Why become a vegetarian/vegan?

<u>Cruelty</u>

First, I would like to start with cruelty because that is the most significant reason of all.
Let me tell you a real life story happened in Africa, people there sells pangolins (a type of animal lives in the woods.) the way they kill them is brutal-First, they straighten the pangolin, and cut them from the belly, because they have a strong back, they curl into a ball shape when they are scared. After they have been stabbed in the stomach, their organs are then taken out; their bodies are then put on fire, so the 'armor' on their back becomes crispy and falls off. So the meat can be sold to customers. What happened was that, there was a group of Chinese tourists went to Africa to try some pangolin meats in the local market. At this market they have witnessed horrendous scene- there was this one pangolin it wouldn't want to get straightened no matter how strong the forces are applied, it was placed on the fire, it comes to a point that the pangolin no longer had the strength to hold it in.so it slowly slowly opens. There was a baby pangolin found inside her belly, she used her body to protect her baby from being exposed.

So the point of this story is that, the next time you eat meat (e.g. chicken), think about how their mothers are going to feel.
Pigs, cows, and chickens are individuals with feelings - they experience love, happiness, loneliness, and fear, just as dogs, cats, and people do. More than 25 billion animals are killed by the meat industry each year - in ways that would horrify any compassionate person. The average American meat-eater is responsible for the abuse and death of about 90 animals per year. If we demand less meat or no meat at all, fewer animals will have to be killed to meet the demand.

Modern high-pressure agriculture commonly keeps cows, calves, pigs, chickens, turkeys, ducks, and other animals in overcrowded stalls, cages, crates, or sheds where they are often unable to turn around or take even a single step for their entire lives. Deprived of veterinary care, exercise, sunlight, and even the feel of grass beneath their feet, these living, breathing, thinking, feeling beings, whose senses are so much like our own, suffer and die at the rate of millions per day just so that we can have burgers, patties, nuggets, and wieners. Deciding what we will eat means choosing between the horrors of factory farming and respect for animals.
(Would you want yourself to be put in cage with no interaction with the outside world?)

A lot of domestic animals like dogs and cats are being kept at people's homes; they are being fed well and taken to the Vet every month for a regular checkup. People take care of them like human babies. And you can go to jails for killing cat or dogs in the UK. If you are a meat-eater and you have pets which you have feelings for, don't

you think it's a little bit unfair for the cows, chickens, or pigs on your dinner table?

Hundreds of thousands of animals are poisoned, blinded, and killed every year to test shampoos, household cleaners, cosmetics, hair sprays, and other personal-care and household items. These tests are not required by law, and they often produce inaccurate or misleading results - even if a product has blinded an animal, it can still be marketed to you. Some corporations force substances into animals' stomachs and drip chemicals into rabbits' eyes. What goes on behind the doors of laboratories is horrific.

Animals are also unnecessarily being trapped, caged, hurt, and even killed to make clothing, accessories, and furniture for human use.

Animal Abuse (eye opener)
https://www.youtube.com/watch?v=tKaCFyGdazo
https://www.youtube.com/watch?v=2w7TCmJUD7g
https://www.youtube.com/watch?v=cSzh9_bmo4Q

Health
Meat is higher in saturated fat and cholesterol which are the causes for many heart diseases. Moreover, it is proven that meat is deficient in vitamins, except for the b-complex; in carbohydrates which are essential for good health; and in fiber which absorbs overloaded fat. Also, meat holds huge concentrations of agricultural chemicals like herbicides, pesticides; and it is a host of many pathological micro-organisms hence when we eat meat, we actually eat these bacteria, viruses and parasites.

Environmental
 There are many environmental reasons to become a vegetarian in order to save the Earth. For instance, one of the main causes of greenhouse effect, the carbon dioxide releases from fossil fuels, and it is needed more amount of fossil fuel to prepare meat meal then plant meals. Then, it takes too much water to produce animal protein as it does to plant proteins, so being a vegetarian means that you will safe water. Furthermore, the topsoil is made more productive when legumes and grains are planted properly; and also vegetarians are saving forests, because many forests are destroyed every day in order to create more land for livestock. This destruction is very inappropriate and it should be banned, because the forests are the natural filters for air supply.

Saves Energy and Precious Resources

Eating a vegan diet reduces waste and devastation of earth's precious resources. Consider the enormous energy put into growing grains to feed cattle. Aside from the gutted rainforests, up to 5000 gallons of water for is required to raise one pound of

beef! According to the US Department of Agriculture statistics, one acre of land can grow 20,000 pounds of potatoes. That same acre of land, when used to grow cattle feed, can produce less than 165 pounds of edible cow flesh.

Money

As the last reason, that we want to mention here for becoming a vegetarian is finances. Vegetarian meals are always fresh and they cost less, so you would be eating healthier, but spending less which is a huge plus in today's modern society.

To conclude, our body is our temple, so in order to live longer we should protect our temple. The best way for protecting ourselves is eating healthier. Healthy diet holds the key for being fit. There are many healthy diets, but maybe the best one is vegetarian. Being a vegetarian has only pros, but never cons. We must say once again that meat has higher fat, it is deficient in many things and it holds micro-organisms, because these are the bad things for our body. What is interesting is that plants especially beans can easily replace meat. Furthermore, vegetarian meals are cheaper and very healthier. Not only it is good for us to be vegetarians, but it is also good for the whole environment.

All the information is gathered from the following websites:
http://www.britishmeat.com/49.htm
http://whybevegetarian.net/
http://www.vegetariantimes.com/article/why-go-veg-learn-about-becoming-a-vegetarian/
http://animalrightskorea.org/vegetarianism/50-good-reasons-to-become-a-vegetarian.html
http://www.happycow.net/why_vegetarian.html

Recommended videos (Encouraging you to become a vegetarian)
https://www.youtube.com/watch?v=lxQJMcLGPbQ (why be vegetarian)
https://www.youtube.com/watch?v=Ya5_XxaaGxI (how to become a vegetarian-effortlessly)
https://www.youtube.com/watch?v=PXA2QifuQW8 (15 reasons to become a vegetarian)
https://www.youtube.com/watch?v=2NJ9l5Kor4I (Famous vegans, vegetarian heroes)
https://www.youtube.com/watch?v=drDQSvFtzMo (shocking facts-why be a vegetarian)
https://www.youtube.com/watch?v=W4HJcq8qHAY (101 reasons to go vegan-presentation)

https://www.vegsoc.org/info (vegetarian society website)