

Index – *The World Peace Diet* by Dr. Will Tuttle

- absurdities, belief in, 213, 215
- abuse of animals, suppression of awareness of, 30, 31, 33–34
- acid, 72, 73
- Adams, Carol J., 47
- addiction, 61, 281–284
- advertising, 57
- agribusiness. *See* agriculture industry
- agricultural revolution, effects on forager cultures, 21
- agriculture
 - plant vs. animal, 21
 - See also* animal agriculture
- agriculture, animal. *See* animal agriculture; animal food industry
- Agriculture, Department of, 112
- agriculture, industrial. *See* animal agriculture; animal food industry
- agriculture industry
 - protection of, 112
 - spread of American model, 279
 - See also* animal agriculture
- ahimsa*, 231
- Akers, Keith, 210–211
- alcoholism, 281–284
- Alcott, Bronson, 248
- Alcott, Louisa May, 249
- All Heaven in a Rage* (Moretti), 167–168
- altruism, animals', 275–276
- American Cancer Society, 89
- American Heart Association, 89
- American Indian cultures, 235
- Amnesty International, 46
- analysis, 227
- animal agriculture
 - government support of, 190, 194
 - as men's work, 21
 - petroleum required for, 187
 - pollution from, 96, 187, 190–191
 - toxins in, 189–191
 - See also* animal food industry
- animal-derived foods
 - acid in, 72
 - and addiction, 61, 281–284
 - beginnings of eating of, 204
 - blood in, 60
 - considered natural, 202–206
 - descriptions of, 7–8
 - disguising of, 60
 - effects of choosing to eat, 269–270, 272–273
 - effects on humans, 271
 - effects on intelligence, 75
 - and environment, 185, 216
 - fat in, 61, 70, 76, 78
 - and health, 74–76, 93
 - as hindrance to fulfilling potential, 265
 - and incarceration rate, 296n15
 - inefficiency of, 189
 - lack of carbohydrates in, 70
 - lack of fiber in, 70
 - lack of need for, 94
 - and limitations on freedom, 272–273
 - petroleum needed to produce, 187
 - raw, 59–60
 - and suffering, 8, 9
 - taste of, 60–61
 - toxins in, 76, 78–84, 135
 - as unnecessary, 67
 - vibrations in, 139
 - waste products in, 60
 - See also* beef; dairy; eggs; fish; omnivores
- animal feed, 79, 80, 112–113, 185–187, 190
- animal food industry
 - destructiveness of, 184
 - inhumanity of, 183
 - marketing pressure by, 56–57
 - omnivores as victims of, 273
 - propaganda by, 74
 - use of fossil fuels, 184–185
 - See also* agriculture industry
- animals, nonhuman
 - altruism of, 275–276
 - behavior of as justification for humans', 216–217
 - compassion for, 149
 - denial of intelligence in, 40
 - domestication of, 19, 153
 - domination of, 20–21, 201
 - dominion over, 209
 - enslavement of, 30, 31, 33–34
 - as ethically trivial, 200–202
 - mental illness of, 276
 - as mystery, 15
 - number slaughtered each year, 307n4
 - religion's failure to protect, 214
 - souls of, 208, 212–214
 - understanding of, 201–202
 - viewed as things, 32–33
 - vulnerability of mortality, 276
- Animal Welfare Act, 173
- antibiotics
 - administered to food animals, 81
 - and animal protein, 72–73
 - in cattle, 120
 - in eggs, 126
 - used in fish farms, 100
- aquaculture. *See* factory fishing
- arteries, maintenance of health of, 98–99

assembly lines, 177–178
Attwood, Charles, 123
awakening, spiritual. *See* leaving home
awareness
 dulling of, 26
 and freedom, 246
 repression of, 29–30, 31, 33–34, 70
 yearning for, 230

baby food, 10
baitfish, 105–106
Barnard, Neal, 61, 77, 136
battery egg operations, 125–129
beauty, insensitivity to, 9, 137–138
Becoming Vegan (Davis and Melina), 91, 99
beef
 calves raised for, 120
 spread of, 266–267
 steroids in production of, 120
Beyond Beef (Rifkin), 266
Bible, 180
 See also Christianity; religion
blood, 60, 73
blood type and diet, 204–205
"Blue Revolution," 99, 184
body, relation with mind, 86–87, 91, 138
boys, 41–42, 177, 237–239
Breaking the Food Seduction (Barnard), 61
breakthrough, spiritual, 271
breast-feeding, 52, 98
Buber, Martin, 12
Buddha, Gautama, 1, 135, 148, 149, 244
Buddhism
 emphasis on compassion, 149
 feminine in, 230
 intuitive wisdom in, 230
 justification for eating animal foods, 212
 leaving home in, 54
 masculine in, 230
 meditation centers, 262–263
 positive orientation of, 163
 samadhi, 231–232
 shojin, 231–233
 SonggwangSa Temple, 263–264
 teaching of the jeweled web, 245–246
 and vegetarianism, 263
Buddhism, Mahayana, 245
Buddhism, Zen, 139, 140, 231
bycatch, 102
bystanders, 273, 274–275

Cadillac Desert (Reisner), 187
calves
 auctioning of to veal industry, 119
 dehorning of, 116
 destinies of, 116–121
 forced pregnancies of, 117, 118
 milking of, 117
 raised for beef, 120
 slaughter after birth, 119
 teat removal from, 116–117
calves, fetal, 119
Campbell, C. J., 189
Campbell, Joseph, 164
Campbell, T. Colin, 71, 78, 123
Camp Challenge, 251–254
Canada, 104
cancer, 73, 123, 124
capital accumulation, 154
capitalism, 18, 24, 228
carbohydrates, 68, 70, 77–78
casein, 114, 123
castration, 45
categories, creation of, 15
cattle. *See* beef; calves; cow/cows; steers
cause and effect, law of, 42
The Chalice and the Blade (Eisler), 19–21, 266
cheese, 61, 119
 See also cow/cows; dairy
chickens
 as commodities, 125
 debeaking of, 126
 egg laying in cages, 127–128
 forced molting of, 128
 living conditions of, 125–129
 slaughter of, 172
 See also eggs
children
 abuse of in herding culture, 282
 cultivation of violence in, 147–148
 food education of, 52–53
 vegetarian, 298n23
chill tanks, 83
Ching Hai, 279–280
cholesterol, 68–69, 85, 125
Christianity
 adoption of herding paradigm, 209
 and compassion for animals, 149
 Ebionites, 210, 211
 exclusion of feminine in, 131–132
 mandate for veganism in, 233
 objections to plant-based diets in, 210–211
 repression of early vegetarian emphasis of, 161
 resistance to oppression of animals in, 209
 and spread of herding culture, 267
 See also Jesus; religion
circulatory system, human, 68–69
circumcision, 44–45
Circumcision: The Hidden Trauma (Goldman), 44
circuses, 142
Civil Disobedience (Thoreau), 248
class struggle, 200

commodification of animals, 22–23, 29–30, 31, 33–34, 133
 communes, 260–262
 communities, vegan, 260–262, 267
 compassion
 Einstein on, 149–150
 emphasis on in religious traditions, 148–149
 as ethical intelligence, 11–12
 as guiding intuition, 227
 as highest form of love, 226
 and meditation, 231
 as motivation for switching to plant-based diets, 93–94
 as opposite of indifference, 272
 Pythagoras's principle of, 25
 repression of, 23, 41, 142
 competition, mentality of, 265
 Concord, Massachusetts, 247
 Confined Animal Feeding Operations (CAFOs).
 See factory farms
 connectedness
 ignoring, 11–12
 and intelligence, 35, 38
 consciousness, 20–21, 135–136, 138–139, 148, 150–151, 227, 239–241, 277–278, 288
 consciousness, post-rational, 241
 Constantine, 161
 consumerism, eating animals as, 30
 contamination, 83
 control, food as means of, 285–286
 corporations
 control of research, 207–208
 intrusion into lives, 195–196
 profit from abused animals, 278
 cow/cows
 A Cow at My Table, 169
 devil represented as, 162
 effects of milking on, 118
 feed for, 112–113
 hormones given to, 112
 maternal instincts of, 115
 slaughter of, 118, 171, 251–254
 stunning of, 171
 See also calves
 cravings, elimination of, 61–62
 cruelty
 inheritance of, 10–11
 See also violence
 culture
 of adolescent boys, 237
 connectedness with dairy, 129–130
 connectedness with eggs, 129–130
 questioning of assumptions of, 54–55
 reproduction of, 207
 culture, herding. See herding culture
 culture, Western, 19
 cultures, dominator, 20–21
 cultures, foraging, 70
 cultures, Native American, 235
 cultures, plant-based, 164
 cultures, primitive, 235
 cup, 132
 D'Adamo, Peter, 204–205
 dairy, 123–124, 129–130
 See also cow/cows; milk, cow's
 dairy industry
 hiding of misery in, 147
 marketing by, 57, 121
 Dalai Lama, 263
 da Vinci, Leonardo, 25
 Davis, Karen, 109
 dead zones, 96–97
 death, cultures organized toward, 164, 165
 debeaking, 126
 deception, 46
 deforestation, 185, 304n5
 dehorning, 116
 dehumanization, 306n15
 Department of Agriculture, 112
 Descartes, René, 157
 desensitization
 to vibrational energy frequencies, 138
 See also hardening, psychological
 devil, 162
 diabetes, adult-onset, 84–85
 diesel fuel, 184
 diet programs, 78, 85, 205
 diets, plant-based. See plant-based diets
 differences, emphasis on, 23
 digestive system, 68, 297n4
 dimensions, multiple, 277–278
 disconnectedness
 and ability to block feedback, 189
 of boys, 41–42, 237
 between consumer and consumed, 142
 and consumerism, 30
 and dualism of Creator and creation in Western religion, 160–161
 disease
 adult-onset diabetes, 84–85
 and animal feed, 80
 caused by factory farming, 47–48, 101
 and dairy, 123
 in families, 92
 profitability of to pharmaceutical industry, 75
 viewed in terms of genetics, 196–197
 See also health
 divinity, male, 131, 132
 doctors, 89
 See also medical industry
 dolphins, 104

domestication of animals
 as reductionism, 153
 and value shifts in Western culture, 19

domination
 and ability to block feedback, 189
 of animals, 20–21, 201
 of feminine, 109
 of humans, 177–178
 need to stop cooperating with, 198
 reinforced by religious establishment, 160

domination mentality
 class struggle as result of, 200
 emphasis on differences, 23
 Jesus' questioning of, 210
 lack of questioning of, 200
 as mentality of exclusion, 212
 See also herding culture

dominator cultures, 20–21
The Dominion of Love (Phelps), 233

dominion over animals, 209
Dominion (Scully), 239

Dossey, Larry, 150

drug industry. *See* pharmaceutical industry

drugs
 administered to food animals, 81
 and eating of animal foods, 45, 281–282
 plant foods used as, 234
 use of, 92
 See also pharmaceuticals

drugs, prescription. *See* medications

Dunayer, Joan, 105

Earle, Sylvia, 107

eating, 140–141

eating, mindful, 151

eating disorders, 47, 287

Eat Right for Your Type (D'Adamo), 204–205

Ecionites, 210, 211

economic system, maintenance of, 196

ecosystem, 129–130
 See also environment

education, food, 52–53

education, scientific, 142

eggs
 antibiotics in, 126
 battery egg operations, 125–129
 cholesterol in, 125
 connectedness with ecosystem and culture, 129–130
 free-range, 128–129
 laying of in cages, 127–128
 misery in, 125
 production of, 81
 as toxic, 125
 toxins in, 126–127
 See also chickens

Einstein, Albert, 25, 149–150, 208, 220, 239–240

Eisler, Riane, 19–21, 20, 266

Eisnitz, Gail, 81, 82, 83, 167, 172, 175–176

electroshocking, 46

elite, 195

elk's message, 290–291

Eller, Cynthia, 19

Emerson, Ralph Waldo, 1, 51, 152, 167, 248

ends, as same as means, 225

energy-matter, 138

enslavement
 of animals, 30, 31, 33–34
 mentality of, 15
 See also slavery

environment
 and animal-derived foods, 185–186, 190, 192–193, 216
 benefits to from plant-based diets, 191–192
 pesticides, 187–188
 petroleum, 187
 topsoil, destruction of, 188
 water supplies, 186–187
 See also pollution

Eternal Treblinka (Patterson), 177

ethics, 229

evil, myth of, 162–164

evolution, 226, 227

exclusion, mentality of, 212

exclusivity of Western religion, 161

excrement, livestock, 190–191

exports, grain, 279

eye, hard, 156

factory farms
 conditions in, 175
 creation of, 80
 cruelty in, 173–174
 disease caused by, 47–48, 101
 effects on workers in, 173
 science's contributions to, 158

factory fishing, 99–106, 184

family/families
 breakdown of, 43
 disease in, 92
 dysfunctional, 31
 questioning of assumptions of, 54–55

The Farm, 254, 260–262

Farm Bill (2002), 194

farming, industrial. *See* animal agriculture

Fast Food Nation (Schlosser), 145

fast food restaurants, 57

fat
 in animal-derived foods, 61, 70, 76, 78
 and diabetes, 84
 effects on health, 78–79
 human intolerance of, 68–69

fear, 147
 feasts, sacred, 4
 feed, animal, 79, 80, 103, 112–113, 185–187, 190
 feed, fish, 100
 feedback, blocking of, 189
 feed crops. *See* feed, animal
 females. *See* women
 feminine
 in Buddhism, 230
 exclusion of in Western religion, 131–132
 suppression of, 47
 See also Sophia
 feminine, domination of
 in animal food culture, 121
 as attack on essential being, 130–131
 feminine principle
 call to reawaken respect for, 133–134
 distrust of by science and religion, 154
 as enemy of reductionist science, 159
 loss of, 132–133
 need to honor, 131
 fertilizer, 184, 187
 fiber, lack of in animal-derived foods, 70
 Fillmore, Charles, 33, 144–146, 211, 281–282
 See also Unity School of Practical Christianity
 Fillmore, Myrtle, 33, 211
 See also Unity School of Practical Christianity
 fish
 ability to feel pain, 106
 approaching extinction of, 104
 and cleansing of water, 107–108
 intelligence of, 106–107
 lactic acid in, 107
 protein in, 98
 See also sea life
 fish farms, 99–101
 fish feed, 100
 fishing, factory, 99–106
 fishing, recreational, 105–106
 fishmeal, 103
 fish oils, hazards of, 98–99
 flax seeds, 90
 flour, white, 77
 foie gras, 174
 food
 animal-derived (*See* animal-derived foods)
 genetically modified, 190
 as means of control, 285–286
 plant-derived (*See* plant-derived foods)
 social significance of, 56
 Food and Drug Administration (FDA), 112
 food-borne illnesses, 81, 102
 "food disparagement" laws, 287
 food industry
 influence of, 89
 promotion of animal food diets, 208
 See also animal food industry
 Food Not Bombs, 279
Food Politics (Nestle), 89, 194
 food preparation
 as metaphor for intimacy, 3–4
 and mood, 139–140
 and vibrations, 141
 food production, increase in, 187
 food production system. *See* animal agriculture
 foraging cultures, 21, 70
 Ford, Henry, 177
 fossil fuels, 184–185, 187, 188–189, 192
 See also petroleum
 Fox, Matthew, 163, 178–179
 freedom
 and awareness, 246
 limitation of by animal-derived foods, 272–273
 and need to grant freedom to others, 151
 freedom, inner, 291
 free-range egg operations, 128–129
 Fuller, Buckminster, 236

 Gandhi, Mahatma, 1, 225
 Genesis, 180
 genetic engineering, 277
 genetics, health viewed in terms of, 196–197
 Germany, 177–178
 Gibson, James, 86
 Gimbutas, Marija, 19
 global warming, 191
 God, loving, 233
 goddesses, 131
 Golden Rule, 42, 50, 157, 235
 Goldman, Ronald, 44
 goodness, as true nature, 163
 government, U. S.
 "food disparagement" laws, 287
 industry's grip on, 194–195
 and spread of American model of agriculture
 industry, 279
 support of animal agriculture, 190, 194
 Government Accountability Project (GAP), 83
 grain, 185, 279
 "Green Revolution," 184
 grilling and air pollution, 191
 growth promotants, 80–81
 Guggisberg, C., 203
 guilt, 163–164

 hardening, psychological, 141–142, 146, 174, 176,
 177, 178
 See also desensitization
 Hart, Donna, 203
 Hazard Analysis Critical Control Points (HAACP),
 82
 healing, effects of prayer on, 150

health
 of arteries, 98–99
 and dairy, 123–124
 effects of animal-derived food on, 74–76
 and fat, 76, 78–79
 food-borne illnesses, 81, 102
 responsibility for, 197
 and vegetarian diets, 71
 viewed in terms of genetics, 196–197
 See also disease
 health, spiritual, 240
 Heifer Project, 279
 Heinberg, Richard, 188
 herbivores, humans as, 67–70
 herding culture
 abuse of children, 282
 and belief in evil, 163–164
 and boys, 177, 238–239
 deification of masculine, 161–162
 discomfort with introspection, 241
 guilt in, 163–164
 indoctrination into, 53
 legitimization of by reductionist science, 155–156, 157
 legitimization of domination of animals, 201
 obsolescence of, 236
 origins of, 18
 and reductionism, 153, 154
 religion's reflection of trauma of, 164
 repression of desire to protect vulnerable by, 271
 repression of early Christian teachings by, 161
 sacrifice in, 162
 shamanism as product of, 234
 spread of, 267, 278
 subversion in, 56, 86
 suppression of compassion in, 41
 and supremacy of humans, 23
 threat of intuition to, 227
 veganism's renunciation of, 28
 violence in, 21–22
 work in, 177
 work of, 179
 See also commodification of animals;
 domination mentality
 hero's journey, 55
 Hitler, Adolf, 177
 Holy Grail, 132
 Holy Spirit, 131–132
 Holy Wisdom. *See* Sophia
 home, leaving, 54–55, 271
 Hopkins, Thomas, 105
 hormones, 80–81, 112, 124, 136
 hot water spray, 83
 human beings
 control of, 158–159
 creation of privilege, 285
 dissatisfaction with work, 179
 domination of, 177–178
 as economic units, 153
 as herbivores, 67–70
 as mystery, 14
 physiology of, 67–69, 203–204
 population explosion of, 184, 187
 as predators, 203–206, 228, 288
 as spiritual beings, 70
 toxins in, 97–98
 view of selves as superior to animals, 285
 Humane Slaughter Act, 172
 hunter-gatherers, 205
 Hyland, J. R., 162

 Iceland, 104
 IGF-1, 124
 "I-It" sense of self, 12–13, 26
 immune system, 73
 imperative, vegan, 236–237
 impotence, 45, 75
 imprisonment, 46
 incarceration rate, 296n15
 indifference, 272
 indoctrination, 51–54
 industry
 control of research, 207–208
 grip on government, 194–195
 profitability of animal-derived food consumption to, 193
 industry, animal food. *See* animal agriculture; dairy industry
 industry, dairy. *See* dairy industry
 industry, fishing. *See* factory fishing
 industry, medical. *See* medical industry
 inheritance of food choices
 indoctrination as infants, 51–54
 and social pressure, 56–59
 inner freedom, 291
 inner peace, 232, 291
 inner silence, 229
 inspection, meat, 82–84
 instinct, 239
 intelligence
 and connectedness, 35, 38
 denial of in animals, 40
 destruction of, 37–39
 diversity of, 40
 effects of animal-derived food on, 75
 of fish, 106–107
 forsaking of, 11–12
 and fulfillment of purpose, 36–37
 as species-specific, 39–41
 systems theory, 34–35
 and veganism, 264–265

of vegetarian children, 298n23
intelligence, ethical, 41
intelligence, universal, 35–36
interconnectedness, 28, 42–50, 227, 245–246
 See also cause and effect, law of; Golden Rule
intimacy, food as metaphor for, 3–4
introspection, discomfort with, 241
intuition, 226–227, 228–229
irrigation water, 186–187
Islam, emphasis on compassion in, 149
"I-Thou" sense of self, 12, 26

Jacobs, Lynn, 266
Jainism, 148
jaw, human, 67–68
Jesus, 54, 209–210, 211
 See also Christianity
jeweled web, teaching of the, 245–246
Jonas, Wayne B., 87
journey, hero's, 55
journey to veganism, 246–265
joy, 35
Judaism, 209, 233

Kindlon, Dan, 237–238
Klaper, Michael, 98
Korea, 263–264, 266–267
Krishnamurti, J., 220
Kucinich, Dennis, 292
Kuhn, Thomas, 206, 207
Kurgan invasions, 19–20

land, 185, 190
language and thinking, 239–240
laws and questioning of standard diet, 287
learning, paradigmatic, 206–207, 214
leaving home, 54–55, 271
 See also pilgrimage, spiritual
life
 as consciousness, 227
 cultures organized around, 164
 as spiritual quest, 251
lifetimes, multiple, 277–278
liver, effects of toxins on, 76
The Lost Religion of Jesus (Akers), 210–211
love, 16, 225–226, 272

MacKay, Barry, 105
Maharishi effect, 150
Mahavira, 1, 148
males. *See* boys; men
marketing pressure by animal food industry, 56–57
Marxism, lack of questioning of domination
 mentality by, 200
masculine
 in Buddhism, 230

 deification of, 161–162
mask, archetypal, 146–147
The Masks of God (Campbell), 164
Mason, Jim, 15, 19, 21–22
maternal, suppression of, 47
McDougall, John, 69, 84
means, as same as ends, 225
meat industry, 120
meat inspection, 82–84
meat packing, danger in, 172
medical industry
 connection with animal-based diet, 85–86
 corporate control of, 196
 de-emphasis of prevention, 69
 opposition to plant-based diets, 57–58, 89
 promotion of animal food diets, 208
 See also pharmaceutical industry
medications, 92, 191, 197, 281–282
meditation
 and compassion towards animals, 231
 development of, 230–231
 discouragement of, 241
 need for in veganism, 232
 scarcity of in Western cultures, 229–230
meditation centers, 262–263
men
 animal agriculture as work of, 21
 See also boys
menarche, 122
mental illness, animal, 276
mental illness, human, 46
metaphor, food as, 2, 3–4
metaphysical forces, 137–141
methane gas, 191
Methodism, 149
microchips, 158
midwives, 261
Milarepa, 149
military budget, 192, 223
milk, cow's
 and cancer, 124
 casein, 123
 drinking of, 110
 and early menarche, 122
 growth hormones in, 123
 and mammary glands, 122
 milking machines, 117
 organic, 119
 pathogens in, 123
 production of, 111, 112
 toxins in, 111–112, 113–114
 as unavailable in wild, 110
 as unsuitable for humans, 113–115, 122–124
 and views of women, 122
 violence in, 115–121
milking machines, 117

milk mustache, 146
 mind, relation with body, 86–87, 91, 138
 mindfulness, 229, 231, 246
 Misri, 149
 missionaries, 267
 molting, forced, 128
 monasteries, 263–264
 money. *See* wealth
 monosodium glutamate (MSG), 297n4
 mood and food preparation, 139–140
 Moretti, Laura, 167–168
 mortality, vulnerability of, 276
 mouth, human, 67–68
 music, 265
 Muste, A. J., 225
 mystery

- animals as, 15
- human beings as, 14

Native American cultures, 235
 natural gas, 187
 nature, relationship with and commodification of

- animals, 22

Nestle, Marion, 89, 194
 newspapers, 250
 Nhat Hanh, Thich, 140–141, 269, 291
 nitrogen, 187
 nursing, 52
 nutrition, 89, 90–91

obesity, 43, 76, 78–79, 85
 objections to plant-based diets

- animals' behavior as justification for humans', 216–217
- animals considered ethically trivial, 200–202
- eating animal-derived foods considered natural, 202–206
- perceived inconvenience of, 217
- religion's justification of animal-derived foods, 208–215
- science's justification of animal-derived foods, 206–208

objects, others as, 12, 13
 observer effect, 138, 302n6
 oil. *See* petroleum
 omega-3 fatty acids, 90
 omnivores

- encouragement of, 30
- as victims of food production system, 273

oneness, achievement of through food, 3
 organic milk, 119
 organic products, 91
Original Blessing (Fox), 163
 original sin, 163
 origins of food

- animal-derived foods, 7–8 (*See also* animal-derived foods)
- contemplation of, 62
- plant-derived foods, 6–7 (*See also* plant-derived foods)

Ornish, Dean, 86
 orthorexia nervosa, 287
 Oski, Frank, 123
 osteoporosis, 73–74
 others, as objects, 12, 13
 outdoors, appreciation of, 250
 overcrowding, 46
 overfishing, 101

pain, animals' ability to feel, 106, 157
 paradigmatic learning, 206–207, 214
 paradigms, 206–207, 211
 partnership societies, 19
The Party's Over (Heinberg), 188
 pathogens in cow's milk, 123
 patriarchal cultures, 20
 patriotism, 250
 Patterson, Charles, 177
 Paul, Saint, 210
 peace

- dependence upon respect and kindness, 134
- and human physiology, 70
- and need to grant peace to others, 151

peace, inner, 232
Peace Is Every Step (Thich Nhat Hanh), 140
 perpetrators, 273–274, 278
 pesticides, 184, 187–188, 299n55
 petroleum

- availability of, 188–189
- usage of and animal-derived foods, 187
- usage of and plant-based diets, 192

pharmaceutical industry

- control of research in, 196–197
- and de-emphasis of prevention, 69
- profitability of disease to, 75
- promotion of dairy by, 123
- threat of plant-based diets to, 197–198
- See also* medical industry

pharmaceuticals, 92, 191, 197, 281–282
 Phelps, Norm, 233
 philosophy, 132
 physiology, human, 67–69, 70, 203–204
 piano, 250, 265
 pigs, slaughter of, 171
 pilgrimage, spiritual, 251, 255–265
See also leaving home
 placebo effect, 87, 88
 Planck, Max, 138
 plant-based cultures, 164
 plant-based diets

- and health, 71

- medical opposition to, 57–58, 89
 - nutrients in, 90–91
 - objections to (See objections to plant-based diets)
 - and positive changes, 217
 - potential research on, 280–281
 - sufficiency of, 205
 - taste in, 91
 - threat of to pharmaceutical industry, 197–198
 - See also plant-derived foods; veganism; vegetarianism
- plant-based diets, switching to
 - benefits to environment, 191–192
 - and caring, 93–94
 - and cleansing of toxins, 88–89
 - effects of, 87
 - learning involved in, 90
 - and military budget, 192
 - motivation for, 93–94
 - perceived inconvenience of, 217
 - and placebo effect, 87–88
 - potential research on, 280–281
 - and reduction of petroleum usage, 192
 - and transformation, 270–271
 - See also veganism; vegetarianism
- plant-derived foods
 - contemplation of origins, 62
 - descriptions of, 6–7
 - protein in, 71–72
 - and reduction of violence, 25–26
 - and suffering, 7
 - tastes of, 62
 - used to escape reality, 234
 - See also plant-based diets; veganism; vegetarianism
- Plutarch, 75
- pollution
 - from animal agriculture, 96, 187, 190–191
 - of earth's vibrational field, 144
 - from grilling, 191
 - from medications, 191
 - of water, 100–101
 - See also environment; toxins
- population explosion, 184, 187
- Prabhupada, Swami, 213–214
- prayer, 150
 - See also consciousness
- predators, humans as, 203–206, 228, 288
- pregnancy
 - early, 43
 - forced, 117, 118
- pressure, social. See social pressure
- prevention, de-emphasis of, 69
- Prime Directives, 233
- privilege, 285–286
 - See also domination
- production, 46
- projection of violence, 222–223
- propaganda by animal food industry, 74
- prostrate cancer, 45
- protein
 - and antibiotics, 72–73
 - belief in need for, 56
 - and blood pH, 73
 - casein, 114, 123
 - "complete," 71, 297n9
 - excess, 71–72
 - in fish, 98
 - lack of need for, 70–72
 - and osteoporosis, 73–74
 - in plant-derived foods, 71–72
- puberty, 122, 301n18
- purpose
 - destruction of, 37–39
 - fulfillment of and intelligence, 36–37
 - loss of, 276
- Pythagoras, 1, 24–25
- quest, spiritual, 251
- radiation, 84
- Raising Cain* (Kindlon and Thompson), 237–238
- Ramana Maharishi, 255
- rape, 47
- rationality, 227
- reality, plant foods used to escape, 234
- reductionism, 153, 154, 165
 - See also religion, reductionist; science, reductionist
- The Reinvention of Work* (Fox), 178–179
- Reisner, Marc, 187
- religion
 - articulation of vegan ideals, 209
 - concern with ethics, 229
 - distrust of feminine principle, 154
 - failure to protect animals, 214
 - inability to tolerate paradigmatic inconsistency, 211
 - intuition in, 228–229
 - justification of animal-based diets, 208–215
 - reflection of psychological trauma, 164
 - reinforcement of domination, 160
 - similarities to science, 154, 160–161
 - and souls of animals, 212–214
 - vegetarianism in, 33–34
 - See also Buddhism; Christianity
- religion, non-Western
 - and holistic science, 161
 - positive orientation of, 163
- religion, reductionist, 160–164
- religion, Western
 - discouragement of meditation by, 241

dualism of Creator and creation in, 160–161
 evil in, 162–164
 exclusion of feminine in, 131–132
 exclusivity of, 161
 human nature in, 163
 veganism as underlying, 233
 See also religion, reductionist

rennet, 119
 research, 142, 167, 207–208
 research, potential, 280–283
 resources, use of, 223
 See also environment; fossil fuels

responsibility
 evasion of, 196
 for health, 197
 for killing, 212

restaurants, fast food, 57
 revolution, 26–27
 revolution, literary and philosophical, 247–249
 revolution, political, 247
 revolution, spiritual and cultural, 270
 revolution, vegan, 247, 280
 revolutionary, Jesus as, 210
 Revolutionary War, 247
 Rifkin, Jeremy, 266
 Robbins, John, 186

Sacred Pleasure (Eisler), 20
 sacrifice in herding cultures, 162
 Saint Isaac the Syrian, 149
 salvation, 162
samadhi, 231–232
 Saunders, Kerrie, 122
 scald tanks, 83
 Schlosser, Eric, 145
 School of the Americas, 156
 science
 attempts to reverse reductionist mentality in, 159
 contributions to factory farming, 158
 corporate control of, 196
 effect on animal welfare, 157
 holistic approaches to, 159
 justification of animal-based diets, 206–208
 and manipulation of livestock bloodlines, 154
 reflection of mainstream culture, 206
 similarities to religion, 154, 160–161
 stifling of empathy in, 142
 as tool for unseating herding paradigm, 207
 science, holistic, 161
 science, reductionist
 and control of humans, 158–159
 distrust of feminine, 154, 159
 legitimization of herding culture by, 155–156, 157
 materialist mythos in, 155

Scully, Matthew, 239
 seafood
 food poisoning by, 102
 See also sea life

sea life
 amount killed per year, 106
 bycatch, 102
 destruction of food supply of, 103–104
 factory farming of, 99–101
 recreational fishing of, 105–106
 toxins in, 95–97, 98–99, 100
 See also seafood

seal pups, slaughter of, 104
Seat of the Soul (Zukav), 212
 sea turtles, 102, 104
 secrets, family, 31
 self, replacement of by false self, 132–133
 self, sense of, 12–13, 26
 self-image, 57
 sensitivity, dulling of, 142, 196
 separateness
 of mind and body, 86–87
 need to free selves from delusion of, 288

sewage, livestock, 190–191, 305n27
 sex hormones, 136
 sexual maturity, 122
 shadow, evil as projection of, 162
 shadow archetype, 13, 222–224
 shamanism, 234–235
 SHBG (sex hormone binding globulin), 136
 shellfish
 toxins in, 97
 See also sea life

Shepard, Paul, 21
 Shiva, Vandana, 155
shojin, 231, 232–233
 shrimp farms, 101
 silence, inner, 229
 sin, original, 163
 Singer, Isaac Bashevis, 144
 skin, effects of toxins on, 76
 slaughter
 of calves, 119
 of chickens and turkeys, 172
 of cows, 118, 171, 251–254
 of pigs, 171
 stunning, 170–171, 304n13
 suppression of awareness of, 30, 31, 33–34
Slaughterhouse (Eisnitz), 167, 175–176
 See also Eisnitz, Gail

slaughter plants
 conditions in, 82–84
 descriptions of, 167–172
 effects on workers in, 168–169, 173
 practices in, 175–176
 working conditions in, 172–173

writings on, 167

slavery
 and dehumanization, 306n15
 and denial of souls to black people, 213
 and domination, 286
See also enslavement

social pressure and food choices, 56–59

social progress, 54

social system, maintenance of, 196

societies, partnership, 19

SonggwangSa Temple, 263–264

Sophia, 131–132, 154, 227

souls
 of animals, 208, 212–214
 denial of to black people, 213
 denial of to women, 213

sperm counts, low, 45

spiritual health, 240

spiritual quest, life as, 251

spray, hot water, 83

starvation, 46–47

steers, 120–122

steroids in beef production, 120

stress, 45

The Structure of Scientific Revolutions (Kuhn),
 206, 207

stunning, 170–171, 304n13

suffering
 and animal-derived foods, 8, 9
 animals' ability to feel, 157
 denial of, 9
 disconnecting from, 11
 increase in, 145
 and plant-derived foods, 7
 in slaughter plants, 169

sugar, refined, 77

Surgeon General's Report on Nutrition and Health,
 194

Sussman, Robert W., 203

systems theory, 34–35

taste, 59–63, 91

teaching of the jeweled web, 245–246

teat removal, 116–117

technology, appropriate, 159

teeth, human, 67–68, 297n3

temple, cleansing of, 210

terrorism, 46

testosterone, 136

theft, 46

things, viewing animals as, 32–33

thinking and language, 239–240

Thomas Aquinas, 213

Thompson, Michael, 237–238

Thoreau, Henry David, 248

Tolstoy, Leo, 144

topsoil, destruction of, 188

torture, 46

toxins
 in animal agriculture, 189–191
 in animal-derived foods, 76, 79–84, 135
 in animal feed, 190
 in breast milk, 98
 in cattle, 120
 cleansing of, 88–89
 in cow's milk, 111–112, 113–114
 effects on liver, 76
 effects on skin, 76
 excreted into ecosystem, 192
 in humans, 97–98
 in sea life, 95–97, 98–99, 100
 in shellfish, 97
 in vegetarian food, 91
 in water, 96–97
See also pollution

transcendentalists, 247–249

trans fat, 70

transformation
 implied in evolution, 226
 journey of, 246–265
 and need for change, 28
 veganism as agent of, 218–219

transformation, cultural, 236

transformation, spiritual, 270–271

trawling, 102–103

Trinity, masculinization of, 131–132

tuna industry, 104

turkeys, slaughter of, 172

Twelve-Step programs, 283

uncertainty principle, 138, 302n6

understanding, love as, 16

Unity School of Practical Christianity, 33, 209, 211

An Unnatural Order (Mason), 15, 19

USDA inspection, 82

usurper, archetype of, 132–133

veal industry, 119

vegan communities, 254, 260–262, 263–264, 267

vegan imperative, 236–237

veganism
 as agent of transformation, 218–219
 articulation of ideals, 209
 and change, 28
 contemporary movement of, 27–28
 conversion to, 260, 264 (*See also* plant-based
 diets, switching to)
 difficulty of in herding culture, 218
 and intelligence, 264–265
 and interconnectedness, 28
 Jesus', 209–210
 journey to, 246–265

- motivation for, 271
- movements and organizations, 279–280
- need for community support, 267
- need for in spiritual transformation, 270–271
- need for meditation in, 232
- need for spiritual breakthrough in, 292
- nutrition in, 91
- objections to (See objections to plant-based diets)
- practical orientation of, 236
- rarity of, 28
- renunciation of herding culture, 28
- resistance to from dominant culture, 286–288
 - as revolutionary, 200
 - sense of peace and kinship in, 291
 - shojin* as foundation of, 232
 - switching to (See plant-based diets, switching to)
 - as underlying Western religious traditions, 233
 - See also plant-based diets
- vegetarianism
 - in American philosophical revolution, 249
 - and Buddhism, 263
 - Jesus', 209–210
 - in religion, 33–34
 - repression of early Christian emphasis on, 161
 - in Unity movement, 33, 211
 - See also plant-based diets
- vegetarians, humans as, 67–70
- vibrational field, pollution of, 144
- vibrations, 137–141
- victims, 273, 274, 278
- violence
 - and commodification of animals, 22–23
 - cultivation of in children, 147–148
 - dissociation from, 223–224
 - in forcing children to eat animal foods, 221–222
 - in herding cultures, 21–22
 - instigation of, 166–167
 - projection of, 222–223
 - reduction of and plant-derived food, 25–26
 - repression of, 13–14
 - as rooted in animal-derived foods, 10
 - roots of, 13
 - See also cruelty
- violence, cycle of, 221–222, 239, 274, 278
- vision, 74
- vitamin B-12, 90
- vivisection, 157
- Voltaire, 213
- vulnerable, urge to protect, 271–272

- war, 22–23, 129, 222, 223
 - The Washington Post*, 171
- waste, farm animal, 190–191
- Waste of the West* (Jacobs), 266

- water
 - cleansing of by fish, 107–108
 - dead zones in, 96–97
 - needed to produce animal feed, 186–187
 - pollution of, 100–101
 - toxins in, 96–97
- water birds, 104
- water rights, 129
- water supplies, 186–187
- Watson, Donald, 27, 236
- Watson, Paul, 103, 107
- wealth
 - and food animals, 18–19
 - inequalities in distribution of, 153
 - livestock as measurement of, 23
- weight
 - reduction of, 85
 - See also obesity
- weight-reduction industry, 85
 - See also diet programs
- Weil, Andrew, 72, 79
- Wesley, John, 149
- Western culture, 19
- whaling, 104, 235
- Whitman, Walt, 248
- Wilber, Ken, 136
- wisdom
 - loss of feminine approach to, 132–133
 - See also Sophia
- Wisdom, Holy. See Sophia
- women, 19–20, 47, 122, 213
 - See also feminine; maternal
- work
 - depiction of in Genesis, 180
 - distaste for, 179
 - Matthew Fox on, 178–179
 - in herding culture, 177
 - of herding culture, 179
 - humans' dissatisfaction with, 179
 - need to transform, 180
 - as spiritual, 179
- workers
 - descriptions by, 175–176
 - effects of work on, 168–169, 173
 - injuries to, 172
 - psychological hardening of, 174, 176
- wu wei*, 231

- Young, Robert, 72

- Zen Buddhism, 139, 140, 231
 - See also Buddhism
- zoos, 142
- Zukav, Gary, 212