

VOICE OF COWS NEWSLETTER



The Founder-Acharya of International Society For Krishna Consciousness His Divine Grace A.C. Bhaktivedanta Swami Prabhupada

We are not fit for meat eating ! 1

Newsletter Spotlight
March 2010 Volume 1 Issue 6

MEAT EATER ANIMAL(carnivores)	HUMAN
Has claws	No claws
Teeth for tearing, no molar teeth for grinding	Human has no sharp front teeth have flat rear molars.
Strong Hydrochloric acid in stomach to digest meat	Stomach acid 20 times less strong than meat eaters
Intestinal tract 3 times body length so rapidly decaying meat can pass out quickly	Intestinal tract 12 times body length
All meat digest in the stomach, so no toxin	Undigested meat create so many poisonous toxin

Another crucial difference between the meat-eater and the vegetarian is found in the intestinal tract, where the food is further digested and nutrients are passed into the blood. A piece of meat is just part of a corpse, and its putrefaction creates poisonous wastes within the body.

1. We are not fit for meat eating!
2. Join with us to serve Krishna's cows
3. Adoption of the month
4. Back to Vrindavan village- **God Is a Vegetarian**

Quote from scripture

He is Govinda because He is the pleasure of the cows and the senses..

SB 1.14.34 Purport

Is this advancement?

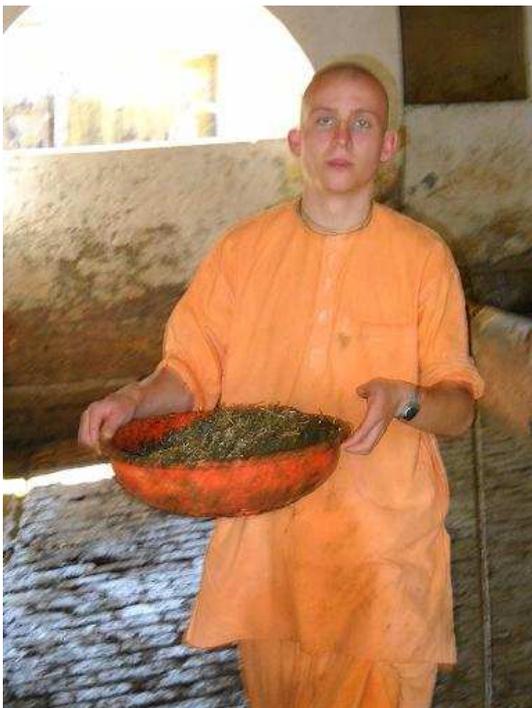
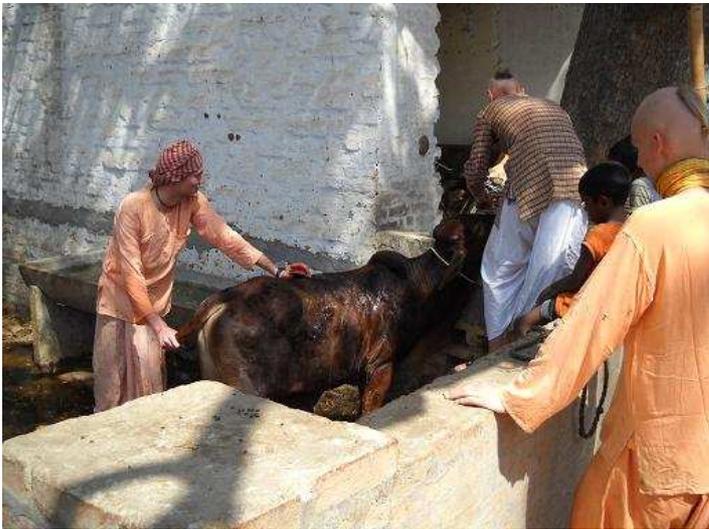
The central question about vegetarian diets used to be whether it was healthy to eliminate meat and other animal foods. Now, however, the main question has become whether it is healthier to be a vegetarian than to be a meat eater. The answer to both questions, based on currently available evidence, seems to be yes.

**Jane E. Brody,
New York Times News Service**

Therefore meat must be quickly eliminated. For this purpose, carnivores possess alimentary canals only three times the length of their bodies. Since man, like other non-flesh-eating animals, has an alimentary canal twelve times his body length, rapidly decaying flesh is retained for a much longer time, producing a number of undesirable toxic effects.

One body organ adversely affected by these toxins is the kidney. This vital organ, which extracts waste from the blood, is strained by the overload of poisons introduced by meat consumption. Even moderate meat-eaters demand three times more work from their kidneys than do vegetarians. The kidneys of a young person may be able to cope with this stress, but as one grows older the risk of kidney disease and failure greatly increases.

Join with us to serve Krishna's Cows 2



Devotees from Germany



Devotees from Dubai(Damodardesh Yatra) and Argentina

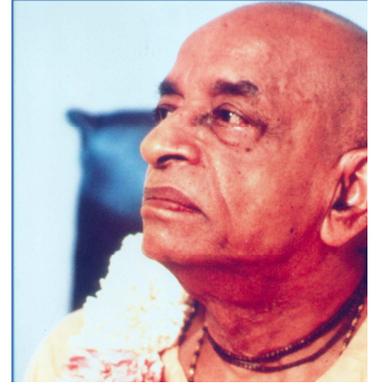
ADOPTION OF THE MONTH- MUKESH MAHAWAR FROM USA

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Mr. Faill: Is it necessary to follow certain eating habits to practice spiritual life?

Srila Prabhupada: Yes, the whole process is meant to purify us, and eating is part of that purification. I think you have a saying, "You are what you eat," and that's a fact. Our bodily constitution and mental atmosphere are determined according to how and what we eat. Therefore the sastras [scriptures] recommend that to become Krsna conscious, you should eat remnants of food left by Krsnaa [Krsna Prasadam]. If a tuberculosis patient eats something and you eat the remnants, you will be infected with tuberculosis. Similarly, if you eat Krsna Prasadam, then you will be infected with Krsna consciousness. Thus our process is that we don't eat anything immediately. First we offer the food to Krsna, then we eat it. This helps us advance in Krsna consciousness.



Mr. Faill: You are all vegetarians?

Srila Prabhupada: Yes, because Krsna is a vegetarian. Krsna can eat anything because He is God, but in the Bhagavad-gita [9.26] He says, "If one offers Me with love and devotion a leaf, a flower, a fruit, or water, I will accept it." He never says, "Give Me meat and wine."

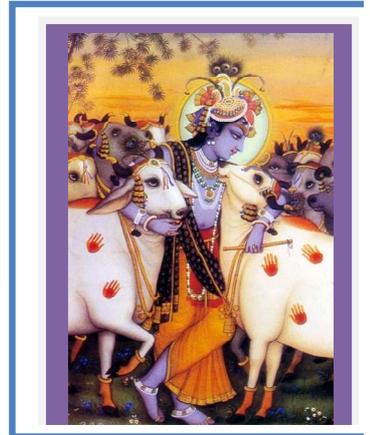
Science of Self-Realization (p. 185)

The **Bhaktivedanta Swami Goshala** maintains more than 366 cows, bulls and calves. Sponsor Krishna's cows in Sri Vrindavan Dhama and obtain boundless mercy!

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Let us serve the cows of Sri Sri Krishna- Balarama