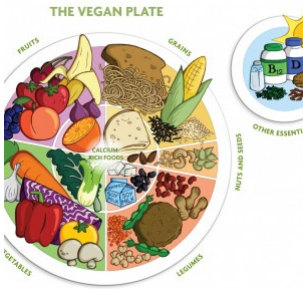


Vegan



[LEGUMES vs MEAT](#) (8/29/2017) -



[The Vegan Plate](#) (5/19/2016) - Graphic from "Becoming Vegan: Comprehensive Edition" (2014) and from "Becoming Vegan: Express Edition" (2013), both by Registered Dietitians Brenda Davis and Vesanto Melina, Book Publishing Co. This vegan food guide was designed to ensure that your diet provides all the nutrients you need for good health. While following the guidelines provided will ensure most nutrients, some deserve special [...]



[Why Vegan?](#) (7/23/2015) - Why Vegan? A human being is part of a whole, called by us the Universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest- a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us [...]



[The Ethical Universe: Where are we really at?](#) (7/23/2015) - This was a short speech given at NAVS Summerfest in 2003. Several people have requested copies, hence the old

post. Have you ever considered what a perfectly ethical universe might look like? It would undoubtedly be a place of goodness and peace, where life is supported and cherished; where kindness and compassion are the fabric [...]