

## Resources for Plant-Based Eating and a Vegan Life

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Download this document from [www.savageheart.com/vegan/vegan.html](http://www.savageheart.com/vegan/vegan.html)

### A few medical sources that recommend plant-based eating

Kaiser Permanente is a \$50 billion corporation and the largest HMO in the U.S. In May, 2013, they began recommending a plant-based diet to their 180,000 employees, 17,000 physicians and all their patients, and 9.3 million members. I tried to get printouts of the following articles from Kaiser and learned that they are only available online. You might print out the articles and give them to your doctor, or just send the links.

Plant-Based Eating, Using the Health Plate to Eat Well

[http://www.kphealthyme.com/documents/plant\\_based\\_diet\\_e.aspx](http://www.kphealthyme.com/documents/plant_based_diet_e.aspx)

Plant-Based Nutrition - Frequently Asked Questions & Concerns

[https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL\\_tcm75614811.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL_tcm75614811.pdf)

another version:

[https://mydoctor.kaiserpermanente.org/ncal/Images/Plant%20Based%20Diet%20patient%20questions%20101811-Final\\_tcm75-480571.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Plant%20Based%20Diet%20patient%20questions%20101811-Final_tcm75-480571.pdf)

Simple Steps to Plant-Based Eating

[https://mydoctor.kaiserpermanente.org/ncal/Images/Simple%20Steps%20to%20Plantbased%20Eating%208-31-11\\_tcm75-508700.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Simple%20Steps%20to%20Plantbased%20Eating%208-31-11_tcm75-508700.pdf)

Nutritional Update for Physicians: Plant-Based Diets

<https://www.thepermanentejournal.org/doi/10.7812/TPP/12-085>

Kim A. Williams, M.D., the next president of the American College of Cardiology, explains why he became vegan and now recommends it to patients

<http://www.medpagetoday.com/Cardiology/Prevention/46860>

Dr. Neal Barnard, M.D., a vegan doctor and founder of Physicians Committee for Responsible Medicine (PCRM) opened a clinic in NW DC in January, 2016. They are preventing, treating, and reversing a number of medical conditions using a plant-based diet.

<https://www.pcrm.org/barnard-medical-center> <http://www.pcrm.org/health>

<https://www.pcrm.org/about-us/staff/neal-barnard-md-facc>

### Plant-based doctors

<https://oopsvegan.com/vegan-plant-based-doctors/>

<https://nutriciously.com/vegan-doctors/>

<https://www.livekindly.co/doctors-say-plant-based-diet-secret-longer-life/>

<https://eatplant-based.com/plant-based-experts/>

<https://plantrician.org/>

<https://www.plantpuration.com/blogs/news/finding-a-plant-based-physician>

<http://www.bigtentvegan.com/doctors-dieticians-and-nutritionists>

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### Annual vegan events in the Washington, DC area

Thanksgiving with the Turkeys at Poplar Spring Animal Sanctuary (Poolesville, MD)  
[www.animalsanctuary.org](http://www.animalsanctuary.org)

An outdoor vegan potluck lunch the Saturday before Thanksgiving, noon – 4:00 p.m.  
The event is usually attended by about 1,000 people.

“Poplar Spring Animal Sanctuary’s 21th annual “Run for the Animals!” will be held on Sunday, May 19, 2024. The 5K run and 1 or 1.7 mile fun walk is a fundraiser dedicated to supporting the life-saving work Poplar Spring does every day. This year’s race will be held in person with a virtual option.”

Thanksgiving Day vegan lunch - Veg Society of DC (VSDC) [www.vsdc.org](http://www.vsdc.org)

Planet Virginia (formerly Fairfax VegFest)

<https://planetserievents.org/virginia/>

Sunday, April 21, 2024, 10:00 a.m. – 5:00 p.m. in Herndon, VA

Planet Maryland (formerly Planet Bethesda)

Sunday, June 2, 2024, 11:00 a.m. – 6:00 p.m. in Bethesda, MD

Loudoun, VA Veg Fest <https://aplantbaseddiet.org/loudoun-veg-fest/>

On a Sunday near the end of October, 2024 (date TBD) from 11 a.m. to 4 p.m. in Purcellville, VA.

Vegan Soulfest <https://www.vegansoulfest.com/>

On a Saturday and Sunday in mid-August, 2024 (dates TBD) in Baltimore, MD.

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### DC area vegan groups on Meetup.com

<https://www.meetup.com/Vegan-DC-MD-VA/> (Veg Society of DC)  
<https://www.meetup.com/Vegan-Powered/> (vegan athletes, all levels)  
<https://www.meetup.com/DCs-Vegan-Calendar/>  
<https://www.meetup.com/Eat-to-Live-in-DC/> (based on Dr. Joel Fuhrman's nutritarian diet)  
<https://www.meetup.com/vegetarianindcmdva/>  
<https://www.meetup.com/NoVA-Healthy-Vegans-Meetup/> (by GreenFare Organic Café)  
<https://www.meetup.com/RawNOVA/> (no events since 2019)  
<https://www.meetup.com/dcvegansofcolor/> (no events since 2020)  
<https://www.meetup.com/DMV-Vegan-Homeschoolers-Meetup/> (no events since 2023)  
More: <https://www.meetup.com/find/?keywords=vegan&source=GROUPS>

### DC area vegan groups on Facebook

Loudoun Veg	<a href="https://www.facebook.com/profile.php?id=100064542558169">https://www.facebook.com/profile.php?id=100064542558169</a>
Northern Virginia Vegans	<a href="https://www.facebook.com/groups/1503656749886418/">https://www.facebook.com/groups/1503656749886418/</a>
Northern Virginia Vegan Families	<a href="https://www.facebook.com/groups/novaveganfamilies/">https://www.facebook.com/groups/novaveganfamilies/</a>
DMV Raw Vegan Foodies	<a href="https://www.facebook.com/groups/1712051175736491/">https://www.facebook.com/groups/1712051175736491/</a>
DC Area Vegans	<a href="https://www.facebook.com/groups/dcareavegans/">https://www.facebook.com/groups/dcareavegans/</a>
Vegan Virginia	<a href="https://www.facebook.com/groups/veganvirginia/">https://www.facebook.com/groups/veganvirginia/</a>
Vegan Maryland	<a href="https://www.facebook.com/groups/135256283570231/">https://www.facebook.com/groups/135256283570231/</a>
Vegan Maryland (another one!)	<a href="https://www.facebook.com/groups/VeganMaryland/">https://www.facebook.com/groups/VeganMaryland/</a>
Vegan DC	<a href="https://www.facebook.com/groups/VeganDC/">https://www.facebook.com/groups/VeganDC/</a>
Baltimore Vegans	<a href="https://www.facebook.com/groups/BaltimoreVegans/">https://www.facebook.com/groups/BaltimoreVegans/</a>
A Plant Based Diet.org	<a href="https://www.facebook.com/aPlantBasedDiet.org">https://www.facebook.com/aPlantBasedDiet.org</a>

There are many more vegan groups on Facebook.

Here's a list: <https://thevegantruth.blogspot.com/2017/06/vegan-groups-directory-facebook.html>

Also, go to <https://www.facebook.com/> and search for "vegan."

### Some vegan and animal rights organizations and projects

A Well Fed World	<a href="https://awellfedworld.org/">https://awellfedworld.org/</a>
Alliance for Animals	<a href="https://allanimals.org/">https://allanimals.org/</a>
American Vegan Society	<a href="https://americanvegan.org/">https://americanvegan.org/</a>
Animal Activism Mentorship	<a href="https://animalactivismmentorship.com/">https://animalactivismmentorship.com/</a>
Animal Charity Evaluators	<a href="https://animalcharityevaluators.org/">https://animalcharityevaluators.org/</a>
Animal Equality	<a href="https://animalequality.org/">https://animalequality.org/</a>
Animal Hero Kids	<a href="https://www.animalherokids.org/">https://www.animalherokids.org/</a>
Animal Justice Project	<a href="https://animaljusticeproject.com/">https://animaljusticeproject.com/</a>
Animal Legal Defense Fund	<a href="https://aldf.org/">https://aldf.org/</a>
Animal Place	<a href="http://animalplace.org/">http://animalplace.org/</a>
Animals and Society Institute	<a href="https://www.animalsandsociety.org/">https://www.animalsandsociety.org/</a>
Animal Outlook (formerly Compassion Over Killing)	<a href="https://animaloutlook.org/">https://animaloutlook.org/</a>
Challenge 22	<a href="https://challenge22.com/">https://challenge22.com/</a>
Cruelty Free International	<a href="http://www.crueltyfreeinternational.org/">http://www.crueltyfreeinternational.org/</a>

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Dharma Voices for Animals	<a href="https://www.dharmavoicesforanimals.org/">https://www.dharmavoicesforanimals.org/</a>
Direct Action Everywhere	<a href="https://www.directactioneverywhere.com/">https://www.directactioneverywhere.com/</a>
Earth Save	<a href="http://www.earthsave.org/">http://www.earthsave.org/</a>
Farm Animal Rights Movement	<a href="https://farmusa.org/">https://farmusa.org/</a>
Farm Sanctuary	<a href="https://www.farmsanctuary.org/">https://www.farmsanctuary.org/</a>
Faunalytics	<a href="https://faunalytics.org/">https://faunalytics.org/</a>
Fish Feel	<a href="http://fishfeel.org/">http://fishfeel.org/</a>
Food Empowerment Project	<a href="http://www.foodispower.org/veganism/">http://www.foodispower.org/veganism/</a>
Free From Harm	<a href="https://freefromharm.org/">https://freefromharm.org/</a>
Friends of Animals	<a href="https://friendsofanimals.org/">https://friendsofanimals.org/</a>
GreenFare Organic Café	<a href="https://greenfare.com/">https://greenfare.com/</a>
Happily Ever Esther Farm Sanctuary	<a href="https://www.happilyeveresther.ca/">https://www.happilyeveresther.ca/</a>
Happy Cow	<a href="https://www.happycow.net/">https://www.happycow.net/</a>
Humane Decisions	<a href="https://www.humanedecisions.com/">https://www.humanedecisions.com/</a>
Humane Society International	<a href="https://www.hsi.org/">https://www.hsi.org/</a>
In Defense of Animals	<a href="https://www.idausa.org/">https://www.idausa.org/</a>
Institute for Humane Education	<a href="https://humaneeducation.org/">https://humaneeducation.org/</a>
International Society for Animal Rights	<a href="https://isaronline.org/">https://isaronline.org/</a>
International Vegetarian Union	<a href="https://ivu.org/">https://ivu.org/</a>
Jewish Veg	<a href="https://www.jewishveg.org/">https://www.jewishveg.org/</a>
Mercy for Animals	<a href="https://www.mercyforanimals.org">https://www.mercyforanimals.org</a>
Nonhuman Rights Project	<a href="https://www.nonhumanrights.org/">https://www.nonhumanrights.org/</a>
North American Vegetarian Society	<a href="https://navs-online.org/">https://navs-online.org/</a>
Nutrition Facts (Michael Greger, M.D.)	<a href="https://nutritionfacts.org/">https://nutritionfacts.org/</a>
Open Cages	<a href="https://opencages.org/">https://opencages.org/</a>
Our Hen House	<a href="https://www.ourhenhouse.org/">https://www.ourhenhouse.org/</a>
People for the Ethical Treatment of Animals (PETA)	<a href="https://www.peta.org/">https://www.peta.org/</a>
PETA Kids	<a href="https://www.petakids.com/">https://www.petakids.com/</a>
Physicians Committee for Responsible Medicine (PCRM)	<a href="https://www.pcrm.org/">https://www.pcrm.org/</a>
Plant Peace Daily	<a href="https://plantpeacedaily.org/">https://plantpeacedaily.org/</a>
Poplar Spring Animal Sanctuary	<a href="http://www.animalsanctuary.org/">http://www.animalsanctuary.org/</a>
ProVeg International	<a href="https://proveg.com/">https://proveg.com/</a>
The Christian Vegetarian Association	<a href="https://www.christianveg.org/">https://www.christianveg.org/</a>
The Good Food Institute (GFI)	<a href="https://www.gfi.org/">https://www.gfi.org/</a>
The Humane League	<a href="https://thehumaneleague.org/">https://thehumaneleague.org/</a>
The Humane Society of the United States (HSUS)	<a href="https://www.humanesociety.org/">https://www.humanesociety.org/</a>
The Vegan Society	<a href="https://www.vegansociety.com/">https://www.vegansociety.com/</a>
The Vegetarian Resource Group	<a href="https://www.vrq.org/">https://www.vrq.org/</a>
United Poultry Concerns	<a href="http://www.upc-online.org/">http://www.upc-online.org/</a>
Veg Events	<a href="https://www.vegevents.com/">https://www.vegevents.com/</a>
Vegan.com	<a href="https://www.vegan.com/">https://www.vegan.com/</a>
Vegan.com list of farm animal sanctuaries	<a href="https://www.vegan.com/sanctuaries/">https://www.vegan.com/sanctuaries/</a>
Vegan Action/Vegan Awareness Foundation	<a href="https://vegan.org/">https://vegan.org/</a>
Veg Meal Delivery	<a href="https://www.vegmealdelivery.com/">https://www.vegmealdelivery.com/</a>
Vegan Outreach	<a href="https://veganoutreach.org/">https://veganoutreach.org/</a>
Veg Source	<a href="https://vegsource.com/">https://vegsource.com/</a>
Woodstock Farm Sanctuary	<a href="http://woodstocksanctuary.org/">http://woodstocksanctuary.org/</a>

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### Some spiritual (religious) vegan organizations' websites

<https://christianveg.org/>

<https://www.all-creatures.org/> and <https://www.all-creatures.org/ff/index.html> (also Christian)

<https://www.premierchristianity.com/home/why-all-your-friends-are-going-vegan/3509.article>

<https://veganmuslims.com/>

<http://veganbuddhism.com/>

<https://www.jewishveg.org/>

<https://www.dharmavoicesforanimals.org/> (DVA)

### Two vegan advocacy music videos

“Please Don’t Eat The Animals” - <https://www.youtube.com/watch?v=3c5nNZua1bY>

“I’m an Animal, Please Don’t Eat Me” - [https://www.youtube.com/watch?v=A\\_iNziQ1avU](https://www.youtube.com/watch?v=A_iNziQ1avU)

Click the link “Show more” below the video for links to 55 vegan, vegetarian, animal rights, & animal welfare organizations.

### Vegan athletes

[www.greatveganathletes.com](http://www.greatveganathletes.com)

[www.veganbodybuilding.com](http://www.veganbodybuilding.com)

[www.adaptt.org/athletes.html](http://www.adaptt.org/athletes.html)

### Vegan ultramarathoners

[www.scottjurek.com](http://www.scottjurek.com)

[https://en.wikipedia.org/wiki/Scott\\_Jurek](https://en.wikipedia.org/wiki/Scott_Jurek)

[www.richroll.com](http://www.richroll.com)

[www.nomeatathlete.com](http://www.nomeatathlete.com)

### A few vegan movies

<https://veganuniversal.com/vegan-documentaries-animal-rights-health-environment-inspiration>

<http://veganfeed.com/videos.php>

<https://www.youtube.com/playlist?list=PL140649EFFB596EED> <http://www.themeatrix.com/>

<http://www.yourdailyvegan.com/2013/06/5-netflix-documentary-picks-for-vegan-viewers/>

<http://vegnews.com/articles/page.do?pagelId=3282&catId=5>

[http://www.beautiful-vegan.com/2010/04/documentaries-and-videos\\_9347.html](http://www.beautiful-vegan.com/2010/04/documentaries-and-videos_9347.html)

<http://www.cowspiracy.com/> <http://factoryfarmdrones.com/>

<http://www.cultureunplugged.com/documentary/watch-online/festival/gsearch.php#g=vegan>

<http://www.plantpurenation.com>

<https://gamechangersmovie.com/>

A list of 52 vegan movies and 108 videos online

<https://savageheart.com/vegan/Movies%20about%20Veganism%2020181216.pdf>

A list of more than 250 movies with more being added

<https://www.vegmovies.com/>

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### Olive oil is vegan but it is not healthy

Yes, we need to eat certain kinds of fats--from nuts, especially walnuts, seeds, and avocados, not processed vegetable oils!

No Oil - Not Even Olive Oil! - Caldwell Esselstyn, M.D.

[https://www.youtube.com/watch?v=b\\_o4YBQPKtQ](https://www.youtube.com/watch?v=b_o4YBQPKtQ)

"NO OIL! Not even olive oil, which goes against a lot of other advice out there about so-called good fats. The reality is that oils are extremely low in terms of nutritive value. They contain no fiber, no minerals and are 100% fat calories. Both the mono unsaturated and saturated fat contained in oils is harmful to the endothelium, the innermost lining of the artery, and that injury is the gateway to vascular disease. It doesn't matter whether it's olive oil, corn oil, coconut oil, canola oil, or any other kind. Avoid ALL oil."

Olive Oil is NOT a Health Food - Joel Fuhrman, M.D.

<https://www.drfuhrman.com/library/eat-to-live-blog/84/olive-oil-is-not-a-health-food>

Olive Oil is Not Healthy - Michael Klaper, M.D.

<http://www.youtube.com/watch?v=OGGQxJLuVjg>

Oil to Nuts: The Truth about Fats - Jeff Novick

<http://www.youtube.com/watch?v=lbALgjmZUek>

When Friends Ask: Why Do You Avoid Adding Vegetable Oils? - John McDougall, M.D.

<https://www.drmcDougall.com/misc/2007nl/aug/oils.htm>

A very long in-depth article

John McDougall - Do Not Eat Any Oil

<https://www.youtube.com/watch?v=dH2789MC8eA>

Olive Oil Is Not Healthy - John McDougall, M.D.

<https://www.youtube.com/watch?v=kk4xph8JY34>

A very short video that's a summary of why

NO OIL! Really, NO oil! Webinar 03/17/16 with John McDougall, M.D.

<https://www.youtube.com/watch?v=ptF0KuF8xHU>

Why olive oil is not healthy - Michael Greger, M.D.

<https://nutritionfacts.org/topics/olive-oil/>

Dangers of Olive Oil & Mediterranean Diet! – Michael Greger, M.D. & Michael Klaper, M.D.

<https://www.youtube.com/watch?v=RrKdDbOazuA>

Olive Oil and Artery Function - Michael Greger, M.D.

[https://www.youtube.com/watch?v=A4WD8Bm7s\\_I](https://www.youtube.com/watch?v=A4WD8Bm7s_I)

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**A few books about veganism** (there are videos of talks by most of these authors on YouTube)

- *The Lucky Ones: My Passionate Fight for Farm Animals*, by Jenny Brown (founder and director of Woodstock Farm Sanctuary; high emotional impact autobiography)
- *Animals, Men, and Morals*, edited by Godlovitch and Harris (a collection of essays from 1972 in England, still very relevant today)
- *Second Nature: The Inner Lives of Animals*, by Jonathan Balcombe
- *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, by Jonathan Balcombe
- *Eating Animals* by Jonathan Safran Foer
- *Animal Wise: How We Know Animals Think and Feel*, by Virginia Morell
- *Vegetarian Judaism: A Guide for Everyone*, by Roberta Kalechofsky
- *Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism* by Melanie Joy (watch her great presentations on YouTube)
- *The World Peace Diet*, by Will Tuttle
- *The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory*, 20th anniversary edition (2010) by Carol J. Adams
- *Living Among Meat Eaters*, by Carol J. Adams
- *Defiant Daughters: 21 Women on Art, Activism, Animals, and [the book] The Sexual Politics of Meat*, edited by Kara Davis and Wendy Lee, forward by Carol J. Adams
- *Diet for a New America*, 25th anniversary edition (2012), by John Robbins, heir to the Baskin Robbins empire who disavowed his inheritance when he learned about the cruelty to nonhuman animals involved in making dairy products, the effects of eating animals and animal products on human health, and the effects of animal agriculture on the environment. This is a very comprehensive book.
- *Circles of Compassion: Essays Connecting Issues of Justice*, edited by Will Tuttle (29 essays by various authors)
- *Animal Liberation*, by Peter Singer
- *Animal Impact: Secrets Proven to Achieve Results and Move the World*, by Caryn Ginsberg
- *Change of Heart: What Psychology Can Teach Us About Spreading Social Change*, by Nick Cooney
- *The Animal Activist's Handbook: Maximizing Our Positive Impact in Today's World*, by Matt Ball and Bruce Friedrich
- *The Accidental Activist*, by Matt Ball
- *But You Kill Ants*, by John Waddell
- *Powerful Vegan Messages*, by H. Jay Dinshah and Anne Dinshah
- *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*, by Gene Baur
- *When Vegans (Almost) Rule the World*, by Marla Rose

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- *Why I Will ALWAYS Be Vegan: 125 Essays from Around the World*, compiled by Butterflies Katz
- *The Adventures of Vivian Sharpe, Vegan Superhero* by Marla Rose
- *Always Too Much and Never Enough: A Memoir* by Jasmin Singer
- *Living the Farm Sanctuary Life* by Gene Baur
- *How Not to Die* by Michael Greger, M.D.
- *How Not to Age* by Michael Greger, M.D.
- *Ethical Vegan: A Personal and Political Journey to Change the World* by Jordi Casamitjana
- *Rethink Food: 100+ Doctors Can't Be Wrong* by Amy-Lee Goodman and Shushana Castle

[Vegan Books](#) (161 titles + authors, .xlsx spreadsheet, last updated 8/9/2018)

[51 books for children about veganism and animals](#) (.xlsx spreadsheet, last updated 1/15/2024)

### Links added 12/19/2020

Challenge 22 - get a vegan mentor

<https://challenge22.com/>

Guide to justifications for harming and exploiting animals

<http://www.godfist.com/vegansidekick/guide.php>

1,940 vegan recipes

<https://www.allrecipes.com/recipes/1227/everyday-cooking/vegan/>

One Green Planet vegan recipes

<https://www.onegreenplanet.org/channel/vegan-recipe/>

Veg Groups

<https://www.veggroups.org/>

Veg Meal Delivery

<https://www.vegmealdelivery.com/>

Vegans Make a Difference

<https://www.vegansmakeadifference.com/>

TEDx Talk: Dr. Joanne Kong: The Power of Plant-Based Eating (15 minutes, with over 860,000 views)

<https://www.youtube.com/watch?v=eZWzNfOpbCQ>

Dr. Joanne Kong: An Urgent Plea for Healing: Cherish All Animals (12 minutes, speech, imagery, and music). There are two versions:

<https://www.youtube.com/watch?v=pCagF-Q3u30> (includes 14 seconds of factory farming footage)

<https://www.youtube.com/watch?v=zKz1bW-zYuQ> (same video, non-graphic version)

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Dr. Joanne Kong: COVID-19: A Point of Awakening for Humanity (40-minute major address)  
<https://vimeo.com/474749658>

Dr. Joanne Kong: The Act of Courageous Compassion That Can Heal Our World (44 minutes, speech, imagery, and music, bringing an end to animal exploitation)  
<https://www.youtube.com/watch?v=bxbcgev2WJE>

Porchlight Sanctuary  
<https://www.porchlightsanctuary.org/>

Colleen Patrick-Goudreau: Excuse-itarian to Vegan: Debunking the Myths of Plant-Based Living  
<https://www.youtube.com/watch?v=9Z7a4SCUDWU>

TEDx Talk: Colleen Patrick-Goudreau: Animalogy: Change your language. Change the world.  
[https://www.youtube.com/watch?v=0\\_BKbKDM2cs](https://www.youtube.com/watch?v=0_BKbKDM2cs)

Find a “factory farm” near you. Go visit and see how your “food” is “prepared.”  
<https://www.google.com/search?q=addresses+of+factory+farms+in+the+u.s.>

TEDx Talks about veganism on YouTube. There are so many, it’s pretty much an infinite scroll.  
[https://www.youtube.com/results?search\\_query=tedx+vegan](https://www.youtube.com/results?search_query=tedx+vegan)

### Links added 1/18/2021 and later

Humans are Naturally Plant Eaters – chart comparing characteristics of carnivores, omnivores, herbivores, and humans  
<https://michaelbluejay.com/veg/natural.html>

Milton Mills, MD: Are Humans Designed to Eat Meat?  
[https://www.youtube.com/watch?v=NMN1Zo\\_c7\\_A](https://www.youtube.com/watch?v=NMN1Zo_c7_A)

Krista Hiddema – list of animal sanctuaries around the world  
<https://kristahiddema.com/sanctuaries>

List of animal sanctuaries in the U.S.  
<http://www.humanedecisions.com/list-of-animal-sanctuaries-in-the-u-s/>

International list of animal sanctuaries  
[https://en.wikipedia.org/wiki/List\\_of\\_animal\\_sanctuaries](https://en.wikipedia.org/wiki/List_of_animal_sanctuaries)

List of farm animal sanctuaries worldwide  
<https://www.vegan.com/sanctuaries/>

List of animal sanctuaries and wildlife reserves worldwide  
<http://www.greenpeople.org/sanctuary.htm>

Are humans omnivores, carnivores or herbivores?  
<https://www.youtube.com/watch?v=Z4NsMiOMmCY>

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The Holocaust Comparison Project – Dr. David Sztybel

<http://davidsztybel.info/16.html>

VegNews

<https://vegnews.com/>

Animal Justice Academy

[animaljusticeacademy.com](http://animaljusticeacademy.com)

The Open Sanctuary Project

<https://opensanctuary.org/>

21 Reason To Go Vegan in 2021 - Dr. Neal Barnard, M.D.

<https://www.youtube.com/watch?v=-Qb53tBs0Ws>

Until All Are Free

<https://www.youtube.com/watch?v=ceSpgueaz0Y>

What's Alexa Have To Say About Veganism? (Vegan debate, I get totally destroyed!

<https://www.youtube.com/watch?v=eNfYEDO14oE>

Alexa Calls Out The Internet (Vegan Debate Continued)

<https://www.youtube.com/watch?v=TPAPkFPwU4E>

Alexa Answers Why We Should Stop Eating Fishes in this Heated Vegan Debate

<https://www.youtube.com/watch?v=9pqU49Prw60>

Vegan Interactions

<https://veganinteractions.com/>

Vegan Chatbot

<http://veganbot.com/chat>

Plant-Based Telehealth

<https://plantbasedtelehealth.com/>

Veg Resources

<https://www.vegresources.com/>

Gunda (movie, 2020, produced by Joaquin Phoenix)

<https://www.gunda.movie/>

Should Vegans Promote "Baby Steps"? – James Aspey

<https://www.youtube.com/watch?v=IbUIDI5OBGg>

Why I'm A Vegan | Moby | TEDxVeniceBeach

<https://www.youtube.com/watch?v=6DgUb9w8mOY>

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The Next Pandemic: Last Week Tonight with John Oliver (HBO)

<https://www.youtube.com/watch?v=v-U3K1sw9U>

How to Prevent the Next Pandemic

[https://www.youtube.com/watch?v=k\\_bFbz1hi9g](https://www.youtube.com/watch?v=k_bFbz1hi9g)

Million Dollar Vegan

<https://www.milliondollarvegan.com/>