

⚠ Cette page est très fournie en terme de ressources et médias, aussi préférez la consulter depuis un appareil performant, un ordinateur de bureau plutôt qu'un mobile ou une tablette ! ♾ Les informations présentées sur cette page 'veganisme' ne sont pas de moi, il s'agit d'une compilation de publications scientifiques, universitaires, historiques, philosophiques, religieuses, ainsi que d'organisations internationales, gouvernementales ou non ! 🙏 La traite animale implique des pratiques cruelles - bien que je me suis efforcé de ne présenter que peu de documents difficiles à regarder, il est nécessaire de montrer l'horreur pour en prendre conscience - aussi pour les enfants, je conseille vivement que la consultation de la page suivante soit faite sous la supervision d'un adulte ! Conformément à la législation européenne, ce bandeau vous signifie que le présent site utilise des cookies et services-tiers...

*S'il y a des **neurones** - ça n'est pas "quelque chose" - alors il s'agit de "**quelqu'un**" !*



I'm gonna avoid people to
reduce risk of contracting a
deadly disease from people
eating animals...but I'm
gonna continue to eat
animals

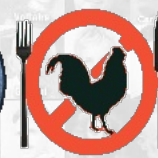
– The "Human" Race

Je vais éviter les gens
pour réduire le risque de
contracter une maladie
mortelle provenant de
gens qui mangent des
animaux... mais je vais
continuer de manger des
animaux !?

"Je vais éviter les gens pour réduire le risque de contracter une maladie mortelle provenant de gens qui mangent des animaux... mais je vais continuer de manger des animaux. - Homo Stupidus"

"Vegan : quelqu'un qui essaie de vivre sans exploiter les animaux, pour les animaux, les humains et la planète. Concrètement, les véganes excluent autant que faire se peut tous les produits d'origine animale de leur alimentation. Ils les évitent aussi pour se vêtir ainsi qu'à toute autre fin."

[accueil LODweb](#)



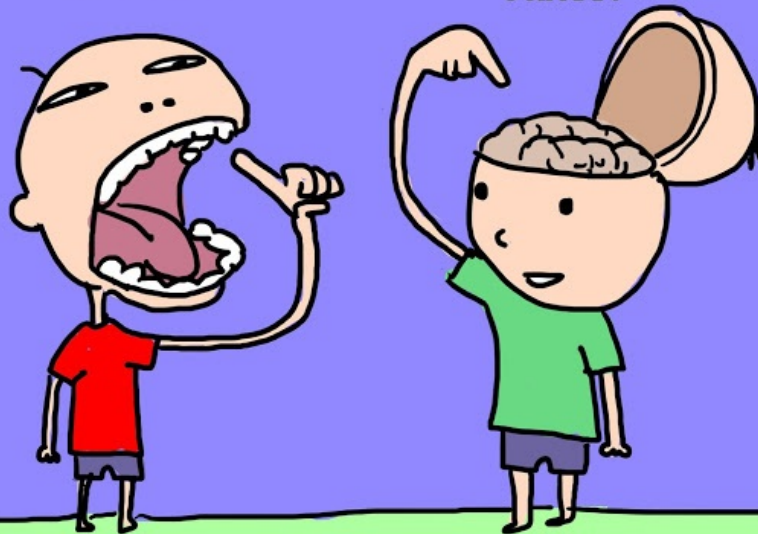
[cuisine vegan](#)

**Either you will
find a way,
or you will find
an excuse.**

Une époque formidable Aurélien Barrau et Denis Lafay

Stupid vegan!
Look at my
canines!
That's why I
eat meat.

Look at my
brain. That's
why I make
informed decisions
and choose to
avoid harming
others.



www.vegansidekick.com

L'Ecologie, le climat, le véganisme et toutes ces histoires
ou l'arnaque des #pâturages #grazing #graze

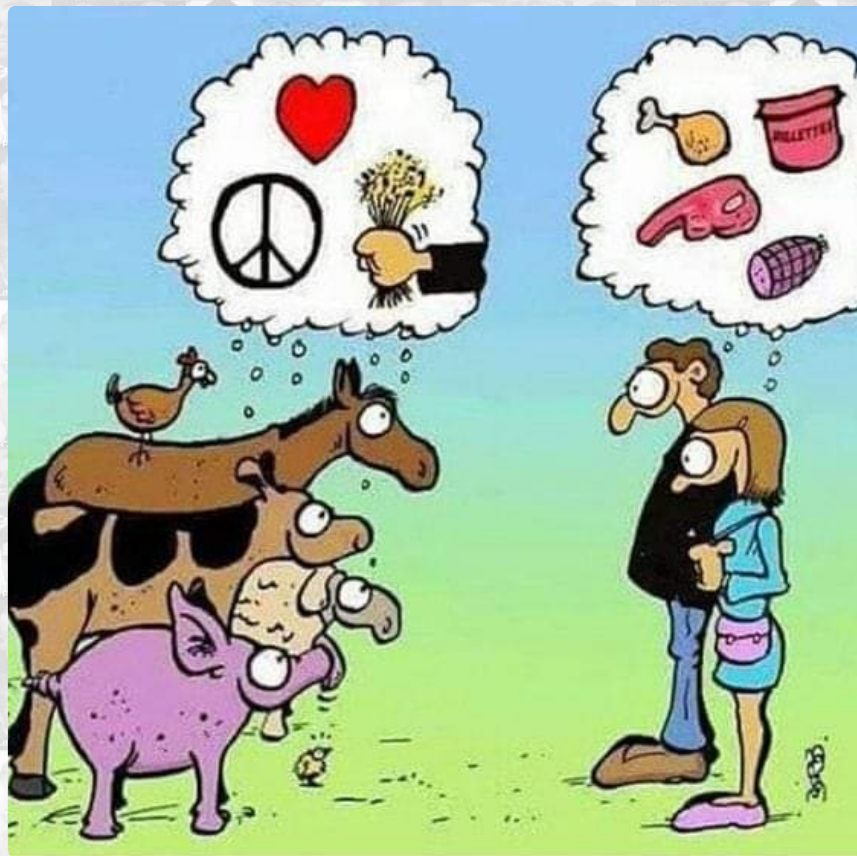
Le discours le plus important de votre vie
- Gary Yourofsky -

probablement la conférence par laquelle je suis devenu vegan 🌱💚🐰



Watch: **The 9 Best Vegan TED Talks**

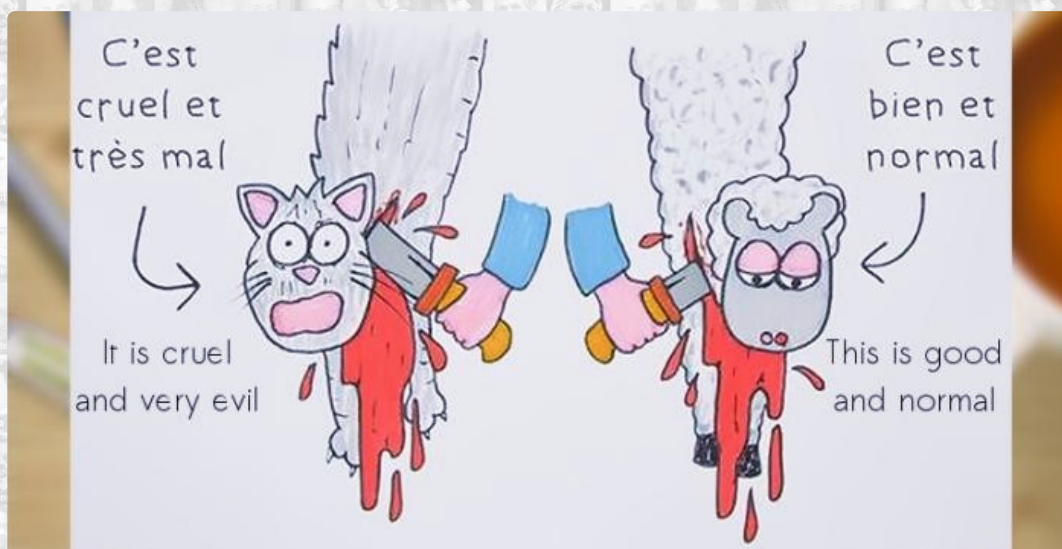
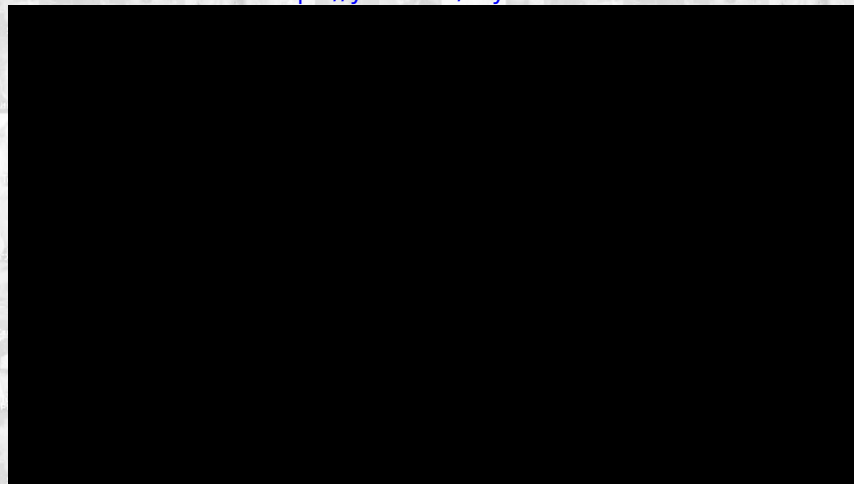
Watch: **23 Inspiring Vegan TED Talks to Watch Right Now**



Jérémie Mercier

**- docteur en recherche environnementale, spécialiste nutrition et santé -
nous explique pourquoi manger de la viande
affecte notre environnement et notre santé.**

<https://youtu.be/DlyctOEKtrA>



L'Institut de l'entreprise Vincent Message lors de la soirée « Si j'étais Président(e) »

L'Institut de l'Entreprise donne la parole à Vincent Message lors de la soirée « Si j'étais Président(e) »

À l'occasion de l'élection présidentielle 2017, l'Institut de l'entreprise a organisé le 30 novembre 2016 au Palais de Tokyo une conférence exceptionnelle, « Si j'étais Président(e) » : 12 acteurs de la société civile, 7 minutes, 1 idée disruptive de réforme pour l'avenir de la France.

L'écrivain Vincent Message cherche une solution à la crise écologique. Elle réside selon lui dans la transition vers un régime plus végétal.

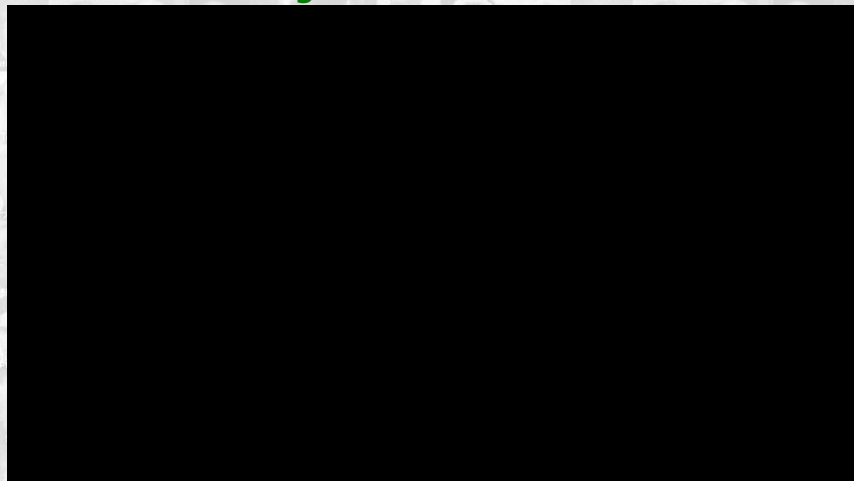


Vincent
Message

@VincentMessage

@inst_entreprise

Ci-dessous, **LA conférence** (en français)
qui résume pour ainsi dire l'ensemble
des **biais cognitifs inhérents au carnisme**



Voir son steak comme un animal mort :
la psychologie #éthique #morale en appui à la cause animale,
par [martingibert.com](https://youtu.be/X84kriT8dQQ) - <https://youtu.be/X84kriT8dQQ>
#écoféminisme #humanisme #intersexualisme #discriminations #supremacisme #spécisme #racisme

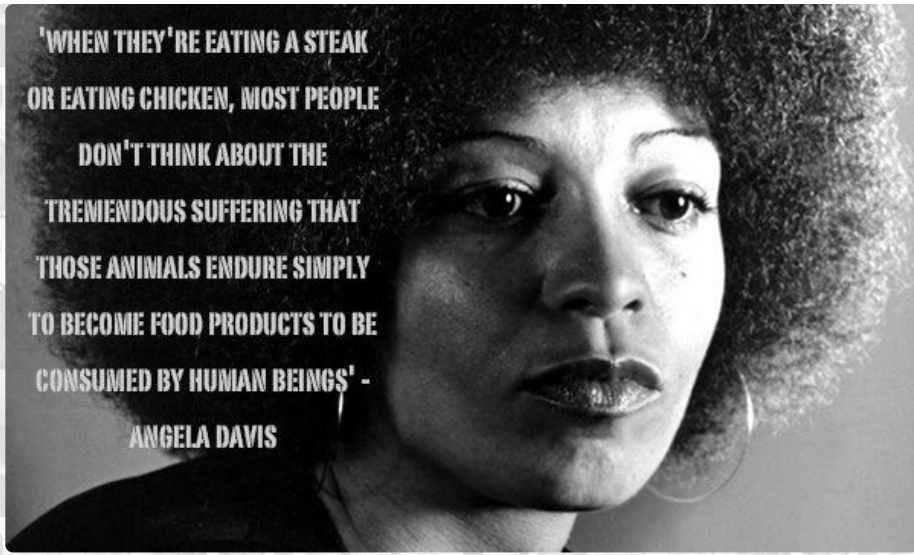
La pandémie, les animaux et le militantisme végétal

L'AMORCE

— Revue contre le spécisme —

« Vaccine tes mioches » vs « arrête la viande »

**'WHEN THEY'RE EATING A STEAK
OR EATING CHICKEN, MOST PEOPLE
DON'T THINK ABOUT THE
'TREMENDOUS SUFFERING THAT
THOSE ANIMALS ENDURE SIMPLY
TO BECOME FOOD PRODUCTS TO BE
CONSUMED BY HUMAN BEINGS' -
ANGELA DAVIS**



Angela Davis on Veganism as Part of a Revolutionary Perspective

"I usually don't mention that I'm vegan but that has evolved," Davis said at the 27th Empowering Women of Color Conference, according to a transcript available at RadioProject.org. "I think it's the right moment to talk about it because it is part of a revolutionary perspective - how can we not only discover more compassionate relations with human beings but how can we develop compassionate relations with the other creatures with whom we share this planet and that would mean challenging the whole capitalist industrial form of food production. - Angela Davis"

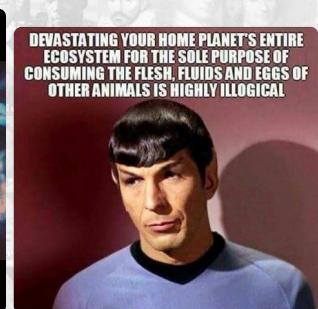
VEGANISM IS REVOLUTIONARY

This episode covers veganism and ethnicity as well as anarchism and animal liberation, featuring a talk by Angela Davis on veganism as revolutionary, a voicemail from the usual Jon on Maori veganism and a talk by Nick on why animal liberation is an important anarchist issue.

The Psychology of Becoming Vegan



Making my carnist family watch more vegan documentaries and youtube videos.



Why do people hate vegans so much ?

The Sociology of Disenfranchised Grief Among Vegans

by Josephine Browne - IAVS 2020 - Youtube conférence

What If Unconscious Bias Is The Reason For Climate Change ?

Forbes

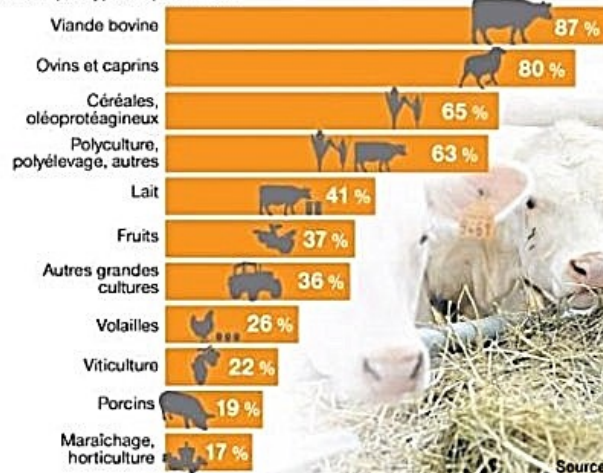
Legendary Primatologist, Jane Goodall, Says Ditch Meat !

<https://www.youtube-nocookie.com/embed/n7lcrTZ9rG4>

La Casa de Carne <https://www.youtube.com/watch?v=c1DcFmUrXUQ>

#PAC #subventions - Un modèle financier non-viable ! Un éleveur sur deux s'en tire grâce aux aides

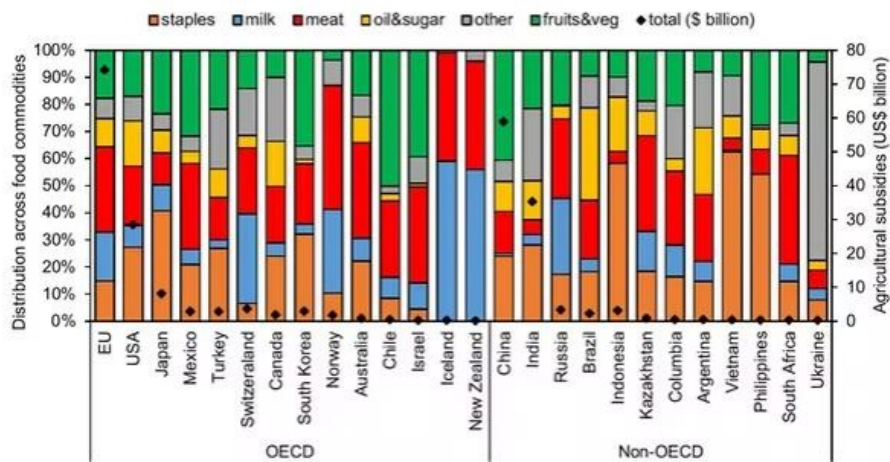
Part d'agriculteurs qui n'auraient pas de revenus sans les subventions
en 2017, par type de production



Source : Agreste Primeur - Photo : H. Lompéché

Meat and dairy gobble up farming subsidies worldwide, which is bad for your health and the planet

Where agricultural subsidies go



China finds coronavirus on frozen beef, tripe from various countries

**Renoncer à la viande pour sauver des millions de vies
le Forum économique mondial**



Nombre de morts causées par an selon l'espèce responsable

Animaux	Nombre d'humains morts par an
Moustique	725 000
Humain	475 000
Serpent	50 000
Chien	25 000
Mouche tsé-tsé	10 000
Triatome (insecte transmettant la maladie de Chagas)	10 000
Escargot d'eau douce	10 000
Vers rond (ascaris)	2 500
Vers solitaire	2 000
Crocodile	1 000
Hippopotame	500
Lion	100
Éléphant	100
Loup	10
Requin	10

Nombre de morts humaines causées par an selon l'espèce responsable du décès³⁰.

Source : G. Hosey and V. Melfi, *Anthrozoology*, 2019, cité dans L. Bègue-Shankland, *Face aux animaux*, 2022

Animaux d'élevage lâchés pour la #chasse : la faune sauvage trépasse

Combien d'animaux d'élevage sacrifiés pour les chasseurs chaque année ?

En France on tue à la chasse au fusil 45 millions d'animaux chaque année.

Près de 21 millions d'animaux proviennent d'élevages et sont lâchés pour la chasse, ce qui représente 46% des animaux tués.

Il existe en France plus de 1500 sociétés d'élevage de petit et gros gibiers (1). Elles vendent leur production aux diverses sociétés de chasses (fédérations, chasses privées, professionnelles, etc...)

Sont élevés dans ces structures :

- FAISANS : 14 millions (1)
- PERDRIX GRISES – PERDRIX ROUGES : 5 millions (1)
- CANARDS COLVERTS : 1 million (1)
- LIEVRES : 40 000 (1)
- LAPINS DE GARENNE : 100 000 (1)
- SANGLIERS : Environ 40 000 (source ONCFS) (2)
- CERFS : 15 000 (2)
- DAIMS : 22 000 (2)
- CHEVREUILS : 7 000 (2)
- MOUFLONS : 2 500 (2)

Alors, les chasseurs : des régulateurs ?

(1) Source SNPGC

(2) Source ONCFS

Chasse, fiches des maladies et zoonoses disséminées par les chasseurs



Office National
de la Chasse
et de la Faune Sauvage

Alaria alata - Aspergillose - Brucellose à *B. suis* - Colibacilloses - EBHS - Echinococcose alvéolaire - Ehrlichiose - Entéroxémie - Fasciolose - Fièvre aphteuse - Fièvre catarrhale ovine FCO - Fièvre hémorragique à syndrome rénal - Gale sarcoptique - Hemonchose - Influenza aviaire - Intoxication à l'imidaclopride - Intoxication à la bromadiolone - Kératoconjonctivite - Leishmaniose - Leptospirose - Listériose - Maladie d'Aujeszky - Maladie de West Nile - Maladie du dépérissement chronique des cervidés - Myxomatose - Paratuberculose - Pasteurelloses - Peste porcine classique - PPC - Pestivirus - Rouge - Salmonelloses - Streptococcoses - Toxoplasmose - Trichinellose - Trichomonose - Tuberculose bovine - Tularémie - Varon - VHD ou RHD

Quand les icônes de Disney rencontrent l'univers de la chasse

La chasse fait-elle plus de morts que le #terrorisme,
mais moins que les violences conjugales ?

LE TERRORISME EN FRANCE DEPUIS 2000



1075
BLESSÉS



280
MORTS

LA CHASSE EN FRANCE DEPUIS 2000



3050
BLESSÉS



403
MORTS

La VIOLENCE conjugale en FRANCE DEPUIS 2000



107500
BLESSÉES



+ de 1800
MORTES

Les chasseurs plus dangereux que les malades mentaux !



L'homme ci-dessus ne présente-t-il pas, dans l'éducation de son enfant du moins, quelques dangereux signes de psychopathie avérée ?

#écocide #chasseur #ChildAbuse

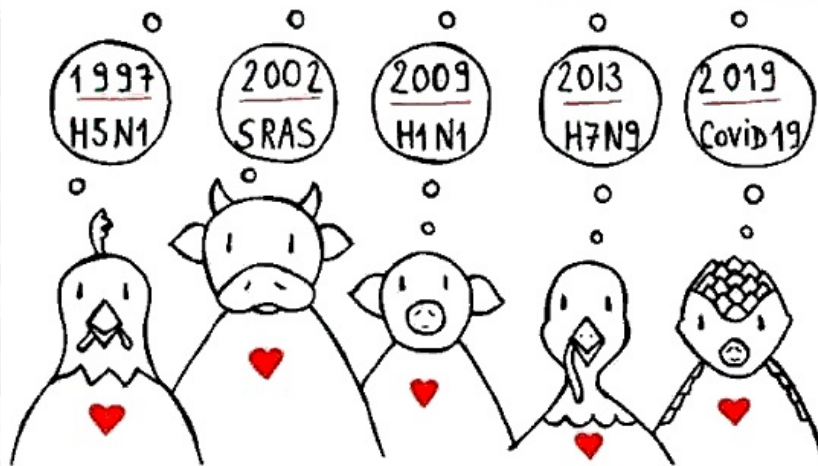
**J'EN AI UNE PETITE
ALORS JE COMPENSE!**



chacun tire son coup comme il peut!

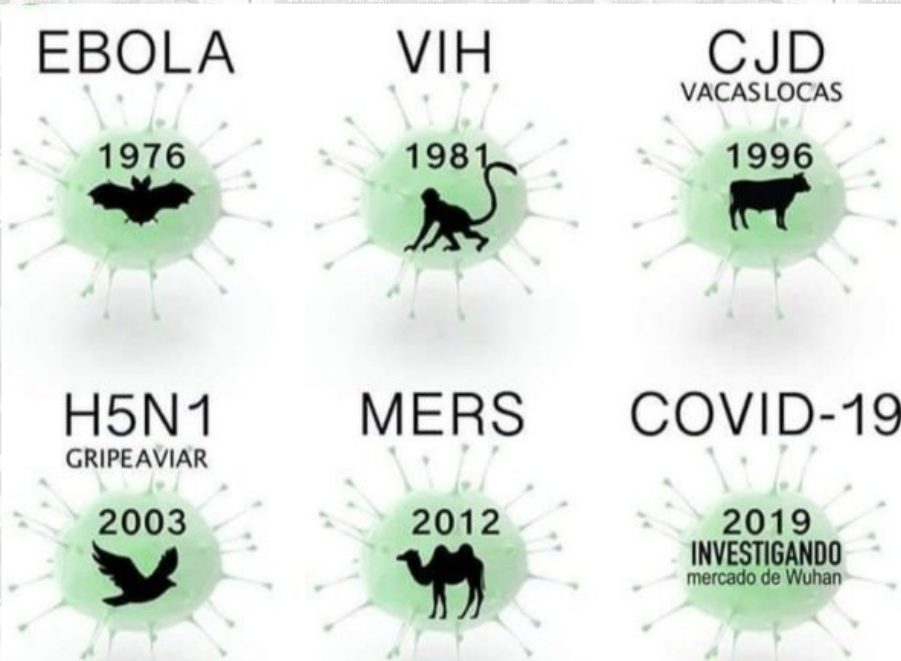
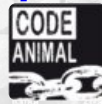
Tuer par plaisir, une passion acceptable ?

Les "humain.e.s",
Et si vous arrêtiez de nous tuer, de nous manger ?!



Pascale Salmon

Pourquoi le coronavirus ne sera certainement pas la dernière pandémie mondiale



Risk factors for human disease emergence



"Pig Brain Mist" Disease Mystery Concludes



Manger vegan pour prévenir de futures #pandémies ?

source : Centers for Disease Control and Prevention



Anticipating the Next #Pandemic



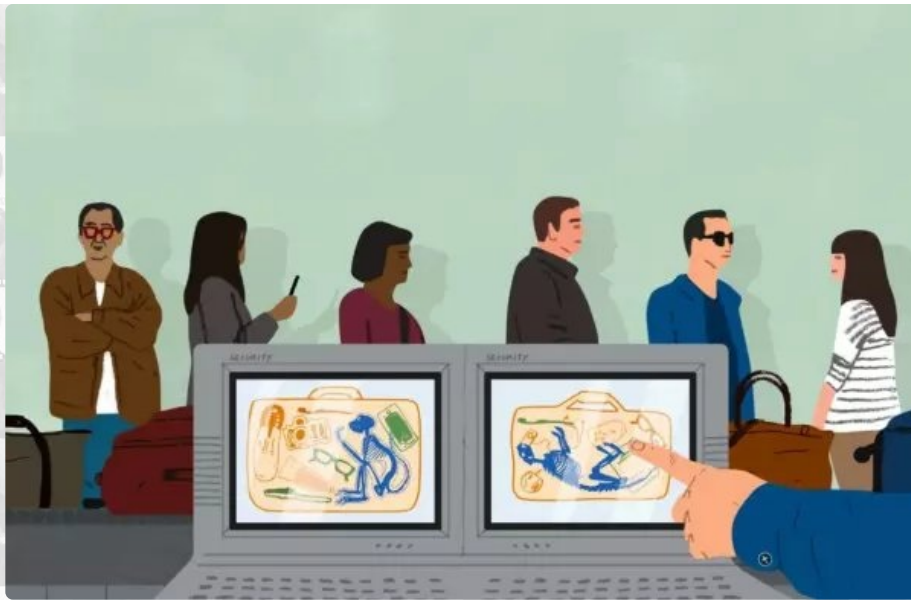
2012

The Ecology of Disease



2012

The illegal trade in wild-animal meat could cause the next global pandemic



2016

Coronavirus: Pandemics will be worse and more frequent unless we stop exploiting Earth and animals, top scientists warn

2020

Les pandémies célèbres dues à notre consommation de viande



2020

We have to wake up: factory farms are breeding grounds for pandemics



2020

Halt destruction of nature or suffer even worse pandemics, say world's top scientists



2020

Preventing Another Pandemic Might Be As Simple As Trying Alternative Meat

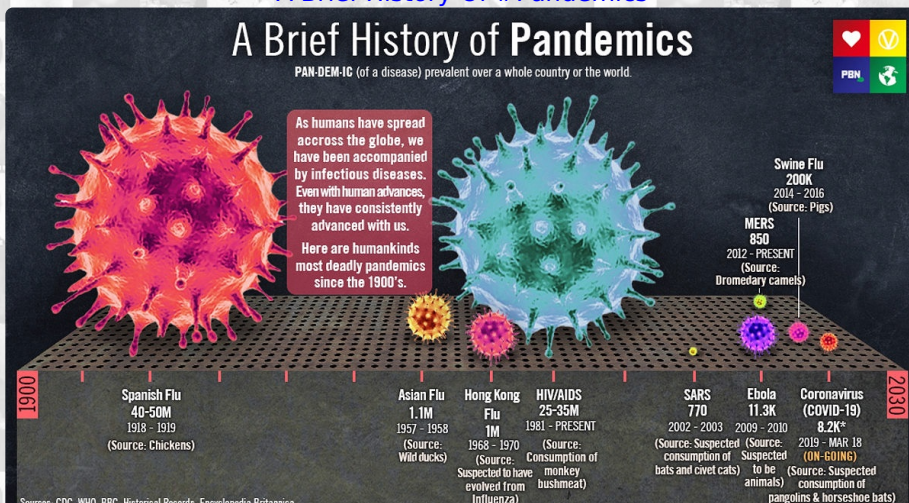


2020

Coronavirus: animal farming has caused most new infectious diseases and risks more pandemics, experts warn

2020

A Brief History Of #Pandemics



via Twitter

Switzerland May Soon Ban All Factory Farms



Bourgogne-Franche-Comté : la gestion des abattoirs publics critiquée par la Cour des comptes



Eating Animals Will Be the Death of Us



Animal Agriculture is the Leading Cause of Climate Change



In this paper, we established that animal agriculture is the leading cause of climate change accounting for at least 87% of annual greenhouse gas emissions. (Nov. 2019)

Meat and dairy industries to collapse by 2030, report predicts



The beef and dairy industries will be “all but bankrupt” by 2030 as new technologies in cellular agriculture and fermentation take center stage, according to a new report.

The End of Meat Is Here



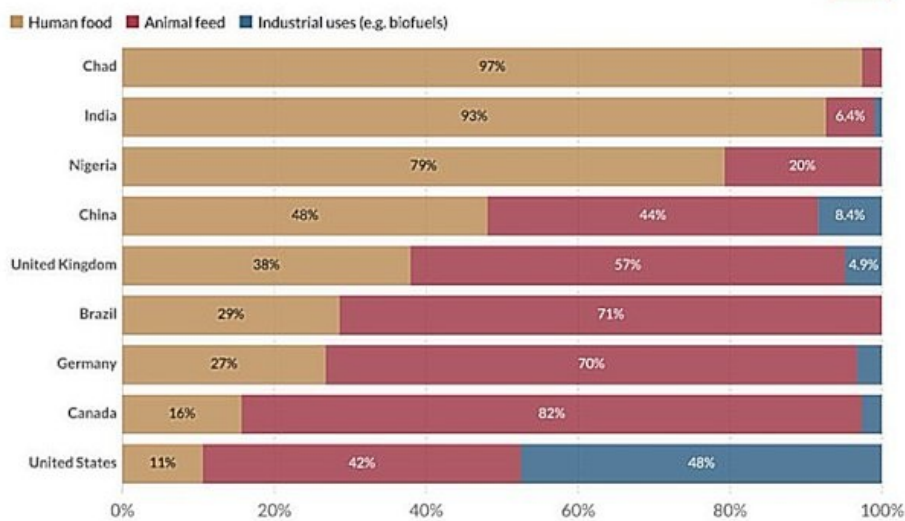
If you care about the working poor, about racial justice, and about climate change, you have to stop eating animals.

How the Meat Industry is Climate-Washing its Polluting Business Model 2021



Share of cereals allocated to food, animal feed or fuel, 2017

Our World in Data



Source: Our World in Data based on Food and Agriculture Organization of the United Nations
OurWorldInData.org/agricultural-production • CC BY

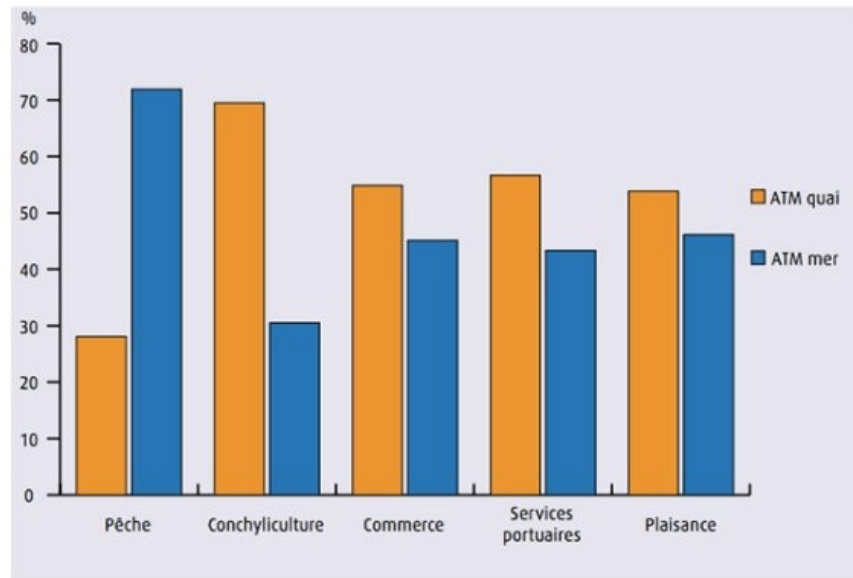
📉 #pêche

Pourquoi demander la fin de la pêche ?

**JMFP - Journée Mondiale
pour la Fin de la Pêche**

Marin pêcheur le métier le plus dangereux au monde #accidentologie

Répartition du nombre d'accidents en mer ou à quai, par secteur maritime



Aidez les marins pêcheurs et les éleveurs à ne plus subir d'accidents et de morts en activité
 → ne consommez plus de poissons ni les autres produits animaux 🌱🕊️💚

Environnement: **la pêche provoque plus des deux tiers des gros déchets plastiques en mer** #plastique



Les engins de pêche dans le collimateur du G7



Les déchets de la pêche commerciale dans le collimateur du G7



STRAWS vs. FISHING

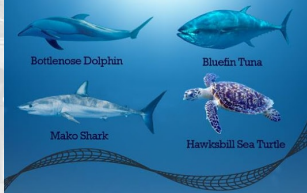
Microplastics make up only 8% of the total tonnage of the Great Pacific Garbage Patch... while fishing nets account for 46% - and the majority of the rest is other fishing gear.

In fact, straws only account for .03% of the plastic estimated to enter the oceans annually. So why all the pressure to ditch straws, but very little opposition to fishing & fish consumption?

National Geographic, "The Great Pacific Garbage Patch: You Think It's Just Trash? It's Not." <https://www.nationalgeographic.com/2016/01/great-pacific-garbage-patch/>
Bloomberg, "The Great Pacific Garbage Patch: A Plastic Problem." <https://www.bloomberg.com/news/articles/2016-01-05/great-pacific-garbage-patch-plastic-problem>



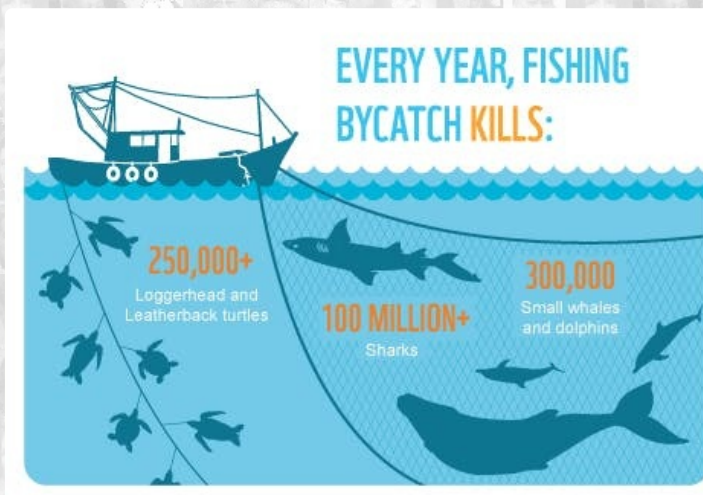
Can you tell the difference between these sea creatures?



An industrial fishing net can't.
When you eat tuna, you also kill many other species of sea animals.
VeganStreet.com



"No other animal on Earth has portrayed such a disregard for life than mankind."
- Anthony Douglas Williams



#dauphin #requin



The #fishing industry only supplies ~1% of human calories, despite slaughtering countless trillions of sea animals and wreaking absolute havoc on marine ecosystems, while also being responsible for most of the ocean's #plastic pollution <https://t.co/iXCNAGy8f0>

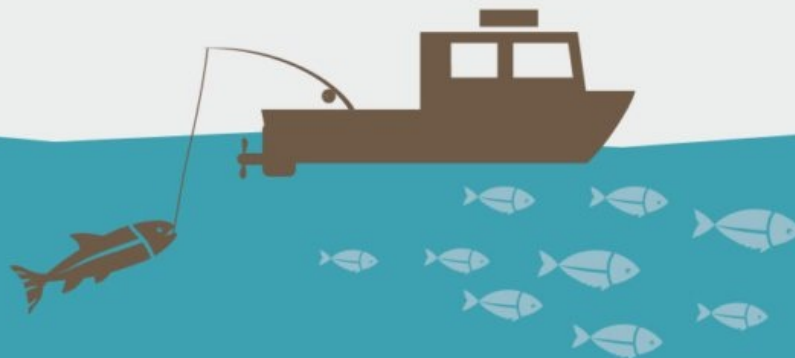
— Andrew (@awright4645) 12 mars 2020

Dumped fishing gear is biggest plastic polluter in ocean, finds report



Salmon farms are emptying our oceans to feed their fish

SCIENTISTS PREDICT THAT AT CURRENT FISHING RATES



THE OCEAN'S FISH POPULATIONS
COULD COLLAPSE BY



2050

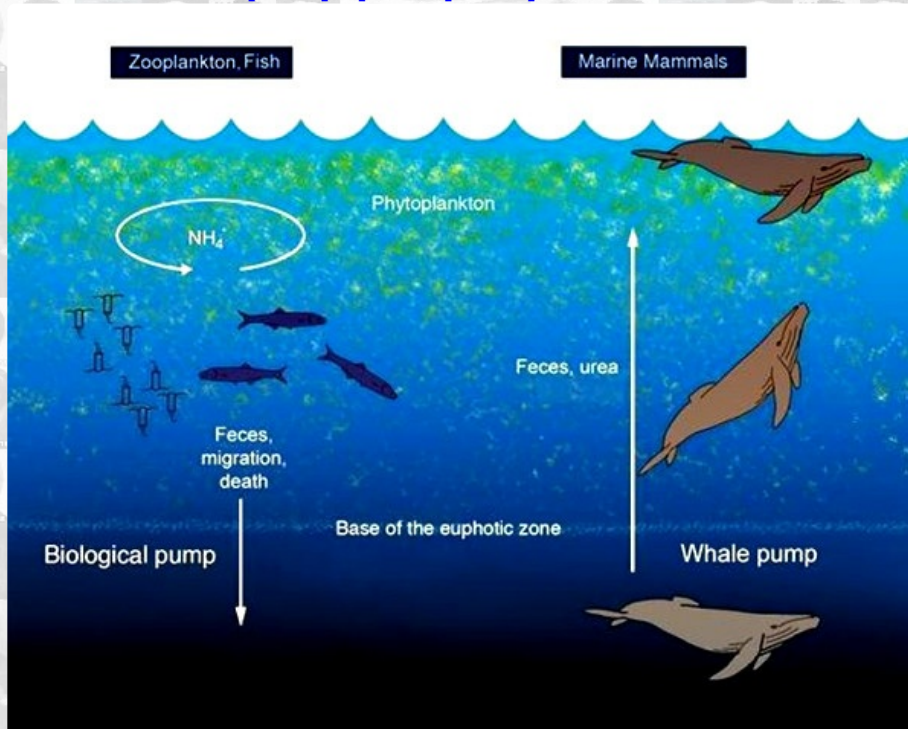
Animals
Australia
the voice for animals

SOURCE: IMPACTS OF BIODIVERSITY LOSS ON OCEAN ECOSYSTEM SERVICES (2006), SCIENCE VOL. 314, ISSUE 5800

What is #fishfarming?
THE HUMANE LEAGUE 
UNITED KINGDOM

Blue food by Nature

Whale poop pumps up ocean health



#TrophicCascade #baleine

How whales help fight oceans acidification

Tortues : le parfum mortellement attractif du plastique marin



Global Animal Slaughter Statistics & Charts: 2020 Update

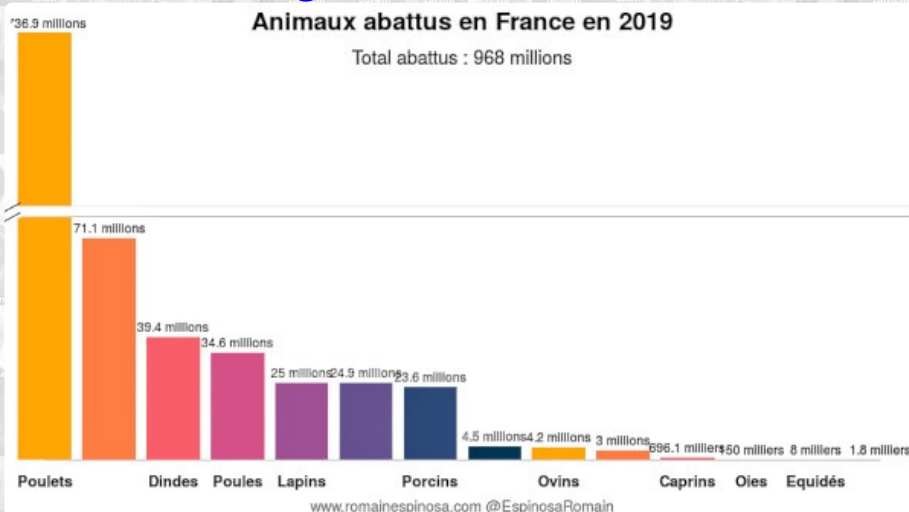
Published: July 29, 2020 - Author: Bas Sanders

ANIMALS USED FOR FOOD | Animal Slaughter | Factory Farming

Abattage d'animaux en France

Animaux abattus en France en 2019

Total abattus : 968 millions

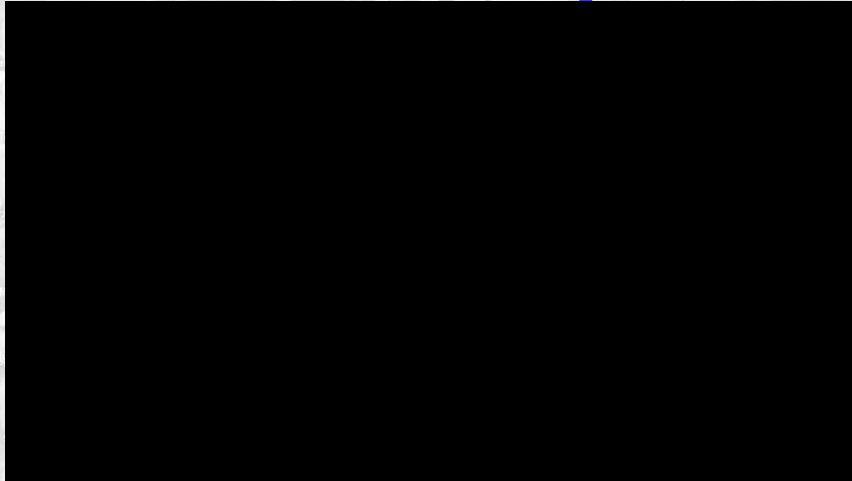


After Years of Abuse,
the Earth Has Sent Its Bill Collectors



Faire le lien (in english)

#gastronomie #sport #nutrition et #grossesse #SécuritéAlimentaire #AgricultureVéganique #environnement #éthique
https://www.youtube.com/watch?v=_YgE-GppPIQ



**Parakou : le fromage soja défie la viande et le poisson
dans les repas au nord du Bénin**



 **Leading European Meat Company #Vivera Goes 100% Vegan**



**Meat isn't just murder, it could mean Armageddon:
Why you should become vegan now**



**My edible classroom gives deprived New York kids
a reason to attend school**



Vegan college menus on the rise as students return to university

How to Get More Plant-Based Options on Menus

"Why Is It **Wrong to Not Want to Kill Animals ?"**

Régime végétale, le choix de la NASA et de l'ESA

Puisque les spécialistes les plus exigeants en termes de performances physiques et intellectuelles recommandent le régime végétarien pour les astronautes, pourquoi ne conviendrait-il pas à tout le monde ?

Pour vivre sur les autres planètes, le véganisme s'impose !

https://www.nasa.gov/centers/johnson/pdf/167750main_FS_SpaceFood508c.pdf)

Régime martien

<https://www.agoravox.fr/culture-loisirs/etonnant/article/regime-martien-1108>



Pas le choix, les Martiens seront vegans !

<http://societe-vegan.blogspot.com/2015/10/pas-le-choix-les-martiens-seront-vegans.html>

NASA Screens Vegan Film 'The Game Changers' to Prepare for Vegan Future in Outer Space



vegan martians

Végétalisme, faut-il être inconscient(e) ?

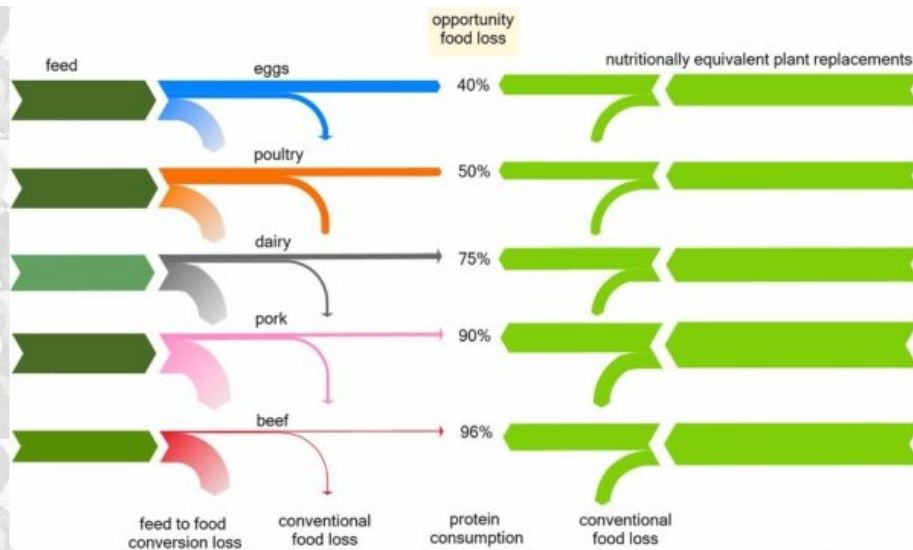
<https://www.alternativesante.fr/vegetarisme/vegetalisme-faut-il-etre-fou>

Vegan Documentaries You Need to Watch

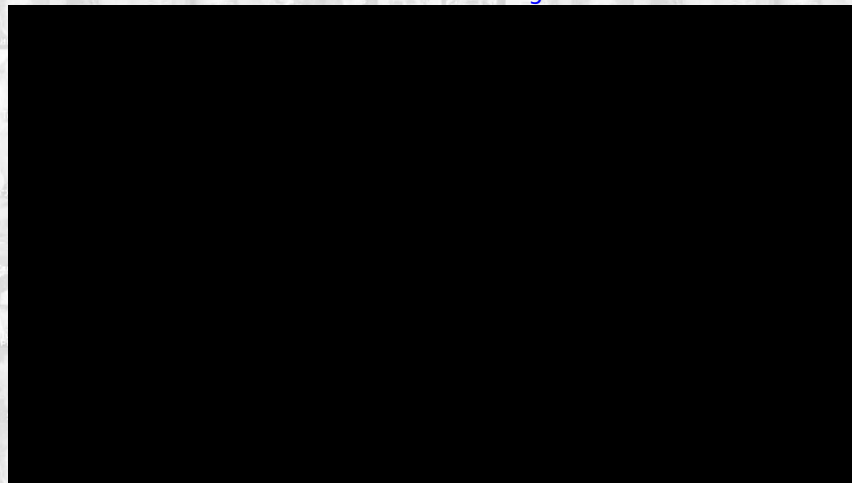
How diet became the latest front in the culture wars



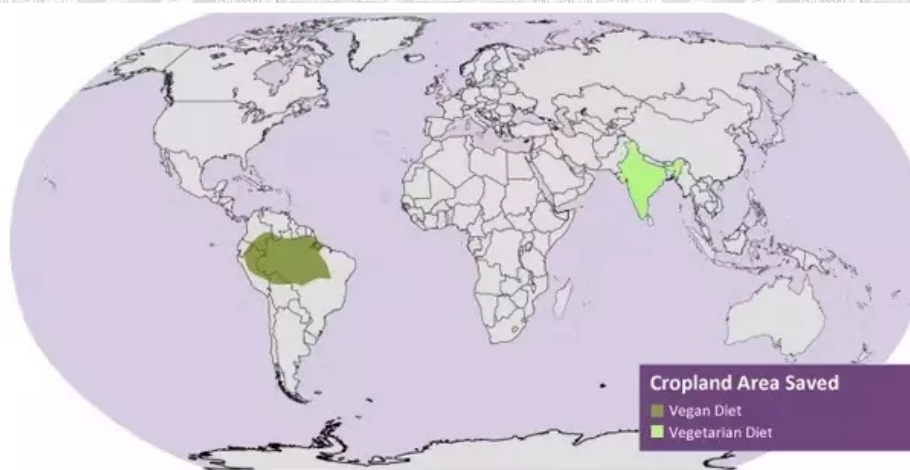
The opportunity cost of animal based diets exceeds all food losses



Le talent des cuisiniers vegan est tellement abouti
 - et l'industrie n'est pas en reste -
qu'ils ont trompé les papilles
de 25 critiques spécialistes de la presse gastronomique !
[Food Brand Tricks Critics With New Vegan Bacon And Chicken](#)



Can we feed the world and stop deforestation?
Depends what's for dinner
 detailed publication from its source



Estimate of the potential size of cropland area that could be left to nature if we switched to plant-based diets. Laura Kehoe (data from Erb et al), Author provided

by **Laura Kehoe, Humboldt University of Berlin**

Eliminating Animal Agriculture Would Negate 56 Percent of Anthropogenic Greenhouse Gas Emissions Through 2100 by Cold Spring Harbor Laboratory - 2021

Why people in rich countries are eating more vegan food

In 2050 greenhouse emissions from agriculture in a vegan world would be 70% lower than in a world where people ate as they do today



The economist

Si tout le monde devient vegan, qu'est-ce que ça change ?

zappez la partie de l'article par Jocelyne Porcher, elle est toujours aussi "perchée"

Why eating more vegetables is good for the environment 2016



If everyone went vegan by 2050 food related greenhouse-gas emissions could be reduced by three-quarters

pic.twitter.com/ih2EJtlEm

— The Economist (@TheEconomist) 29 novembre 2018

Vegan 'Diet' Reduces Carbon Footprint by 73% 2019



#statistics

Where are there more **strictly vegetarian people** (no animal products, therefore no lacto-ovo-pseudo-vegetarian) aka vegan **per capita, in the world?**

2016-2018 It seems to be Mexico, Poland...

This Is **How Many Vegans Are In The World** Right Now (2020 Update)

Veganism by country

What the **'Insect Apocalypse'** Has to Do With the Food We Eat



2050 : les végétariens ont sauvé la planète



Le monde sera vegan ou ne sera plus

Inutile de résister et d'en faire tout un cinéma ;)

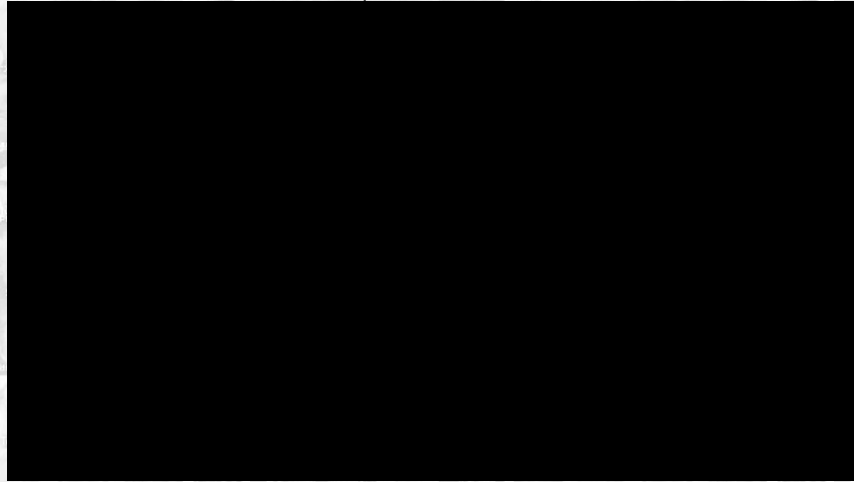
L'industrie alimentaire s'y est déjà engagée, alors prenez du plaisir,
consommer éthique #goVegan :)

#cinema

What Does Sci-Fi Says About the Future of Food ?

#YouEatOtherAnimals #evannalynch #vegan

Mangez-vous d'autres animaux ? | Court métrage de comédie de science-fiction



des films avec un message vegan :

La Planète des Singes

PK

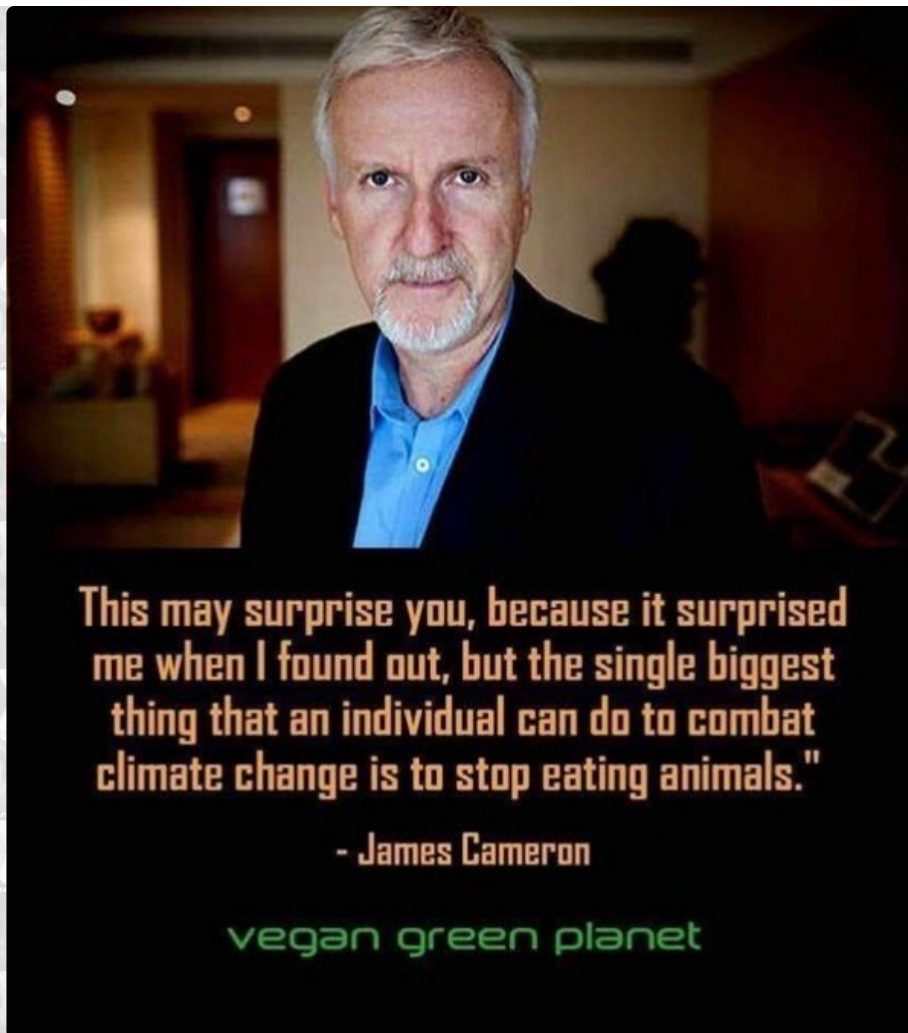
"Mes compagnons astronautes, préparez-vous à atterrir sur la Terre ; méfiez-vous de leur langage, c'est déroutant ! Si les terriens disent qu'ils aiment le poulet et le poisson, ça ne veut pas dire qu'ils aiment les animaux pour autant ; ça signifie que les animaux sont au menu du déjeuner. L'écart qui existe entre la pensée et la parole est notre sujet de recherche."

Okja

Babe

Silent Running

Carnage (by Simon Amstell)



This may surprise you, because it surprised me when I found out, but the single biggest thing that an individual can do to combat climate change is to stop eating animals."

- James Cameron

vegan green planet

Why James Cameron Says You Should Be Vegan

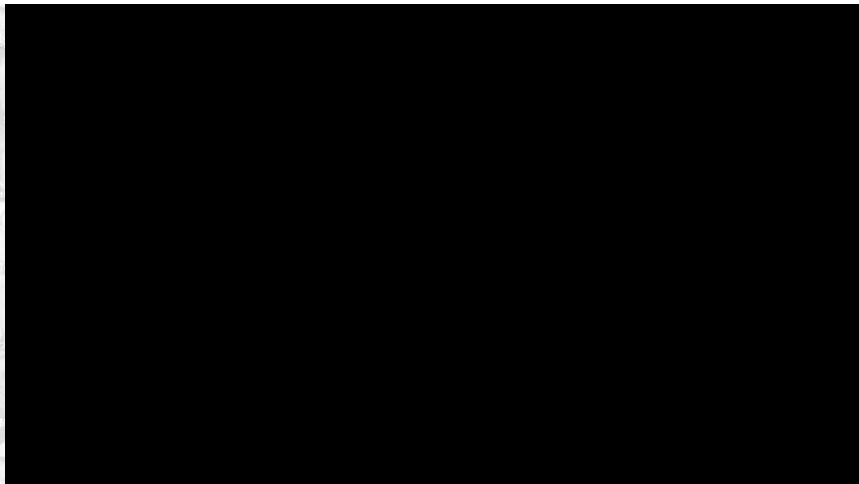


James Cameron On The Vegan Solution (2013)

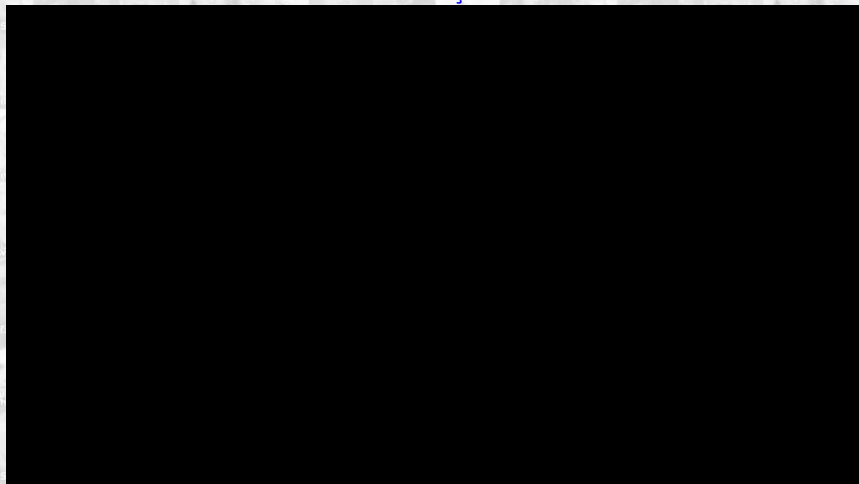
James Cameron Urges New Zealand to Ditch Dairy and Meat Farming (2019)

#shorts

You Eat Other Animals Sci-Fi Comedy Short Film

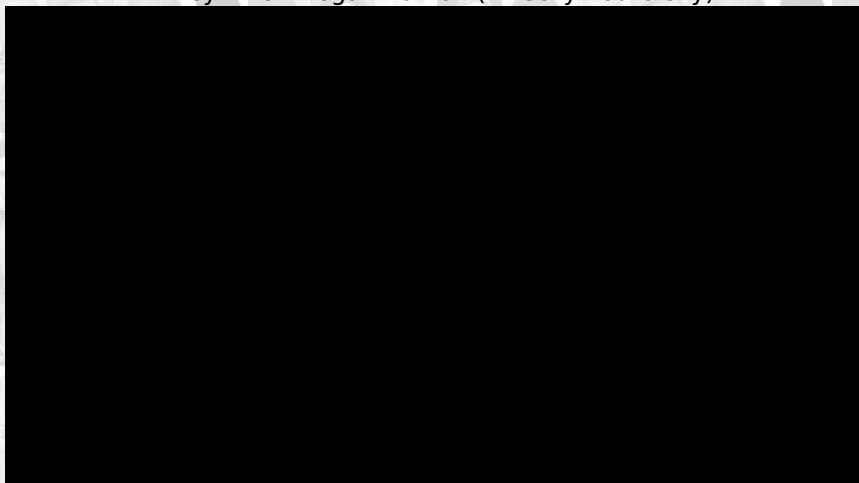


Porta Dos Fundos **GARÇOM VEGETARIANO**



> ici la **version courte, traduite en français** <
25 répliques drôles et bien senties aux arguments anti-vegan

They Live - Vegan Edition (ft. Gary Yourofsky)



Scott Pilgrim vs. The World | Bass Battle vs. Todd the Vegan

#musique

[Cilca & Tup]

Je voudrais QUE LES CHASSEURS CREVENT...

Putain d'MOUSTIQUES de MERDE

Putain d'VEGANES de MERDE

[DISL]

Gary (Dairy is Scary VEGAN Rap) by DISL Automatic (Prod. by VeCity for Vicious Rhythms)

I'M A VEGAN by DISL Automatic (Prod. by VeCity)

Minimizing Consumption by DISL Automatic (Visuals by Vegan Revolution)

[Kreezy R]

J'AI VU - NIAGARA à la sauce Antispé

J'mange pas de cadavres - chanson drôle et végane

J'mange pas de cadavres - Georges Brassens en duo avec Renaud

Les premiers alcoolos de France

[Res Turner]

Earthlings

Earthlings 2

La fable de la morlette

Extrait d'EARTHLINGS 2 Ouvrez les cages 2016

[X-ACTO] playlist

Choices

Compassion

Somos uma só voz

The Bridge

The Pace

Upgrade

[others]

Darktek - Vegan de Merde

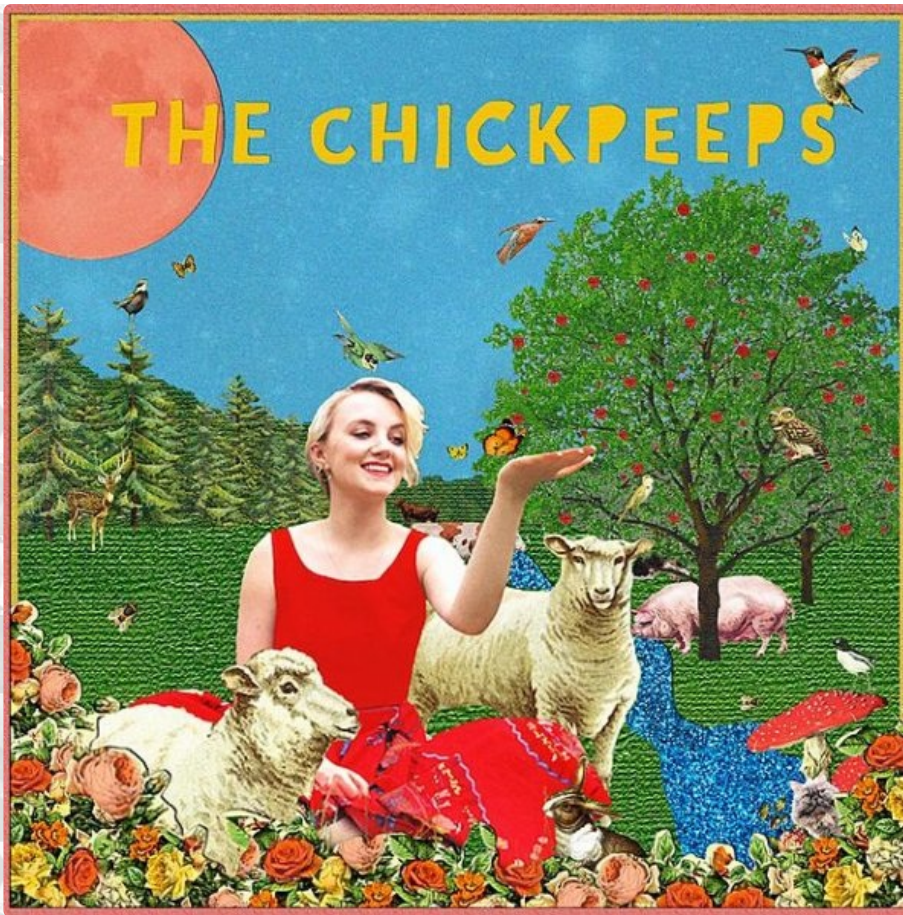
Les chasseurs sont nos amis - la chanson de Frédéric Fromet

Les Goguettes - Elle est Vegan

Momentum - I am not a living grave

Song A Day #810 Vegan Myths Debunked

Harry Potter's **Evanna Lynch on Being Vegan and Helping Others Do It Too**



Beef Industry Admit Fear of Richard Branson's Vegan Investments



Will Development Banks Finally Agree to Divest from Factory Farms?



Minority rules:
Scientists discover tipping point for the spread of ideas



Martin Lewis ✓
@MartinSLewis

Today's Twitter poll: Which of these best describes your diet?



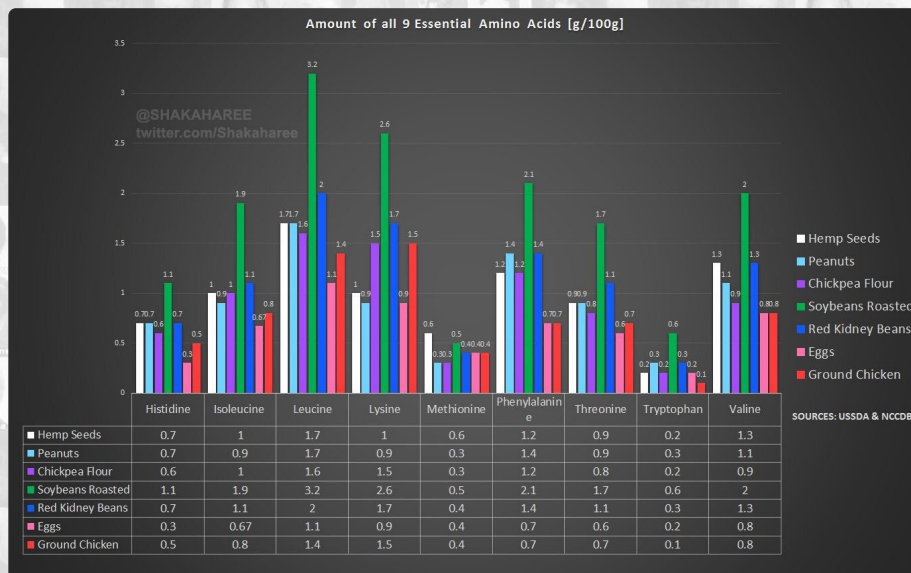
23,493 votes · Final results

28/11/2018, 09:35

289 Retweets 170 Likes

via Martin's tweet

Comparison of Nutritional Quality #NCBI
of the Vegan, Vegetarian, Semi-Vegetarian, Pesco-Vegetarian and Omnivorous-Zoophage Diet



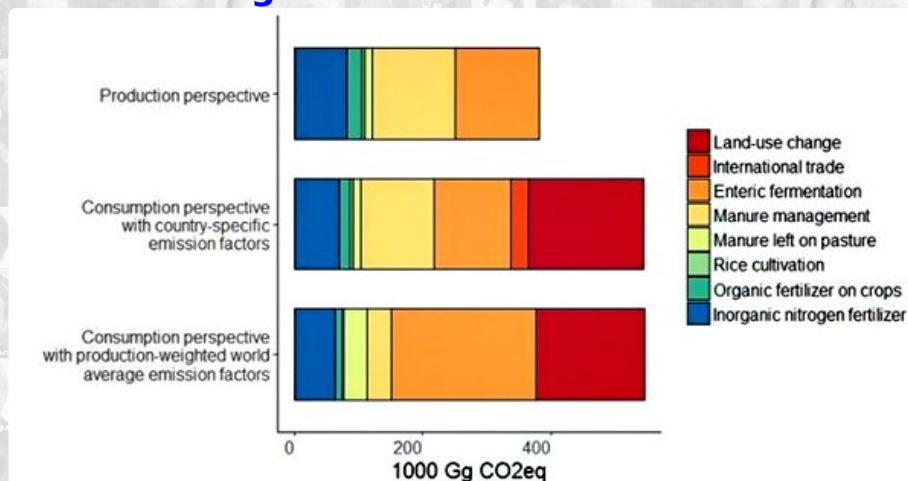
Amount of All 9 Essentials Amino Acids



Comparison of Amount of Protein in Plant Based VS Animal Source Foods

#empreinte #footprint #environmental #impact

For a lower climate footprint,
vegetarian diet beats local



Removing beef and lamb from menu dramatically reduces food-related carbon emissions at Cambridge University 2019

Pour l'environnement, le régime végétalien est idéal

Est-il meilleur de manger « local » ou « végétan » pour réduire nos impacts sur l'environnement ?

Combien de gaz à effet de serre dans notre assiette ?

Empreinte carbone alimentaire Indice 2018

Trajets de transport alimentaire : Vraiment plus écolos les produits locaux ?

Locavore, végétalien : quels impacts positifs sur le climat ?

Livestock and Climate Change

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

And yet the fishing industry and farmed fish #fishfarming are ignored!

Livestock and Climate Change, >= 51% of #GES #GHG #CO₂

"A 2009 study by the Worldwatch Institute argued that the FAO's report had underestimated impacts related to methane, land use and respiration, placing livestock at 51% of total global emissions"

Les émissions de CO₂ par habitant à travers le monde

"L'empreinte carbone des Français, incluant les émissions liées aux importations, est quant à elle bien plus élevée et se situe à un peu plus de 10 tonnes équivalent CO₂ par an."

Les émissions de CO₂ par habitant à travers le monde

Émissions de CO₂ par habitant dans une sélection de pays en 2017 (en tonnes)



L'empreinte carbone des Français, incluant les émissions liées aux importations, est quant à elle bien plus élevée et se situe à un peu plus de 10 tonnes équivalent CO₂ par an.

DESCRIPTION

Ce graphique montre les émissions de CO₂ par habitant dans une sélection de pays en 2017 (en tonnes).

Téléchargement de graphiques

f t in

URL À UTILISER COMME LIEN DE RÉFÉRENCE:

<https://fr.statista.com/infographie/20158/emissions-de-co2-par-habitant-par-pays/>

CODE HTML POUR INTÉGRER UN GRAPHIQUE

```
<a href="https://fr.statista.com/infographie/20158/emissions-de-co2-par-habitant-par-pays/" title="Infographie: Les émissions de CO2 par habitant à travers le monde.">
```

<https://fr.statista.com/infographie/20158/emissions-de-co2-par-habitant-par-pays/>

© Statista FR
Source : Commission européenne

statista

#COP25 #GES 2019

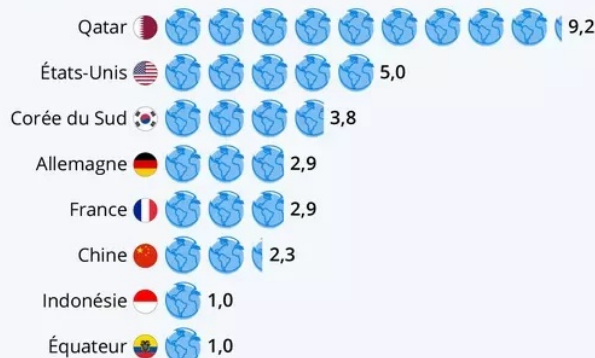
Nombre de planète(s) nécessaire(s) si la population mondiale vivait comme un des pays suivants

"Aujourd'hui, 29 juillet 2021, notre seule planète ne suffit plus à subvenir à la consommation annuelle de la population mondiale dans les limites de la capacité de régénération des ressources terrestres"



The world is not enough

Nombre de terres nécessaires si la population mondiale vivait comme les habitants de ...



Sélection de pays. Dernières données disponibles : 2017.
Source : Global Footprint Network



statista

DESCRIPTION

Ce graphique montre le nombre de planètes nécessaires si la population mondiale vivait comme les habitants des pays suivants.

Signaler

Téléchargement de graphiques



URL À UTILISER COMME LIEN DE RÉFÉRENCE:

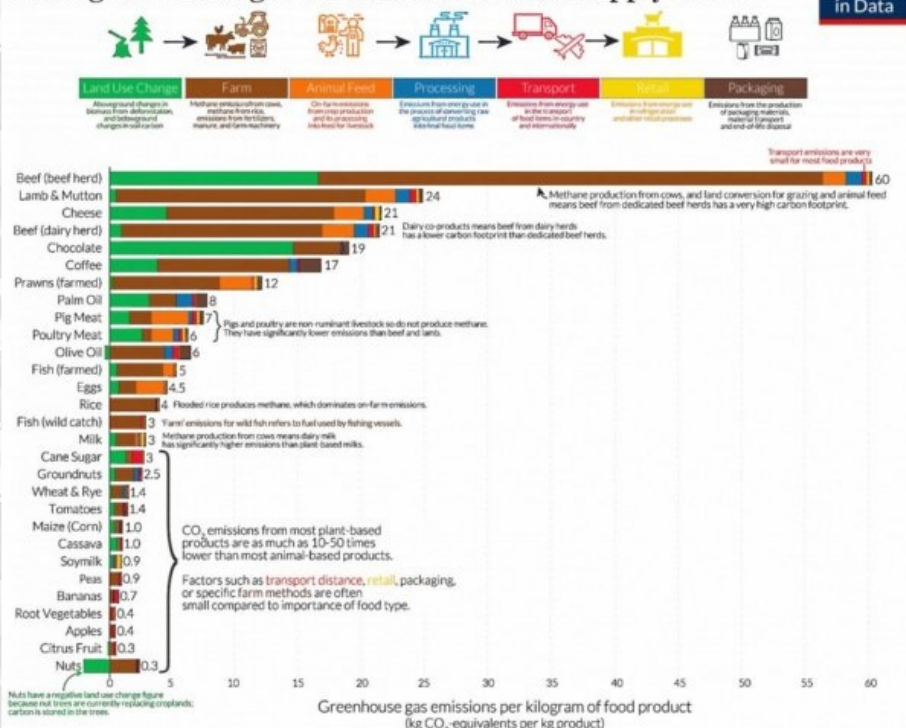
<https://fr.statista.com/infographie/10523/nombre-de-planetes-necessaires-si-population-mondiale-vivait-comme-pays-suivants/>

CODE HTML POUR INTÉGRER UN GRAPHIQUE

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<a href="https://fr.statista.com/infographie/10523/nombre-de-planetes-necessaires-si-population-mondiale-vivait-comme-pays-suivants/" title="Infographie: L'humanité vit">
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You want to reduce the carbon footprint of your food? Focus on what you eat, not whether your food is local

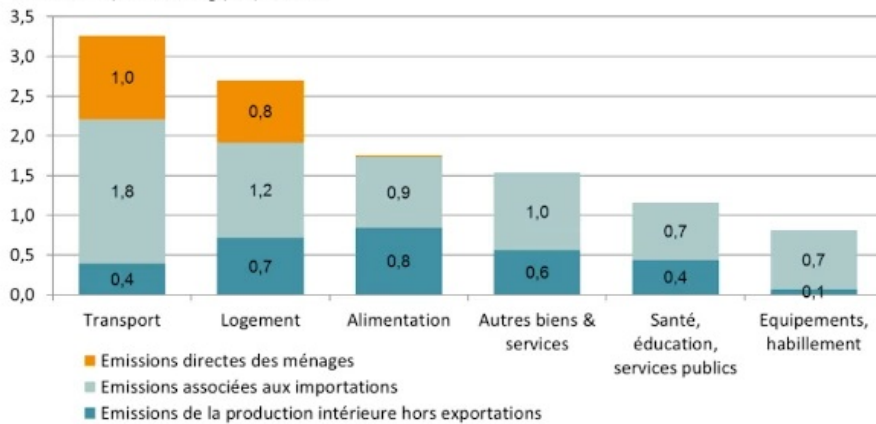
Food: greenhouse gas emissions across the supply chain



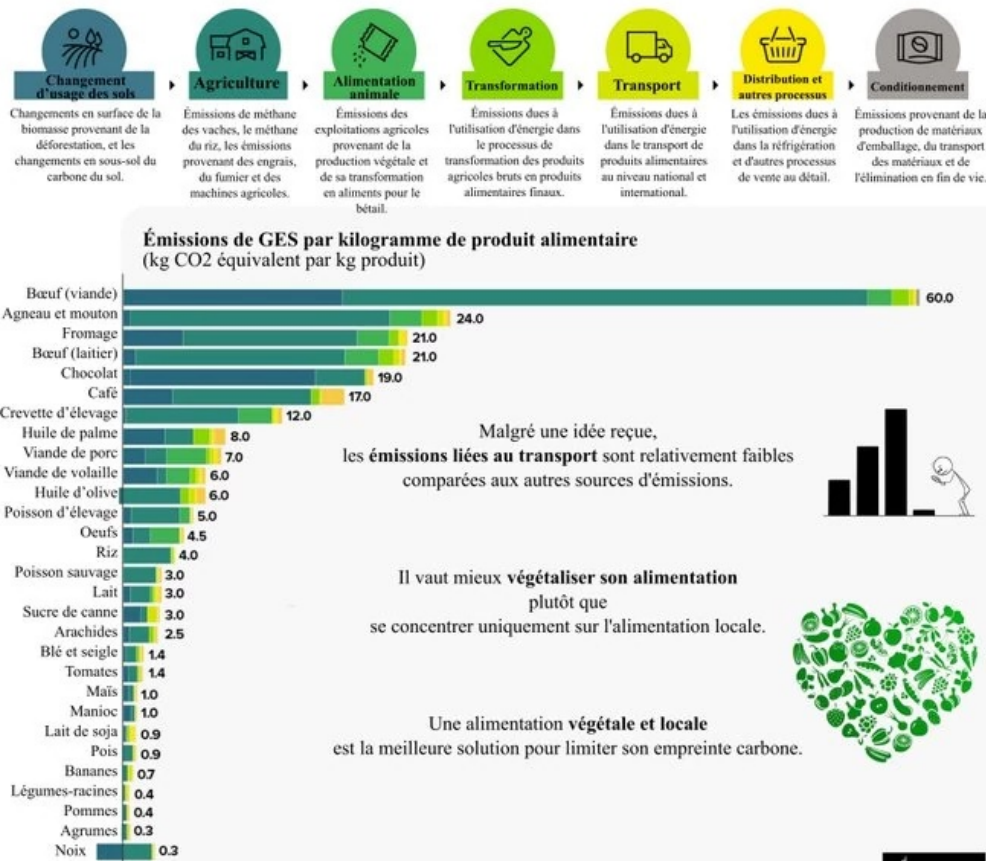
B. Le logement dans la consommation d'énergie et les émissions du territoire

- Graphique : répartition des types d'émissions nationales par secteur et part du logement

En tonnes équivalent CO₂ par personne



ALIMENTATION / Émissions de GES à travers la chaîne d'approvisionnement



Note : Les émissions de gaz à effet de serre sont données en tant que valeurs moyennes mondiales sur des données concernant 38 700 exploitations agricoles commercialement viables dans 119 pays.
Data source : Poore and Nemecek (2018). Reducing food's environmental impacts through producers and consumers. Science. Images sourced from the Noun Project, OurWorldInData.org - Research and data to make progress against the world's largest problems.
Adapté en français pour @BorPote par Maxime Libert. Graphisme original : My world in Data

<https://blogothèque-animaliste.fr/category/ecologie/climat/>

Forbes: **Vegan Products Outsell Meat**
When Placed Side by Side at Supermarkets

UK's Largest Supermarket #Tesco to Sell Vegan Meats in Meat Aisle

World's First 'Quit Meat' Helpline Launches In Denmark



https://www.youtube.com/watch?v=_l0RYeZ0lGw

Alsace20:
une **restauration étudiante 100% végétale** au **crous de Strasbourg**

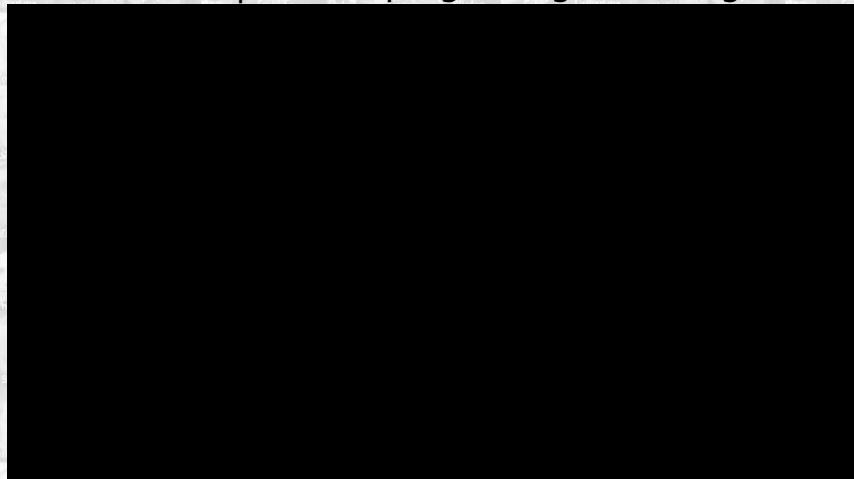


À Saint-Étienne, les cantoches éliminent la bidoche
Demandez à votre cantine de proposer du végan :
utilisez notre modèle de lettre

How the world looks like when you finally open your eyes to the truth about meat, dairy, eggs
etc. pic.twitter.com/jSk8SWfjCV

— Fighting Injustice 🇻🇳 (@InjusticeN0More) 13 février 2019

📌 Matthieu Ricard | On Keeping a Vegan or Vegetarian Diet



-> 5:01 <https://youtu.be/n7T7vZr0c6s> "(...) the eayest way to reduce global warming ; the reason is that the industrial farming is cause of production of lot of methan - methan is 10 times more active to global warming that co² - but fortunelty it only lasts ten years in the atmosphere while the co² lasts hundred years ; so in a way you know, to stop eating meat doesn't require stopping using our cars, traveling - which you certainly do - but it is the second main factor of global warming before

actually transportation, after housing ; and it just takes one second to decide stopping, it doesn't make any huge chaotic changing our life - it's just eat something else - it's so simple, can be done instantly - so, less effort for the very big result: ethically - for the animals and the poor people, for the planet, for own health - it seems for sensible mind, to say it is not an extremely perspective, it's the most reasonable, compassionate point of view !" Matthieu RICARD

"(...) la manière la plus efficace de réduire le réchauffement de la planète ; la raison en est que l'agriculture industrielle est la cause de la production de beaucoup de méthane - le méthane est 10 fois plus actif au réchauffement de la planète que le CO_2 - mais heureusement il ne dure que dix ans dans l'atmosphère alors que le CO_2 dure cent ans ; donc d'une certaine façon vous savez, cesser de manger la viande ne nécessite pas de cesser d'utiliser nos voitures, voyager - comme vous certainement - mais il constitue le second facteur principal du réchauffement global avant le transport, après le logement ; et il suffit d'une seconde pour décider de s'arrêter, cela ne rend pas le chaos énorme changer notre vie - c'est juste manger autre chose - c'est si simple, peut être fait instantanément - donc, moins d'efforts pour le très grand résultat : éthique - pour les animaux et les pauvres, pour la planète, pour la santé - il semble pour l'esprit raisonnable, de dire que ce n'est pas une perspective extrême, c'est le plus raisonnable, point de vue compassionnel ! Matthieu RICARD" - <https://www.youtube.com/watch?v=n7T7vZr0c6s>

VIDEO. "Il n'y a pas un seul copain" dans l'assiette végétarienne du moine bouddhiste français Matthieu Ricard

The disarming case to act right now on climate change



As Greta Thunberg #goVegan the only way to be an ecologist activist

Why Greta Wants Us to Go Vegan



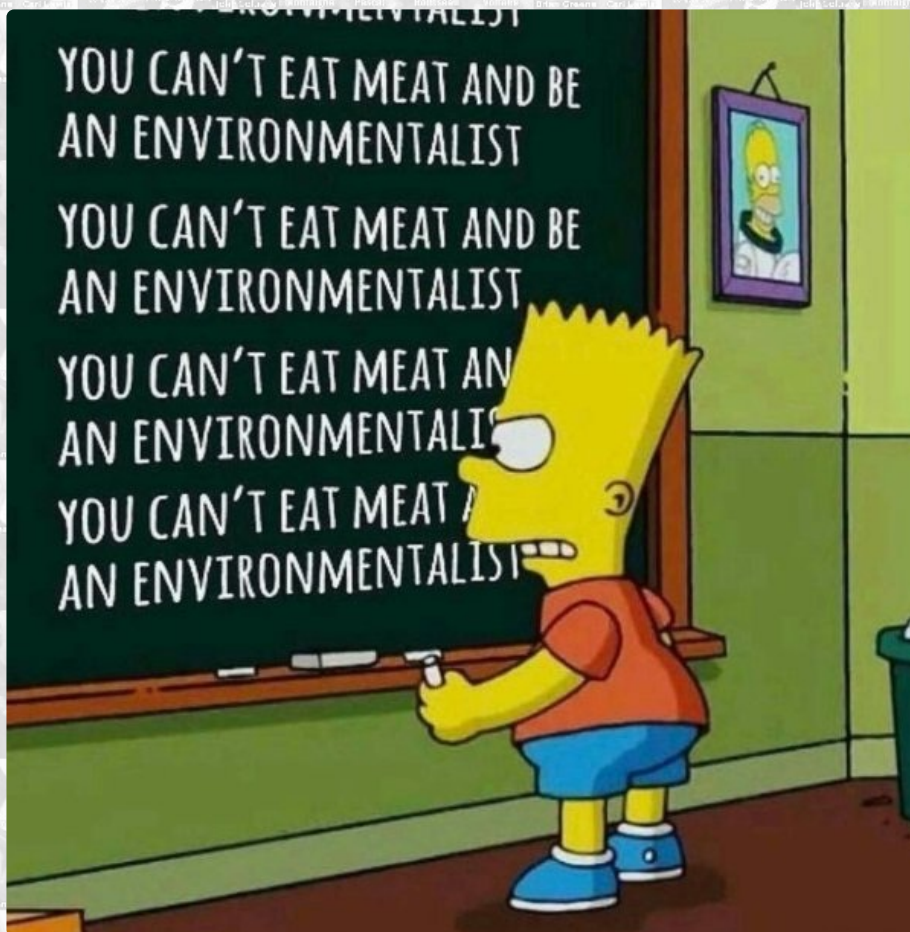
Prix Nobel alternatif



Greta Thunberg est l'une des quatre personnes à avoir reçu le prix Nobel alternatif cette année. (Photo: dpa)



@GretaThunberg répond à ses détracteurs (traduit en français par Tradfem)



If the world adopted a plant-based diet we would reduce global agricultural land use from 4 to 1 billion hectares

What is the impact of meat on climate?

MEAT

By: Claire Goble



BEING VEGAN FOR
ONE YEAR SAVES:

365 animals 

1,000 sq m of forest 

3,320 kg of Co2 

6,607 kg of grain 

Source:  **VEGANUARY**

 **PLANTBASEDNEWS.ORG**

Indigenous peoples from Brazil sue French supermarket chain over the selling of beef linked Amazon destruction

Meat and Seafood Production & Consumption

by Hannah Ritchie and Max Roser #BigData In 2018, an estimated 69 billion chickens; 1.5 billion pigs; 656 million turkeys; 574 million sheep; 479 million goats; and 302 million cattle were killed for meat production, and +1000 billions marine animals

**Number of Animals Killed to Produce One Million Calories
in Eight Food Categories**

**Why Plant Crops Don't Kill More Wildlife
than Pasture Raised Animals**

Field Deaths in Plant Agriculture

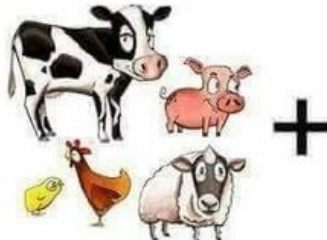
No, Vegans Don't Kill More Animals than Meat Eaters

as a VEGAN, you kill...



the plants you consume + field animals

as a CARNIST, you kill...



the animals whose flesh, milk and eggs you consume

+

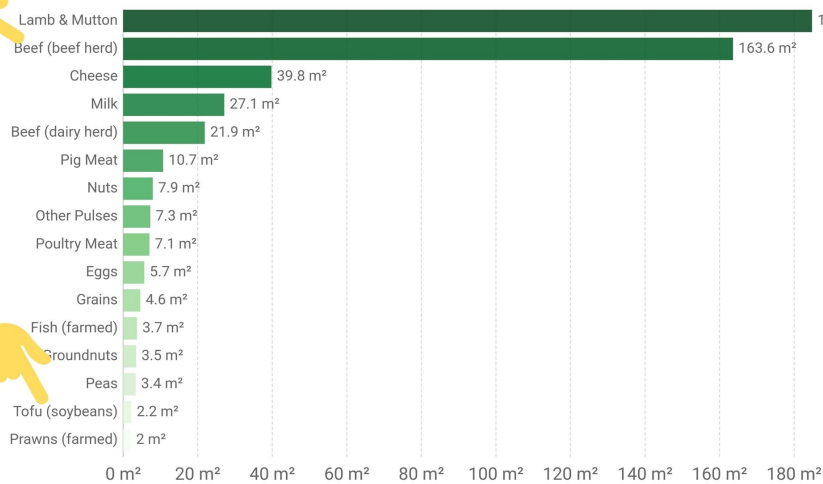


the plants fed to those animals + lots of field animals + the plants you consume + field animals

Land use per 100 grams of protein

Land use is measured in meters squared (m²) per 100 grams of protein across various food products.

Our World in Data



Source: Poore, J., & Nemecek, T. (2018). Additional calculations by Our World in Data.
Note: Data represents the global average land use of food products based on a large meta-analysis of food production covering 38,700 commercially viable farms in 119 countries.
OurWorldInData.org/environmental-impacts-of-food • CC BY

Combien d'arbres faudrait-il planter pour compenser la pollution d'une seule personne ?

L'impact de l'élevage sur l'environnement et la santé
Intervention de Stan Carnino, rédacteur du site vegan-pratique à l'association L214 lors du colloque "La question animale, un enjeu majeur du 21e siècle", organisé au Sénat le 22 mai 2017

<https://www.youtube.com/watch?v=gu5tQ6B65aU>



Joanie Labonté et Catalina Gutiérrez - Véganisme et zéro-déchet (FVM 2018)

#GES #GHG

**Non, la viande ne peut pas être compatible
avec la préservation du climat**

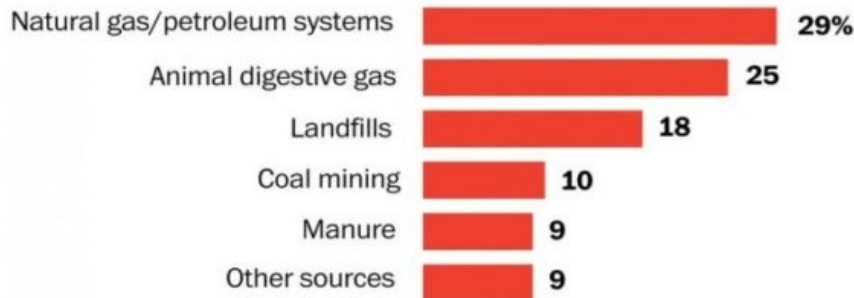
>lire aussi Je mange moins de viande

Plant-Based Diets Can Help Us Reach The 2 Degree Threshold

Methane emissions

Compared with carbon dioxide, methane persists in the atmosphere for a shorter period of time, but is many times more powerful at trapping heat.

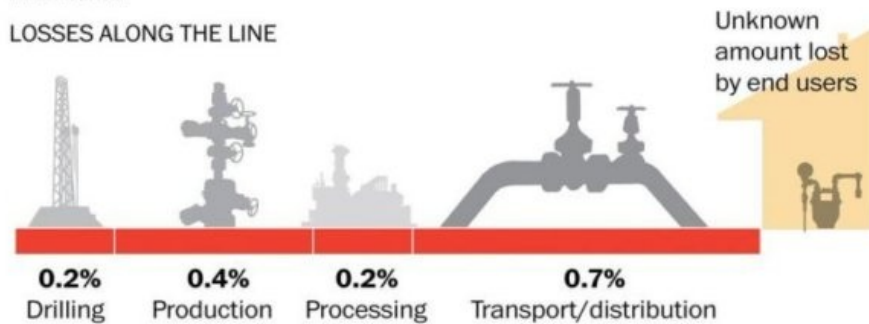
Sources of U.S. methane emissions



Origins of natural gas industry leaks

Between the ground and the consumer, at least **1.5 percent** of natural gas escapes into the atmosphere. The fuel is primarily composed of methane.

LOSSES ALONG THE LINE

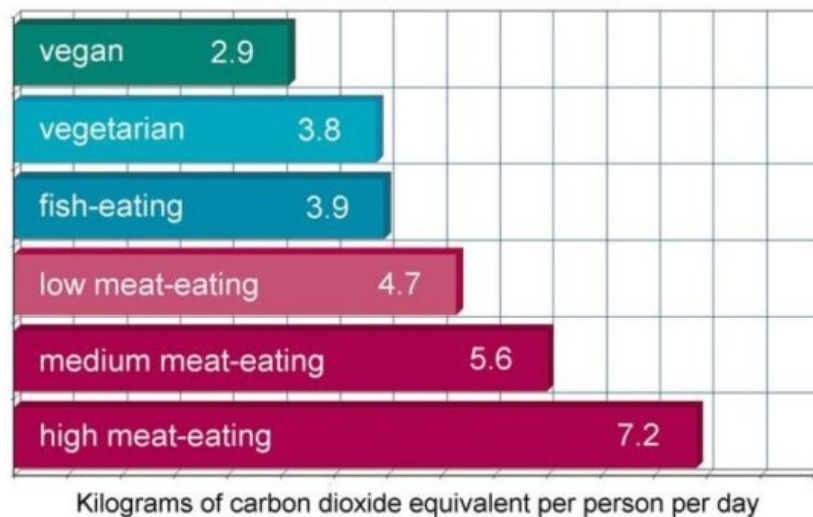


Source: Science Magazine, EPA

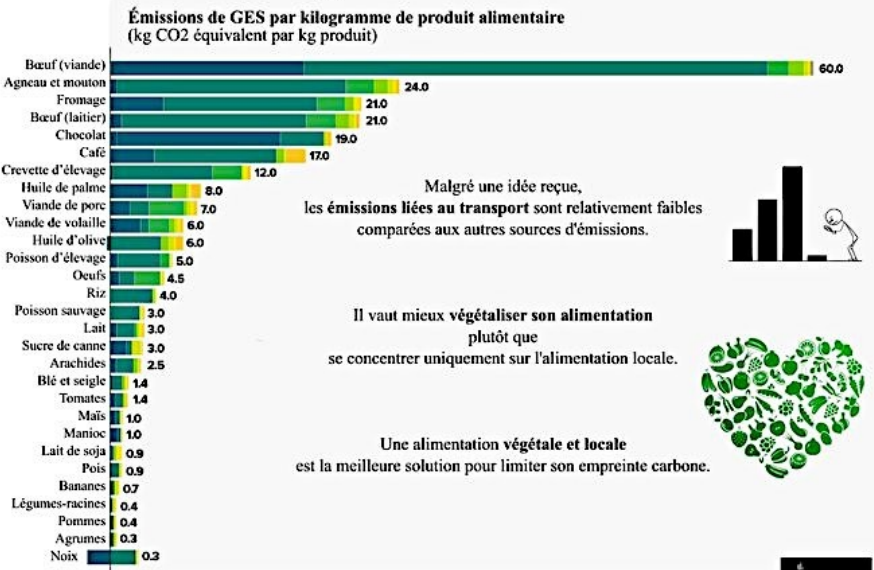
PATTERSON CLARK/THE WASHINGTON POST

Dietary Greenhouse Gas Emissions

UK study, May 2014: <http://bit.ly/vsghg>

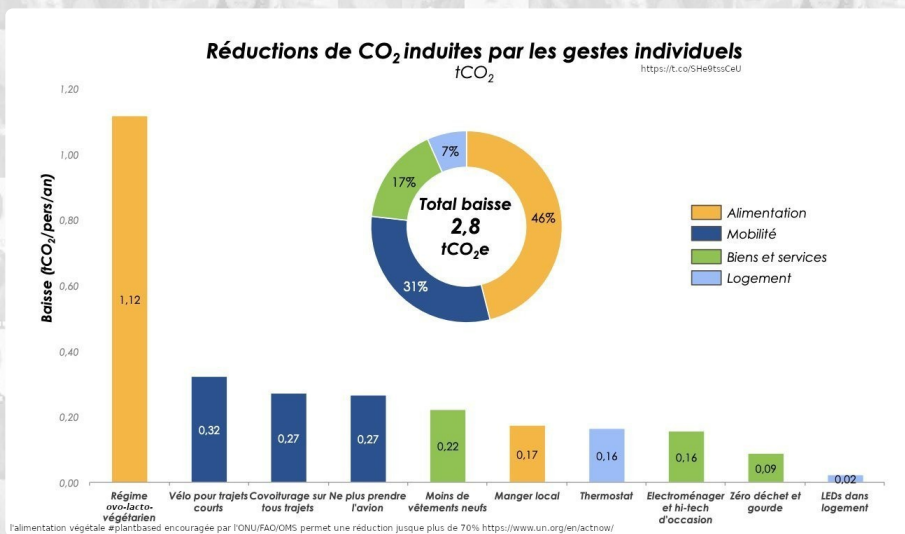


ALIMENTATION / Émissions de GES à travers la chaîne d'approvisionnement



Note : Les émissions de gaz à effet de serre sont données en tant que valeurs moyennes mondiales sur des données concernant 38 700 exploitations agricoles commercialement viables dans 119 pays.
 Data source : Poore and Nemecek (2018). Reducing food's environmental impacts through producers and consumers. Science Images sourced from the Noun Project. OurWorldData.org - Research and data to make progress against the world's largest problems.
 Adapté en français pour @BouPote par Maxime Allibert. Graphisme original : My world in Data

Émissions de Gaz à Effet de Serre #GES #GHG à travers la chaîne d'approvisionnement

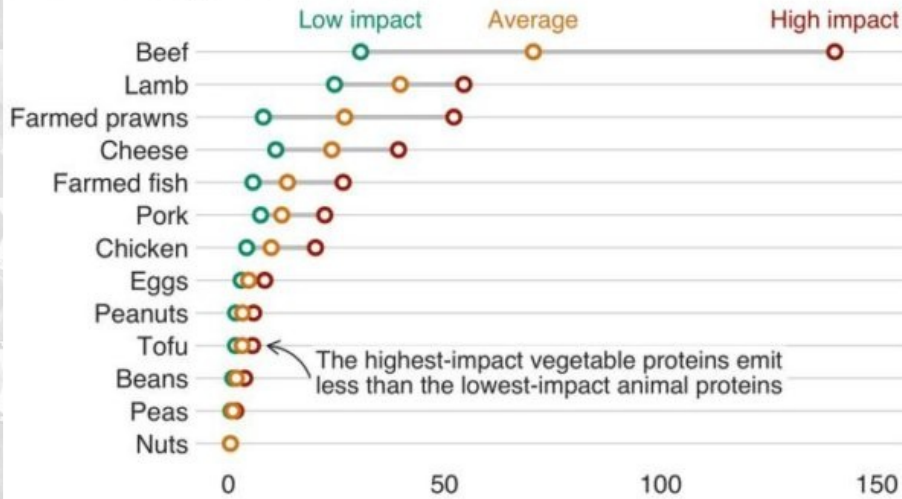


émissions CO₂ foyer

The single biggest way to reduce your environmental impact on the planet is to modify your diet

Beef has the biggest climate impact

Greenhouse gas emissions per kilogram



Source: Poore & Nemecek (2018), Science

BBC

SOYBEANS ARE...

80%

MEAL The primary component of soybeans is meal.

20%

OIL The other soybean component is oil.

97%



ANIMAL FEED

97% of U.S. soybean meal is used to feed poultry and livestock.



68% FOOD

68% of soybean oil is used for frying and baking food, as a vegetable oil and as an ingredient in foods like salad dressings and margarines.

7% INDUSTRIAL USES

Less than 7% of soybean oil is converted into industrial uses like paints, plastics and cleaners.



3%

FOOD PRODUCTS

3% of soybean meal is used in food products like protein alternatives and soymilk.

25% BIODIESEL & BIOHEAT*

25% of soybean oil is used for biodiesel and Bioheat.



©2015 United Soybean Board

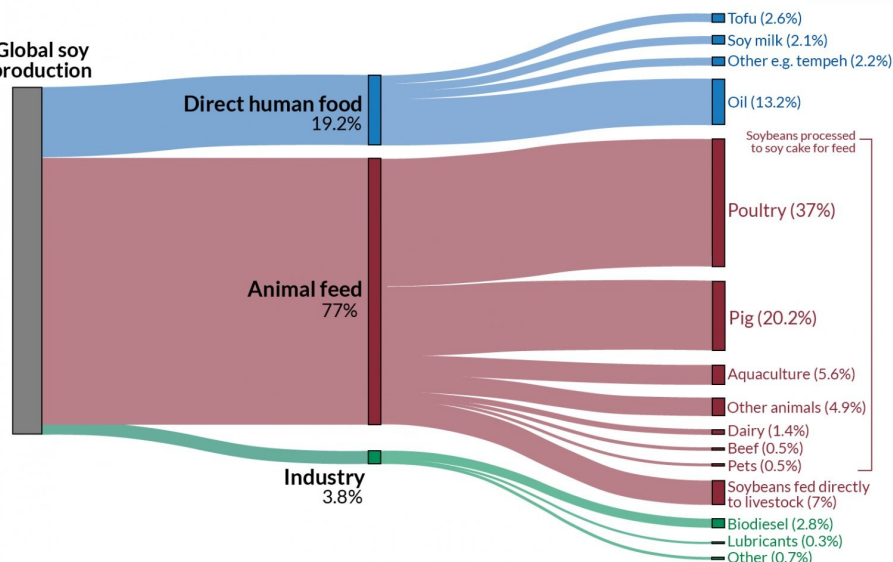
dont blame #Soy #Soya #Soja but carnism

The World's Soy: is it used for Food, Fuel, or Animal Feed?

Shown is the allocation of global soy production to its end uses by weight. This is based on data from 2017 to 2019.

Our World in Data

Global soy production



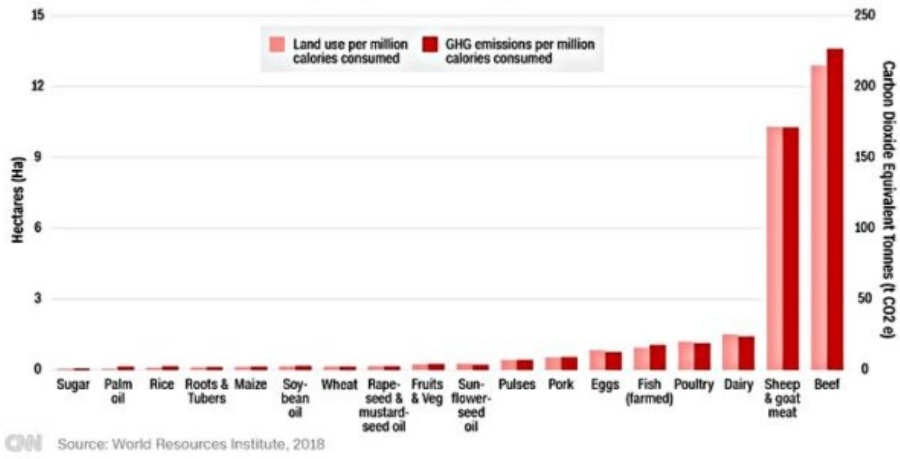
Data source: Food Climate Resource Network (FCRN), University of Oxford; and USDA PSD Database.

OurWorldinData.org - Research and data to make progress against the world's largest problems.

Licensed under CC-BY by the author Hannah Ritchie.

dont blame #Soy #Soya #Soja but carnism

Resource intensity by food type

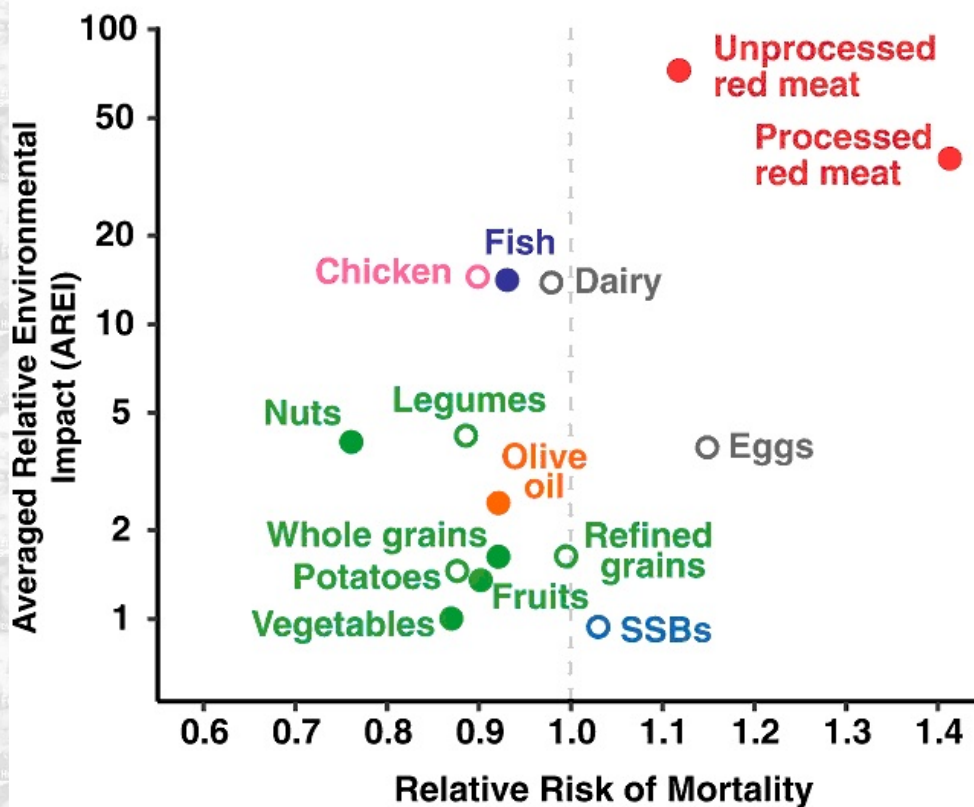


Vegan Crops Produce 1900% More Protein Than Raising Animals for Beef or Eggs, Study Finds



The opportunity cost of animal based diets exceeds all food losses by #PNAS Proceedings of the National Academy of Sciences

Multiple health and environmental impacts of foods



#PNAS

The carbon footprint of 5 diets compared

Comparing Carbon Footprints (t CO₂e)



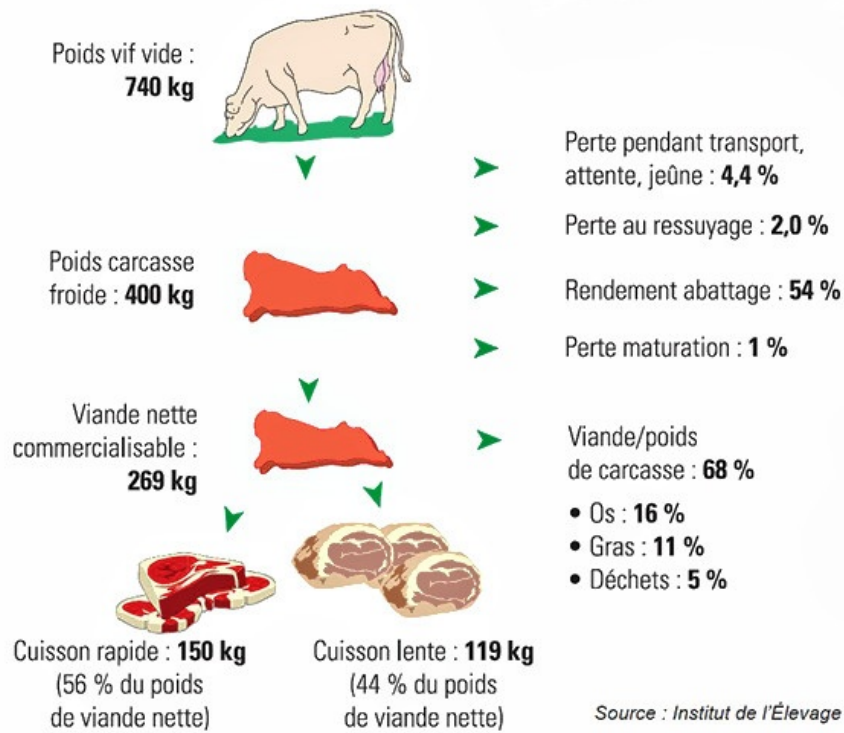
Meat And Agriculture Are Worse For The Climate Than Power Generation, Steven Chu Says

Cuire un rôti entraîne une pollution intérieure supérieure à celle de Londres



Consommation de nourriture par vache

De l'animal au bifteck: rendement type d'une vache allaitante (Charolaise) de 400 kg de carcasse classée U3 - Source : Institut de l'Élevage



Une vie entière de portante pour finir en saucisse

Déroulement d'un abattage

La vache est étourdie en salle d'abattage
p. ex. avec un pistolet mécanique à tige perforante

La vache étourdie
est attachée par les
pieds à une voie tubulaire,
puis saignée par
section des vaisseaux
sanguins du cou ou
du cœur. La perte
de sang provoque
la mort de la vache
(cerveau sans
oxygène)

Après écorchage et
sectionnement des
sabots, la tête est
enlevée.

La vache est
ouverte puis
dépecée

Fendue en deux, elle
est lavée puis refroidie
à 6° pendant
28 à 36 heures.

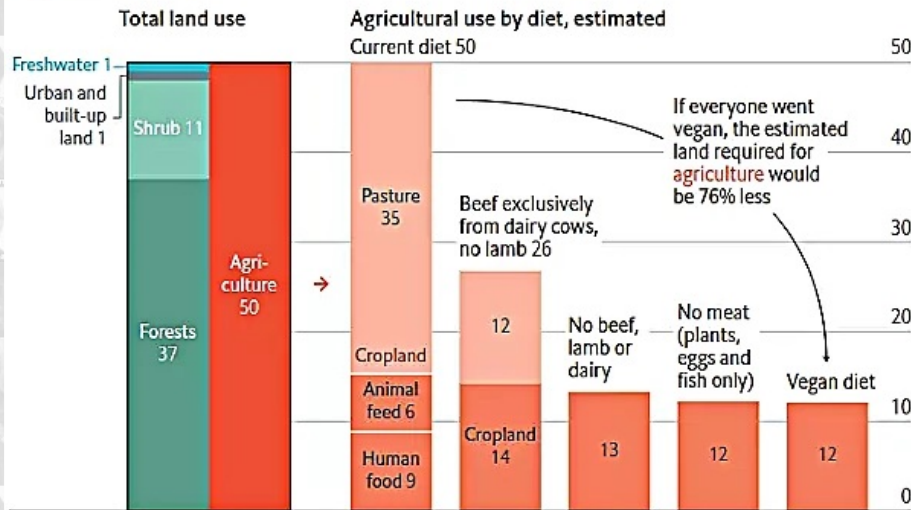
Après refroidissement,
la vache est
découpée en
morceaux. Les parts
sont pesées
puis emballées.

Erika

If everyone were vegan, only a quarter of current farmland would be needed

Food for thought

Share of habitable land, %



Sources: "Reducing food's environmental impact through producers and consumers", by Joseph Poore and Thomas Nemecek (2018); UN Food and Agriculture Organisation; Our World in Data

Le réchauffement climatique aggrave la faim dans le monde

#starvation #famine

The vegans are coming !

Why the end of meat could be closer than we think

Meat isn't just murder, it could mean Armageddon:
Why you should become vegan now

Final call to save the world from 'climate catastrophe'

Nearly a fifth of the EU's budget goes on livestock farming, says Greenpeace

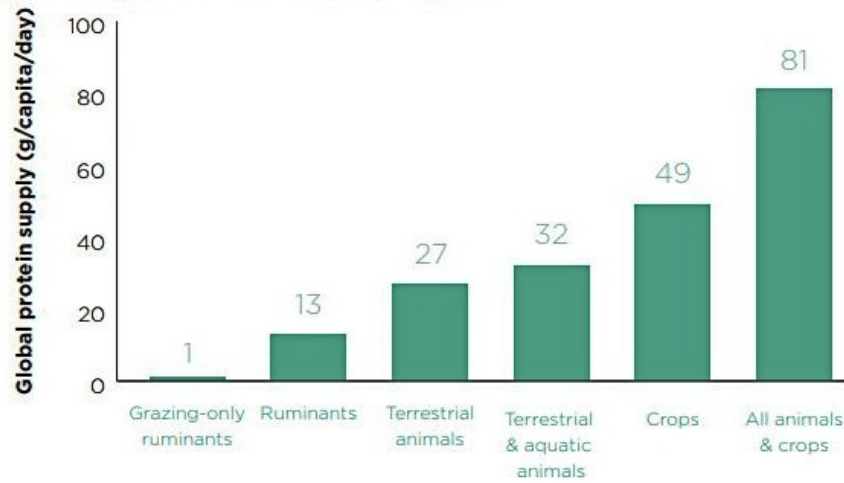
Grazed and Confused ?

How much can grazing livestock help to mitigate climate change ?



Le rapport au format .pdf

Figure 1: Contribution of ruminant and other sources of protein to total human protein supply. Data from FAO (2017) for year 2013²⁶



https://www.oxfordmartin.ox.ac.uk/downloads/reports/fcrn_gnc_report.pdf
Food Climate Research Network - Oxford Martin Programme on the Future of Food
Environmental Change Institute, University of Oxford

Is grass-fed beef good or bad for the climate? #graze #grazing



How Grass-Fed Beef Is Duping Consumers, Again #graze #grazing

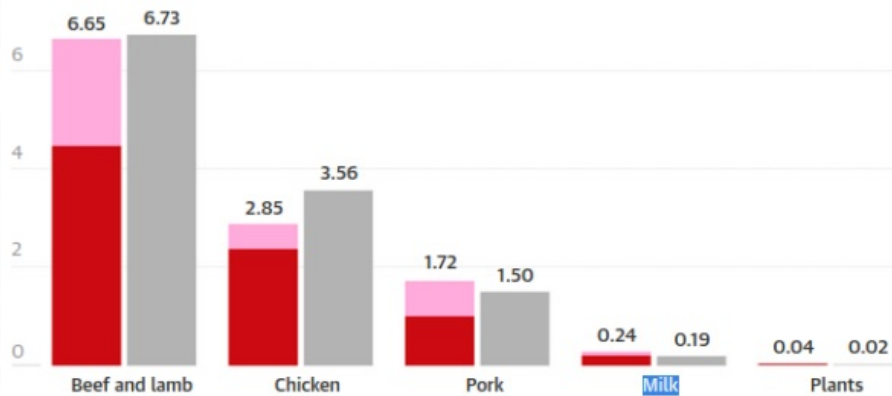


Organic meat production just as bad for climate, study finds #graze #grazing

Climate costs are similar for organic and conventional meat

■ Conventional ■ Extra cost due to deforestation ■ Organic

€8 per kg of produce



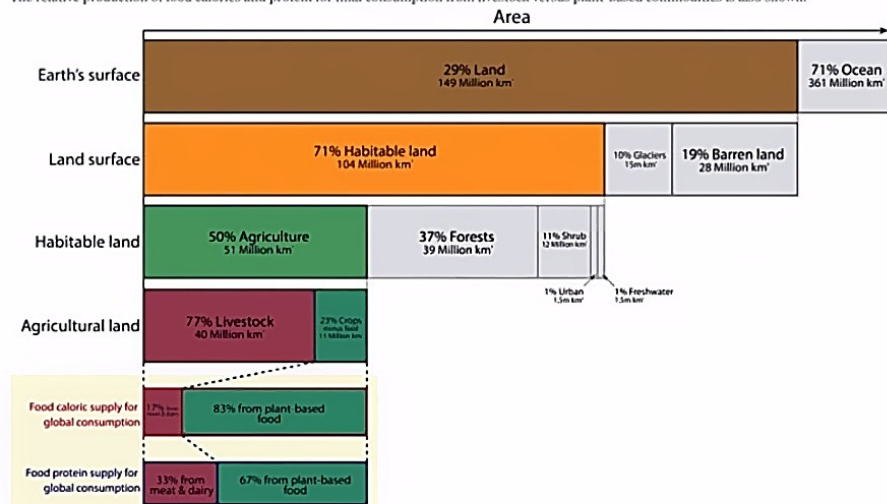
Guardian graphic. Source: Pieper et al, Nature Communications, 2020

Benefits of Removing Livestock from Rangelands to Sequester Carbon

Global surface area allocation for food production

Our World in Data

The breakdown of Earth surface area by functional and allocated uses, down to agricultural land allocation for livestock and food crop production, measured in millions of square kilometres. Area for livestock farming includes grazing land for animals, and arable land used for animal feed production. The relative production of food calories and protein for final consumption from livestock versus plant-based commodities is also shown.



Data sources: based on UN Food and Agricultural Organization (FAO) Statistics. The data visualization is available at OurWorldinData.org. There you find research and more visualizations on this topic.

Licensed under CC-BY-SA by the authors Hannah Ritchie and Max Roser

Global Surface Area Allocation for Food Production

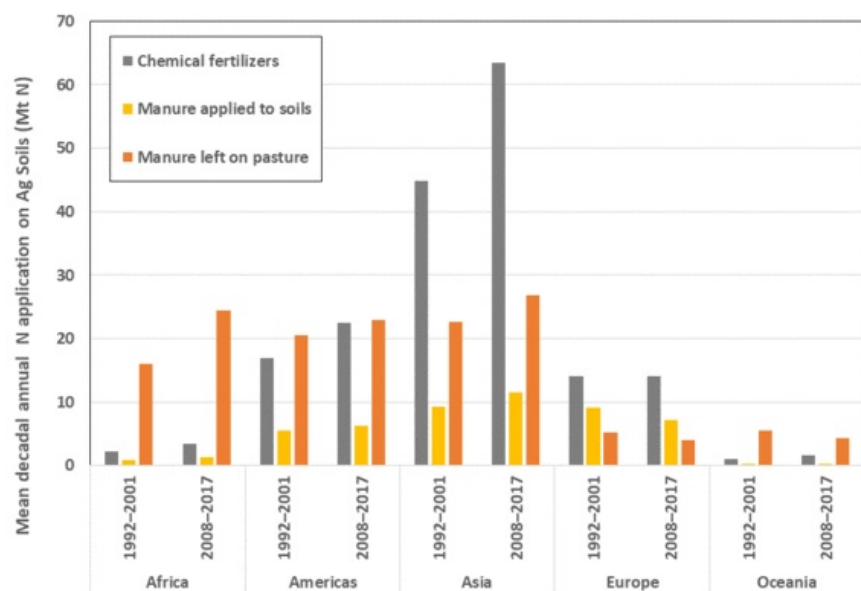
"Sadly, though it would be nice if the pro-grazers were right, they aren't," says lead author Tara Garnett of the University of Oxford's Food Climate Research Network.



Grass-fed beef is bad for the planet and causes climate change

newscientist.com

newscientist.com - Tara Garnett University of Oxford's Food Climate Research Network



2019 Update: Nitrogen Inputs to Agricultural Soils from Livestock Manure, 1961-2017 #FAO #manure #fertilizer #fumier #fertilisant

Transitioning to #Veganic Farming

Transitioning to Veganic Farming <https://t.co/a0ucfxNHup>

— Nation Rising (@NationRisingCA) January 29, 2022

Human manure: Closing the nutrient loop



#humanure

L'urine utilisée comme engrais

#humanure

Agriculture végétale

Des agriculteurs parlent de leur expérience
par Bérénice Riaux et Clèm Guyard

L'élevage non-industriel est pire que l'industriel pour la biodiversité et le climat

Il faut SUPPRIMER les élevages, pas changer de modèle

Tout le monde comprend que les pétroles "sales", comme les bitumineux, constituent un gaspillage incroyable, lorsqu'il faut investir 9 barrils de pétrole pour en extraire 10.

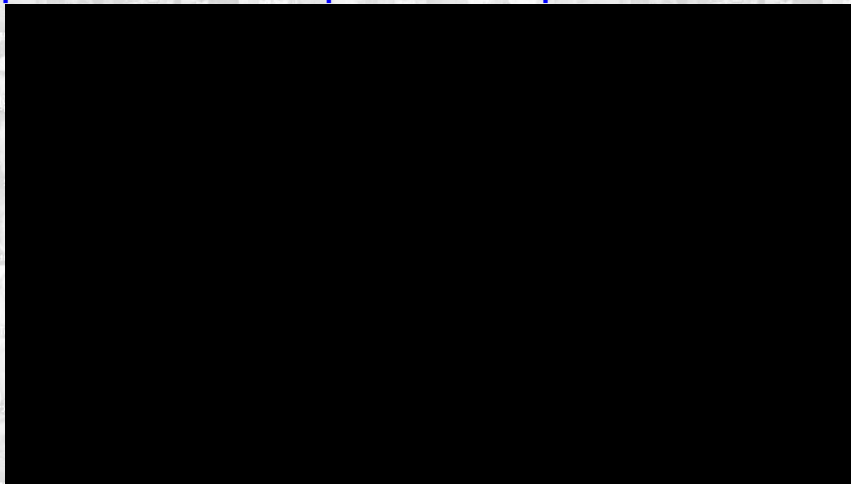


La "production" de viande et de produits animaux, c'est le même principe, en pire. On investit une quantité, par exemple 10 tonnes de nourriture, et on en produit... une tonne. Perte sèche, aucune production.



Chiffres précis, sources et adresses détaillées sur <https://valeriyshcholaet.wordpress.com/>

Pourquoi les naturalistes ne parviennent-ils pas à sauver la biodiversité ?



Climat : les manœuvres des filières d'élevage pour contrer l'expertise scientifique



It's Time to Replace Slaughterhouses With Greenhouses



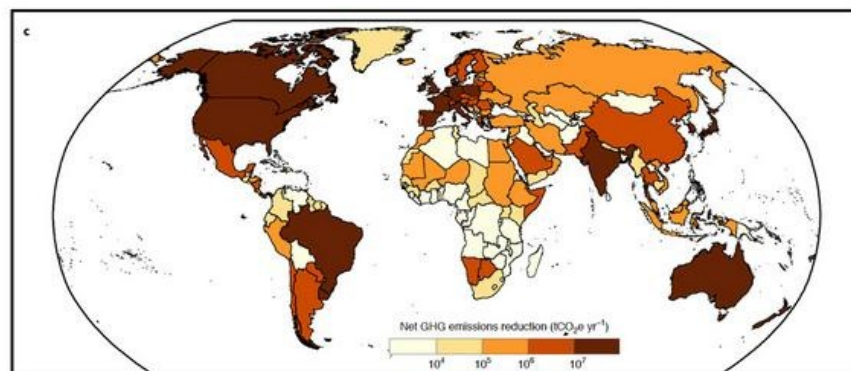
**UK could slow climate clock by
converting animal farmland to forest
and still grow enough protein**

**UK can sustain itself if it converted
all animal farmland to forest,
Harvard research shows**



Ruminants, climate change and climate policy, by Nature Communications

The map below shows the drop in greenhouse gas emissions from global agriculture if the 54 high-income countries were to shift to the EAT-Lancet planetary health diet. Dark red shading indicates the largest reductions. Changes in lower-income countries are due to knock-on impacts for food trade.



Changes in greenhouse gas emissions from 54 high-income countries adopting the EAT-Lancet planetary health diet. Note the logarithmic scale in the colour bar. Source: Sun et al (2022).

Rich nations could see 'double climate dividend' by switching to plant-based foods study, published in Nature Food.

Ruminants, climate change and climate policy

William J. Ripple[✉], Pete Smith, Helmut Haberl, Stephen A. Montzka, Clive McAlpine & Douglas H. Boucher

Nature Climate Change **4**, 2–5 (2014) | Download Citation ↓

Greenhouse gas emissions from ruminant meat production are significant. Reductions in global ruminant numbers could make a substantial contribution to climate change mitigation goals and yield important social and environmental co-benefits.

Exploring the biophysical option space for feeding the world without deforestation, by Nature Communications



🏠 ⓘ iopscience.iop.org/article

≡ IOPscience

Environmental Research Letters

LETTER • OPEN ACCESS • FEATURED ARTICLE

Nationwide shift to grass-fed beef requires larger cattle population

Matthew N Hayek^{1,3}  and

Rachael D Garrett² 

Published 25 July 2018 • © 2018 The Author(s).

Published by IOP Publishing Ltd

Environmental Research Letters, Volume 13, Number 8

<https://iopscience.iop.org/article/10.1088/1748-9326/aad401>

demographics of present-day beef cattle. In order to produce the same quantity of beef as the present-day system, we find that a nationwide shift to exclusively grass-fed beef would require increasing the national cattle herd from 77 to 100 million cattle, an increase of 30%. We also find that the current pastureland grass resource can support only 27% of the current beef supply (27 million cattle), an amount 30% smaller than prior estimates. If grass-fed systems include cropland-raised forage, a definition

Title: Reducing food's environmental impacts through producers and consumers

Authors: J. Poore^{1,2*}, T. Nemecek³

Affiliations:

¹Department of Zoology, University of Oxford, New Radcliffe House, Oxford OX2 6GG, UK.

²School of Geography & Environment, University of Oxford, South Parks Road, Oxford OX1 3QY, UK.

³Agroscope, Agroecology and Environment Research Division, LCA Research Group, CH-8046 Zurich, Switzerland.

*Correspondence to: joseph.poore@queens.ox.ac.uk

Mitigation through consumers

Today, and probably into the future, dietary change can deliver environmental benefits on a scale not achievable by producers. Moving from current diets to a diet that excludes animal products

(table S13) (35) has transformative potential, reducing food's land use by 3.1 (2.8-3.3) billion hectares (a 76% reduction), including a 19% reduction in arable land; food's GHG emissions by 6.6 (5.5-7.4) billion metric tons of CO₂eq (a 49% reduction); acidification by 50% (45-54%); eutrophication by 49% (37-56%); and scarcity-weighted freshwater withdrawals by 19% (-5 to 32%) for a 2010 reference year. The ranges are based on producing new vegetable proteins with

Reducing food's environmental impacts through producers and consumers
"Moving from current diets to a diet that excludes animal products has transformative potential, reducing food's land use by 3.1 (2.8-3.3) billion hectares (a 76% reduction), including a 19% reduction in arable land".

Quote from same study: "We find that the impacts of the lowest-impact animal products exceed average impacts of substitute vegetable proteins across GHG emissions, eutrophication, acidification (excluding nuts), and frequently land use" - Science 360 6392 987 - Accepted Manuscript.pdf



The Last Time the Globe Warmed

https://www.youtube.com/watch?v=IdLBoErAhz4&feature=emb_title

Vegan Diet's Environmental Impact Up to 84 Percent Less

Veganism is 'single biggest way' to reduce - by 73% - our environmental impact on planet, study finds

Study: <https://www.ox.ac.uk/news/2021-05-20-oxford-play-host-crucial-g7-health-talks>



Switch to Plant-Based Diets is “Most Important” Way to Fight Climate Change

Farmers feel the heat of latest global warming fears

Factory Farming Is Driving the Sixth Mass Extinction

The Problem with Farming Animals



New research suggests that the livestock industry is responsible for at least 37 percent of all greenhouse gas (GHG) emissions. This new number more than doubles the United Nations' latest estimate of 14.5 percent, taking into account more than 94 different studies and key data points left out of other analyses, like the foregone carbon absorption from clearing land for livestock and feed production. As the demand for conventional meat continues to rise, emissions from the animal farming industry will drive global temperatures even higher.

The Climate Activists Who Dismiss Meat Consumption Are Wrong



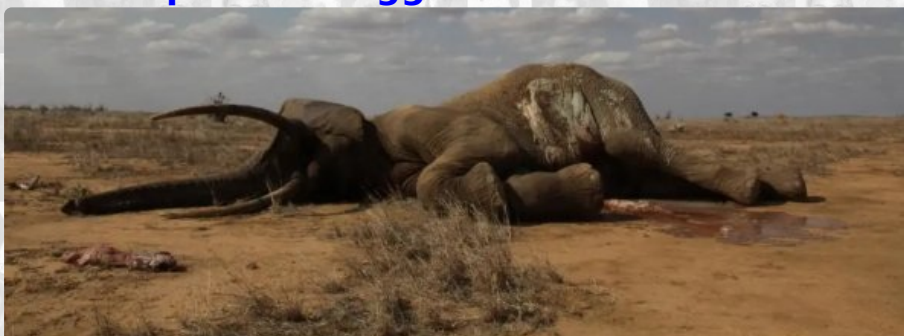
Jan Dutkiewicz - Harvard University / August 31, 2020

How Big Dairy Is Threatening Wild Tule Elk Population When Wildlife Falls Victim to Animal Agriculture



<https://www.youtube.com/watch?v=z9OEQ0y3v0E>

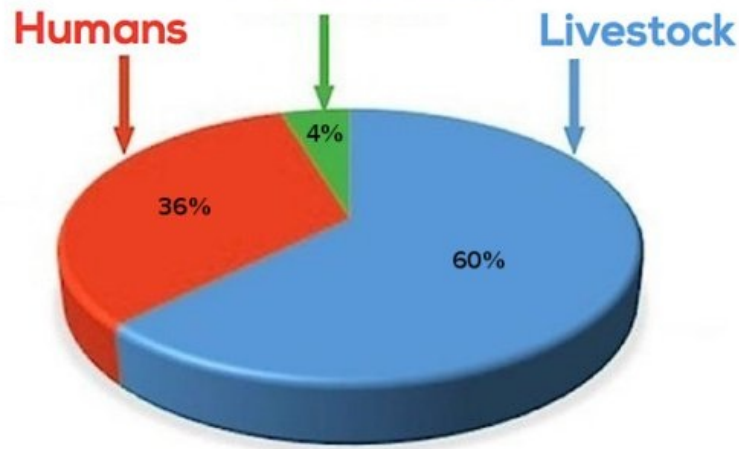
**Meat-eating humans pushing
hundreds of planet's biggest animals toward extinction**



Animal Agriculture & Antibiotic-Resistant Bacteria, PTSD, Biodiversity Loss, & World Hunger

BIOMASS OF ALL THE LAND MAMMALS ON EARTH

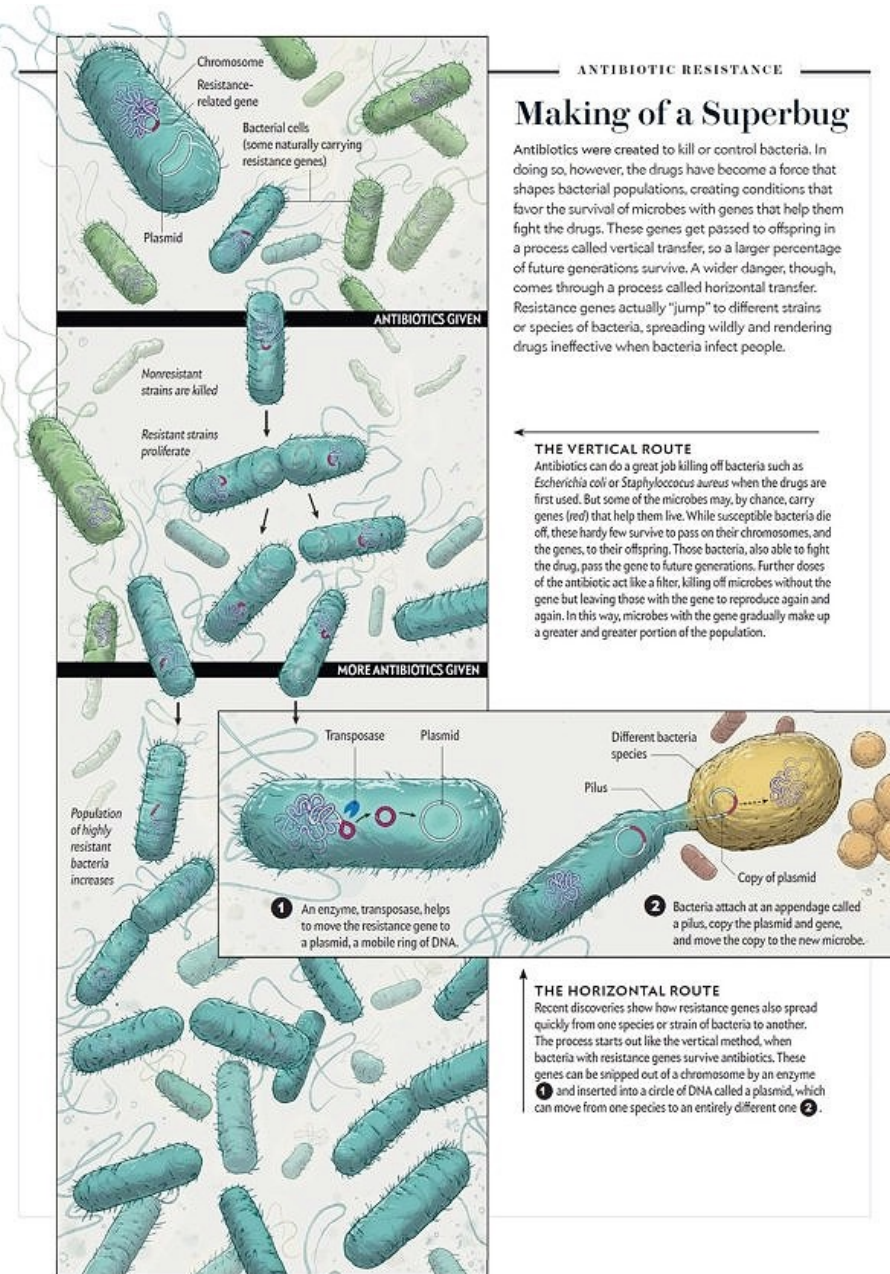
All the Wild Animals
That Still Exist



Source: Kalahari Lion Research, based on data from *Harvesting the Biosphere: What We Have Taken From Nature* (MIT Press, 2015) by Vaclav Smil.

How Drug-Resistant Bacteria Travel from the Farm to Your Table

<https://www.scientificamerican.com/article/how-drug-resistant-bacteria-travel-from-the-farm-to-your-table/>



Meat-eaters may speed worldwide species extinction, study warns

Why the Meat We Eat Is an Antibiotic-Resistance Threat



Humans just 0.01% of all life but have destroyed 83% of wild mammals - study

Of all the mammals on Earth, 96% are livestock and humans, only 4% are wild mammals

60%
are livestock

36%
are humans

4%
are wild mammals

70%
of birds are
chickens and
other poultry

30%
are wild

Guardian graphic.

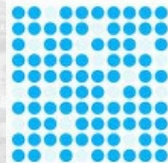
Since the rise of human "civilisation" 83% of wild mammals have been lost

83%

80%

50%

15%



of wild mammals



of marine mammals



of plants



of fish

Guardian graphic.

4% de mammifères sauvages, le reste n'est que nourriture

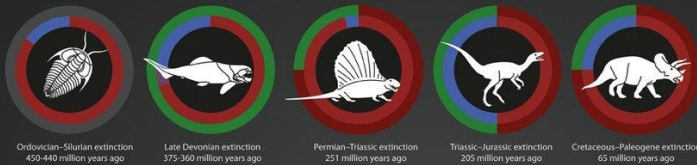
**Seulement 4% des mammifères sur Terre
sont des animaux sauvages (étude)**

Industrial farming is one of the worst crimes in history

Earth's sixth mass extinction event under way, scientists warn

WE ARE IN THE MIDST OF A 6TH MASS EXTINCTION

Made by Renée Kools



A mass extinction is the extinction of a large number of species within a relatively short period of geological time.

The Earth has known five great mass extinctions in the past that each wiped off 50 to 85% of the species that were alive at that time. Some of these events were preceded by a huge disaster, such as a meteorite hitting the surface of the Earth or a supervolcano erupting, while others were caused by the shifting of the continents.

But the sixth mass extinction isn't like the ones that killed the dinosaurs, this one is entirely man-made. If we continue the precedent we have set up to this point, this extinction event could be the fastest and one of the most devastating ones we have seen, yet.

WHY DOES THIS MATTER?

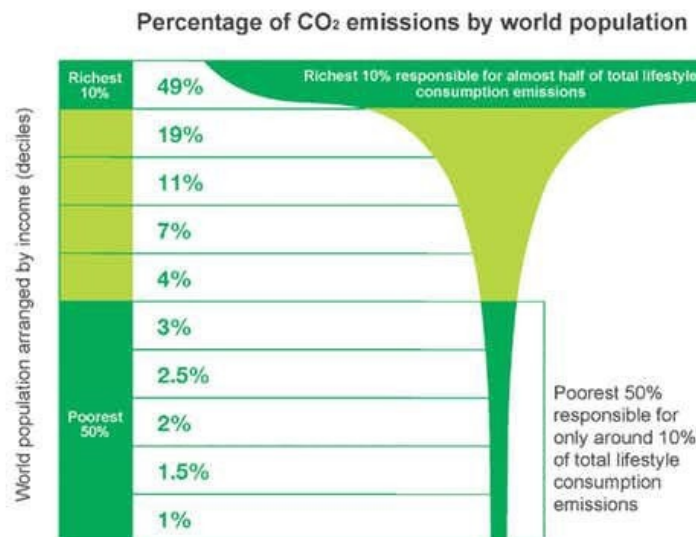
Ecosystems are fragile. Every animal, insect and plant species fulfills one or more invaluable roles to sustain the ecosystem it lives in. If one of those species goes extinct, the ecosystem needs time to adjust and restore. If several species go extinct in rapid succession, the consequences could be dire.

Ecosystems are valuable, and they provide us with resources and 'services' free of charge. For instance, the total economic value of pollination by insects worldwide was estimated to be \$200 billion in 2005.

We depend on ecosystems to survive. The environment provides us with clean air, fresh water, ores and fuel. It provides us with the fertile soil we need to build our crops. It regulates climate and functions as a natural buffer against floods and storms.

Emissions inequality: there is a gulf between global rich and poor global income deciles and associated lifestyle consumption emissions

Figure 1: Global income deciles and associated lifestyle consumption emissions



Source: Oxfam

Source: Oxfam, World's richest 10% produce half of carbon emissions while poorest 3.5 billion account for just a tenth.

Never mind CCTV in slaughterhouses we need to end the meat and dairy industry altogether Pigs 'burn from the inside out' in gas chambers: Why carbon dioxide is the meat industry's best-kept secret



Yann Arthus-Bertrand :

***"Tous les écolos devraient arrêter de manger de la viande,
car elle est en train de détruire la planète"***

You Can't Eat Meat and Be an Environmentalist. Period.

**Dietary greenhouse gas emissions of
meat-eaters, fish-eaters, vegetarians and/VS vegans in the UK**

Download .PDF

**Dead Zones in the Oceans Have Quadrupled Since 1950...
And It's Linked to Our Obsession With Meat**

'Boom and bust' cycle of deep-sea trawling unsustainable, study finds



vegatralala : le végétarisme expliqué aux petits
https://www.youtube.com/watch?v=K8AabhCU8_4

#JeSuisHermien

Nous sommes de plus en plus nombreux à être Hermien
La consommation de viande est appelée à terme à disparaître



**"Putain, un fœtus !"
le jour où Mauricio a claqué la porte de l'abattoir.**

Mauricio Garcia Pereira est devenu le lanceur d'alerte de sa profession. Cet ancien ouvrier des abattoirs de Limoges a dénoncé la mise à mort et la découpe de vaches alors même qu'elles sont à quelques jours de mettre bas – une pratique banale, quotidienne, légale. Intitulé **"Ma vie toute crue"**, le récit retrace les étapes de sa prise de conscience sur l'inhumanité de la filière viande.

Mauricio Garcia-Pereira est un ancien ouvrier à l'abattoir de Limoges, le plus grand de France. Après presque 7 ans à y avoir travaillé, il choisit de contacter l'association L214 pour révéler au grand jour et à visage découvert les conditions d'abattage des animaux. Le document vidéo ci-dessous d'une durée d'1h15, reflète son entretien entre lui et #ijhemDoe



<https://www.youtube.com/watch?v=2xUhbxyM0Yw>

**Dairy farmer-turned-vegan quit industry after becoming suicidal
Le suicide chez les agriculteurs (et particulièrement les éleveurs),
révélateur d'une profession en difficulté**

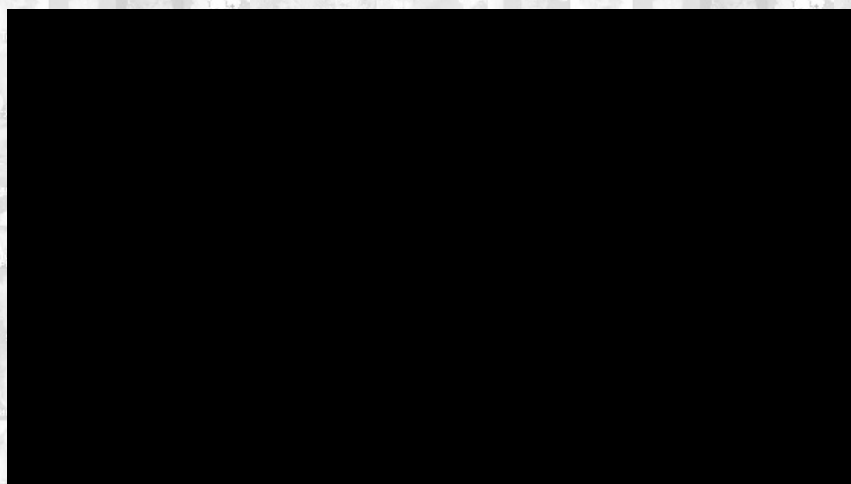
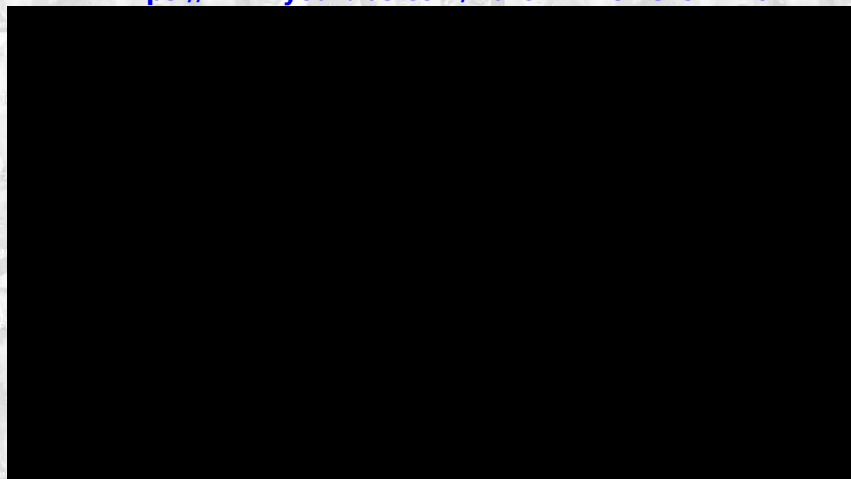
**'Suddenly the idea of putting something dead inside my body didn't feel right':
The butcher who turned vegan overnight**



Un monde meilleur par le véganisme ! - Thinkerview

(à 1h11) "le vegan qui roule en 4x4 est moins nuisible (mais nuisible tout de même par l'usage du 4x4) que n'importe quel carniste ; et le summum c'est évidemment le vegan à vélo." - Interview de Bruno Parmentier, économiste, ancien Directeur de l'École Supérieure d'Agriculture d'Angers - (petite coupure de son imprévue entre 2min et 2min10.)

<https://www.youtube.com/watch?v=I9VGz9Lrt70>



JIHEM DOE - JE SUIS MALCOLM



Is going vegan actually helping battle climate change ?

Recent studies by

the National Resource Defense Council and Oxford say Yes

<https://medium.com/the-mission/is-going-vegan-actually-helping-battle-climate-change-733d946b5226>



Oxford: Vegan-based diet could cut food-related carbon emissions by 60%

What if we all turned vegan by 2050 ? by Oxford University

via

WayBackMachine

Veganism is 'single biggest way' to reduce our environmental impact, study finds by University of Oxford



Veggie-based diets could save 8 million lives by 2050 and cut global warming by Oxford University

Quelles visions stratégiques des filières « Protéines », dans une France neutre en carbone en 2050 ?
by #ADEME #RépubliqueFrançaise

Les protéines végétales primaires initialement disponibles sur le territoire métropolitain s'élèvent à 17,7 millions de tonnes de protéines brutes, dont 1,3 million de tonne sera directement destinée à l'alimentation humaine (7,5 %) et 4,5 millions (25,2 %) aux exports. Les 11,9 millions de tonnes de protéines végétales restantes (67 %) serviront à l'alimentation animale, pour produire *in fine* 2,6 millions de tonnes de protéines animales, ce qui signifie **qu'il faut 4,9 tonnes de protéines végétales en moyenne pour produire 1 tonne de protéine animale.**

New Research Adds to the Evidence That a Plant-Based Diet is Better for the Environment

Here Are the Top 5 Foods Killing the Planet

According to the Natural Resources Defense Council, these are the five most climate-damaging foods : Beef, Lamb, Butter, Shellfish, Cheese
Notice what these all have in common? That's right: They're all animal products.

En ville, la surpopulation d'abeilles menace... les abeilles



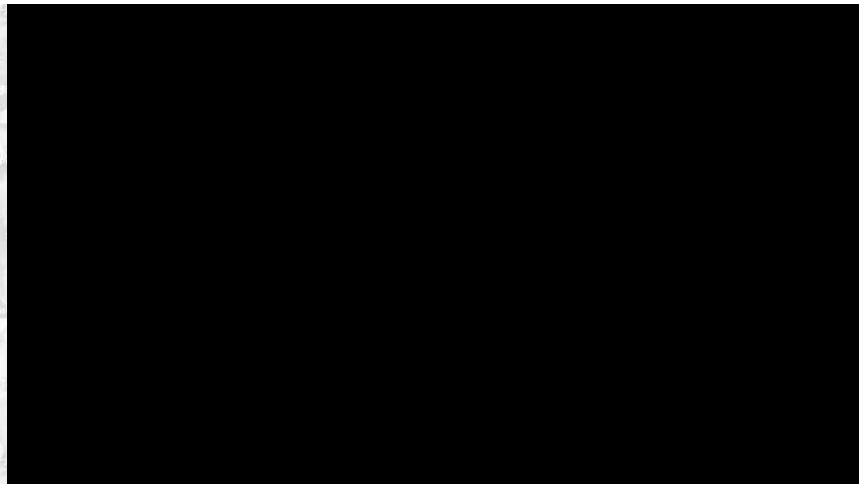
Abeilles domestiques et abeilles sauvages : la compétition des ressources



Plus sur le sujet [#miel](#) [#abeilles](#)

**Commercial honey bees harming B.C.'s wild pollinators,
Metro Vancouver told**





Pourquoi les vegans ne mangent pas de miel? (sous-titré)

#alternatives #honey #milks #oeufs #miel #laits

Making honey without bees and milk without cows

**Single Origin Food Co
is funding the rollout and product development of its
Vegan Un-Honey**

This Startup Raised \$1 Million to Make Honey That's Actually Vegan



**S'il y a 1 documentaire à visionner pour en savoir plus sur l'avenir
(et le retour) de notre espèce à l'alimentation vegan, c'est bien celui-ci, le plus récent !**

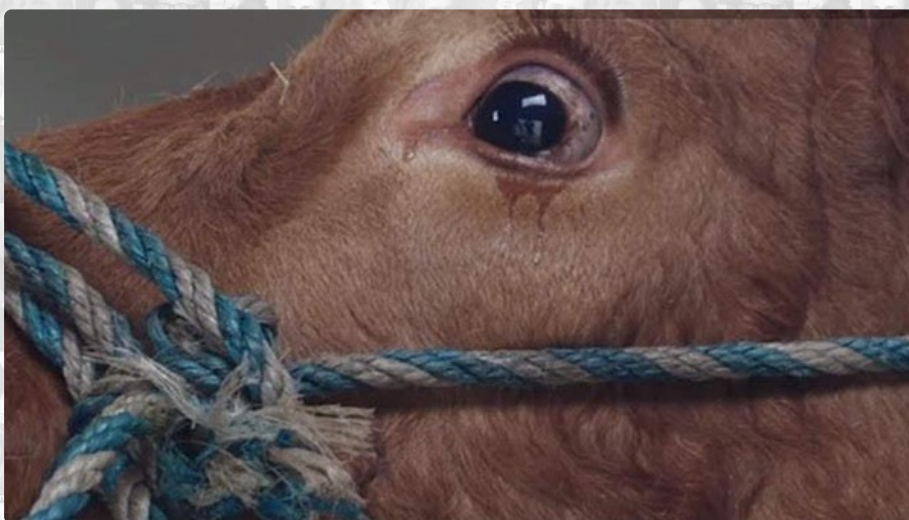
VEGAN 2017 - The Film



Wallonie:
un permis sera désormais nécessaire pour détenir un animal

**When you've been inside too
long and you just need to
get back in nature.**

@ThirdEyeThoughts



L'image des bouchers (XIIIe-XXe siècle)
La recherche de l'honorabilité, entre fierté communautaire et occultation du sang

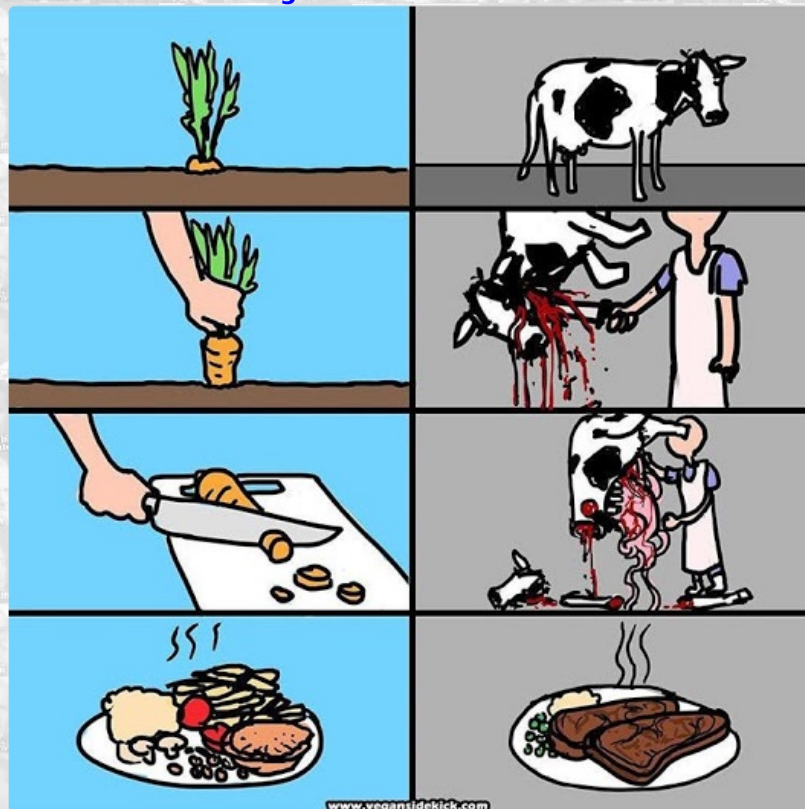


Par Sylvain Leteux, université de Poitiers
Abattoir, Boucherie, Costume, Euphémisation, Identité professionnelle .pdf

Aux origines des charcuteries industrielles

L'ouvrage de G. Coudray, intitulé *Cochonneries. Comment la charcuterie est devenue un poison*, part en effet du classement des charcuteries comme « *cancérogène certain* » par le Centre international de recherche sur le cancer (CIRC) en 2015. Suite à la monographie du CIRC, produit d'une vaste synthèse de la littérature internationale, l'ANSES recommande aux adultes de ne pas consommer plus de 25 grammes de charcuteries par jour - soit bien moins que n'en mange la majorité des Français.

Veganism is SO extreme



<http://www.vegansidekick.com>

**IF YOU THINK
VEGANS ARE LOUD,
LISTEN TO THE
SCREAMS IN THE
SLAUGHTERHOUSE**

"I don't understand why anyone
would want to go Vegan"

—
"I could never go Vegan"

—
Now replace the words
"go Vegan" with "**stop killing animals**"
and then repeat that statement .

Sounds like a pretty
stupid statement now,
doesn't it?



CARNIST APOLOGETICS

CARNIST



You shouldn't judge me. I live my life the way I want, and you live yours the way you want. We all make our own personal choices, and what I do doesn't affect you in any way. What's so hard to understand? Therefore, you should stop condemning me, and just let me do what I want.

CHILD MOLESTER



What he said.

PERSONAL CHOICE

Hmm, devrais-je porter le pantalon bleu ou noir ?



Hmm, should I wear the blue or the black trousers?

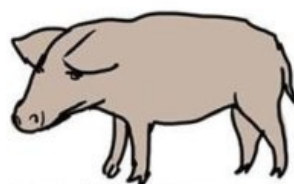


NOT A PERSONAL CHOICE

Hmm, devrais-je tuer cet animal ou manger autre chose ?



Hmm, should I stab this animal or eat something else?



www.vegansidekick.com



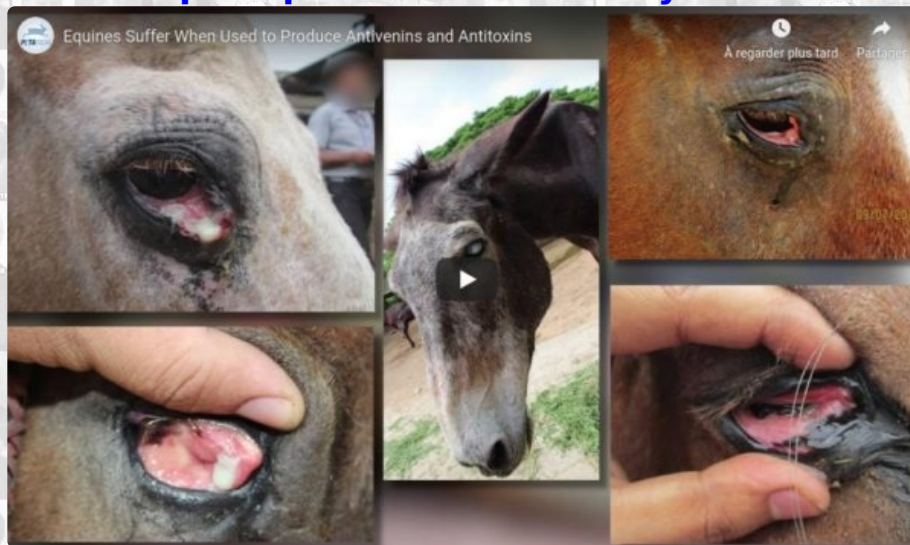
**Des Juments saignées aux quatre veines
pour l'#élevage français**



**#FermesÀsang #bloodfarms
#chevaux #horses #ânes #donkeys**



Help Stop Horse and Donkey Abuse

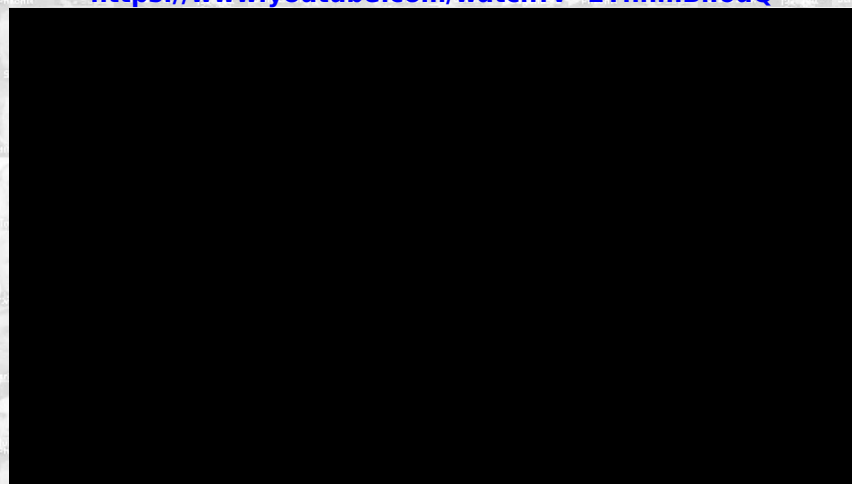


<https://www.youtube.com/watch?v=UcP0HYcd1YU>



Drugs, Breakdowns, Death: Horse Racing Is a Bad Bet

<https://www.youtube.com/watch?v=2YhbmBli6uQ>



#BadBet #betsonanimals #pmu #boycott

**📌 #vivisection et expérimentations animales
ne sont plus nécessaire**

message de soutien de Nelson Monfort au comité scientifique ProAnima

<http://www.proanima.fr/les-alternatives/>



<http://www.dailymotion.com/video/xis51e>

New EPA Policy Will Stop Painful LD50 Skin Test

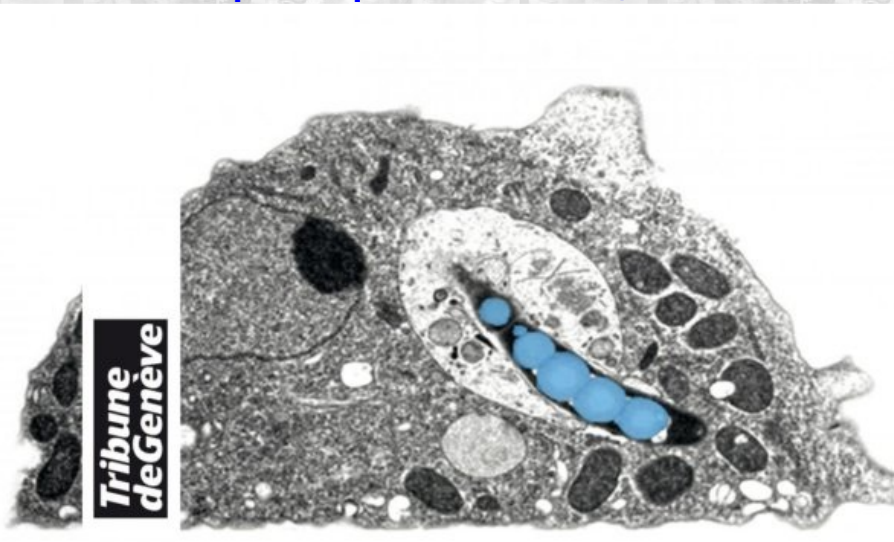
Mass Killing of Lab Animals During Pandemic

Calls into Question Necessity and Cost of Animal Models

Alternatives to animal testing

Une bouffée d'espoir : un modèle alvéolaire de poumon 3-D inédit qui épargne les animaux

Des amibes plutôt que des animaux, au laboratoire



Ten reasons why we should turn our backs on animal testing

It's Time to Move on From Nonhuman Animal Models

600.000 animaux "cruellement sacrifiés" chaque année:
des militants devant l'Université de Namur
pour dénoncer l'expérimentation animale #ASBL #SEA

California Moves to Ban All School Dissection

Problems with Animal Research

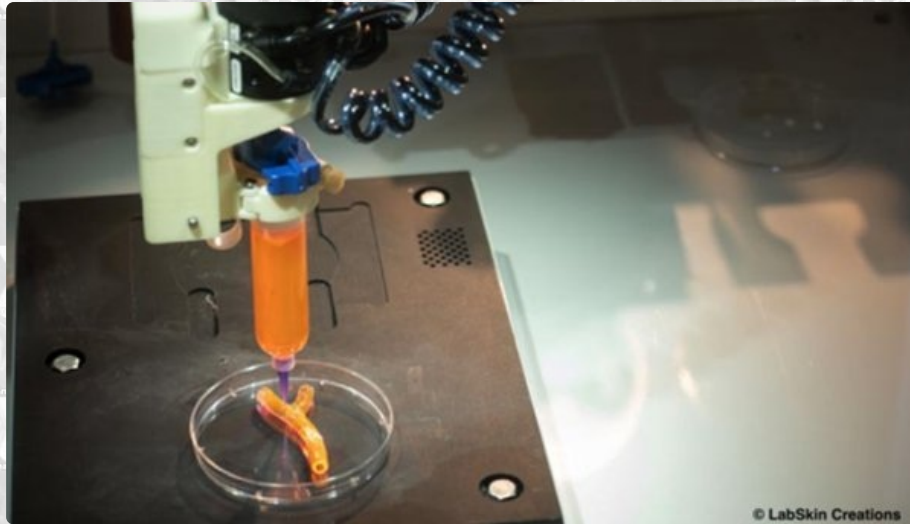
Could animal testing soon be abolished
by advances in computerised toxicology ?

Se passer de l'expérimentation animale,
c'est possible !

Des chercheurs américains viennent d'utiliser avec succès
une méthode reconnue comme alternative à la vivisection,
30millionsdamis.fr fait le point.

Une IA va permettre de
supprimer les tests sur les animaux

LabSkin Creations utilise la bio-impression pour réaliser des modèles de peau complexes



Exclu : la Chine donne son feu vert à de nouveaux tests sans animaux pour les cosmétiques

Des Israéliens créent un médicament contre le cancer, sans tests sur les animaux

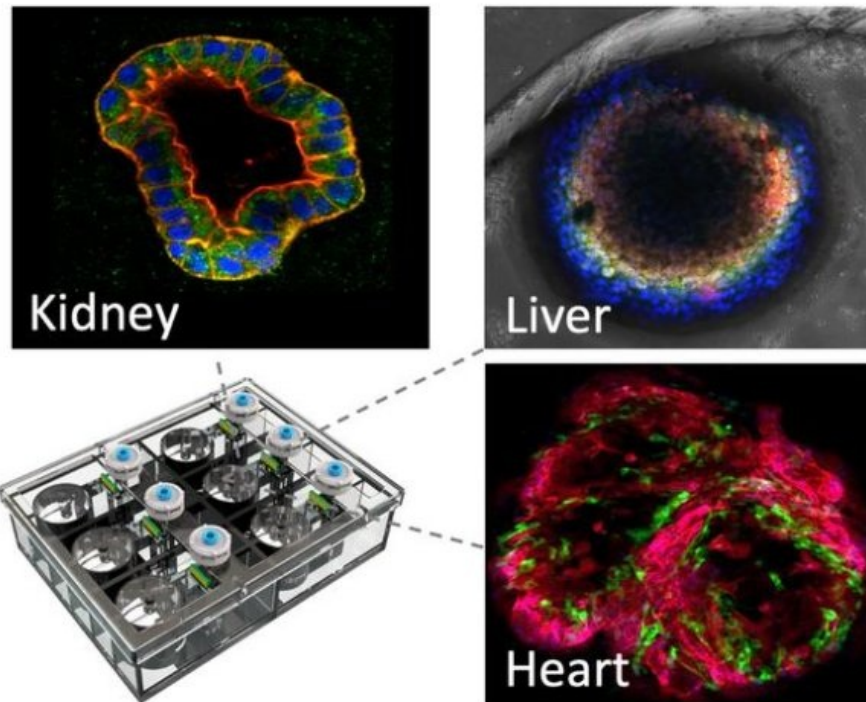


Illustration de la puce du « simulateur humain » fournissant des données sur la façon dont le rein, le foie et le cœur réagiraient à un médicament. (Autorisation de l'Université hébraïque)

India pushes for alternatives to animals in biomedical research

Les Droits des Animaux : L'Approche Abolitionniste

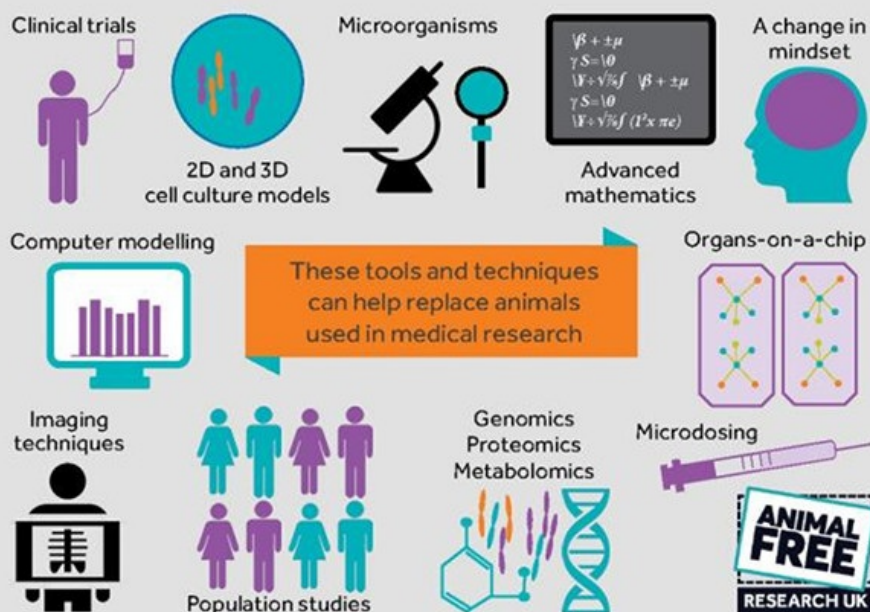
	A	B	C	D	E
TRAITS					
SENTIENCE	✓	✓	✓	✗	✗
NERVOUS SYSTEM	✓	✓	✓	✗	✗
ABILITY TO FEEL PAIN	✓	✓	✓	✗	✗
ABILITY TO SUFFER	✓	✓	✓	✗	✗
SOCIAL CONNECTIONS	✓	✓	✓	✗	✗
DESIRE TO LIVE	✓	✓	✓	✗	✗
BASIC EMOTIONS (LOVE, FEAR, SORROW)	✓	✓	✓	✗	✗
If you justify killing B & C by comparing their death to D & E then dont feel offended when someone compares the death of A with B & C					

Les animaux sacrifiés ne vous sauveront pas du cancer



André Ménache, conseiller scientifique chez Antidote Europe

Des alternatives à la #vivisection par Animal Free Research UK



Dix mensonges sur l'expérimentation animale

<http://antidote-europe.org/public/experimentation-animale-10-mensonges.pdf>

Les chiffres de l'expérimentation animale en France

Go Behind the Scenes at PETA With Our New Podcast

Frances Power Cobbe

<https://sheroesofhistory.wordpress.com/2014/11/27/frances-power-cobbe/>



Vegan Feminist History



The 18th-Century Quaker Dwarf Who Challenged #Slavery,
Meat-Eating, and #Racism



Here's What Philosophers Have to Say About Eating Meat

450 philosophes pour la fin de l'exploitation animale(en France, une quinzaine de signataires) #L214

Épicuriste, Pythagoricien, végétarien, vegan, légumiste...
les personnalités célèbres
Wikipédia index #1 index #2

The Real Story of Rosa Parks What You Learned in School Is Wrong

Une végétarienne contre le mouvement de ségrégation à Montgomery, Alabama



Rosa Parks' decision to disobey that fateful day was inspired and, in fact, modeled after a 15-year-old hero named *Claudette Colvin*.

Rosa Parks Was Vegetarian!

#118 - Pour en finir avec le véganisme blanc
#Bouffons



Bouffons
#118 - Pour en finir avec le véganisme blanc

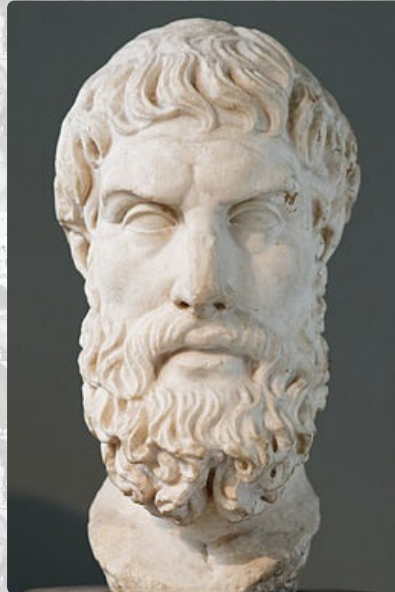
ART19

SHARE SUBSCRIBE DOWNLOAD DESCRIPTION

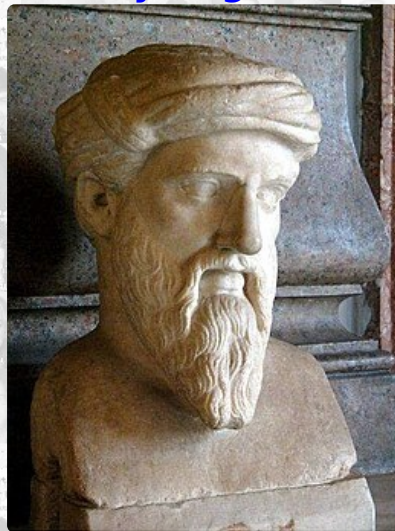


14:43 / 41:21

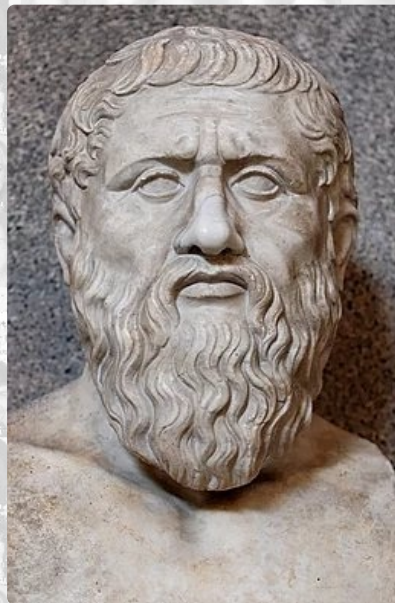
Épicure



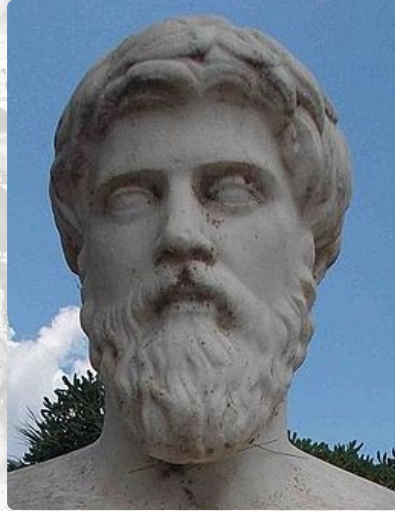
Pythagore



Platon



Plutarque



<http://www.tribunal-animal.com/consciences/passees/plutarque/>

Ovide



Citations

"Mieux vaut une portion de légumes avec l'affection qu'un boeuf gras avec la haine." La Bible

John Harvey Kellogg, médecin et chirurgien américain, inventeur des Corn Flakes. ... 'l'âge de 24 ans. Il prône une nouvelle hygiène de vie, basée sur la consommation de fruits et légumes.

Charles Darwin (1809-1882)

Darwin wrote:

"The grading of forms, organic functions, customs and diets showed in an evident way that the normal food of man is vegetable like the anthropoids and apes and that our canine teeth are less developed than theirs and that we are not destined to compete with wild beasts or carnivorous animals."

In his book *The Origin of Man* he tells us:

"Although we know nothing for certain about the time or place that man shed the thick hair that covered him, with much probability of being right we could say that he must have lived in a warm country where conditions were favourable to the frugivorous way of life which, to judge from analogies, must have been the way man lived."

From an article in the Souvenir book of the 1957 IVU Congress in India: All these examples show us that the common and persistent fallacy that one must eat flesh in order to be strong has no foundation in fact; indeed the exact contrary is true, Charles Darwin remarked in one of his letters:

"The most extraordinary workers I ever saw, the labourers in the mines of Chili, live exclusively on vegetable food, including many seeds of leguminous plants." Of the same miners Sri Francis Head writes: "It is usual for the copper miners of Central Chilli to carry loads of ore of two hundred pounds weight up eighty perpendicular yards twelve times a day; and their diet is entirely vegetarian - a breakfast of figs and small loaves of bread, a dinner of boiled beans, and a supper of roasted wheat."

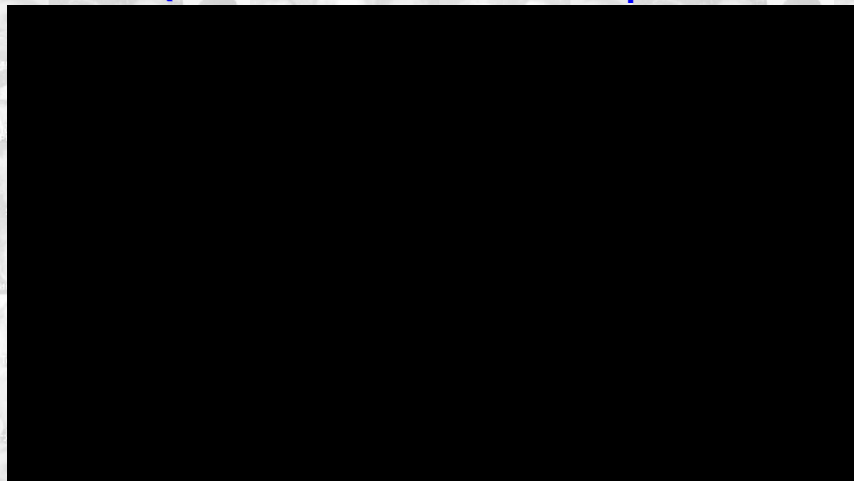
**Pourquoi le véganisme n'est pas un extrémisme,
ou les mots d'une infinie sagesse**



**Quand Le Figaro faisait l'éloge,
et bien plus encore,
du végétalisme en 1906 !,**



UTQC #2 - Les animaux dans la publicité



**Manipulation et désinformation,
ou quand la chaîne de télévision
#TF1 tente de sauver son bifteak ;)**

**Décryptage d'un outil
au service de l'exploitation animale
par Axelle Playoust**

Je Suis une pub spéciste - #Publispécisme #CarnoSexisme

The truth behind words serving the #MeatMyth and its #newspeak #marketing



DOMINATION GAMES
A new HumaneMyth essay

Coming to terms with a culture of power abuse in the institutional animal advocacy movement

Ex animal ag people created this site <http://humanemyth.org>

**Cirques de France
voeux-communes pour des cirques sans animaux**

**SAY
NO
TO ANIMALS
IN CIRCUSES**



Germany's Last Fur Farmer Closes Business

📖 #definitions

végétarien - contrairement à l'idée reçue - ne signifie pas consommer aussi des oeufs, laitages et autre miel - ça c'est ovo-lacto-pseudo-végétarien - mais **"Régime alimentaire consistant dans l'usage exclusif des végétaux."** via @academie_fr - <https://www.dictionnaire-academie.fr/article/A8V0165>



végétalisme = véganisme

WHAT'S THE DEFINITION OF VEGAN? IS IT A DIET OR A LIFESTYLE?

Homo Sapiens est un animal omnivore-végétarien ou zoophage

Un carnassier ou carnivore est un être vivant dont le régime alimentaire est basé sur la consommation de chairs ou de tissus d'animaux vivants ou morts

charognard : qui se nourrit d'animaux déjà morts sans qu'il les ait tués lui-même.

Le parasitisme est une relation biologique entre deux êtres vivants et où un des protagonistes (le parasite) tire profit (en se nourrissant, en s'abritant ou en se reproduisant) aux dépens de l'autre (l'hôte)

**Peter Singer
Altruisme Efficace - Antispécisme**

////////////////////////////////////



Obsédés par les protéines, nous surpassons souvent notre besoin quotidien et cela, sans toujours savoir ce qu'est réellement une #protéine. Anne-Marie Roy, diététicienne et nutritionniste à la Clinique Renversante.

Le coup des protéines (ou la flemme de s'informer) : *Certains mythes concernant les protéines végétales sont notamment le fait qu'elles seraient incomplètes (dans le sens où elles manqueraient d'un acide aminé spécifique), qu'elles nécessiteraient d'être combinées dans un seul repas (car comme celles d'origines animales leurs SCCD n'est pas tout le temps de 1), qu'elles ne seraient pas bien digérées etc... Cependant, bien que les végétaliens ont moins de carences (et d'excès) nutritionnelles que les omnivores (zoophages), sauf quelques plantes ou produits végétaux fermentés ou fortifiés en B12, peu fournissent de la vitamine B12 (une complémentation végane est possible).* **#B12**

Plant Proteins and Meat Proteins : What's the difference ? (none)

VIANDE

En ancien français (comme dans les autres langues d'ailleurs), « viande » signifiait plutôt « nourriture », vivenda signifiant en latin « ce qui sert à la vie » ; la viande en tant que « chair animale » était désignée par un mot de la même famille, la CARNE.

définitions en vidéo

éthique animale - 📌 #spécisme - élevage industriel - similarités aux animaux



📌 #the_meat_myth

The Myth of Humane Meat

The Myth of Humane Meat

Neanderthals carb loaded, helping grow their big brains



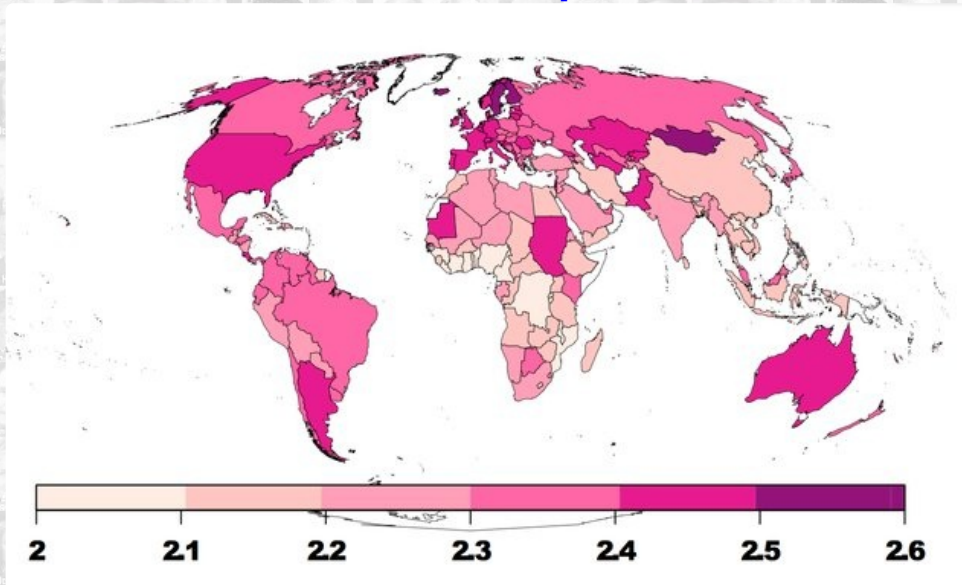
An illustration of Neanderthals in Spain shows them preparing to eat plants and mushrooms. 2021

Some Neanderthals Were Vegetarian — And They Likely Kissed Our Human Ancestors



An illustration of Neanderthals in Spain shows them preparing to eat plants and mushrooms. 2017

Humans Aren't Top Predators



Where Do Humans Really Rank on the Food Chain ?

<https://www.smithsonianmag.com/science-nature/where-do-humans-really-rank-on-the-food-chain-180948053/>

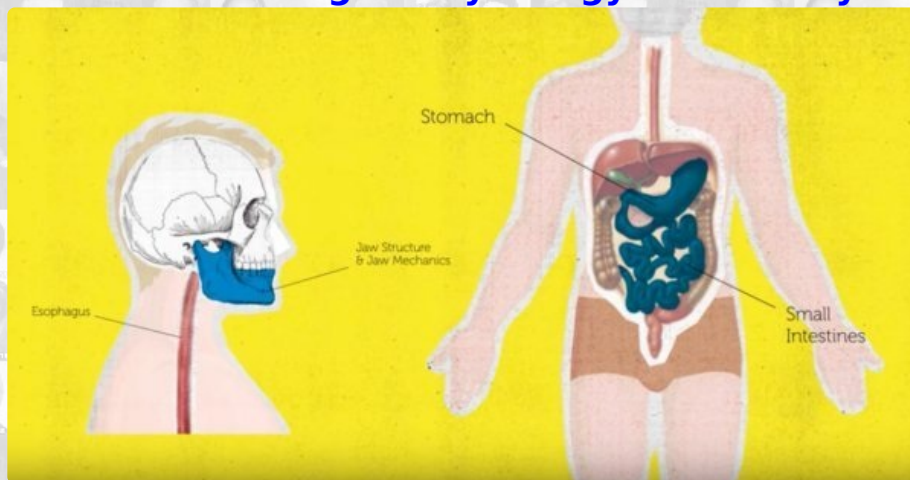
"We're not at the top, but towards the middle, at a level similar to pigs and anchovies"

Eating up the world's food web and the human trophic level

Significance

Here we combine ecological theory, demography, and socio-economics to calculate the human trophic level (HTL) and position humans in the context of the food web. Trophic levels are a measure of diet composition and are a basic metric in ecology, but have never been calculated for humans. In the global food web, we discover that humans are similar to anchovy or pigs and cannot be considered apex predators. In addition, we show that, although countries have diverse diets, there are just five major groups of countries with similar dietary trends. We find significant links between HTL and important World Bank development indicators, giving insights into the relationship between socio-economic, environmental, and health conditions and changing dietary patterns.

Doctor Explains How Humans Have A "Strict" Vegan Physiology & Anatomy



When you actually look at the way our digestive systems are constructed, we have the anatomy and the physiology of a strict plant eater or herbivore.

Another Study Suggests That Humans Are Not 'Designed' To Eat Meat



Les humains sont-ils censés manger de la viande chair ?

De nombreuses études ont montré que la viande n'est pas idéale pour le corps humain et peut même nous rendre malades et nous tuer. Le corps humain est conçu pour se nourrir d'aliments d'origine végétale riches en fibres, en antioxydants, en gras insaturés, en acides gras essentiels, en composés phytochimiques et en protéines sans cholestérol. Prenez une décision emplies de compassion pour les animaux et pour votre corps ➡ devenez végétarien

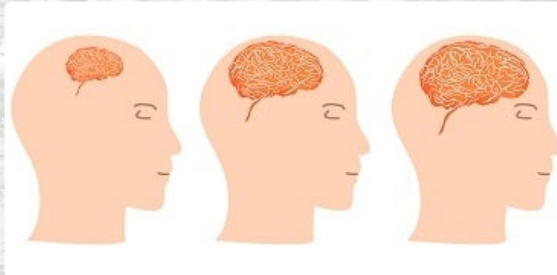


Starchy carbs, not a Paleo diet, advanced the human race



<https://sydney.edu.au/news-opinion/news/2015/08/10/starchy-carbs--not-a-paleo-diet--advanced-the-human-race.html>

Did Starch Double Early Human Brain Size ?

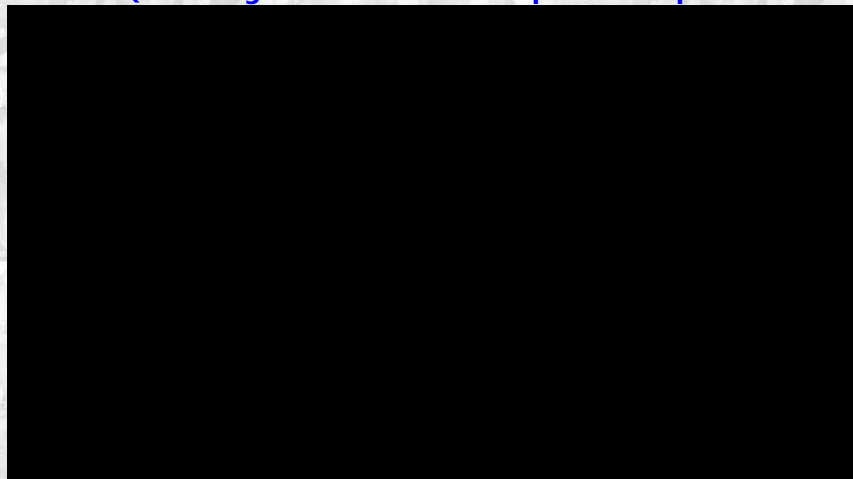


<http://lifespa.com/starch-double-early-human-brain-size/>

The Importance of Dietary Carbohydrate in Human Evolution

<https://www.ncbi.nlm.nih.gov/m/pubmed/26591850/>

Que mangeaient les Hommes préhistoriques ?



Pascal Picq

"La cuisson nous a donné un cerveau plus gros"

et

"Le double rôle des fruits dans l'évolution des primates"

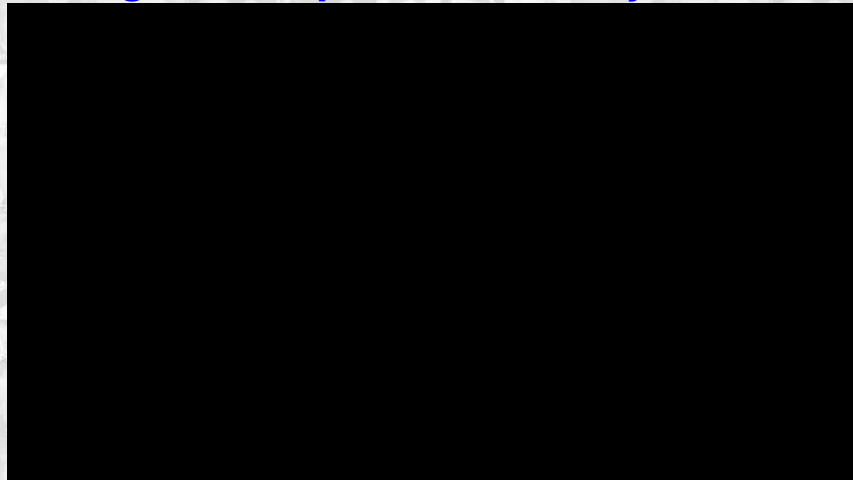
Les hommes préhistoriques et la viande

Shattering The Meat Myth : Humans Are Natural Vegetarians

Les humains ont chassé les plus grands animaux jusqu'à leur extinction pendant 1,5 million d'années



Vegan de la préhistoire à aujourd'hui



Vivre sans exploiter les animaux

Donald Watson n'a pas inventé le végétarisme, mais il lui a donné la possibilité d'exister à nouveau dans sa forme originelle. Le processus de remploi et de simplification du mot *vegetarian* ressemble trop au besoin d'être juste pour que la démarche de Donald Watson n'ait été que le fruit d'une maturation sociétale, ou la manifestation inconsciente d'une revendication identitaire. Bien souvent, le véganisme consiste à appliquer ce même processus d'ajustement, mais à d'autres fins que le seul vocabulaire. Il s'agit d'essayer de vivre en accord avec sa conscience parmi une humanité qui n'a pas encore eu la possibilité de comprendre que cette cause pouvait la grandir.

L'étude terminologique rapportée semble précise et bien référencée. Il ne s'agit donc pas de faire débat, mais de rendre compte de l'origine des mots qui désignent nos comportements de consommation. Cela nous permet entre autres de mieux comprendre la façon dont nous les utilisons aujourd'hui, car nombre de ces informations sont publiées en anglais. Une série de conférences sur la façon dont les véganes ont inventé le végétarisme au XIX^e siècle a débuté à travers le monde...



Constantin Imbs

**The whole history of a semantic sliding #newspeak
the #VegetarianSociety VS #Donald_Watson**

Vegans In Ancient Times The History of Veganism Part One

<https://www.youtube.com/watch?v=BXIR8if5hok>



Vegans In The Middle Ages The History of Veganism Part Two

<https://www.youtube.com/watch?v=wbFV5sbScFo>

Posted by a/SuffolkDumpling 22 hours ago 10.8k Japanese Samurai Archer, 1870 [629x952]



143 Comments Share Save Hide Report

98% Upvoted

Log in or sign up to leave a comment

LOG IN

SIGN UP

SORT BY BEST

View discussions in 4 other communities

With the introduction of Buddhism in Japan in the late 6th century, meat became less relied on and the consumption of it gradually became generally illegal.

**la viande : cet énorme mensonge
de l'industrie agroalimentaire**

Petite histoire de l'élevage industriel

Yves Paccalet

"L'humanité disparaîtra, bon débarras" - Archive RIM

#comicstrip

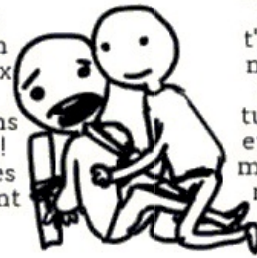


Les lions
tuent pour
survivre! Tu
peux manger
n'importe
quoi d'autre!



J'ai besoin des
protéines, ne
me fais pas
passer pour
un monstre
juste parce
que j'ai pas le
même avis
que toi.

Ce n'est pas
une question
d'avis, tu peux
avoir tes
protéines dans
les végétaux!
Tu t'en fiches
complètement
de moi?



Comment peux-
tu dire ça? Je
t'aime bien. Ce
n'est pas parce
que je vais te
tuer, t'éventrer
et te couper les
membres que je
ne t'aime pas.

www.vegansidekick.com

Mais ça n'a
aucun sens!
S'il te plaît,
si tu
m'aimes
bien, ne me
tue pas!



Chuuut...



Tu es trop violent
dans ta façon de
défendre ta cause.
Si tu avais été plus
ouvert, peut-être
que j'aurais écouté
donc c'est de ta
faute.

www.vegansidekick.com

INSOLENT VEGGIE

www.insolente-veggie.com aka Rosa B.

#humour 🐾

**I DON'T ALWAYS TELL
PEOPLE I'M VEGAN**



**BUT WHEN I DO THEY TURN
INTO EVOLUTIONARY ANTHROPOLOGISTS,
NUTRITIONISTS, PLANT ADVOCATES,
THEOLOGIANs, AND LIONS.**

imgflip.com



Cherry Pie



Apple Pie



Pumpkin Pie

The vegan girl
reading this

Cutie Pie

Mangeur de Cadavres

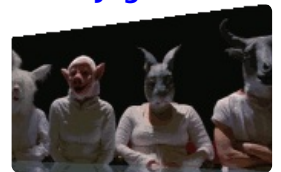


documentaire qui vous
replace
dans la chaîne-
alimentaire

Parents, Enfants, Végétaliens

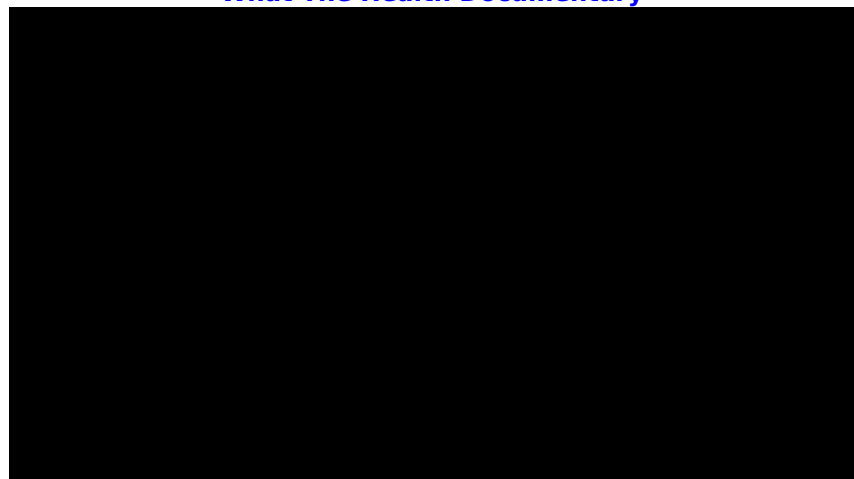


Le Jugement



court-métrage
artistique
pour la cause animale

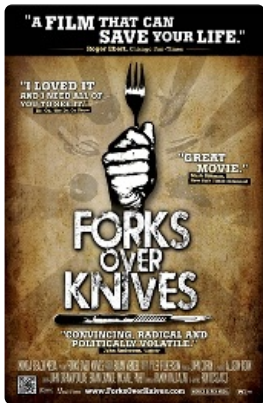
What The Health Documentary



court-métrage où les bourreaux et les victimes inversent les rôles



!/\\ images difficiles - **Holocaust** - a realistic look into Slaughterhouses

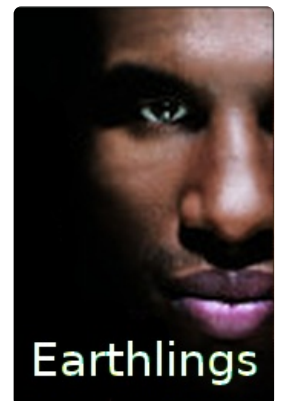


Forks Over Knives
subtitles.srt



73 Cows (stfr)

#breeders #reconversion #recovery #peacefulness #ethic



Earthlings (stfr)

#animalsconsciousness

#Zoopharmacognosie, la médecine des animaux - source d'inspiration

Élise Huchard - Repenser la frontière homme-animal : vers la chute du mur ? - Agora Des Savoirs

L'insupportable hiérarchie des espèces Apéros Sceptique - Cerveille d'oiseau

What beings are conscious ?



Animal Ethics

*Vertebrates and many invertebrates are conscious ;
Insects and other arthropods ; Bivalves and other beings that
have centralized nervous systems with ganglia*

#conscience #sentience #neurones #nocicepteurs

Les insectes souffrent-ils ?

What insects can tell us about the origins of consciousness

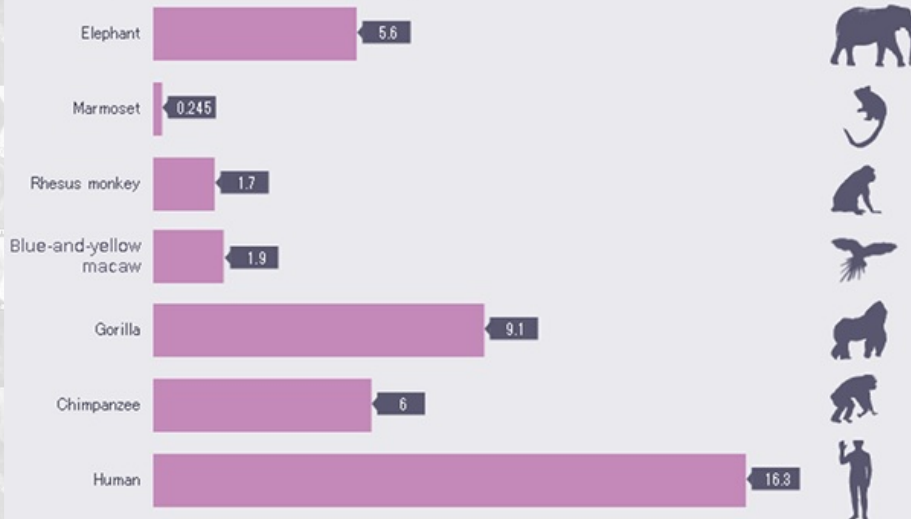
Thwack! Insects feel chronic pain after injury

Insects have the capacity for subjective experience
(it's a download .pdf)

Les insectes seront-ils réellement la nourriture du futur ?

List of animals by number of neurons

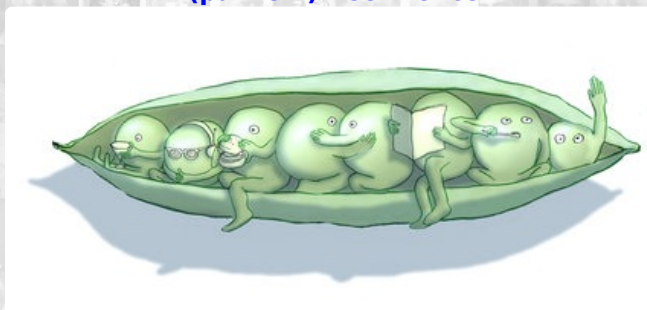
Cerebral cortex neurons (billions)



Sources: Suzana Herculano-Houzel; Marino, L. Brain Behav Evol 1998;51:230-238

Du cri de la carotte à l'éthique végétale

L'éthique végétale, ou comment animaliser les plantes pour mieux subordonner les animaux (partie 1) #sentience



The Hearts and Minds of Animals: A Discussion with Dr. Marc Bekoff

Animals are conscious and should be treated as such

After 2,500 Studies,
It's Time to Declare Animal Sentience Proven (Op-Ed)
<http://fcmconference.org/img/CambridgeDeclarationOnConsciousness.pdf>

Humans and animals Recognize Emotions
in Different each others's Calls

Les singes ont aussi eu leur âge de pierre



Un changement de paradigme Les cultures animales en voie de reconnaissance

L'existence des cultures animales est officiellement reconnue

Ce que révèle le grand tabou des émotions animales

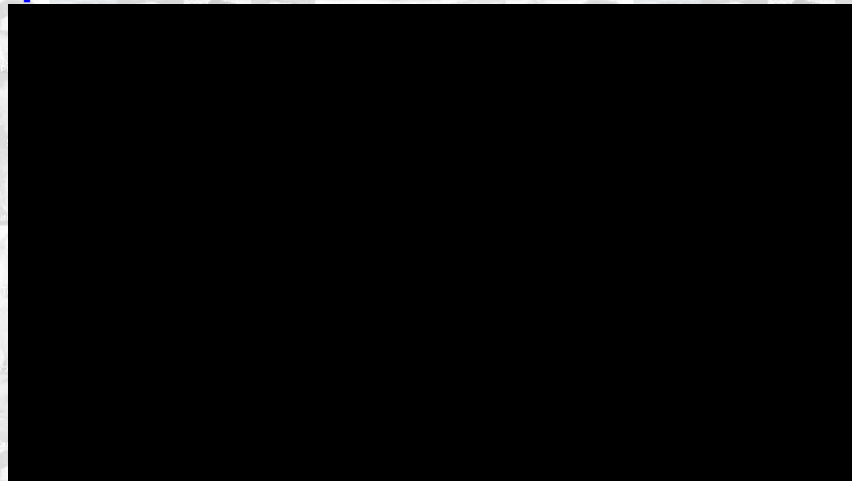
**Des neuroscientifiques reconnaissent
la conscience des mammifères et des oiseaux**

Cows: Science Shows They're Bright and Emotional Individuals

Les dauphins auraient des conversations "comme les humains"

C'est prouvé : les Poissons ont des sentiments

Les épinoches font elles des demandes en mariage ?



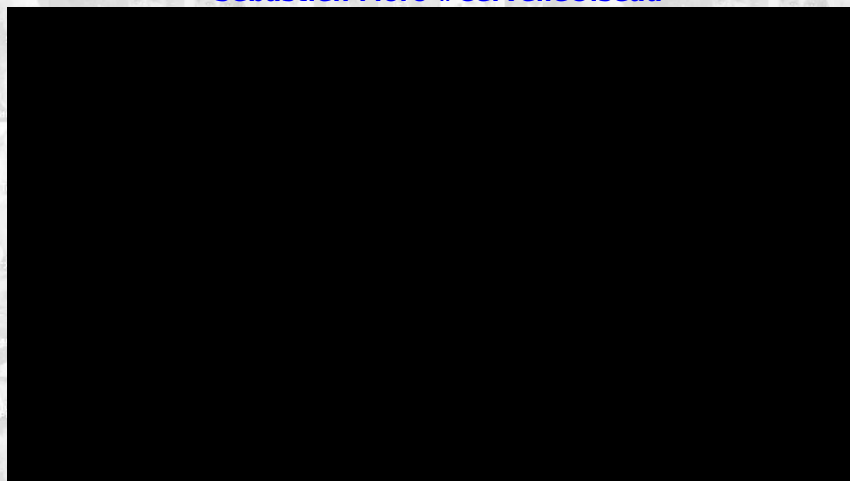
Fishes Have Feelings, Too

Five ways fish are more like humans than you realise



Breakups really suck, even if you're a fish

Qui sont les poissons ?
Sébastien Moro #CerveilleOiseau



Que savons-nous de l'intelligence animale ?
Sébastien Moro #CerveilleOiseau



Fish are not office decorations

French pet care firm stops selling fish bowls - they drive fish mad

Video shows first tool use by a fish

#arts



De l'art végétal c'est possible !
Fournitures végétales - liste de marques
#peinture #pinceaux
Listes fournitures beaux-arts végétales
The Search for the Vegan Violin

Hot hide glue:
animal
by-products



Gut strings:
animal
intestines



Bow eye:
abalone
shell



Bow tip:
ivory



Bow hair:
horse tail

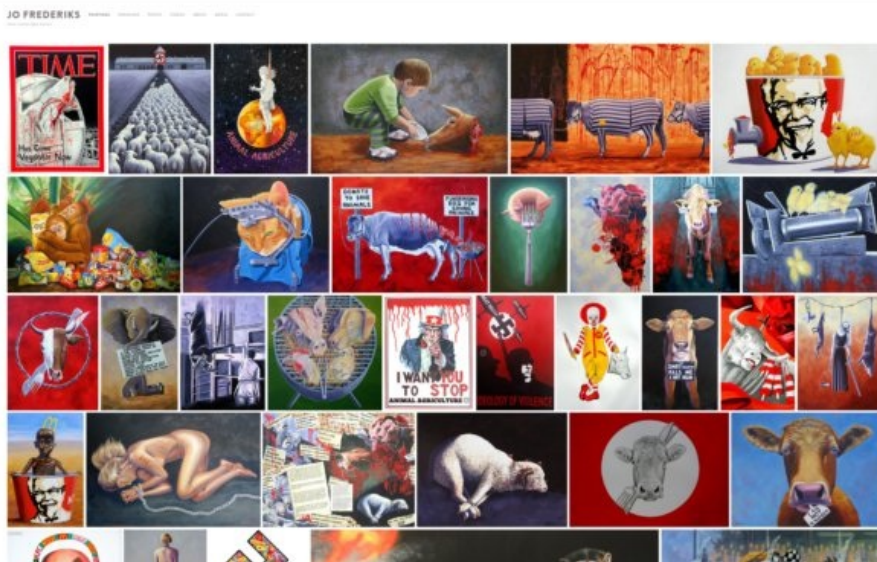


Thumb grip:
tanned hide



#musique #archet

JO FREDERIKS artist | animal rights activist



**C'est probablement vous jusqu'à aujourd'hui n'est-ce pas,
vous êtes spéciste ?**

Voyez aussi les très bons documentaires suivants :

COWSPIRACY

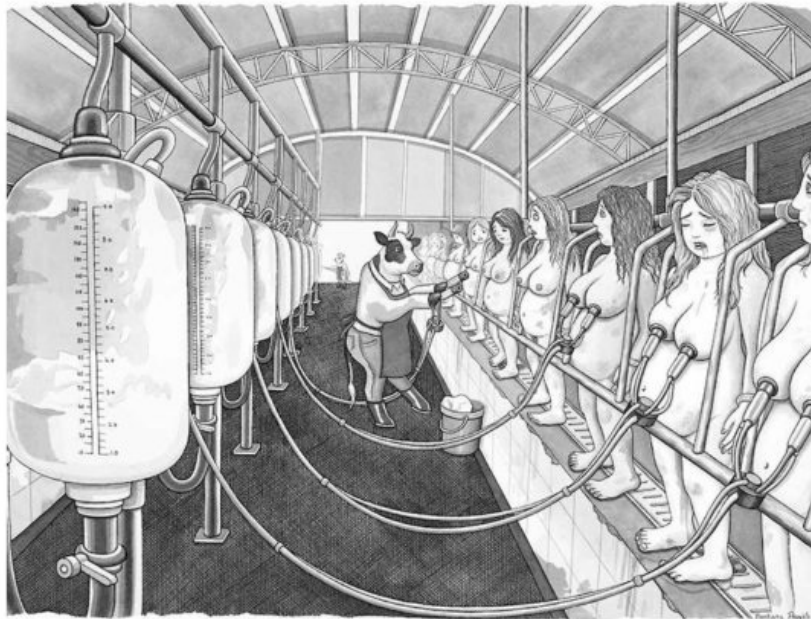


SEASPIRACY

From The Ground Up (trailer)

Nous Resterons Sur Terre
L'humain, un « insoutenable » superprédateur

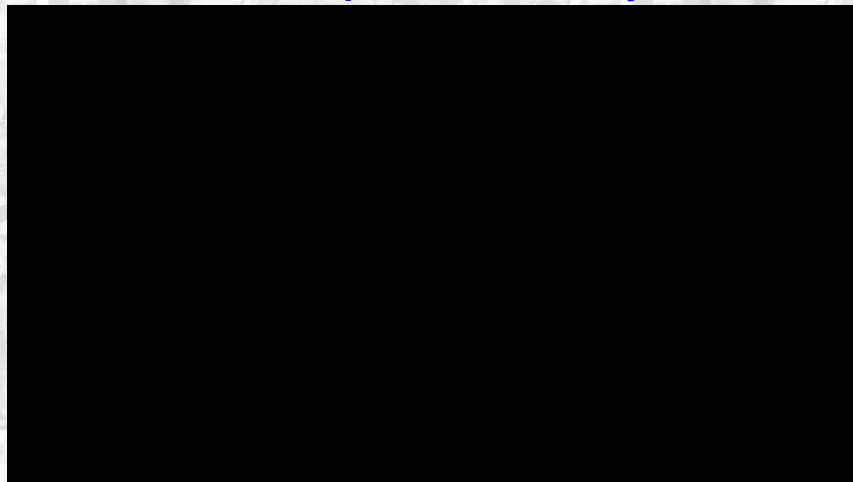
#violence



Copyright © 2015 Barbara Daniels Art

Dominion over Man

Pen and Ink on Watercolour Paper since 2015, by Barbara Daniels



D'une violence à l'autre

**La cruauté envers les animaux est-elle
synonyme de violences envers les humains ?**

"Un faisceau d'indices concordants semble indiquer que les individus violents envers les animaux ont tendance à l'être envers les êtres humains."

Bestiality: the basics #bestiality #zoophilia #zoosexuality

Antisocial personality traits transcend species.

Valuing humans over animals - Gender differences in meat-eating behavior and the role of the Dark Triad

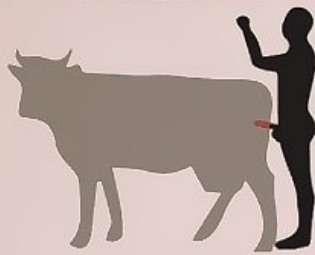
Diet, authoritarianism, social dominance orientation, and predisposition to prejudice Results of a German survey

The Meat Industry's Bestiality Problem

Guide to animal rights "What to do and not to do with animals"

2014
EDITION

Illegal



Sexual intercourse

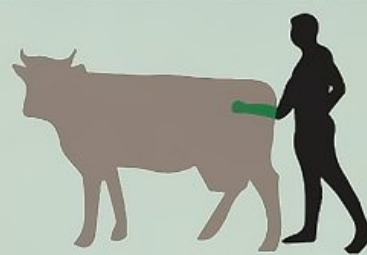


Blowjob



Bondage

Legal



Insemination



Castration without anaesthesia



Caging

© 2014 petik.dk

Tak til Sparringsgruppen og Ichiban

Posted in r/vegancirclejerk



The Link: Cruelty to Animals and Violence Towards People,

MICHIGAN STATE UNIVERSITY College of Law
ANIMAL LEGAL & HISTORICAL **CENTER**

by Michigan State University College of Law

**Discriminations et violences
contre les végétariens et les végétaliens,
par Gordon Hodson.**

**"Est-ce que votre nourriture est
le résultat d'un viol ?"**

**Des femmes expliquent ce que peuvent ressentir les animaux violés dans
l'industrie alimentaire**

**FEMMES &
ANIMAUX
SONT TRAITÉS
COMME DES
OBJETS**

NORA BOUAZZOUNI

I AM
VEGAN
TV

Femmes et Animaux sont traités comme des objets !



Is going vegan the ultimate feminist statement ?

**Let's Talk About The Intersectionality Of
Veganism And Feminism**
March 6, 2016 by Marina Colerato



...a feminist issue

Why milk is a feminist issue !



5 Reasons Why Animal Rights Are A Feminist Issue !

**Être réellement féministe,
c'est également être végane**

**« Pour animaliser les femmes,
il a d'abord fallu "déshumaniser" les animaux »**

Mépris des animaux et racisme, une même logique



Veganism a Way to Combat Race-Based Violence, Says Columbia Lecturer

#cruauté #sérvices #maltraitance

Tracking Animal Cruelty

FBI Collecting Data on Crimes Against Animals

<https://www.fbi.gov/news/stories/-tracking-animal-cruelty>

Animal Cruelty as a Gateway Crime

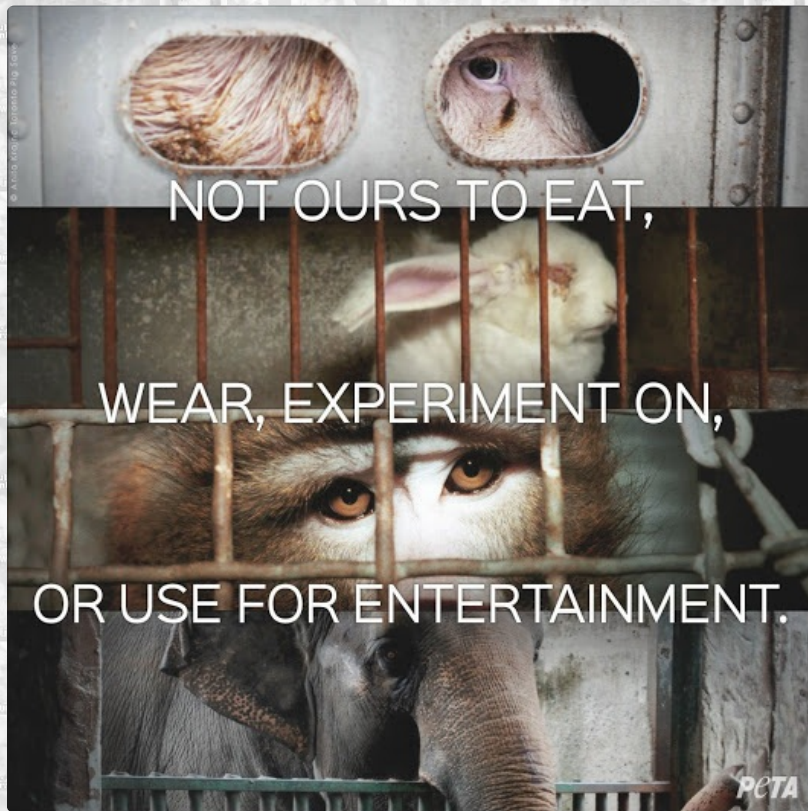
New Documents Reveal How the Animal Agriculture Industry Surveils and Punishes Critics

Proposed law would make animal cruelty a felony across the U.S.

La violence de l'industrie de la laine racontée par Christine Berrou



#sheepdipping



#corrida ou le voyeurisme pervers des aficionados

**LE VOYEURISME
PERVERS
DES
AFICIONADOS**

THIERRY HÉLY



LA CORRIDA
EST À L'ART



CE QUE LE VIOL
EST À L'AMOUR

DEPUIS QUE JE SAIS
QUE L'ANIMAL EST
"UN ÊTRE VIVANT
ET SENSIBLE"
...

...JE PRENDS
ENCORE PLUS
MON PIED!





"L'homme ne se soucie pas de la douleur de l'Animal quand son plaisir est impliqué. Il pille la terre pour satisfaire ses appétits. - Clarence Darrow"

On Human Relations with Other Sentient Beings, On Not Knowing

Against the proposition that human beings are ‘naturally aggressive’ and violent animals (see Yates 1962; Lorenz 1977; Charny 1982), Bauman starts with the suggestion that human individuals have a strong and innate aversion to seeing the suffering of others. Attempts to ‘overcome’ these innate feelings require an efficient, powerful, and sustained program of socialisation. Hannah Arendt (cited in Bauman 1989: 19-20), argues that humanity has a natural and almost instinctive ‘animal pity’ by which ‘all normal men are affected in the presence of physical suffering’. Philosopher Clark (1984: 42) says this sentiment of basic human solidarity can be also found in the work of Schopenhauer and Ruland, the latter’s 1936 book being called, Foundations of Morality. However, Bauman shows throughout his forceful sociological treatment of the Nazi Holocaust that effectively-utilised social forces and processes have the ability to shape, influence and eventually overcome this ‘naturally-present’ pity.

Prejudice and Violence Against Vegetarians and Vegans, by Gordon Hodson.



Bigotry begins when categories such as race, age, gender, sex, sexual orientation, or species are used to justify discrimination.



**Face au carnisme,
l'obligation de désobéissance**



**Le monde sera vegan
ou il ne sera pas !**

Suprémacisme humain :



pourquoi les défenseurs des droits des animaux sont-ils toujours les « orphelins de la gauche » ?

Animal Rights: The Abolitionist Approach

...and abolitionism means veganism!

Animal Rights and Slavery/Rape Analogies

by Gary L. Francione

Vegan or Die: The Importance of Confronting Climate Change

Gary L. Francione #AbolitionistApp



Pourquoi l'élevage a été le grand oublié de la COP21

Climate Change Conference



Good point Bernard, we'll get the lift bulb changed to an eco one next week
Now, can anyone think of anything else we could possibly do?

Le mythe de la viande heureuse

#laitages #lait #dairy #milk #santé #maladies #health #diseases **Dairy products linked to increased risk of cancer**

Dairy consumption and risks of total and site-specific cancers in Chinese adults: an 11-year prospective study of 0.5 million people

Cow Milk Alternatives, and Why You Should Stop Drinking Milk

Milking cows is inhumane

According to Dr. Mark Hyman, eating dairy products may in fact increase the risk of bone fractures by 50%. Countries with the lowest rates of dairy and calcium consumption (like those in Africa and Asia) have the lowest rates of osteoporosis. Research also shows that consuming dairy and calcium may increase a man's risk of prostate cancer by 30-50%. Studies even link the consumption of dairy milk with an increased risk of breast cancer. Not to mention the overt environmental racism of pushing milk as a recommended food group — when 70% of the world population is lactose intolerant. "But my doctor told me to drink milk!" Well, your doctor received less than 20 hours of nutritional training in their time at medical school. I am hardly an expert, and I've received five times that in dedicated nutritional education.

Végéphobie, un très bon document .pdf de 68 pages à destination des "carnistes" comme des végétaliens

http://www.veggiepride.org/wp-content/uploads/2016/03/Vegephobie_livret_pour_lecture.pdf



#health

Plant-based diets and their impact on health, sustainability

and the environment #WHO

Plant-based diets

Plant-based diets constitute a diverse range of dietary patterns that emphasize foods derived from plant sources coupled with lower consumption or exclusion of animal products. Vegetarian diets form a subset of plant-based diets, which may exclude the consumption of some or all forms of animal foods (see box).

Common vegetarian diets



World Health Organization

- **Vegan** diets omit all animal products, including meat, dairy, fish, eggs and (usually) honey.
- **Lacto-vegetarian** diets exclude meat, fish, poultry and eggs, but include dairy products such as milk, cheese, yoghurt and butter.
- **Lacto-ovo vegetarian** diets include eggs and dairy, but not meat or fish.
- **Ovo-vegetarian** diets exclude meat, poultry, seafood and dairy products, but allow eggs.
- **Pesco-vegetarian** (or **pescatarian**) diets include fish, dairy and eggs, but not meat.
- **Semi-vegetarian** (or **flexitarian**) diets are primarily vegetarian but include meat, dairy, eggs, poultry and fish on occasion, or in small quantities.



Les alimentations basées sur les plantes et leurs impacts sur la santé, la durabilité et l'environnement. (la version traduite en français)

Infectious Diseases and Meat Production

The true cost of flesh - Why a burger costs \$200, not \$5

ハンバーガー🍔は500円ではなく 2万円？ Why a burger costs \$200, not \$5. 🙏🙏🙏 #vegan #ヴィーガン #veganism #菜食主義 #vegetarian #ベジタリアン #動物愛護 #slaughterhouse #屠殺 #animalcruelty #動物虐待 #plantbased #菜食 #ビーガン pic.twitter.com/bbzp4DGiDp

— Uni ゆに J P (@SobaVegan) 27 avril 2019

All our lives are at stake
EAT-Lancet and Planetary Health Diets



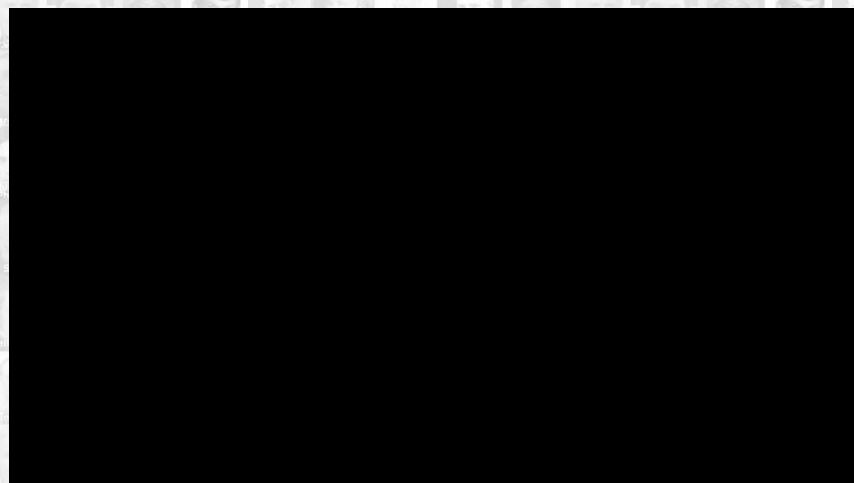
The Deadly, Flesh-Eating Bacteria
Found in Popular Raw Foods
Is Totally Freaking Us Out



**Deadly, Flesh-Eating Bacteria
Found in Popular Raw Foods**



Is Totally Freaking Us Out



Why Eggs Are Bad For You- in 60 seconds

New report finds more than three-quarters of meat sold in US supermarkets has antibiotic-resistant bacteria 🌐 pic.twitter.com/VWdROfbBFo

— Mercy For Animals (@MercyForAnimals) 13 juillet 2018

**Manger vegan
peut aider à prévenir certaines maladies**

Les végétaliens/vegan ont obtenu les meilleurs résultats en termes de marqueurs bioactifs qui permettent de détecter en amont, et donc d'éviter, l'apparition de maladies.

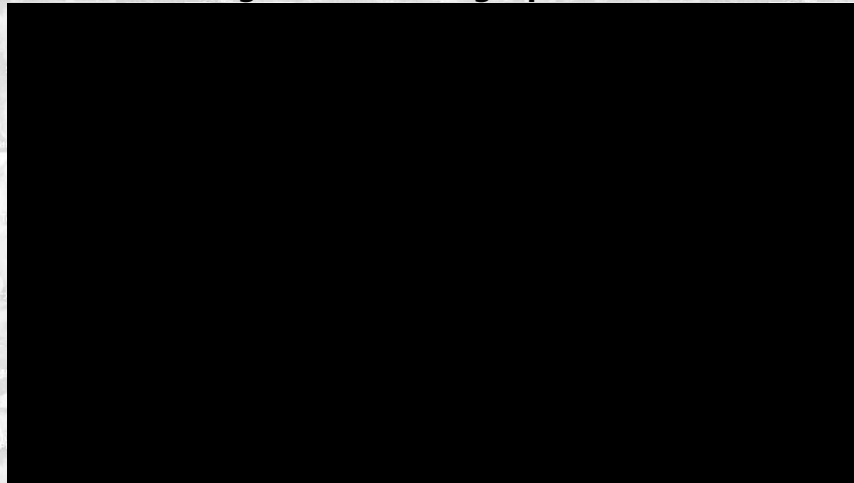
Vegetarianism, bone loss, fracture and vitamin D: a longitudinal study in Asian vegans and non-vegans

VEGAN Omega 3 Sources BETTER Than FISH

Plant sources of ALA include walnuts, chia seeds, flax seeds, Brussels sprouts, avocado oil, tofu, and kidney beans. Many plant-based beverages are also fortified with omega-3s, so be sure to check the label.

"Mythes et propagande"

du Plan National Nutrition Santé (PNNS),
Phyto-oestrogenes par Massimo Nespolo,
Professeur en minéralogie et cristallographie à l'Université de Lorraine



Phytoestrogens and Their Health Effect

**"L'alimentation végétane est saine et viable,
à tous les âges de la vie",
défendent des professionnels de santé**

**Nutrient Intake and Status of German Children and
Adolescents Consuming Vegetarian, Vegan or Omnivore Diets:**

**Results of the VeChi Youth Study,
défendent des professionnels de santé 2021**

**Vegetarian Diets Improve Health Outcomes
and Reduce Risk for Heart Disease**



**Une alimentation végétalienne équilibrée
est bonne pour la santé
et convient à tous les âges de la vie.**

How can a vegan diet improve your health ?

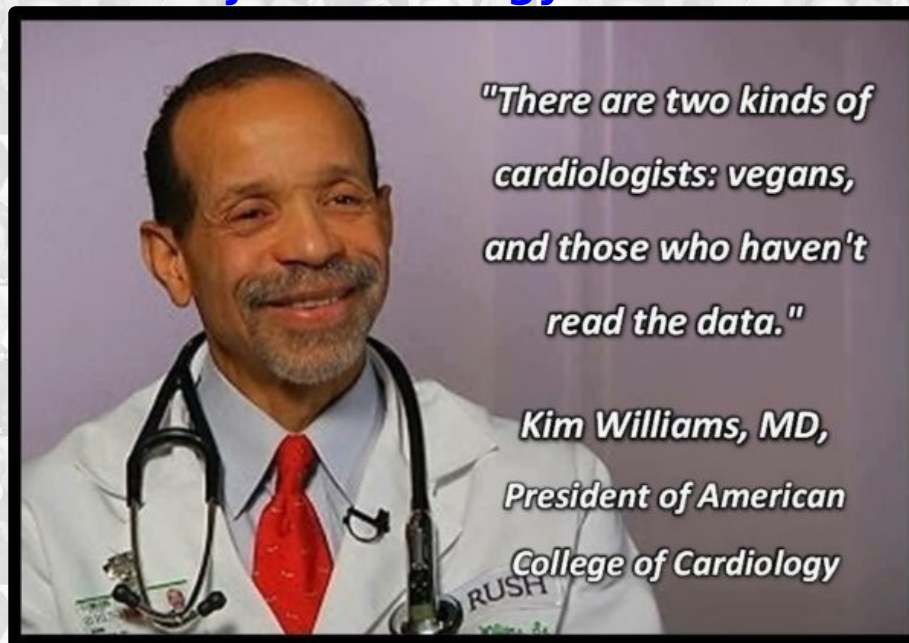
Vegan Diet is the Healthiest Diet: New Study

Science Says These 8 Common Diseases

Can Be Reversed By A Plant-Based Diet

How a vegan diet can ease fibromyalgia pain!

Plant-Based Diet Promoted Unanimously At Major Cardiology Conference



Beyond Meatless, the Health Effects of Vegan Diets: Findings from the Adventist Cohorts

Conclusion: In summary, vegetarians have consistently shown to have lower risks for cardiometabolic outcomes and some cancers across all three prospective cohorts of Adventists. Beyond meatless diets, further avoidance of eggs and dairy products may offer a mild additional benefit. Compared to lacto-ovo-vegetarian diets, vegan diets seem to provide some added protection against obesity, hypertension, type-2 diabetes; and cardiovascular mortality. In general, the protective effects of vegetarian diets are stronger in men than in women.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4073139/>

Acclaimed Diabetes Professors Publish Groundbreaking Results Using NFI Protocol #diabète #diabetes

Can vegan burgers be just as filling as meat ones ? This study says so

<https://www.zmescience.com/science/vegan-burgers-filling-01102019/>

Vegetarian, vegan diets and multiple health outcomes: A systematic review with meta-analysis of observational studies

<https://www.ncbi.nlm.nih.gov/m/pubmed/26853923/>

Antibiotic-resistant genes are being spread all over the world in animal feed, scientists discover

Red meat dramatically increases risk of death from heart disease and cancer, scientists claim

Article intéressant sinon cet aspect dissonant "lives would be saved if people replaced red meat with healthy protein sources such as fish, poultry," - qui se rattrape tout de même en ajoutant à la liste conseillée - "nuts and legumes and we would like to see more people replacing red meat with these type of foods."

Red and processed meat can shorten life, say scientists



White and Red Meat Are Both Bad for Your Heart



White meat is just as bad for you as red beef when it comes to your cholesterol level, study says

Exclusion Diets for Eczema



Children Who Eat Cured Meat and Fish Increase Risk of Leukemia By 74%, says Study

**Meat consumption linked to
nine major diseases
in largest study done so far**

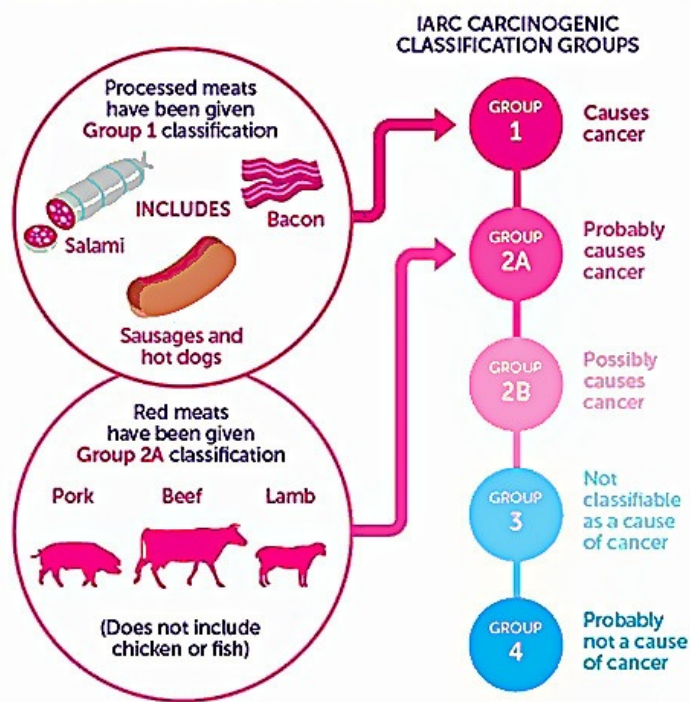


**Low-carb diets linked to
heart rhythm issues,
study says**

Carb-crunching weight loss trends like keto, paleo and the old-school Atkin's diet are linked to a higher chance of developing atrial fibrillation, according to new research to presented March 16-18 at the American College of Cardiology's 68th annual Scientific Session.

**Processed meat
'linked to breast cancer'**

MEAT AND CANCER HOW STRONG IS THE EVIDENCE?

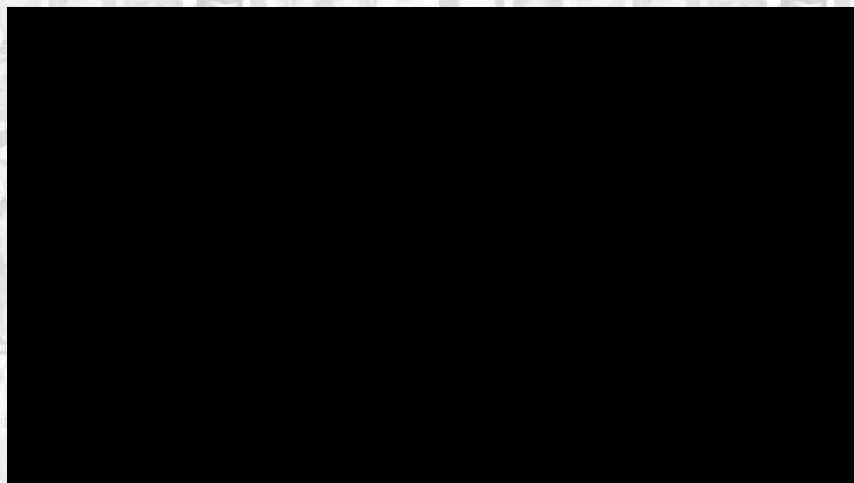


These categories represent how likely something is to cause cancer in humans, not how many cancers it causes.

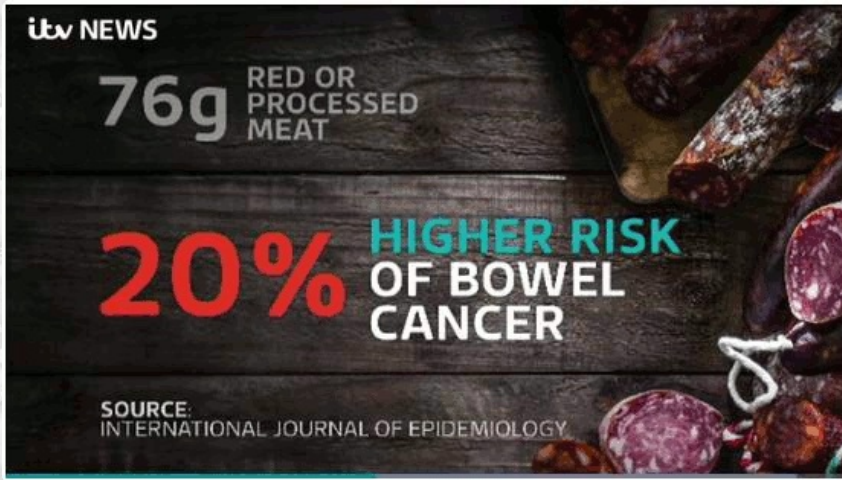
WE WILL BEAT CANCER SOONER
cruk.org



Bovine Leukemia Virus as a Cause of Breast Cancer - NutritionFacts



**Even moderate amounts of
bacon and red meat
linked to bowel cancer**



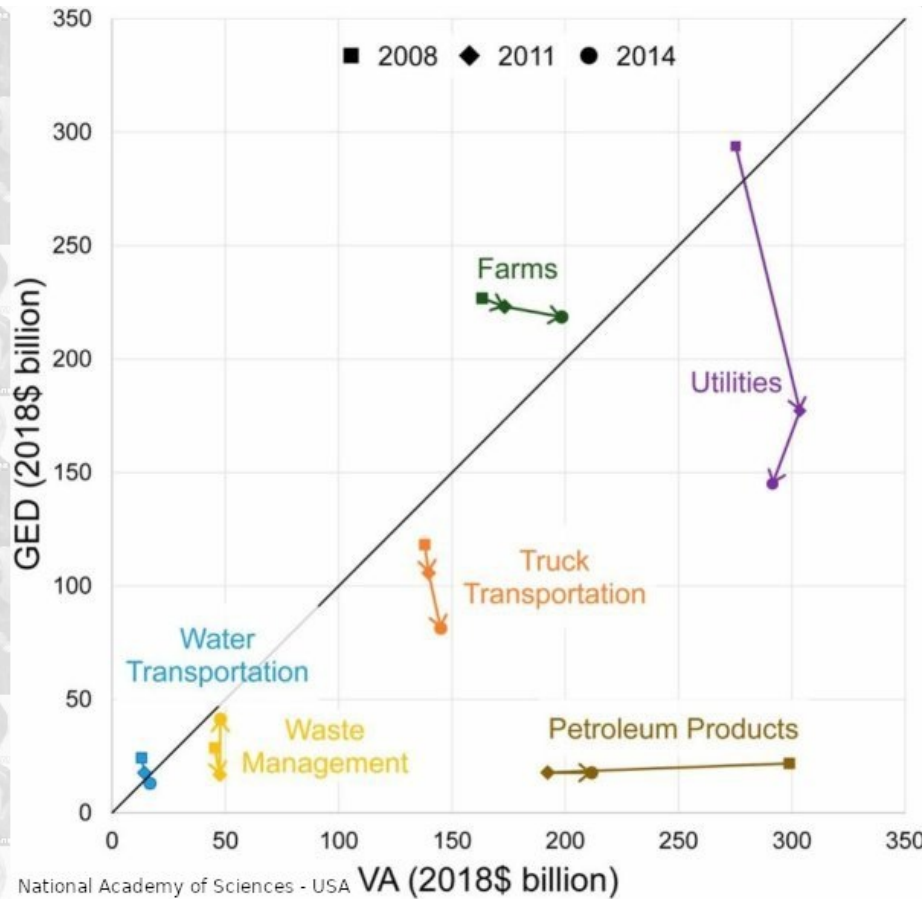
**Failure to tackle
link between meat and cancer
a 'dereliction of duty' by government,
says top scientist**

**Red and processed meat consumption
and risk of pancreatic cancer:
meta-analysis of prospective studies**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3273353/>

**Health-Related Costs of Meat
to Reach \$285 Billion in 2020,**



**The Lancet States
Animal Agriculture Costs More In Health Damage
Than It Contributes To The Economy - Forbes**



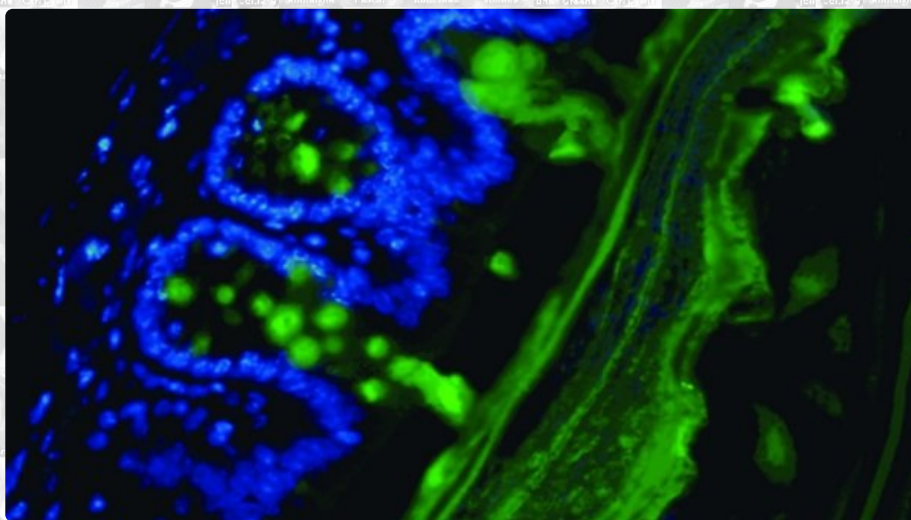
The study does not include health costs from consuming animal products, nor does it include the economic costs of other forms of pollution, such as greenhouse gas emissions and their impact on the climate. For each sector of the economy, the researchers developed ratios of gross economic damages (GED) to value added (VA). A GED/VA ratio less than one means that value exceeds damage. A number greater than one means damage exceeds value

**Meat contributes to obesity
as much as sugar,
research suggests**

**A Changing Gut Microbiome May Predict
How Well You Age**



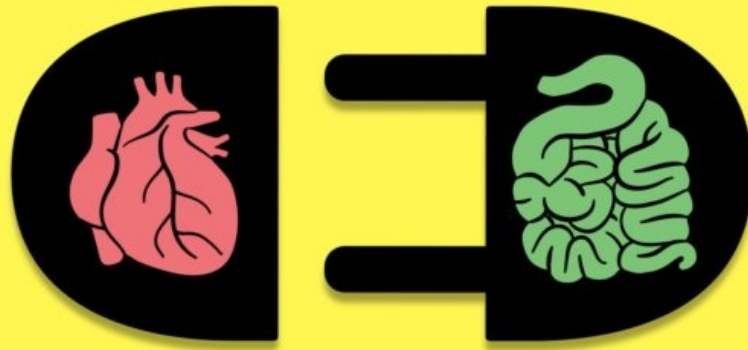
Gut Bacteria Eat Colon Lining When Starved for Fiber



Is Your Food Digesting or Rotting in Your Gut ?

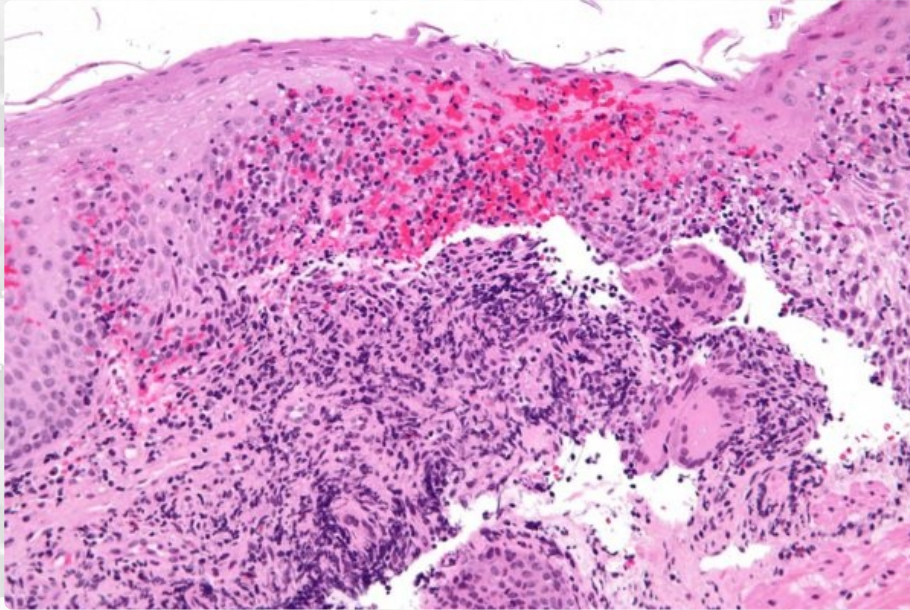
by Colitis & Crohn's Health Recovery Center.

The Gut, the Heart, and TMAO



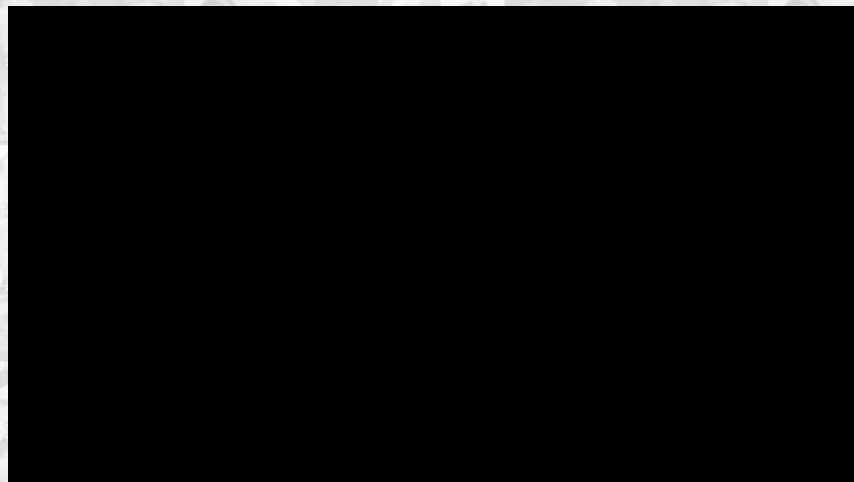
<http://www.clevelandheartlab.com/blog/the-gut-the-heart-and-tmao/>

Plant-based diet leads to Crohn's disease remission, according to case study



"This case study supports the idea that food really is medicine," adds Dr. Kahleova. "Not only does it show that eating a high-fiber, plant-based diet could help lead to Crohn's disease remission, but all the 'side effects' are good ones, including a reduced risk for heart disease, type 2 diabetes, and certain types of cancer."

Our Gut Bacteria say "Go Vegan or Else !"



The Health Advantage of a Vegan Diet:

Exploring the Gut Microbiota Connection

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4245565/>

First Study Of Its Kind Links Vegan Meat To Better Gut Health (Plus An Icky Side Effect) ~ Impact of Plant-

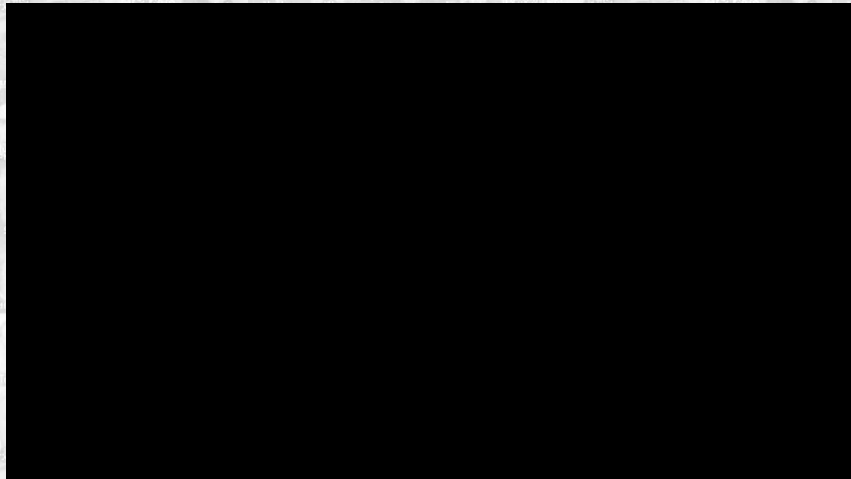
Meat Is the New Tobacco

**"Nourrissons, enfants en bas âge,
femmes enceintes, sportifs, personnes âgées**

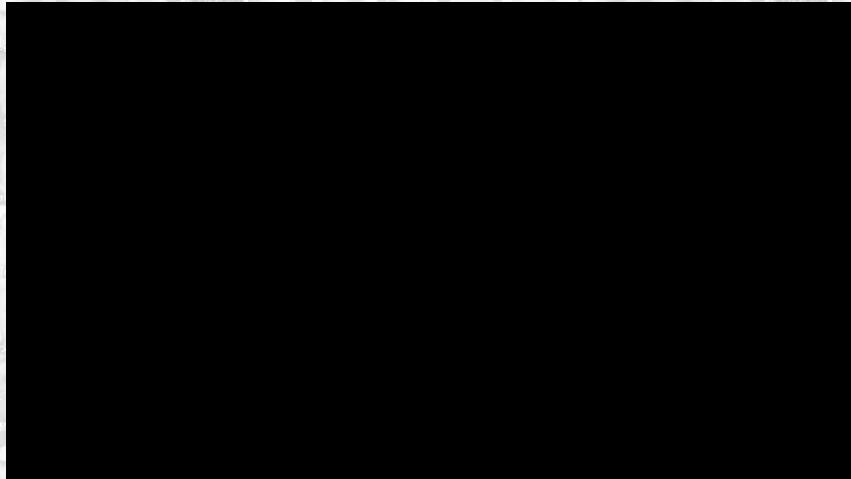


**Positions médicales et scientifiques :
l'alimentation végétale est possible et bénéfique pour tous."**

L'extrémisme du véganisme. (sous-titres français)



James Aspey - This Speech Is Your WAKE UP CALL!



**Teasing Out the Role of Red Meat
and TMAO in Cardiovascular Risk**



Plant Gains? Advice to the Vegetarian and Vegan Athlete

Do Vegetarians Live Longer? Do Vegetarian Diets Reduce Inflammation? Vegetarian Diets for Weight Loss? Athletic Performance in Vegetarians. Protein in Vegan & Vegetarian Diets: How Good is it for Building Muscle? Protein Basics: Amino acids, BCAA, and EAA!?

Plants, Leucine, and Muscle Protein Synthesis. What About Studies Measuring Muscle Mass and Not MPS? Vegans Need More Protein.

Other Macros in Vegan & Vegetarian Diets. Carbs. Micronutrients in Vegan & Vegetarian Diets. Vitamin B12. Iron. Zinc. Calcium.

Vitamin D. Iodine. Creatine. Beta-Alanine. Taurine.

Cutting red meat for a longer life #harvard

Put down those cold cuts #harvard

Increasing red meat consumption linked with higher risk of premature death #harvard

**Vegan diets for children aren't abusive
raising a child to eat meat is actually more extreme**

**Vegetarian and vegan diets
good for kids and adults**

nutritionists say



Why veganism may help your heart

study: Vegan Diet Causes

More Than 500 Genes to Change in 3 Months

**Tout sur le végétalisme
par l'Association Américaine de Diététique**

morceau choisi :

**l'alimentation végétalienne est saine
à tout âge et période de la vie**

**Vegans live longer
than those who eat meat or eggs, research finds (2016)**



**British Dietetic Association confirms
vegan diets can support healthy living ages**

Nutritional Update for Physicians: Plant-Based Diets

**Harvard University
Healthy Eating Plate & Healthy Eating Pyramid**

Vegan Harvard Stanford OXFORD #WHO #PTE #publications #compilation

ce lien n'est plus disponible ; en attendant d'éventuellement le retrouver <https://refind.com/imromains/plant-based---veganism>

**Anti-Inflammatory Effects of a Vegan Diet
Versus
the American Heart Association-Recommended Diet
in Coronary Artery Disease Trial**

**Vegan protein from nuts and seeds
better for heart health than meat, study finds**



⚖️ #law #loi #justice #droit



**Comment réagir
lorsqu'on trouve un animal enfermé dans un véhicule ?**

"Essayer d'abord d'avertir le propriétaire.

Si vous ne le trouvez pas, appelez rapidement la police ou la gendarmerie locale. En effet, l'article 20 de la loi du 6 janvier 1999 [codifié sous l'article 214-23 (3°) du code rural] vous permet, lorsque l'animal enfermé dans un véhicule est en danger, de faire procéder à l'ouverture du véhicule stationné en plein soleil, en présence d'un gendarme ou d'un policier. Si vous estimez que la situation est urgente et que vous ne pouvez pas attendre les secours, vous pouvez prendre la décision de briser une vitre pour porter secours à l'animal en détresse. Il est recommandé de s'entourer d'au moins deux témoins qui pourront attester de la bonne foi si une action par le propriétaire de la voiture est intentée par la suite."

État de nécessité et animal en danger #jurisprudence

Droit à la vie

**Vegan option in hospitals and schools
'should be law'**



The Navy might be required to serve vegan meat on some bases

**Top British barrister - Michael Mansfield - says
eating meat could become illegal**



**It is now illegal not to offer vegan food
at prisons, hospitals and schools in Portugal**

**Au Portugal, toutes les cantines ont désormais l'obligation légale de proposer un repas
vegan**

**it is not THE WORLD'S FIRST VEGAN HOSPITAL IS HERE!
but it is one more!**

**Goldsmiths, University of London's chief bans all beef from campus
in fight against 'climate change emergency'**

Scotland: Schools told to cater for vegans or risk court



Copenhagen Schools Urged to Ban Red Meat From Lunches

<https://politiken.dk/indland/art7389513/Alternativet-vil-afskaffe-r%C3%B8dt-k%C3%B8d-i-K%C3%B8benhavn-b%C3%B8rnehave-skoler-og-kantiner>

New York City Schools Just Banned Processed Meat

Vegan Meal Options in California's Hospitals and Prisons

May Soon Be Required By Law

and voilà

Gov. Jerry Brown Makes Plant-Based Meals the Law in California Hospitals

New Zealand Just Urged the Entire Country to Eat Plant-Based

New Zealand's Ministry of Health has encouraged residents to eat more vegan and vegetarian food in a bid to reduce the health sector's carbon footprint.

NYC hospital using vegan diets to help people with chronic health problems

The Netherlands States Shift From Animal to Plant-Based Proteins Is 'Inevitable' to Create a Sustainable Food System

Ireland's Government Just Recommended Going Vegetarian

En Argentine, pays de la viande, le palais présidentiel instaure les "lundis vegan"

📌 #UNO #UNEP #ONU



Humans waging 'suicidal war' on nature - UN chief Antonio Guterres



Marine life is fleeing the equator to cooler waters. History tells us this could trigger a mass extinction event

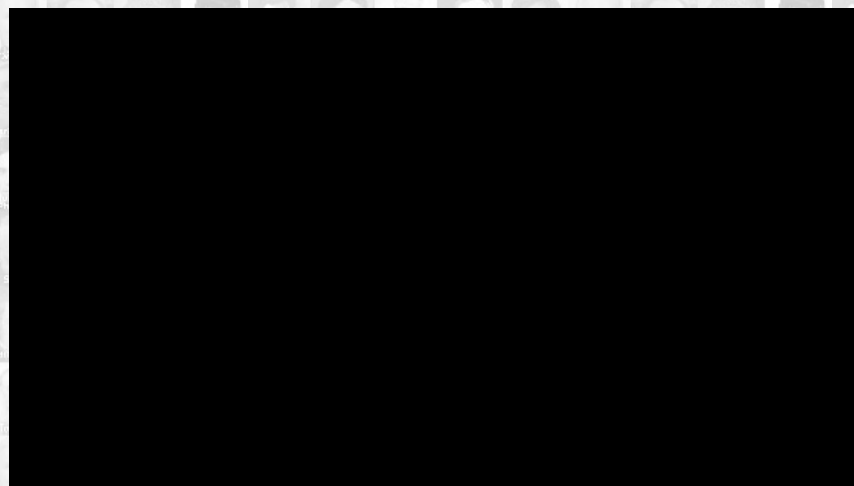
As Climate Change Worsens, A Cascade of Tipping Points Looms

Published at the Yale School of the Environment



Climate tipping points — too risky to bet against <https://www.nature.com/articles/d41586-019-03595-0>

Tipping elements in the Earth's climate system <https://www.pnas.org/content/105/6/1786>



The State of the Planet, by #UN Secretary-General António Guterres (2020)

**UN Says Drastically Cut Beef
If You Want Water to Drink**



#scarcity

**Humans must adopt vegetarian diet
and #goVegan to stop climate change,**

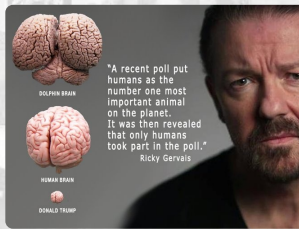
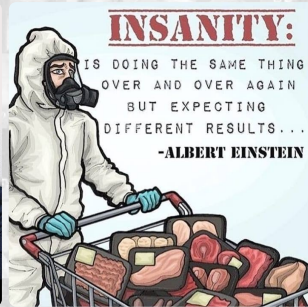
UN report warns

World Health Organization pulls

support for 'planetary health diet' that drastically cuts back on meat after critics warn it is 'dangerous to health' #WHO #OMS

"Tant que les gens mangeront de la viande, il y aura un risque d'infection."

Dr Gauden Galea
Représentant de l'OMS



Protein is found in plants; that's easy.

The REAL mystery is: where do vegans get all their patience from?



Contre le changement climatique, le rapport du #Giec #IPCC préconise un régime végétarien



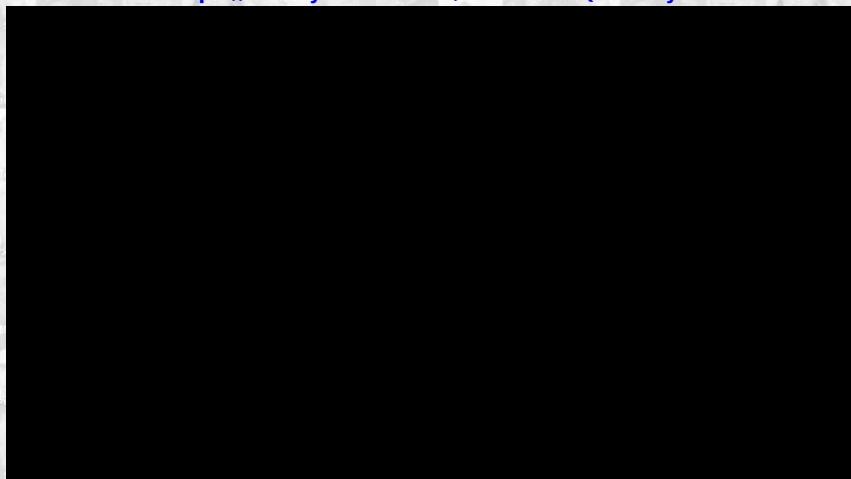
Tackling the world's most urgent problem: meat

The greenhouse gas footprint of animal agriculture rivals that of every car, truck, bus, ship, airplane, and rocket ship combined #IPCC #GIEC.pdf

#IPCC #GIEC Expert Calls for "Global Veganization" as Calls for Plant Based Treaty Intensify

UNITED NATIONS SAYS : BE VEGAN !

<https://www.youtube.com/watch?v=tQIekfaPyaa>



https://en.wikipedia.org/wiki/Priority_Products_and_Materials_report - [http://www.unep.fr/shared/publications/pdf/DT1x1262xPA-](http://www.unep.fr/shared/publications/pdf/DT1x1262xPA-PriorityProductsAndMaterials_Report.pdf)

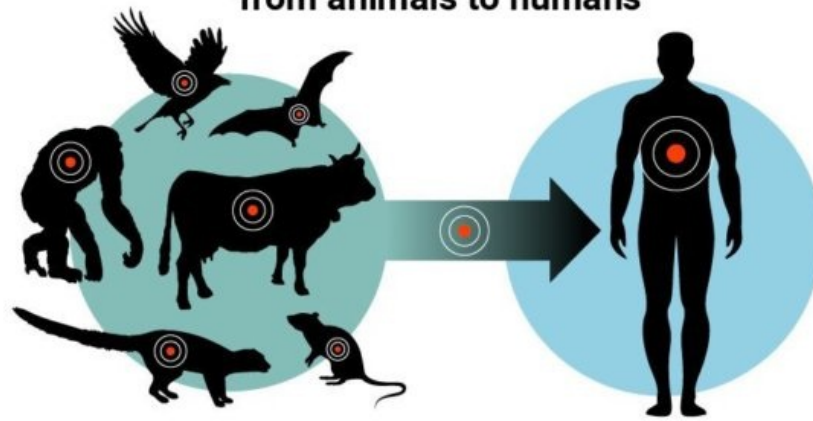
[PriorityProductsAndMaterials_Report.pdf](http://www.unep.fr/shared/publications/pdf/DT1x1262xPA-PriorityProductsAndMaterials_Report.pdf)

Coronavirus outbreak highlights need

to address threats to ecosystems and wildlife

What are zoonoses and how prevalent are they?

Zoonoses are diseases transmitted from animals to humans



They comprise:

60%
of all infectious diseases in humans

75%
of all emerging infectious diseases

Source: UNEP Frontiers 2016 Report

#COVID19

UN
environment
programme

#UNEP #coronavirus

Now is the time for change
The UN Campaign for Individual Action



ActNow is the United Nations campaign for individual action on climate change and sustainability.

2018 Climate Action Award
The United Nations (U.N.)
about two vegan school lunch programs
in Germany

**Allemagne : au ministère de l'environnement,
les repas officiels seront végétariens !**

'The need was there': Berlin's first vegan canteen for students opens

**L'ONU (avec l'UNEP) recommande de devenir vegan,
et de taxer la viande**

**Taxes on Meat Could Join Carbon and Sugar
to Help Limit Emissions**

It's time governments introduce a meat tax

L'ONU (avec l'UNEP) recommande de devenir vegan, et de taxer la viande

EU Parliament event to discuss Dutch proposal for Fair Meat Prices 5th Feb

Intégrer les coûts environnementaux et sociaux de la production de viande dans les prix au consommateur pour encourager la transition écologique et alimentaire

📺 Le régime végétalien coûte 3 fois moins cher que la référence dans les pays les plus riches 📺

○ Une récente étude parue dans The Lancet Planetary Health étudie le coût de différents régimes dans différentes régions du monde d'ici à 2050.

1/8 pic.twitter.com/3ZzUxVjePr

— Veg_analytic (@Veganalytic) January 6, 2022

UN urges global move to meat and dairy-free diet

Dairy Milk Results in Three Times More Greenhouse Gas Emissions Than Vegan Milk

Study suggests meat and dairy industry on track
to surpass oil companies as biggest greenhouse gas emitters



<https://www.grain.org/article/entries/5976-emissions-impossible-how-big-meat-and-dairy-are-heating-up-the-planet>

Why Agriculture's Greenhouse Gas Emissions Are Almost Always Underestimated



**Les Nations Unies (ONU - UNEP) reconnaissent que
le végétalisme peut sauver le monde !**

**Not much chop: Scientists say a tax on red meat
will save lives and the planet**

**15000 Scientists From 184 Countries
Urge People to Go Vegan to Save the Planet**

World Scientists' Warning of a Climate Emergency #OxfordAcademy

**Veganism Could Take Us Halfway
To Meeting Our Climate Goals, Study Says**

**Stratégie mondiale pour l'alimentation, l'exercice physique et la santé de l'OMS
Régime alimentaire, nutrition
et prévention des maladies chroniques**

**Organisation mondiale de la santé OMS/WHO :
« Charcuterie cancérogène »**

**United Nation (ONU) says veganism
can save the world from destruction**

télécharger le rapport complet des Nations Unies .pdf

**Go vegan, save the world ?
Study highlights benefits of eating more plants**

How much do you know about healthy eating?



Environmental impact of animal products #FAO

The Global Livestock Production and Health Atlas #FAO

**A report by the United Nations Food and Agriculture Organisation #FAO
links 70% of human diseases to animal agriculture !**

Dietary guidelines and sustainability #FAO

#FAO l'ombre portée de l'élevage (.pdf 16MB)

**Plus de 162 000 animaux brûlés vifs ou asphyxiés
en 2018 dans des incendies d'élevage en France**

**Food Security & Nutrition around the World, by #FAO
Hunger is on the rise**

10 Ways Meat Eaters Are Ruining The World

Go vegan, save the planet

an article by George C. Wang from #CNN

La Révolution végétane de l'O.N.U.

<https://blogs.mediapart.fr/pierre-guerrini/blog/120716/la-revolution-vegane-de-lonu>

***"Veganism could save the world, new study argues"
the team reports today in Nature Communications***

**Options for keeping the food system within environmental limits
by Nature Communications**

La planète ne digère pas notre consommation de viande

Quand l'industrie de la viande dévore la planète

**L'industrie de la viande et des produits laitiers
pollue aujourd'hui plus que les transports**



La consommation de viande,

principale cause du réchauffement climatique

**Meat and dairy companies to surpass oil industry
as world's biggest polluters, report finds**

Meat eaters are destroying the planet, says WWF's report

**Overuse of antibiotics in farming
is a major new threat to human health, says UN**

**By 2050, antibiotic resistance will cause a staggering 10 million deaths a
year**

The China Study .pdf direct link 6.1MB

<http://www.socakajak-klub.si/mma/The+China+Study.pdf/20111116065942/>

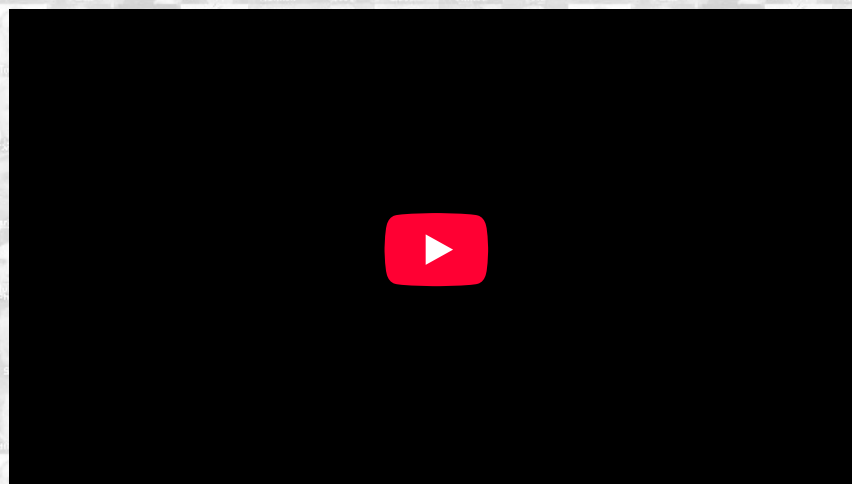
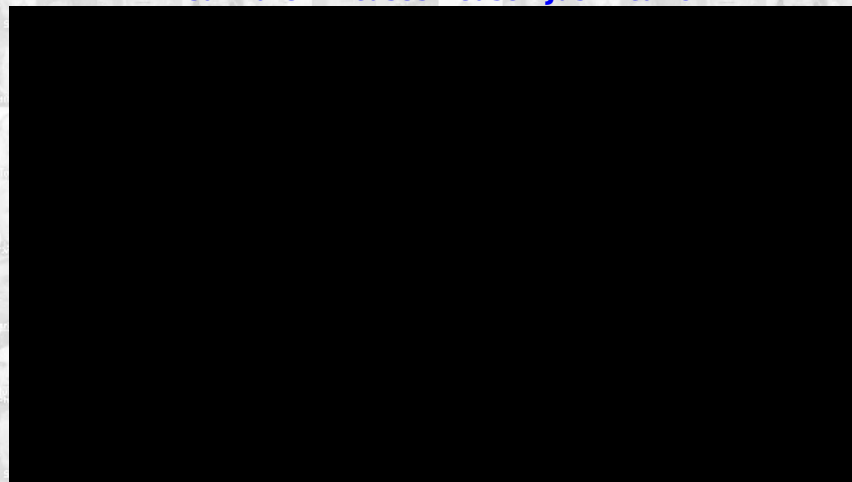
L'étude la plus complète jamais réalisée sur la nutrition

FCRN : Food Climate Research Network

Dépiantage des préjugés en bande-dessinée

**Viande et Céréales, des chiffres qui parlent !
Réponse d'anthologie d'une tante à son neveu**

Meat Eater Excuses Reason Justification



Anatomie Comparée ~ The Comparative Anatomy of Eating

#sport

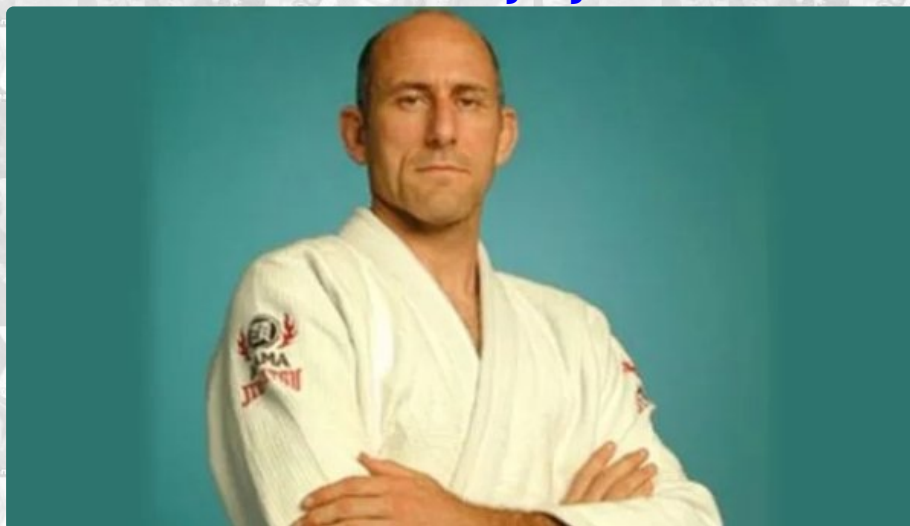
Kate Strong has become the first woman to complete a 24-hour cycling marathon on a static bike, which saw her pedal 433.1 miles in a day.



David Jenkins, le médecin créateur de l'indice glycémique, promeut le régime végétalien



Vegan Fighter Scoops 9th World Title In Brazilian Jiu-Jitsu



Why Olympic Cyclist Dotsie Bausch Ditched Dairy



Hector Bellerin: 'A Vegan Diet Made Me Reach My Full Potential'



**Les animaux terrestres les plus puissants de même que les athlètes
ou les savants les plus intelligents sont tous végétariens !**

Manchester United: Smalling convertit ses équipiers au véganisme



Serge Gnabry: le végan qui veut tout dévorer avec le Bayern



Green Gazelles Becomes UK's 'First Entirely Vegan Rugby Club'



Vegan Football Team Forest Green Rovers Looking For New Plant-Based Chef







gettyimages®
GERARD JULIEN

1174220308



Patrik Baboumian #StrongMan 2011
2015 : Record du monde de marche-joug (yoke-walk)





Je ne suis pas un « ami des animaux », mais j'ai sauvé des milliers de leurs vies,

juste en ne les mangeant pas. La vraie difficulté ?

"Expliquez que ce n'est pas difficile du tout" - Daniel Healy Solwold, Jr. aka Austin Aries

Alexey Voevoda

ALEXEY VOEVODA
OLYMPIC GOLD MEDALLIST
AND WORLD CHAMPION ARM WRESTLER
VEGAN.

"I've noticed so many benefits since becoming vegan. First, I no longer eat the suffering and pain of defenceless animals.

Secondly, my body has become lighter, so to say "clearer".

Thirdly, in my profession, flexibility and elasticity are incredibly important, and I increased both of these.

And fourthly, now I almost never suffer from a cold or flu."

— Alexey Voevoda

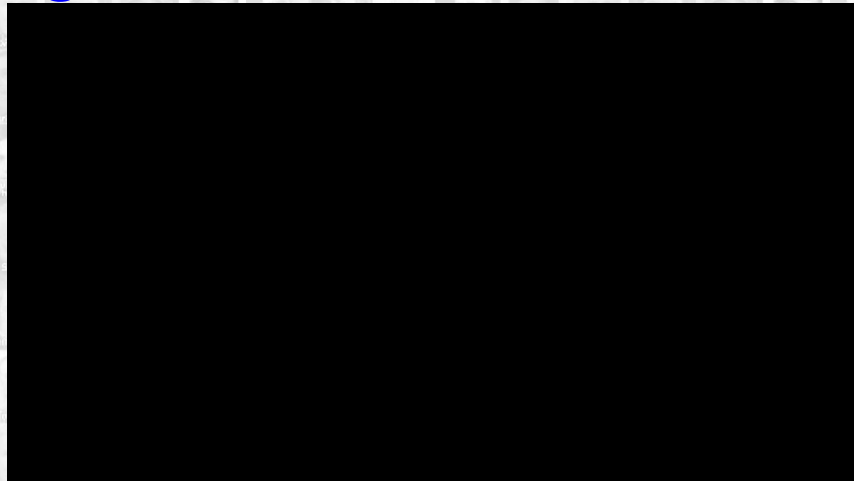


IG | @veganbodybuilding

riseofthevegan.com

Olympic Gold Medallist and World Champion Arm Wrestler

#veganism #savingme "Mike Tyson explique pourquoi il est devenu #vegan et comment cela lui a sauvé la vie"



<https://www.youtube.com/watch?v=Vc-DeGEXAmM>

Plant-based pugilism: why boxers are laying off the meat



Bryant Jennings

What vegan athletes like UFC fighter Nate Diaz eat for protein, from lentils to oats



Nate Diaz

Le sportif qui défait les mythes sur le véganisme



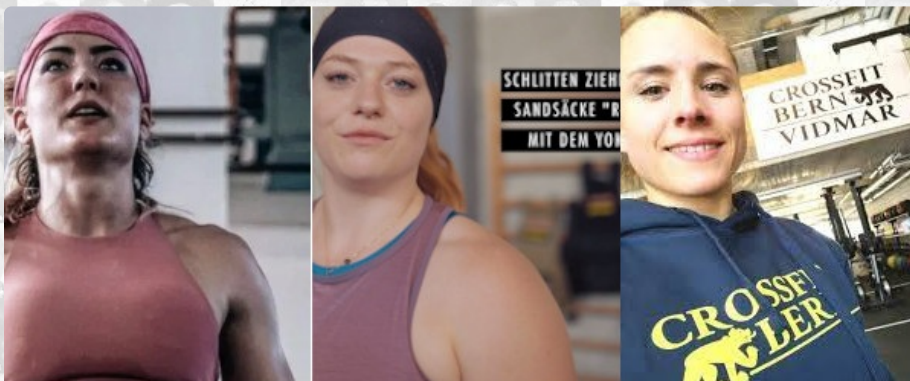
Marc-Olivier Brouillette

Olympic And Professional Athletes Launch Switch4Good Coalition To Expose Hidden Dairy Epidemic



Top 3 CrossFit Competitors Are All Vegan: 'My Body Doesn't Need Meat'

Lidia Bartoszewicz, Katharine Isele, and Lisa Eble were victorious in the Nobull CrossFit Games.



Basket-ball : le joueur le plus adroit de France est vegan et joue au Mans



Obi Emegano

sportifs célèbres qui ont adopté un 'régime' vegan/végétarien/plantbased

Lewis Hamilton (Formule 1), Kyrie Irving (Basket), Venus et Serena Williams (tennis), Novak Djokovic (tennis), Sergio Agüero (foot), Martina Navratilova (tennis), Kendrick Farris (haltérophilie), Tia Blanco (surf), Frank Medrano (bodybuilding), et les anciens sportifs David Hays (Boxe), Carl Lewis et Edwin Moses (athlétisme), Bode Miller (ski), Surya Bonaly et Megan Duhamel (patinage artistique), Colin Kaepernick (Football américain), Murray Rose (natation), Scott Jurek (ultra-trail)...

ALEX MORGAN

DOUBLE CHAMPIONNE DU MONDE DE FOOTBALL

MÉDAILLÉE D'OR OLYMPIQUE

STAR DE L'ÉQUIPE DES ÉTATS-UNIS

VEGAN

*"Je suis devenue vegan
car je ne trouvais pas
juste d'avoir un chien
que j'adore, et en
même temps, de
manger de la viande
tous les jours."*



**"EVERY BIT OF MEAT, CHICKEN, OR FISH
YOU EAT, EVERY BIT OF LEATHER OR
FUR YOU WEAR, HAS COME FROM AN
ANIMAL THAT HAS BEEN TORTURED,
PULLED AWAY FROM THEIR FAMILIES
AND BRUTALLY KILLED."**

-Sir Lewis Hamilton, F1 Champion

vegan green planet



« L'ENFER N'EXISTE PAS POUR LES ANIMAUX, ILS Y SONT DÉJÀ. »

VICTOR HUGO

Sixth June
PARIS



Top 10 des femmes sportives célèbres et véganes

Venus Williams, Serena Williams, Sylvie Guillem, Hannah Teter, Seba Johnson, Meagan Duhamel, Leilani Munter, Emily Jans, Kara Lang, Jehina Malik, ...

Doctor's Tip:

Athletic performance and diet

Les bouffeurs d'Orge :
Les gladiateurs romains étaient végétariens

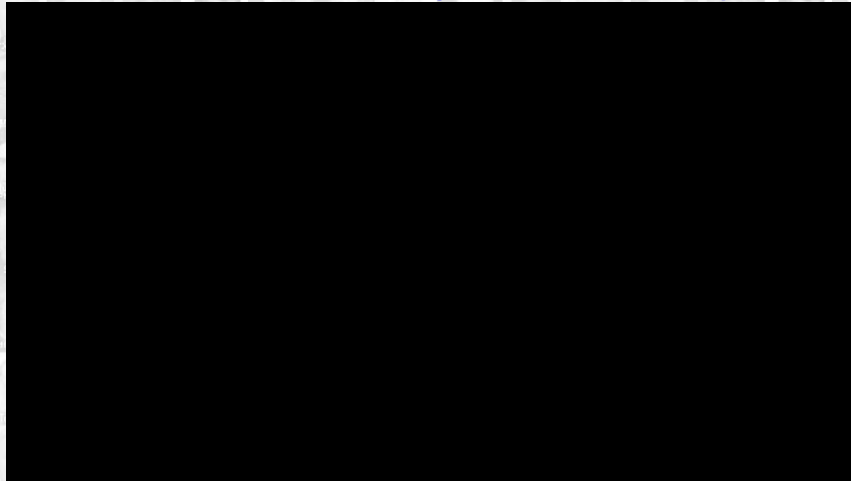


**Stable Isotope and Trace Element Studies
on Gladiators and Contemporary Romans**
from Ephesus (Turkey, 2nd and 3rd Ct. AD) Implications for Differences in Diet

Gladiators were 'mostly vegetarian'

Manger végétarien n'assure pas la force et l'endurance,
mais manger des cadavres... non-plus ;)

The Gladiator Diet How Vegetarian Athletes Stack Up



9 Reasons Your Canine Teeth Don't Make You a Meat-Eater

↓ #religions

How vegans were created

... now let's add a
little bit of
compassion



Is veganism like a religion ?

true / vrai ✓

false / faux ✗

	religion	non-veganism	veganism
Based on ancient belief system Basé sur un ancien système de croyances	✓	✓	✗
Refusal to challenge beliefs Refuse de remettre en question les croyances	✓	✓	✗
Ignores scientific evidence Ignore les preuves scientifiques	✓	✓	✗
Inconsistent morality #specism Éthique à géométrie variable #spécisme	✓	✓	✗
Animal sacrifices Sacrifices d'animaux	✓	✓	✗
Disregard for logical process Dissonance cognitive	✓	✓	✗

Le véganisme est-il une religion ?

World Religions Conference
to Hold Its First Vegan Banquet in 100 Years

World leaders 'have moral obligation to go vegan'

ISLAM

"Do not allow your stomachs to become graveyards of animals."

Prophet Muhammad, Hadith

BUDDHISM

"All meats eaten by living beings are of their own relatives."

Lankavatara Sutra (Tripitaka No 671)

CHRISTIANITY

"If you had known what that text means, 'I require mercy, not sacrifice' you would not have condemned the innocent."

Matthew 12:7

TAOISM

"Do not go into the mountain to catch birds in nets, nor to the water to poison fishes and minnows. Do not butcher the ox that plows your field."

Tract of the Quiet Way

JUDAISM

"It is forbidden, according to the law of the Torah, to inflict pain upon any living creature. On the contrary, it is our duty to relieve the pain of any creature, even if it is ownerless or belongs to a non Jew."

HINDUISM

"Meat cannot be obtained without injury to animals, and the slaughter of animals obstructs the way to Heaven; let him therefore shun the use of meat."

The Laws of Manu V, 45 – 52

**'There is no kosher meat':
the Israelis full of zeal for going vegan**

Veganism and the Jewish Dietary Laws

A vegetarian view of the Torah

Vegan is the new kosher, rabbis worldwide declare

**70 Rabbis Sign Declaration
Encouraging All Jews To Go Vegan**

Aïd-El-Khebir chez les Musulmans végétariens

**"(...) L'Islam n'autorise même pas le meurtre d'un animal. Ce que fait Daesh abîme l'image de l'Islam",
a déploré Muhammad Arshad Misbahi**



First Ever Fatwa Issued Against Wildlife Trafficking #Indonesia #poaching
#China bans human consumption and trade of wild animals #poaching

1:29 Et Dieu dit: "Voici, je vous donne toute herbe portant de la semence et qui est à la surface de toute la terre, et tout arbre ayant en lui du fruit d'arbre et portant de la semence: ce sera votre nourriture."

1:29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

BIBLE + CORAN = Végétarisme ≈ Partie 1
BIBLE + CORAN = Végétarisme ≈ Partie 2

Did Jesus Eat Fish? (Luke 24:41-43)

Did Jesus Eat Fish?

Was Jesus Vegan? These Bible Verses Suggest So
Was Jesus a vegetarian?

Evidence That Jesus and The Original Aramaic Christians Were Vegetarians

Corrida, végétarisme et christianisme, l'avis d'un évêque

À l'#école taurine de #Gimeaux #Arles, on recrute dès l'âge de 4 ans ! #France #corrida
#maltraitance #enfants #childabuse

Why all Christians god's believers or religious peoples should go vegan

2014, l'Inde interdit le sacrifice d'animaux

2014, Denmark bans kosher and halal slaughter as minister says 'animal rights come before religion'

2015, le Népal interdit l'un des plus grands sacrifices d'animaux du monde

Voyez - en commentaires - les détails quant aux interdits de la tradition Hindoue à l'encontre des autres animaux



Vietnamese spiritual leader Supreme Master Ching Hai
https://en.wikipedia.org/wiki/Ching_Hai

URGENT Call to Rescue our World and Pray for World Vegan
<https://www.youtube.com/watch?v=UkFtCGj4Sbk>

URGENT Message to All Animal Meat Business & Livestock Factory Owners, also Fishing, Egg, Milk, Fur, Lab Test, Cosmetics and Leather Industries
<https://www.youtube.com/watch?v=uDNwpox2QFU>

URGENT Message to All Religious and Spiritual Leaders
<https://www.youtube.com/watch?v=E1v9reve9bo>

URGENT Message to All World Leaders and Governments
<https://www.youtube.com/watch?v=pAhrYTO4wQc>

Le végétarisme dans les religions et confessions
Paradise Is Coming Sooner Than We Think



#abattoirs #slaughterhouses #workerexploitation #traumatismes #injuries #amputations #TMS #PTSD #TSPT ➡ the #flesh #industry

The invisible migrant workers propping up Ireland's €4bn meat industry

Read more: exploitation of meat plant workers rife across UK and Europe

La face cachée de la viande





Confessions of a slaughterhouse worker

'On ne peut pas bien faire notre travail dans ces conditions'
le difficile quotidien des ouvriers d'abattoirs

Employé·e-s d'abattoirs, sadisme et psychopathie

Inspection des aliments: à bout de nerfs

"La plupart des salariés partent complètement cassés avant l'âge"



Tyson Managers Profiting From Workers' Getting COVID-19?



"When We're Dead and Buried, Our Bones Will Keep Hurting" - Workers' Rights Under Threat in US Meat and Poultry Plants

Shocking safety record of UK meat plants

Report: Human DNA found in hot dogs 2015

Burgers contain rat and human DNA, study finds 2016

Report highlights fears among workers in the meat processing industry 2017

**Abuse of animals rife on farms across Europe,
auditors warn**

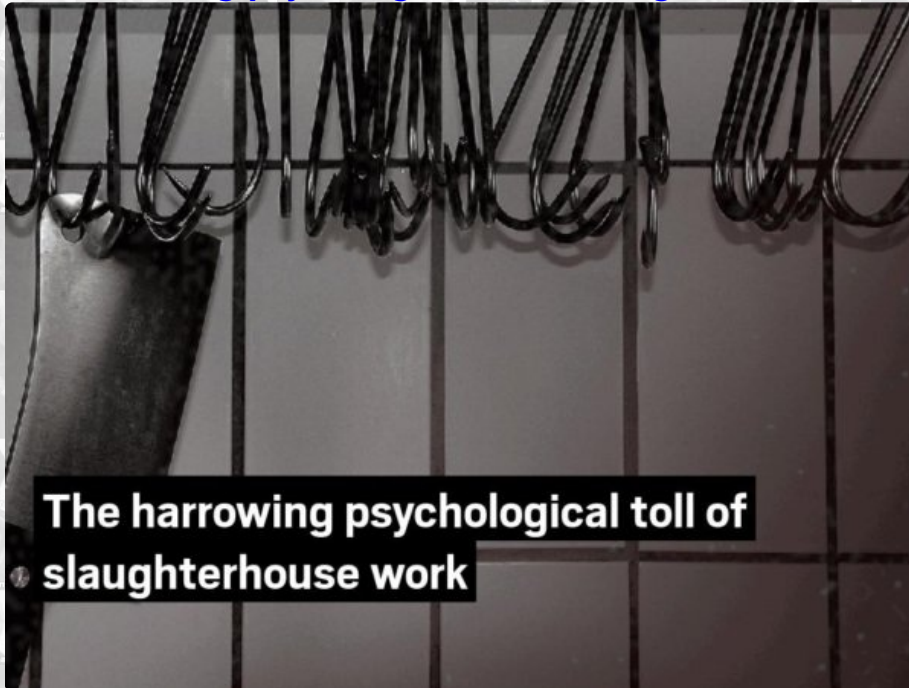
What the 'meat paradox' reveals



about moral decision making #CognitiveDissonance

survey: Most consumers like meat, slaughterhouses not so much

The harrowing psychological toll of slaughterhouse work



**The harrowing psychological toll of
slaughterhouse work**

#PTSD #TSPT

**John McFarlane, evil slaughterman who executed a mum-of-three,
branded "*the devil incarnate*" as jailed for life**

***There is a proven link between violent crime and rape in the vicinity of slaughterhouses.
This isn't the only slaughter worker convicted of killing people.***

What happened to murdered April Jones and who is Mark Bridger?

#PTSD in the Slaughterhouse

**Former Slaughterhouse Worker Says
Killing Animals Reinforced Other Violent Behavior #PTSD**

**Slaughterhouse workers are more likely to be violent,
study shows #PTSD**

**Michigan State University College of Law:
Cruelty to Animals and Violence Towards People #PTSD**

Que sait-on des conséquences psychologiques de la corrida sur les enfants ? #PTSD #maltraitance
#enfants #childabuse

**There's a Christmas crisis going on:
no one wants to kill your dinner #PTSD**

Probing the link between slaughterhouses and violent crime
University of Windsor #criminology



Something in the Air

"If you've eaten a turkey burger or chicken breast recently, chances are the food you ingested had been doused with PAA and other chemicals before it landed on your plate."

Environmental Racism and the Pork Industry: the Vindication of Epidemiologist Steve Wing

"Recently, the National Academy of Sciences published the first comprehensive assessment of U.S. deaths from airborne agricultural pollutants."

**Quel est l'impact pour le climat
de notre choix de protéines ? 2011**

Élevage et sous-alimentation

DOSSIER VIANDE

consommation, transformation climatique, santé

LoveMeatender

Retirons les Animaux du Menu - Philip Wollen

**Si les Abattoirs avaient des Vitres,
Tout le Monde serait Végétarien**

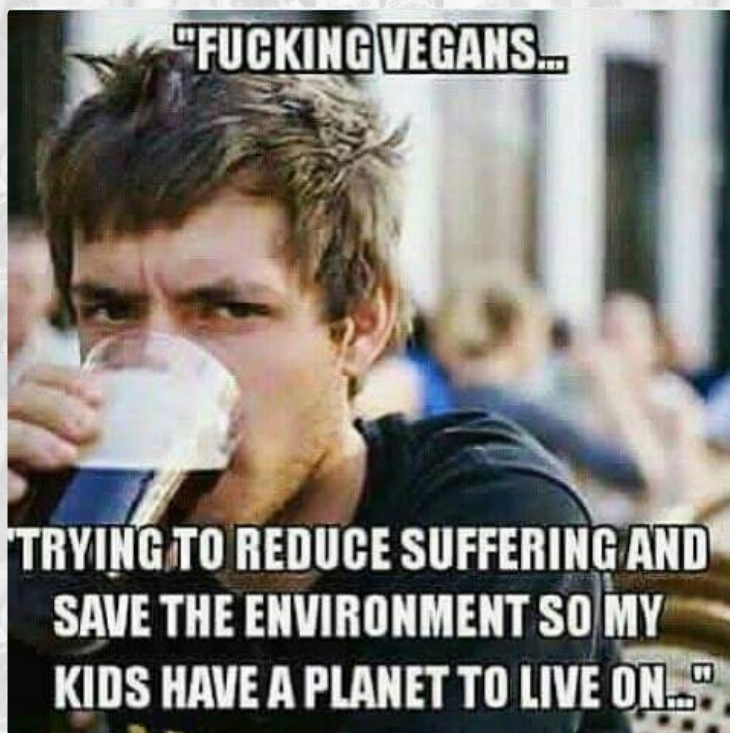
Veni Vidi Vegani

10 faits troublants sur la viande>

**Carcinogenicity of consumption
of red and processed meat .pdf**

Article riche d'informations et plein d'humour

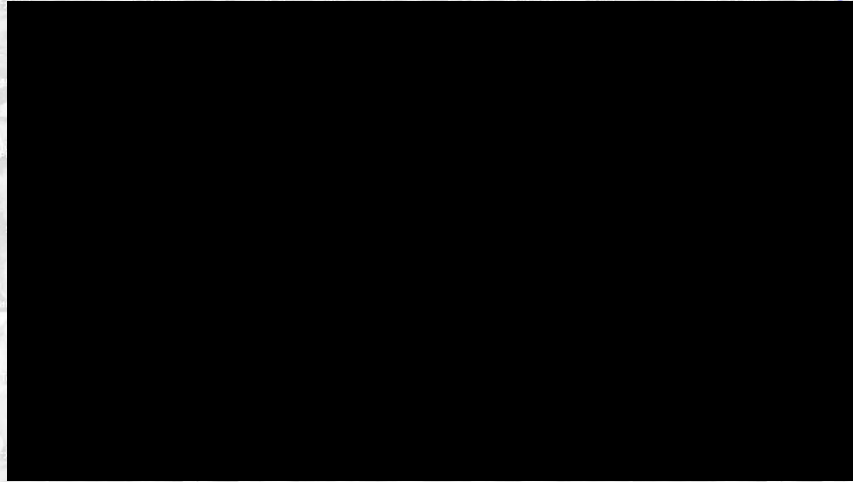
<http://blog.northgate.fr/2015/04/15/et-si-ces-enfoires-de-vegans-avaient-raison/>



Il n'est pas nécessaire de manger des produits animaux par le Dr Jérôme Bernard-Pellet

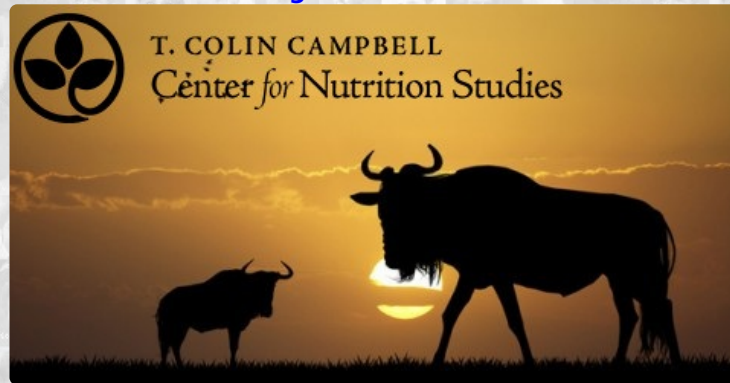


L'alimentation des inuits expliquée par le Dr McDougall



Distribution of the arctic variant of the CPT1A gene in indigenous populations of Siberia

Masai and Inuit High-Protein Diets: A Closer Look



📌 #carnism

Manger du cadavre est une déviance ! #carnism Toward Rational, Authentic Food Choices | Melanie Joy | TED

Dr. Melanie Joy : Carnism vs Veganism



The Secrets of Food Marketing | Kate Kooper

**ils ont tous tellement honte qu'ils n'arrivent même plus à l'applaudir...
(sous-titré en français)**

**Véganisme et prosélytisme:
les mécanismes de défense de l'ordre social dominant**



Le fait carnivore, l'autre névrose de l'humanité



Par Florence Burgat, philosophe, directrice de recherche à l'Inra (ENS-CNRS)

<http://www.insolente-veggie.com/>

ÊTRE UN OMNIVORE RAISONNABLE
BE A REASONABLE OMNIVORE

JE NE MANGE
QU'UN TOUT PETIT
PEU DE VIANDE !

I only eat
a little meat !



COOL ! DU COUP JE
NE SUIS QU'UN
TOUT PETIT PEU
MORT !

Cool ! So I'm
just a little bit dead !



credit @RosaBDB12 aka #InsolenteVeggie

très bon blog en bande-dessinée pour la cause animale

**La vraie raison pour laquelle les gens mangent de la viande
et disent des conneries**

Eating Animals and the Illusion of Personal Choice

The hidden biases that drive anti-vegan hatred



#depression

Vegetarians are LESS likely to be depressed

Reading the Headlines

About Vegetarians and Depression is Depressing: The Media Response After "What The Health"

Vegan Diet May Decrease Risk of Depression, Study Finds

**Vegetarian Diet Benefits Include Reducing Depression Risk,
Study Suggests**

Végétarisme et dépression liés ?

Plant-rich diets may prevent depression - new evidence

#milk

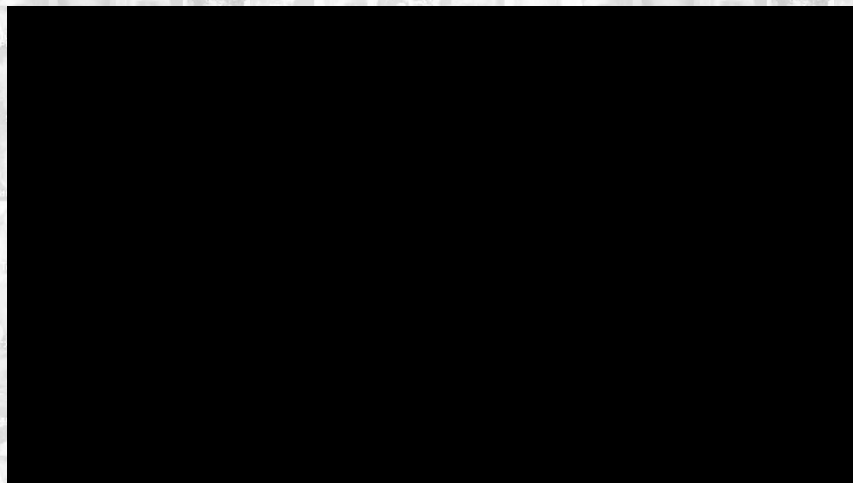
Lab Grown Dairy Is Here #whey

<https://www.bloomberg.com/news/articles/2019-07-11/forget-cultured-meats-lab-grown-dairy-is-attracting-investors>



Perfect Day Ice Cream

The Science of Cheese Addiction



@MictheVegan science based and statistical information youtube channel

**Doctors Petition FDA
to Require Breast Cancer Warning Label on Cheese**

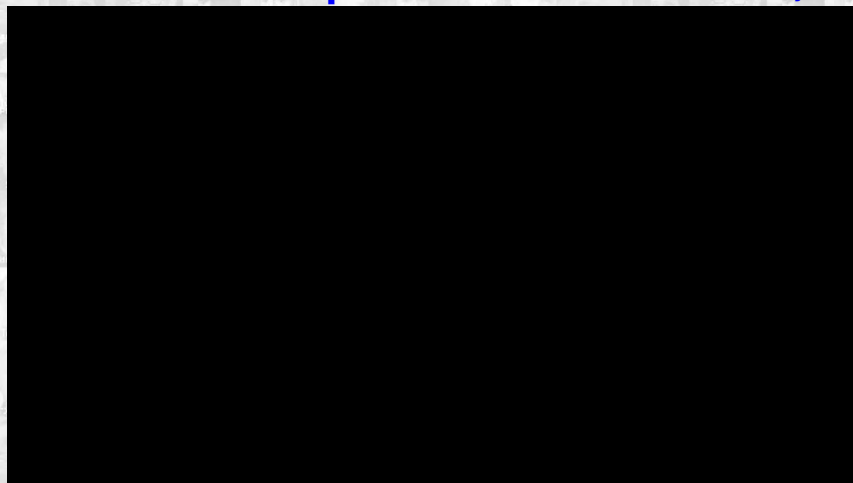


One cup of milk per day associated with up to 50 per cent increase in breast cancer risk: study



Dairy, soy, and risk of breast cancer: those confounded milks - *International Journal of Epidemiology* - Oxford Academy - <https://academic.oup.com/ije/advance-article/doi/10.1093/ije/dyaa007/5743492> - No clear associations were found between soy products and breast cancer, independently of dairy. However, higher intakes of dairy calories and dairy milk were associated with hazard ratios (HRs) of 1.22 [95% confidence interval (CI)]

Childhood Constipation & Cow's Milk vidéo youtube



Dairy Is Dangerous

What the Dairy Industry Doesn't Want You to Know

by Neal D. Barnard, M.D., F.A.C.C. - An American author, clinical researcher, and founding president of the Physicians Committee for Responsible Medicine (PCRM) - What the Dairy Industry Doesn't Want You to Know - FULL TALK - Against #endometriosis #asthma #ErectileDysfunction #hemikrania #migraine #RheumatoidArthritis #ProstateCancer ... go on a plant based diet

Reduce Arthritis Pain With a Plant-Based Diet



Association between processed meat intake and asthma symptoms in the French NutriNet-Santé cohort

Conclusion: High processed meat consumption was associated with higher asthma symptoms, and combining overweight/obesity, smoking, low diet quality, with high processed meat intake was strongly associated with asthma symptoms. #Asthma #Obesity #ProcessedMeat #UnhealthyDiet

American Medical Association Tells Hospitals ban meat and dairy

**Dairy is scary.
The public are waking up to the darkest part of farming**

Big Dairy Concerned As Canada Proposes Food Warning Labels

Scientist Explains How Cow's Milk Leeches Calcium From Your Bones & Makes Them Weaker.

'White' Lies report

This report combines the findings of over 400 scientific papers from reputable peer-reviewed journals such as the British Medical Journal and the Lancet. The research is clear - the consumption of cow's milk and dairy products is linked to the development of teenage acne, allergies, arthritis, some cancers, colic, constipation, coronary heart disease, Crohn's disease, diabetes, dementia, ear infection, food poisoning, gallstones, kidney disease, migraine, autoimmune conditions, including multiple sclerosis, overweight, obesity and osteoporosis. Read the evidence for yourself here! [télécharger le .pdf](#)

Milk Consumption Is Linked to Type 1 Diabetes



"Both unprocessed meat & processed meat is strongly & consistently associated with increased risk of developing T2D."

"To neutralize worldwide .. T2D & its devastating complications, animal products consumption should be limited or discontinued"

Doi: 10.1016/j.clnesp.2019.08.002 pic.twitter.com/oz0yMQ1yL4

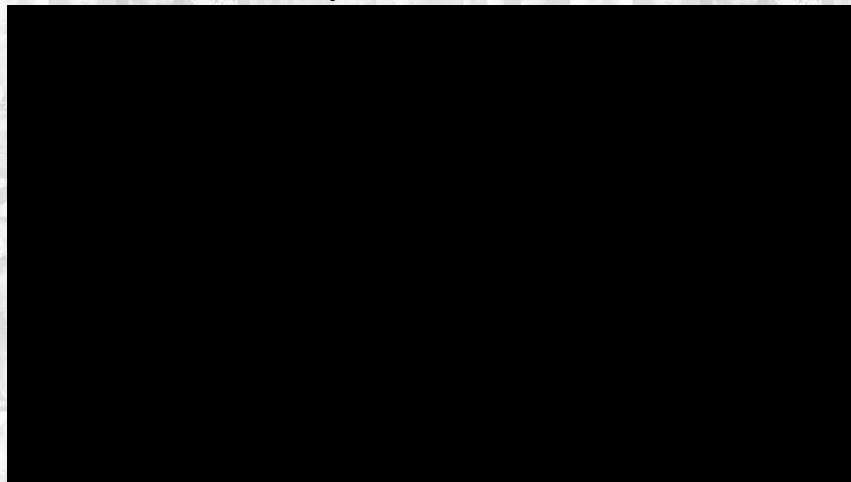
— Alan Watson (@Alan_Watson_) 26 février 2020

Dairy foods and bone health throughout the lifespan: a critical appraisal of the evidence

How to Follow a Vegan Diet With Diabetes

Stop Chugging Milk
Eating This Surprising Food Is
Actually The Key To Avoiding Osteoporosis

Le lait, un tueur blanc !



Produits Laitiers, Nos Ennemis pour la Vie



La réalité du lait Experts Predict Dairy Industry Could Disappear in 10 Years

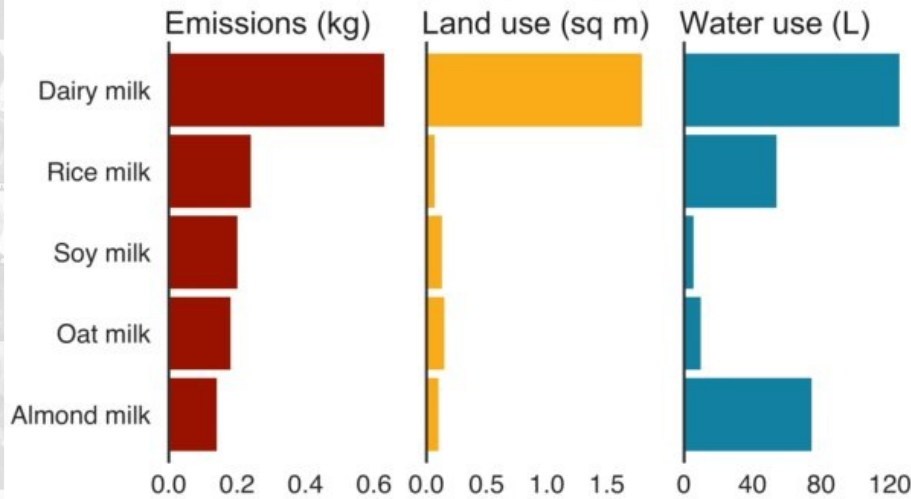
Ça ressemble à du fromage mais ce n'est pas du fromage. On appelle ça du "faux-mage", du fromage végétal. Voici comment on le fabrique... pic.twitter.com/pH61d9w3vQ

— Brut FR (@brutofficiel) January 7, 2022

Climate change: Which vegan milk is best ?

Which milk should I choose?

Environmental impact of one glass (200ml) of different milks



Source: Poore & Nemecek (2018), Science. Additional calculations, J. Poore

BBC

Environmental footprints of dairy and plant-based milks

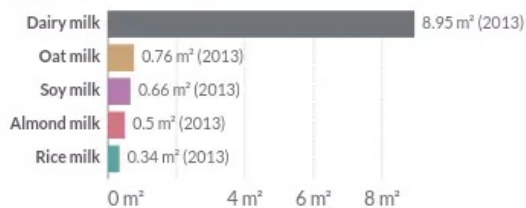
Environmental footprints of dairy and plant-based milks

Impacts are measured per liter of milk. These are based on a meta-analysis of food system impact studies across the supply chain which includes land use change, on-farm production, processing, transport, and packaging.

Our World in Data

☐ Uniform y-axis

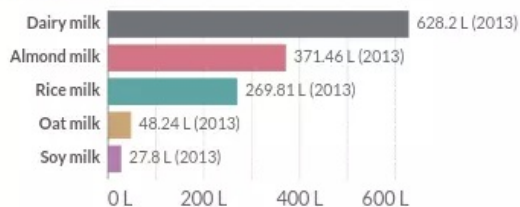
Land use



Greenhouse gas emissions



Freshwater use



Eutrophication



Source: Poore, J., & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers. Science. OurWorldInData.org/environmental-impacts-of-food • CC BY

The Protein Digestibility-Corrected Amino Acid Score #PDCAAS

Table 2 shows values for protein efficiency ratio, true fecal digestibility, amino acid score and nontruncated PDCAAS for some selected proteins.

TABLE 2 True fecal digestibility, amino acid score and PDCAAS for selected proteins¹

Protein	PER	Digestibility %	AAS	PDCAAS
Egg	3.8	98	121	118
Cow's milk	3.1	95	127	121
Beef	2.9	98	94	92
Soy	2.1	95	96	91
Wheat	1.5	91	47	42

¹ Data from **FAO/WHO Expert Consultation 1990**, **European Dairy Association 1997**, and **Renner 1983**.

Plant proteins in relation to human protein and amino acid nutrition

Un Eternel Treblinka de Charles Patterson
abattage des hommes, abattage des animaux
<http://www.unidivers.fr/eternel-treblinka-charles-paterson/>

Une histoire environnementale des abattoirs en France



Milk and Prostate Cancer: The Evidence Mounts

How Bacteria In Cows' Milk May Cause Crohn's Disease

Ulcerative colitis Harvard University

Harvard Study: Pasteurized Milk From Industrial Dairies Linked to Cancer

le Canada retire le lait de sa pyramide alimentaire

Le guide alimentaire canadien
a officiellement éliminé les produits laitiers
en tant que groupe alimentaire

Give up dairy products to beat cancer

study finds bacteria in milk linked to rheumatoid arthritis

la Leucose - qui comme les études récentes tendent à le démontrer - serait

un facteur aggravant ou initiant du cancer du sein chez la femme

<https://www.startpage.com/do/search?q=leucose+bovine+cancer+du+sein>

Parmi les causes du diabète

il y a le carnisme, les édulcorants, le lait, les gaz d'échappement...

<https://www.foodinaction.com/davantage-diabete-viande-rouge-volaille/>

<http://www.journaldemontreal.com/2017/07/17/les-edulcorants-artificiels-lies-au-surpoids-aux-problemes-cardiaques-et-au-diabete>

<https://tempsreel.nouvelobs.com/societe/20140528.OBS8756/le-lait-est-il-bon-ou-mauvais-pour-la-sante-ca-depend-pour-qui.html>

<http://www.euractiv.fr/section/sante-modes-de-vie/news/les-gaz-d-echappement-favorisent-le-diabete-chez-les-enfants/>

<https://nutritionfacts.org/2017/07/20/how-to-treat-the-root-cause-of-diabetes/>

<https://www.ladepeche.fr/article/2018/02/13/2741735-diabete-etude-confirme-vertus-regime-vegan-prevenir-risque.html>

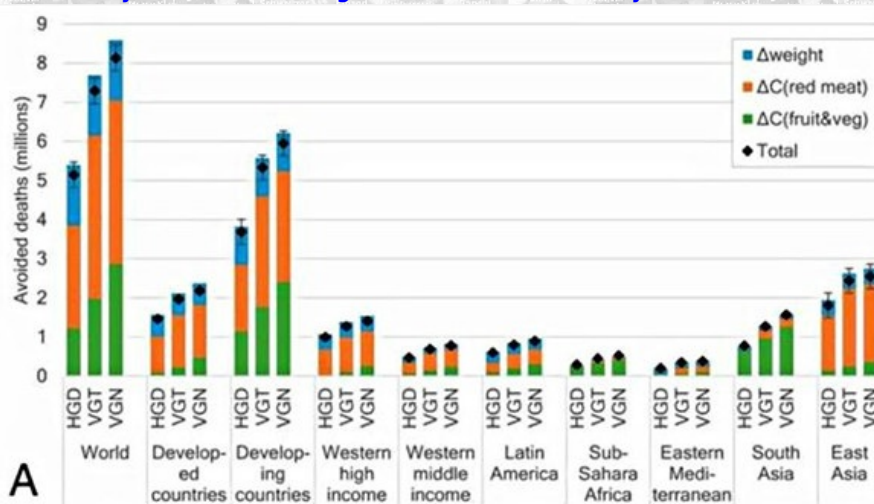
A high fibre diet helps treat diabetes by changing gut bacteria

Vegan Diet Could 'Improve Psychological Health' And Help Manage Diabetes, Says Review

Eating a vegan diet can cut your risk of developing diabetes
by almost a quarter, says Harvard scientists

Analysis and valuation of the health #diabete and climate change cobenefits of dietary change

by #PNAS Proceedings of the National Academy of Sciences



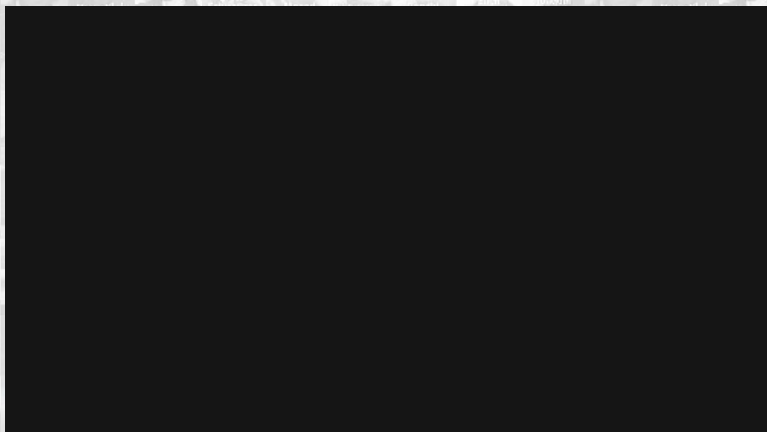
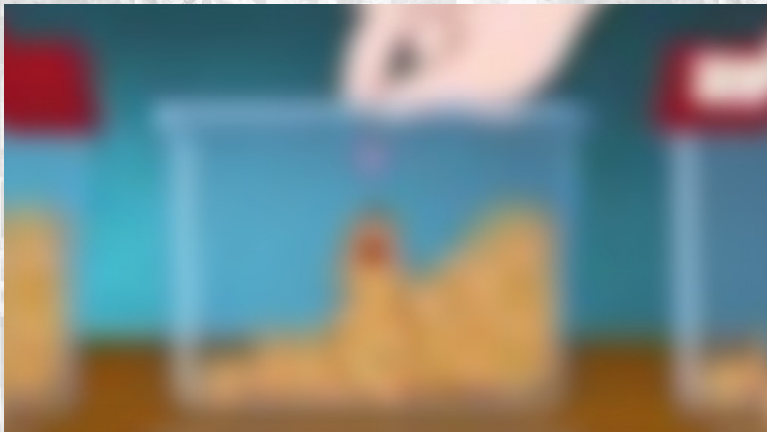
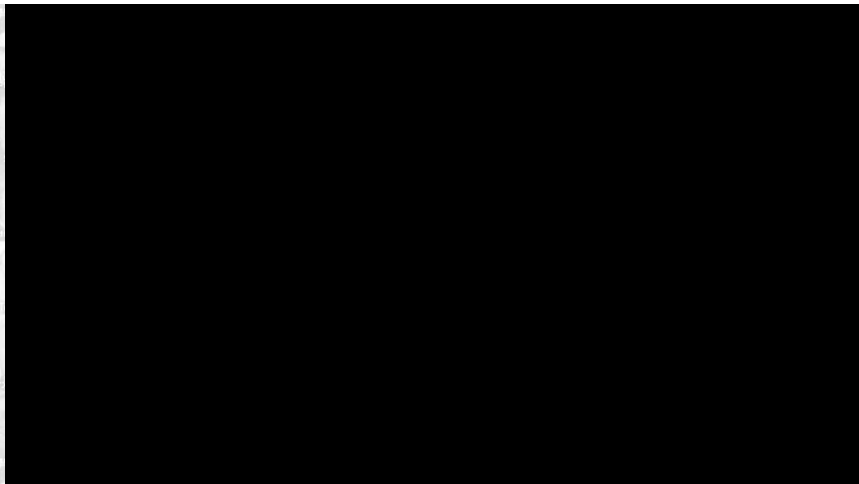
energy intake. The reduced mortality in the VGT and VGN scenarios compared with the HGD scenario was due to lower red meat consumption (1.7 million additional avoided deaths in each) and higher fruit and vegetable consumption (VGT, 0.8 million; VGN, 1.8 million additional avoided deaths). Across the three nonreference scenarios, about 45–47% of all avoided deaths were from reduced coronary heart disease (CHD), 26% from stroke, 16–18% from cancer, and 10–12% from type 2 diabetes mellitus (T2DM) (SI Appendix, Fig. S3). Adopting the nonreference diets reduced the combined number of

High-fiber diet keeps gut microbes
from eating the colon's lining,
protects against infection, animal study shows

Dietary Fiber and the Human Gut Microbiota: Application of Evidence Mapping Methodology

Dietary fiber and prebiotics and the gastrointestinal microbiota

Abattoir made in France - Alès



Tribe of Heart

Connaissez-vous votre empreinte sur le climat ?

FAIRE LE TEST



FAIRE LE TEST À PLUSIEURS



vegetarian calculator

A Vegan lifestyle saves animals, the environment & much more

The Vegan Calculator

Calculate how much you've saved.

The Vegan Society

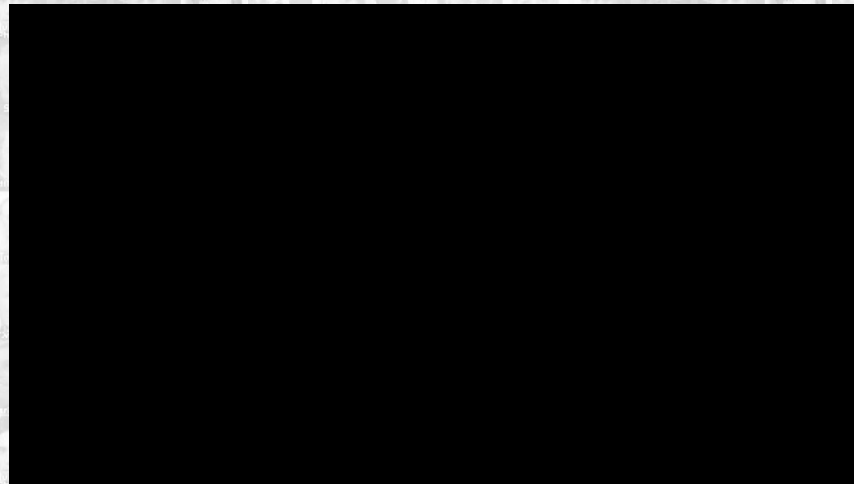
Calculate how much you've saved.

Calculateur d'Empreinte Carbone

Bill Gates is going vegan

Here's why you should go meat-free too by Bill Gates

Bill Gates Encourages Food Chains To Offer 'Synthetic' Beef To Fight Climate Crisis



"Bill Gates PREDICTED The Coronavirus In 2015"

Que deviendra le monde lorsque nous serons tous végétariens ?

Antigone

XXI

Antigone XXI

#cancer

Cancer Incidence Worldwide

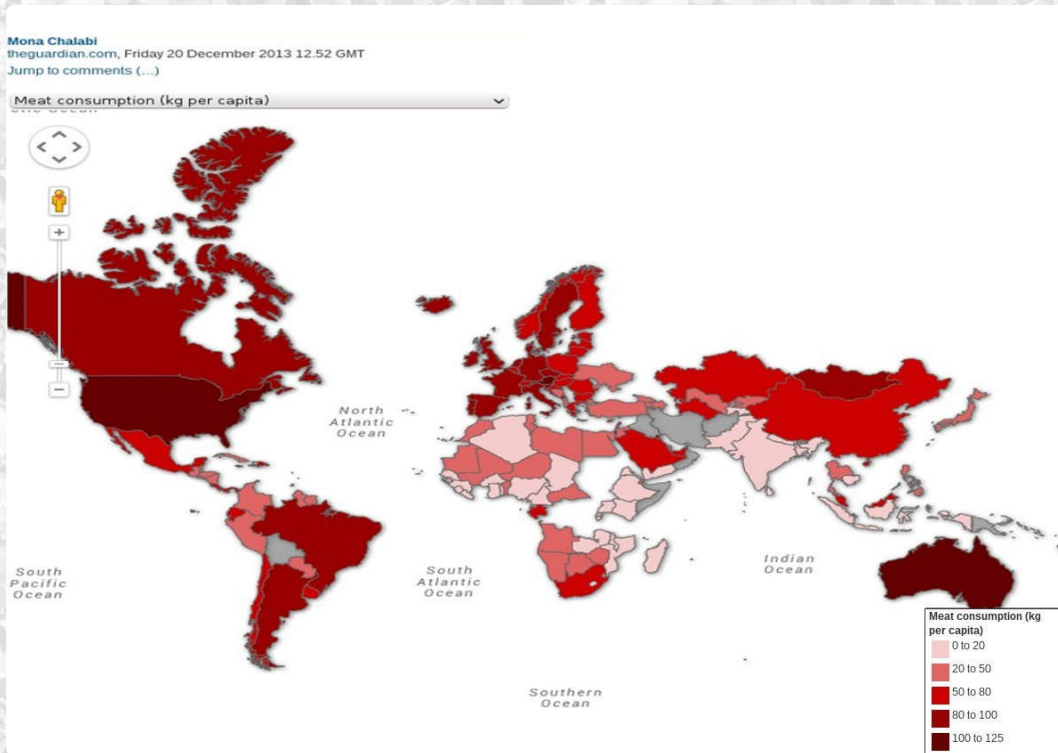
Breakdown of the estimated 12.7 million new cases, age standardised incidence rates and the most commonly diagnosed cancers by the different regions of the world, 2008.



Source: GLOBOCAN 2008, Cancer Incidence and Mortality Worldwide. IARC, 2010 (<http://globocan.iarc.fr>)

<http://info.cancerresearchuk.org/cancerstats/>

Corrélation parfaite entre les cancers dans le monde et le niveau de consommation de viande



<http://blog.lesoir.be/docs/2013/08/05/les-pays-ou-on-mange-le-plus-de-viande/>



Pour en finir avec la rubrique cancer :

Le jeûne nouvelle thérapie - Arte Future

presse : **Les éclopés de la viande**

vidéo : **Voyage au bout de la viande**

<http://lachainedevv.com/les-produits-laitiers-passent-un-sale-quart-dheure-sur-france-2>

Les nouveaux végétariens - ARTE - 2013

<http://www.l214.com>

<http://www.269life-france.org/>

<http://www.petafrance.com>

<http://www.mode-sans-fourrure.com/>

Vegan School in California is First in US

Le lobby de la viande conseille de manger végétal...

Le site explique : « Le porc est un mammifère « omnivore », ce qui signifie que son organisme assimile aussi bien les produits d'origine animale que ceux d'origine végétale. »

**L'industrie de la carne conseille
aux omnivores - ici le Cochon, comme nous -
pour être en bonne santé, de manger végétarien-strict !**

400 raisons d'être végétarien pour sauver des vies et la planète...

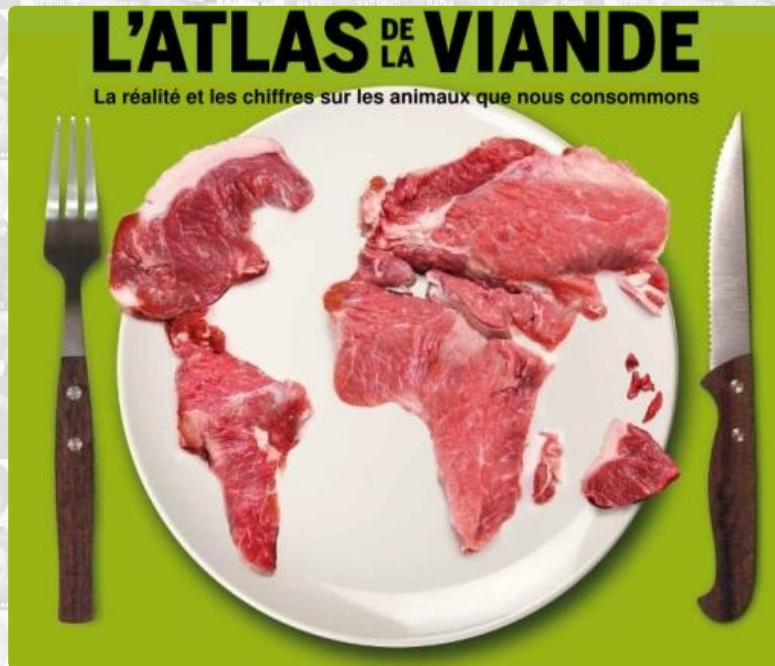
les Meilleures Citations véganes

www.viande.info

4 min pour comprendre
le vrai poids de la viande sur l'environnement

Le Monde

4 min pour comprendre le vrai poids de la viande sur l'environnement



[le rapport complet .pdf](#)

**Humans Need to Stop Eating Meat
to Reduce Climate Change Crises,**



Says David Attenborough

**Sir David Attenborough gave a speech last night that was both powerful and empowering.
He breaks down why he values Our Planet and why we all need to act to take on saving this world.
Honestly, can you imagine not loving him ?**

**Avoiding meat and dairy is 'single biggest way
to reduce your impact on Earth**

Réduire l'impact environnemental de la nourriture via les producteurs et les consommateurs

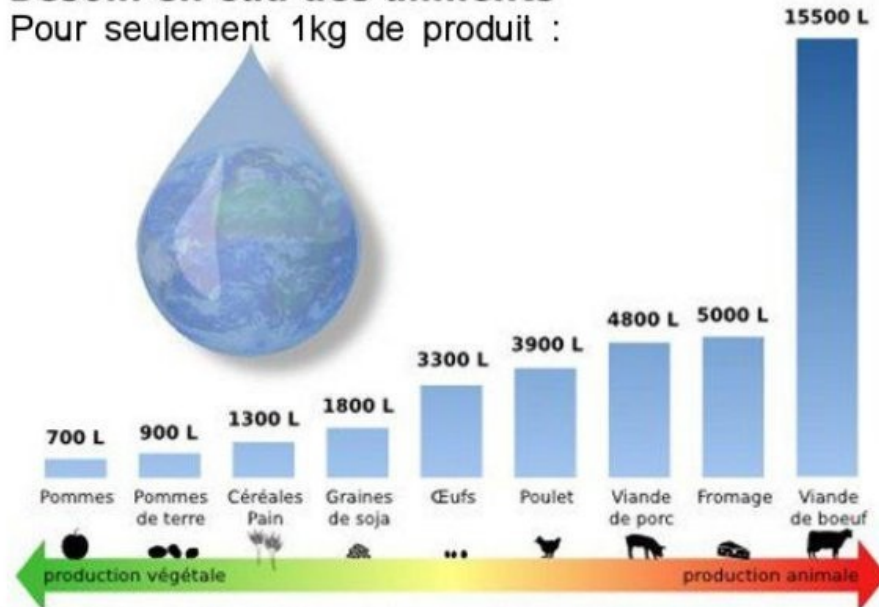
l'importante étude de Peters et al.

Comment réduire l'impact de l'agriculture mondiale
sur la planète ? Pour les scientifiques, la seule solution,
c'est #goVegan

📉 #water

Besoin en eau des aliments

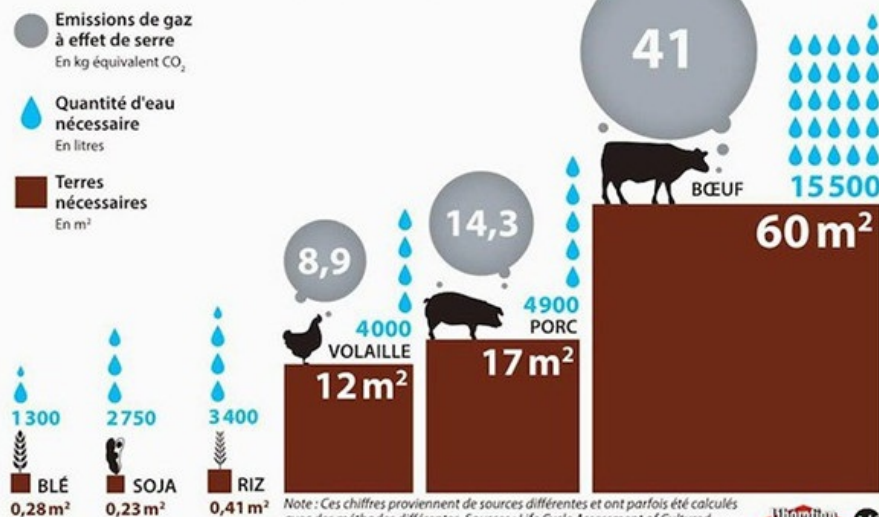
Pour seulement 1kg de produit :



Source : Water Foot Print <http://www.waterfootprint.org/?page=files/productgallery>

Visuel www.L214.com

POUR LA PRODUCTION D'UN KILO



Une étude prévoit que nous serons tous végétariens
dans moins de 40 ans à cause du manque d'eau

📉 #business

Chiffre d'Affaire annuel de l'Industrie Agroalimentaire en France

170 milliards €

c'est autant que le PIB de 10 autres nations !

106 771 759 habitants



Parce que je le vau**x** bien ?

Il est temps de mettre en pratique ... à table :)

le Guide PETA pour devenir vegan

+500 #veganrecipes pour se régaler !

Je recommande les recettes en vidéo de CherryPepperMagazine

et sous forme d'ebook une compilation de recettes végétariennes par <http://pigut.com/>

The Nutrition Rainbow

The Nutrition Rainbow

The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!

Lycopene reduces breast and prostate cancer risk; boosts heart, brain, eye, and bone health.

Beta-carotene fights cancer; reduces inflammation, supports immune system, and boosts vision.

Vitamin C and flavonoids inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

Folate builds healthy cells and genetic material and boosts heart health.
Calcium strengthens bones, muscles, and heart health.

Indoles and lutein eliminate excess estrogen and carcinogens and support eye health.

Allyl sulfides destroy cancer cells and reduce cell division.

Anthocyanins destroy free radicals, reduce inflammation, and boost brain health.

Resveratrol may decrease estrogen production, boosts heart and brain health.

Fiber boosts digestion and weight loss, removes carcinogens.

PhysiciansCommittee
for Responsible Medicine

Manger Vegan

VEGAN FOOD GUIDE DAILY PLAN FOR HEALTHY EATING

Get at least 60 minutes of physical activity each day.



Other Essentials -SOURCES OF:
Omega-3 Fatty Acids
Vitamin B12
Vitamin D

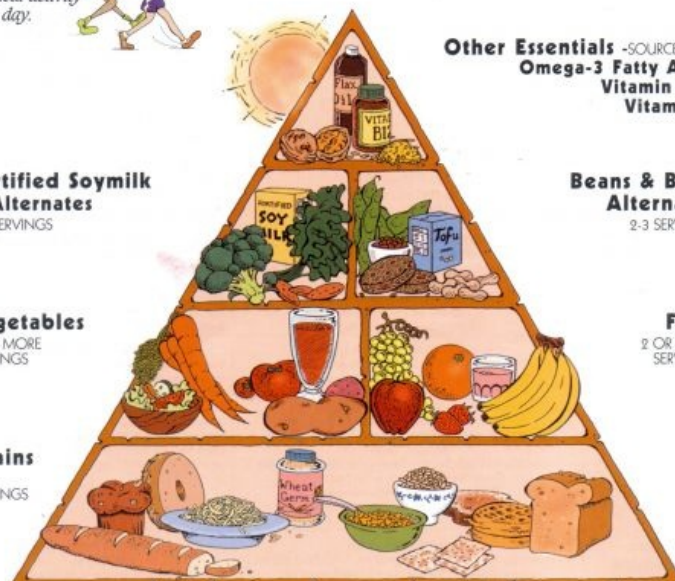
Fortified Soymilk & Alternates
6-8 SERVINGS

Beans & Bean Alternates
2-3 SERVINGS

Vegetables
3 OR MORE SERVINGS

Fruit
2 OR MORE SERVINGS

Grains
6-11 SERVINGS



Artwork by Dave Brousseau

Eat a variety of foods from each of the food groups.
Drink 6-8 glasses of water and/or other fluids each day.
Limit intake of concentrated fats, oils, and added sugars, if used.





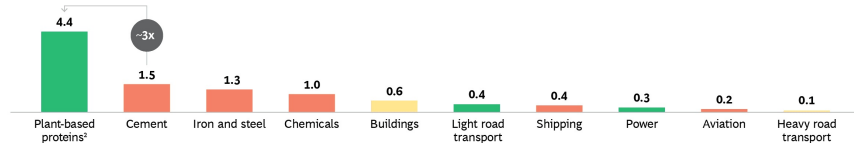
9 Haricots et légumineuses les plus sains que vous puissiez manger

Exhibit 3 - Plant-Based Proteins Have Greater Impact of Capital Employed¹ Than Other Sectors

IMPACT OF CAPITAL EMPLOYED (\$BILLIONS PER \$TRILLION INVESTMENT)



CO₂E SAVINGS (IN GIGATONS) PER \$TRILLION INVESTMENT



● **Mostly economic:** most investments in the sector, such as replacing animal-based proteins with alternative proteins at cost parity, are economically viable
 ● **Mixed:** some investments in the sector, such as building automation and roof insulation, are economically viable; others in the same sector, such as moving to heat pumps in older buildings, are not
 ● **Mostly uneconomic:** most investments in the sector, such as introducing carbon capture and storage in cement production plants (which adds costs, but no savings), are not economically viable

Sources: BCG/GFMA report, "Climate Finance Markets and the Real Economy"; BCG analysis.
 *Market value for avoided tons of CO₂e, assuming a price of \$50 to \$80 per ton. †CO₂e savings from plant-based meat only (red meat, pork, chicken, fish, and seafood).

L'Opportunité Climatique Inexploitée des Protéines Végétales décryptage du rapport du Boston Consulting Group #BCG

📌 #egg_substitutions

Mille et une astuces pour remplacer les oeufs dans les recettes !

NOUVEAUTÉ
 dans votre assiette

LE PAPONDU
 lance
 l'alternative à l'œuf !

PASSER COMMANDE

FAITES DES OMELETTES ET DES RECETTES SANS CASSER DES OEUFS !
 S'utilise pour la cuisine et pour la pâtisserie

<https://papondu.fr/>

#egg #alternative #substituée à l'œuf #omelette #vegan

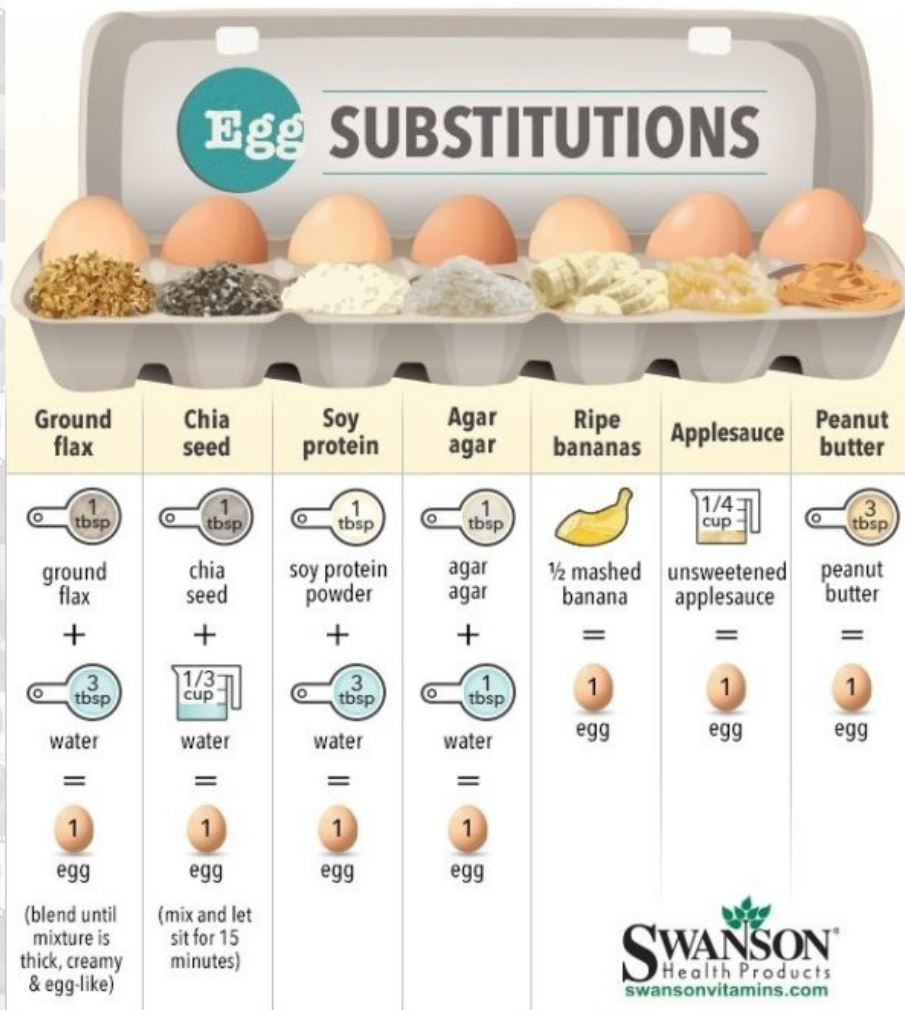
Aquafaba de Pois Chiche monté en neige

Comparatif des substituts aux oeufs
 le champion c'est l'Aquafaba, et même pas besoin de le monter en neige

How to Make Your Own Egg Replacers

To determine the right egg replacer to use, first you have to know why the egg is in the

recipe in the first place. Eggs can serve several functions, including: Binding, Leavening, Moisture, Thickening, Color and flavor



Egg SUBSTITUTIONS

Ground flax	Chia seed	Soy protein	Agar agar	Ripe bananas	Applesauce	Peanut butter
1 tbsp	1 tbsp	1 tbsp	1 tbsp	1/2 mashed banana	1/4 cup unsweetened applesauce	3 tbsp peanut butter
+	+	+	+	=	=	=
3 tbsp water	1/3 cup water	3 tbsp water	1 tbsp water	1 egg	1 egg	1 egg
=	=	=	=			
1 egg	1 egg	1 egg	1 egg			
(blend until mixture is thick, creamy & egg-like)	(mix and let sit for 15 minutes)					

SWANSON Health Products
swansonvitamins.com

<http://www.swansonvitamins.com/blog/kaitlins-blog/egg-substitutes>

<https://vegan-pratique.fr/cuisine/remplacer-les-oeufs/>

24 Ways to Replace an Egg

Évidemment, l'inévitable Mayonnaise :D

25 recettes qui vous feront oublier définitivement la chair, les oeufs et le lait !

Le lait de #Soy #Soya #Soja, le meilleur des laits végétaux a déterminé une équipe de chercheurs de l'Université McGill

Pour en finir avec les bobards sur le soja



Lait de #Soy #Soya #Soja
Le profil nutritionnel le plus équilibré
Lait d'amande, le complément alimentaire indispensable
à l'obtention des nutriments essentiels

The Coconut Industry's Dark Secret

Margarines sans lactose/lactosérum
pour remplacer avantageusement le beurre



Levure de Bière
pour son super-goût-fromager et ses biens-faits



21 douceurs à substituer au miel

21 Vegan Recipes for Lentil Lovers

Plein d'autres recettes véganes
dans la collection <http://cuisine.lodweb.com> sur Twitter



#B12

La supplémentation pour toute personne strictement végétarienne/vegan
(aucun produit animal)
est un impératif de santé !

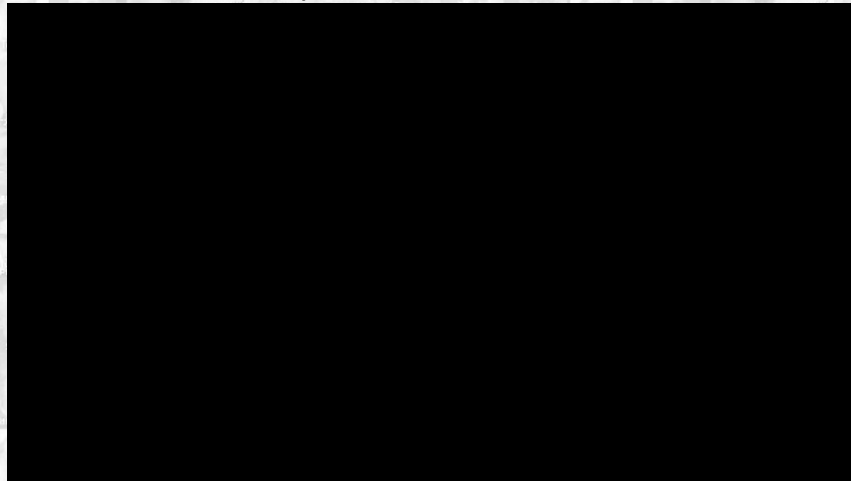
Le meilleur choix en supplémentation, la VEG1 (1 comprimé par jour)
vitamines B1-B6-B12, D3, Acide Folic, iode et sélénium
!/\ pour les résidents outre-mer, lors de vos achats,
veillez à choisir votre département plutôt que France, dans la zone pays !



The best choice in supplementation, VEG1 (1 tablet per day)
Vitamins B1-B6-B12, D3, Folic Acid, Iodine, Selenium

**Ce que chacun doit savoir sur
la vitamine B12**

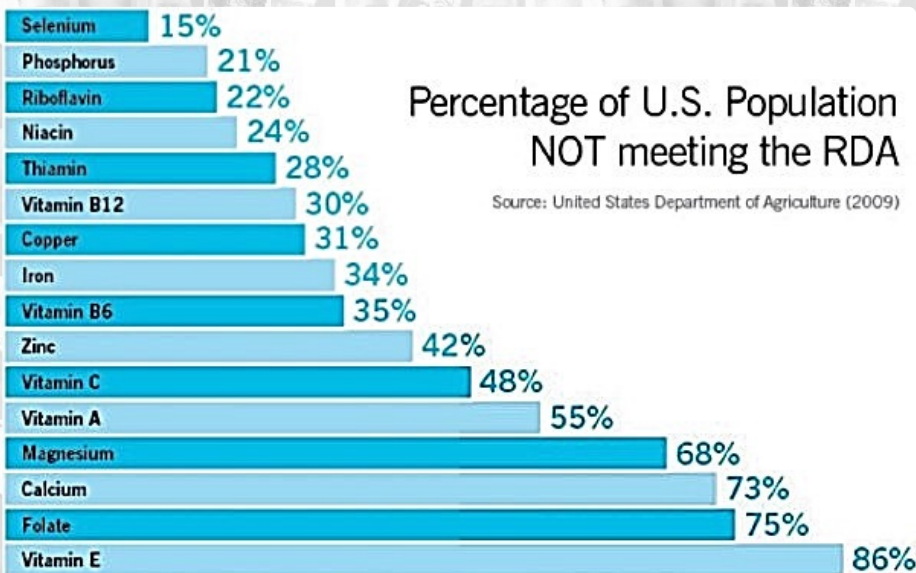
It's Official, There's a Plant Source of B12



<https://www.youtube.com/watch?v=QHvRARWgIRY>

Analyse urinaire : Carence en vitamine B12

https://fr.wikipedia.org/wiki/Vitamine_B12



Americans Do Not Meet Federal Dietary Recommendations #RDA

Table 2. Characteristics of the Study Population and Plasma Concentration of Vitamin B₁₂.

	n	%	HoloTC (pmol/L)		Serum Vitamin B ₁₂ (pmol/L)	
			Mean ± SD	p Value	Mean ± SD	p Value
All	728	100	103.35 ± 53.17		265.00 ± 150.97	
Age (years)						
29–39	56	7.6	93.55 ± 42.15	0.014	244.47 ± 75.58	0.232
40–49	154	21.2	93.11 ± 42.81		249.83 ± 121.34	
50–59	192	26.4	104.00 ± 57.30		272.35 ± 165.79	
60–69	165	22.7	107.44 ± 55.29		259.80 ± 130.60	
70–94	161	22.1	111.57 ± 56.65		283.23 ± 190.87	
Gender						
Male	252	34.6	94.63 ± 51.03	0.001	248.73 ± 152.20	0.035
Female	476	65.4	107.96 ± 53.75		273.61 ± 149.76	
Race						
White	366	50.3	98.90 ± 53.63	0.023	264.66 ± 176.73	0.952
Non-white	362	49.7	107.84 ± 52.39		265.34 ± 119.68	
Dietary patterns						
Vegan	67	9.2	107.53 ± 59.67	0.033	292.26 ± 214.52	0.052
Lacto-ovo	207	28.4	109.86 ± 57.61		275.32 ± 164.40	
Pesco	78	10.7	111.10 ± 48.43		277.59 ± 129.10	
Semi	35	4.8	90.92 ± 41.05		211.06 ± 66.39	
Non-vegetarian	341	46.8	98.07 ± 50.56		256.05 ± 136.33	

Across the dietary patterns, vegans, lacto-ovo-, pesco-, and semi-vegetarians had significantly higher vitamin B₁₂ intake from fortified foods than non-vegetarians (Nutrients 2018, 10, 722; doi:10.3390/nu10060722)

B12 Deficiency May Be More Widespread Than Thought

Do carnists need Vitamin B12 supplements ?

B12 Deficiency in 40% of US Population Proves
Concern is Not Just for Vegans

40% Are Vitamin B12 Deficient - Are You ? | John Douillard's LifeSpa

THE DIRT ON VEGANISM AND B12
By VEGANS OF INSTAGRAM

B12 is produced by soil microbes that live in symbiotic relationships with plant roots

Vitamin B12 Is Important For:

- ① THE REPLICATION OF DNA
- ② FORMATION OF RED BLOOD CELLS
- ③ MAINTENANCE CENTRAL NERVOUS SYSTEM

What is the Intrinsic Factor?
The Intrinsic Factor is a glycoprotein secreted by the stomach that enables the body to absorb vitamin B12.
FACT Absorption decreases when the capacity of the Intrinsic Factor is exceeded at 1-2 mcg of vitamin B12.

The B12 in Animal Products Comes From The Soil The Animals Ate
FACT Livestock no longer feed on grass and dirt on factory farms because pesticides **KILL** B12 producing bacteria.
90% of B12 supplements produced in the world are fed to livestock
Uh Oh... Animal products high in B12 also heighten risk of cancer & heart disease. **TRY VEGAN!**

Statistics
15% of Population Suffers From B12 Deficiency
FACT Anyone can have a B12 deficiency, regardless of diet
2.5 mcg Recommended Daily Allowance of B12 For Adults is 2.5 Micrograms

Top Vegan B12 Sources

- DIETARY SUPPLEMENTS
- FORTIFIED PLANT BASED MILK
- FORTIFIED NUTRITIONAL YEAST

"Dirty Produce" Is Not a Reliable Source of B12, but Supplements Are When Done Right

Eat Your Dirt :
Natural Vitamin B12 And Where To Find The Best B12 Supplement

Quelle sont les sources directes et originelles de B12 ?

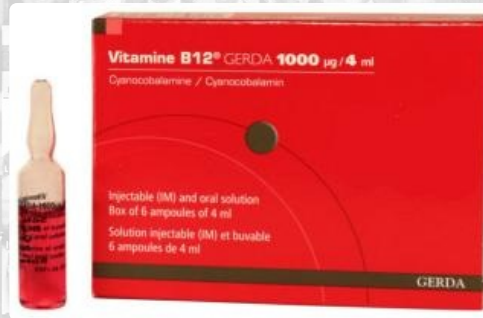
Les animaux-emballages, guide complet sur la B12

guide d'achat vitamine B12

Faites-vous prescrire par votre médecin

le test-urinaire MMA (Acide Méthyl Malonique) afin de détecter une possible carence en B12

(sur ordonnance, c'est remboursé par la Sécurité Sociale).



The Vegan Tool Guide



Go Vegan: A Practical Guide About Veganism for Beginners



📌 #sevrage



Et le sevrage du nourrisson végétarien ?

"L'ANSES rappelle que le lait maternel est l'aliment de référence adapté aux besoins du nourrisson, et qu'hors allaitement, seules les

préparations pour nourrissons et préparations de suite (lait premier âge et deuxième âge), qu'elles soient formulées à partir de protéines animales ou végétales, permettent de couvrir les besoins du nourrisson."

Attention : toutes les autres boissons à base de riz ou d'autres végétaux (Amande, Avoine, Châtaigne, Épeautre, Noisette, Quinoa, Soja) ne sont pas adaptées aux nourrissons. Leur utilisation à cet âge est susceptible d'entraîner des carences nutritionnelles graves. Elles ne peuvent donc pas constituer une alternative.

https://minefi.hosting.augure.com/Augure_Minefi/r/ContenuEnLigne/Download?id=59CE8544-ACF5-4D7A-A83C-E77E41D917C2&filename=251 - CP produits de nutrition extension rappel.pdf

Végétalisme, véganisme et alimentation des bébés : à savoir

Qu'ils soient d'origine animale ou végétale, ces produits permettent de couvrir les besoins nutritionnels des bébés :



Qu'ils soient d'origine animale ou végétale, ces produits ne permettent pas de couvrir les besoins nutritionnels des bébés :



L'ANSES (Agence nationale de sécurité sanitaire de l'alimentation, de l'environnement et du travail) rappelle que "le lait maternel est l'aliment de référence adapté aux besoins du nourrisson, et qu'hors allaitement, seules les préparations pour nourrissons et préparations de suite (lait premier âge et deuxième âge), qu'elles soient formulées à partir de protéines animales ou végétales, permettent de couvrir les besoins du nourrisson."

**Le végétalisme est viable à tous les âges de la vie.
Pour la santé de tou-te-s, diffusons les informations rationnelles.**

FLORENCE DELLERIE - ILLUSTRATION @QUESTIONSANIMALISTES.COM

Préparations infantiles en France

10 Mothers On Why They're Saying NO To Dairy



#cosmétiques #maquillage #makeup #cosmetics #crueltyfree

Liste de marques non testées sur les animaux et vegan



Et si on achetait sans cruauté ?

Halal J-beauty: Japanese firm launches make-up brand for Muslim and vegan consumers



10 Vegan 90s Makeup Products to Try, from Lisa Frank to Hello Kitty



THE VEGAN BODY CARE GUIDE (worldwide)

**CRUELTY-FREE
& VEGAN PRODUCTS.**

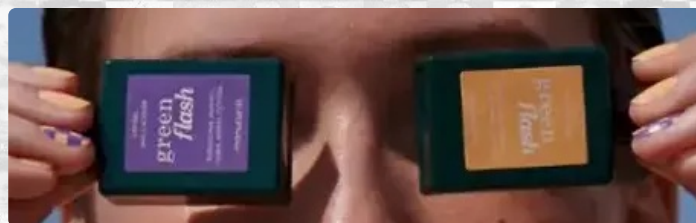
Le Rouge Français



cosmeticos que no experimentan con animales
vegannook.com - your complete vegan make guide

Marques de cosmétique cruelty free
List of Officially Cruelty-Free Brands 2019

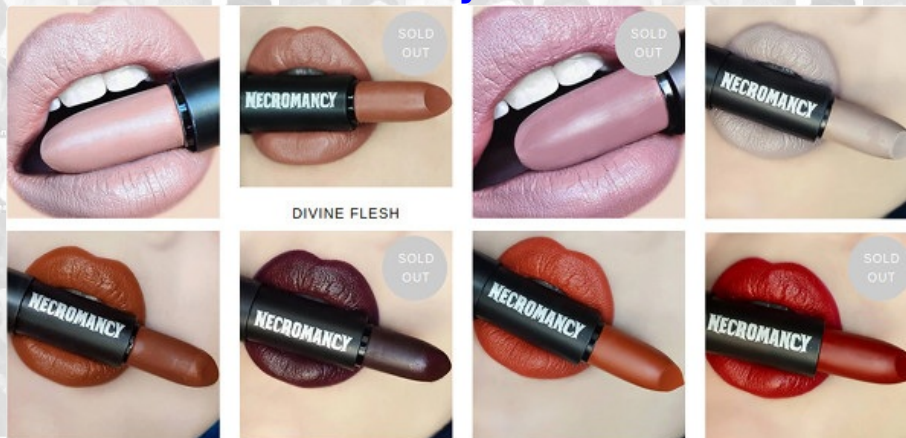
#Manucurist #verniss #dissolvant



Nail Polish Remover #dissolvant Guide



Necromancy Cosmetics



KVD-vegan-beauty



**What Is #Collagen, Can It Be Vegan?
and how eating #plantbased foods can help restore it**



📌 #suits #costumes #vêtements #clothes #fauxleather #wool #laine #alternatives

King & Allen tailoring
[Suits made from bamboo or recycled bottles]

KING & ALLEN PRESENTS
VEGAN TAILORING

Chaud, éthique et écolo ? Yes we can !
Comment remplacer la laine !



et Pourquoi remplacer la laine ?!
⚠ méthode très choquante ⚠
Dipping sheep to remove parasites



Vivre sans cuir

Qu'est-ce que le cuir ? Pourquoi refuser d'en acheter ? Quelles sont les alternatives ?

GROWING NEXT GEN MATERIALS
INSPIRE. CONNECT. INNOVATE. SCALE.



**MATERIAL
INNOVATION
INITIATIVE**



Material Innovation Initiative

New Kinds of Leather: The Most Prominent Lab-Grown Materials that Need No Animals

#biodesign #biomimicry #biofabrication #mycelium #BoltThreads #Mylo #Mycoworks #Reishi
#labgrownmaterials #bioleather #vegan #nonplastic

9 Vegan Canada Goose Alternatives to Keep You Warm, Cozy, and Stylish This Winter



Les marques sans fourrure #furfree



10 vegan winter coats for women that don't compromise on warmth



European Brand Ecoalf Goes Feather Free



Quagga



PARKA KIT Women



Balica Field man



Parka Plush Woman



Balica Long man



Thermo Man



lopi Tool - 2017/18



Vesta Woman



Parka Plush Woman

Sweatshirt



Dress responsibly.TM
QUAGGA

New Collection!



Jackets



Offers old Collection



jakke



Their faux fur jackets are cruelty free, which means that no animal suffered for one of their fabulous fluffy pieces.

These (other) Down Alternatives Offer Cozy Vegan Perfection

Polartec - PrimaLoft - Plumtech - Thermal R - PANGAIA - Nudown - 3M Thinsulate - Climashield - 37.5 - Aspen Aerogels - DuPont Sorona - Grado Zero Space - Monark Fibre - Thermolite - Polarguard - Thermore - Ingeo - Bamboo - MicroCloud - Flocus

**"Animal-Free by Conviction"
Save the Duck Produces Vegan Sportswear**



<https://www.savetheduck.it/>

Wu-Tang Clan launches vegan winter jacket made from recycled ocean plastic



KD New York Makes Vegan Cashmere From Beans



NYFW Street Style Is Making A Major Case For Vegan Leather



👉 #chaussures #shoes

Myth number FOUR: Leather is sustainable

Leather is an incredibly resource-intensive material which causes mass deforestation, the emission of large amounts of greenhouse gas emissions, and wasteful water usage.

To produce one pair of cow leather boots, at least 66kg of CO₂e is emitted. That's like charging 8,417 phones. PU synthetic leather emits 9.5kg of CO₂e.

To make 1 cow leather tote bag, almost 17,128L of water is used. That's like having around 537 showers.

If you made the same bag from PU synthetic leather, the water footprint would be reduced over 14 times.

@collectivefashionjustice

These Are the Best Vegan Shoes You Can Buy

New Balance - Clarks - Blundstone - SAYE - Birkenstock - Reebok - Seavees - Dr. Martens - Adidas - Thousand Fell - Hunter - VIRON - Veja - Native Shoes - Ground Cover

**Zéta
baskets 100% recyclées et en raisin**

nos modèles à propos

zēta

L'histoire
d'une grappe
devenue
chaussure



**Minuit sur Terre innove avec ses
chaussures 100% recyclées et en raisin**



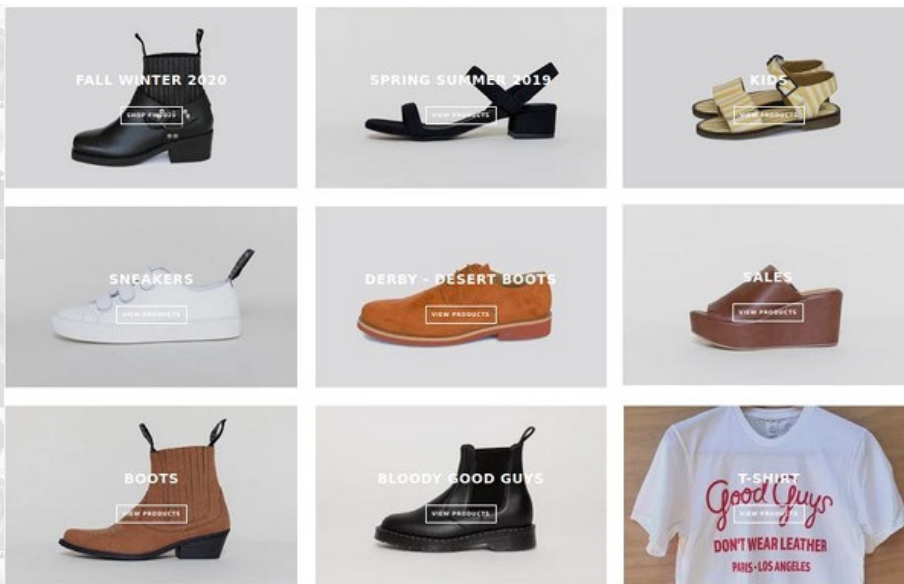
<https://minuitsurterre.com>

Supergreen

***Fabriquée à base de fibre de maïs, de riz, de liège et de gomme recyclée
la chaussure 'popcorn' n'utilise ni cuir ni synthétique.***



GOOD GUYS Don't Wear Leather !
The 1st VEGAN shoe company from France, 100% Vegan since 2011



AVESU Vegan Shoes



Kat Von D's New Vegan Shoe Line Is Made From Apples



LUXE VEGAN SHOES

Will's Vegan Boutique LONDON Est. 2012

Une collection énorme de chaussures, vêtements, accessoires... vegan pour homme & femme

Will's Vegan Store

LONDON
Est. 2012



Womens Mens Knitwear Accessories Goodyear Welt Gift Cards

Vegan Athletic Shoes 2018

Veja, la pépète française de la basket éco-responsable



Nike Just Released Vegan Air Max 90 Sneakers Made From Sawdust



Mizuno Running Shoes Now Vegan!



Reebok Paves the Way with Plant-Based Running Shoe, Forever Floatride GROW



Vegan sneakers set to be next plant-based craze in 2020



Collection UX68: chaussures artisanales vegan, durables et unisexes, du Portugal



[Productos](#)

[Sobre Nosotros](#)

[Proyecto](#)

[Lookbook](#)

[Español](#) | [English](#)



UX-68 Ocean



UX-68 Wine



UX-68 Leopard



UX-68 Navy



UX-68 White



UX-68 Water

Nemanti: Bespoke Vegan Shoes



GURU - vegan shoes with spirit



Biodegradable Vegan Leather Company Scoops Award Ahead Of Release - #Fiquetex #leather #cuir



Tree Tribe - Handmade Leaf #Leather #cuir



The Apple Girl #leather #cuir



New Vegan Leather Is Made From Indian Temple Flowers #Fleather #leather #cuir



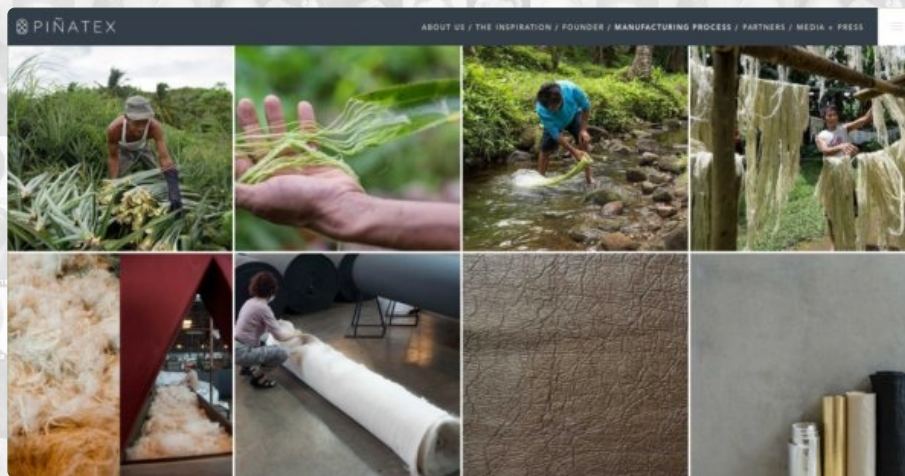
Qu'est ce que le cuir de liège ? #cuir #liège #leather #cork



<https://www.magiccork.fr> boutique Saint-Pierre La Réunion 97410

**Vegan Leather
What It Is and Why It Belongs in Your Closet**

Piñatex



#Pinatex

Desserto - Vegan Leather From Cactus



<https://desserto.com.mx/>

Life Materials - vegan leather, vegan wool and more...

MuSkin



BioGreen padding polymer
evaluation, carded – samples
and small production



Flexible WoodSkin



MuSkin – samples and small
production amounts



Wood Wool – Knitting yarn
100% from wood pulp

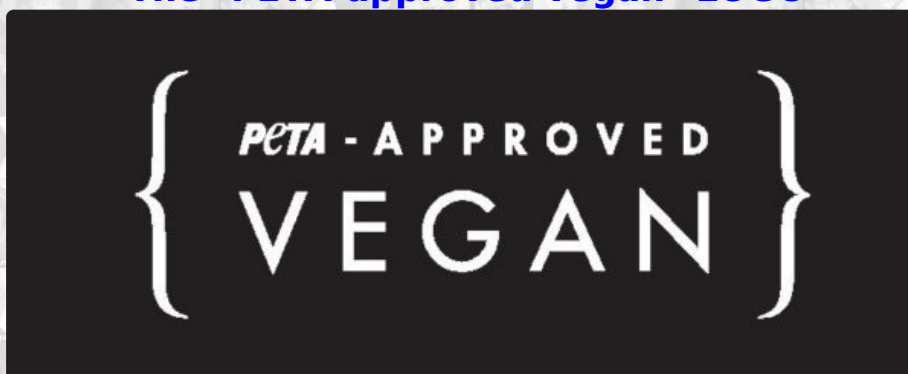
NOAH - Aesthetic & Ethic



Gola Just Launched Its First Line of Vegan Trainers



List of Companies Using The "PETA-approved vegan" LOGO



👉 #bagagerie #sacs #goods #handbag #leather #fashion #maroquinerie

MaisonBonnamour

Le néo-cuir de pommes ou de maïs que la Maison a choisi est plus durable que le cuir animal. Plus écologique, ce matériau végétal est d'une grande légèreté.

Haute maroquinerie d'excellence française,
végane et inclusive



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Le "Trompe-l'Oeil", innovation mondiale

9 marques de sacs 100 % vegan

Woomen, Ashoka Paris, Alexandra K, Camille Vegan Bags, Minuit sur Terre, Alixane, Magnethik, Banghara, Matt & Natt

Luxury Brand To Launch Vegan Leather Bags Made From Mangoes



Accessorize launches first vegan handbag collection



Watson & Wolfe LUXURY ECO-FASHION



7 Eco Friendly Vegan Handbag Brands We Love



Bark and Leaf - Nuuwai - Maniwala - Kayu - Svala - Bobobark by LaFlore - OOD

Wu Tang Clan Is Making Vegan Wallets Made Of Bananas



Vegan Motorcycle Gear

The majority of our
products are vegan friendly



CORAZZO



www.corazzo.net

#moto #motorcyclegear

Sea Shepherd Online Shop



#pets

Why You Should Never Buy Animals #AdoptDontShop

Chiens et chats vegan ?

Pour nourrir nos compagnons chiens et chats sans nuire à d'autres animaux.

Agronomics Reveals Cultivated Meat Pet Food Venture Good Dog Food

Wild Earth Secures \$23M & Reveals Plans for Cell-Based Pet Food

Can Cats Be Vegan? Here's What the Science Says...

Vegetarian Cats and Dogs

L'alimentation végétale des Chiens et des Chats

Nos animaux de compagnie aussi peuvent être végétariens !

Bon article PeTA France avec notamment une rubrique "Où trouver les bons produits ?"

Acheter des croquettes vegan en France

Top 5 Vegan Dog Foods

V-Planet Launches Plant-Powered Dog Food in South Korea

L'alimentation faite maison pour chien

Vegan pets sound bougie, but they might just save the Earth

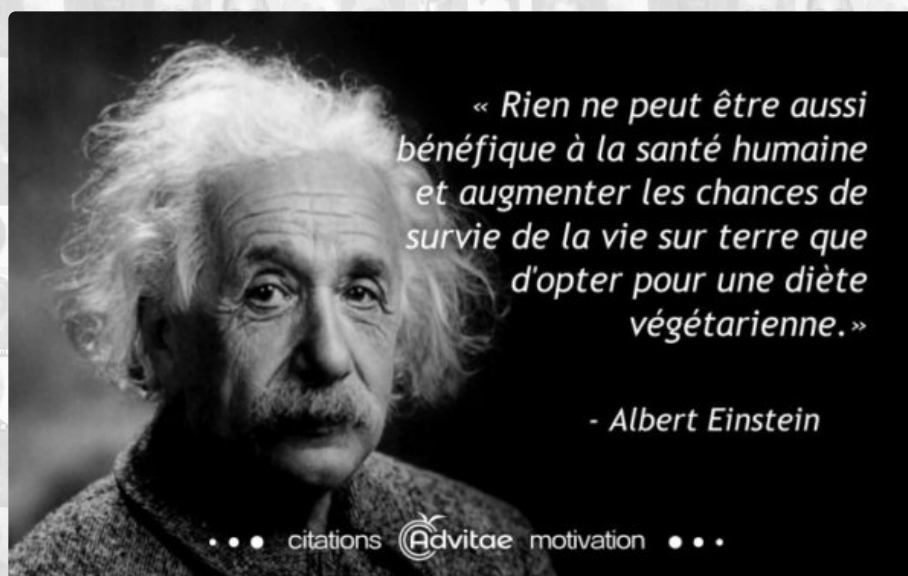


**5 Vegan Dog Food Brands
to Keep Your Hound Healthy and Happy**



Loi : que faire si on trouve un animal dans une voiture en plein Soleil

Article 122-7 du code pénal - « N'est pas pénalement responsable la personne qui, face à un danger actuel ou imminent qui menace elle-même, autrui ou un bien, accomplit un acte nécessaire à la sauvegarde de la personne ou du bien, sauf s'il y a disproportion entre les moyens employés et la gravité de la menace. »



"Rien ne peut être aussi bénéfique à la santé humaine et augmenter les chances de survie de la vie sur terre que d'opter pour une diète végétarienne." - Albert Einstein

"D'abord ils vous ignorent, ensuite ils vous raillent, puis ils vous combattent et enfin, vous gagnez."



Are your #condoms / #preservatifs vegan-friendly ?



FAQ Manix : Yes. None of our products contain animal derivatives.

<https://www.veggieconnection.com/>

site de rencontre pour végétarien/vegan



<http://www.veggiekisses.com/>

site de rencontre pour végétarien/vegan



<https://www.veggiematchmakers.com/>

site de rencontre pour végétarien/vegan

<https://www.veggly.net/>

site de rencontre pour végétarien/vegan



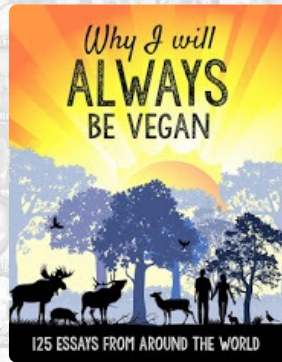
Vegan FAQ by THE VEGAN CHIMP

Végétariens ou Véganes célèbres

A Compilation of Long-Term Vegans

Our Powerful Message

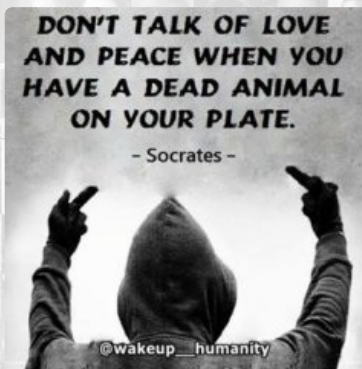
VEGANISM:
A TRUTH WHOSE TIME HAS COME



La Blogothèque



4 #opensource apps for plant-based diets

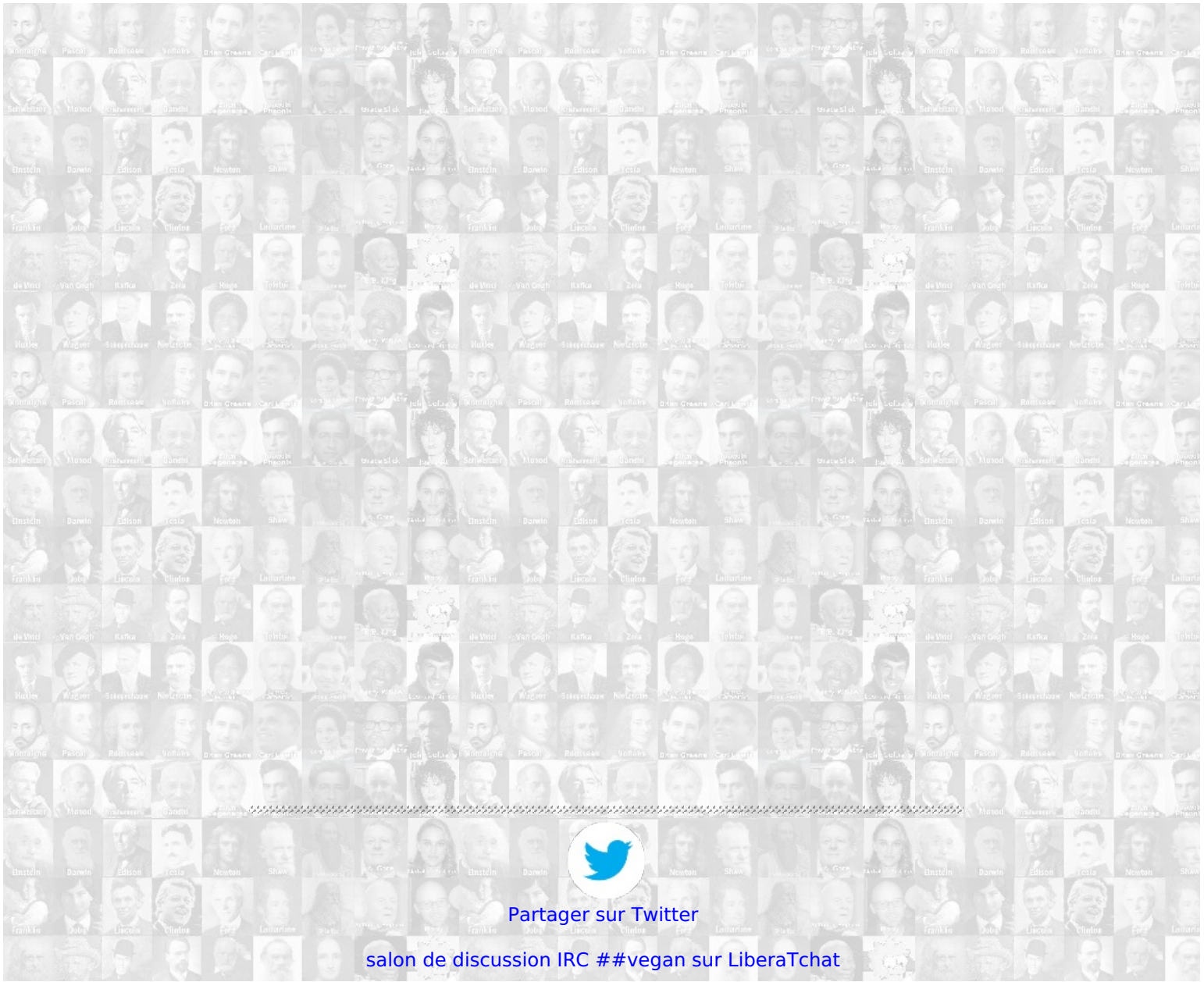


BE VEG
CERTIFIED

VEGAN
je suis - I am



Compassion Non Violence For the People For the Planet For the Animals



Partager sur Twitter

salon de discussion IRC ##vegan sur LiberaTchat