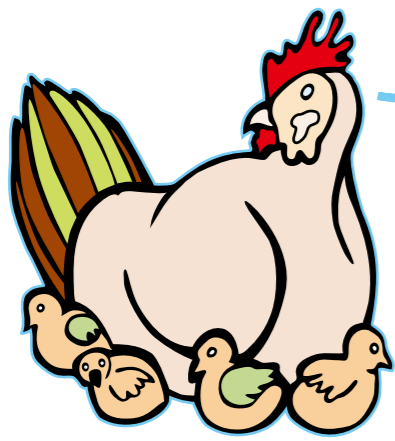




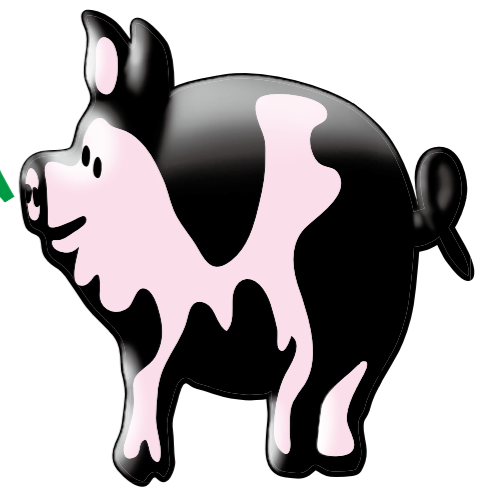
Alternative Living



We Pray
for You

Change Your Life
Change Your Heart
Change Your Diet
♥ ~ ~ ~ ♥
No more killing
Be healthy and loving

We Love You



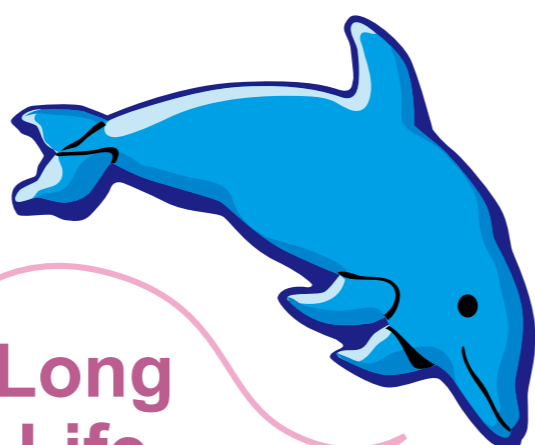
Examples of nutritious, life saving food:

Foods	Protein Concentration (Percentage by Weight)
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 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %
<ul style="list-style-type: none"> • Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life. • Concentrated multi-vitamins tablets/capsules are also a good source of vitamins, minerals and anti-oxidants. 	

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

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

It's Healthy
It's Economy
It's Ecology
It's Compassionate
It's Noble
It's Peace



Long
Life

Thank You. I'll give as
much milk as possible



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/>