Alternative Living



 Change Your Life

**We Pray**

**for You**

Change Your Heart

**Save our Lives!**

**We Love You**

Change Your Diet

♥~~~~~~♥

No more killing

Be healthy and loving

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 %** |
| **Soy 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 %** |
| ▪ Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.  ▪ Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life.  ▪ The recommended daily allowance: 50 grams of protein (Average adult).  ▪ Calcium from vegetables is more absorbable than from cow**’**s milk. | |

* **To diminish the real threat of a worldwide pandemic from bird flu,**
* **To avoid 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 daily,**

**Thank You**

**for Your Compassion**

**It’s wise to change to a vegan diet for good.**

**It’s Health**

**It’s Economy**

**It’s Ecology**

**It’s Compassion**

**Long Life**

**to You!**

**It’s Peace**

**It’s Noble**

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

[AL.Godsdirectcontact.org](http://al.godsdirectcontact.org/) or e-mail to **AL@Godsdirectcontact.org**

[vrg.org](http://vrg.org/) [vegsource.com](http://vegsource.com/)

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