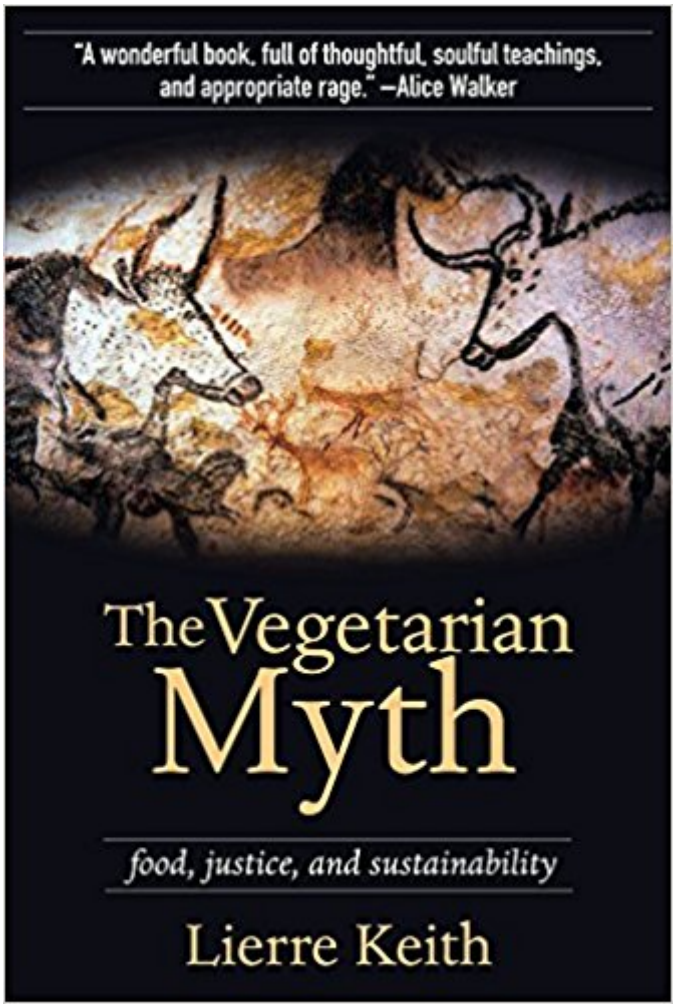
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The Vegetarian Myth: Food, Justice, And Sustainability



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Synopsis

Part memoir, nutritional primer, and political manifesto, this controversial examination exposes the destructive history of agriculture—causing the devastation ofÃ Â prairies and forests, driving countless species extinct, altering the climate, and destroying the topsoil—and asserts that, in order to save the planet, food must come from within living communities. In order for this to happen, the argument champions eating locally and sustainably and encourages those with the resources to grow their own food. Further examining the question of what to eat from the perspective of both human and environmental health, the account goes beyond health choices and discusses potential moral issues from eating—or not eating—animals. Through the deeply personal narrative of someone who practiced veganism for 20 years, this unique exploration also discusses alternatives to industrial farming, reveals the risks of a vegan diet, and explains why animals belong on ecologically sound farms.

Book Information

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Customer Reviews

"Everyone who eats should read this book. Everyone who eats vegetarian should memorize it . . .Ã Â This is the single most important book IÃ¢â ¬â„¢ve ever read on diet, agriculture, and ecology."Ã Â —Aric McBay, author, What We Leave Behind"This book saved my life .Ã Â . .Ã Â [It] offers us a way back into our bodies, and back into the fight to save the planet."Ã Â —Derrick Jensen, author, Endgame"[Vegetarian Myth] is one of the most important books people, masses of them, can read, as we try with all our might, intelligence, skill, hope, dream , and

memory, to turn the disastrous course the planet is on."Ã Â —Alice Walker, prize-winning author, The Color Purple"We may not want to face the facts, but Keith sees this as no excuse to stay in denial. If delivered as a speech, you could see that no one in the audience would beÃ Â [seated] at the end. I have never seen such rousing prose." —www.ZoeHarcombe.com (August 7, 2011)"In The Vegetarian Myth ex-vegan Lierre Keith argues that saving the planet and ending the suffering found in factory farms can not be achieved by refusing to eat animals, it can only be achieved by boycotting modern agricultural practices, which Keith calls 'the most destructive thing that people have done to the planet.'" Ã¢â ¬â •www.mercola.com

Lierre Keith is a writer, a farmer, and a feminist activist. She is the author of the novels Conditions of War and Skyler Gabriel. She splits her time between Northampton, Massachusetts and Humboldt, California.

In response to A. Perri's review. Don't be confused. Her up votes are all bitter vegans: "I would caution readers of this review to consider that if one is skeptical about the facts in Keith's published book, which would have gone through some fact checking on the part of the publisher, one should be even more skeptical about a review, which doesn't go through any such fact checking. I don't have time to dig up references on all the items mentioned in the review, but let's take the first ones mentioned, from page 140.Keith says carbon-13 is a stable isotope of carbon. The reviewer talks about what "carbon-13 breaks down into" (direct quote from review as of this date). Look this up in any nuclear physics or engineering textbook: carbon 13 is stable and doesn't break down. Keith is correct, the reviewer is mistaken.The reviewer ridicules the idea of evaluating "scratch marks" on ancient teeth. In fact, a number of scholars have done just that. For example, Dominy, et. al., in "Mechanical Properties of Plant Underground Storage Organs and Implications for Dietary Models of Early Hominins", from the peer reviewed journal Evolutionary Biology, 16 April 2008, talks about evaluating the diets of paranthropus and australopithecus - the latter are thought to be our ancestors from about 3 million years ago - based on "dental microwear", which is fancy wording for scratch marks on teeth. Looks like Keith was right and the review was wrong again.Now let's look at the issue of C3 versus C4. These are not, as the reviewer would have it, "breakdown products" of Carbon-13; rather, they are different metabolic pathways for photosynthesis in plants. The different pathways result in the accumulation of different proportions of carbon 12 and carbon 13; as Keith says, the proportions of these and other isotopes can be used to get an idea of the diet of ancient human ancestors - see, for example, Sponheimer and Lee-Thorp, "Isotopic Evidence for the Diet of

an Early Hominid, Australopithecus africanus", from Science, 15 January 1999. Keith does simplify since she is writing a popular book rather than a scientific paper, but she gets the gist of the issue right, unlike the reviewer.The bottom line seems to be that Lierre Keith was basing her positions on facts that the reviewer was not yet aware of. One could hope they'll be included later in the reviewer's PhD program, before she gets her degree."

The information I have gained here in this reading has both informed and engaged me. I will outlive the fall, but that is not enough. It's not about me it's about the theft of our children's world. There can be no justification for the greed of the few that we will all pay for. I am outraged and will take this battle to the children and teach them to"steal back"what is rightfully theirs. This is the only way. Life of an outlaw in an unjust system.

Enlightening for open minds that are ready for a broader picture; I happily agree with much of what this author espouses about what she feels are issues of modern, destructive culture, and overpopulation, yes, I really do agree that the picture is much bigger than meat is murder. And I thank Ms. Keith for opening my mind and thoughts to newer bolder ideaologies. However, many of the reviews and criticisms regarding her feminist agenda are warranted. Yes, sometimes her extremist views on the subjection of women are indeed called for; but I am afraid it is also true that more than once the author's dearly held opinions regarding the second class citizening of women is out of place; or perhaps to be more precise I should say that her feminist agenda gets in the way of making a point that should be more pure, more generous, more about a truly broader picture--that of human subjection, the suppression of many living beings and not exclusively about how this relates exclusively to women, as much as this has happened on earth for milinea.Nonetheless, I am grateful for having this book cross my path, and I learned much, and discovered more vistas about nutrition and overpopulation, and about where our feet are planted in modern American culture, than I otherwise would have. Kudos to Ms. Keith for her passions and skill at writing well.

This book makes some great points about Big Ag and how agriculture is just as destructive as factory farming. She mentions her health problems as a result of veganism, I doubt that is all there is to the story. I know that there are people whose bodies do "need" the certain elements of meat and I agree, but on the other hand there are just as many others that their health problems are caused by meat and/or animal products in general, I am one of those people.Her nutritional chapter had some flaws and was very biased in favor of meat, even as a vegan, I agree that there are health

benefits with eating meat, just as there are with almost all foods. However Keith's conclusion on eating meat from an animal is flawed, there are meat alternatives out there cultured meat is one, she fails to even mention or talk about cultured meat at all. The main reason for the controversy is that meat kills, if she mentioned cultured meat- meat that is murder-free- the controversy would be considerably less. Unfortunately, a lot of vegans and veggies are opposed to cultured meat because it is unnatural, when the point has been made by this book and by other books how unnatural and destructive agriculture is, but often they don't want to hear that. Cultured meat is just as unnatural as most agriculture is, the only difference is that cultured meat saves animal lives, one of the top priorities of vegans and veggies. If Keith had looked into or had decided to include cultured meat (with all her research I bet she knew and neglected to mention it, purposely or not), she would have been much more informative and her book might have educated that there is an alternative to murder meat, something many people, meat eaters to vegans don't know that much about.Personally I like this book, before I read it I was aware of all the negative reviews by vegan/veggie sites and was prepared to dislike this book, but instead I think a lot of vegans/veggies saw what they wanted to see and dismissed it all together. I knew about Big Ag and other destructive practices, this book taught me very little but most of the vegan/veggie community does not know this or they refuse to acknowledge it.

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