

Powered by Plants

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Last weekend I was in Mesa, Arizona where I saw the phrase, "POWERED BY PLANTS" on a T-shirt. Spencer, the man wearing the T-shirt happens to be a vegan which made the message on the T-shirt crystal clear. However, as I pondered the meaning conveyed on the shirt I concluded that everyone should display this message because in reality we are all powered by plants.

Of the billions of tons of food we consume daily the bulk comes from plants. The remainder comes from animal products, which in turn are derived from plants. Plants are the true inhabitants of this planet, for only the plants can uptake the elements from the soil, combine them with the elements in the atmosphere and use the energy from the sun to create the nutrients; sugars, starches, fats, proteins, oils, waxes, and cellulose. Scientifically plants are the inhabitants and the rest of us are all the parasites. Religious philosophy would indicate that plants were made for our benefit. Either way, we are the beneficiaries. In fact not only are we dependent on plants for nourishment but every breath we take is dependent on the oxygen that is created by plants. Each and every leaf has millions of moveable lips that devour carbon dioxide and expel oxygen.



Knowing that all nutrients are created by plants should make each and every one of us question the ubiquitous dogma that permeates our societies and preaches that we cannot sustain life by strictly eating a plant-based diet. I am neither a vegetarian nor a vegan but I have enough knowledge and common sense to discern that all nutrients are easily derived from a purely plant-based diet. However, I admonish non-meat eaters to eat the plants in their whole living state and stay away from highly processed foods even if they are found on the shelves of natural food stores. If you eat only live, fresh food you will outlive us all in great health. Examples of live fresh food are; fresh fruit (not canned or dried), wholesome grains in their growing season "sprouted", nuts and seeds, and sprouted legumes. Live fresh food does not include the junk food the majority of the population eats.

As I have said before, "We eat meat because we want to, not because we need to."

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