

**Humane
Sustainable
Healthy
Commercial
Milk
Eggs
And Wool**

Greg Dinneen

TITLE PAGE

HUMANE, SUSTAINABLE, HEALTHY, COMMERCIAL MILK, EGGS, AND WOOL

No-Kill, Calves Naturally Weaned, Free-Range, Cattle, Poultry, And Sheep, Treated As Pets

*“Abolitionist-Vegans condemn what is.”
“I look at what could be and say why not?”*

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DOING ANIMAL-AGRICULTURE RIGHT

Humane, Sustainable, Healthy, Animal Products.

If you are, or know, an investor, a venture capitalist, a Dairy-farmer, or an Orchardist, who would be interested, in starting a Humane Dairy Company, could you please email me:

gregdinneen@yahoo.com

If animal-agriculture is not humane, sustainable, healthy; then, *"you are just not doing it right"*.

There are billions of farm animals.

And, with increasing wealth and population, world-wide animal-product consumption could double, yet again, over the next 25 years.

So it is important for people, Farm-Animals, and the environment, that healthy animal-products are produced humanely and sustainably.

Animal-Eaters, Vegetarians, and Vegans

Almost everyone, including Organic-Vegans, eats animals, animal-products, or plants fertilised by animal-products.

1: *Vegans claim they do not use any animal-products.*

But, most Vegans do buy, eat, promote, and some even sell, Organic-Food, that has been fertilised with blood and bone, chicken-dung from factory-farms, and sprayed with fish-emulsion.

2: *Vegetarians do not eat animals, but do eat animal-products, such as milk, cheese, and eggs.*

3: *Animal-Eaters eat animals.*

The solution to this almost universal use of food derived from animal-agriculture, even among Vegans, is to produce this food humanely and sustainably.

So Vegans can have humanely-produced manure for their Organic-Food.

Vegetarians can have humanely-produced milk, cheese, and eggs.

And, Animal-Eaters can eat, in as much as it is possible, humanely-produced fish.

The World Food Supply

Mixed animal-plant-agriculture produces more food, from the same area of land, with fewer inputs, than 100% plant-agriculture.

Starving people cannot afford to stop fishing in irrigation dams.

Or, to stop keeping a few Chickens, in their Orchards, for eggs.

Starving people just cannot afford to be Vegans.

Vegan Farm-Animal Sanctuaries Prove That Animal Agriculture Can Be Humane

*Vegans have proven that you can produce eggs and wool humanely,
by Hens laying eggs, and Sheep growing wool, at their Farm-Animal sanctuaries.*

Hens and Sheep, at Vegan Farm-Animal Sanctuaries, lay eggs and grow wool.

Proving that animal-products, such as eggs and wool, can be produced humanely.

But, can animal-products, be produced humanely and sustainably, as a profitable business?

HUMANE COMMERCIAL EGG PRODUCTION – Summary

Cut costs humanely by combining Hens with Orcharding.

And, by sex-sorting fertile-eggs before incubation – instead of killing day-old Chicks.

Hens can get half of their food for free, by eating weeds, insects, and fallen fruit; while saving the Orchardist, labour, time, money and fossil fuel; on mowing, insecticides, and herbicides.

Sex-Sorting Eggs Before Incubation By Infra-Red Photography

The sex of a bird is determined by the egg – not the sperm.

So sex-sorted semen cannot be used to prevent male Chicks.

But, fertilised eggs can be sex-sorted, before incubation, by using infra-red imaging of the eggs.
And, so reducing cost of incubation and the hatching of male Chickens.

The few males, who did hatch, could be left to free-range in Orchards, where they could turn weeds, fallen fruit and insects into manure, for the 10 years or so, Chickens live.

Eggs Could Be Produced Humanely By Poultry Free-Ranging In Orchards

With all Poultry living a happy life, free-ranging all day in Orchards, producing high-quality eggs, until they die of old age.

They would only be locked in sheds, with plenty of natural air and natural light, at night, for protection from Foxes and feral Dogs.

Hens do not mind this as Hens sleep at night.

But, Ducks do, as Ducks are awake and feed at night.

For more information on Poultry see my eBook, “Poultry As Pets Hens, Ducks, Bantams, Muscovies, Free-Ranging In Your Garden”, at:

<https://www.smashwords.com/books/view/527131>

HUMANE COMMERCIAL DAIRY FARMS – Summary

You do not have to kill calves to get milk.

Indeed, with hormonally induced lactation, you do not have to get Cows pregnant, to get milk.

HORMONALLY INDUCED LACTATION

Lactation can be induced, by a 7 day course of 17 β -estradiol and progesterone.

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

Milking can begin 2 to 3 weeks later.

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 the calves needed for replacement, or 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.

Some Cows enjoy being milked so much, that they come in to be milked, up to 11 times per day.

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 damage due to overfull udders.

NO-KILL, HUMANE DAIRY, IN THE US AND UK

For more information, on No-Kill, Humane Dairy, in the US and UK, please see my Blog:

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

http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_28.html

http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_55.html

Humane, Sustainable, Healthy Milk, Eggs And Wool

No-Kill, Calves Naturally Weaned, Free-Range, Cattle, Poultry And Sheep, Treated As Pets

Humane milk, eggs, and wool, are produced by Dairy-Cattle, Poultry, and Sheep, who are treated as pets.

As pet Cows, pet Hens, and pet Sheep.

No-one gets killed.

No-one gets abused.

Calves stay with their mothers until they are naturally weaned.

[Heifers need never leave their mothers.]

Everyone is genuinely free-range.

Cows, Hens, and Sheep, live happily until they die of old age.

COMMERCIALLY VIABLE

This is to show that humane, healthy, sustainably-produced, milk, eggs, and wool, are commercially viable using current, proven, technologies.

And, as technologies improve, and becomes less expensive, the cost-effectiveness can increase.

1: Humane, sustainable milk, using current technology, is commercially viable now as a stand-alone business.

2: Humane, sustainable eggs and wool, are viable now, when mixed with Orchard, to reduce the financial and environmental costs of extra land, Green-water, and food.

Humane production of eggs, and wool, is commercially viable, using current technology, if it is combined with Orchard.

So, you are effectively getting land, about half of the Hens' food, and almost all of the Sheep's food, for free.

You could also value add with quality lamb's wool clothes – and rugs and carpets, from older Sheep's wool.

Poultry and Sheep, mow the Orchard, turning grass, weeds, fallen fruit, insects, into eggs, wool, and humanely-produced manure for fertiliser.

Saving time, money, labour and fossil-fuel, on machinery, mowing, herbicides, insecticides – while saving money on buying food – without buying extra land for the Poultry and Sheep.

Their dung also acts as humanely-produced fertiliser, spread directly on the Orchard, and so reducing the costs of spreading fertiliser and waste removal – as well as reducing methane while increasing carbon sequestration.

USING CURRENT TECHNOLOGIES TO REDUCE COSTS HUMANELY

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

HORMONALLY INDUCED LACTATION

Lactation can be induced by a 7 day course of 17β -estradiol and progesterone.
[7 days – once per year – compared to 20 years on the contraceptive pill for women.]
Milking can begin 2 to 3 weeks later.

Hormonally induced lactation is a proven, cost-effective technology, that is already used commercially in some countries, such as Mexico.

Hormonally induced lactation 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.

SELECTIVELY BREEDING COWS – FOR FALSE PREGNANCIES

False pregnancies are common in Dogs – but, apparently rare in Cows.

Maybe one could selectively breed Dairy-Cows to have false pregnancies.

I had a Beagle who used to get false pregnancies after every heat.

The first time, I really thought she was pregnant, and so did she.
She produced enough milk for pups.
Dug a hole, under a shed, to make a den.
And, 9 weeks after she went off heat, she spent all day in her den.

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.

MARKETS and PROFITABILITY

MARKETS

Humane production means free-range Poultry and pasture-fed Dairy.

So, you have the environment-sustainability, gourmet, and health markets.
As well as the Vegetarian, Veganic, and humane markets.

PROFITABILITY

For the first year, even the first few years, costs could be the similar.

But, with no-kill, you could eventually have 3 to 4 times as many Cows.

And, 4 to 6 times as many Hens.
As well as some males.

But, not 3 to 4, or 6, times the costs.

Since off-farm costs could be the same.
Middle-aged Cows and Poultry would still produce some milk and eggs.
And, males and retired females, are cheaper to feed and manage.

MILK, YOGHURT, CHEESE

With current technologies such as:

- 1: *Hormonally induced lactation;*
- 2: *90% females by sex-sorted semen;*
- 3: *Robotic milking;*

humane Dairy could be successful as a stand-alone business.

One could also grow Veganic-Food – humanely produced Organic-Food – from humanely produced manure.

Off-farm costs could be the same.

On-farm milk costs per litre might double.

Milk is currently sold from \$2.25 to \$6.50, for 2 litres, in Supermarkets.
[Plant “milk” substitutes at higher prices.]

So humane milk could be sold at competitive prices – at a profit.

One could sell directly to consumers and restaurants.
And, value add, by selling yoghurt and cheese.

HUMANE, SUSTAINABLE, COMMERCIAL EGGS AND WOOL

I have produced eggs humanely, from my pet Hens, free-ranging in my garden.

My garden had a 6' high fence around it – so my Hens were never locked-up in coops or sheds.

My Hens drank out of my fish-ponds.

Slept in a Fig-Tree in the summer.

And, a Camellia Bush in the winter, when the Fig-Tree had shed its leaves.

My pet Hens – free-ranging in my garden – laid 6 to 7 eggs per week when they were young – and fewer but larger eggs as they got older – beautiful eggs with very hard shells and dark orange yolks.

But, could this be done commercially and profitably?

The main extra expense, is keeping all Poultry, until they die of old age.

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 AND SUSTAINABLY

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.

About half the Hens' food, and almost all of the Sheep's 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 Dogs, who will only eat some of their eggs, or some Alpacas, as guards.

SAFE FROM PREDATORS AT NIGHT

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

LAND AND WATER-EFFICIENT, SUSTAINABLE, EGGS AND WOOL

WATER FOOTPRINT FOR HENS AND SHEEP IN ORCHARDS

Hens and Sheep, in Orchards, mow, fertilise, and sequester carbon.
While soil bacteria digest methane.

No extra land, less fossil-fuel, no extra Green-water, and very little Blue-water, is needed.

Poultry could be fed dry-land grain.
And, for the Sheep, little or no extra food, is needed.

Total Water Footprint – Green, Blue and Grey – could be reduced by 90% to 99%.

HUMANE ORGANIC-FOOD

Humanely-produced manure, as Organic-Fertiliser, instead of the manure from factory-farms and Cattle feed-lots, that Organic-Vegans now use.

FUTURE TECHNOLOGIES

SEX-SORTING FERTILE 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.
And, could soon be available for commercial use.

Even if it added \$10 to the cost of a female Chicken.
Spread over 500 eggs that would only 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 as Hens sleep at night – but, Ducks do, as Ducks are awake and feed at night.*]

WATER AND METHANE EFFICIENT MILK

The Water Footprint for milk is 1020 litres of water, for 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];

3265 for 1 kg of eggs;

4055 for 1 kg pulses [peas and beans];

8763 for 1 kg sheep-meat; [My Note: *Less than 510 litres for Sheep grazing orchards.*]

9063 for 1 kg nuts;

15415 for 1 kg beef.

[My Note 1: *Beef has 16 times the Water-Footprint, and 30 times the CO₂ equivalents, of milk.*]

[My Note 2: *Beef also produces about as much methane as all other animal agriculture combined.*]

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];

429 for eggs;

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; Dec 2010.

[My Note: *The Water-Footprint for Sheep-meat and wool, could be reduced by 95% to 99% for Sheep, getting all of their food from grazing in Orchards. The Green-water could be close to zero. Similarly, the Water-Footprint for eggs from Hens in Orchards, would be reduced substantially.*]

Methane Efficient Milk, Eggs, And Wool

Rice alone produces 15-20% of the annual methane – about as much as beef.

Half as much as all animal-agriculture combined.

And, far more than Dairy-Cattle, Poultry, and Sheep, combined.

“Irrigated rice cultivation is one of the largest sources (approximately 15–20% of the annual total) of atmospheric methane, a potent greenhouse gas.”

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

While all animal-agriculture combined produces 35-40% of the annual methane.

From: *Livestock’s long shadow: environmental issues and options*, Food and Agriculture Organization, Rome, Italy, <ftp://ftp.fao.org/docrep/fao/010/a0701e/A0701E.pdf>.

[My Note: *Dairy-Cattle, on pastures, can sequester carbon by dung-beetles burying their dung. And, while anaerobic bacteria produce methane – aerobic bacteria, in the soil, digest methane.*]

Animal Rights Veganism versus Animal Welfare

Abolitionist-Vegans are the only people on earth with a vested interest in Farm-Animal abuse. Because, they say, if you make life better for Farm-Animals, people will not want to be Vegans.

There are 2 solutions offered for the plight of Farm-Animals.

1: *Animal Rights, Abolitionist-Vegans, claim that they want to abolish animal-agriculture.*

Animal Rights, Abolitionist-Vegans, nonetheless often buy, eat, and promote, animal-based Organic-Food, fertilised with blood and bone, macerated day-old Chicks, and sprayed with fish-emulsion – instead of Vegan food, fertilised with super-phosphate and synthetic urea.

Pro-Vivisection, Abolitionist-Vegans, even promote Vivisection, by promoting and even selling Rat and Mouse Vivisector T Colin Campbell's book, "The China Study".

Instead, of exposing T Colin Campbell and his pro-Vivisection book, by showing how the results he claimed he got from his *cruel* Rat and Mouse Vivisection, have been disproved by *humane* longitudinal studies and meta-analyses, of real people, in the real world.

Pro-Vivisection, Animal-Rights, "Vegans", use:

- 1: *T Colin Campbell's reductionist Rat-Vivisection, in which Rats [specially bred to be susceptible to getting cancer], on a diet of 5% purified casein [and not on a healthy whole-food diet of whole milk or cheese], did not get cancer, anyway;*
- 2: *T Colin Campbell's one small study of 6500 people, in rural China, 'The China Study', in which there was no follow-up, and no-one was identified as a Vegan;*
- 3: *T Colin Campbell's correlations which do not prove causation;*

to try to somehow "prove" casein, which occurs naturally, in human breast-milk, causes cancer.

[My Note: *A human diet of 15-20% Cows' Milk would still be less than 5% casein.*]

2: *Animal Welfare Animal-Eaters, Vegetarians, and Vegans who care about animals, want to reform animal-agriculture, to make the lives of Farm-Animals, to be lives really worth living.*

While, Animal Rights Abolitionist-Vegans, condemn making life better for farm animals.

Because, they claim, that would lead people to stop wanting to become, or to stay, Vegans.

[*Do Abolitionist-Vegans just want to use the plight of Dairy-Cows to make converts to their cult?*]

Yet, they condone adopting Dogs.

Doesn't adopting Dogs, by their logic, mean that they are encouraging people to dump their Dogs?

No – because making life better for Dogs, does not stop people from wanting to be Vegans.

Whereas, if animal-products were humanely produced, there would be no reason to be a Vegan.

And, so Abolitionist-Vegans, *are the only people on earth with a vested interest in Farm-Animal abuse*, besides those who enjoy cruelty. And, indeed, there are at least some Abolitionist-Vegans, who do enjoy cruelty to animals. And, who do enjoy cruelty to people.

Saving Animals 1000 At A Time

Which Diet Causes The Least Harm To Animals?

I became a Vegetarian 45 years ago because I like animals.

And, so I am interested in:

How many animals do different diets kill?

And, how much suffering do different diets cause?

MILK, CHEESE, YOGHURT – LESS THAN 1 COW

The average Australian Dairy Cow produces 5500 litres of milk per year.

The average Australian Holstein Dairy Cow produces 7500 litres of milk per year.

If you drank 4 litres of milk per week for 80 years, then you would have drunk $4 \times 50 \times 80 = 16000$ litres of milk.

That is, it takes 1 average Australian Dairy Cow, 2 to 3 years, to provide you with a life-time supply of milk.

If you do not have one of the genetic mutations, that enables you to digest milk like a baby right throughout your adult life; then, you could eat yoghurt, or the older harder matured cheeses.

You can drink skim, or low-fat, milk if you do not want so much fat in your diet.

Or, eat low-fat yoghurt or cheese.

And, A 2 protein milk, and milk products, if you find A1 protein hard to digest.

FISH-EATING – SAVING MORE LIVES THAN YOU EAT

If you really do need to eat animals, to be healthy, then you could eat the carnivores.

Sustainable, wild-caught Fish, who eat other Fish.

And, so save more lives than you eat.

MEAT – DEPENDS ON THE SIZE OF THE ANIMAL

My Note: *If you really do need to eat animals, to be healthy, then you could eat the carnivores. Sustainable, wild-caught Fish, who eat other Fish. And, so save more lives than you eat.*

If you ate, 500 grams of beef per week for 80 years, that is 2000 kg of beef, then you could eat 8 to 10 Cattle – especially if you ate the liver and kidneys as well. But, if you ate 500 grams of chicken per week for 80 years, then you could eat more than 1000 Chickens.

So, you could save more than 1000 animals, even if you stayed an animal-eater.

By eating larger animals instead of smaller animals.

Not that I am recommending either.

Since, you would save even more animals, if you drank milk, or ate cheese, instead of eating beef.

[My Note 1: Beef has 16 times the Water-Footprint, and 30 times the CO₂ equivalents, of milk.]

[My Note 2: Beef also produces about as much methane as all other animal agriculture combined.]

Humane Meat – Is It Possible?

“I do not think so.”

“Can meat be humanely produced?”

Or, for the Abolitionist-Organic-Ethical-Vegan, hypocrites:

“Can the fish-emulsion, factory-farmed chicken-dung, macerated day-old male Chicks, and blood and bone, that you, you Abolitionist-Organic Ethical-Vegan hypocrites, use for Organic-Fertiliser, be humanely produced?”

Let me say this, *before I get too much hate mail from Abolitionist-Organic-Ethical-Vegan hypocrites*, that while you, you Organic-Vegan hypocrites, seem to think so – *I do not*.

But, let's look at the Organic-Vegan arguments for using, *fish-emulsion, factory-farmed chicken-dung, macerated day-old male Chicks, and blood and bone*, as fertiliser for their “Vegan” food.

And, see, if these Organic-Vegan arguments, for eating Organic-Food, fertilised with blood and bone, and sprayed with fish-emulsion, can be used by people who eat Fish directly as food.

Organic-Vegans Are Animal-Eaters

***How To Win An Argument With An Organic-Vegan? – Call Them Animal-Abusing Cheats.
Who Do Not Even Have The Decency To Eat Bio-Dynamic Food.***

The fish-emulsion is sprayed on the crops as a foliar-fertiliser.

And, so is absorbed directly into the plant. Parts of the macerated [*ground up alive*] day-old Chicks, blood and bone, and chicken-dung, can also be absorbed directly into the plants.

*And, so by eating Organic-Food, Organic-Vegans are literally eating Fish.
And, so Organic-Vegans are Fish-eaters.*

*As well as eating day-old macerated Chicks, and blood and bone.
And, so Organic-Vegans are day-old macerated chick eaters, and blood and bone eaters.*

Organic-Vegans justify their deceit, animal-abuse, and hypocrisy, by telling me that:

1: Organic-Food is good for the environment.

[Even though, the Farmers who came to Australia 200 years ago, and as any Greenie will tell you, “trashed Australia's environment”, were Organic-Farmers.]

For Organic-Food, fertilised with animal-products, to be good for the environment – animal-agriculture would have to be good for the environment.

Perhaps these Abolitionist “Vegans”, are finally admitting that any animal-farmers, who are damaging the environment, *“Are just not doing their animal-farming right.”*

2: They do not want to eat food with chemicals in it.

[As if the chicken dung from factory farms does not have chemicals in it.]

If Organic-Vegans would rather eat food fertilised with chicken-dung from factory-farms, macerated Chicks, and sprayed with fish-emulsion; than food fertilised with super-phosphate and synthetic urea; then, that just shows that, *“Organic-Vegans could not care less about animals.”*

3: They are only using a trace of animal-products.

If an Organic-Vegan ate 1 kilogram of Organic-Food per day for 80 years, then they would have eaten 365 kg/year by 80 years.

That is, 29,200 kg, or 29.2 tonnes, of Organic-Food.

This could require as much as 8 to 10 tonnes of Organic-Fertiliser – hardly a trace.

Ask the Organic-Vegans:

1: How many macerated day-old male Chicks did they murder, *use their word for it*, to fertilise the 29.2 tonnes of Organic-Food they ate?

2: How many Chickens had a short cruel life on a factory-farm, to produce all the chicken-dung, to fertilise the 29.2 tonnes of Organic-Food they ate?

3: How many animals had a short life on a factory-farm, or Cattle feed-lot, before they were slaughtered, and their blood and bone used to fertilise the 29.2 tonnes of Organic-Food they ate?

4: How many Fish, were emulsified to produce all that fish-emulsion, to fertilise the 29.2 tonnes of Organic-Food they ate?

And, if the Organic-Vegans do not know, then ask the Organic-Vegans:

“Is the reason, that you do not know, that you do not care about animals?”

4: That fish-emulsion and blood and bone are only by-products.

[While saying that Vegans should not use any other animal by-products.]

Some Organic fish-emulsion is made from whole edible Fish such as Carp.

If they say: *“Carp are a pest species.”*

Then say: *“So if I only eat pest species, I can call myself a Vegan, just like you do?”*

Where does it stop?

Can I eat Fish, such as Carp, and still call myself a Vegan?

Even, call myself an Ethical, Animal-Rights, Social-Justice, Abolitionist-Vegan?

Apparently so.

Humane Fish Eating – Is It Possible?

One can produce plant foods humanely.

Although, often they are not, as when land is moon-scraped, and animals are slashed alive by harvesters, and buried alive by ploughs, to grow crops.

One can produce animal-products, such as milk, eggs, and wool, humanely.

But, what of beef, from pastured Cattle, who are not grain-fed?

Sheep-meat, from Sheep grazing sustainably in Orchards, and who are not fed grain?

And, natural Fish, who are living natural, sustainable lives, in rivers and oceans?

Caught sustainably – with no by-catch?

I was a Vegan for 18 years.

I now drink Cows' milk because I have to eat animal-products to be healthy.

And, Cows' milk involves the fewest animals.

[I average Australian Dairy-Cow, in just 1 year, can supply me with 5500 litres of milk.]

If there were no Dairy-Cattle then I would eat eggs.

I would get two pet Hens for my garden – as I used to have.

If there were no Poultry to lay eggs.

Then I would eat Fish.

Natural Fish, living natural, sustainable lives, in rivers and oceans, caught with no by-catch.

And, so save the lives of other Fish, that the Fish I ate, would have eaten.

So, I think that one can be a humane, sustainable, healthy Fish-eater.

But, I do not think that one can be a humane Chicken, Sheep, or Beef-eater.

HUMANE FISH-EATING – EAT A SHARK AND SAVE A DOLPHIN

If I had to eat animals, to be healthy, I would buy some flake, and think: “Here's to a Dolphin.”

And: “That by eating large Fish, I am saving the lives of the many more smaller Fish, the large Fish would have eaten.”

Fish, like Dairy, is very healthy food.

And, can be sustainable and caught without by-catch.

The longest lived people, from Iceland to Japan, including the Okanawans, eat Fish.

And, meta-analyses confirm that Fish-eaters and Dairy-eaters, have the lowest overall death and disease rates.

[50 years ago, I used to cook Fish, in a few minutes. By wrapping them in a cabbage leaf and putting them in a pot with just a little water. As soon as the water steamed – I turned the heat off.]

Humane Beef, Sheep-Meat, Chicken Eating – Is It Possible?

I do not think so.

If there were no milk and eggs, then I could eat Fish – especially a Shark – on the grounds that I was preventing that Shark from eating a Dolphin, or that Shark or large Fish, from eating many more smaller Fish.

Also, while I have had pet Poultry and pet mammals, I have never had a pet Fish.
So eating Fish would not be as if I were eating someone I might know.

But.
What of eating the naturally Vegan animals?

*I would find it very hard to eat a mammal, or a marsupial, as I know how intelligent they are.
Even, how human-like they are, in their emotions.*

So.
I would rather that you did not eat mammals or marsupials or birds.

But.
Since I know, that most of you will anyway, I will continue.

I think the question here is: *“Would that Sheep, you are eating, still have chosen to be a Sheep, if he or she had known in advance, that you were going to eat him or her?”*

Or, for that matter, would you have chosen to eat that Sheep, if that Sheep was your pet Sheep.
Or, to show some empathy, *“Would you have eaten that Sheep.” – “If that Sheep had been you!”*

That is, if you are going to eat Sheep, then the Sheep should have had, at the very least, a life, that they would have been glad to have had.

Even though you cut it short.

SHEEP Versus POULTRY

I have had pet Poultry.
Hens, Bantams, Ducks, Muscovies.
So I would find it very hard to eat Poultry.

Also, Sheep weigh at least 20 times as much as Chickens, and produce at least 20 times as much meat per animal, as Chickens.

So, by eating Poultry, you would have to eat at least 20 times as many animals, as by eating Sheep.

*Not that I am recommending that you eat either.
When you could drink milk, or eat cheese, or eat genuinely free-ranger eggs, more humanely.*

Humane Killing – Is It Possible?

I do not think so.

I really do not think that there is any such thing as humane killing of animals to eat.

I think that it is just far easier to drink milk, eat yoghurt or cheese, or eat genuinely free-range eggs.

That can be produced humanely, sustainably, and profitably commercially, using current technologies.

But.

Given that 97% to 99% of people eat animals.

And, that most Vegans; even most “Ethical”, Animal-Rights Abolitionist-Vegans, I know; use blood and bone, macerated day-old Chicks, and fish-emulsion; to fertilise the plants they eat.

Then, the animals should, at the very least, have had a very good life.

And, their killing, should be, if humane killing is not possible, then in the least inhumane way, that is possible.

A QUICK VIOLENT DEATH – STUNNING and VERY SHARP WEAPONS

Even Muhammad, who personally slaughtered and butchered animals, said that you can stun the animal first – before slaughtering – so long as the animal does not die from the stunning.
The Quran, Surah 5:3.

And, that Muslims do not have to mention Allah's name at the time of slaughter.
Al-Bukhari, Vol 3 Book 34 Hadith 273.

THOSE WHO ARE LEFT BEHIND – DEATH and GRIEVING

Humane killing of animals should be painless.
And, not leave grieving friends and relatives.

This also means leaving the body for the other animals to see.
Which is the end of fresh meat.
And, the start of carrion.

Or, do you kill everyone in the paddock at once.

I AM NOT CONDONING ANIMAL-EATING

*But, if you are going to do it anyway – eat sustainable Fish – caught with no by-catch.
Fish who would have eaten other Fish – and, so save the lives of more Fish than you eat.*

HORMONALLY INDUCED LACTATION

“Thus, these results reaffirm that the lactation induction methodology used in the present study is a practical, repeatable and effective tool that allows high and persistent milk yields in cows.”

Article: Milk Yield of Holstein Cows Induced into Lactation Twice Consecutively and Lactation Curve Models Fitted to Artificial Lactations

Jesus Mellado · Edgar Sepulveda · Jose E Garcia · Alvaro Rodriguez · Maria A De Santiago · Francisco G Veliz · Miguel Mellado

FROM THEIR ABSTRACT:

“At the end of lactation and with a minimum of a 2-mon dry period, the same cows were again hormonally induced into lactation. Cows in both lactations were not artificially inseminated, they were milked 3 times daily and received rbST throughout lactation. Mean accumulated milk yield at 305 d in milk (DIM) did not differ between the first and second induced lactations ((9 710 ±1 728) vs. (9 309±2 150) kg; mean±SD).”

“In a second study, ... multiparous cows respond favorably to a second cycle of induced lactation, with milk yield similar to that experienced during the first cycle. Thus, dairy producers might be able to lengthen the productive life of infertile high producing cows with a renewal of artificial lactation, which would imply an overall reduction in voluntary culling of cows.”

06/2014; 13(6):1349–1354. DOI:10.1016/S2095-3119(13)60512-2

Source

“To reduce herd culling losses and replacement costs, a widespread strategy adopted by farm businesses in this zone is the hormonal induction of lactation in cows unable to become pregnant, coupled with prolonged lactations (>400 d) via the administration of rbST throughout lactation.”

Article: Effect of lactation number, year, and season of initiation of lactation on milk yield of cows hormonally induced into lactation and treated with recombinant bovine somatotropin

M Mellado · E Antonio-Chirino · C Meza-Herrera · F G Veliz · J R Arevalo · J Mellado · A de Santiago

FROM THEIR ABSTRACT:

“Records representing data from 1,500 barren Holstein cows over an 8-yr period from a large commercial dairy farm in northern Mexico were analyzed to determine the effects of lactation number and season and year of initiation of lactation on milk production of cows induced hormonally into lactation and treated with recombinant bovine somatotropin (rbST) throughout lactation. Peak and 305-d milk yields were also assessed as predictors of total milk yield in cows induced into lactation. ... Year, parity, and season effects had significant influence on milk yield of cows induced into lactation and treated with rbST throughout lactation, and peak milk yield can assist in the prediction of 305-d milk yield but not total milk yield. This study also showed that hormonal induction of lactation in barren high-yielding cows is a reliable, practical, and affordable technique in countries where rbST treatment and prolonged steroid administration of dairy cows are legally permitted.”

09/2011; 94(9):4524-30. DOI:10.3168/jds.2011-4152

Cows' Milk Drinkers Are Happier Healthier And Live Longer

People With The Highest Dairy Consumption

Have 13% lower overall death rates; 8% less IHD; 21% fewer strokes; 15% less diabetes.

The Consumption of Milk and Dairy Foods and the Incidence of Vascular Disease and Diabetes: An Overview of the Evidence

Peter C. Elwood, Janet E. Pickering, D. Ian Givens, and John E. Gallacher

Lipids. Oct 2010; 45(10): 925–939.

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) for all-cause deaths,
0.92 (0.80, 0.99) for ischaemic heart disease,
0.79 (0.68, 0.91) for stroke
and 0.85 (0.75, 0.96) for incident diabetes."*

Women With The Highest Total Dairy Intake Have 15% Less Breast Cancer

Breast Cancer Res Treat. 2011 May;127(1):23-31. doi: 10.1007/s10549-011-1467-5. Epub 2011 Mar 27.

Dairy consumption and risk of breast cancer: a meta-analysis of prospective cohort studies.

Dong JY1, Zhang L, He K, Qin LQ.

From Their Abstract: *"We identified 18 prospective cohort studies eligible for analysis, involving 24,187 cases and 1,063,471 participants.*

The summary relative risk of breast cancer for the highest intake of total dairy food compared with the lowest was 0.85 (95% confidence interval: 0.76-0.95), with evidence of heterogeneity ($P = 0.01$, $I^2 = 54.5\%$)."

"For milk consumption, the summary relative risk was 0.91 (95% confidence interval: 0.80-1.02), and substantial heterogeneity was observed ($P = 0.003$, $I^2 = 59.7\%$)."

Vegans Get 30% More Bone Fractures Than Vegetarians, Fish-Eaters And Animal-Eaters

Comparative fracture risk in vegetarians and nonvegetarians in EPIC-Oxford.

European Journal of Clinical Nutrition. 2007 December;61(12):1400-6. Epub 2007 Feb 7.

Appleby P, Roddam A, Allen N, Key T.

Source: Cancer Research UK Epidemiology Unit, Nuffield Department of Clinical Medicine, University of Oxford, Oxford, UK.

The study, in the United Kingdom, involved 7947 men and 26,749 women aged 20-89 years. 19,249 meat eaters, 4901 fish eaters, 9420 vegetarians and 1126 vegans.

Compared with meat eaters, fracture incidence ratios were 1.01 for fish eaters, 1.00 for vegetarians and 1.30 for vegans.

FROM: <http://www.ncbi.nlm.nih.gov/pubmed/17299475>

Women Who Drink The Most Skim Or Low-Fat Milk Are 46% Less Likely To Get PMS

Calcium and Vitamin D Intake and Risk of Incident Premenstrual Syndrome
Arch Intern Med. 2005;165:1246-1252

PMS affects up to 85% to 90% of women.

And, some women, *“experience symptoms that meet the clinical definition of premenstrual syndrome (PMS), a disorder characterized by moderate to severe symptoms that substantially interfere with normal life activities and interpersonal relationships.”*

The Study involved 1057 women who developed PMS over 10 years of follow-up and 1968 women reporting no diagnosis of PMS.

RESULTS: (Table 3).

“Participants consuming 4 servings or more per day of any type of milk had an RR of 0.68 compared with those reporting 1 serving or less per week.”

“Whole milk intake was associated with a modest increase in risk, while women who frequently consumed skim or low-fat milk had a significantly lower risk of developing PMS; the RR for women consuming 4 servings or more per day of skim or low-fat milk compared with those reporting 1 serving or less per week was 0.54.”

“The relationship between milk intake and risk of PMS did not vary by level of calcium or vitamin D supplementation.”

How To Be A Healthy Vegetarian

I have been a Vegetarian for the last 45 years. And, I was a Vegan for 18 of those years.

I am now four years older than when my father, who was bald, toothless, wore glasses for both short and long vision, died from a heart-attack.

I am none of those things.

[Although I do have very damaged teeth from having been a Vegan.]

Regardless, of what intellectually dishonest Vegan Propagandists say, there are more ex-Vegans than Vegans, and ill-health and irresistible cravings, due to deficiencies, are common reasons.

For a healthy diet, I think that one should include:

- 1: *Fresh, raw fruit;*
- 2: *Fresh, raw or lightly cooked, in water; vegetables; including, some raw green, leafy vegetables;*
- 3: *Concentrated foods like nuts [walnuts are 6% omega-3], peanuts, sunflower seeds, pumpkin seeds, rolled oats, potatoes, lentils, mung beans;*
- 4: *Animal foods, such as low-fat milk and low-fat yoghurt – or genuinely free-range eggs;*
- 5: *Seaweed for trace elements;*
- 6: *Apricot kernels, edible weeds and herbs, for nutrients bred out of domesticated plants.*

VEGAN DIETS – From Detox To Deficiency

Vegan, especially Raw-Vegan Diets, can be very good Detox-Healing Diets, in the short-term.

And, many people have had '*miraculous*' cures of '*incurable*' diseases by going on a Raw-Vegan Diet.

This is because Raw-Vegan Diets can be very good Detox-Diets.
And, so the cures.

Human beings are not natural Vegans.

Indeed, no simian is a natural Vegan.

And, so most people cannot be healthy, long-term, on any Vegan Diet.
Because, Vegan Diets are intrinsically deficient Diets.

Which is why most Vegans use supplements.
Or, keep breaking out onto animal foods, because of cravings.
Before, eventually, becoming ex-Vegans.

Long-term, Vegan Diets, usually cause serious deficiency diseases.

Which most “Vegans” seek to avoid by cheating.

Painful bleeding gums are often the first sign.
And, if people do not go back to milk, other Dairy-foods, or free-range eggs, then eventually their teeth will decay.
Or, just become loose and fall out due to gum disease.

Vegans have very high rates of depression, anxiety, and panic-attacks, due to deficiencies.
And, emotional fragility and anger-management issues.

Eventually most Vegans will get anaemia, slow recovery, and slow healing.
And, a tingling numbness in their finger tips, and ringing in their ears, due to serious nerve damage.

Fasting

Fasting, on water only, for short periods of 2 to 3 days, every month, can cure a lot of '*incurable*' illnesses.

Just as Raw-Vegan Diets can.
By detoxifying your body.

But, if you continued on water alone, 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 Diets, based on raw fruits, nuts, and vegetables, are the healthiest Diets.

Based is the key word.

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

Including, anaemia.

Slow recovery and slow healing.

Damaged teeth and gums and, eventually, loss of teeth.

A tingling numbness in your finger-tips, and ringing in your ears, due to nerve damage.

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

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

And, eventually, to memory loss and dementia.

A Healthy Plant-Based Diet

For a healthy plant-based diet eat food from 6 groups:

1: Fresh, raw fruit;

2: Fresh, raw or lightly cooked, in water, vegetables – including some green leafy vegetables;

3: Raw nuts, peanuts, other seeds, potatoes and other concentrated foods;

4: Seaweed for trace elements that are hard to get in land plants;

5: Apricot kernels, herbs, and edible weeds, like dandelion and milk thistle, that still have nutrients that have been bred out of domesticated plants;

6: Some animal product, such as low-fat milk, low-fat yoghurt, or cheese.

[Most people need some animal fat but not too much.]

Preferably – not homogenised milk.

If you are lactose-intolerant, you can probably still digest some yoghurt, or the older, harder matured cheeses.

And, if you cannot digest grain-fed Cows' Milk, then you might be able to digest grass-fed Cows' Milk – which almost all of Australia's Cows' Milk is.

If you find A1 Cows' milk hard to digest then you might be able to digest A2 Cows' Milk.
Or, Goats' Milk, which is naturally A2.

THE VEGETARIAN INFORMATION CENTER

The Vegetarian Information Center

has been providing free information on Vegetarian, Vegan and related matters,
including, Vegetarian Diets for Dogs and Cats,
since the 1970s.

Email:

gregdinneen@yahoo.com

Blog:

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

PDFs:

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

eBooks:

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

NO-KILL, HUMANE DAIRY FARMS

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>

http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_28.html

http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_55.html

LONG-TERM DANGERS OF VEGAN DIETS

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>

ABOUT THE AUTHOR

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

I was a Vegan for 18 of those years.

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 the animal-products I need to be healthy.

I only need 1 average Australian Dairy-Cow, to spend 1 year in a Dairy, to supply me with 5500 litres of milk, enough for me to drink 4 litres per week for 27 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, partly 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.

As well as eating Organic-Food, that has been fertilised with blood and bone, chicken-dung from factory-farms, and sprayed with fish-emulsion.

[Organic-Vegans do not even have the decency to eat Bio-Dynamic Food.]

Instead of becoming Lacto-Vegans.

And, drinking milk from just 1 Cow.

You Can Achieve A Lot If You Do Not Care Who Gets The Credit

If you are, or know, an investor; a venture capitalist, a Dairy-farmer, or an Orchardist, who would be interested, in starting a Humane Dairy Company, could you please email me:

gregdinneen@yahoo.com

I have searched for readily-available, humanely-produced, commercial milk.

And, I cannot find any, in Melbourne, Australia, where I live.
Or, anywhere else in Australia.

I have searched the internet.

I found, very little, in the English-Speaking world.
And, I would think that there is very little, on a commercial scale, in any part of the world.

And, so the field is wide-open, for a Humane Dairy Company, humanely and profitably, producing sustainable, healthy milk.

As I have outlined in my book.

Of course, if because of my book, you start a Humane Dairy Company.

Then I would like to be a part of it.

However, I would much rather that you do it, without me, than not at all.

If you just put Sheep in your Orchard.
Hens in your suburban garden.
Or, edible Fish in your dams.

Then I do not want to be paid.

Although, I would like to get the critical acclaim.

A 5-Star Review, for my book, would be good.

But, if you do start a Humane Dairy Company, in which all Cattle are treated as pets, and nobody gets killed, then I would like to be a part of it.

An un-dilutable 5% of the shares would be good.

BY THE SAME AUTHOR

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

For more of my eBooks,
please see my Smashwords Profile at:
<https://www.smashwords.com/profile/view/LactoVegan>

You can also Download 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.

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.