

Vegan en Verder

Erwin Rooijakkers, Jeroen Bruijn, Ruud Hendrikx & Elisa Achterberg

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Agenda

- Dierenleed
- Marketing
- Meditation session
- Gezondheid
- Verder

Dierenleed

Animal Rights filmt mishandeling van varkens in slachthuis Tielt (23 maart 2017)

[https://www.animalrights.nl/
animal-rights-filmt-mishandeling-van-varkens-slacht](https://www.animalrights.nl/animal-rights-filmt-mishandeling-van-varkens-slacht)

Earthlings



Earthlings

<https://youtu.be/ms7yoerGaPU?list=PLv7whYPHSlwTVb06qz0XrrLikH40cGdhs>

DAIRY IS F**KING SCARY! The industry explained in 5 minutes

<https://youtu.be/UcN7SGGoCNI>

What's Wrong With Eggs? The Truth About The Egg Industry

<https://youtu.be/utPkDP3T7R4>

Biologisch? Organisch?

Verskil tussen biologisch en scharrel

https:

//www.bio-plus.nl/consument/faq/antwoorden/
wat-is-het-verskil-tussen-biologisch-en-scharrel/

An Unnatural Lifespan

<http://newinfographic.com/wp-content/uploads/2013/09/slaughtering-animals-unnatural-life-span.jpg>

Marketing

Meditation session

Gezondheid

Anatomie

Dietary Class:	Carnivore	Omnivore	Herbivore	Frugivore	Human
X Anatomy:					
Optimal Diet:	Meat	Meat and plants	Leafy plants and grasses	Fruits, veggies, nuts, legumes and seeds	Fruits, veggies, nuts, legumes and seeds
Vision (mammals):	Does not see in full color-scale	Does not see in full color-scale	Sees in full color-scale	Sees in full color-scale	Sees in full color-scale
Brain Chemistry:	Fueled by fats and proteins	Fueled by fats and proteins	Fueled by glycogen	Fueled by glycogen	Fueled by glycogen
Circadian Rhythm (mammals):	Sleep 18-20 hours per 24-hour cycle	Sleep 18-20 hours per 24-hour cycle	Sleep 8 hours or less per 24-hour cycle	Sleep 8 hours or less per 24-hour cycle	Sleep 8 hours or less per 24-hour cycle
Mouth Opening Vs. Head Size:	Large	Large	Small	Small to medium	Small
Jaw Type:	Lower jaw embedded inside of upper jaw	Lower jaw embedded inside of upper jaw	Upper jaw sits on the bottom jaw	Upper jaw sits on the bottom jaw	Upper jaw sits on the bottom jaw
Jaw Angle:	Not expanded	Not expanded	Expanded	Expanded	Expanded
Jaw Joint Location:	On the same plane as the molar teeth	On the same plane as the molar teeth	Above the plane of the molar teeth	Above the plane of the molar teeth	Above the plane of the molar teeth
Jaw Motion And Mastication:	Shears meat and swallows; no lateral or forward mobility for chewing	Shearing & crushing; minimal to no lateral or forward mobility for chewing	Great lateral and forward mobility for chewing leafy green plants and grasses	Great lateral and forward mobility for chewing fruit, seeds, nuts and vegetation	Great lateral and forward mobility for chewing fruit, seeds, nuts and vegetables
Necessity Of Chewing Food:	None; swallows food whole	Swallows food whole &/or simple crushing	Extensive chewing necessary	Extensive chewing necessary	Extensive chewing necessary
Facial Muscles:	Reduced to allow wide mouth gape	Reduced to allow wide mouth gape	Well-developed to facilitate chewing	Well-developed to facilitate chewing	Well-developed to facilitate chewing
Major Jaw Muscles:	Temporalis	Temporalis	Masseter and Pterygoids	Masseter and Pterygoids	Masseter and Pterygoids
Teeth (canines):	Long, sharp, curved fangs	Long, sharp, curved fangs	Rudimentary, dull and short or none	Dull and short or long (for defense)	Rudimentary, short and blunted
Teeth (incisors):	Short and pointed	Short and pointed	Broad, flattened and spade-shaped	Broad, flattened and spade-shaped	Broad, flattened and spade-shaped
Teeth (molars):	Sharp, jagged and blade-shaped	Sharp blades and/or flattened	Flattened with cusps vs. complex surface	Flattened with nodular cusps	Flattened with nodular cusps
Tongue:	Extremely rough for use in tearing meat	Moderate to rough	Moderate to rough	Smooth; used mainly like a shovel for food	Smooth; used mainly like a shovel for food
Salivary Gland Size:	Small	Small	Large	Large	Large
Salivary Chemistry:	Acidic	Acidic	Alkaline	Alkaline	Alkaline
Salivary Enzymes:	No carb-digesting enzymes; lysosomes	No carb-digesting enzymes; lysosomes	Has carb-digesting enzymes like ptyalin	Has carb-digesting enzymes like ptyalin	Has carb-digesting enzymes like ptyalin
Stomach Capacity:	60-70% of total vol. of digestive tract	60-70% of total vol. of digestive tract	Less than 30% of tot. vol. of digestive tract	21-27% of total vol. of digestive tract	21-27% of total vol. of digestive tract

Forks Over Knives

"The feature film Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods."

Forks Over Knives

<https://youtu.be/cgTnd3QPibY>

- <https://youtu.be/pmAYUf3aemg> (Gary Yourofsky)