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**PLANTS OVER
ANIMALS**



Hello, Friends!

As October ends and pink ribbons are put away, my heart goes out to anyone who has suffered from breast cancer, or who has watched a friend or family member suffer. I am hoping that someday soon doctors will focus on **prevention** as much or more than awareness and early detection. Are you satisfied with early detection, or would promoting **a diet that reduces the risk of breast cancer** be more gratifying?

The information about risk reduction with a plant-based diet has been available for many years, yet the conversation has continued to focus on mammograms and self-exams, all while yogurt cartons (filled with mammalian estrogen) display a pink ribbon. Let's not cross our fingers and hope we dodge breast cancer. Let's be proactive and reduce our risk every month of the year.



HEALTH

Have you ever wished you could run your own company? Maybe you already do, but you wish you had more control over your employees? The human body has between 30-40 trillion cells of its own, but it is also home to 40 trillion or more microbial cells (e.g., bacteria). Certain populations of bacteria thrive on plant foods while others flourish with fatty foods. A **Harvard study** by researcher Peter Turnbaugh examined the gut bacteria of subjects after a 5-day plant-based diet and compared them to the gut flora after a 5-day meat and cheese diet. Within 3 days on each diet, the microbial balance began to shift. For example, fat-loving bacteria called bilophilia increased during the animal-based diet. In mouse models, these bacteria can create inflammatory bowel disease. Perhaps we are running our own organization and choosing our workers and their productivity through the food we consume.

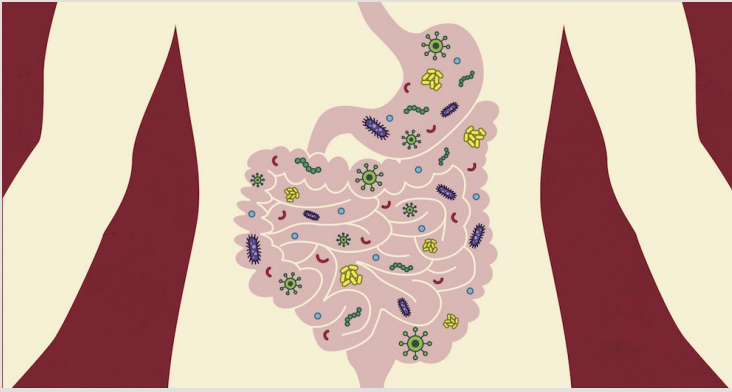


Image from the Dana Farber Cancer Institute. Read their [article](#) discussing the relationship between the microbiome and cancer.



ANIMALS

When my grandfather, Jack, was a young boy, his mother served one of their chickens for dinner. Jack had developed a fondness for this chicken and was so upset that he never ate poultry again. Many children are dismayed when they discover the origin of their food. This innate tendency of kindness toward all living creatures does not have to be limited to the innocent years of childhood. This quote from ‘Le Petit Prince’ resonates: “And the fox said to the little Prince, men have forgotten this truth, but you must not forget it. You become responsible forever for what you have tamed.” — Antoine de Saint-Exupéry

EARTH

Implemented in German schools, **Plant-Powered Pupils** (Aktion Pflanzen-Power) educates students about the benefits of a plant-based diet. The program won the 2018 **United Nations Climate Action Award**. The **United Nations** acknowledges that animal agriculture and the production of meat is a leading cause of gas emissions, water loss, deforestation, species extinction, rising sea levels and pollution. More programs like Plant-Powered Pupils are needed around the globe!



KITCHEN TIP:

Have you ever run out of almond milk at a critical time? You can make your own with some almond butter and a blender (no need to start with the nuts).

2 T almond butter*

2 cups water

optional: maple syrup, vanilla extract

*You can swap for cashew butter, sunflower seed butter, etc.

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

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