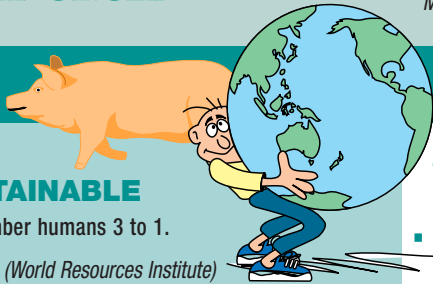




WARNING MEAT KILLS

"Factory farming today is placing animals in totally unnatural situations. Farmers are forced to use antibiotics to keep them alive. Chemicals, hormones and steroids are used to maximize economic return... This has nothing to do with animal rights. It has to do...with making the world sustainable for yourself, children and grandchildren." Howard Lyman, author, *Mad Cowboy: Plain Truth From The Cattle Rancher Who Won't Eat Meat.*



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NON-SUSTAINABLE

Livestock outnumber humans 3 to 1.

An estimated 50% (*World Resources Institute*) to 80% (*Harvard nutritionist Jean Mayer*) of U.S. grain crops fatten animals rather than feed people.

■ While processors exhaust 16 pounds of wheat, soy and assorted grains on ONE pound of beef — 963 million people go to bed hungry. 12/9/08, *United Nations' Food and Agriculture Organization (FAO)*. Grains consumed by U.S. livestock alone could feed 800 million. 8/7/97, *Cornell University Science News*. David Pimentel, ecology professor, *Cornell University's College of Agriculture and Life Sciences*.

■ Meat eaters in industrialized nations each down 176 pounds a year. While individuals in developing countries ingest 66 pounds year-round, that gap is closing. 8/31/05, *Worldwatch Institute*. "Happier Meals: Rethinking the Global Meat Industry."

■ Global meat intake may double from 280 million tonnes in 2008 to more than 500 million tonnes by 2050. 2006, *Henning Steinfeld, Chief of Livestock Information and Policy Branch, (FAO)*.

■ Nearly 63 billion land animals are butchered for food internationally. 2007, *USDA Foreign Agricultural Service. Products & commodities*. In America, some 10 billion land animals, plus about 17 billion fish, are slaughtered each year.

▶ **FRANKENFARMS:** Over 8% of water and 30% of ice-free land are involved in livestock. 2006, *UN FAO Agriculture & Consumer Protection Dept.* "Livestock impacts on environment."

■ Latin America: 70% of prior Amazon forestland is now grazing fields or feed crops. Deforestation speeds global warming by removing CO2-absorbing trees. Livestock squeeze out native species: 15 of 24 key ecosystem functions are in decline due to farmed animals. 11/29/06, *United Nations' Food Agriculture Service (FAO)*. "Livestock a major threat to environment."

▶ **GLOBAL WARMING:** Meat production churns out 18% of the world's greenhouse gasses. At nearly 6.5 billion tons of CO2-equivalent gasses per year, meat yields more heat-sucking vapors than every car, truck, plane and ship. Animal agriculture is accountable for "global warming, land degradation, air and water pollution, loss of biodiversity." 2006, "Livestock's Long Shadow," *United Nations' Food and Agriculture Organization report*.

■ Ruminant digestive systems emit 65% of human-caused nitrous oxide, with 296 times more force to lock-in heat than CO2. Animal excretions comprise 37% of methane, a gas that out-traps CO2 with 23 times more heat capture. Livestock add 64% of human-related ammonia (a main player in acid rain). 11/29/06, *UN's FAO*. "Livestock a major threat to environment."

To make cheap meat, milk and eggs, mega-farms stress turnout and revenue over environmental integrity, human safety, and animal welfare.

- **HOG FACTORIES** warehouse 600-pound sows in 2-ft. wide gestation stalls with cement floors and metal slats. 50% of hogs are confined in industrial barns with 5,000 or more hogs, *USDA's 2002 Census of Agriculture*. Animals inhale ammonia and hydrogen sulfide fumes from manure heaps under pens.
- **DAIRY PLANTS** restrain cows in concrete encased feedlots, where they are artificially inseminated to stay pregnant and lactating. Attached to mechanical milking devices up to 3 times daily, many are injected with Recombinant Bovine Growth Hormone (rBGH) and suffer bovine mastitis, a painful udder infection.
- **VEAL FARMS:** Male calves born to dairy cows are taken within 24 hours of birth for sale to auction. Before they can stand, they're chained by the neck inside 2-foot-wide crates. To create white, tender veal, they are fed a liquid-only diet that suppresses muscle growth and induces anemia. Most go to slaughter disabled with leg and joint disorders at 20 weeks of age.
- **BEEF FEEDLOTS** in Kansas, Texas Panhandle, Oklahoma Panhandle, Colorado... confine thousands of steers and heifers and feed them hormones and antibiotics to promote faster growth.
- **EGG PRODUCERS** typically pack 6-9 hens inside wire coops no larger than a filing drawer. Each bird occupies a space half the size of a paper sheet. 98% of egg-laying hens live in battery cages stacked inside dark sheds, *College of Agriculture and Biological Sciences, South Dakota State University*. Many U.S. egg manufacturers starve birds in 10-14 day cycles (forced molting) to jumpstart egg output.
- **"BROILER" CHICKENS** are overcrowded inside windowless grower houses. To curtail fighting and cannibalism, workers amputate bottom 1/3 of each bird's beak. To fatten chickens and turkeys for slaughter within 6-20 weeks, geneticists breed anatomically altered birds who can't support their own weight. "If a 7-pound [human] baby grew at the same rate today's turkey grows, when the baby reaches 18 weeks, it would weigh 1,500 pounds," *Lancaster Farming*. Meat-yielding birds are plagued with crippled limbs, dehydration, respiratory ailments, heat prostration, bacterial infections, cancer.

HUMAN HEALTH



▼ **HEART DISEASE** kills 1 of 2 Americans yearly, due to saturated fat and cholesterol in the standard American diet. Most saturated fat and all cholesterol come from animal products. Meat/fish/poultry/dairy are main cause of clogged arteries in non-smokers.

- ▶ Study shows strongest proof yet that DASH diet (fruits, vegetables, whole grains, **plant-based protein over meat**) cuts heart/stroke risk. Women are 24% less likely to have heart attack and 18% less likely to have a stroke than women on typical American diets. 4/14/08, *Archives of Internal Medicine*.
- ▶ Vegetarian diets are associated with reduced risk for coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, kidney disease, obesity. *American Dietetic Association ADA Position on Vegetarian Diets, J of ADA, v97 No. 11, 1997*.
- ▼ **CANCER** is #2 American killer. Antibiotics, hormones, heavy metals, dioxins, other compounds found in animals killed for meat raise cancer risk.
- ▶ 2.2 million pounds of cancer-causing arsenic compound, roxarsone, are in U.S. chicken feed yearly. 70% of 9 billion fryer chickens grown worldwide contain roxarsone (also in turkey and pig feed). Chronic exposure to inorganic arsenic linked to cancer, heart disease, diabetes, brain function decline, 2/7/08, *Chicken Feed Additive May Pose Danger, thepoultrysite.com*.
- ▶ 1.7 ounces of processed meat consumed daily increases the risk of colorectal cancer by 21%. 2007, *American Institute for Cancer Research and World Cancer Research Fund*. Chicken is higher than red meat in heterocyclic amines compounds shown to raise cancer risk. *CANCER RES, 1995;55(20);4516*. "No chemical carcinogen is nearly so important in causing human cancer as animal protein," *Dr. T. Colin Campbell, epidemiological researcher*.

■ If Americans gave up meat in just 20% of meals, it would be as if each swapped a sedan for a mega-efficient Prius. *Gidon Eshel, geophysicist, Bard Center, and Pamela A. Martin, assistant professor of geophysics, University of Chicago.*

■ 2.2 pounds of beef equals the sum of carbon dioxide a typical European car spews every 155 miles. 2007, *National Institute of Livestock and Grassland Science, Japan.*

■ On U.S. turf, livestock plants “emit as much greenhouse gas as a car driven more than 1,800 miles.” 2/09, *Scientific American.* “How Meat Contributes to Global Warming,” *Nathan Fiala.*

■ A beef, lamb or pork cut expends enough energy on animal growth and transport to light a 100-watt bulb for 20 days. *Rajendra Pachauri, chief of UN’s Intergovernmental Panel on Climate Change (IPCC).*

▶ **WATER SHORTAGE:** Grain-fed livestock guzzle 80% of U.S. water reserves. Chicken factories alone can drain 100,000 gallons a day. Beef production exhausts more water than total amount spent on U.S. fruit and vegetable crops. *John Robbins, The Food Revolution.*

■ It takes 2,500 to 6,000 lbs. of water to produce 1 pound of beef; it takes 60 lbs. to yield one pound of wheat. *Authors Paul and Anne Ehrlich.*

▶ **WATER POLLUTION:** Every year close to 3 trillion pounds of U.S. animal waste is dumped in football-field length lagoons teeming with dusts, molds, bacteria, heavy metals, ammonia, nitrous, hydrogen sulfide, methane and hundreds more vaporizable elements. These cesspools seep into ground water and local aquifers, leading the EPA to dub CAFOs (Concentrated Animal Feed Lots) America’s chief source of water contamination. *Environmental Protection Agency.*

■ When nitrogen particles convert to gas, they disperse ammonia mist over 50 miles. Some transform into particles that can cover a 250-mile range. In 2001, *Institute for Agriculture and Trade Policy* noted remnants of undiluted animal urine in rainwater.

■ Meat is world’s top water polluter, contributing “animal wastes, antibiotics, hormones, tannery chemicals, feed crop fertilizers and pesticides, sediments from eroded pastures.” 2006, *UN-FAO Agriculture & Consumer Protection Dept.* “Livestock impacts on environment.”

■ In North Carolina, home to 10 million hogs, the toxic microbe *Pfiesteria piscicida* killed one billion fish in coastal waters. Hog, chicken, cattle waste generates 70% of pollution in rivers and 49% in lakes. *EPA study.*

▶ **POOP:** You’d need to multiply the U.S. population’s excrement 130 times to match the output of agri-animals. 7/2/03, *WorldWatch Institute.* “Fire Up the Grill for Mouthwatering Red, White, Green July 4th.”

■ “Hog production facilities that resemble prisons more than farms are hundreds of miles from major population centers. Their manure lagoons pollute streams and groundwater. (In Iowa alone, hog factories produce more than 50 million tons of excrement annually.)” 1/27/08, *Rethinking the Meat-Guzzler, New York Times.*

■ Exposure to waste-polluted air and water blamed for respiratory disorders, chronic headaches, diarrhea/vomiting, earaches, vertigo, seizures, memory loss, other neurological complications.

▶ **TAXPAYERS FUND POOP LAGOONS:** “Your tax dollars have helped pave the way for...megafarms by paying farmers to deal with the mountains of excrement their farms generate. All of this is carried out under the rubric of ‘conservation,’” 2/13/08, *In The Farm Bill, A Creature From The Black Lagoon? The New York Times.*

▶ **FDA OKAYS FOOD FROM CLONED ANIMALS:** 1/15/08: “Meat and milk from clones of cattle, swine, and goats, and the offspring of clones... are as safe to eat as food from conventionally bred animals.” *Food and Drug Administration (FDA).* Peer-reviewed studies show animals suffer significantly. Stillbirths and premature deaths account for substantial cloning failure rates. Surviving animals endure: Intestinal blockages, diabetes, contracted tendons, misshapen feet, diminished immune systems, respiratory ailments, circulatory disorders, and malfunctioning hearts, brains, livers and kidneys.



The human body is designed to be vegetarian. If you look at herbivorous (vegetarian) animals, they have longer guts. The longer guts are to absorb nutrients. The human small intestine is 26 feet long. Carnivorous (meat eaters) animals have short guts. **Dr. Stephen Lenhoff, cardiologist**

Slaughterhouses should be in restaurants and grocery stores. They should have a glass wall so people must see the animals and choose. Look into the animal’s eyes and say, “OK, slit his throat.” **Ingrid Newkirk, cofounder, PETA**

▼ **OBESITY:** Seriously fat. That describes 1 in 4 adults (25.6%) in 2008. Americans average 3,700 calories everyday. Most come from meat and dairy foods. 7/18/08, *Centers For Disease Control (CDC), State-Specific Prevalence of Obesity Among Adults. 2006, United Nations’ Food & Agriculture Organization (FAO).* “Individuals with lowest risk of being overweight or obese consume a mostly plant-based diet,” *USDA Human Nutrition Research Center on Aging, Tufts University Boston.*

▼ **HYPERTENSION:** About 65 million American adults have high blood pressure, *National Heart, Lung, and Blood Institute.* Hypertension leads to increased risk for heart disease, congestive heart failure, stroke, kidney failure. Randomized controlled trials found blood pressure is lowered when animal products are replaced with vegetable products. *Dr. Neal D. Barnard, president/founder, Physicians Committee for Responsible Medicine, co-author of report, 1/05 Nutrition Reviews.*

▼ **ANTIBIOTIC RESISTANCE:** An estimated 70% of all antimicrobials in U.S. are fed to healthy pigs, poultry, and beef cattle, *Margaret Mellon, Ph.D., J.D., food and environmental program director, Union of Concerned Scientists.*

▶ *American Medical Association and World Health Organization* oppose antibiotic overuse because it fosters fresh strains of cure-resistant bacteria. Use of antimicrobial drugs for nontherapeutic purposes (to increase factory farm growth) has risen 50% since 1985, *Centers for Disease Control and Prevention (CDC).* Food and Drug Administration “has determined that antibiotic resistance in humans resulting from use of antibiotics in animals is an unacceptable risk to the public health.” *Government Accountability Office of Congress, Antibiotic Resistance: Federal Agencies Need to Better Focus Efforts to Address Risk to Humans from Antibiotic Use in Animals (GAO-04-490)*

▶ Residues of antibiotics, hormones, chemicals, steroids, pesticides, herbicides accumulate in animal tissue. Antibiotic resistant bacteria spike U.S. health care costs by \$4 billion each year. “*Antibiotic Resistance: A Growing Health Threat to You and Your Family.*” *Keep Antibiotics Working, 2003.*

▼ **SICK FOOD:** 76 million cases of foodborne illness (5,000 fatalities) arise yearly, *Centers for Disease Control and Prevention.* 1 of every 4 cows on the kill floor may have E. coli. Tests on 525 chickens in 23 states found 83% of chickens tested contained *Campylobacter* and *Salmonella* food poisoning bacteria. In addition, 84% of *Salmonella* and 67% of *Campylobacter* bacteria analyzed showed resistance to antibiotics, *Jan. 2007 Consumer Reports • Winter 2007 UPC Poultry Press.* **Since 4/07, E. coli concerns instigated recalls of at least 30 million pounds of beef.**

▼ **AVIAN FLU, ETC:** Avian flu is tied to poultry mills. Nations without industrialized livestock are mainly free of the lethal H5N1 strain. “In intensively farmed poultry, the high density of birds and constant exposure to feces, saliva and other secretions provide ideal conditions for the replication, mutation, recombination and selection through which highly lethal forms can evolve. [With] the global nature of poultry industry...we have the most plausible mechanism for the spread of the virus,” *Dr. Leon Bennun, Director, Science, Policy and Information, Birdlife International, BBC News.*

▼ **MAD COW DISEASE:** Process of grinding dead cows, sheep, pigs, goats into feed for living cows causes bovine spongiform encephalopathy (BSE), mad cow disease. Though FDA restricted feeding dead-to-live animals in 1997, the ban is laced with loopholes to shield meat industry.

▶ **2003:** A Washington state dairy cow infected with mad cow disease prompted USDA rule to ban downers from food supply. Scientific evidence shows downers (stockyard animals too sick or crippled to walk, move) may have a strain of BSE. Virus-like prions in BSE can trigger Creutzfeldt-Jakob Disease (CJD), a fatal nervous system infection in humans. USDA amended its rule in 2007 to allow downers, under certain circumstances, be slaughtered for human consumption.

▶ Of 15 officially recorded cases of mad cow in North America, almost all originated in downer cattle.

I foresee a stronger public relations campaign in the reduction of meat consumption — emphasizing personal health, compassion for animals, and doing good for the poor and the planet. Mark W. Rosegrant, director of environment and production technology at the nonprofit International Food Policy Research Institute, 2008

