

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 vegan 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/> <http://www.vegsoc.org/>
<http://www.vrg.org/> <http://www.vegsource.com/>
 or e-mail to AL@Godsdirectcontact.org

**Supreme Master Television, airing only positive programming,
will bring a new dimension into your life.**

Available worldwide as 24-hour live Internet TV at:
<http://suprememastertv.com/webtv/>

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*), **Muhammad Al-Ghazali** (*Iranian Islamic scholar and Sufi Saint*), **Muhammad Rahiim Bawa Muhaiyadeen** (*Sri Lankan Islamic author and Sufi Saint*), **Bulleh Shah** (*Muslim Sufi Saint*), **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*), **Sadegh Hedayat** (*Iranian novelist*), **Etc.**

Scientists, Inventors & Engineers

Charles Darwin (*British naturalist*), **Albert Einstein** (*German Scientist*), **Thomas Edison** (*US scientist/inventor*), **Sir Isaac Newton** (*British scientist*), **Nikola Tesla** (*Serbian-American 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 Kalam** (*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>