

I still want to say a few things about vegetarianism. Being vegetarian is not only good for you and your body but also for our environment and our planet. My friend Iris told me and I read it on MSN afterwards, too, that there is enough grain on this planet to feed every person on earth. However tons of grains are used for feeding animals whose only purpose it is to be eaten in the end. You need to feed up to 16 Kilo of grain to a cow to have only 1 Kilo of meat. The prices for crops are increasing and we feed it to animals that are born and raised to be slaughtered? It is just crazy! There are people dying of hunger who would be more than happy to have these 16 Kilo grain instead of one Kilo of meat. And the cows stand on grassland which formerly was part of the biggest rain forest on earth.

You see that you can help changing the world by becoming vegetarian! The article also said that an organization called PETA (People for Ethical Treatment of Animals) wrote a letter to the US-President Mr. Bush requesting him to become vegetarian and thus to be an example for American citizens. We will see if he follows their advice.

We are not made for eating meat. There are two kinds of animals: carnivore, like lions and tigers which eat meat and herbivore, like cows and horses which eat plants. Our whole body structure, our metabolism and our jaws are more similar to that of cows than of tigers. Our teeth are perfect for grinding grains and vegetables and not for tearing apart animal flesh.

By nature human is not supposed to eat meat. It is very good to see and hear that more and more people get aware of this and change their habits. Vegetarian restaurants start getting more popular. I want to invite everyone not to be shy to make this decision of living a vegetarian life. Plant this seed also in your children and more and more awareness will come to this world.

I am happy to hear from many people now that becoming vegetarian helped them, helped their body and their health. You can read a bit more about vegetarianism on our website and if you would like to share your experiences with being vegetarian you are welcome to send a mail to me at [info@jaisiyaram.com](mailto:info@jaisiyaram.com).

