

Mariana Alexis Lopez

Jacqueline Hesse

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Should People Become Vegetarians?

Who cares whether or not our pets are being eaten as long as we don't starve to death?

Most people's right away answer to this probably is "I care!" Still, some people may not believe the part of our pets being eaten to be true, but this is an actual reality. For example, in Peru, most people consume guinea pigs. Animals shouldn't be killed if we have other sources of food.

People should become vegetarians. Animals can feel pain and bursts of happiness; many animals are being mistreated in the world; and a life free of meat is a much healthier and sustainable one.

One of the most horrible issues worldwide is the mistreatment of animals.

Some people think that animals can't feel pain nor sadness since they supposedly don't have the capacity to feel bursts of happiness, but some research has been done on this theory to prove this wrong. According to the Quartz article "Science proved you and your dog fall in love when you look in each other's eyes" by Zach Wener-Fligner, an experimental study was done by researchers at several Japanese universities to prove this theory. This article states, "The researchers found that the owners whose dogs stared at them the longest had the highest oxytocin levels. Moreover, the oxytocin levels of owners and dogs were correlated: If an owner had high levels after they interacted, the dog likely did too." If everyone had had the same results or random results, that couldn't have been concluded, and the theory wouldn't have proven right. But in this study, this wasn't the case. The results coincided with time, so it could be concluded

in the end that the longer you and your dog stare into each other's eyes, the higher your levels of oxytocin get for both of you. For those who may not know this, oxytocin is known as the “love hormone”. This is also released during sexual relationships creating couple attachments, and it is involved in child- mother bonding. The increase of oxytocin in dogs for this study proved that dogs can certainly feel love and attachment. When considering that they have the capacity to have these feelings, they logically should also be able to feel pain and depression.

According to a *highbeam.com* Washington Post, “ ‘They Die Piece by Piece’; In Overtaxed Plants, Humane Treatment of Cattle Is Often a Battle Lost”, Ramon Moreno has had to deal with live cattle at the live slaughterhouse during his 20 years working there. They are supposed to arrive there already dead, but there have been a great amount of times when they arrive alive. According to Ramon Moreno, “They blink. They make noises. The head moves, the eyes are wide and looking around.” This is a horrible experience for cattle to still be alive. Since they don't die right away, their only choice is to suffer and to die piece by piece. There have been situations when these animals still keep on surviving getting to the stage of tail cutter, the belly ripper, or even the hide puller. This is one of the many ways that animals are mistreated. Us, humans, think we have the god given right to make them suffer since we want to eat meat. The truth is that we are not God, and we do not have the right to make any living creatures made by God suffer in such miserable ways. Some people may not know this truth, which is a horrible reality in the world. People should choose not to eat meat, so animals don't have to suffer.

Some people think that a vegetarian diet can't be very healthy, but they're wrong. They might think that they won't get the sufficient calcium or vitamin D by only eating non animal products. It only depends on their balance of which non animal products they choose

to eat. A vegetarian slideshow named “Becoming a Vegetarian” by *WebMD* states in the section “Find Sources of Calcium and Vitamin D”, “These include fortified soy and almond milk and orange juice, with small amounts of calcium in seeds, nuts, and some green vegetables.” These products in this quote are some examples of good vegetarian calcium foods like seeds and nuts. This same section also states, “Non-meat sources of vitamin D include fortified foods such as orange juice, cereals, and tofu made with calcium sulfate, and fortified milk alternatives like soy and almond milk.” These other products are examples of some vitamin D sources like orange juice. On another section of the same slideshow, “Reap the Health Benefits”, informs the reader that a vegetarian is less likely to get certain diseases like heart disease and type 2 diabetes. This has been proven through many studies. Also, antioxidants like lutein found in broccoli and lycopene found in tomatoes may help protect a person against cancer. All of these facts I have mentioned about a vegetarian diet being healthier are not myths, but true facts by scientific people and scientific studies. A very classic vegetarian meal that has a good level of protein includes black beans and rice with a salad.

Even though some people think that not eating meat will not make a difference in the world, if we all joined into deciding to become a true vegan, we would benefit a lot from it. Many percentages of many diseases or illnesses could decrease over time. Even the percentage of cancer could have a decline, which would really be good for our society. Above all of the health benefits that we can get from becoming a vegan, animals in the world would also benefit. They would no longer need to pass through sufferings as they are dying “piece by piece”. I hope that all of this research I have shown you will help you recognize that a life without meat would be a way more better one for everyone in the world.

MLA Work-Cited Page

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