

Welcome to:

Documentary movie

A Delicate Balance – The Truth

<http://adelicatebalance.com.au/>

Dr Manooch Azmoodeh

<http://www.planetdiet.org/>

www.supremeMasterTv.com/SOS

(Free on Sky 835 and Internet)



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Contact : Dr Manooch Azmoodeh
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A Delicate Balance – The Truth

- Brief Introduction to the event
- Introduction to the Movie
- Screening of the movie
- Follow up brief presentation and Q&A
 - The real cost of meat industry on health and Climate change
 - Good news
 - The real question and challenge

A Delicate Balance – the Truth

- **Courtesy of Phoenix Films & Director/producer Mr Aaron Scheibner**
 - A Delicate Balance documents the latest discoveries of some of the most prominent experts on nutrition in the world. Over 50 years of research is skilfully woven into what feels like a detective unravelling the mysteries behind the disease epidemic which has struck affluent countries with a vengeance - disease has been escalating over the last 50 years resulting in 1 in 2 men and 1 in 3 women being diagnosed with cancer.
 - Watching this film will help you make informed choices about your health and the environment around you and how to reduce your personal impact
 - <http://adelicatebalance.com.au/>
 - Please watch online for £2.50
 - Or Purchase the DVD online
- **Suffolk Coastal District Council**

PlanetDiet.org & Supreme Master Television

- Humanitarian NGO, Non profit organisation
 - www.suprememastertv.com
 - 14 satellite platforms around the world, FREE
 - Constructive and innovative programming to create a better world, in 60 languages, and 40 subtitles.
 - In UK, FREE on Sky ch. 835 or online viewing
 - Climate Change : our biggest challenge and it's most simple solutions
 - **Be Veg, Go Green and Save Our Planet**
 - **FREE DVD** entitled : "The fastest Way to **Stop Global Warming**" + other flyers in the Foyer.

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More detailed information :

SOS Global Warming - Be Veg Go Green Save the Planet - Mozilla Firefox

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**THE ICE THAT MELTS TOO FAST
THE CLIMATE THAT CHANGES TOO QUICKLY**

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Save Our Planet- The Latest News on Climate Change

- Arctic ice melt allows two German ships to sail through for the first time - 25 Sep 2009
- A call to world leaders for immediate action - 24 Sep 2009
- Organic vegan trend fosters a haven of love - 23 Sep 2009
- Conference on "Children's Health and a Sustainable Planet" hosted in South Korea - 22 Sep 2009
- Hundreds forced to abandon farms in Iraq - 21 Sep 2009
- Government should support organic vegan farming - 20 Sep 2009
- The House Magazine interviews Supreme Master Ching Hai - 19 Sep 2009

more

Climate Change Public Service Announcements

- Drying Rivers, Lakes and Reservoirs
- World Leaders on Climate Change
- An Urgent Message from Supreme Master Ching Hai
- Stop All Animal Products and Save Our Children

SOS Global Warming

- SOLUTIONS for the PLANET from Supreme Master Ching Hai
- Save Our Planet - The Latest News on Climate Change
- Relief News
- Supreme Master Ching Hai on the Environment
- Methane and Climate Change
- Vegetarianism and Climate Change
- Deforestation
- Food Shortage
- Water Shortage & Pollution
- Sea Level Rise
- Organic Farming
- Green Technology

Done

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Scientists on Climate Change



A Closer Look at the Melting of the Antarctic with Dr. Ted Scambos



Climate Change Scientist Dr. Stephen Schneider on the State of Our Planet



Dr. Rajendra K. Pachauri- Global Warming: The Impact of Meat Production and



The Antarctic Melt: Interview with Professor Peter Barrett

Political Leaders on Climate Change



Sweden's Vegetarian Pioneer, Member of Parliament Jens Holm



Jens Holm - Swedish Member of European Parliament, Vegetarian



Member of Parliament Ronan Lee: Australia's Vegetarian Leader & Hero



Canadian Parliament Member speaks candidly on global warming.

Climate Change Solutions



No Water Required! Dry



Organic Farming 1, 2, 3's



Vegetarian: The Easiest Way



Growing Fruits and

Annual Sea Ice Minimum



2007 Record low

“ nearly all the ice could be gone from the Arctic Ocean by the end of summer 2012 ”

- NASA climate scientist Dr. H. Jay Zwally -

“ We have passed tipping points. We have not passed a points of no return. we can still roll things back, but it is going to require quick turn in direction ”

- NASA's top scientist James Hansen -

“ Don't eat meat, ride a bike, and be a frugal shopper -- that's how you can help brake global warming ”

- Rajendra Pachauri - the Chief of the United Nation's Nobel Prize-winning scientific panel on Climate Change -



Global "Meat Free" Petition

Done

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Show 2 min Intro to SOS DVD...

The impact of meat production & consumption on climate change

- + **Meat and Climate Change**
- + **Deforestation**
- + **Food Shortage**
- + **Water Shortage & Pollution**
- + **Overfishing and Dead zones**
- + **Diseases Related to Meat**

- Plus Eco Diversity & Species Extinction ... and more
- **AND WE DO NOT HAVE MUCH TIME.**

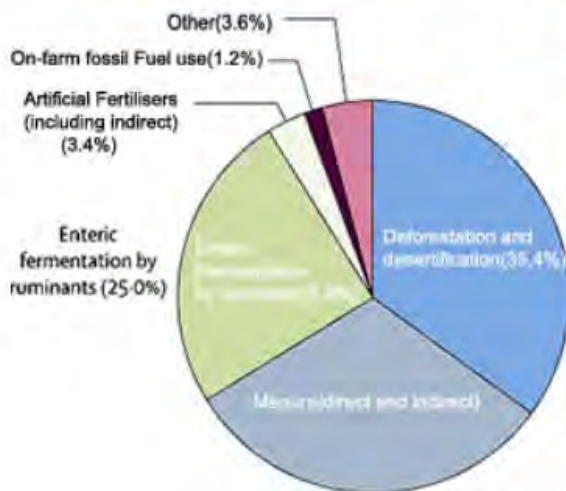
We must act now!

"If there is no action before 2012, it is too late. What we do now in the next 2-3 years will determine our future. This is the defining moment."

- Dr Rajendra Pachauri, Chairman of UN IPCC

Meat and Climate Change

- According to the UN report "Livestock's Long Shadow," livestock production is the greatest contributor to global warming.
- Animal waste and feed cropland dump more pollutants into our waterways than all other human activities combined.
- Meat-based diets require 10-20 times as much land as plant-based diets – nearly half of the world's grains & soybeans are fed to animals.



Source: The Lancet, 2007

Proportion of GHG emissions from different parts of livestock production

Livestock production emissions: 18%
Global Transportation emissions: 13.5%

18% of all greenhouse-gas emissions from human activities, including:

9% of CO₂

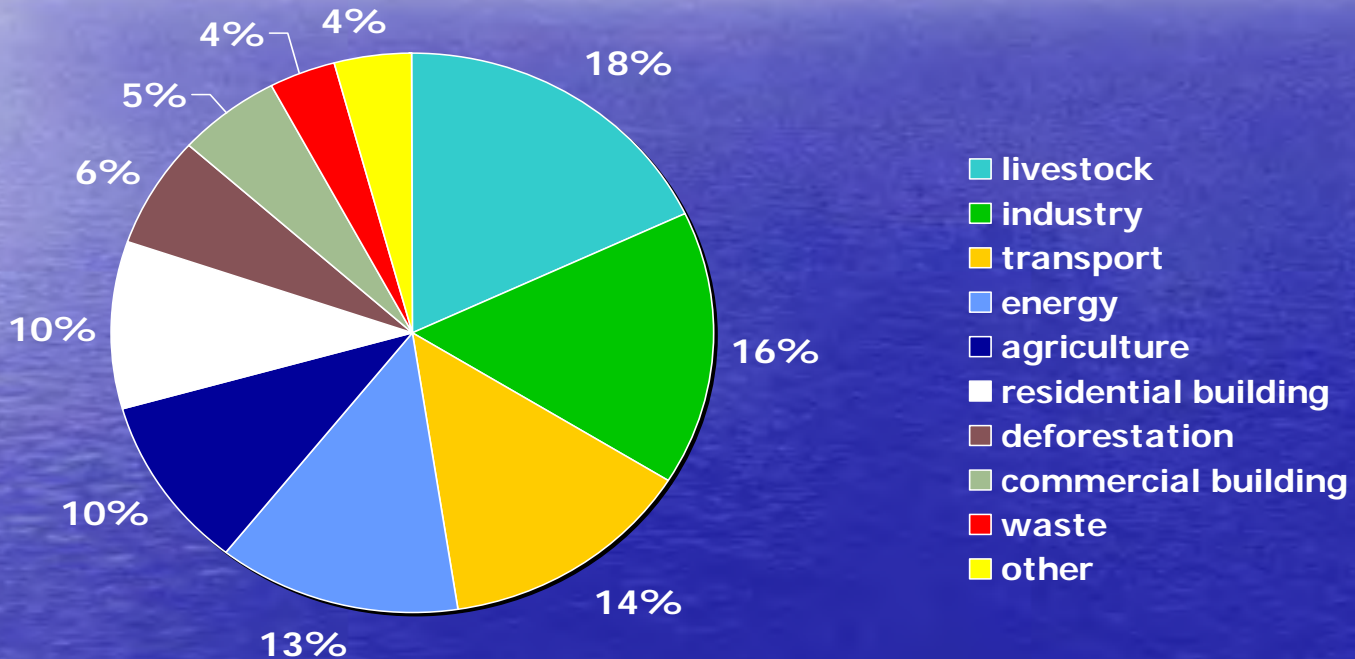
37% of CH₄(methane) - 23 times the Global Warming Potential of CO₂ over 100 years, 72 times over 20 years

65% of N₂O (nitrous oxide) -296 times the Global Warming Potential of CO₂ over 100 years, 275 over 20 years

Source: FAO, 2006 (1)

The Facts

Livestock production - 18%
of GHG emissions in CO₂ equivalent (over 100 yrs)



Figures based on following sources:

- Livestock's Long Shadow, UN Food and Agriculture Organization, 2007 <http://tinyurl.com/6bowo7> (table 3.12 p 113)
- World Resources Institute <http://tinyurl.com/5ufjvt> (figures represent "End Use/Activity")

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“I’ve received a number of emails from people that I respect, saying that the 18% figure is an underestimate, it’s a low estimate and in actual fact it’s much higher.”

Dr. Rajendra Pachauri - Head of the UN's IPCC

Livestock contribution of GHGs

- At least 51% :
 “Livestock and Climate Change”, Robert Goodland and Jeff Anhang, *World Watch Institute*, November/December 2009.
<http://www.worldwatch.org/node/6294>
- Professor Colin Campbell, Cornell University : At least 60%

Uncounted, Overlooked, and Misallocated Livestock-related GHG Emissions		
	Annual GHG emissions (CO ₂ e)	Percentage of worldwide total
	million tons	
FAO estimate	7,516	11.8
Uncounted in current GHG inventories:		
1. Overlooked respiration by livestock	8,769	13.7
2. Overlooked land use	≥2,672	≥4.2
3. Undercounted methane	5,047	7.9
4. Other four categories (see text)	≥5,560	≥8.7
Subtotal	≥22,048	≥34.5
Misallocated in current GHG inventories:		
5. Three categories (see text)	≥3,000	≥4.7
Total GHGs attributable to livestock products	≥32,564	≥51.0

See : <http://51percent.org/>

Meat and Health

- Diseases
 - Blue tongue disease
 - E. coli
 - Salmonella
 - Bird flu
 - Mad cow disease
 - Pig's disease (PMWS)
 - Listeriosis
 - Shellfish poisoning
 - Pre-eclampsia
 - Swine flu

Meat and Health

- **HEART DISEASE**
 - Over 17 million lives lost globally each year
 - Cost of cardiovascular disease is at least US\$1 trillion a year
- **CANCER**
 - Over 1 million new colon cancer patients diagnosed each year
 - More than 600,000 colon cancer-related mortalities annually
 - In the United States alone, colon cancer treatment costs about US\$6.5 billion.
 - Millions of people are newly diagnosed with other meat-related cancers every year.
- **DIABETES**
 - 246 million people are affected worldwide
 - An estimated US\$174 billion spent each year on treatment.
- **OBESITY**
 - Worldwide 1.6 billion adults are overweight with 400 million more who are obese
 - Costs US\$93 billion each year for medical expenses in the United States alone.
 - At least 2.6 million people die annually from problems related to being overweight or obese

Being Vegan is better than Eating Organic Meat and Dairy

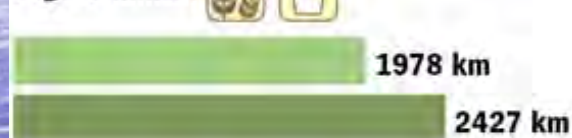
Agriculture as Climate Killer

Greenhouse effect from different kinds of eating habits, per capita and per annum, presented in car kilometers*

Veganism



Vegetarianism



Diet includes Meat



* equivalent to the CO₂ emissions of a BMW 118d with 119g CO₂/km

Source: Foodwatch

© 2008 F&E

Foodwatch of Germany compared:

- Conventionally and organically raised meat, dairy and plant foods.
- Omnivorous, vegetarian and vegan diets.

(Translated to mileage driven by a BMW 118d)

Results

- **Conventional Omnivore** emissions = driving 4758 km
- **Organic Omnivore** emissions = driving 4377 km
- **Conventional Vegan** emissions = driving 629 km
- **Organic Vegan** emissions = driving 281 km

Source: Spiegel Online International, 27 August 2008 <http://tinyurl.com/557yxs>

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Livestock Industry

WATER SCARCITY

Meat production, particularly the production of **feed**, consumes large amounts of critically important water resources.

- **Agriculture** uses **70%** of all water.
- **Industry** uses **20%** of all water.
- **Homes** use **10%** of all water.

Sources:

- Livestock's Long Shadow, UN Food and Agriculture Organization, 2007 <http://tinyurl.com/6bowo7>
- Saving Water: from Field to Fork, SIWI, IWMI, Chalmers & SEI, May 2008 <http://tinyurl.com/58padp>

Water and Land

- **1kg of beef requires 5,000 – 20,000 litres of water**
- **1 kg of wheat requires 500 – 2,000 litres of water**

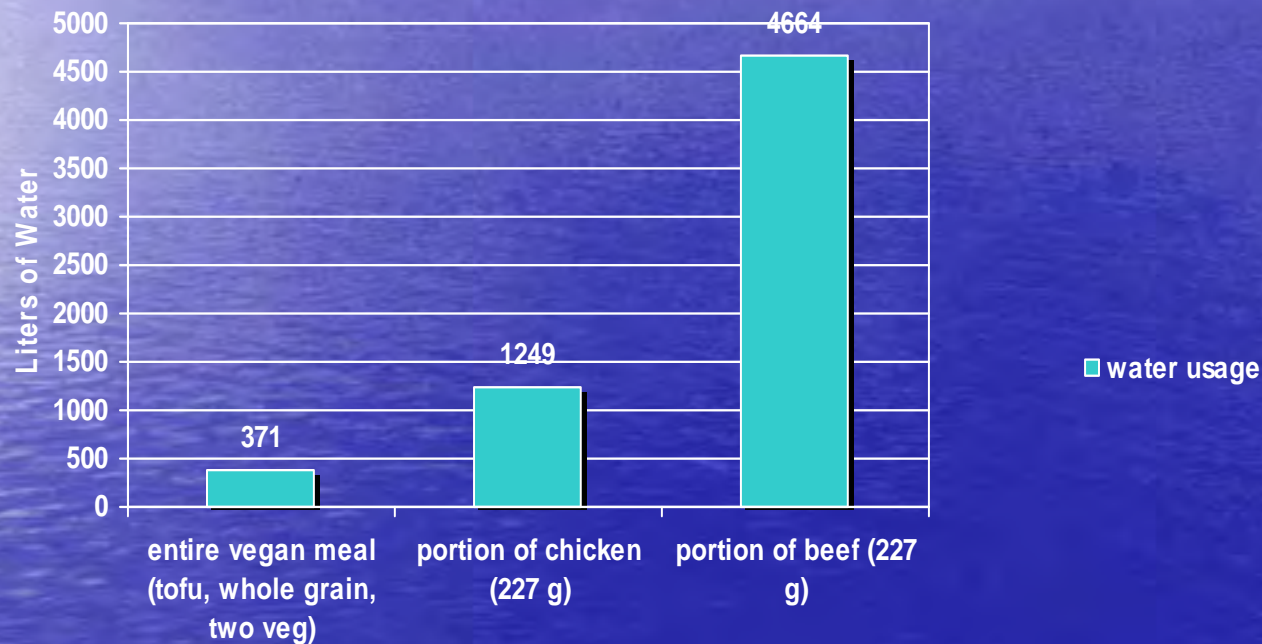
Meat production also uses up to 20 times more land than grain and vegetables to support the same number of people (*WHO/FAO 2003*).

One hectare of land produces:

- | | | |
|-------------------|--|------------------|
| • potatoes | | 22 people |
| • rice | | 19 people |
| • lamb |  | 2 people |
| • beef | | 1 person |

In the United States, the ratio is even greater: 1kg of animal protein requires about 100 times more water to produce than 1kg of grain protein (*Am J Clin Nutr 2003*).

Vegan Diets are the Most Water Efficient



Source: Water Inputs in California Food Production, Water Education Foundation, September, 1991
<http://tinyurl.com/6kd6kx> (chart E3 p28)

World Hunger

- Every 5 seconds a **child dies** as a result of poverty ~ 5.5 million children die from malnutrition every year.
- The 760 million tonnes of grain fed to animals every year could cover the **global food shortage** 14 times.
- **923 million hungry & 1.2 billion obese.**



“If everyone in the UK abstained from eating meat for 1 day a week over a year, this would save 13 megatons CO₂ of greenhouse gas emissions.

This would result in greater carbon savings than taking 5 million cars off the road in the UK.”

From the Institute for Environmental Studies (IVM), VU University, Amsterdam, the Netherlands and HM Government's UK Climate Change programme 2006



“If everyone in the UK did not eat meat for 2 days a week over a year, they would save 26 megatons CO₂ of greenhouse gas emissions. This would save the equivalent of almost 73 million return flights from London to Ibiza.”

From the Institute for Environmental Studies (IVM), VU University, Amsterdam, the Netherlands and HM Government’s UK Climate Change programme 2006

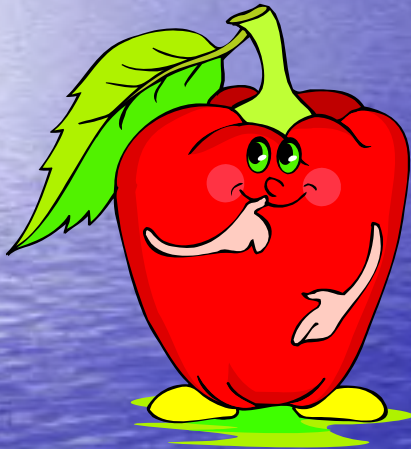


“If everyone in the UK ate no meat for 3 days a week over a year, they would save 39 megatons CO₂ of greenhouse gas emissions. This would save more greenhouse gas emissions than specified in the goals set by the British government, for reducing household emissions by the year 2020.”

From the Institute for Environmental Studies (IVM), VU University, Amsterdam, the Netherlands and HM Government's UK Climate Change programme 2006

Meat-free Diet

~ Environmental Advantages



- If everybody in the UK ate no meat for **2 days** per week, it would save the equivalent of almost **73 million return flights** from London to Ibiza.
- If everybody in the UK ate no meat for **6 days** per week, it would create greater carbon savings than **removing all the cars off UK roads** (29 million cars).

Source: Pieter van Beukering, Kim van der Leeuw, Desire Immerzeel and Harry Aiking (2008) Meat the Truth. The contribution of meat consumption in the UK to climate change. Institute for Environmental Studies (IVM), VU University, Amsterdam, the Netherlands / HM Government (2006) Climate Change, the UK programme 2006 <http://tinyurl.com/5q3vwx>

Cooling Happens Fastest by Reducing Methane

	Global Warming Potential after 20 years	Global Warming Potential after 100 years	Global Warming Potential after 500 years	Atmospheric Lifetime (years in atmosphere)
CO2	1	1	1	10's of 1000's of years to experience cooling!
Methane	72 times hotter than CO2!!!	25 times hotter than CO2!!!	7 times hotter than CO2!!!	9 to 15 years to experience cooling!
Nitrous Oxide	289	298	153	114 years to experience cooling!

Good News

- *“Evidence on health and the balance of environmental analysis suggests that a healthy, low-impact diet would contain less meat and fewer dairy products than we typically eat today”*
- – Cabinet Paper, Food Matters, Towards a Strategy for the 21st Century, The Strategy Unit, July 2008
http://www.cabinetoffice.gov.uk/strategy/work_areas/food_policy.aspx

Good News

- Prince Charles
 - Richard Dimbleby Lecture
 - We have 95 months...
- Sir Paul McCartney
 - The Independent Science: Turn veggie to save planet, says Sir Paul (Nov 2008)
Ex-Beatle claims eating less meat is 'single most effective way' to cut emissions
By Steve Connor, Science editor *Saturday, 29 November 2008*
<http://www.independent.co.uk/news/science/turn-veggie-to-save-planet-says-sir-paul-1040251.html>
 - Meat Free Mondays
- Richard Branson
 - "I love eating meat, but I love our planet even more, so I will join this campaign and stop eating meat at least one day a week." **Sir Richard Branson, businessman**
- WWF
 - "Eat red meat just three times a week, says World Wildlife Fund"
June 2009, <http://www.dailymail.co.uk/news/article-1196139/Eat-red-meat-just-times-week-says-World-Wildlife-Fund.html>

Good news

- **Sweden, Jens Holms, MEP**
- "We should abolish meat subsidies, let meat bear its own environmental costs and work to make modern vegetarian food cheaper."



<http://www.nutritionecology.org/news/personalities.html>

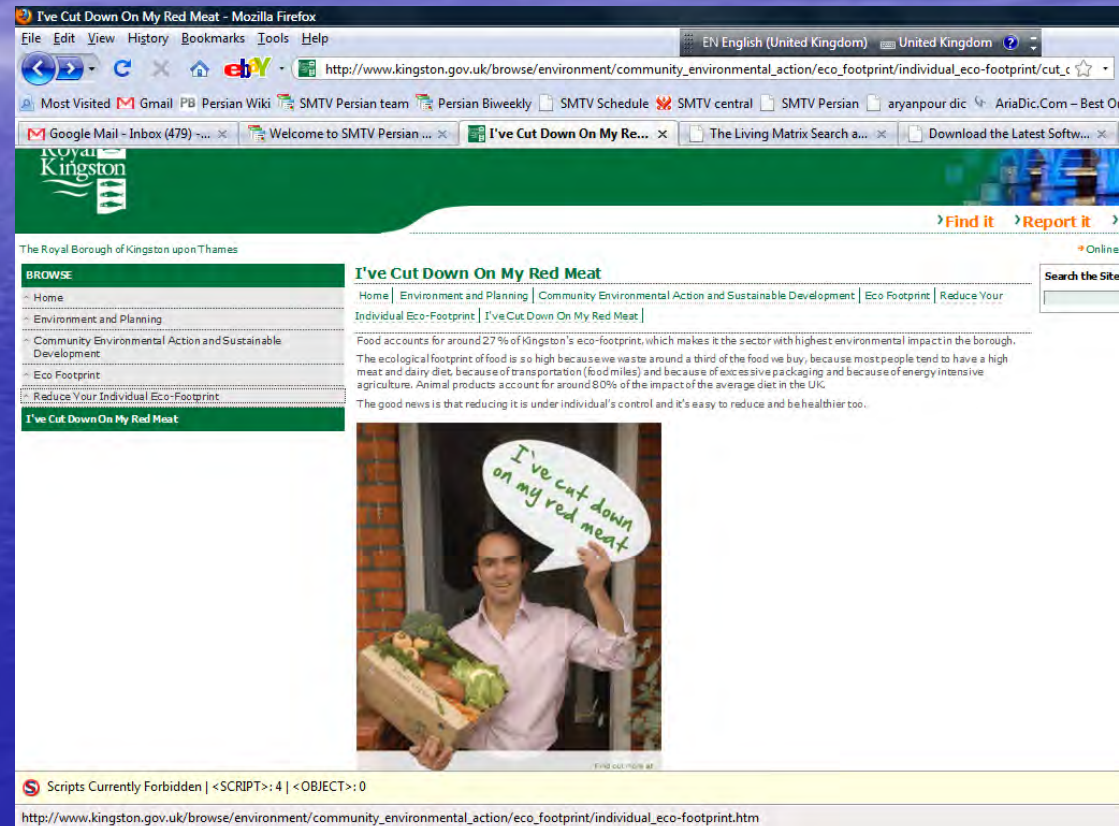
Good News

- **Taiwan**
- In April 2008, under the auspices of a campaign titled 'No Meat No Heat', around a million people in Taiwan - including the speaker of parliament, the environment minister, and the mayors of Taipei and Kaohsiung - vowed to never again touch flesh nor fish.

• <http://www.guardian.co.uk/commentisfree/2008/jun/19/food.environment>

Kingston Council

- Kingston Council recognising the massive contribution of meat industry to global GHGs, includes reducing meat consumption among their strategies



http://www.kingston.gov.uk/browse/environment/community_environmental_action/eco_footprint/individual_eco-footprint/cut_down_on_red_meat.htm

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Good News

- Belgium Ghent City
 - Meat Free Thursdays to combat Global warming, May 2009
 - <http://www.guardian.co.uk/environment/2009/may/13/ghent-belgium-vegetarian-day>
- BBC Newsnight: Is it time to turn vegetarian? (June 2008)
http://www.bbc.co.uk/blogs/newsnight/2008/06/is_it_time_to_turn_vegetarian.html
- BBC2 : Future of Food, 31 Aug 2009, George Alagiah
- BBC : Country File, John Craven, 23 Aug 2009
<http://www.bbc.co.uk/programmes/b00mbv07>

Myth : NUTRIENT COMPOSITION OF PLANT AND ANIMAL-BASED FOODS (PER 500 CALORIES OF ENERGY)

Nutrient	Plant-Based Foods*	Animal-Based Foods**
Cholesterol (mg)	0	137
Fat (g)	4	36
Protein (g)	33	34
Beta-carotene (mcg)	29,919	17
Dietary Fiber (g)	31	0
Vitamin C (mg)	293	4
Folate (mcg)	1168	19
Vitamin E (mg_ATE)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51
Calcium (mg)	545	252

**Equal parts of tomatoes, spinach, lima beans, peas, potatoes*

***Equal parts of beef, pork, chicken, whole milk*

Myth : "There is not enough protein in plant-based diet."

National Academy of Sciences
Recommended allowance for a
128 pound woman:
2,000 calory.
44 grams Protein

	Calories	Total Protein
Breakfast		
1 cup orange juice	111	1.7 grams
1 cup cooked oatmeal	148	5.4
1/2 oz sunflower seeds	80	3.5
1 T. brown sugar	52	0
3 T. raisin	87	0.9
Lunch		
2 T.n peanut butter	172	7.8
2 slices Whole what bread	112	4.8
1 T. honey	64	0.1
1 apple	87	0.3
2 carrots, small	42	1.1
Dinner		
1 cup cooked beans	236	15.6
1 cup cooked brown rice	178	3.8
3 stalks broccoli (1.5 cup)	52	6.2
4 mushrooms	28	6.2
2 T. oil	248	0
1 cup apple juice	64	0.3
½ banana	64	0.8
Snack		
1.5 cup popcorn with oil	123	2.7
Total	1.993	57.7 grams

Mis-Conception

- Preparing vegan food, is fun, creative, healthy and nourishing!
- Not JUST salad, vegetables, etc.
- <http://www.suprememastertv.com/veg/>
- http://www.vegansociety.com/food/Vegan_Catering_for_All/
- <http://www.pcrm.org/health/recipes/index.html>
- http://www.veggiestuff.com/acatalog/vegetarian_food.html
- <http://www.veganstore.com/vegan-food-items.html>



Mexican Picadillo Dulce (Sweet Minced Soy) with Fresh Salsa (In Spanish)



Be Veg Go Green
Save The Planet
SupremeMasterTV.com

[http://www.suprememastertv.com/bbs/board.php?bo_table=vege
&wr_id=715&goto_url=&url=link1_0](http://www.suprememastertv.com/bbs/board.php?bo_table=vege&wr_id=715&goto_url=&url=link1_0)

IRANIAN VEGGIE GHORMEH SABZI KHORESH



http://www.suprememastertv.com/bbs/board.php?bo_table=vege&wr_id=281&got_o_url=&url=link2_0&sca=&sfl=wr_subject||wr_content&stx=sabzi&sop=and#v

Hawai'ian Vegan Ham Musubi: An Islander's Favorite Treat (In English)



- <http://www.suprememastertv.com/veg/Hawaiian-Vegan-Ham-Musubi-An-Islanders-Favorite-Treat.html>

Nutritious Grains: Comforting Millet and Vegetable Bake with Chef Rebecca Frye (In English)



- <http://www.suprememastertv.com/veg/Nutritious-Grains-Comforting-Millet-and-Vegetable-Bake-with-Chef-Rebecca-Frye.html>

Vegan Paella and Albóndigas, Exquisite Rice from Valencia, Spain (In Spanish)



- <http://www.suprememastertv.com/veg/Vegan-Paella-and-Albondigas-Exquisite-Rice-from-Valencia-Spain.html>

The Question & Challenges

- The question is not “whether we should change our dietary habits...”
 - The scientific evidence is overwhelming, and readily available and discussed by popular media

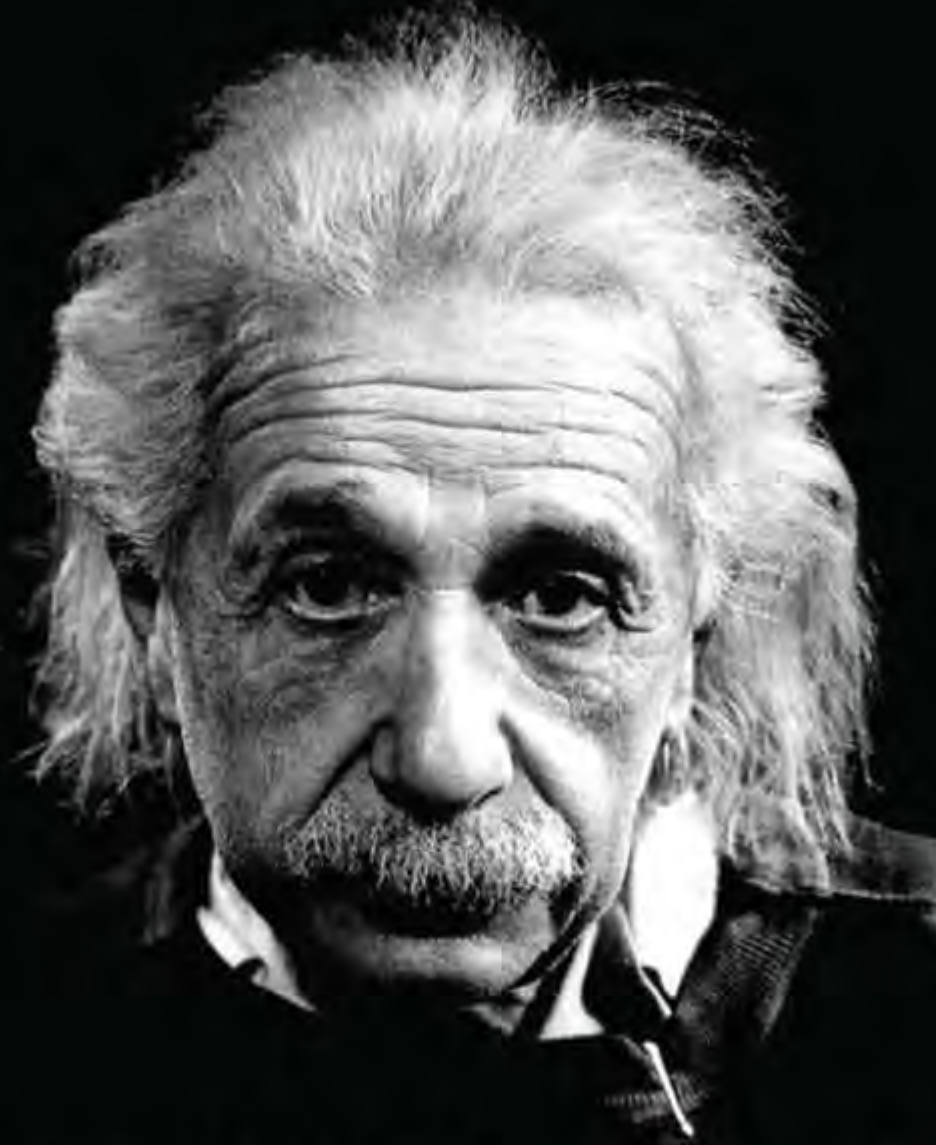
But

- How do we go about changing behaviours, personally, as well as collectively through policy change and legislation, etc.
- How do we shift to new economies and growth and creating jobs
- How do we allay fears of changing behaviour
 - We are pretty good at this..
 - Agricultural / Industrial / Information Revolutions
 - Smoking ban in public places
 - Recycling at home
 - Driving habits
 - Reuse shopping bags, reduce plastic bags
 - And more...

There is no plan B – Humanity is facing a big choice to make :
whether to save themselves and their planetary home or let it be ruined by
in-action – The choice is Yours.

Contact Us:

- See the full report at
http://www.planetdiet.org/pdf/CLIMATE_CHANGE-SUSTAINABLE_DIET-HEALTH-The_Connection_and_the_Solution-Gov_opt.pdf
- Contact me for more information and free DVD (phone and email below)



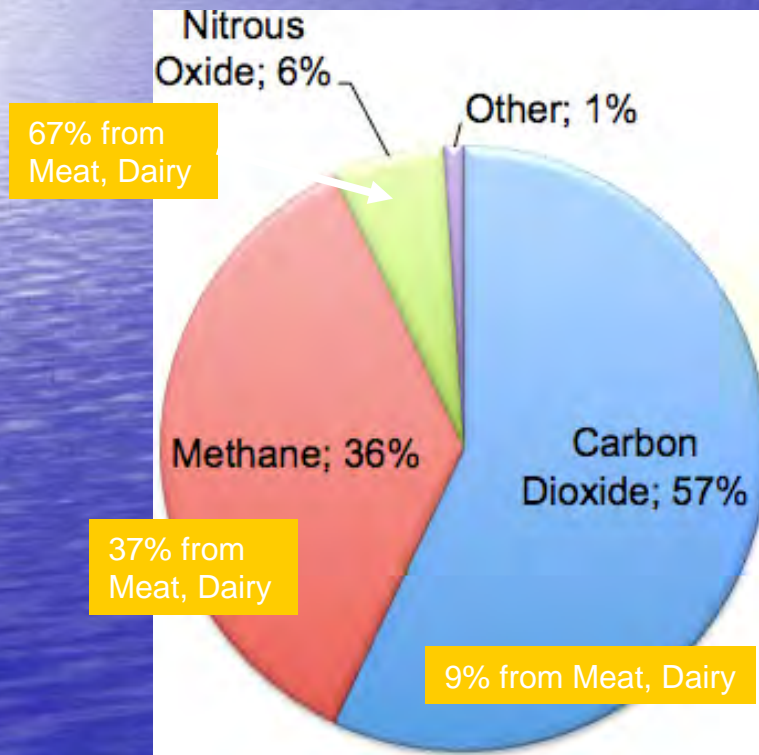
"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet."

- Albert Einstein -

Extra Slides

Meat & Dairy: #1 Source of all Human-Caused Greenhouse Gas Emissions (24%)

Assumes global warming potential = 68



Emissions from all Livestock

- Methane: 37%
- Carbon Dioxide: 9%
- Nitrous Oxide: 67%