

## SILENCE OF THE LAMBS!



The members of a doomed flock of sheep being led to slaughter know no better than to obediently obey the mandate of their leader.

There is no individual plan within the mass death walk. Just an innate species-specific wish to belong to a crowd and be one with the movement.

They walk to their deaths in a long straight line, up a ramp, obedient to the nose following tail, following rump following head, each tail leading each unthinking brain, which delivers that group to their demise by a well-honed executioner's blade.

What manner of sheep do I describe? Which of the lambs and ewes march single file to their own betrayal, ignoring their fate, the warning signs of their screaming brothers and sisters? The rancid bouquet of death permeates the air. Do the sheep trust their own instincts and smell something rotten and act by resisting? Not at all. The message is sacrificed for the comfort of togetherness.

Who is that cheviot leading all to slaughter? What Welsh Hill speckled-face ram instructs others to obey?

There is a sub-movement within the vegetarian and vegan movement that becomes uglier each day. There is a betrayal of sorts, and an intentional method of deceit spreads from one vegetarian to another. The message is this:

It is unhealthy to be a vegan. It is unhealthy to be a vegetarian. If you are a vegetarian or vegan and do not take artificial supplements produced in factories by pharmaceutical companies, you will not be as healthy as a meat eater.

The underlying theme of the message is this:

Vegetarianism and veganism are dietary philosophies which cannot stand on their own. One cannot eat just fruits of the vine, vegetables from the ground, grains, and beans, nuts and seeds and remain whole. One must eat animals or animal byproducts to remain healthy.

This is the message of the leader sheep; the wolves wearing sheep's clothing who lead and betray those willing to sacrifice their own brains and follow blindly by swallowing that message of deceit.

### VEG-NEWS

There is a wonderful vegetarian newspaper called VegNews. I am a subscriber, and adore each

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issue. The magazine contains magnificent information, and entertaining columns about all things vegan. (to subscribe call: 415-665-6397 or contact Joe and Colleen online: [subscription@vegnews.com](mailto:subscription@vegnews.com) )

The June issue of VegNews contains one article that I call the "black sheep" of all articles. The deception is delivered by a man named Jack Norris. Mr. Norris heads an organization known as Vegan Action.

Norris recently attended a nutritional conference in Loma Linda, California. I knew about that conference last year, and submitted a request to present information. I was ignored. Norris writes:

"I was disappointed that many popular vegan advocates who speak and write on health issues were not in attendance. It would be worthwhile to get both researchers and advocates on the same page..."

Sadly, they are on the same page, and the paper and ink for that page may very well be paid for by the meat, milk, and pharmaceutical industries.

Morris delivers this message to vegans and vegetarians:

"Dr. Synnove Knutsen (Loma Linda University) presented findings from the Adventist Health Study looking at hip fractures in vegetarians and meat-eaters. They found that the more animal foods someone ate, the less likely they were to have a hip fracture."

Morris struck again:

"Dr. David DeRose made a presentation underlining the need for vegans to supplement with vitamin B-12..."

Morris continues:

"Dr. Zoue Lloyd-Wright presented findings from the Oxford section of the EPIC-Oxford study on omega-3 levels of vegans and omnivores. They found that omnivores had higher levels of all omega-3 fatty acids."

Morris then presents additional disinformation, presented so beautifully that who would suspect that it is not true:

"Hal Marlow (Loma Linda University) compared the pesticide use required for various diets in the state of California. Surprisingly, he found that a vegetarian diet was associated with more pesticides."

With friends like Norris, who needs enemas? Perhaps the entire movement needs a massive colon-cleansing.

Where did the desire to destroy a movement begin? Pharmaceutical companies have billions of dollars to invest. They do so through television and print ads. They do so by donating money to politicians. They do so by financing phony and biased studies.

Do any of the sheep among us doubt that they nurture industry spokespersons to deliver their unhealthy messages? Does anybody doubt that some of their more successful

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spokespersons fool some of the people some of the time and become beloved speakers for the movement?

One man named Steve Walsh has accomplished the impossible. He has deceived the owner of the most widely-read vegetarian website on the World Wide Web. Walsh is now presented as a learned man of medicine. Walsh has a Ph.D in computer science, but he is not a doctor in the way that he is being portrayed. He is now referred to as Dr. Walsh, nutritional expert.

Walsh pretends to be vegan, but defends the use of dairy products. One need only read his articles to see the deceitful rhetoric.

Who is Steve Walsh? Walsh is employed by one of the largest pharmaceutical companies in Europe. Careful research has demonstrated that his employer, ICI, is one of the largest processors of milk protein, casein. ICI also works closely with Monsanto, creating designer additives that work with Roundup, the poison that kills all plants save those that have been created through genetic engineering.

### **ASK YOURSELF THIS:**

With so many billions of dollars at stake, would a multi-national pharmaceutical conglomerate allow an employee to become as visible as Mr. Walsh has become? Walsh does so with his company's blessing. That is because he has successfully infiltrated the vegetarian movement. Step one is to destroy what men of conscience say. Step two is to intimidate all other men of conscience into becoming lambs. Walsh has found a welcome home in America's vegetarian movement. Those in the know keep their thoughts private. The silence of the lambs.

Walsh has been critical of everything I say and do. That criticism began one year ago, when he stalked my family and myself through a Great Britain lecture tour. Night after night, Walsh followed me to lectures, upsetting each talk by screaming "Cohen is a liar." The first time, I carefully addressed his concern. The second time, he brought up the same issue, and I realized that he was there to disrupt and not seek truth.

There is an infection in the movement. Walsh is the infiltrator. He infects all with his worm-like virus.

If veganism does not work, then it is time for all of us to eat animals. Vitamin B-12 comes from animals. The insides of intestines from slaughtered animal are scraped of their feces so that the vitamin B-12 so contained can be added to supplements that work only to add cash flow to those who manufacture and dispense same. Nelson and Walsh and Norris and men and women like them would have you eat feces in the name of good nutrition.

One of the great vegetarian nutritionists, George Eisman, calls B-12 the least important on his list of 50,000 vitamins and enzymes.

Those practitioners who test for B-12 do so by drawing blood. B-12 can be stored in the human body for 5 years, and it's not stored in the blood.

Man's tests are often deceptive, but they do produce cash flow for those doing the testing, and those manufacturing the supplements.

Do not be one of the sheep.

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Jack Norris is co-founder and director of Vegan Outreach, an organization whose original mission was to promote a vegan lifestyle in order to prevent animal suffering. A recent vegan outreach newsletter contained information that was originally written by the vegetarian movement's great infiltrator, Steve Walsh. That information was filled with hatred and attacked an individual for his criticism of a pro-milk article that claimed that drinking milk prevented breast cancer. I was the one being attacked, for my passion to criticize the dairy industry. Did the Norris organization help animals in attacking me, or did they help those who abuse animals?

There is not a conspiracy here. Just a few sheep leading the other obedient ovines to slaughter.

Do not be one of those sheep. The next time a vegan speaker tells you that you need Vitamin B-12 or calcium pills, or claims that being a vegan is unhealthy unless you take animal-based supplements, give that person your most passionate "baaaaa, humbug."

**Robert Cohen**

<http://www.notmilk.com>

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