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**PLANTS OVER
ANIMALS**



Hello, Friends!

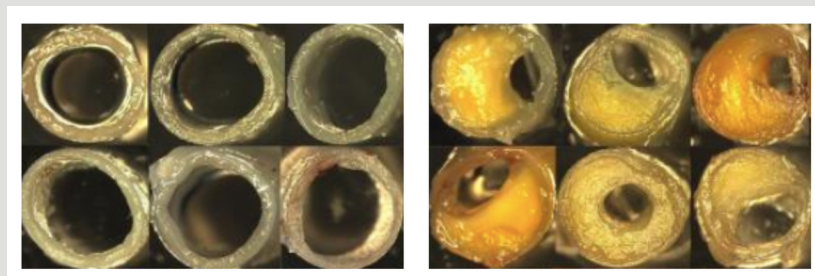
23 and me.... and my diet. Did you know that some genes can be turned on and off by what we put in our mouths? This field of epigenetics (studying how genes become active or inactive) has opened the door of hope for all those who thought certain diseases were inevitable.



HEALTH

Too many families suffer from the effects of dementia. Every 65 seconds, someone in America develops Alzheimer's and the disease continues to become more prevalent every year. What if we could help lower the risk of Alzheimer's through our diets, the same way we try to reduce the risk of heart disease and diabetes? A Nigerian population who has the highest frequency of the Alzheimer's gene (ApoE4) in the world happens to have one of the lowest rates of Alzheimer's. The ApoE4 gene makes the primary carrier of cholesterol in the brain. The gene does not need to be turned on if there is little cholesterol to transport. Not surprisingly, the diet of this Nigerian population centers on whole grains, legumes, fruits and vegetables.

Autopsies of Alzheimer's patients have shown significant atherosclerosis in cerebral vessels (image on the right) compared to nondemented control groups (on the left).



ANIMALS

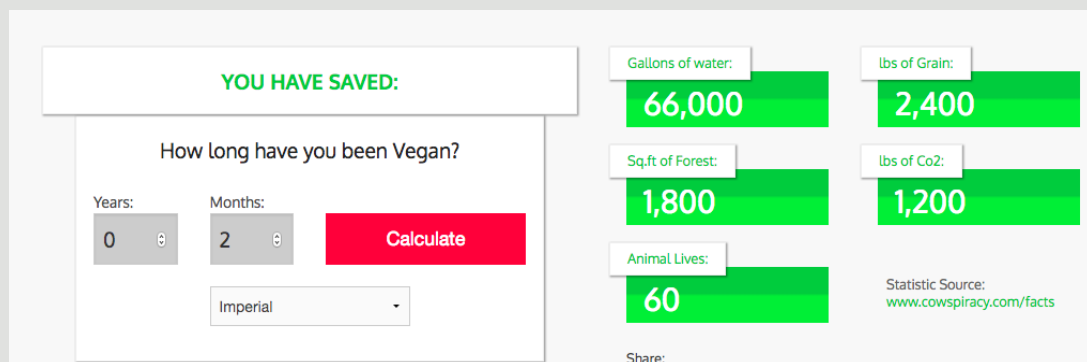
Jon Stewart and his wife, Tracey, opened a farm sanctuary in New Jersey a few years ago. Animal sanctuaries provide a haven for rescued farm animals and create a wonderful opportunity for humans to appreciate the intelligence and personality of those who would have been raised for food. A handful of new residents joined **Poplar Springs Animal Sanctuary** this summer after jumping from trucks en route to auction or slaughter. They arrived with ears notched, horns cut, tails clipped, testes removed — all reminders of the dominance exerted over them. So happy to have a second chance at life, they are making friends and playing just like the household pets who have been taken home from the SPCA by their heroic human owners.



EARTH

The Global Footprint Network has estimated that we would need 5 Earths if the world's population lived like Americans (other countries are living beyond their means, but the U.S. tops the list).

Our planet's resources are being depleted as the world's population is using resources 1.7x faster than what can be regenerated each year. Eating a plant-based diet is the most effective way to fight climate change and restore and preserve the forests, fresh water and other resources that are vital to a healthy planet. A simple comparison of beef and pea production shows 36x greater land use and 6x greater greenhouse gas emissions from animal agriculture. **We can all pitch in!** (see below what a difference 2 months can make)



KITCHEN TIP: KEEP IT SIMPLE!

Every meal does not need to be elaborate. Have three "go-to" dinners that you can enjoy on nights when time is tight, or when you have not had a chance to plan and shop. Instead of picking up pizza, cook whole wheat pasta, add frozen broccoli or other veggies and marinara sauce (all of these items are non-perishable!). Instead of chicken and cheese quesadillas, thaw tortillas from the freezer, add black beans, frozen corn, and salsa, roll into a burrito and enjoy. Swap any fast food burgers or nuggets for red beans and rice heated together with a can of diced tomatoes. Every time you swap a meal this way, you will promote better health rather than daring your body to survive health-hindering foods!

Instead of...	Try this...
Pizza	Whole Wheat Pasta, Broccoli, Veggies, Marinara
Chicken & Cheese Quesadilla	Burrito with Black Beans, Corn, Salsa
Burgers/Nuggets	Red Beans & Rice with Diced Tomatoes

With hopes of good health, compassion, and responsibility,
Brooke at [Plants Over Animals](#)

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