

Re: Vegetarian Diet Nutrition and Energy Levels

Source: <http://sci.tech--archive.net/Archive/sci.med.nutrition/2005-09/msg00218.html>

- *From:* bf250@xxxxxxxxxxxxxxxxxxxxxx (John Sankey)
 - *Date:* 8 Sep 2005 13:54:26 GMT
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"I feel sorry for people who have been led to believe that vegetarianism is a healthy, a spiritual, and an environmentally friendly way of life."

So do I. All members of the animal kingdom must eat other living things to survive; it's denying the essence of our existence to pretend otherwise. Personally, I find a wheat plant every bit as complex and beautiful a living thing as any dumb cow.

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- *Follow-Ups:*
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 - ◇ *From:* George Cherry
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