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**PLANTS OVER  
ANIMALS**



## Hello Friends!

For most of you, today is the official first day of summer. I'll try to keep the newsletter brief, but hopefully the thoughts will stay with you longer.

*i-ro-ny /'irənē/:* a state of affairs or an event that seems deliberately contrary to what one expects

As we learn more about eating plants and the positive effects on health, animals, and the earth, irony becomes more visible and quite ubiquitous.

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## HEALTH

Walking past a fast food restaurant in the hospital while visiting a friend who has just suffered from a heart attack exemplifies irony. Why would a hospital make disease-promoting foods readily available? Some hospitals even have a “percentage rent” agreement with the fast food chains, meaning the more artery-clogging foods sold to patients, the more money the hospital makes. [Learn more.](#)



Even more ironic would be to note the incongruity and then swing by a similar establishment on your way home before taking your "nightly pills".

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## ANIMALS

Jefferey Dahmer and Ted Bundy are two examples of people diagnosed with Antisocial Personality Disorder. According to the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders), the Antisocial Personality Disorder may become evident by childhood behaviors.

One of these behaviors is described this way: "These children may hurt or torment animals".

Why is it the case that when children hurt animals, it is considered pathological? Yet, when adults hurt animals, it is considered part of their job. Not being psychopaths, this work takes a toll on the humans who perform these jobs. Many of the slaughterhouse workers suffer from psychological stress and anxiety, drug and alcohol abuse, **and more.**

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## EARTH

Lately, there has been much effort to eliminate straws to save our oceans, which are polluted by 8 million tons of plastic each year (straws are 0.025 percent of that number).



While I applaud and support the elimination of straws, direct depletion of marine lifeforms through commercial fishing has a much greater impact on our oceans. The bycatch (capturing non-target species) of large fisheries contributes significantly to species decline. **"For every pound of shrimp caught, up to six pounds of other species are discarded."** Sea turtles, like the one shown above, are just one of many species that suffer from these fishing practices.

As obligate multitaskers, I believe we can focus on both. We can reduce our use of plastics AND support marine life by not participating in the consumption of seafood!

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## KITCHEN VIDEO:

With the boys out of school for the summer, my oldest put his "music tech" skills to work in this [new video for DEEP DISH CHOCOLATE CHIP COOKIE PIE](#). The pie was a huge hit at the end of season baseball banquet :-)

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

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