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શાકાહાર સંબંધી વ્યાખ્યાઓ

### **Ovo-lacto-vegetarian**

પક્ષી-પ્રાણીઓ-ગાય-ભેંસ-મરઘી-ડુક્કર વગેરેનાં માંસ તથા મચ્છી અને દરિયાઈ જળચરોનો આહાર કરતા નથી પણ ઈંડાં અને દૂધ, દહીં, માખણ વગેરે અને દૂધની પેદાશો ખાય છે. (કેટલાક અમેરિકન પોતાને શાકાહારી કહેવડાવે છે પણ મરઘી અને મચ્છી ખાય છે. તેઓ આ વ્યાખ્યા પ્રમાણે શાકાહારી નથી.)

### **Lacto-vegetarian**

પશુ-પક્ષીઓના માંસ, ઈંડાં, ઈંડાંની બનાવટો, મચ્છી અને દરિયાઈ જળચરોનો આહાર કરતા નથી પણ દૂધ અને દૂધની બનાવટોનો ઉપયોગ કરે છે.

### **Eggitarian**

લેક્ટો-વેજિટેરિયનમાંનાં કેટલાક લોકો સીધા ઈંડાં વગેરે ખાતા નથી પણ ઈંડાં જેમાં હોય તેવી વાનગીઓ પૂરી બિસ્કીટ વગેરે ખાય છે.

### **Vegan**

સંપૂર્ણ શાકાહારી, બધા જ પ્રકારના પ્રાણિજ પદાર્થોનો ત્યાગ કરે છે, માંસ, મચ્છી, દરિયાઈ જળચરો, ઈંડાં, ઈંડાંની બનાવટો, દૂધ, દહીં, ઘી, માખણ તથા ડેરી પેદાશો અને મધ વગેરે બધી જ વસ્તુઓનો ત્યાગ કરે છે. વધુમાં તેઓ ચામડા, ઊન, રેશમ અને બીજી પ્રાણિજ વસ્તુઓનો પણ ત્યાગ કરે છે.

## ***II – Recommended Reading Material***

### ***The Compassionate Cook*** by Ingrid Newkirk

Favorite recipes from PETA staff and members, Available from PETA ([www.peta-online.org](http://www.peta-online.org)).

### ***Cooking with PETA*** (PETA)

In addition to more than 200 recipes, this book includes helpful information on how and why to become vegetarian. Available from PETA ([www.peta-online.org](http://www.peta-online.org)).

### ***Diet for a New America*** by John Robbins.

Exposes the cruelty, wastefulness, and ecological impact of mechanized meat production. Available from PETA ([www.peta-online.org](http://www.peta-online.org)).

### ***Eat More, Weigh Less*** by Dr. Dean Ornish.

*Dr. Dean Ornish's Life Choice Program for Losing Weight Safely* Available from PETA ([www.peta-online.org](http://www.peta-online.org)).

### ***Eat Right, Live Longer*** by Neal Barnard, M.D.

*Using the Natural Power of Foods to Age-Proof Your Body* Available from PCRM ([www.pcrm.org](http://www.pcrm.org)) and PETA ([www.peta-online.org](http://www.peta-online.org)).

### ***Enemies, A Love Story*** by I. B. Singer.

This farcical comedy is also a subtle exploration of the parallels between Holocaust refugees and non-human victims of persecution.

### ***Instead of Chicken, Instead of Turkey*** by Karen Davis.

Features vegan alternatives to poultry and eggs.

### ***The Jungle*** by Sinclair.

The classic novel that exposed corrupt conditions in the Chicago meatpacking industry.

### ***The McDougall Plan for Super Health*** (McDougall and McDougall)

An easy to understand explanation of how to “look better, feel better, and stay better.”

### ***Slaughterhouse*** by Eisnitz.

The shocking story of greed, neglect, and inhumane treatment inside the U.S. meat industry.

### ***Vegan: The New Ethics of Eating*** (Marcus)

A thorough and engaging overview of the health, ecological, and ethical issues surrounding the human diet.

***Vegan Nutrition Pure and Simple*** by Michael Klaper.

Clarifies the consequences of eating animal products and expounding the benefits of a vegan diet.

#### Additional reading material

- 1 Don't Drink Your Milk .....Dr. Frank Oski
- 2 Dr. Dean Ornish's Program for  
Reversing Heart Disease .....Dr. Dean Ornish
- 3 Pregnancy, Children, and the Vegan Diet.....Dr. Michael Klaper
- 4 Reclaiming Our Health .....John Robbins
- 5 Diet for a New America the Video .....John Robbins
- 6 A Physician's Slimming Guide for  
Permanent Weight Control.....Dr. Neal Barnard
- 7 Food for Life .....Dr. Neal Barnard
- 8 Foods That Cause You Lose Weight .....Dr. Neal Barnard
- 9 The Power of Your Plate.....Dr. Neal Barnard
- 10 Milk, A Message to My Patients.....Dr. Robert Kradjian
- 11 Save Yourself from Breast Cancer.....Dr. Robert Kradjian
- 12 Get the Fat Out.....Victoria Moran
- 13 Compassion : The Ultimate Ethic .....Victoria Moran
- 14 The Love Powered Diet .....Victoria Moran
- 15 Why Be a Vegetarian ? .....Sheth
- 16 Quit for Good.....Ralph C. Cinque
- 17 Food Allergies Made Simple .....Phyllis Austin and  
.....Drs. Agatha & Calvin Thrash
- 18 Carpal Tunnel Syndrome (Prevention,  
Treatment, Recovery).....Orthodox Views
- 19 The Tofu Toll Booth .....Dar Williams
- 20 Let There be Light .....Darius Dinshah
- 21 Conscious Eating .....Dr. Gabriel Cousins
- 22 The Science and Fine Art of Natural Hygiene .....Dr. Herbert M. Sheldon
- 23 Natural Hygiene (The Pristing Way of Life).....Dr. Herbert M. Sheldon
- 24 Fasting and Eating for Health .....Dr. Joel Fuhman
- 25 Medical Drugs on Trial: Verdict Guilty.....Dr. K. R. Sidhwa
- 26 A Race for Life (From Cancer to Ironman) .....Dr. Ruth Heidrich
- 27 Health for All .....Dr. Shelton
- 28 First Aid, the Natural Way .....Dr. Sidhwa
- 29 Diabetes and Hypoglycemic Syndrome.....Drs. Agatha & Calvin Thrash
- 30 Long Life Now (Strategies for Staying Alive).....Lee Hitchcox



Many of the above books are commonly available at most health and natural food stores, and many vegetarian societies also stock them. The easiest way to buy them is by mail-order from:

American Vegan Society, P.O. Box H, Malaga, NJ 08328.

***III– List of Organizations of Animal care and Non-violent Activities:***

***People for the Ethical Treatment of Animals (PETA)***

757-622-PETA (7382), fax : 757-622-0457

501 Front St., Norfolk, VA 23510

Web Site: [www.peta-online.org](http://www.peta-online.org),

e-mail: [peta@norfolk.infi.net](mailto:peta@norfolk.infi.net)

Exposes animal abuse and promotes respect for animals. Its credo is, “Animals are not ours to eat, wear, experiment on, or use for entertainment.” PETA is probably the largest organization of its kind, now has global presence in many countries.

***Physicians Committee for Responsible Medicine (PCRM)***

202-686-2210, fax: 202-686-2216,

P.O. Box 6322, Washington, DC 20015

Web site: [www.pcrm.org](http://www.pcrm.org)

e-mail: [pcrm@pcrm.org](mailto:pcrm@pcrm.org)

Comprised of physicians and lay members; promotes nutrition, preventive medicine, and ethical research practices; publishers of *Good Medicine* magazine. PCRM is all pro-animals! Not only they stand for strictly vegetarian diets, but also against using animals in laboratories. They lobnby hard in the Congress for eliminating meat and dairy from food pyramid, which is taught in schools and used as a guideline for serving lunches.

***Vegetarian Resource Group***

410-366-8343, fax: 410-366-8804

P.O. Box 1463, Baltimore, MD 21203

Web site: [www.vrg.org](http://www.vrg.org)

Dedicated to health, ecology, ethics, and word hunger education; produces and sells books and pamphlets. One also finds vegetarian and vegan recipes, vegetarian and vegan nutrition information, vegetarian and vegan cookbooks, Vegetarian Journal excerpts, vegetarian travel information, vegetarian and vegan brochures, and even a Vegetarian Game. Their travel guide for restaurants at <http://www.veg.org/veg/Guide/USA/> most useful.

***Beauty Without Cruelty – India***

Web site: [www.bwcindia.org](http://www.bwcindia.org)

The organization in India, Beauty Without Cruelty, strives to educate the people about various aspects of living a cruelty-free lifestyle. They define it as “A way of life which causes no creature of land, sea, or air, terror, torture or death.”

***American Vegan Society***

609-694-2887

P.O. Box H, Malaga, NJ 08328

Has an extensive list of available vegetarian books and sponsors annual conferences; oldest American vegetarian organization.

***Vegan Outreach***

10410 Forbes Rd., Pittsburgh, PA 15235

Web site: [www.veganoutreach.org](http://www.veganoutreach.org)

Distributes the informative booklet, *Why Vegan ?*

***EarthSave***

502-589-7676

600 Distillery Commons, Suite. 200, Louisville, KY 40206

Web site: [www.earthsave.org](http://www.earthsave.org),

e-mail: [earthsave@aol.com](mailto:earthsave@aol.com)

An organization committed to environmental and health education; provides materials and support for people who are becoming vegetarian.

***Vegan Action***

510-654-6297 • P.O. Box 4353, Berkeley, CA 94704-0353

Web site: [www.vegan.org](http://www.vegan.org)

Distributes information on vegan diets and lifestyles and campaigns for the increased availability of vegan foods.

***North American Vegetarian Society***

518-568-7970 • P.O. Box 72, Dolgeville, NY 13329

Web site: [www.cyberveg.org/navs](http://www.cyberveg.org/navs), - [www.navs-onlin.org](http://www.navs-onlin.org),

e-mail: [navs@telenet.net](mailto:navs@telenet.net)

Dedicated to the promotion of vegetarianism through education, publications, and annual conferences.

કરુણાનો સ્રોત – આચારમાં અહિંસા

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***Humane Farming Association***

415-771-2253

1550 California St., Suite 6, San Francisco, CA 94109

Leads a national campaign to stop factory farms from misusing chemicals, abusing farm animals, and misleading the public.

***Farm Sanctuary***

530-865-4617 fax:530-865-4622

3100 Aikens Rd., Watkins Glen, NY 14891

Works to prevent the abuses in animal farming through legislation, investigative campaigns, education, and direct rescue programs. Operates shelters for rescued farm animals.

***Jewish Vegetarians of North America***

410-754-5550 • 6938 Reliance Rd., Federalsburg, MD 21632

e-mail: [imossman@skipjack.bluecrab.org](mailto:imossman@skipjack.bluecrab.org)

Web – [www.orbyss.com/jvna.htm](http://www.orbyss.com/jvna.htm)

***Indian American Dietetic Association (IADA)***

Rita (Shah) Batheja, MS RD CDN

Founder, Indian American Dietetic Association

825 Van Buren Street, Baldwin Harbor, NY 11510, USA

Tel: 516-868-0605

E-mail: [krbat1@juno.com](mailto:krbat1@juno.com)

***American Dietetic Association (ADA)***

ADA's consumer Nutrition Hotline

Tel: 1-800-366-1655 9am – 4pm Central time

Web: [www.eatright.org/catalog](http://www.eatright.org/catalog)

***Plenty International***

P.O. Box 394, Summertown, TN USA 38483

Web site: [www.plenty.org](http://www.plenty.org),

e-mail: [plenty1@usit.net](mailto:plenty1@usit.net)

Has worked with villages around the world since 1979 to enhance nutrition and local food self-sufficiency through vegetarianism.

***The Animals' Voice***

420 East South Temple #240 • Salt Lake City, UT USA 84111

Tel: 801-539-8100

Web: [www.animalsvoice.com/](http://www.animalsvoice.com/)

This site contains what used to be a hard-printed a complete magazine on web, all dedicated to, as the name says, “Animal’s Voice.” Which is one of the oldest magazines.

Here is what used to be a hard-printed a complete magazine on the web, all dedicated to, as the name says, “Animal’s Voice.” The address is [www.animalsvoice.com/home.html](http://www.animalsvoice.com/home.html) to get started on this one of the oldest magazines.

### ***The Ark Trust***

P.O. Box 8191, Universal City, CA, USA 91618-8191

Phone (818) 501-2ARK (2275), Fax (818) 501-2226

Web: [www.arktrust.org](http://www.arktrust.org) E-mail: [genesis@arktrust.org](mailto:genesis@arktrust.org)

An Organization, honoring Hollywood and multi medica celebrities and authors presenting pro-animal issues. [www.arktrust.org/](http://www.arktrust.org/) Their motto is, “Cruelty Cannot Stand Spotlight.” Their annual Genesis Awards are televised on Animal Planet Channel.

### ***Envirolink Network***

Here is a catch-all for all the other sites that you may want to search for: <http://envirolink.netforchange.com/> provides a huge list of linkages in various areas of environmental issues, including the ones listed above.