

GREEN PAPER: US WHITE HOUSE AND US Congress Submission
Resolution of the American Health National Security Issue Omission:
“The Great Pathophysiological Ramifications of Dietary Cholesterol & Bile Acid Metabolism”
Request for US Congressional National Security Investigations: Scientific Text

Appendix A-2: Aboriginal Christians Were Vegans

This document is based on one originally entitled “Are Christians Vegetarians?” by Keith Akers of the **Denver, Colorado, Vegetarian Society** and a former **North American Regional Secretary for IVU**. He wrote it in association with Richard Shorter of London, England. It has been modified herein by **George W. Singleton, 2007 and 2009 European Union Humanitarian Grantee** in support of the **Green Paper:: Appendix A-1: The Aboriginal Diet of Humans**. Most Christians today probably eat animal meat without giving it a second thought. But many early Christians were **vegan not even** dairy product partaking ***vegetarians*** including Clement of Alexandria, Origen, John Chrysostom, and Basil the Great.

I. Writings on the Jesus Christ Disciples as Vegans

According to some early church writings the Apostles Matthew, Peter and James (the brother of Jesus and first leader of the Jerusalem church) were **vegans**.

- a.) “It is far better to be happy than to have your bodies act as graveyards for animals. The **Apostle Matthew** partook of seeds and nuts and vegetables without flesh.”

Clement of Alexandria, The Instructor, book 2, chapter 1

Note: **Clement of Alexander** was the second leader of the **Catechetical School of Alexander, Egypt** [later named in the Roman Catholic Church the Bishop of the *aboriginal Christian Gnostic Church*] created by the **Disciples of Jesus Christ’s** fully 200 years **before** it was co-opted by the omnivore Emperor Constantine of omnivore Roman Empire. Quite naturally for “empire security” and animal meat industry reasons the vegan and gardening lifestyle of **Jesus Christ** a **Hebrew Essene** was changed to meat eating fisherman.

- b.) “**Apostle Peter** said, “I live on olives and bread to which I rarely only add vegetables.”

Pseudo-Clementine Homilies 12, 6; also Recognitions 7,6.

- c.) “**Apostle James (the Just), the brother of the Lord** ... was holy from his mothers womb; and he drank no wine nor strong drink, nor did he eat flesh.”

Hegesippus, quoted in The Church History of Eusebius, book 2, chapter 23.

II. Early Christian Clergy and Saints Testimony

- a.) “Sacrifices were invented by men to be a pretext for eating flesh.”

Clement of Alexandria (150 – 215 AD)

Note: **Please note that it is not a coincidence that:**

- 1.) **Clement of Alexander** the Bishop of the *aboriginal Christian (Gnostic) Church* was a vegan and his student **Origen** (c. 185-254 AD) who became the next **Bishop of Alexandria** and First Theologian of the **Christian Church** too was vegan;
- 2.) **Clement of Alexander** was the last to have seen and given a detailed description of the now missing 42 **Books of Thoth**;
- 3.) these text books of the **Ancient Egypt/Kemit** “**School of On (God or Annu)**” were based on the **Great Law** of humans as herbivores and the vegan diet;
- 4.) the “**School of On**” trained Hebrew Patriarchs **Joseph** and **Moses** (esoterically Ancient Egyptian Pharaoh Akhenaton), and **Moses** writing about the creation of earth dictates clearly the **Bible Genesis 1: 29 vegan human diet directive**; and
- 5.) the “**School of On**” trained Greek Philosopher **Pythagoras** (c 570- 495 BC) who introduced the vegan lifestyle to the Greek civilizations surviving as the **Mediterranean Diet**.

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- b.) “The eating of meat was unknown up to the big flood, but since the flood they have the strings and stinking juices of animal meat into our mouths, just as they threw in front of the grumbling sensual people in the desert.”
 “**Jesus Christ**, who appeared when the time had been fulfilled, has again joined the end with the beginning, so that it is no longer allowed for us to eat animal meat.”

St Jerome (347- 420 AD)

- c.) “The steam of meat meals darkens the spirit. One can hardly have virtue if one enjoys meat meals and feasts. In the earthly paradise there was no wine, no one sacrificed animals, and no one ate meat.”

St Basil (330 – 379 AD)

- d.) “Not to hurt our humble brethren is our first duty to them, but to stop there is not enough. All things of creation are children of the Father and thus brothers of man ...”
 “God wants us to help animals, if they need help. Every creature in distress has the same right to be protected.”
 “If you have men who will exclude any of god's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”

St Francis of Assisi (1181- 1226 AD)

- e.) “If man wants freedom why keep birds and animals in cages? Truly man is the king of beasts, for his brutality exceeds them. We live by the death of others. We are burial places! I have from an early age abjured the use of meat, and the time will come when men such as I look upon the murder of animals as they now look upon the murder of men.”

Leonardo da Vinci (1452-1519 AD)

Note: This would explain his monumental masterpiece the **Last Supper** with **Jesus Christ**, his **Disciples** including **Mary Magdalene** painted seated at a **table** set as a **vegan dinner** with no animal meat in sight.

III. Bible References: Veganism: Original Ideal and Ultimate Hope

- a.) And God said, "Behold, I have given you every plant yielding seed which is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food."

Bible Genesis 1:29-30

- b.) The wolf shall dwell with the lamb,
 and the leopard shall lie down with the kid,
 and the calf and the lion and the fatling together,
 and a little child shall lead them.
 The cow and the bear shall feed;
 their young shall lie down together;
 and the lion shall eat straw like the ox.
 The suckling child shall play over the hole of the asp,
 and the weaned child shall put his hand on the adders den.
 They shall not hurt or destroy in all my holy mountain;
 for the earth shall be full of the knowledge of the Lord
 as the waters cover the sea.

Bible Isaiah 11:6-9

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- c.) Then I will make a covenant on behalf of Israel with the wild beasts, the birds of the air, and the things that creep on the earth, and I will break bow and sword and weapon of war and sweep them off the earth so that all living creatures may lie down without fear.

Bible Hosea 2:18

- d.) He shall wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning nor crying nor pain any more, for the former things have passed away.

Bible Revelations 21:4

- e.) I said in mine heart concerning the estate of the sons of men, that God might manifest them, and that they might see that they themselves are beasts. For that which befalleth the sons of men befalleth beasts; even one thing befalleth them: as the one dieth, so dieth the other; yea they have one breath; so that a man hath no preeminence above a beast for all is vanity. Yea.

Bible Ecclesiastes

- f.) Children in whom was no blemish, but well-favored, and skillful in all wisdom, and cunning in knowledge, and understanding science...and the King appointed them a daily provision of the King's meat, and of the wine which he drank... But Daniel proposed in his heart that he would not defile himself with the portion of the King's meat, nor with the wine which he drank... Therefore he requested that he might not defile himself. Prove thy servants, I beseech thee, ten days; and let them give us pulse (vegetable legumes) to eat, and water to drink. Then let our countenances be looked upon before thee, and the Countenance of the children that eat of the portion of the King's meat: And as thou seest, deal with thy servants. And at the end of ten days their countenance appeared fairer and fatter in flesh than all the children which did eat the portion of the King's meat. Thus Meizar took away the portion of their meat, and the wine that they should drink; and give them pulse. As for these Children, God gave them knowledge and skill in all learning and wisdom: and had understanding in all visions and dreams.

Bible Daniel 1:4-17 (excerpts thereof)

IV. Bible References: God Cares About Animals and Wants Us To Care About Animals

- a.) The Lord is good to all men, and his tender care rests upon all his creatures.

Bible Psalms 145:9

- b.) Look at the birds of the air; they do not sow and reap and store in barns, yet your heavenly Father feeds them.

Bible Matthew 6:26

- c.) A righteous man cares for his beast.

Bible Proverbs 12:10

- d.) When you see the ass of someone who hates you lying helpless under its load, however unwilling you may be to help it, you must give him a hand with it.

Bible Exodus 23:5

- e.) When you see your fellow countryman's ass or ox lying on the road, do not ignore it; you must help him to lift it to its feet again.

Bible Deuteronomy 22:4

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f.) He who slaughters an ox is like him who kills a man.

Bible Isaiah 66:3

V. Bible References: Animal Sacrifices Are Rejected by God

a.) Your countless sacrifices, what are they to me? says the Lord. I am sated with whole-offerings of rams and the fat of buffaloes; I have no desire for the blood of bulls, of sheep and of he-goats. Whenever you come into my presence - who asked you for this? No more shall you trample my courts. The offer of your gifts is useless, the reek of sacrifice is abhorrent to me.

Bible Isaiah 1:11-12

b.) There is blood on your hands; wash yourselves and be clean.

Bible Isaiah 1:16

c.) For a desire steadfast love and not sacrifice, the knowledge of God, rather than *burnt offerings*.

Bible Hosea 6:6

d.) Because Ephraim has made many alters for sin, they have become for him alters for sinning. I have written for him the great things of **my law (Genesis 1:29)** but they were considered a strange thing for the sacrifices of my offerings. They sacrifice flesh and eat it. But the lord does not accept them. Now He will remember their iniquity and punish their sins.

Bible Hosea 8:11-13

e.) If you had known what that text means, "I require mercy, not sacrifice", you would not have condemned the innocent.

Bible Matthew 12:7

VII. Past and Present Notable Philosophers, Scientists and Authors Testimony

a.) "But for the sake of some little mouthful of flesh we deprive a soul of the sun and light, and of that proportion of life and time it had been born into the world to enjoy."

Plutarch (c. 46- c.120 AD)

b.) "The animals you eat are not those who devour others; you do not eat the carnivorous beasts you, take them as your pattern. You only hunger after sweet and gentle creatures who harm no one, which follow you, serve you, and are devoured by you as the reward of their service."

John-Jacques Rousseau (1712-1778 AD)

c.) "Flesh eating is unprovoked murder."

Benjamin Franklin (1706-1790 AD)

d.) "I have no doubt that it is part of the destiny of the human race in its gradual improvement to leave off eating animals."

Henry David Thoreau (1817-1862 AD)

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- e.) "Nothing more strongly arouses our disgust than **cannibalism**, yet we make the same impression on Buddhists and vegetarians, for we feed on babies, though not our own."

Robert Louis Stevenson (1850-1894 AD)

- f.) "Let no one regard as light the burden of his responsibility. While so much ill-treatment of animals goes on, while the moans of thirsty animals in railway trucks sound unheard, while so much brutality prevails in our slaughterhouses ... we all bear guilt. Everything that lives has value as a living thing, as one of the manifestations of the mystery that is life."

"Until he extends the circle of compassion to all living things, man will not himself find peace."

Albert Schweitzer (1875-1965 AD)

- g.) "A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral."

"Flesh eating is simply immoral, as it involves the performance of an act, which is contrary to moral feeling: killing. By killing, man suppresses in himself, unnecessarily, the highest spiritual capacity, that of sympathy and pity towards living creatures like himself and by violating his own feelings becomes cruel."

Leo Tolstoy (1828- 1910 AD)

- f.) "My situation is a solemn one. Life is offered to me on condition of eating beefsteaks. But death is better than cannibalism. My will contains directions for my funeral, which will be followed not by mourning coaches, but by oxen, sheep, flocks of poultry, and a small traveling aquarium of live fish, all wearing white scarfs in honor of the man who perished rather than eat his fellow creatures."

George Bernard Shaw (1850 -1956 AD)

- g.) "Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet."

Albert Einstein (1879-1955 AD)

- h.) "In every respect, **vegans** appear to enjoy equal or better health in comparison to both **vegetarians** and **non-vegetarians**."

T. Colin Campbell, PhD Professor of Nutrition, Cornell University (letter dated 3/29/98)

- i.) "There will come a time...when civilized people will look back in horror on our generation and the ones that preceded it: the idea that we should eat other living things running around on four legs, that we should raise them just for the purpose of killing them! The people of the future will say '**meat-eaters!**' in disgust and regard us in the same way we regard **cannibals and cannibalism**."

Dennis Weaver

- j.) "Your choice of diet can influence your long term health prospects more than any other action you might take."

Former Surgeon General C. Everett Koop

- k.) "The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of 'real food for real people,' you'd better live real close to a real good hospital."

**Neal D. Barnard, M.D.,
President, Physicians Committee for Responsible Medicine, Washington, D.C.**

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l.) "All red meat contains saturated fat. There is no such thing as truly lean meat. Trimming away the edge ring of fat around a steak really does not lower the fat content significantly. People who have red meat (trimmed or untrimmed) as a regular feature of their diets suffer in far greater numbers from heart attacks and strokes."

Michael Klaper, M.D.,
Medical Director, Earth Save Foundation, Santa Cruz, California

m.) "If you step back and look at the data, the optimum amount of red meat you eat should be zero."

Walter Willett, M.D., Professor at Harvard School of Public Health (Departments of Epidemiology and Nutrition), wrote editorial “Diet and Cancer” in the January 12, 2005, Journal of American Medical Association (JAMA), V. 293, pp 234-4 in support of the American Cancer Society study [Chao, Ann, *et al*, “Meat Consumption and Risk of Colorectal Cancer,” JAMA, V. 293, pp 172-182] that found a close correlation between red meat consumption and colon cancer.

n.) "Usually, the first thing a country does in the course of economic development is to introduce a lot of livestock. Our data are showing that this is not a very smart move and the Chinese are listening. They are realizing that animal-based agriculture is not the way to go.... We are basically a vegetarian species and should be eating a wide variety of plant food and minimizing our intake of animal foods.... "Once people start introducing animal products into their diet, that's when the mischief starts."

T. Colin Campbell, Ph.D., of Cornell University, director of a study of 6,500 Chinese that found a close correlation between meat consumption and the incidence of heart disease and cancer. [Campbell, T. Colin; Campbell II, Thomas M.; Lyman, Howard, The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health, 2006]