

A Prayer from a Vegan Doctor

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Lord please save us from the poor choices of food we pile on our plates. We are often unaware of how it determines our fate.

With all the meat, fish, and eggs prepped with butter. Is it the saturated fat on our brains that blinds us to the fact that millions of animals suffer?

We're anxious, we're angry, we have such low mood. Is it possible it's because of our unhealthy food?

"Oh no don't take away my cheese, I'll risk it all." Those are the words from a victim of high cholesterol.

Oh those muffins, pastries, cookies, doughnuts..., all the sweetest. Don't you know it all spells a future of diabetes?

Obesity, hypertension, kidney disease and cancer. Are drugs and surgical procedures really the answer?

Absolutely not, we should all know, don't for a minute get quiet. The answer has always been there, its lifestyle and diet.

Leave the animals be, let's decrease the demand for their breeding. It would make us healthier, slow global warming and reduce GMO crops grown for their feeding.

Food addictions keep us coming back to meat, egg and dairy. But the benefit of eating more veggies, fruit, whole grains and beans often gets buried.

Yes, eating whole food unprocessed plants early and often, May save us from our bad habits, and keep us out of the coffin.

We started out as Vegans, no refrigerators, stoves or knives. We only had nature's garden, before animals feared for their lives.

We're going through a pandemic, from a virus that loves diabetics, hypertensive and the over-weight. Why can't we get it, it's from the food on our plates!

Most pandemics start because of our horrible relationship with animals. Factory farms, feed lots, CAFOS, it's very understandable.

If we don't change our ways, stop the killing of animals and drinking the milk of their mothers, one day our natural resources will be depleted and we'll be only killing each other.

Eating animals and their associated offerings will eventually stall. But hopefully not because they've been taken away from us forever. God help us all.

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