

you will *unavoidably* share in the punishment for animal murder, like it or not.

You may, however, without any risk of punishment, eat *an* animal if it died of natural causes, or if it was killed in an *accident*. But even when an intentional killing is not involved, it would still be wise to remember that the human body is built by Nature *not* to eat animal protein.

## What Must One Do?

In view of all of the above, what must one do?



What's the right way to eat today?

Well, I know it's hard to avoid all the tasty animal protein you have been eating for years.

But you can *reduce* the quantity. And you should continue reducing the quantity as the months and years go by, until you have completely removed animal protein from your diet.

I know it's not easy, but you must try. To do nothing, and therefore continue as before, is a slow ride to *guaranteed* suicide.

As you reduce your consumption of animal protein, you must increase the amount of beans and peas you eat. You must eat these, at least, two times each day, in order *not* to become low in proteins. For more information on how to eat right, please see the HealthiLifer Brochure titled *You Can Heal Yourself*.



### Your HealthiLifer Wellness Club Is Your Partner For Good Health

The Club teaches Members how to eat right. Obtain also your supply of PerfectBalance Multivitamin, AthletiX-1: Performance Multivitamin, Zap-a-Cold Vitamin Formula, Organic HealthiLifer Powdered Mushroom, and Organic HealthiLifer Unrefined 100% Cane Sugar from the Club Director of your Independent HealthiLifer Wellness Club:

If for any reason, your HealthiLifer Wellness Club Director is unable to supply, please call:  
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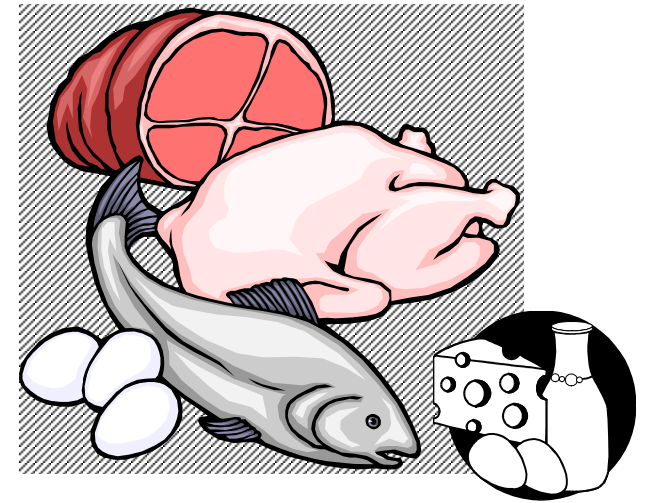
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766 . Reduce Brochure 1

From HealthiLifer Robust Longevity Program...

## REDUCE MEAT, DAIRY, POULTRY, & FISH To Heal Yourself & Improve Your Health



by

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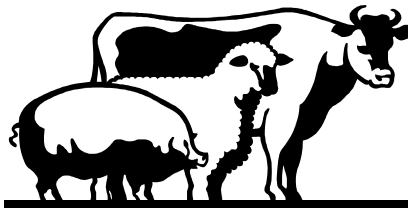
## A Matter of Natural Structure

Cats and wolves are built by Nature to eat meat. Nature therefore gave them a relatively short intestine, which is perfect for a meat diet.



Cattle, rabbits, sheep, and such, including humans, are built for a diet of plant foods. They have all been given a relatively long intestine, which, again, is perfect for a vegetarian diet.

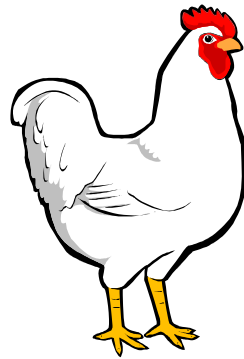
The human intestine is 27 feet long, almost five times the height of a 6-foot tall person. *That* is long.



In spite of the natural structure of the human intestine, most humans choose to eat animal protein, like the cats. Though we do *not* have the cats-like intestine to handle animal protein in a healthful manner, most of us insist on eating meat, dairy, poultry, fish, and other sea foods. So we pay a price. A high price.

Why do we do this? Why do we seem to seek the damage of our bodies and our health? *Taste* is the answer. My research has shown that people will eat what tastes good to them, even when they know it's bad for them. This human tendency explains the wide popularity of ice cream, goose liver, and marbled beef. But there is more...

## Modern Industry



Modern industry has introduced more than 50,000 chemicals into the environment. No one knows the effect of most of these chemicals on the human body. The medical profession knows, however, that a great many of the chemicals are poisonous and will cause such serious diseases as brain damage,

liver damage, lung damage, kidney damage, asthma, anemia, premature puberty, birth defects, and cancer.

After so many years in the hands of a notoriously careless industry, these poisons are *everywhere* now. They are in the air we breathe, in the water we drink, and in the food we eat. Sometimes, the poisons are even deliberately put into food by food processors, as preservatives, or to artificially give the food a stronger flavor or a fresh-looking color. At other times, the poisons get into the food unavoidably from the polluted environment.



## The Burden of Animal Fat

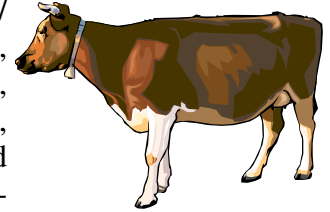
Many of the poisons dissolve *only* in oil and are therefore concentrated in the fat of animals and fish. And as you know, it is the *fat* that gives taste to dairy, meats, poultry, and fish. Therefore, when you eat dairy, meat, poultry, or fish, *you take large quantities of these poisons into the fatty tissues of your own body.*

And from there, they wreak havoc.

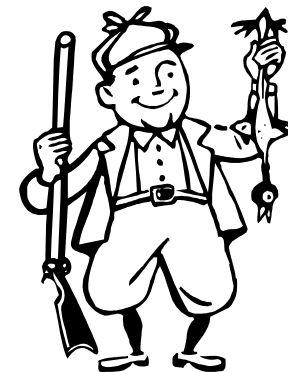
Within your body, mostly in your liver, biological processes neutralize the poisons that have entered. In doing so, your body needs various kinds of vitamins. For example, the liver uses Vitamin A to neutralize Arochlor 1242, a poisonous pollutant. These days, though, the body is unable to neutralize the full poison load because the amount is now too large.

## Consider Now The Spiritual Plane

According to the *Message of the Morning Star* (<http://www.wemsa.net/wms-site26-08.htm>), animals have spirits, minds, languages, friends, families, and cultures, just as we humans do. The fact that we don't understand them is our shortcoming, not theirs.



Therefore, to kidnap a steer, a goat, a sheep, a chicken, a duck, a fish, a crab, or any other animal from its family and friends, abuse it, and brutally kill it, is *murder*. And, according to the *Message*, *murder* earns serious punishment under the Great Natural Law of Personal Responsibility.



That you did not know about this Law, or do not like it, makes no difference. Every *intentional* killing is murder.

When you eat a murdered animal, you become a participant in its murder and