

Vegan in the Region – Hearing the Critics



Bob Kasarda

Photo: Kerry Erickson

How do you know if someone is a vegan?

Don't worry, they will tell you.

I was reminded of this joke while reading Facebook comments on my blog post last week.

There was quite a lively discussion with many of the typical arguments in defense of consuming meat, eggs, dairy and other animal products.

- We slaughter for dietary needs - Not needed.
- Explain the canine teeth - Really?
- The Bible states that man is in charge of the earth - Bible can be used to argue in favor of vegan life too.
- Plants feel stress too - Plants don't have a central nervous system and plants die to feed farm animals, so it's double the suffering.
- I'm thankful for any animal I take - Those sentiments do nothing to relieve the suffering of the animal.

The arguments go on and on, but the one that stood out accused me of being a liberal who likes to boast about my lifestyle.

"How many animal eaters do you see out there writing articles about how they cook their steak and why everyone should eat cow ..."

First off, I know people of many different political persuasions who are vegan. The ones I have in mind are probably reading this and nodding in agreement.

As far as how many people are out talking about or promoting their choice to consume animal products? It's happening everywhere, all the time.

Consuming animal products is such a dominant feature of our society that it is considered a given. Promotion in many different forms goes largely unnoticed in plain sight. That is why vegans stand out whether they are speaking out or not.

I get how it can be seen as boasting or even a threat under these conditions. It challenges some core beliefs about nutrition and the assumed ranking of humans and animals, all of which have become strong protectors of the norm.

But the facts are that we now know we don't have to consume any animal products to be perfectly healthy and will likely improve our health greatly as a result of becoming vegan. There are also tremendous benefits to the planet and the animals, of course.

Despite the accusation, I don't write this blog to boast about myself or pick fights. My goal is to share what I have learned and what I continue to learn in hopes that it benefits others, including the animals, who are suffering greatly and dying very violent deaths at abnormally young ages under even the best conditions on farms.

Having to endure a few bacon references on social media is a small price to pay by comparison.

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Source: NWI Times