

Alternative Living



We Pray
For You

Change your Life
Change your Heart
Change your Diet



No more killing
Be healthy and loving



Examples of nutritious, life sparing food:

| <u>Food</u> | <u>Percentage of protein per 1 kg</u> |
|--|---|
| Tofu (from Soya) | 16 % |
| Gluten (from Flour) | 70 % |
| Corn | 13 % |
| Rice | 8.6 % |
| Soya beans, Kidney beans, chick peas, Lentils, etc. | 10 - 35 % |
| Almonds, Walnuts, Cashews, Hazel nuts, Pine nuts, etc. | 14 - 30 % |
| Pumpkins seeds, Sesame seeds, Sunflower seeds, etc. | 18 - 24% |

Fruits and Vegetables are full of vitamins, minerals and anti-oxidants and contain quality fiber for good health and a long life.
Concentrated multi-vitamins tablets are also a good source vitamins, minerals and anti-oxidants.

- In the real threat of a worldwide pandemic from bird flu.
- In the danger of mad cow disease (BSE) and pig disease (PMWS) etc....
- To stop the continuing gruesome sacrifice of billions of our sweet animals, marine life and feathered friends ...

It's wise to change to a vegetarian diet for good.

It's Healthy
It's Economical
It's Compassionate
It's Noble
It's Peace



Thank
You

For more information, please refer to the websites listed below:

<http://www.godsdirectcontact.org/eng/article/veg10.html>

<http://www.vegsoc.org/> <http://www.vrg.org/> <http://www.vegsource.com/>