

## Question Answer

**The vegan diet is an unhealthy diet!** Fortunately the opposite of this statement is true. Omnivorism is an unhealthy diet that causes many diseases like cancers and heart problems, an increase of violence in the society, pollution and eventually the destruction of life on earth. But the vegan diet helps fight many diseases, environmental pollution and the destruction of earth.

**If animal products are unhealthy and cruel, then why do stores sell these products!** Stores still sell cigarettes too because the financial benefit is important to them not the health of the people.

**It is the law of nature to kill and eat animals. Lions kill and eat other animals too!**

1. Do humans really obey the law of nature or fight the law of nature! People are fighting for their rights to protect them from abuse, but in real nature you will be abused and killed if you are weak and can not defend yourself! 2. Do you compare yourself to wild animals! If so, then your life style should be similar to their's, away from technology and tools (ofcourse in this case you cant be a meat eater because you will have no tool to hunt animals)!

**Why don't you dedicate the time that you spend on helping animals (creatures who cannot defend their own rights and are therefore worthless) to helping people?** This statement is like saying why don't all people in the world become doctors to save people from illnesses and death. A doctor's profession is the most valuable profession and everyone should take it on and stay away from other professions! Do we only need doctors in this world? If all people become doctors, then who will do the other jobs? Every individual has a different talent and desire, and chooses her/his own path based on that desire. Some become doctors, some become building contractors, some decide to protect the environment, some become defendants of human rights, and others defendants of animal rights. Therefore each group moves toward reaching the main goal, which is defending the living creatures' rights and creating peaceful relations among all. **Defending animal rights also leads to defending human rights (cruelty and violence free living) and save nature from pollution and destruction of the earth.**

**Many people in the world are poor, hungry, and are homeless, and now you want us to pay attention to animals and not eat them! If hunger is the reason you ignore animal rights, then why women and children rights matter to you?** f you are thinking about hungry and homeless people then why do you spend your time, energy, money, food, and water that can save many of these people from hunger and homelessness on developing and fattening animals and then eat them to satisfy your physical pleasures? (The human body has no need for eating other animals' bodies.)

**If meat is not for eating then why is it so delicious?** What you eat has no resemblance to real meat. Can you eat uncooked bloody meat without adding spices and not go to the hospital? You can eat all vegetables raw and uncooked vegetables are even healthier.

**Eating meat, like riding a bike, is a personal choice!** Is cruelty and crime a choice and should we not prevent them? This statement is like saying if one wants to kill his children, he owns them and others have no right to intervene.

**Eating animal flesh at times such as famine is necessary to save our lives (which is more important than the lives of other animals)!** If killing and eating animals at these times is necessary and considered humane, then killing and eating the less worthy humans can be considered humane when there is no other animal around!

**For each JOOJE KABOB (Chicken Kabob) that you don't eat, I eat two of them!** This statement is like saying for each (human) baby that you don't eat, I eat two babies.

**Bull fighting is part of our culture. How can we put it away?** Killing people was also a part of our culture until a little while ago (they still kill each other but by the name of war). Whoever was the stronger person would kill the others easily and take their possessions with no legal consequences.

**Animals like cows, sheep, pigs, and chickens are created to be eaten and have no value beside that!** 1. There is no worthless creature. It is people who call a living creature valuable or worthless. 2. There are many people whose existence makes no difference to this world. Should it be said that they are worthless and they should be killed and eaten? At least animals have one advantage on us human beings: they do not have a negative effect on the nature and do not cause chaos, conflict, and destruction.

**You like animals more than people!** We care about the lives of all living creatures and sentient beings, support and pay attention to weaker creatures more, and make sure they are not abused by profiteers, just like a child that cannot defend her/himself against cruelty and should be paid attention to more. But even children are stronger than animals since they can complain and talk. Animals do not have such privileges.

**I do not eat animals alive, I only eat their meat!** Do you think that meat which was alive at some point committed suicide or died of natural causes?

**I eat meat very often and this is humane!** Eating less meat equals killing less animals but still animals have to be killed.

**We have been completed with meat eating and live longer!** The society might have improved in meat eating, but our body has not changed. Living longer does not make us better persons or happier. Living a short life is much better than living a long cruel life.

**Cow milk is produced for human consumption!** If that is the case, then what is the role of a calf? Why is cow milk not produced without a calf being born, and why do female cows must be violated and impregnated every year?

**People must eat dairies to stay healthy!** Human beings are the only creatures who drink milk from birth till death, and not only that, but the only creatures who drink another animal's milk. If we cannot drink the milk from a human breast, why should we drink the milk from another animal breast with a different physical system? If you say calcium, many plants have calcium that is better than animal calcium, does not cause any illnesses or allergies, and is free of hormones, bacteria, antibiotics and cruelty.

**I do not have any problems with eating meat and do not suffer from agony of conscience! Most**

**murderers of human beings also say the same thing. You will not feel the agony until you think about your wrong actions.**

**If we eat animals, we will eat less vegetables and nature will not be harmed!** Meat eating not only kills the animals but it also destroys and pollutes the plants and the environment. The more we eat plants, the more we save the environment.

**If we kill animals and eat them, you kill plants and eat them!**

**1.** Do not forget that the humans are also animals and if killing and eating other animals is accepted, then killing and eating humans should also be acceptable.

**2.** All animals including fish have a **central nervous system** that consists of a brain and nerves. They feel pain, run away from anxiety and death, and have a tendency to move, live, and be free (just like human beings). Plants are also alive but cannot think or feel and their reaction to their environment is on a cellular and chemical level. Even if plants had a nervous system they would not have a brain to process pain. If you pay attention, you can see that cutting a small piece of a tree does not cause it to die. Tree fruits naturally fall off after a while to be eaten by animals. If you cut the leaf of plants such as beets, you do not hurt the plant and another leaf replaces it. Does animal meat and skin come off naturally and without hurting the animal? Do plants like animals become scared, bleed, shout, and look for a way to escape when they are getting cut? Plants do not have a defense system. If you decide to cut a tree down, the tree does not run away or fight you. The reaction that animals show when faced with danger proves their power of thought, feel, and sense because they decide to fight for their survival. If an animal is hurt, it yells and screams **and this scream is a sign of an inhumane action and human beings must stay away from anything that causes pain and discomfort.** You see that killing an animal is no different from killing a human being. A human being also gets scared, yells, and looks for a way to escape. Do you really compare the hanging and slashing of the throat of a cow to the cutting a wheat plant? Some omnivores claim that you should also not kill the bacteria because they are alive too. First, bacteria are not animals and do not feel. Second, bacteria are harmful and cause disease. Do the animals cause any harm and put your life at risk?

**3.** Some meat eaters claim that plants also feel pain. This claim has not been proven scientifically. Even if plants can feel pain, the vegan diet still causes the least amount of pain and death. Meat eaters destroy a lot more plants that vegans do because the animals that they consume eat a lot of plants.

**4.** Plants are not kept like farmed animals. Plants do not need to move and are kept in the soil, the place plants would naturally live. They are not abused because they do not lose their natural life. But farmed animals are taken away from their natural life, are kept in small and unsanitary rooms, are abused mentally and physically, they are separated from their family and children, are unable to move naturally and graze in nature, play with other animals, or create a family.

**5.** Domestic animals have a physical system similar to that of human beings and are herbivores, and human beings are instinctively and based on their physical build vegans.

**6. If you dear meat eaters are so kind, sympathetic, and sensitive and care about plant life, then why are you still captive to eating meat and have not decided to become fruitarian in order to not only save the lives of animals, but also those of plants?**

Here is an example to help understand this matter:

**Your nails and hair are also alive. If you trim your nails or hair, will it lead to your death or cause pain and suffering?**

**You vegans also kill insects to farm plants!** Yes, in today's agricultural system insects and some animals are killed. Is this a reason to kill and eat more animals? Vegan people try to live in a way that least harms living creatures. Vegan diet causes less death compared to eating meat and consuming other animal products. In the future people will pay more attention to humanitarian issues and with advances in this field, new humane agricultural methods will be created that use no animal products and kill no animal or insect. Even today these methods are being researched and developed and many farmers are using them. If people, instead of being selfish, using energy, and spending huge sums of money on war and inventing more advanced weapons, paid a little attention to humanitarian issues and technological advancement in fields such as not using animals in food products, clothes, laboratory testing and also agriculture, they could change their fate and the world.

**Animals like monkeys, which are very similar to human beings, eat meat. Why shouldn't we?** More than 90% of the chimpanzees' food consists of plants and usually their non-vegetarian food is insects. If they eat meat every once in a while, it is because they are more intelligent and, like human beings, can act beyond their instincts.

**Animals like monkeys, rabbits, and mice are very similar to human beings and that is why we the doctors and researchers conduct experiments on them. What is wrong with that?** Then why don't you treat them in a humane way? These researchers say in response: because they are not similar to us. So we see that when abusing, people consider animals to be similar to us, but when there is talk of humanity and not abusing, animals are not like us at all.

**How do you feel toward meat eaters?** The human body, like those of other animals, is made of flesh, bones, brain, and nerves, and there is no difference between a human body and an animal's body. For example, human meat can be a delicious food to a wolf, just like a sheep's meat. Life is life and killing other animals is not different than killing humans. Therefore, eating animal meat is like eating human meat and cannibalism.

**There are still cannibals!** If you forbid and consider eating the flesh of other animals immoral, you will also forbid and consider eating the flesh of your own kind immoral. Cannibals exist because omnivores exist. Big crimes are result of ignoring smaller crimes.

**Dogs are unclean and must be killed!** If by the word "unclean" you mean that dogs carry disease and bacteria, animals such as cows and sheep and chicken who are raised for food carry more bacteria and diseases such as salmonella and mad cow disease. The term uncleanness is rooted in superstition

and anti-dog culture. Humans carry diseases too, so should they also be killed?

**Vegans do not get enough proteins and cannot build muscles!** Protein is abundant in many vegan foods which have very high nutritious value. There are many world champion athletes who are vegetarians and vegans.

**Killing animals has no negative effect on humans!** Most human abusers and killers **learned their skills from** abusing and killing other animals.

**Do not force your opinion on us!** Because of your opinion (meat eating) animals suffer and die, crops get contaminated and the environment is being polluted.

**If you are not a doctor, then how do you know that eating meat is unhealthy?** We state what doctors have found based on research and experiments and also based on our personal experience with vegetarianism and veganism.

**Why, instead of enjoying your good life, do you occupy yourself with issues that most people view as worthless and even ridiculous?** Pleasure has many different aspects. Many enjoy eating cake, dessert, and CHELO KABOB, some enjoy fraud and abusing others, and many others enjoy defending the right of those whose rights have been forgotten. If I did not enjoy supporting animal rights, I never would have bothered myself with it. Of course **the fact that this belief seems ridiculous to some shows their weak intellectual power.** In the past when prophets informed people of the existence of a God that they could not see or touch, they were also ridiculed.