

SENDING MESSAGES AHEAD

BOOK FIVE: MASS SHOOTING



“Here's a truth: principled leaders solve moral problems. They have the courage to act rightly.” Gus Lee

“We must adjust to changing times and still hold to unchanging principles.” Jimmy Carter

“The development and contributing factors to good character is the continual process of understanding the components and actions of love. It is these components that provide the guidance or compassion, integrity, behaviors and actions that transcend living only for self”. Byron R. Pulsifer

Think P.I.G. - that's my motto.

*“P stands for Persistence, I stands for Integrity, and G stands for Guts. These are the ingredients for a successful business and a successful life.”
Linda Chandler*

TABLE OF CONTENTS

INTRODUCTION	4
 CHAPTER 1	
The Teacher is the Student	5
The Petty Zoo Analogy	5
The Aftermath	6
 CHAPTER 2	
Your Mass Shooting at Sea	7
Mass Killing	8
Tuna are Easy Targets	8
My Alternate Universe	8
Dolphins are Great (for Shark Bait and Pet Food)	9
 CHAPTER 3	
Exaggeration and Reality	10
Our Sea of Hoaxes	10
Arrogance of Domination	12
Your Homework Assignment	13
 CHAPTER 4	
A Question of Balance.....	14
Societal Responsibility – Stepping up to the Plate.....	15
 CHAPTER 5	
Societal Dysfunction Part One: Evidence of our Sanity, our Presumption of Responsibility and Compassion	17
From the U.S. Department of Labor on Black Lung	17
From the World Health Organization on Asbestos	18
Get the Lead Out!!!	19
Societal Dysfunction Part Two: Evidence of our Insanity	20
Who Would Feed a Kid a Hot Dog?	20
Idiopathic Developmental Intellectual Disability	20
Some of us Still Smoke, Dip and Chew	20
From the World Health Organization on Cooking	22
Old News: The Insanity Roars On	23
High Fat Diets are Triggering Conditions which Cut Live Spans by Decades	23
Poor and Species-Inappropriate Nutrition Leads to Stunting and Obesity	24
 CHAPTER 6	
The Four Reasons Vegans Piss People Off	25

CHAPTER 7

Summary and Conclusions 28
We are Out of Time 28
Heaven on Earth 29



INTRODUCTION

“Live so that when your children think of fairness, caring, and integrity, they think of you.” H. Jackson Brown, Jr.

Book Five is the final chapter in my evolution toward Enlightenment. As we move inward toward self-knowledge, the path is the same for all who seek the peace and joy of Enlightenment. The first step is a desire for self-knowledge and then active pursuit through meditation and instruction. It is a transformative process and with elements of western and eastern religions. It can be a process of conversion from an old self to new.



It's a process where one loses ego. It tempers compulsive behaviors. We begin to recognize and modify counterproductive behaviors. We gradually lose interest in the trophies of materialism and learn to appreciate a butterfly. We find it easier to Do The Right Thing, to value Ethics and Compassion, and to embrace Gratitude for even the smallest of our Gifts. We find value in serving our fellow man.

This much is true for everyone. Except for me. My path was on the universal track until I hit a brick wall. I was on a parallel course exploring new scientific findings in human nutrition (findings that bring their own Enlightenment). I discovered our cascading devolution into an unnecessary and counterproductive food and drink paradigm. We are shooting ourselves in the foot.

We are crippling our kids. We are the first generation to know this.

I think this will become a problem for others as they come to understand their complicity in our departure from our duty to protect our Earth and its inhabitants. All the inhabitants of Mother Earth.

Neither Joy nor Inner Peace are possible when we discover the truth about Concentrated Animal Feeding Operations (CAFOs). When we realize we are condemning our children to a second-best life experience and a world full of needless compromise, we cannot then walk away from this reality.

This is why I am writing this last book. The only peace I find is in telling this story, sending this message ahead. A message from my heart, validated by science. It is the Truth as we know it, telling us we can improve the future of our kids and the world we leave to them by ending this shameful, tragic chapter in our history on earth.

What can one person do? This question is next on of my journey toward Enlightenment. Can I get my valued families and network to enjoy or will I have to go alone.

CHAPTER 1

The Teacher is the Student

Those giving presentations learn more about the subject than their audience. Same with taking time to write your thoughts, beliefs, feelings and your interpretations of Nature's Messages...there is personal growth throughout the process. This is at once exciting and frustrating. So much new information, so many new insights! But it does not end. This, finally, becomes frustrating. I need conclusion. Try doing this, writing for the future, and you will find yourself at this juncture.

My emotions range from passive to intense as I consider what is good about today's world, which, in fact, is a lot. I have to intellectually counter my negative thoughts and writings, knowing 90% are negative by design, a life-saving gift within our Survival Brain.

We do this through platitudes like "stop and smell the roses", through meditation and self-insight, and with overt social and charitable outreach. Practicing and living positive thoughts and actions net positive results.

However (there is always an however), we still have CAFOs and they are increasing at a rate higher than our population growth. Sylvia Earle says our oceans are dying. All of science is alarmed at the exponential increase in extinction rates. There is no alternative conclusion: we are careening into an irretrievable catastrophe. Creating places where our children are not safe, are not healthy, and cannot be happiest. We cannot wish this away.

The Petting Zoo Analogy



How can I tell you what I see, what I have learned, in words which convey feeling? How to craft Words which will merge our intellects and our spirits?

Let's try an extreme... visualize this scenario as if it really happens...try to "feel" what it would do to your life's future course.

We take our children to a petting zoo. A place full of appreciative children and where every animal there is well-groomed and nurtured. They are admired for their individuality, given names, given appropriate housing. Imagine being led on those paths by Jain Monks, wonderfully considerate ascetics who sweep the path ahead for two cubits to avoid hurting even the least of God's creations. They have taken vows to injure no living being by thought or action, to speak only truth and good words, and to take nothing unless it is given. (That's a hard act to follow!)



Our zoo is an enclave of respect for the animals and deepens our respect for Nature and the Creator responsible for these miracles of life.



Now imagine handing black rifles to four of our charges and watch as they empty 30 round magazines into the confinements and into all the visitors as well. Watch the ten-second horror with me in your imaginations.



The Aftermath

Bizarre? Sure. Impossible? No. Anything we can imagine is ultimately possible. Improbable? Yes.

We can shortcut a dramatic public massacre and simply take our children to a Concentrated Animal Feeding Operation (CAFO). In psychological terms, it will achieve the same end. They will be overwhelmed with grief for our cruel abuse and murderous ending of those sentient beings.

Sit atop a gestation crate with a kid and watch and listen how a nameless mother pig lives in endless torment. Those interminable, hellish nightmares of Greek religions. Listen to her pitiful cries, begging to express her emotions, to fulfill her instincts. She never sees her children. The conscripts in charge at those unholy abattoirs mock, kick, stab, shoot, gas, electrocute, boil alive...Mercilessly. Many are indentured foreign nationals desperate for work and who suffer deeply for their deeds. They know this is not right.

As we immerse in the terrible odors with Mother Pig, there will be a time she would ask you to please just shoot me. There are billions of pigs who would beg to you for death. And they are each a living creation from our Maker. They are not a billion nothings. That's how we trivialize them...a billion pigs without names. All for a grand nutrition hoax. To feed addictions.

As per Ralph Waldo Emerson, distance does not separate you from guilt. We pay people to do this each and every day on behalf of our kids. We pay to maintain a paradigm of food choice proven to diminish us and our world.

Calling dismembered parts of a murdered pig "pork" is only self-deception. And a way to hide crimes from children. So, you can put pepperoni on their pizza. It is all about you. Hedonism and Addiction. Earthlings, those old foragers, would not know us as we are today.

CHAPTER 2

Your Mass Shooting at Sea

Linda and I watched a new documentary about “overfishing”. As I move forward in my spiritual journey, I see this tragedy with new eyes. We see huge nets ever enclosing a massive shoal of fish. It becomes a living nightmare.



A shoal. We have either forgotten or were never taught that each of those shimmering miracles of life is a sentient creation by our God. Each of the victims in those coarse nets is losing their freedom to continue their instincts, their passion for life. Powerful instincts and emotions that lead to absolute panic as the net encloses, as the bruising and banging begin to damage their gills...all their gills...and they begin to bleed and to breathe blood.

Inhaling blood of their parents, children, family and friends... an indivisible social network that brought success in their world. A world now exploited by our clever mercenaries and their efficient nets.

Many die of suffocation in blood and the rest die from crushing and asphyxiation on the conveyor belts and the impacts from falling into the black, icy holds.

You could take your second graders fresh from the petting zoo and have them fire black rifles into those nets and this would be merciful. It would reduce their time of suffering in those fishes' ultimate states of disrespect.

All this so you can have cans of sardines...the zip-top container of dead bodies you cannot live without. Lucky for most of us, the process is so secretive that we don't see this pitiful, inexcusable end. Individual victims of a mass shooting without remembrance for their sacrifice.



Mass Killing



Let's call it what it is...a Mass Killing. Mass Shooting is just a euphemism. Like calling tortured dead cows "beef" or "pepperoni."

Our aim is not random. We aim to kill, not just shoot! Ask yourself...who pulled the trigger...are you proud of how many you can get with one shot? Multiple deaths with a single projectile. The penultimate in marksmanship.

Tuna are Easy Targets

Tuna populations are 96.4% depleted. The remaining catches are primarily sexually immature fish.



My Alternate Universe

Veggie rolls are even more inventive and attractive than spicy tuna. They are healthier for the body, mind and spirit. This mindset is all it takes to stop the Mass Killing. Think about this. Seriously. Stop and think. Veggie rolls are healthier for your kids and you are taking them off the firing line in the process. It's not much fun for them in mass killing of the few remaining tuna. And use the green lid soy sauce...sparingly.



Momma Dolphin Mourning Her Dead Child. Each Has A Name In His Book

Dolphins are Great (for Shark Bait and Pet Food)



Our world economy is based on Efficiency. Dolphins are expendable in this emotionless paradigm. Show these photos to your second grader and see if they want to grow up to be mass killers of dolphins. Whales can substitute in a pinch. It is going to take you a while to teach them to de-value these sentient marvels to the level of dog food.



CHAPTER 3

Exaggeration and Reality

"I see things others do not." Sylvia Earle

This horror story of a hypothetical mass shooting came to me one morning in my psychocybernetics exercise, searching for a way to convey one of the root causes of the proverbial Walmart Crowd Tragedy (the poorest health profiles in the developed world).



Join me in another flight of fantasy: Let's gather twenty or so "typical" shoppers in the Walmart's center aisle (ultra-processed junk food) and invite them to tables stacked high with every imaginable form of donut with free coffee with sugar and heavy cream.

Now, imagine their personal histories. From their day of conception, they have been nutritionally deprived. We know with statistical certainty

that poor nutrition leads to lifelong compromises in health, vitality, intelligence, motivation, achievement, productivity, compassion and the capacity for altruism



Compress time with our nutritionally deprived crowd, and we see the same aftermath of our shooting at the zoo. Maimed, traumatized human survivors of a senseless tragedy. The tragedy of our nutrition hoaxes. They were never given the option for a better life outcome.

Our Sea of Hoaxes

Hoaxes are major underpinnings of our Post-Agricultural Revolution paradigm. We have to have excuses for what we are doing to our world, for standing by as our oceans die, watching as our extinction rate goes through the ceiling. Still, we cannot bring ourselves to blame Hedonism. This would point the finger at us. Even worse, we cannot see nor feel the seriousness of these problems through the fog of our addictions.

I am still in disbelief that Trump fed the Clemson champs junk food. Just as I cringe when I see all the junk food ads aimed at our children. People feeding kids stuff that limits their potential....what right do we have to do this?

Science is pure. It is sacred. It guides all of our lives....except where it most important.

Affirmative action on our parts is actually discouraged by government. You get thrown in jail for photographing inside a CAFO. Big Med is silent. They want to give you a pill to atone for years of abuse to your body. They hardly even discuss Nutrition in Med School. Junk Food advertisement is unregulated in our kids' worlds, allowing them to be assaulted 24/7 with the Sirens' songs for Hedonism. Big Ag has political clout that crushes any semblance of legislative responsibility. Read the Farm Bill. Pizza is a vegetable. What a magnificent hoax! Think what this reveals about us.



Our false paradigm for a happy, healthy life becomes “fact” and is supported by almost every form of authority, including Trump. We feed our kids junk in the womb and teach them to eat junk from birth.

Nutrient dense foods (WFPB) will produce a better human being, compared to one fed nutritionally deficient stuff. It is a reality that kids will choose good foods if they are allowed this choice.



Kids are not mass shooters by nature. They will not kill unless taught and rewarded to do this. A child raised to respect individual life in our universe will be a happier world citizen. And a healthier world citizen. Killing, mass killing, is a problem in the deepest recesses of our psyches. Our programming, our base instincts, remains Pre-Ag Animism.

All of us involved today in these mass shootings and killings of sentient beings will be our future generation in doctor's offices, drug stores, hospitals, sanitariums and mortuaries. Huge burdens on society. Fraught with avoidable, diet-related non-communicable diseases. We will get our due. Nature's Justice, as with my dad's years of punishment for smoking cigarettes.





My goal here is to present facts, facts you may well dismiss as exaggeration. I will agree. Mass shootings are very specific news makers at the moment. It is difficult for anyone but me to relate shooting into a crowd of people to the spraying blood from a harpooned dolphin as one and the same senseless tragedy. Animists see this differently than Hedonists. We see value in every form of life.

Who is most right or wrong about the severity and urgency to protect our kids and our planet with sustainable practices will be revealed in a few years. It will rest within the degree in which our reality or denial of today will be changed tomorrow. Will our kids still have a place to call home?

All because of our Arrogance of Domination. Our persistent, self-serving hoax that we are “chosen people”. A hoax we extend into racism. We have to teach kids to kill to make them racists.

The Arrogance of Domination



It began with the Agricultural Revolution. We did not have a “center isle” of junk food in The Garden. Somehow, probably due to our new age of food security, we told ourselves we were superior to every species of flora and fauna on the planet. Even when our secure foods were incomplete, unnatural. We know, we “feel” in our hearts, this is not honest. Our Creator does not discriminate, we don’t have “chosen people”. We have no special authority to supersede Natural Order. All forms of life have equal standing, equal rights to be on earth at this moment in time. All forms of life have foods – the blessings of real foods – critical to optimum health and happiness.

We allow a dog to sleep in the kid’s bed and, yet, we pay people to ceremoniously bleed lambs to death. Dogs and sheep are equally part of our marvelous universe. We rescue kittens yet grind up baby chicks and feed them back to their mothers. We don’t need to take an animal’s life to sustain our own. Taking the lamb’s life diminishes us spiritually and eating the pitiful, dismembered thing, in fact, harms our bodies physically. This is the road to Food Addiction which leads to the Walmart center aisle.

Our parents told us this was O.K. They also told us we are probably going to hell. Why? Well, it is because we are living a life of self-deceit. It is important to beg forgiveness each day for our innumerable wrongdoings and miscues. And we find it quite reasonable that practically every human who walks the road beside us is going to hell. That our Creator would rather punish than reward. That our Creator creates imperfection, then creates challenges, gauntlets, and then burns the losers for “eternity”.

We teach that each of us can break this deal with Satan who rewards us for our daily “transgressions” and squeak through the crack to heaven at the very end. But we do have to apologize (repent) first. I can’t fully explain this process. I can’t find directions for this. Lord knows I have looked. This is not intuitive to an Animist.

Your Homework Assignment

Grandkids in the future: Now you know something your parents did not figure out. Why? Addiction from birth is the root cause. The other issue is they did not have the information you have today. It is our first time as Sapiens to have even a clue. Your homework, your challenge, is to see if you can bring understanding to yourself; then bring harmony back into your life and all those who place their trust with you. Nature shows this is the norm, not the exception.

You can become an agent of truth. You know mass extinctions, global warming, environmental desecration, compromised health and early death are not part of Nature’s plan. We have paradise just beyond our fingertips! A new awakening in our spiritual being!

My trust is with you to find a way to return us to being one with our Creator and our wonderful universe. Stillness.

CHAPTER 4

A Question of Balance

*“And he saw magnificent perfection
Whereon he thought of himself in balance
And he knew he was.”*

The poetry found in the lyrics of songs from “A Question of Balance” (created within the psychedelic world of the Moody Blues) is deeper in meaning than I could ever convey in my trivial attempts to explain this day’s tragedies.

*“And you will find
The way it’s always been
Just open your heart...”*

*“It’s when we stop and look around us
There is nothing that we need...”*

A QUESTION OF



BALANCE INDEED!

“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

Barack Obama

A question of balance. How can I explain how out of balance we are? Who is making all these dichotomous rules? Why did it take me so long to ask this question?

Who's in charge? Turns out I am. As per Sadhguru, I am responsible for everything that has ever been and ever will be. Therefore, I am responsible for this moment. As are you. Each of us is responsible for the immediate space and time around us. For all decisions in our spheres and beyond.

There is an inexplicable enigma happening everywhere around me every day. Buckling up kids in race car harnesses and driving them to McDonalds for a Happy Meal. This is of course nuts (not the buckling part). A vehicle accident is unlikely. Junk food always compromises the kids' futures.

This is explained in Book One and has to do with Addiction. Bottom line is our brains get fried and we don't know we don't know. Just a few years ago this was a good excuse. People smoked with impunity and without guilt...until we found out the serious health consequences for the smoker and his family. Now society has risen to the occasion and stigmatized all aspects of tobacco use, just short of banning it. We are down to spending only 300 billion a year extra for adverse health and productivity consequences.

But when is enough, enough? Should we ban tobacco and save all that money? Turns out the answer is another enigma. Just as we can't see the harm in a Happy Meal, smokers are blinded to the realities of science that they are compromising everything in their lives to sustain their habit. They think they have a "right" to go to hell in their own way (Robert Frost), just as we think we have a right to feed kids processed foods. It's all about addictions.

Societal Responsibility – Stepping up to the Plate

Smoking is a great example of societal responsibility, illustrating we actually can sometimes try to Do The Right Thing. Restore Balance. We use tobacco industry funds to run national anti-smoking campaigns. We even compensate former tobacco growers for loss of revenue and invest in retraining programs. ObamaCare allows health insurers to charge up to 50% higher premiums for smokers. Everyone knows and respects the statistical certainties of special diseases and early death related to tobacco use.

(However, as per Book One, negative advertising can trigger even more participation. We now know addiction alters our processes for logical thinking.)

The problem is societal inconsistency. A sort of selective nuts. We can call it oxymorons, enigmas, paradoxes, conundrums...but it amounts to a form of psychosis. We watch people make careful and deliberate decisions on whether to buy the 48- or the 64-ounce box of Tide. This is after they have decided Tide is best or offers the least cost per wash. It is a matter of 83 cents. And this adds up in a year's time. Watch the

pennies and the dollars will take care of themselves. Then use the savings to order a pizza to eat in front of the TV.

While this could qualify for categories of obsessive/compulsive behavior, we applaud the fiscal responsibility. This is not a qualifier for being institutionalized. Falls into the catch - all we refer to as idiosyncrasies. Idiosyncratic behaviors. Love this term! Think about its derivation.

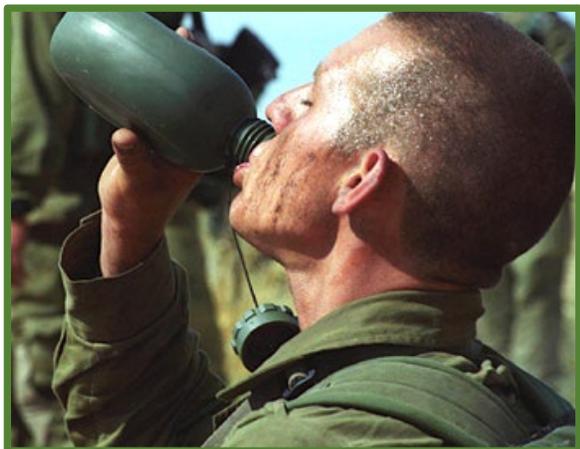


CHAPTER 5

SOCIETAL DYSFUNCTION

Part One: Evidence of our Sanity, our Presumption of Responsibility and Compassion

Let us celebrate more of Doing the Right Things:



Our U. S. Veterans Administration published a guideline that says if you served at Marine Corps Base Camp Lejeune or Marine Corps Air Station (MCAS) New River in North Carolina, you may have had contact with contaminants in the drinking water there. Scientific and medical evidence has shown an association between exposure to these contaminants during military service and development of certain diseases later on. If you have qualifying service at Camp Lejeune and a current diagnosis of one of the conditions listed below, you may be able to

get disability benefits.

There were approximately 900,000 people exposed to this contaminated water and a statistically significant number contracted various cancers and leukemias.

From the U.S. Department of Labor on Black Lung:

The Black Lung Benefits Program provides:

- monthly payments and medical treatment benefits to coal miners totally disabled from pneumoconiosis (black lung) arising from their employment in or around the nation's coal mines
- monthly payments to eligible surviving dependents

Present and former coal miners (including certain transportation and construction workers who were exposed to coal mine dust), and their surviving dependents, including surviving spouses, orphaned children, and totally dependent parents, brothers and sisters, may file claims.



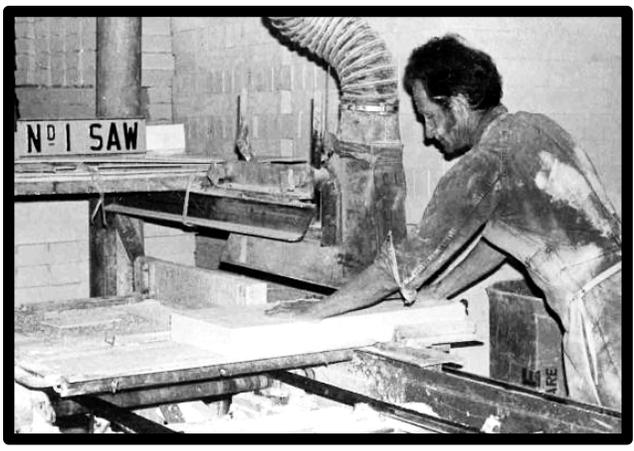
Black lung diagnosis can be complicated. Some of the most common symptoms include shortness of breath, decreased exercise tolerance, chronic cough, coughing up phlegm and inability to breathe lying flat.

From the World Health Organization on Asbestos:

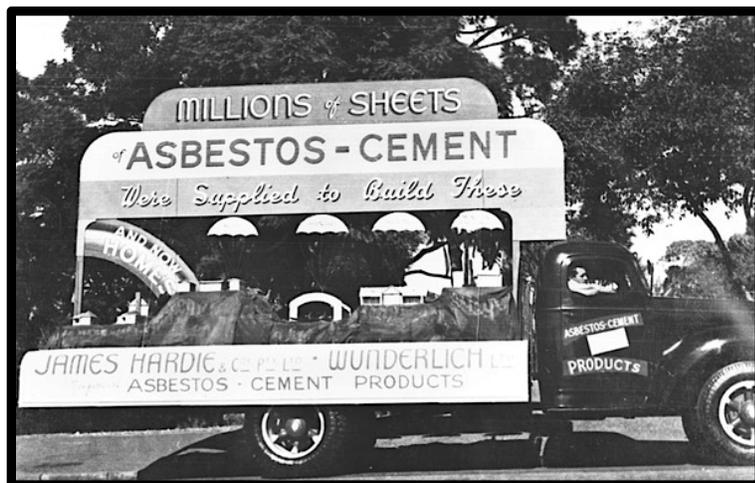
All forms of asbestos are carcinogenic to humans. Exposure to asbestos, including chrysotile, causes cancer of the lung, larynx, and ovaries, and also mesothelioma (a cancer of the pleural and peritoneal linings). Asbestos exposure is also responsible for other diseases such as asbestosis (fibrosis the lungs), and plaques, thickening and effusion in the pleura.



Currently, about 125 million people in the world are exposed to asbestos at the workplace. Approximately half of the deaths from occupational cancer are estimated to be caused by asbestos. In addition, it is estimated that several thousand deaths annually can be attributed to exposure to asbestos in the home.



From Asbestos.com: In total, all 60 asbestos bankruptcy trusts hold more than \$30 billion. This figure comes from a 2016 report from RAND Corporation's Institute for Civil Justice. These trusts have paid claimants approximately \$18 billion since the late 1980s. This figure includes an estimated \$15 billion from 2006 to 2012.



According to a 2016 Mealey's Litigation Report, the average mesothelioma trial award is estimated at \$2.4 million. The average mesothelioma settlement is between \$1 million and \$1.4 million and typically paid by multiple defendants. However, every case is unique.

Get the Lead Out!!

The World Health Organization has identified lead as 1 of 10 chemicals of major public health concern, needing action by Member States to protect the health of workers, children and women of reproductive age.

The Institute for Health Metrics and Evaluation (IHME) estimated that in 2016 lead exposure accounted for 540,000 deaths and 13.9 million years of healthy life lost (disability-adjusted life years (DALYs)) worldwide due to long-term effects on health. The highest burden was in low- and middle-income countries. IHME also estimated that in 2016, lead exposure accounted for 63.8% of the global burden of idiopathic developmental intellectual disability.

Lead can affect children's brain development resulting in reduced intelligence quotient (IQ), behavioral changes such as reduced attention span and reduced educational attainment. Lead exposure also causes anemia, hypertension, renal impairment, immunotoxicity and toxicity to the reproductive organs. The neurological and behavioral effects of lead are believed to be irreversible.

SOCIETAL DYSFUNCTION Part Two: Evidence of our Insanity

*“Are we Purposefully Feeding our Kids Junk Food
to Set Them up for Windfall Claims When They Get Sick?”*

GrandBob

Who Would Feed a Kid a Hot Dog?

The International Agency for Research on Cancer (IARC) of the World Health Organization concluded (in 2015) that processed meats are a Group 1 carcinogen, which means it causes cancer. Group 1 carcinogens include asbestos, arsenic, tobacco, pepperoni, and aflatoxins. Persons who eat one portion (about one hot dog or two slices of deli meat) of processed meat every day is 42% more likely to develop coronary heart disease and 19% more likely to develop diabetes than if that person did not eat processed meat every day.

Idiopathic Developmental Intellectual Disability

As with lead, one outcome of junk food is “idiopathic developmental intellectual disability”. This amazing euphemism for stupid is the creation of someone who has not



eaten a lot of ramen, hot dogs, bacon cheeseburgers, and Gold Fish! What a masterful obfuscation for explaining diminished capacity for academic and life achievement! I suppose they don't want you to quit feeding kids Vienna Sausage.

Some of us Still Smoke, Dip and Chew

*“If I had known it would be like this,
I could have quit.”*

My Beloved Father, Quentin Barrett, as he died of COPD

Today, smoking costs us 300 billion a year. Imagine total costs for the last 100 years!



AT THE END, WE ARE ALL ALONE

From the World Health Organization on Cooking



“Carcinogens, including heterocyclic aromatic amines and polycyclic aromatic hydrocarbons, are produced by cooking of meat, with greatest amounts generated at high temperatures by pan-frying, grilling, or barbecuing. Meat processing such as curing and smoking can result in formation of carcinogenic chemicals including N-nitroso compounds and polycyclic aromatic hydrocarbons.”



Processed meats – bacon, sausage, pepperoni, salami, turkey, chicken, hot dogs and more – are now Class One Carcinogens, in the same category with Asbestos, aflatoxin, tobacco products and various water contaminants. Yet we continue to celebrate hot dogs, happy meals, and pepperoni pizza. Is this not akin to walking into machine gun fire, kids in hand?

Or is it your way of qualifying for a government settlement...and lining up future windfalls for our kids. Maybe we are smarter than I think. Maybe buckling up kids in Indy 500 harnesses and heading for McDonalds is a way your kids can finally pay off student loans...with trust fund monies paid by McDonalds in a settlement for their future diseases. Is this how we beat the system?

Our range of choices. We can smoke, breathe coal dust, drink Lejeune water, work with asbestos and eat meat and processed stuff...all which will compromise our health and the health and mental acuity of our kids. Except we have not started the obviously deserved payouts for eating junk foods. Foods served without healthy options in our schools, churches, synagogues, mosques, company meetings and restaurants.

Old News – The Insanity Roars On

“People don’t come here for health food. They know what they are getting”.

Ned Lyrly, CEO, Hardee’s and Carl’s Jr., charged to lead aggressive growth overseas

“Foods like instant noodles and soups, breakfast cereals and chicken nuggets are associated with an earlier death.”

Nicholas Bakalar, New York Times, February 12, 2019

“Suffering from heart disease, stroke and type two diabetes could knock 23 years off life and yet they are preventable for eight out of 10 people”.

Sarah Knaption, Science Editor, The Guardian



High Fat Diets are Triggering Conditions which Cut Life Span by Decades

The Guardian has published many articles on the economic and personal health penalties of an unhealthy lifestyle. Costs are far greater than smoking. "We showed that having a combination of diabetes and heart disease is associated with a substantially lower life expectancy," says Dr. Emanuele Di Angelantonio from the Department of Public Health and Primary Care at the University of Cambridge "An individual in their sixties who has both conditions has an average reduction in life expectancy of about 15 years."

More than three million people in Britain suffer from diabetes, while 2.7 million are living with heart disease and 1.2 million are recovering from a stroke. Nearly 100,000 suffer from all three conditions.

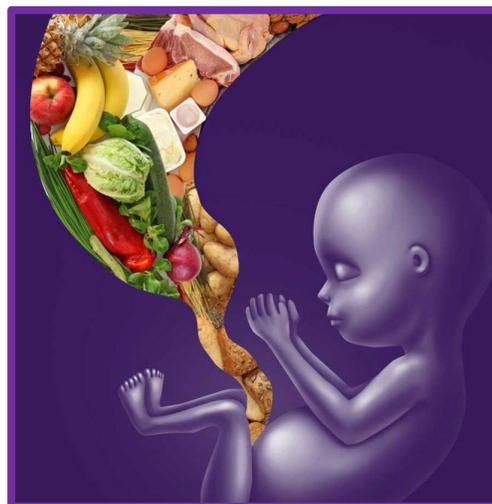
The researchers at Cambridge analyzed data from 700,000 people between 1960 and 2007 and 500,000 participants from the UK who were recruited between 2006 and 2010. From the 1.2 million people studied, 135,000 died during the research period. The study authors used the information to calculate these significant reductions in life expectancy associated with different conditions including diabetes, stroke, heart attack and other diseases.

Poor and Species-Inappropriate Nutrition Lends to Stunting and Obesity

“There is a causal link from being a bit overweight as a woman, being a bit shorter as man, to doing worse in life.” Professor Timothy Frayling of Exeter University

“At a time when one in three children under 5 is not getting the nutrition they need to grow well, The State of the World’s Children 2019 examines children’s malnutrition today. Communities increasingly face a triple burden of malnutrition: despite declines, 149 million children aged under 5 still suffer from stunting and almost 50 million from wasting; 340 million children suffer from the hidden hunger of deficiencies of vitamins and minerals; and rates of overweight are rising rapidly.” UNICEF

“Stunting is irreversible: a child cannot recover height in the same way they can regain weight. Stunted children fall sick more often, perform less well in school, and grow up to be economically disadvantaged and likely to suffer from chronic diseases.” World Health Organization, 2019



There seems to be no end to penalties for Hedonistic, addictive food choices for us and our kids!

CHAPTER 6

THE FOUR REASONS VEGANS PISS PEOPLE OFF



Veganism Sparks Rage: Gays, blacks, atheists, agnostics, immigrants, muslims, and politicians are more respected than vegans, according to a UK poll in 2106. Vegans are, however, more highly regarded than drug addicts. Males with more right-wing leanings were the most critical of vegetarians/vegans.

Tim Newman, Senior Editor, Medical News Today, reports that even pragmatic vegetarianism and veganism rub a lot of

people the wrong way. Why would increasing our factor of safety against prostate cancer be offensive to anyone? And ending animal cruelty and global pollution...? Not a good idea???

Turns out to be another of those human enigmas, a classic form of *cognitive dissonance* (the psychological conundrum when one's beliefs comes into conflict with new information. Unfortunately, addiction greatly complicates this mind-state of cognitive dissonance.). It is exactly the same paradox when I spoke in Beijing to the Chinese transportation leaders. I presented new information on how to build retaining walls that contradicted their long-held beliefs and created mental confusion and rejection. All they heard was that I said what they were doing today was wrong. So, this allowed them to just get pissed and dismiss the message.

The reasons that vegans are vilified have to do with their challenge by example to the status quo. Same reasons I am not invited to MSE symposia. We now know eating dismembered animals instead of whole plants is like choosing MSE over GCS.

REASON 1. It turns out that Vegetarians expose mainstream society's cognitive dissonance in how we view meat. Vegans like the 7th Day Adventists live 33% longer than the general U.S. population. They enjoy robust health and Blue Zones longevity. Vegans prove our bodies do not need meat. Epidemiologists use credible medical research like this to conclude meat and ultra-processed foods are unhealthy for us and our kids. This creates a case for change...a change for a better world; however, what we seem to hear is "everything we are doing today is wrong."



Society—people—can't deal with cognitive dissonance. We can't face up to making it right, given our combined states of paradigm fixity and addiction. The alternative is to shoot holes in the message and messenger. Villainize the Vegan.

REASON 2. We innately love and respect animals. Watch a two-year-old with her teddy bear. Beginning in 1750, individual income doubles every fifty years. We have reached a state of wealth beyond the need for subsistence killing and, suddenly, non-vegans are plagued with another aspect of cognitive dissonance. We know those Concentrated Animal Feeding Operations are cruel and inefficient (we would double the world food supply if we quit the CAFO paradigm); we know meat products are harmful to our children; and more recently, we know our meat-eating paradigm contributes significantly to global pollution. How do we deal with this on an intellectual basis when our long-held beliefs include a need for animal protein? Easy...we discredit the message and demean our messengers (Vegans). Throw us under the bus on the way to McDonalds.



REASON 3. We are living in cognitive dissonance with the silly belief that some animals are to be protected and others can be tortured and killed. The dichotomy of Speciesism. We don't like being identified as cruel killers as we continue to put meat on the table. Meat eaters, perhaps subliminally, resent being seen as people with lesser morals, as having an illegitimate religious mandate for domination over dumb beasts, as being exempt from scientific proofs. So, society invents false paradoxes like Speciesism where one animal (dogs) has to be loved and protected, whereas pigs, cows and chickens are robotic lumps, mindlessly awaiting the flames of a (carcinogenic) grill. We know intuitively this is nuts, but we avoid self-condemnation by villainizing a vegan.



(Speciesism is the basis for racism, by the way. Ask Hitler how he gained so much enthusiasm for killing non-Aryans.)



REASON 4. Vegetarians/Vegans show that each of us is capable of accepting personal responsibility for making a better world for our kids. This is the hardest of the hard truths.

(What those pollsters and analysts failed to consider is the role of addiction, which brings so much more intensity to the defensive postures of meat and pizza eaters. Like asking a smoker to quit.)

CHAPTER 7

SUMMARY AND CONCLUSIONS

Book Five is titled Mass Shooting. How else do we describe the horror of all the compromises and diseases we increasingly visit on our kids with what we are feeding them? The bullets of Junk and Animal parts and ultra-processed grains bathed in chemicals are as deadly as an AK47. The only difference is time. It takes a little longer for the pizza to make contact. But it is locked on target from before birth...and has already started its deadly mission when the little one appears. A new person who puts all their love and trust into your hands. Hands, for the first time in history, that know what our parents could not have known.

We are Out of Time

Society today is not in harmony with universal order. We are out of balance with our universe. The potential consequences of our current behaviors and choices are beyond my imagination. Why we are continuing to feed our kids junk food is even farther beyond my imagination. We took away their asbestos, lead, dust and tobacco. Why do we feed them “food” equivalent in negative consequences?

We are heading for disasters. New York’s Representative in Congress, Alexandria Ocasio-Cortez, says we only have twelve years left. Other reliable sources say 2040 will mark our point of no return.

But we don’t need to know what and when the worst will happen. All we need to know and do is adopt a Whole Food Plant Based life philosophy and the rest will take care of itself. We can restore balance, and that begins within ourselves, and understanding the proper role of nutrition in our lives.

Our Creator gave us this miracle of life. Through no fault of our own, our internal survival programming has been corrupted by unanticipated drugs, food and drink. We were blindsided. It has taken from the beginning of our time on earth, however and whenever we arrived, to reach this moment of intellectual understanding of the causes and consequences of our wrong turns on the path of life.

Today, this day, you have the information to make choices, good or bad. My dad did not have this knowledge when he chose to smoke. Then, like so many addictions, especially food and drink, he could not stop. His death lasted four years. Often in terror.

As he was dying from smoking, he told me, “If I had known it would be like this, I could have quit.” He knew why he was dying of lung failure. The billions dying of 108 non-communicable diseases related to poor food choice still are not informed that there were options that, statistically, would have extended their health span, life span and their years of cognition.

I told him...doctors told him...of the great risk he was taking and the awful torment of COPD. The newest sciences told us this. Information not available to him in his youth. But addiction, we now know, is not a matter of weak will. It is a reprogramming of our survival systems and we feel a life-saving compulsion to persist.

My message to you in the future is to take a fresh look at life and know that the most satisfying course is Whole Food Plant Based. The rest will fall into place. CAFOs will collapse. Pollution will be reined back. Malnutrition will end. Big Med will have to act responsibly in prevention. Farms will grow human food. Animals will be given respect. The oceans will be restored. All from the simple act of eating as per God's design.

Heaven on Earth

"Give it a name and a beast becomes a friend". GB

Thomas Dorsey had a vision of Heaven. Heaven lost through arrogance in the Garden.

*"And the beasts from the wild
Shall be led by a child
And I'll be changed
Changed from this creature that I am"*

