

Towards World Vegan and World Peace

Our Precious Planet Earth Needs Your Help Urgently to Overcome the Climate Change Crisis!

Dear Sir/Ms,

Please allow me to share the news on the critical state of our Planet Earth. Perhaps you are already aware of the ever worsening health of our precious Planet Earth, however, please allow me to quickly mention the key points here. According to scientific studies, the issue of global warming has become extremely pressing for humankind as there have been an ever increasing severity and frequency of storms, rapid melting of glaciers, crop losses, and rising sea levels, to name just a few. Climate change due to global warming is absolutely devastating. Take rising sea levels for instance, most of the country of Bangladesh which is on the low-lying deltas will be submerged under the water, and the deltas along China coast are at high risk of being flooded. As a result, climatologists around the world are urging for immediate effective actions to curb global warming because if we don't, we will destroy our Planet Earth in the same way as Mars and Venus which went through dramatic atmospheric changes in the past similar to what we have begun to experience right now. According to Dr. James Hansen (a leading climate scientist who is the Director of NASA's Goddard Institute for Space Studies and an Adjunct Professor at the Department of Earth and Environmental Studies of Columbia University in the U.S.A.) as well as other climate experts, we have **approximately 563 days** to take immediate effective actions to reverse the harmful effects of global warming. Beyond which, there is nothing that we can do to stop it as runaway global warming takes over which eventually triggers off the massive amount of methane (a greenhouse gas that traps 72-100 times more heat than carbon dioxide) currently stored under the ocean and turns the ocean into hydrogen sulfide ocean. At present, hydrogen sulfide in sea water has been detected in several regions around the world. The most widely known case is off the coast of Namibia. The country's coastal marine ecosystem has been severely damaged by the gas. Periodically, millions of fish die because of dissolved hydrogen sulfide in the sea water. Off the San Juan Islands near the coast of Washington, USA is another case in point. Dr. Peter Ward (Professor of Earth and Space Science at the University of Washington, and an Astrobiologist for NASA) said: "Very small quantities of hydrogen sulfide would kill us very quickly, 200 parts per million, less hydrogen sulfide in the air than there is carbon dioxide will kill us. But a tiny bit of hydrogen sulfide, our noses are tuned to several parts per million, we can detect it. And it is because this gas is so poisonous the human body knows if you smell that, run. Don't stay around. It can kill you." (Dr. Ward's video clip is available at http://www.suprememastertv.com/bbs/board.php?bo_table=sos_video&wr_id=124&goto_url=&url=link1_0). For the sake of our children and others' children, let's be responsible and take immediate effective and efficient actions now to save our Planet Earth from destruction and preserve it for the future generations.

What can every resident of Planet Earth do to curb global warming? From the information given by many esteemed climate experts such as Dr. James Hansen (NASA), Dr. Rajendra Pachauri (Chairman of United Nation Intergovernmental Panel for Climate Change), Sir Nicholas Stern (Head of the UK Government Economic Service, Adviser to the UK Government, Author of "The Stern Review"), Dr. Stephen Schneider (Professor of Interdisciplinary Environmental Studies, Stanford University), Dr. Peter Carter (Director of the Canadian Association of Physicians for the Environment, Climate Policy Advisor for Canadian for Climate Action), Dr. Kirk Smith (Professor of Global Environmental Health, University of California, Berkeley), Dr. Peter Ward (Professor of Earth and Space Science, University of Washington, and an Astrobiologist for NASA), and many others, it is unambiguous that **methane** which is **72-100** times more potent than carbon dioxide in trapping heat contributes to **80%** of the global warming and the **livestock industry** is the single largest contributor of methane. Besides methane, the livestock industry is also the top producer of **nitrous oxide** which is about **310** times more harmful than carbon dioxide in trapping heat. Adding onto the above, the forests that the livestock industry burns down for livestock raising produce black carbon which has a heat trapping capability of approximately **680** times that of carbon dioxide. Apart from producing the greenhouse gases, **livestock raising is the single largest human use of land, the biggest source of water pollution, and the number one cause biodiversity loss.** Climate experts have realized the urgent need to deal with the short-lived methane so that scientists will have a chance to tackle the carbon dioxide issue because methane remains in the atmosphere for about 12 years whereas carbon dioxide stays for thousands of years. **By stopping the methane emissions from the livestock industry alone now, the health of our Planet Earth will**

Towards World Vegan and World Peace

become a lot better in about 60 days because the livestock industry is the largest single methane producer. Besides the significant reduction in methane emissions, carbon dioxide emissions will reduce as well because the livestock industry also generates a lot of carbon dioxide. Consequently, climate experts have realized that **the quickest and most effective solution to climate change is for humanity to quickly shift to a diet free of animal products**, that is the organic vegan diet as organic farming is also able to absorb about 40% of the carbon dioxide that is already in the atmosphere.

Sir Nicholas Stern of the United Kingdom stated in an interview that "**Meat is a wasteful use of water and creates a lot of greenhouse gases. It puts enormous pressure on the world's resources. A vegetarian diet is better.**", and he was quoted by Dr. Peter Carter in a climate change conference held in Washington D.C. as follows. Dr. Peter Carter said: "We hear increasingly that global climate change is the greatest threat to the survival of civilization and indeed humanity, but that's not quite right. **The greatest threat is the denial.** The denial is huge. There are powerful forces behind it, still confusing and misleading people." In a later part of his speech, he said: "Sir Nicholas Stern in The Stern Commission explained that global climate change is the greatest market failure ever, because we think it's fine to make war all the time, and prepare for war, and not worry about all the damage which is being done to the planet. By the way, Sir Nicholas Stern... I was very glad because he's sort of one of my climate heroes. I thought the Stern Commission report was great. So, I think last month Sir Nicholas Stern made a statement to the media that he said, "You know, I think people are going to have become vegetarian to save the Earth." That was very good. Well, guess what he did last week? He made another statement, "I'm vegetarian! Good for you, Sir Nicholas!" (the video-clip of Dr. Carter's speech is available in the Video Clip tab on [my web-page](#)). It is, indeed, very encouraging that the number of vegetarians/vegans is now more than 67% of the world population, leaving less than 33% of our fellow compassionate friends of the Earth to become vegetarians/vegans that live solely on a plant-based diet. Not only is the **consumption of meat and animal by-products** harmful to the health of our Earth, it is proven that **is** also **extremely harmful** to the health of our children and ourselves. Hence, **please do not poison our children and ourselves anymore.** **Be Organic Vegan and Go Green to Save our Children, Save Yourself, and Save Our Planet!**

Thank you very much for your kind attention, and please kindly disseminate the urgent need to curb global warming and the **Be Organic Vegan, Go Green!** solution to save our Planet Earth from destruction to any fellow residents of Planet Earth who may not know about the critical state that our Planet Earth is in. News concerning the effects of global warming is constantly being updated at <http://www.SupremeMasterTV.com>, and the video clips contain subtitles in several languages. If you require any further information, please do not hesitate to contact us via e-mail as we will be most delighted to help you. Thank you so much for your benevolent actions!

Yours sincerely,

Pauline Green, Jr.

Pauline Green, Jr.

Home Page: http://www.wix.com/pauline_green_jr/world-vegan-and-world-peace#!

***Meat production is the #1 cause of Global Warming! (United Nation Report on Climate Change)
Be Vegan and Go Green to Save Yourself and our Precious Planet!***

<http://www.SupremeMasterTV.com/SOS> , <http://www.SupremeMasterTV.com>

Please Be Kind to Our Animal Friends, Humans, and Our Precious Planet!

Towards World Vegan and World Peace

Please stop murdering our animal friends and harming Mother Earth by turning to an organic vegan diet, and return to our compassionate, loving and caring nature so that killings of any kind in this world will stop and humans, animals, and nature can live together in peace and harmony.

**<http://www.SupremeMasterTV.com/stop-animal-cruelty> , <http://www.SupremeMasterTV.com/killers>
<http://www.SupremeMasterTV.com/WORLDVEGAN>**

N.B.: The video clips of the interviews mentioned in this letter are available for download from [my web-page](#). Happy viewing and sharing the information with your acquaintances, friends, and loved ones!

THE ICE THAT MELTS TOO FAST THE CLIMATE THAT CHANGES TOO QUICKLY

ARCTIC SEA ICE REFLECTS ABOUT 80% OF THE SUN'S HEAT, STABILIZING THE COLDER TEMPERATURES OF THE OCEAN.

Based on the latest satellite data cited in a December 2007 article, National Aeronautics and Space Administration (NASA) climate scientist Dr. H. J. Zwally predicts that nearly **ALL THE ICE COULD BE GONE** from the Arctic Ocean by **THE END OF THE SUMMER MELT SEASON IN 2012.**



“We have to save this planet, so that we’ll be able to stay, first.”

Because if the ice all melts, if the poles all melt away, and then if the sea is warm, then the gas might be released from the ocean, and we might be poisoned.

If you see the Singapore lecture (January 10, 1995), I already warned that we have to change the way we live; otherwise it's too late. That was 10 or 15 years ago. Or before that, I always talked about how we deforest our planet. Meat eating and all that contributes to a lot of damage to our Earth planet. Scientists say many things. They are listening now, but I just hope they do it fast. It just takes action. All the governments in the world really take it seriously now. It's just that I'm worried the action might be too slow.

Because the ice is reflecting the sun, you see, so it sends it back into space, but the ice is melting so fast now that there's not enough reflection and because the sea is already warm, it melts the ice. And because the ice melts, the sea is warmer. You see what I mean, the cycle?

The way it is going, if they don't fix it, in 4 or 5 years time, finito. No more. It's really that urgent.

*Supreme Master Ching Hai
World-renowned Humanitarian, Artist and Spiritual teacher
December 25, 2007 - Paris Seminar*

“...BUT IT TURNS OUT THAT MOST OF THE CARBON, ABOUT 93% OF IT, IS IN THE OCEAN, NOT IN TREES OR IN THE ATMOSPHERE. So what's happening right now is we're adding a lot of carbon to the atmosphere. It's coming in much faster than it can go into the biosphere or into the ocean. So THAT'S WHY THE CO₂ IS GOING UP VERY, VERY QUICKLY.”

*Dr. Gerald Dickens
Associate Professor of Earth Science Rice University, USA*

According to a report from the Institute of Arctic Biology at University of Alaska Fairbanks, **Dr. Katey Walter** states that **METHANE**, a greenhouse gas, currently being released from arctic permafrost and **BUBBLING UP THROUGH LAKES** is accelerating global warming in ways not currently accounted for.

Dr. Walter says:
“...permafrost is like a time bomb waiting to go off—as it continues to thaw, tens of thousands of teragrams of methane can be released to the atmosphere enhancing climate warming. This newly recognized source of methane is so far not included in climate models.”

Research by **Dr. Gregory Ryskin** at Northwestern University indicates that methane explosions from the ocean caused extinctions of 90% of marine species and 75% of terrestrial species 250 million years ago. In his report, “Methane-driven oceanic eruptions and mass extinctions,” he explains how methane gas, which had been trapped in the stagnant waters, was released, leading to the die-off of most marine and land life.

Dr. Ryskin states: “...if it happened once, it could happen again.”

UNITED NATIONS REPORT MEAT EATING IS A MAJOR CAUSE OF GLOBAL WARMING

MAIN DRIVER OF DEFORESTATION

- Over 70% of the deforested Amazon rainforest is cut down for meat production.

LARGEST SINGLE SOURCE OF WATER POLLUTION

- Heavy contributor to oceanic ‘dead’ zones, chemical pollution, coral reef die-off, human health problems, and antibiotic resistance.

POTENT GREENHOUSE GAS EMISSIONS

- Livestock produces MORE GREENHOUSE GASES than all worldwide TRANSPORTATION COMBINED.
- Generates 65% of human-caused nitrous oxide (296 times as warming as CO₂)
- Accounts for 37% of all human-caused methane (23 times as warming as CO₂)

“Livestock are one of the most significant contributors to today's most serious environmental problems. URGENT ACTION is required to remedy the situation.”

Dr. Henning Steinfeld, Chief of Livestock Information and Policy Branch, FAO of United Nations.

Livestock's Long Shadow: Environmental Issues and Options, Food and Agriculture Organization (FAO) of the United Nations, Rome, 2006.

WARNING SIGNS

- A United Nations report on the natural disasters in 2007 says nine of the ten worst resulted from climatic disturbances.
- Officials relocated 20,000 islanders in the year 2000 from the lowest area of Duke of York Island, one of the islands off Papua New Guinea.
- Due to overfishing and the loss of tens of millions of vital sardines, waters off the coast of southwest Africa are filled with a toxic gas that is bubbling up from the ocean floor, killing marine life over an area equivalent to the US state of New Jersey and worsening the greenhouse effect.
- Australian oceanographer Dr. Steve Rintoul estimates that the rapid rate of ice melting means that 100 million people living within 1 meter of sea level “will need to go somewhere” to escape rising sea levels.

TO SAVE LIVES and OUR PLANET

- Research by University of Chicago geophysics professors Dr. Gidon Eshel and Dr. Pamela Martin concludes that going vegan for one year saves 1.5 tons of emissions relative to the standard American diet, 50% more than switching from an SUV to a Toyota Prius.
- “Don't eat meat, ride a bike, and be a frugal shopper... that's how you can help brake global warming.”
Dr. Rajendra Pachauri, Chief of the UN's Intergovernmental Panel on Climate Change
- Britain's Energy Saving Trust advises adopting conservation methods to reduce 1/3 of an estimated 6 tons per year of greenhouse gas emissions from the average UK home.

ARCTIC ICE (SEPT 2007)

- 23% below previous record low (from NASA satellite data)
- 50% below 1950 levels (from ship data)

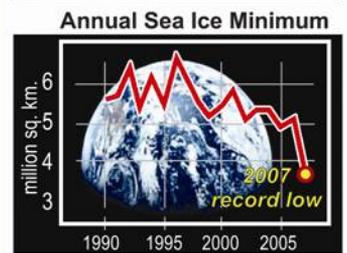
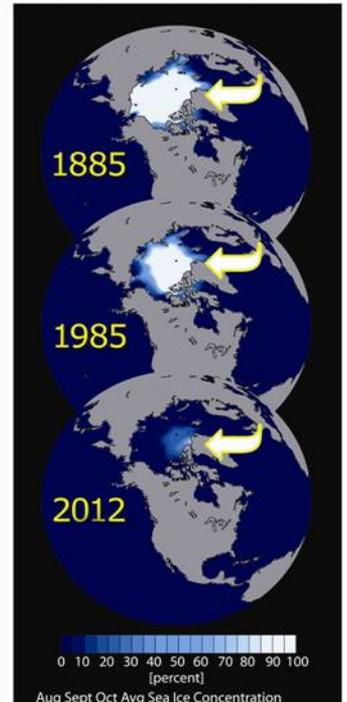
OTHER RECORDS

- Greenland surface ice loss is now 400% greater than 15 years ago.
- Surface temperatures in the Arctic are the highest in 77 years of record keeping.

THERE IS HOPE

According to **Dr. James Hansen**, top climate scientist for NASA: **“We have passed tipping points. We have not passed a point of no return. We can still roll things back, but it is going to require a quick turn in direction.”**

FOR MORE URGENT INFO:
www.SupremeMasterTV.com/SOS



URGENT QUIZ

To save our planet, we should:

1. Go Veg?
2. Drive Hybrid Vehicles?
3. Plant More Trees?
4. Change to Sustainable Energy?
5. Pray?

ANSWER: THESE + MORE



FOR MORE URGENT DETAILS, LOG ON: www.SupremeMasterTV.com/SOS

CONTACT:

PLEASE COPY THIS AND GIVE TO MORE PEOPLE - THANKS ♥♥

QUESTION:

I wanted to ask if you have a message for the leaders of the world, what would you say to them?

SUPREME MASTER CHING HAI:

I would say to them to use their mighty power to change the diet of the planet, and adopt immediately new technology and sustainable energy. Also, set an example themselves by becoming a vegetarian or vegan. Use their mighty power to set a new diet for the planet, the vegetarian diet.

QUESTION:

Yes, Thank you, Master.

SUPREME MASTER CHING HAI:

They first have to be vegetarian and then they use their power truly. They could do that by forbidding meat as well, by citing all the harm that meat does to humans and the planet.

Forbid meat eating, just like forbidding smoking cigarettes and drugs. It's also another kind of harmful drug.

I really wish that we have the planet, that we continue to live, and that the children grow up in a better environment, but you see, it's up to humanity to decide what they want and which direction they turn.

QUESTION:

Master, since livestock breeding is the major cause of greenhouse gas, it looks like vegetarianism would be a solution. But do you think it will be enough?

SUPREME MASTER CHING HAI:

No, no, I didn't say just vegetarian; technology has to change. We have veggie, we have sustainable energy, we have hybrid cars, we have planting trees and we have prayers, remember?

Vegetarianism is for the long-term benefit, to lessen the karma (bad retribution), and to touch the mercy of Heaven.

QUESTION:

Master, if you had a message for the world, what would it be?

SUPREME MASTER CHING HAI:

That I love them very much.

FOR MORE URGENT INFO: www.SupremeMasterTV.com/SOS

January 20, 2008: In response to concerns of Supreme Master TV staff, Supreme Master Ching Hai graciously agreed to a teleconference for further discussion and questions about climate change.



Be Veg! Go Green!

FOR MORE URGENT INFO:

www.SupremeMasterTV.com/SOS



Change Your Life ♥ Change Your Heart ♥ Change Your Diet ♥ No more killing ♥ Be healthy and loving

Alternative Living

Examples of nutritious, life saving food:

Foods	Protein Concentration (Percentage by Weight)
Tofu (from soya)	16 %
Gluten (from flour)	70 %
Corn	13 %
Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %

Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants. Fruits and vegetables are full of vitamins, minerals, anti-oxidants and contain high quality fiber for maintaining good health and a long life. The recommended daily allowance: 50 grams of protein (Average adult). Calcium from vegetables is more absorbable than from cow's milk.

- To diminish the real threat of a worldwide pandemic from bird flu,
- To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc.
- To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily

It's wise to change to a vegetarian diet for good.

- It's Health
- It's Economy
- It's Ecology
- It's Compassion
- It's Peace
- It's Noble

Save our Lives! We Love You

We Pray for You

Thank You for Your Compassion

For more information, please refer to these websites:

<http://AL.Godsdirectcontact.org.tw>

<http://www.vegsources.com>

<http://www.vrg.org>

or email to: AL@Godsdirectcontact.org

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Constructive programming for a peaceful world.

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Galaxy 19, Hispasat 1C, Intelsat 805, ABS, Astra 1, AsiaSat 5, AsiaSat 3S, Sky TV Intelsat 10 C-Band, Intelsat 10 KU-Band, Optus D2, Eurobird 1, Eurobird 2, Hotbird 8

Vegetarian and Vegan Elite of the World :

Philosophers & Spiritual Leaders Paramahansa Yogananda (Indian spiritual teacher), Socrates (Greek philosopher), Jesus Christ, Confucius (Chinese philosopher), Shakyamuni Buddha, Lao Tzu (Chinese philosopher), St. Francis of Assisi (Italian Christian Saint), Thich Nhat Hanh (Vietnamese Buddhist monk/writer), Yogi Maharishi Mahesh (Indian leader of Transcendental Meditation), Leo Tolstoy (Russian philosopher), Pythagoras (Greek mathematician/philosopher), Zoroaster (Iranian - Founder of Zoroastrianism), Muhammad Rahaam Bawa Muhaiyadeen (Sri Lankan Islamic author & Sufi Saint), etc.

Writers & Artists Leonardo Da Vinci (Italian artist), Ralph Waldo Emerson (US essayist/poet), George Bernard Shaw (Irish writer), John Robbins (US writer), Mark Twain (US writer), Albert Schweitzer (German philosopher, physician & musician), Voltaire (French writer), Sadegh Hedayat (Iranian writer), etc.

Scientists, Inventors & Engineers Charles Darwin (British naturalist), Albert Einstein (German scientist), Thomas Edison (US scientist/inventor), Sir Isaac Newton (British scientist), Nikola Tesla (Serbian-American scientist/inventor), Henry Ford (US Founder of Ford Motors), etc.

Politicians, Statespersons & Activists Susan B. Anthony (US leader of woman's suffrage movement), Mahatma Gandhi (Indian civil rights leader), Coretta Scott King (US civil rights activist/leader & wife of Dr. Martin Luther King, Jr.), Dr. Janez Dmolvek (2nd President of Slovenia), Dr. Manmohan Singh (Prime Minister of India), Dennis J. Kucinich (US congressman), etc.

Actors & Models Pamela Anderson (US actress), Ashley Judd (US actress), Brigitte Bardot (French actress), John Cleese (British actor), David Duchovny (US actor), Danny Devito (US actor), Daryl Hannah (US actress), Dustin Hoffman (US actor), Steve Martin (US actor), Ian McKellen (British actor), Tobey Maguire (US actor), Joaquin Phoenix (US actor), Steven Seagal (US actor), Jerry Seinfeld (US actor), Naomi Watts (Australian actress), Kate Winslet (British actress), Christie Brinkley (US supermodel), Christy Turlington (US supermodel), etc.

Musicians George Harrison - Paul McCartney - Ringo Starr (members of the Beatles), Bob Dylan (US musician), Morrissey (British singer), Olivia Newton John (British-Australian singer), Sinead O'Connor (Irish singer), Pink (US singer), Prince (US pop star), Tina Turner (US pop star), Shania Twain (Canadian singer), Vanessa Williams (US pop singer), etc.

Athletes Billie Jean King (US tennis champion), Carl Lewis (US 9-time Olympic gold-medalist in track & field), Edwin C. Moses (US 2-time gold-medalist in track & field), Alexander Dargatz (German athlete, body-building champion & physician), etc.

And the list goes on... <http://AL.Godsdirectcontact.org.tw/vg-vip>



FOR MORE URGENT INFO, VISIT: www.SupremeMasterTV.com/Be-Veg

Officials relocated 20,000 islanders in the year 2000 from Duke of York Island, one of the islands off Papua New Guinea.



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"Don't eat meat, ride a bike, and be a frugal shopper that's how you can help brake global warming."

-Dr. Rajendra Pachauri,

Chief of the UN's Intergovernmental Panel on Climate Change

THE ICE THAT MELTS TOO FAST THE CLIMATE THAT CHANGES TOO QUICKLY

URGENT QUIZ

To save our planet, we should:

1. Go Veg? *Examples of nutritious, life saving food:*
2. Drive Hybrid Vehicles?
3. Plant More Trees?
4. Change to Sustainable Energy?

Based on the latest satellite data cited in a December 2007 article, National Aeronautics and Space Administration (NASA) climate scientist Dr. H. J. Zwally predicts that nearly **ALL THE ICE COULD BE GONE** from the Arctic Ocean by **THE END OF SUMMER 2012.**

Tofu (from soya) 16% protein
Gluten (from flour) 70%
Corn 13%

Save our Lives!
We Love You



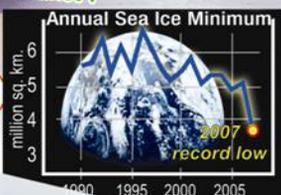
ANSWER: THESE + MORE

SOS

Be Veg, Go Green
2 Save the Planet!



Thank you for your compassion



QUESTION: Master, if you had a message for the world, what would it be?
SUPREME MASTER CHING HAI: That I love them very much.

MELTED REGIONS SINCE 1979

ICE COVERAGE 2007

Based on NASA data

We pray for you



FOR MORE URGENT DETAILS: www.SupremeMasterTV.com

Because if the ice all melts, if the poles all melt away, and then if the sea is warm, then the gas might be released from the ocean, and we might be poisoned.

If you see the Singapore lecture (January 10, 1995), I already warned that we have to change the way we live; otherwise it's too late. That was 10 or 15 years ago. Or before that, I always talked about how we deforest our planet. Meat eating and all that contributes to a lot of damage to our Earth planet.

Scientists say many things. They are listening now, but I just hope they do it fast. It just takes action.

Because the ice is reflecting the sun, you see, so it sends it back into space, but the ice is melting so fast now that there's not enough reflection and because the sea is already warm, it melts the ice. And because the ice melts, the sea is warmer. You see what I mean, the cycle?

The way it is going, if they don't fix it, in 4 or 5 years time, finito. No more. It's really that urgent



Supreme Master Ching Hai

World-renowned humanitarian, artist and spiritual teacher
December 25, 2007 - Paris Seminar

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THERE IS HOPE

According to Dr. James Hansen, top climate scientist for NASA: "We have passed tipping points. We have not passed a point of no return. We can still roll things back, but it is going to require a quick turn in direction."

- Soy beans, kidney beans, 10-35% protein
- chick peas, lentils, etc.
- Almonds, walnuts, cashews 14-30%
- hazel nuts, pine nuts, etc.

- Change Your Life ♥
- Change Your Heart ♥
- Change Your Diet ♥
- No more killing ♥
- Be healthy and loving ♥

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Pumpkin seeds, sesame seeds, sunflower seeds, etc.

Rice 8.6% protein

18-24% protein

SOME DISEASES RELATED TO MEAT CONSUMPTION/PRODUCTION:

<ul style="list-style-type: none">• Swine flu• Blue tongue disease• E. coli• Salmonella• Bird flu	<ul style="list-style-type: none">• Mad cow disease• Pig's disease (PMWS)• Listeriosis• Shellfish poisoning• Pre-eclampsia
<p>SOME OF THE COSTS OF MEAT EATING:</p> <p>HEART DISEASE</p> <ul style="list-style-type: none">• Over 17 million lives lost globally each year• Cost of cardiovascular disease is at least US\$1 trillion a year <p>CANCER</p> <ul style="list-style-type: none">• Over 1 million new colon cancer patients diagnosed each year• More than 600,000 colon cancer-related mortalities annually• In the United States alone, colon cancer treatment costs about US\$6.5 billion.• Millions of people are newly diagnosed with other meat-related cancers every year. <p>DIABETES</p> <ul style="list-style-type: none">• 246 million people affected worldwide• An estimated US\$174 billion spent each year on treatment. <p>OBESITY</p> <ul style="list-style-type: none">• Worldwide 1.6 billion adults are overweight with 400 million more who are obese• Costs US\$93 billion each year for medical expenses in the United States alone.• At least 2.6 million people die annually from problems related to being overweight or obese <p>ENVIRONMENTAL</p> <ul style="list-style-type: none">• Uses up to 70% of clean water• Pollutes most of the water bodies• Deforests the lungs of the Earth• Uses up to 43% of the world's cereal• Uses up to 85% of the world's soy• Causes world hunger & wars• 80% cause of global warming <p>PLUS MORE...</p>	

SOME OF THE COSTS OF MILK CONSUMPTION:

<ul style="list-style-type: none">• Breast, prostate and testicular cancer from hormones present in milk• Listeria and Crohn's disease• Hormones and saturated fat lead to osteoporosis, obesity, diabetes and heart disease• Linked to higher incidences of multiple sclerosis• Classified as a major allergen• Lactose intolerance <p>PLUS MORE...</p>
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SOME BENEFITS OF A VEGETARIAN DIET:

- Lowers blood pressure
 - Lowers cholesterol levels
 - Reduces Type 2 diabetes
 - Prevents stroke conditions
 - Reverses atherosclerosis
 - Reduces heart disease risk by 50%
 - Reduces heart surgery risk by 80%
 - Prevents many forms of cancer
 - Stronger immune system
 - Increases life expectancy by up to 15 years
 - Higher IQ
 - Conserves up to 70% clean water
 - Saves 80% of the cleared Amazonian rainforest from animal grazing
 - A solution for world hunger:
 - Frees up 3.4 billion hectares of land
 - Frees up 760 million tons of grain every year (half the world's grain supply)
 - Consumes 1/3 fossil fuels of those used for meat production.
 - Reduces pollution from untreated animal waste
 - Maintains cleaner air
 - Saves 4.5 tons of emissions per US household per year
 - Stops 80% of global warming
- PLUS MORE...**

SAVE YOUR LIFE: BE VEG. GO GREEN.

For more information, please visit www.SupremeMasterTV.com/KILLERS

SOME OF THE TRAGIC TOLLS OF ALCOHOL:

1.8 million alcohol-related deaths per year worldwide

Cost of alcohol-related illnesses: <ul style="list-style-type: none">• US\$186.4 billion in the United States• Up to US\$210 - 665 billion globally Disease <ul style="list-style-type: none">• Cancer• Liver disease• Cardiovascular disease Brain Damage <ul style="list-style-type: none">• Amnesia and dementia• Brain shrinkage	Organ Failure <ul style="list-style-type: none">• Heart• Liver• Kidneys• Stomach• Pancreas• Eyes Birth Defects <ul style="list-style-type: none">• Mental retardation• Fetal Alcohol Syndrome:<ul style="list-style-type: none">- Stunted growth- Facial deformity	<ul style="list-style-type: none">• Sudden Infant Death Syndrome• Miscarriage Alcohol-related Violence <ul style="list-style-type: none">• Child abuse: 50% of cases• Violence toward loved ones: 30% of cases• Violent acts: 40–80% of cases• Suicides: 20-50% of cases PLUS MORE...
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SOME BENEFITS OF ALCOHOL BANS:

FINANCIAL SAVINGS A Canadian study estimates alcohol intervention programs could save 880 lives and US\$1 billion every year.

MORTALITY

- A 10% decline in vodka sales resulted in a significant decrease in alcohol-related deaths in Russia in one year.
- Exercising, drinking less alcohol, eating fruits and vegetables, and not smoking extends life expectancy by 14 years.
- The World Health Organization finds that alcohol policies including increased taxation, reducing the number of days alcohol is available, limiting the hours alcohol is available, and raising the drinking age are all effective tools for reducing the harm done by alcohol. Specifically:
 - o Increasing alcohol taxes 10% in the European Union would save 9,000 lives in a year.
 - o Prohibiting European Union alcohol sales 1 day a week could avoid 123,000 years of disability and loss due to early death.

CANCER A World Cancer Research Fund study finds reducing meat and alcohol consumption decreases cancer risk.

OTHER ILLNESSES

- The brain's regeneration and performance are increased once alcohol consumption ceases
- Alcoholic hepatitis patients can gain complete recovery if the patient gives up alcohol and has a good diet.
- Bodybuilding.com states that bodybuilders who refrain from alcohol consumption experience benefits in terms of muscle gain, hydration, recovery, metabolism and mental focus.
- Following a community alcohol ban in Barrow, Alaska, USA, prenatal alcohol consumption decreased by over 30 percent.
- The website health.com reports that the benefits of an alcohol-free life include:
 - Better relationships with friends and family
 - Freedom to spend money and time on other things
 - Improved work situation and relations with colleagues
 - Better mental health
 - Making friends who are involved in life-affirming activities
- A group of former alcohol drinkers in an online forum shared the following observations on the benefits of an alcohol-free lifestyle:
 - Better health
 - More quality free time
 - More money
 - More fun time with the kids
 - Increased confidence and self respect
 - Greater appreciation of life

SOCIAL IMPLICATIONS

- A New Zealand liquor ban resulted in 98% less liquor offenses as well as a reduction in other crimes.
- When the Blackfeet Native American Reservation banned alcohol sales during the annual North American Indian Days, they found the following improvements four weeks later:
 - Zero traffic accidents involving Blackfeet
 - Zero arrests for driving under the influence of alcohol
 - 64% fewer disturbances reported to police
 - 44% fewer assaults
 - 75% fewer people treated at the hospital
 - 25% fewer arraignments for disorderly conduct, public intoxication or possession of an open container of alcohol.
- Research in New Mexico, USA shows that Sunday bans on alcohol sales resulted in fewer collisions and traffic casualties.
- Alcohol-related crimes drop by 15% following an alcohol ban in Aberystwyth, UK.
- An alcohol ban becomes permanent on the jetty area of Coffs Harbour City, Australia, due to its success in reducing crime.
- An alcohol ban at Kinkaid Lake in the US resulted in zero swimming fatalities, fewer serious boating accidents and reduced crime.

YOUTH

- Officials reported a decrease in vandalism following an alcohol ban on the US University of Oklahoma campus.
- In the US state of Florida, raising the legal drinking age from 18 to 21 significantly reduced auto accident-related fatalities.
- A voluntary ban of alcohol sales to youth under 21 in the UK's Marske village is made permanent as crime and anti-social behavior is reduced.

For more information, please visit www.SupremeMasterTV.com/KILLERS

SOME OF THE TRAGIC TOLLS OF ADDICTIVE DRUG ABUSE:

- Over 200,000 deaths each year worldwide.
- Costs of US\$181 billion each year in the United States, US\$33 billion in the UK.
- Lifetime cost of current drug addiction amounts to US\$575 billion in the UK.

HARMFUL EFFECTS

<ul style="list-style-type: none">• Brain damage• Stroke• Heart Disease• Liver Disease• Tuberculosis	<ul style="list-style-type: none">• Emphysema• Cancer• Depression• Suicide• Permanent memory loss	<ul style="list-style-type: none">• Mental illness• Higher infant mortality• Increased crime and violence• Impotence
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CRIME AND VIOLENCE

- Illegal drugs are a factor in **50% of burglaries** in the United Kingdom each year.
- In the US, **60% of people arrested** each year have been taking illegal drugs.
- Six hundred fifty **heroin addicts** in the US committed **70,000 crimes in a three-month period**.

SOCIAL COSTS

- US businesses **lose US\$100 billion per year** due to employees' drug and alcohol abuse.
- **Australians pay US\$53 billion per year** for health care, law enforcement and lost productivity of **drug users**.

DEATH

- **52 people die each day** due to drugs in the US.
- In Canada, substance abuse is attributed to **21 percent of total deaths and 23 percent of potential life years lost** due to early mortalities.

PLUS MORE ...

SOME BENEFITS OF DRUG ABSTINENCE & TREATMENT:

- In the US, treatment for drug addiction has been shown to save lives, reduce crime and rebuild families, along with:
 - *69% of those treated being drug-free one year after treatment*
 - *64% reduction in arrests one year after treatment*
- A California, USA study found that for every US\$1 invested in drug treatment, US\$7 was saved through reduced crime, health and welfare costs, and increased income stability.
- Twenty years of research in the US has demonstrated that drug treatment programs are effective in reducing crime, as well as improving the health and social function of participants.
- The Washington State Institute for Public Policy Research in the US finds that treatment programs for youth drug users are effective and can save the state between US\$1,900 to US\$31,200 per child.
- Drug-free workplace programs are found to result in:
 - *Lower absenteeism*
 - *Better employee health*
 - *Fewer accidents*
 - *Decreased use for health benefits*
 - *Higher productivity*
 - *Decreased expenses for health benefits*
 - *Improved morale*
 - *Lower corporate insurance premium costs*
- The following response was rated as the best answer to a question posed on "Yahoo Ask" regarding the benefits of being drug-free:
 - *No fear of police*
 - *No fear of needle-infected site on the body*
 - *No fear of 'frying' the brain*
 - *No fear of 'impaired' driving and thus accidents*
 - *Delight in being free to observe the world (vision, touch, taste, speech or hearing) without compromised senses.*
 - *Joy of being fully functional in a crisis or emergency*
 - *Ability to tell others about the joys of a drug-free life*

For more information, please visit www.SupremeMasterTV.com/KILLERS

SOME OF THE TRAGIC TOLLS OF TOBACCO:

- **5.4 million smoking related deaths per year worldwide**
- **Cost of smoking related illnesses: US\$96 billion in the United States alone.**

<ul style="list-style-type: none">- HEART DISEASE: Coronary Thrombosis, Cerebral Thrombosis, Kidney Failure- CANCER: Lung Cancer, Esophagus Cancer, Kidney Cancer, Bladder Cancer- CHRONIC OBSTRUCTIVE PULMONARY DISEASE: Emphysema, Bronchitis	<ul style="list-style-type: none">- STROKE- IMPOTENCE- ADDITIONAL HARMS OF SECOND HAND SMOKING: Sudden Infant Death Syndrome, Premature Deliveries, Cleft Lip or Palate, Childhood Asthma, Bronchitis, Ear Infection- PLUS MORE...
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SMOKING BANS SAVE LIVES:

- A study by the PIRE Public Services Research Institute says that California's current strict anti-smoking laws will have saved more than 50,000 lives by 2010.
- United Kingdom's ban on smoking in public places reduces passive smoke effects, which are linked to loss of life of more than 11,000 people every year.
- Thanks to the country's smoking ban, Wales expects to avert an estimated 400 premature deaths of non-smokers annually.
- Even people aged 65 and over enjoy health benefits when they quit smoking, with overall mortality risk decreased by almost 20% and from lung cancer by 42%.
- USA's New York Mayor Michael Bloomberg announced that teen smoking rates had decreased 50% over the last six years, eventually preventing 8,000 premature deaths.

SMOKING BANS mean decreases in Acute Coronary Syndrome

- A study reported by the American Heart Association showed that heart attack rates in Pueblo, Colorado, USA declined 27% after a smoking ban in public places was enacted, while the neighboring county with no ban experienced no change in heart attack rates.
- Just one year after the ban on public smoking went into effect in Ireland, the incidence of acute coronary syndrome went down 11%.
- Scientists at the University of Glasgow reported that heart attacks have dropped by 17% in Scotland since smoking was banned in public last year.
- The National Sanitary Institute in France announced a significant decrease in heart attack rates following the country's smoking ban, with benefits also noted for decrease in second-hand smoke inhalation effects.
- New York, USA experienced an 8% decline in hospital admissions for acute myocardial infarction after a comprehensive smoking ban, which translates into healthcare savings of US\$56 million in one year.
- Hospital admissions for acute heart attack in people under 60 fell by 11% in the Piedmont region of Italy after the introduction of a ban on smoking in indoor public places.

SMOKING BANS mean Better Health

- Data from the National Population Health Survey shows those who smoke have higher rates of chronic conditions such as bronchitis, asthma and high blood pressure.
- In a study by the European Institute of Oncology in Milan, Italy, smokers were twice as likely to develop polyps in the colon, especially those that are more likely to progress to cancer.
- Smokers and those exposed to second hand smoke develop colon cancer about 7 years earlier than nonsmokers.
- Women who smoke and have a specific genetic makeup are at significant risk for the development of breast cancer according to a study published by the journal Cancer Epidemiology, Biomarkers and Prevention
- Non-smokers have a higher chance of keeping their teeth into old age than those who smoke.

SMOKING BANS mean Healthier Children

- An authoritative study, published by Bristol University's Institute of Child Life and Health, says that the babies of women who smoke during pregnancy are 4 times as likely to suffer Sudden Infant Death Syndrome.
- Smoking and alcohol can damage sperm, passing on altered genes to babies.
- Dr. Shakira Franco Suglia of the Harvard School of Public Health reported that children living in neighborhoods with high levels of air pollution, or who were affected by parental smoking, scored lower on memory and intelligence tests than children living in places with clean air.
- Children regularly exposed to secondhand smoke have more than triple the risk of lung cancer as well as higher risks of other respiratory problems later in life.

SMOKING BANS means better Working Environments

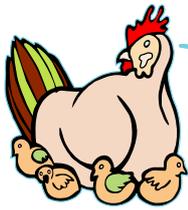
- Within only two months of the smoking ban in Scotland, bar workers reported almost 33% less respiratory and other illnesses.
- Nonsmokers exposed to secondhand smoke have a 20% higher risk of lung cancer.
- A ban on smoking in public places in Ireland saw an 83% reduction in air pollution in pubs.

SMOKING BANS are Good for Business

- In the five years since it has gone non-smoking, Aeroflot airline's passenger flow increased by 15%, and in flights to the US, the increase was 25%.
- In his annual report, UK Chief Medical Officer Liam Donaldson said a public smoking ban would save an estimated £2.7 billion: £680 million saved by having a healthier and more efficient workforce; £140 million saved through fewer sick days; £430 million saved from productivity loss from smoking on the job; £100 million saved from clean up costs related to cigarette smoking.

For more information, please visit www.SupremeMasterTV.com/KILLERS

Alternative Living



We Pray
for You

Change Your Life
Change Your Heart
Change Your Diet



No more killing
Be healthy and loving

Save our Lives!
We Love You



Examples of nutritious, life saving food:

Foods	Protein Concentration (Percentage by Weight)
Tofu (from soya)	16 %
Gluten (from flour)	70 %
Corn	13 %
Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %

- Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.
- Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life.
- The recommended daily allowance: 50 grams of protein (Average adult).
- Calcium from vegetables is more absorbable than from cow's milk.

- To diminish the real threat of a worldwide pandemic from bird flu,
- To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc.
- To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily,

It's wise to change to a vegetarian diet for good.

It's Health
It's Economy
It's Ecology
It's Compassion
It's Peace
It's Noble



Long Life
to You!

Thank You
for Your Compassion



For more information, please refer to the websites listed below:

<http://AL.Godsdirectcontact.org.tw/> or e-mail to AL@Godsdirectcontact.org

<http://www.vegsoc.org/> <http://www.vrg.org/> <http://www.vegsources.com/>

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Writers, Artists & Painters

Leonardo Da Vinci (Italian painter), **Ralph Waldo Emerson** (US essayist, and poet), **George Bernard Shaw** (Irish writer), **John Robbins** (US writer), **Mark Twain** (US writer), **Albert Schweitzer** (German philosopher, physician, musician), **Plutarch** (Greek writer), **Voltaire** (French writer), **Sadegh Hedayat** (Iranian novelist), Etc.

Scientists, Inventors & Engineers

Charles Darwin (British naturalist), **Albert Einstein** (German Scientist), **Thomas Edison** (US scientist/inventor), **Sir Isaac Newton** (British scientist), **Nikola Tesla** (Serbian-American scientist/inventor), **Henry Ford** (US Founder of Ford Motors), Etc.

Politicians, Statespersons and Activists

Susan B. Anthony (US leader of Woman's Suffrage movement), **Mahatma Gandhi** (Indian Civil Rights leader), **Coretta Scott King** (American Civil Rights activist and leader, wife of Dr. Martin Luther King Jr.), **President Janez Drnovsek of Slovenia**, **Dr. A. P. J. Abdul Kalam** (President of India), **Dr. Manmohan Singh** (Prime Minister of India), **Dennis J. Kucinich** (US Congressman), Etc.

Actors, Film stars & TV Stars

Pamela Anderson (US actress), **Ashley Judd** (US actress), **Brigitte Bardot** (French actress), **John Cleese** (British actor), **David Duchovny** (US actor), **Danny Devito** (US actor), **Cameron Diaz** (US actress), **Richard Gere** (US actor), **Daryl Hannah** (US actress), **Dustin Hoffman** (US actor), **Katie Holmes** (US actress), **Steve Martin** (US actor), **Demi Moore** (US actress), **Ian McKellen** (British actor), **Tobey Maguire** (US actor), **Paul Newman** (US actor), **Brad Pitt** (US actor), **Gwyneth Paltrow** (US actress), **Joaquin Phoenix** (US actor), **Steven Seagal** (US actor), **Brooke Shields** (US model/actress), **Jerry Seinfeld** (US actor), **Naomi Watts** (US actress), **Kate Winslet** (British actress), Etc.

Pop stars & Musicians

Joan Baez (US folk singer), **George Harrison** (British musician, member of the Beatles), **Paul McCartney** (British musician, member of the Beatles), **Ringo Starr** (British musician, member of the Beatles), **Bob Dylan** (US musician), **Michael Jackson** (US pop star), **Morrissey** (British singer), **Olivia Newton John** (British-Australian singer), **Sinead O'Connor** (Irish singer), **Pink** (US singer), **Prince** (US pop star), **Justin Timberlake** (US pop singer), **Tina Turner** (US pop star), **Shania Twain** (Canadian singer), **Vanessa Williams** (US pop singer), Etc.

Sports Personalities

Billie Jean King (US Tennis champion), **Bill Walton** (US Basketball player), **Carl Lewis** (US 9-time Olympic Gold-Medalist in Track & Field), **Edwin C. Moses** (US 2-time Gold-Medalist in Track & Field), **Elena Walendzik** (German Boxing champion), **Alexander Dargatz** (German Athlete, Body-building champion, physician), Etc.

Models

Christie Brinkley (US supermodel), **Christy Turlington** (US supermodel), Etc.

And the list goes on...<http://AL.Godsdirectcontact.org.tw/vg-vip>