

HOW TO GO VEGAN?



A Lifelong Decision

Reject all products, services and activities involving animal exploitation including:

Animal body, eggs, dairy, honey, e-numbers.
Animal skin, fur, silk, feathers.
Animal-tested products.
Animal-derived personal care, cosmetic, and household items.
Zoos, aquariums, marine parks, animal circuses.
Animal riding, hunting, fishing, rodeos.
Animal farming, pet shopping, non-vegan pet products.
Animal sacrifice or religious use.
Any other animal products, services, or exploitative activities.

Please use Vegan (not just "cruelty-free", "humane", or vegetarian labels).

**Please Visit us on
www.GoVegan.Earth and
Take the Vegan Pledge Today**

 **Take the Vegan Pledge**

FREE RESOURCES

A COMPLETE WATCHLIST

Videos:

Dominion, Earthlings, Land of Hope and Glory, Dairy is Scary, What's Wrong With Eggs, Forks Over Knives, What The Health, Cowspiracy, Seaspiracy, Maa Ka Doodh, Save Ralph, Joey Carbstrong's Documentaries, Gary Yourofsky's Speech, Dr. Milton Mills, MD on human diet

Websites:

GoVegan.Earth, Vegansociety.com
Nutritionfacts.org, Pcrm.org
Peta.org, Viva.org.uk
Howdoigovegan.com
Helpgoingvegan.com
Bitesizevegan.com

Apps:

HappyCow, Vegan Pocket, Whats Vegan, Abillion, Vegan Passport



Free Books



Leaflet



Blog

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Author: Rev. Swati Prakash | Email: contact@govegan.earth

KEY FACTS

Veganism

A moral imperative that humans respect rights of non-human animals (sentient beings) by excluding all products, services and activities that use them (abolition).

RESPECT SENTIENCE

Scan to Take
The Vegan Pledge



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IMPORTANT EDUCATION

Did you know?

Plants are not sentient as they lack nervous system or neurons.

Non-human animals are sentient – just like us. They think, feel, have desires, and flee from danger.

We do not need animal products to survive or thrive.

Major dietetic associations confirm that a vegan diet is nutritionally adequate.

Eating plants is associated with lower risk of major diseases including cardiovascular disease, cancer, and diabetes. (NIH and WHO statistics)

Plant-based living can significantly reduce environmental impact and conserve land, water, and energy.

Clothing, entertainment, and all other uses of animals are unnecessary and exploitative. Please Go Vegan completely.

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BE FREE OF LIES

Know Thyself !

Humans are a type of primate animals (great apes). We are genetically related to Chimpanzees, Bonobos, and Gorillas. We can be 100 percent plant based.

We are neither obligate omnivores, nor carnivores who eat prey raw. We do not need to consume animals at all.

No animal needs milk after infancy—especially not the milk of another species.

Some of the strongest animals on earth such as elephants, rhinos, and gorillas obtain all their proteins, calories and all nutrients only from raw plants.

Humans are capable of making moral decisions that reject injustice completely. We can be 100% Vegan in all aspects of life –not just diet.



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To Take the Vegan Pledge today:

Visit: www.GoVegan.Earth

Please share this pledge with others.

NORMAL HUMAN BEHAVIOUR

Ethics

Humans have a natural instinct to protect the vulnerable. It is inconsistent for us to be predatory or oppressive.

Exploitation, confinement, objectification, control, slavery, trade, forced use, forced impregnation, breeding, kidnapping, child separation, and killing of sentient beings are all morally wrong.

Discrimination based on species or genetic characteristics is known as Speciesism.

Laws, religions, societies, and traditions have justified injustices in the past—and some still do (e.g. marital rape, FGM, witch killings, domestic violence). That does not make them right.

Please make the right moral choice and Go Vegan today.



Thank You in Advance!!



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