
and all the trees,
that carry in them the seeds of their own life,
to be your food;
food for all the beasts on the earth,
all that flies in the air,
all that creeps along the ground;
here all that lives shall find its nourishment."*

Genesis 1:29-30.

VEGAN BIBLE PROPHECY

*"Wolf and lamb shall feed together,
lion and ox eat straw side by side,
and the serpent be content with dust for its food;
all over this mountain, my sanctuary,
there shall be no hurt done,
the Lord says, no life shall be forfeit."*

Isaiah: 65:25.

Little Tyke, a life-time Vegetarian lioness, enjoyed eating grass, but refused to eat animals.

One can celebrate, without animal sacrifice, as Jesus asked us to do.
And, according to this prophecy, the time will come when we all will.

EVOLUTION AND THE BIBLE

*According to Evolutionists, people have always been omnivores.
According to Creationists, people started out as Vegans, but are now omnivores.*

THE BIBLE

According to Genesis 1:29-30, all people, and all animals, started out as Vegans.

And, according to a prophecy, in Isaiah 65 and 66, there will be no more killing of animals.
And so all people, and all animals, will go back to being Vegetarians or Vegans.

But, in between, Noah was told, that he could drink milk and eat meat.

Abraham gave his adult guests milk to drink, and bread and meat, to eat.

[*Genesis 18:8*]

Indeed, Abraham was promised, a land “*flowing with milk and honey*”.

The Law of Moses allows milk-drinking, and the eating of some, but not all, species of animals.

Jesus very definitely abolished animal sacrifice.

And, while there is some debate, as to whether Jesus himself, was a Vegetarian or a Fish-Eater.
Jesus, nonetheless, said it was good to give your children bread, fish, and eggs, to eat.

“Or which one of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a serpent?”

Matthew 7:9-10

“What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion?”

Luke 11:11-12

EVOLUTION

Evolutionists, of course, say that people are natural omnivores.

That people have always eaten animals.

[*Although, one can replace meat with milk, yoghurt, cheese, or eggs.*]

And, that no simian is a natural Vegan.

All simians eat substantial amounts of insects.

Gorillas typically eat more animal protein and vitamin B₁₂ from eating insects, such as ants and termites, than if they drank more than a litre of Cows' milk per day.

While, our closest evolutionary genetic relatives, chimpanzees, even hunt and eat other monkeys as well as gazelles.

WHAT IS VEGANISM?

MEMORANDUM OF ASSOCIATION OF THE VEGAN SOCIETY

[The original Vegan Society, founded in November 1944, by Donald Watson.]

“In this Memorandum the word "veganism" denotes a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment.”

“In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.”

KEEPING THE SPIRIT OF VEGANISM

Vegan Diets are not natural Diets for humans.

And, very few people can be healthy, long-term, on a Vegan Diet.

After 18 years as a Vegan, I found that to be a Lacto-Vegan is, *“as far as is possible and practicable”*, for me to be healthy.

WHAT IS VEGETARIANISM

The word “Vegetarian” was defined in England, in 1842, as: *“one who abstains from the use as food of flesh, fish and fowl, with or without the addition of eggs and dairy produce”*.

Later on the word “Vegan”, pronounced “Vee-gan”, was used to distinguish Vegetarians who did not use any animal products, “Vegans”, from those who merely did not eat the animals' bodies, “Vegetarians”.

Vegans who eat only fruits, nuts and vegetables sometimes call themselves “Fruitarians”.

Some “Fruitarians” eat all of their food raw.

While others include milk and eggs as fruits.

And, these days, some people eat fish, yet call themselves Vegetarians.

Perhaps, it is more humane to eat Sharks than to eat eggs and dairy products from factory farms. Certainly, the Dolphins would agree!

However, with some kinds of fishing, dolphins get caught in and drown in the fishing nets.

That is, *Vegetarians do not eat animals, but might eat animal products such as milk or eggs, and might use animal products, such as wool.*

Whereas, *Vegans do not eat or use animals or animal products.*

At least, that is the theory.

In practice, people who claim to be Vegans, often eat Organic-Food, which has been fertilised with blood and bone and sprayed with fish-emulsion, and so are not real Vegans.

A Lacto-Vegan Saves 99.9% As Many Animals As A Vegan

If you drank 2 litres of milk per week for 55 years, then you would have drunk 5500 litres of milk, and kept 1 average Australian Dairy-Cow in a Dairy, for 1 year.

You are not exploiting countless animals as, Vegan Anti-Milk Propagandists, claim.

The average Australian eats more than 1000 animals in a lifetime.

So by becoming a Lacto-Vegan you save more than 1000 animals.

By becoming a Vegan you only save 1 more.

And, then only if you succeed as a Vegan.

And, do not cheat by eating Organic-Food, that has been fertilised with blood and bone, and sprayed with fish-emulsion.

But, most Vegans become Ex-Vegans.

And, when they do, partly because Organic-Vegans have taught them that milk-drinking is as bad as, even worse than, animal-eating – most Ex-Vegans go back to eating more than 1000 animals – instead of drinking milk from just 1.

What If Everyone Did That

If everyone, became a Lacto-Vegan,
or a milk-drinking Vegetarian,
then it would be the end of every meat-producing industry:

- 1: the end of the fishing industry;
- 2: the end of the pig industry;
- 3: the end of the beef-cattle industry;
- 4: the end of the meat-poultry industry;
- 5: the end of the egg-poultry industry.

Removing beef-cattle, could reduce cattle in Australia, by 90%.

But, the number of dairy-cattle could double or triple, so the overall reduction could be 70% to 80%.

ORGANIC-VEGANS EXPLOIT AND KILL MORE ANIMALS THAN LACTO-VEGANS

Organic-Food is fertilised with:

- 1: blood and bone from abattoirs;
- 2: chicken dung from factory farms;
- 3: macerated [ground up alive] day old male chicks;
- 4: cattle manure from feed-lots;
- 5: dairy waste;
- 6: sprayed with fish emulsion.

Organic-Food is not Vegan.

And, anyone who buys Organic-Food, is definitely not a Vegan.

Indeed, anyone, who buys Organic-Food, is financially supporting, aiding and abetting:

- 1: abattoirs;
- 2: factory farms;
- 3: cattle feed lots;
- 4: the dairy industry;
- 5: the fishing industry.

By buying Organic-Food, these so-called “Vegans”, are turning the cost of disposing of factory-farm chicken dung and macerated day-old chicks, into another source of revenue for factory-farms.

Worse still, by buying Organic-Food, these so-called “Vegans”, are preferentially financing factory-farming over free-range farming.

IF YOU CANNOT DIGEST COWS' MILK

People have co-evolved with Dairying.

About 80% of Europeans, and 1/3 of all people, have at least one of the genetic mutations, which allows adults to digest Cows' milk, *just like a baby*, right throughout their entire adult lives.

People, with adverse effects from Cows' milk, because they lack one of these mutations, can usually eat yoghurt or cheese, especially the older harder matured cheeses, successfully.

People, with adverse effects from A1 protein Cows' milk, might be able to drink A2 protein Cows' milk, successfully.

Or, drink other animals' milks, such as Goats' milk [*which is naturally A2*], successfully.

Health Hazards Of Vegan Diets – Including The Hallelujah Diet

Many Christians, and other people such as the original Natural Hygienists, who have tried to live on the Vegan Diet, of vegetables, fruits, nuts and seeds, of Genesis 1:29-30, raw or cooked, have become seriously ill.

Both physically and mentally.

And, so have many other people, who have tried to live on any other Vegan Diet.

Due to nutritional deficiencies that supplements often do not fix.

There are more Ex-Vegans than Vegans.

Including, Mahatma Gandhi who became bedridden in a few months on a Vegan Diet.

Mahatma Gandhi, then restored his health, by drinking milk.

Ill-health, and irresistible cravings, due to intrinsic deficiencies in Vegan Diets, *casually dismissed* as “*you did not do it right*” and “*food addiction*”, by Vegan Propagandists, are major reasons.

FROM DETOX TO DEFICIENCY

Vegan, especially Raw-Vegan Diets, can be very good, healing Detox-Diets, in the short-term. Even for several years.

Some people have even cured themselves, of so-called incurable diseases, including cancers, by going on a Raw-Vegan Diet.

But, most people cannot be healthy, long-term, on a Vegan Diet.

And, most long-term Vegans, get serious nerve damage and other deficiency diseases.

This is because Raw-Vegan Diets can be very good Detox-Diets.

And, so the cures.

But, Vegan Diets are intrinsically deficient Diets.

And, so long-term, Vegan Diets cause other diseases due to deficiencies.

Which is why most Vegans use supplements.

Or, keep breaking out onto eating animal foods, because of cravings.

Fasting

Fasting, on water only, for short periods of 2 to 3 days, can cure a lot of 'incurable' illnesses. By detoxifying your body.

I fast, on water only, at least once every month, for at least 2 days. And, my body is now so pure, that I have not bathed or washed under my arms, for more than 7 years.

But, if you continued on water alone, or fasted too often, you would eventually damage yourself.

And, eventually, you would die.

From deficiencies.

Similarly, but more slowly, with Vegan Diets.

PLANT-BASED DIETS

So.

While I do think that a Diet, based on raw fruits, nuts and vegetables, is the best Diet.

Based is the key word.

Because if you do not eat some animal product – such as milk, yoghurt, cheese – eventually you will almost certainly get deficiency diseases.

Including damaged teeth and gums, loss of teeth, anaemia and nerve damage.

This nerve damage can also lead to depression, anxiety and panic-attacks.

[Have you noticed how fragile, or overly aggressive, so many Vegans are?]

And, eventually to memory loss and dementia.

I think that very few people can be healthy on Vegan Diets, long-term, without the addition of milk, yoghurt or cheese.

Or, eggs.

And, probably without the addition of sublingual vitamin B₁₂ supplements as well.

Maybe about 0.3%, or less, of people are Vegans at any one time.

And.

If you look at the number of people, who try to be Vegans, compared to the number who are Vegans.

You can see that there is a high turnover.

Most fail due to ill-health.

Or, because of cravings.

And, then the Vegan Propagandists, who had told them how easy and healthy it is to be a Vegan, callously victim-blame them, for “*not trying hard enough*” and “*not doing it right*”.

DAMAGED BABIES

It is especially tragic, if a woman has damaged her baby on a Vegan Diet, and then is victim-blamed by the “Vegans”, who had told her that it would be all so easy and healthy.

Only to find out, that most of these “Vegan” Propagandists, were short-term Vegans. Who knew little of the long-term dangers.

Were adults, who might never have had babies or children themselves.
[Including men, who have never been pregnant themselves!]

Or, who were like Herbert Shelton, the founder of the Natural Hygiene Raw-Vegan Lifestyle – drinking milk themselves – while cynically writing articles and books on Vegan Diets for babies and children.

And, then for the grieving woman to find out, that if she was eating Organic-Food, fertilised with blood and bone and sprayed with fish-emulsion, then she was not saving any animals, anyway.

For the dangers of Vegan Diets for pregnancy, babies and children:
<http://naturalhygienesociety.org/diet-veganbaby.html>

For the long-term dangers of Vegan Diets for adults:
<http://naturalhygienesociety.org/diet3.html>

HERBERT SHELTON'S COVER-UP

Natural Hygiene is a Raw-Vegan Lifestyle founded by Herbert Shelton.

Herbert Shelton had a monthly magazine, and wrote many books, advocating a Raw-Vegan Diet, as the ideal diet for everyone, including for babies and children.

Herbert Shelton criticised milk-drinking even though he was a milk-drinker himself.

When Herbert Shelton was told, about all the damage his Raw-Vegan Diet was doing, to babies and children, including some deaths, he covered it up.

While Herbert Shelton, himself, continued to drink milk.

For more on Herbert Shelton's cover-up, of the damage his Natural Hygiene Raw-Vegan Diet, was doing to babies and children, please Download and Read my PDF, at:
<https://sites.google.com/site/vegetarianinformationcenter>

SHOULD CHRISTIANS BE VEGETARIANS?

The Yes Case

"I was hungry but you would not feed me."

Matthew 25:42 and 46.

"It is kindness that I want, not animal sacrifices."

Matthew 9:13 and 12:7.

I think that Christians should do what Jesus wanted.

And, that this can be determined by studying what Jesus said and did in the context of the world at the time.

And, then applying that to the world today.

And, if unclear, choose kindness.

THE WORLD FOOD SUPPLY

An editorial in the "British Medical Journal", as far back as 9th July 1977, page 80, stated, in part, that:

"The population of the world is 4000 million, but if the food consumption by farm animals is expressed in human terms their demands are equivalent to another 15000 million mouths. To put it simply, the world's agricultural output is enough to support five times its present population."

"A switch to a simpler diet relying more on cereals, beans and vegetables and less on the products of intensive stock-rearing would, then, improve health and reduce economic stresses."

WHY DO PEOPLE STARVE?

The world population is heading for 10 billion or more.

Yet, by 1977 standards there is enough food for 19 billion people.

Millions of poor people are starving to death – simply because animal eaters would rather starve other people to death than stop eating animals.

WHAT WOULD JESUS SAY?

If Jesus will be your Judge on Judgement Day it would be prudent to find out.

Jesus summarized the Law as love God and love your neighbour as you love yourself.

Matthew 22:37-40.

And, Jesus criticized the teachers of the Law and Pharisees for neglecting the really important parts of the Law – justice, mercy and honesty.

Matthew 23:23.

In the Rich Man And Lazarus Jesus said that the rich man went to hell.

And, that Lazarus, who sought crumbs from the rich man's table, went to heaven.

Luke 16: 19-31.

JUDGEMENT DAY

"I was hungry but you would not feed me."
Matthew 25:42.

And: *"These, then, will be sent off to eternal punishment, but the righteous will go to eternal life."*
Matthew 25:46.

DOES JESUS WANT YOU TO BE A VEGETARIAN?

Jesus wanted love, kindness, justice, mercy, honesty.

And, I think that what Jesus wanted – in the context of the current world population, starvation and world food supply – shows that Jesus would want you to be a Vegetarian.
Because, if everyone became a Vegetarian, there would be more than enough food for everyone.

YOU PLACE HEAVY BURDENS ON PEOPLE

"They tie onto people's backs loads that are heavy, and hard to carry, yet they aren't willing even to lift a finger to help them carry those loads."
Matthew 23:4.

And, then Jesus asked the teachers of the Law and Pharisees, *"How do you expect to escape from being condemned to hell?"*
Matthew 23:33.

THE NEW COVENANT OF LOVE

The old covenant of written law and of animal, and human, sacrifices cannot take away sin.
Hebrews 10:1-18.

Jeremiah prophesied a New Covenant, without animal sacrifices and pedantic laws, that would not be like the old covenant.

"I will put my law within them and write it on their hearts. I will be their God, and they will be my people. None of them will have to teach his fellow countryman to know the Lord."
Jeremiah 31:31-34.

JESUS ABOLISHED ANIMAL SACRIFICE

"What I want from you is plain and clear: I want your constant love, not your animal sacrifices."
Hosea 6:5-6.

Jesus referred to Hosea and said, *"It is kindness that I want, not animal sacrifices."*
Matthew 9:13 and 12:7.

THE NEW COVENANT AT THE LAST SUPPER

Jesus said that, "*The Law of Moses and the writings of the prophets were in effect up to the time of John the Baptist.*" Luke 16:16.

And, at The Last Supper, Jesus replaced animal sacrifice with bread and wine and said, "*Do this in memory of me.*" Luke 22:19.

Jesus said that this wine was his, presumably metaphorical, blood which sealed God's New Covenant. Luke 22:20 and Mark 14:24.

And, was for the "*forgiveness of sins.*" Matthew 26:28.

DID JESUS EAT THE PASSOVER LAMB?

John said Jesus was crucified, about noon, on the day before the Passover. John 19:14. See also 18:28.

Why would Jesus eat a sacrificial lamb; after he had preached against animal sacrifice; had driven the sacrificial animals and the people selling them out of the temple [John 2:13-17]; and, was about to seal God's New Covenant of Love with wine?

DID JESUS SAY YOU CAN EAT ANYTHING?

Some Pharisees and teachers of the law asked Jesus why his disciples did not wash their hands before eating. Matthew 15:1-2. And, in Luke 11:38, Jesus did not wash his hands.

Jesus said that it is not what goes into your mouth but what comes out of your mouth, and heart, that makes you ritually unclean. Matthew 15:1-20.

Jesus was criticizing the pedantic, ritual legalism of the religious and legal establishment. Jesus would have known of poisons and poisonous plants and would not suggest that you could eat anything and not be harmed. So why would Jesus say that people could eat animals and not get cancer, strokes and heart disease?

BUT WAS JESUS A VEGETARIAN?

Matthew, Mark and John do not say that Jesus ate animals.

Only Luke says that Jesus ate fish; and, then incredibly only after his resurrection. Luke 24:42-43. And, did Luke ever meet Jesus?

But, even if Jesus did eat fish, 2000 years ago, allegedly only after his resurrection, when people will be like angels and cannot die and presumably will not need to eat, would Jesus eat fish today? Luke 20:34-36.

Given the current world population?
And, world starvation?

Or, would Jesus choose kindness?

SHOULD CHRISTIANS BE VEGETARIANS?

The No Case

"I was hungry but you would not feed me."

Matthew 25:42 and 46.

"It is kindness that I want, not animal sacrifices."

Matthew 9:13 and 12:7.

While Jesus very definitely abolished animal sacrifice.

And, there is some debate, as to whether Jesus himself, was a Vegetarian or a Fish-Eater.

Jesus, nonetheless, said it was good to give your children bread, fish, and eggs, to eat.

"Or which one of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a serpent?"

Matthew 7:9-10

"What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion?"

Luke 11:11-12

So does Jesus want you to be a Vegetarian?

Does Jesus want you to raise your children as Vegetarians?

Jesus, obviously, wants you to give your children fish and eggs to eat.

Jesus might object to you feeding, 7 kilograms of grain to produce 1 kilogram of beef, in cattle feed-lots.

If that resulted in other people starving for a lack of grain.

But, Jesus would not mind if a starving child went fishing, in an irrigation dam.

Or, if you ate eggs from poultry free-ranging in orchards.

Jesus would have no objection to you drinking milk, eating cheese, and eating eggs, even eating fish, that are produced humanely and sustainably.

Indeed, Jesus himself, fed thousands of people with loaves and fishes.

Producing Animal Products Humanely And Sustainably Milk, Yoghurt, And Cheese

*You do not need to get Cows pregnant for Cows to lactate.
And, you can breed 90% female Calves, using current technology.*

Humane milk is produced by dairy-cattle who are treated as pets.

As pet Cows.

No-one gets killed.

No-one gets abused.

Calves stay with their mothers.

Everyone is genuinely free-range.

Cows live happily until they die of old age.

HORMONALLY INDUCED LACTATION

Lactation can be induced,

by a 7 day course of 17 β -estradiol and progesterone.

Milking can begin 2 to 3 weeks later.

[7 days, once per year – compared to almost every day, for 20 years, on the contraceptive pill for women.]

Hormonally induced lactation is a proven, cost-effective technology, that reduces costs, and culling, by even inducing barren Cows into lactation.

And, reduces the number of Calves bred, to Calves needed for replacement, or for herd expansion.

SEX-SORTED SEMEN 90% FEMALE CALVES

90% Female Calves, from using sex-sorted semen, means you will not have a lot of unproductive males to look after.

ROBOTIC MILKING

Robotic milking enables Cows to come into the dairy, to be milked, whenever, and as often, as they like.

And, because the Cows can be cost-effectively milked, more than twice per day, robotic milking can increase milk production, by about 10%.

Milking, more than twice per day, also reduces mastitis, and physical injuries, due to overfull udders.

Some Cows enjoy it so much, that they come in, up 11 times per day.

But, you can program it to bypass Cows who come back too soon.

Producing Animal Products Humanely And Sustainably Eggs and Wool

The main extra expense, is keeping all poultry and sheep, until they die of old age.

EGGS

With no-kill, you could eventually have 4 to 6 times as many hens.

And, until sex-sorting of eggs, before incubation, technology is available, a similar number of roosters.

[Unless, you just bought retired laying poultry – effectively running a commercial farm-animal sanctuary.]

Resulting in 4 to 12 times as many birds, for maybe 50% to 100% more eggs, since older hens lay some, but fewer and fewer, eggs each year.

COMBINE POULTRY AND SHEEP WITH ORCHARDING TO REDUCE COSTS HUMANELY

An orchardist would not have to buy extra land for the poultry and sheep – and, the trees, can provide shelter from rain, wind-breaks, and shade.

The free-range poultry, and sheep, would mow the orchard, turning grass, weeds, fallen fruit and insects, into eggs, wool, and fertiliser.

Dunging directly, in the orchard, also reduces the costs of buying and spreading fertiliser, and eliminates waste removal of factory-farm dung, while sequestering carbon in the soil and reducing methane production.

Almost all of the sheep's food, and about half the hens' food, could come from grass, weeds, fallen fruit, and insects.

While saving time and money, machinery and fossil-fuel, on mowing, herbicides, insecticides.

POULTRY MANAGEMENT

Hens let out of their spacious sheds, which allow plenty of natural light, in the morning. To free-range in orchards during the day.

[With some guard dogs who will only eat some of their eggs.]

SAFE FROM PREDATORS AT NIGHT

Scatter some extra concentrated foods, in their sheds, 1 hour before dusk, and they will come running in.

LAND, WATER-EFFICIENT, SUSTAINABLE, EGGS AND WOOL

Hens and sheep, in orchards, mow, fertilise, and sequester carbon.
While soil bacteria digest methane.

No extra land, no extra green-water, and very little blue-water, is needed.
Total water used – green, blue and grey – could be reduced by 90%.

HUMANE ORGANIC-FOOD

Humanely-produced manure, as organic-fertiliser, instead of manure from factory-farms and feed-lots.

FUTURE TECHNOLOGIES

SEX-SORTING EGGS BEFORE INCUBATION

The sex of a bird is determined by the egg – not the sperm.
So sex-sorted semen cannot be used to prevent male chicks.

INFRA-RED IMAGING OF EGGS

Fertilised eggs can be sex-sorted, before incubation, by using infra-red photography.
And, so reduce the hatching of male chickens, as well as reducing costs, by reducing the number of eggs incubated, and the number of chicks manually sex-sorted after hatching.

This has been done experimentally.

It is still too expensive for commercial use.

But, it soon could be.
Even if it added \$10 to the cost of a female chicken.
Spread over 500 eggs that would be 2 cents per egg.

The premium selling price, of genuinely humanely produced eggs, could cover that extra cost.
And, you would save the cost of keeping a free-range male for 10 years.

And so you could have humanely produced eggs, from hens living happily, sustainably, in orchards.
They would only be locked in sheds, [*with plenty of perches and natural light*], at night, for protection from foxes and feral dogs.

Hens do not mind this as they sleep at night.
But, ducks do, as ducks are active at night.

See my Free Ebook, “Poultry As Pets Hens, Ducks, Bantams, Muscovies, Free-Ranging In Your Garden”, at: <https://www.smashwords.com/books/view/527131>

WATER EFFICIENT MILK

On average, it takes 1020 litres of water, to produce 1 litre [about 1 kg] of milk.

962 litres for 1 kg of fruit;
1020 litres for 1 litre of milk;
1644 for 1 kg of cereals [grains];
4055 for pulses [peas and beans];
9063 for nuts.

For grey-water, used to dilute pollutants, to acceptable levels.

72 litres per litre of milk.
89 litres for 1 kg of fruit;
184 for cereals [grains];
734 for pulses [peas and beans];
680 for nuts.

Table 6, page 29, UNESCO-IHE [Institute for Water Education] Report 48, “The Green, Blue And Grey Water Footprint Of Farm Animals And Animal Products”, Volume 1: Main Report; December 2010.

METHANE EFFICIENT MILK, WOOL AND EGGS

Rice produces 15-20% of the annual methane [far more than dairy-cattle, goats, sheep, and poultry, combined].

See: Methane emissions from rice paddies: a process summary July 1997, 49: 119-127,
doi:10.1023/A:1009702223478

All animal agriculture combined produces 35-40%.

See: <ftp://ftp.fao.org/docrep/fao/010/a0701e/A0701E.pdf>. [Livestock's Long Shadow.]

Cows' Milk-Drinkers Are Happier, Healthier, And Live Longer

LOWER ALL-CAUSE DEATH, IHD, STROKE AND DIABETES, RATES

The Consumption of Milk and Dairy Foods and the Incidence of Vascular Disease and Diabetes: An Overview of the Evidence [Lipids (2010) 45:925–939, DOI 10.1007/s11745-010-3412-5]

From Their Abstract:

“Meta-analyses suggest a reduction in risk in the subjects with the highest dairy consumption relative to those with the lowest intake:

*0.87 (0.77, 0.98) all-cause deaths,
0.92 (0.80, 0.99) ischaemic heart disease,
0.79 (0.68, 0.91) stroke,
0.85 (0.75, 0.96) incident diabetes.”*

www.ncbi.nlm.nih.gov/pmc/articles/PMC2950929/

Milk is the only food designed by mammals for mammals.

Adult human beings have been drinking, and co-evolving with the drinking of Cows' and other animals' milks, over 1000s of years.

So much so, that 80% of Europeans, and more than a billion other people, now have a genetic mutation, that allows them to digest milk like a baby, right throughout their adult lives.

LESS BREAST CANCER

A meta-analyses of 1,063,471 women, showed women, who consumed the most low-fat dairy, got 15% less breast cancer:

www.ncbi.nlm.nih.gov/pubmed/21442197

LESS PMS

Women who drink the most, skim or low-fat milk, are 46% less likely to get PMS:

www.ncbi.nlm.nih.gov/pubmed/15956003

FEWER BONE FRACTURES

Vegans get 30% more bone fractures than milk-drinkers:

www.ncbi.nlm.nih.gov/pubmed/17299475

For more details, click on the above links, as well as Downloading my PDFs, from:

<https://sites.google.com/site/thevegetarianinformationcentre>

My blog: www.lacto-ovo-vegan.blogspot.com

My ebooks: <https://www.smashwords.com/profile/view/LactoVegan>

ABOUT THE AUTHOR

I became a Vegetarian about 45 years ago, because I like animals, and did not want to eat animals any more.

I was a genuine Vegan for 18 of those years.
I never cheated once.
I never even wanted to.
I never got cravings.

And, I never bought, or knowingly ate, Organic-Food.

I then returned to drinking Cows' milk.
Because of damage to my teeth.

Something that is very common on Vegan Diets.

I am now a Lacto-Vegan.
Because that way I need the fewest animals to get animal products.

I only need 1 Cow to supply me with more than a lifetime on milk.

*[The average Australian Dairy-Cow produces 5500 litres of milk per year.
Enough for me to drink 2 litres of milk per week for 55 years.]*

And, I want to refute the Vegan Anti-Milk Propagandists, who are harming people and animals.

Because most people, who try to become Vegans, become Ex-Vegans.
Often due to ill-health caused by their Vegan Diets.

And, then, because Vegan Anti-Milk Propagandists, have taught them that Dairy is as bad as, even worse than, Animal-Eating, most Ex-Vegans become Animal-Eaters again.

And, so most Ex-Vegans, because of what Organic-Vegans have done to them, lose their ideals completely, and go back to eating more than 1000 animals.

Instead of becoming Lacto-Vegans.
And, drinking milk from just 1 Cow.

NO-KILL, HUMANE DAIRY

You do not have to kill Calves to get milk.

And, there are commercial No-Kill, Humane Dairy Farms, in the US and UK.

For more information, on No-Kill, Humane Dairy, please see my Blog:
<http://lacto-ovo-vegan.blogspot.com>

Humane Dairy in the US:
http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_28.html

Humane Dairy in the UK:
http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_55.html

One could also grow Veganic-Food, (humanely produced Organic-Food), from humanely produced manure.

THE LONG-TERM DANGERS OF VEGAN DIETS

Vegan Movement Propagandists, tend to ignore, minimise, trivialise, or cover-up, the dangers of Vegan Diets.

And, then to victim-blame, anyone who becomes unhealthy on a Vegan Diet, for “*not doing it right*”.

For more information, on the dangers of Vegan Diets:

for babies and children;
during pregnancy;
and the long-term dangers of Vegan Diets for adults;

and cover-ups, in the Vegan Movement, written by Vegans and Ex-Vegans.

For the dangers of Vegan Diets, for all ages, and Cover-Ups please Download and Read my PDFs, at:

<https://sites.google.com/site/vegetarianinformationcenter>

For the dangers of Vegan Diets for pregnancy, babies and children:

<http://naturalhygienesociety.org/diet-veganbaby.html>

For the long-term dangers of Vegan Diets for adults:

<http://naturalhygienesociety.org/diet3.html>

BY THE SAME AUTHOR

You can Download this,
and my other Ebooks,
from my Smashwords Profile at:
<https://www.smashwords.com/profile/view/LactoVegan>

If you are a professional publisher,
who would like to professionally publish any of my ebooks,
please email me:
gregdinneen@yahoo.com

You can also Download Free PDFs, of some my pamphlets, from:
<https://sites.google.com/site/vegetarianinformationcenter>

My Blog:
<http://www.lacto-ovo-vegan.blogspot.com>

More Books By The Same Author [With Clickable Links]

[The Lazy Person's Guide To Flower, Herb, Fruit, Nut And Vegetable Gardening \[2nd Edition\]](#)

Price: Free! Words: 3,720.

Includes: Exotics Without Watering; Choosing Plants; Easy Flower Gardening; Flowers You Can Eat; Easy Food Growing; Fruit, Herbs, Edible Weeds; Weed And Feed; Breeding Plants; Indoor Gardening; Pest-Proof Plants; Preventing Diseases; Indoor Plants That Do Not Need Watering And Feeding While On Holidays.

[Diet And Exercise For Women Who Want To Look Good And Feel Good](#)

Price: Free! Words: 5,260.

Look at an extremely fit and healthy woman.

Bright eyes, clear eyes; shiny hair, luxuriant hair; clear skin; strong shoulders, abdominals; rippling leg muscles; the carriage and confidence of her body.

Exuding health and fitness.

Radiating energy and beauty.

And, with 20 minutes of exercise 3 times per week, and a diet based on Raw Fruit and Dairy Products, so might you.

[Poultry As Pets Hens, Ducks, Bantams, Muscovies, Free-Ranging In Your Garden](#)

Price: Free! Words: 3,130.

If you want birds for pets. You could let 2 hens or bantams loose in your back garden. Rather than lock some poor canary or budgerigar up in a little cage. I have had hens, bantams, ducks, Muscovies. Free-ranging in my back garden. They were never in coops or cages. I no longer have pet poultry. But, I have several birdbaths. So, I have lots of visiting wildlife birds.

[A Vegan Easter Celebrate The End Of Animal Sacrifice The Way Jesus Meant It To Be](#)

Price: Free! Words: 4,830.

Christians commemorate the Last Supper, Crucifixion and Resurrection of Jesus at Easter – the time when Jesus abolished animal sacrifice and replaced it with bread and wine.

So.

If ever there was a time to celebrate the abolition of animal sacrifice.

Easter is it.

This book also includes "Should Christians Be Vegetarians".

[Forming Friendships With Horses Teaching Your Horses With Kindness](#)

Price: Free! Words: 3,390.

IF YOU WOULD LEAD OTHERS FIRST LEAD YOURSELF

Young women are usually the best at looking after horses.

Because they really like horses.

And, these young women are true leaders – supportive and considerate.

They relax frightened horses with soothing words and back rubs.

True leaders do not subjugate or even try to be leaders.

Must Love Dogs How To Form Friendships With Dogs And Teach Your Dogs With Kindness

Price: Free! Words: 13,610.

I have had four generations of Beagles. My last was the great-granddaughter of my first.
This eBook is about love of dogs. Enjoying dogs. Playing with dogs ... Whether you have a dog.
Or, not. And. About, teaching dogs with kindness. As one friend to another.
This eBook is not about dominating dogs.
And, my kindness approach works. Because dogs do like to please those who are kind to them.

Refuting Anti-Milk Propaganda

Why Dairy Products Are The Healthiest Foods For Most People

Price: Free! Words: 5,420.

Anti-Milk Propagandists say Cows' Milk Is For Calves.
That drinking milk as adults, is both unnatural and unhealthy for people, as well as cruel to dairy
Cows and Calves.
But, genetic mutations enable adults to digest Cows' milk like a baby.
While other people can still eat yoghurt and matured cheeses.
And, it only takes 1 Cow, 1 year in a dairy, to supply you with a lifetime of milk.

Gambling The High Price Of Hope

Price: Free! Words: 5,650.

WINNING GAMBLERS

To be a winning gambler you need to know 4 things

- 1: When you are being deceived or cheated.
- 2: When the odds are in your favour.
- 3: Money management.
- 4: Yourself.

Or, alternatively, only gamble against people who you do win against – people worse than you.

How Jesus Healed People And How You Can Too A Scientific Explanation

Price: Free! Words: 7,990.

Jesus healed a lot of people, of physical and psychological illnesses, by using scientifically valid
methods. Such as, the faith [placebo] effect; the healing touch; therapeutic massage; simple
remedies like poultices; prayer and fasting.
And, Jesus wanted everyone, not just Christians, to use his healing methods.

A Merry Raw-Vegan Christmas Complete With Wine The Way Jesus Meant It To Be

Price: Free! Words: 3,820.

How to have and simply prepare a Raw-Vegan Christmas Dinner, including raw bread, using fruit,
nuts, grains, herbs and vegetables, that were available in the Middle East at the time of Jesus.
Including bread and wine, which Jesus said to eat and drink, "in memory of me".
Also, includes the Definition Of Veganism, what is and what is not Vegan Food, and the Health
Hazards of Long-Term Vegan Diets.