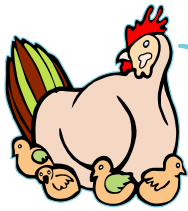


# Alternative Living



We Pray  
for You

**Change Your Life**  
**Change Your Heart**  
**Change Your Diet**



**No more killing**  
**Be healthy and loving**

Save our Lives!  
We Love You



Examples of nutritious, life saving food:

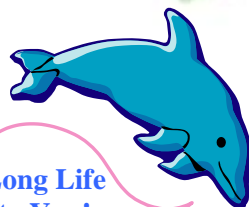
Foods	Protein Concentration (Percentage by Weight)
Tofu (from soya)	16 %
Gluten (from flour)	70 %
Corn	13 %
Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 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,

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

It's Health  
It's Economy  
It's Ecology  
It's Compassion  
It's Peace  
It's Noble



Long Life  
to You!

Thank You  
for Your Compassion



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

<http://AL.Godsdirectcontact.org.tw/> or e-mail to [AL@Godsdirectcontact.org](mailto:AL@Godsdirectcontact.org)

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

# Vegetarian and Vegan Elite of the World :

## Philosophers, Spiritual Leaders

**Dalai Lama of Tibet - His Holiness the XIV** (Tibetan spiritual leader), **Paramahansa Yogananda** (Indian Spiritual Teacher), **Socrates** (Greek philosopher), **Jesus Christ & early Christians**, **Confucius** (Chinese philosopher), **Shakyamuni Buddha**, **Lao Tzu** (Chinese Philosopher), **St. Francis of Assisi** (Italian Christian Saint), **Thich Nhat Hanh** (Vietnamese Buddhist monk\writer), **Yogi Maharishi Mahesh** (Indian writer, philosopher, leader of Transcendental Meditation), **Leo Nikolayevich Tolstoy** (Russian philosopher), **Pythagoras** (Greek mathematician/philosopher), **Zoroaster** (Iranian - Founder of Zoroastrianism), **Etc.**

## Writers, Artists & Painters

**Leonardo Da Vinci** (Italian painter), **Ralph Waldo Emerson** (US essayist, and poet), **George Bernard Shaw** (Irish writer), **John Robbins** (US writer), **Mark Twain** (US writer), **Albert Schweitzer** (German philosopher, physician, musician), **Plutarch** (Greek writer), **Voltaire** (French writer), **Etc.**

## Scientists, Inventors & Engineers

**Charles Darwin** (British naturalist), **Albert Einstein** (German Scientist), **Thomas Edison** (US scientist/inventor), **Sir Isaac Newton** (British scientist), **Nikola Tesla** (Croatian scientist/inventor), **Henry Ford** (US Founder of Ford Motors), **Etc.**

## Politicians, Statespersons and Activists

**Susan B. Anthony** (US leader of Woman's Suffrage movement), **Mahatma Gandhi** (Indian Civil Rights leader), **Coretta Scott King** (American Civil Rights activist and leader, wife of Dr. Martin Luther King Jr.), **President Janez Drnovsek of Slovenia**, **Dr. A. P. J. Abdul Kalem** (President of India), **Dr. Manmohan Singh** (Prime Minister of India), **Dennis J. Kucinich** (US Congressman), **Etc.**

## Actors, Film stars & TV Stars

**Pamela Anderson** (US actress), **Ashley Judd** (US actress), **Brigitte Bardot** (French actress), **John Cleese** (British actor), **David Duchovny** (US actor), **Danny Devito** (US actor), **Cameron Diaz** (US actress), **Richard Gere** (US actor), **Daryl Hannah** (US actress), **Dustin Hoffman** (US actor), **Katie Holmes** (US actress), **Steve Martin** (US actor), **Demi Moore** (US actress), **Ian McKellen** (British actor), **Tobey Maguire** (US actor), **Paul Newman** (US actor), **Brad Pitt** (US actor), **Gwyneth Paltrow** (US actress), **Joaquin Phoenix** (US actor), **Steven Seagal** (US actor), **Brooke Shields** (US model/actress), **Jerry Seinfeld** (US actor), **Naomi Watts** (US actress), **Kate Winslet** (British actress), **Etc.**

## Pop stars & Musicians

**Joan Baez** (US folk singer), **George Harrison** (British musician, member of the Beatles), **Paul McCartney** (British musician, member of the Beatles), **Ringo Starr** (British musician, member of the Beatles), **Bob Dylan** (US musician), **Michael Jackson** (US pop star), **Morrissey** (British singer), **Olivia Newton John** (British-Australian singer), **Sinead O'Connor** (Irish singer), **Pink** (US singer), **Prince** (US pop star), **Justin Timberlake** (US pop singer), **Tina Turner** (US pop star), **Shania Twain** (Canadian singer), **Vanessa Williams** (US pop singer), **Etc.**

## Sports Personalities

**Billie Jean King** (US Tennis champion), **Bill Walton** (US Basketball player), **Carl Lewis** (US 9-time Olympic Gold-Medalist in Track & Field), **Edwin C. Moses** (US 2-time Gold-Medalist in Track & Field), **Elena Walendzik** (German Boxing champion), **Alexander Dargatz** (German Athlete, Body-building champion, physician), **Etc.**

## Models

**Christie Brinkley** (US supermodel), **Christy Turlington** (US supermodel), **Etc.**

And the list goes on...<http://AL.Godsdirectcontact.org.tw/vg-vip>