

A VEGAN EASTER

Celebrate
The End
Of Animal Sacrifice
The Way
Jesus Meant It To Be

Greg Dinneen

TITLE PAGE

A VEGAN EASTER

Celebrate The End Of Animal Sacrifice The Way Jesus Meant It To Be

Written and Published by Greg Dinneen.

Copyright © 2009 Greg Dinneen.
This edition copyright © 2015 Greg Dinneen.

Distributed by Smashwords.

ISBN: 9781310298912

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

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>

THIS EBOOK IS FREE

“You have received without paying, so give without being paid.”

Matthew 10:8.

In the Spirit of Jesus and Christmas
I am giving this Ebook away free.

But, it is still copyrighted.

So.

If you are going to make and give away copies of this Ebook,
only make and give away complete copies,
free,
and with no changes.

A VEGAN EASTER COMPLETE WITH WINE

*“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.

ANIMAL SACRIFICE HAS NEVER BEEN A PART OF CHRISTIANITY

“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.

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

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.

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

THE LAST SUPPER

And, at The Last Supper, 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.

WHAT IS A VEGETARIAN OR VEGAN TO DO FOR EASTER?

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.

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 Easter.

And, so traditional has unchristian, animal sacrifice become, that even some Vegans wonder what to eat for Easter.

As if chocolate was not enough.

EASTER

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

Matthew 9:13 and 12:7.

Easter Sunday is celebrated on the first Sunday after the first full moon after the spring equinox.

In the southern hemisphere Easter is celebrated in autumn.

One can eat the same foods for a Vegan Easter, as for a Vegan Christmas or a Vegan Thanksgiving, with the addition of chocolate Easter eggs, chocolate rabbits and hot cross buns.

THE CHRISTIAN EASTER

Christians commemorate The Last Supper, Crucifixion and Resurrection of Jesus at Easter.

HOLY THURSDAY

Holy Thursday commemorates the Last Supper.

The end of animal sacrifice.

A time to eat unleavened bread and drink wine, or grape juice, in memory of Jesus.

Luke 22:19.

GOOD FRIDAY

Good Friday commemorates the Crucifixion and Death of Jesus.

A time of fasting.

HOLY SATURDAY

A day of vigil and fasting while Jesus was in the tomb.

EASTER SUNDAY

The Resurrection of Jesus.

Easter Sunday is a day of celebrating the Resurrection of Jesus, the Conquering of Death and the coming of Everlasting Life.

Of the New Covenant of Love replacing the Old Covenant of Fear.
Of Love, the Spirit of the Law, replacing Fear of Black Letter Law.

Of eating Vegan Easter Eggs.

THE PASSOVER AND EASTER

The Hebrew Passover is a spring festival celebrating the Jewish deliverance from Egypt.

At Easter – Christians celebrate their deliverance from the Eternal Death that is caused by Sin.

Their deliverance by Jesus from a god-fearing Old Testament Law and Covenant, impossible to keep, to the God-Loving Spirit of the Law and the New Covenant of Love.

VEGAN EASTER EGGS

Eggs symbolize new life, fertility, resurrection, immortality.

Vegans can have Vegan carob or chocolate eggs.

Or, make scrambled tofu eggs – by stirring ground turmeric and vegetable oil into tofu.

VEGAN EASTER TURKEY OR CHICKEN

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

Turkeys come from America – not the Middle East.

And.

Slices of firm tofu can easily pass for turkey or chicken.

Anyway.

EASTER RABBIT

Rabbits are symbols of fertility.

But, only if the rabbits are alive – so eat carob or chocolate rabbits.

EASTER LAMB

This is the pre-Christian sacrificial Passover lamb that Jesus abolished and replaced with bread and wine.

Only Christians, who are not interested in what Jesus wants, would engage in animal sacrifice and eat lamb.

At Easter – or any other time.

EASTER HAM

The Easter Ham obviously does not come from Judaism.

In pre-Christian Europe pigs were a symbol of luck. Which would mean that killing a pig, or eating a dead pig, would kill the luck and bring you bad luck.

BREAD AND WINE

“Do this in memory of me.”

Luke 22:19.

WINE

There are many Australian 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 Easter Bread, you could eat unleavened bread, or one of the many gourmet breads available.

Or, you could make your own unleavened bread.
Or, more simply, pancakes.

A RAW VEGAN EASTER

BREAD

If you want a raw-Vegan Easter, 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

Vegan cookbooks are available in libraries, bookshops and newsagents.

For Easter – 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.

FRUITS, NUTS AND HERBS, FROM BIBLICAL TIMES

BIBLICAL FOODS FOR A VEGAN EASTER FEAST TO CELEBRATE THE END OF ANIMAL SACRIFICE

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 to make Easter Eggs.]

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.

Mustard Seeds and Flax Seeds.

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

And Dried Fruits: Dates, Figs, Raisins.

[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. And, Macadamia Nuts would add an Australian flavour.

IF YOU ARE A VEGETARIAN

If you are Vegetarian, then you could also have Biblical Dairy Foods, such as: Milk, Yoghurt, Curds [Soft Cheeses] and hard Cheeses.

AN OUTDOOR PICNIC

An outdoor picnic, in your garden, in a botanical gardens, in the shade, next to a lake, or on a beach, could also fit in well with the Australian climate.

There is no need for a hot stove.

Little to clean up afterwards.

And, no-one, on their death bed, ever said they wished they had done more housework – especially not during the Easter Holidays.

CONVERTING A TRADITIONAL EASTER

Much of a traditional Easter is already Vegetarian or Vegan.

The chocolate Easter Eggs.

The entrée and the dessert.
Fruit and vegetables.

Can all be Vegan.

One can simply replace any animal flesh with slices of firm tofu.
Animal fat with cold-pressed olive oil.

And, make bread and wine, or grape juice, the basis of Easter, as Jesus wanted.

A VEGAN THANKSGIVING DAY

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.

VEGAN TURKEY

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

Slices of firm tofu can replace the thanksgiving turkey.

A VEGAN THANKSGIVING

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

You can eat chocolate, made from cacao, and 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.

SHOULD CHRISTIANS BE VEGETARIANS?

"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 life 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 OLD COVENANT OF HUMAN AND ANIMAL SACRIFICE

Jephthah, ruler of Israel for six years, human sacrificed his virgin daughter to Yahweh as a burnt offering.
Judges 11:29-40.

And, that Abraham, was willing to human sacrifice his own son, shows Abraham regarded human sacrifice as an acceptable part of his Yahweh culture.
Exodus 22: 1-14.

But Moses did not.

“People of Israel, I did not demand sacrifices and offerings during those forty years that I led you through the desert.”
Amos 5:25.

And the Lord says, *“I will not accept the animals you have fattened to bring to me as offerings.”*
Amos 5:22.

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?

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.

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.”

VEGANISM AND THE BIBLE

*"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.

The Hallelujah Diet

The Health Hazards of Vegan Diets including The Hallelujah Diet.

Many Christians, who have tried to live on the Vegan Diet, of Genesis 1:29-30, 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.

There are more Ex-Vegans than Vegans.

Including, Mahatma Gandhi who became bedridden in a few months on a Vegan Diet.
But, then restored his health by drinking milk.

THE BIBLE

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

According to 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.]

In between, Noah was told, that he could drink milk and eat meat.
And, Abraham was promised, a land “*flowing with milk and honey*”.

And, while Jesus very definitely abolished animal sacrifice.

There is some debate as to whether Jesus was a Vegetarian or a Fish-Eater.

Evolutionists

Evolutionists, of course, say that people are natural omnivores.
And, have always eaten animals.

And, that gorillas, chimpanzees and all monkeys, have never been Vegans.

All primates eat substantial amounts of insects.

Gorillas typically eat far 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.

And, chimpanzees even hunt and eat other monkeys and gazelles.

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.

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

If you drank 2 litres of milk per week for 80 years, then you would have drunk 8000 litres of milk, and kept 1 Australian Dairy Cow in a Dairy, for 1 year.

That is 1 Cow for 1 year in a Dairy.

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.

But, most Vegans become Ex-Vegans.

And, when they do, 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 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 Australian, by 90%.

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

MILK-DRINKERS ARE HEALTHIER AND LIVE LONGER

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 [of more than 300,000 people] 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.”*

Milk is the only food designed by mammals for mammals.

And, 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.

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: cattle manure from feed-lots;
- 4: dairy waste;
- 5: sprayed with fish emulsion.

Organic-Food is not Vegan.

And, anyone who buys Organic-Food, is 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.

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 quickly 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.

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.

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, for the woman then 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.

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>

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 spend 1 year in a dairy, to supply me with a lifetime on milk.

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

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 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>