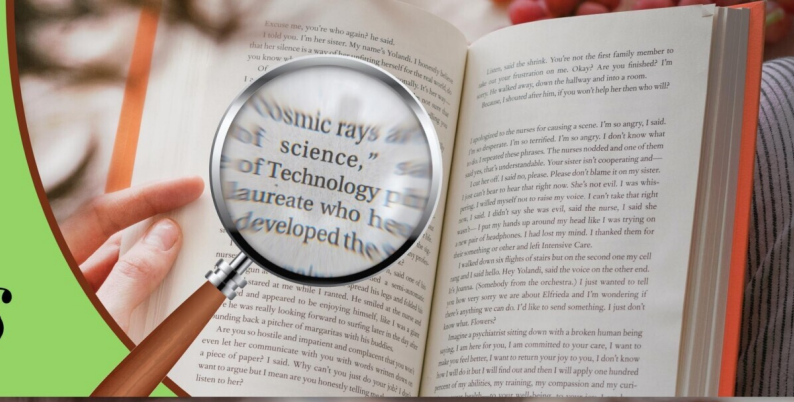


BaronE Health Reviews



**Plant-based food,
the only ethical
solution**

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Holistic Natural Health Experts

About us

Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

Plant-Based Food, the Only Ethical Solution

Original article

<https://plantbasednews.org/opinion/opinion-piece/vegan-diet-ethical-alternative/>

There Are No 'Ethical Alternatives' To A Plant-Based Diet – Here's Why

An article published by one of the world's most respected media outlets zeroes in on how we can consume animal products 'ethically'

by Louisa Richards

9th march 2023

(updated 13th march 2023)

Peter Godfrey-Smith recently wrote an article in the Guardian about his experiments with a "near-vegan" diet and the effects it had on him. In the article, after concluding that a plant-based diet didn't "agree with him," he attempts to resolve his unease about eating animals by discussing which are the most ethical alternatives.

Here we see a typical case of an attempt to establish interpretations, not of facts, but of personal interests. This is an interesting article, because unfortunately this is how the media works in general.

"Suppose a person is very concerned about the ethical issues around food and farming, especially animal welfare, but for whatever reason finds that a wholly plant-based diet does not work for them. What is the most defensible step away from veganism – the best compromise to make, if it is a compromise at all?" says Godfrey-Smith.

At the outset, it's a question of ethics. Then, for one reason or another, this ethic disappears, and we don't know why. It's a question of personal convenience, or rather personal inconvenience, in adopting a plant-based diet.

Inevitably, the idea of a compromise between ethics and personal convenience arises.

The three options he has in mind are humanely farmed meat (especially beef), wild-caught fish, and conventionally farmed dairy products. He proposes that if a plant-based diet isn't working, adding in one of these options would only be "one step away" from a wholly vegan diet.

We're going to analyze these three options, but we'd like to highlight the statement "if a plant-based diet doesn't work". We're puzzled by this statement because we've never come across a case where a plant-based diet doesn't work, either in terms of health, because that's impossible, or in terms of pleasure, because that's impossible too.

On the other hand, what might not work is an unbalanced diet, and this situation is very common.

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Aligning actions with values

Godfrey-Smith is a professor of history and philosophy of science at the University of Sydney. He spent a lot of time studying questions about animal minds and wrote a book about the intelligence and consciousness of the octopus and other sea creatures. He says this prompted ethical questions for him about food and animal welfare.

We learn here that Mr. Godfrey-Smith should be well placed to understand animal suffering, or at least have the intellectual capacity to do so, but isn't that the catch or limitation?

As a vegan, and a nutritionist, I actively encourage people to try a plant-based diet. I applaud Godfrey-Smith for attempting to address his conscience and unease around eating animals. Many people don't think about this, or try not to think about it, having become accustomed to meat and dairy as foods.

When you experience something positive for yourself, for others, for animals, for the planet, it makes perfect sense to talk about it and share your experience. What's sometimes lacking, however, are instructions for use and an inventory of the situation.

In fact, few people have a balanced diet and sufficient knowledge of the body's nutritional requirements. Putting a dietary change into practice depends on this knowledge and on prejudices or ideas, but it also depends on how much time the person wants to devote to buying new foods, reorganizing the kitchen and preparing meals.

The reality is that the knowledge of how to feed oneself and one's family has been lost. People eat what is sold in supermarkets, restaurants and fast food outlets. They eat what they feel like eating. Sandwiches, pizzas, yoghurts, pastries, pasta, steak and French fries, ice cream - they're all heavily marketed to get you to buy them without you having to think about it.

The additives and raw materials processing industry excels at making junk food addictive and available just about everywhere.

However, while Godfrey-Smith's intentions are encouraging, the reasoning in his article is contradictory. Further, it highlights the cognitive dissonance of mainstream society. Cognitive dissonance is a state of inconsistent thoughts and beliefs, especially relating to behavior or attitudes. For example, claiming to be an animal lover while eating a steak.

Indeed, cognitive dissonance is present at just about every level of our society. It's not possible to maintain activities like livestock farming, which are so destructive to the environment, without cognitive dissonance.

Let's take the example of riders who love their horses, yet eat their meat. There are more of them than you might think.

Cognitive dissonance is the greenwashing of ethics, widely practiced in our so-called "civilized" societies.

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Godfrey-Smith notes that while comparing the three options, "incommensurability" should be acknowledged. This philosophical term, he says, means you can't measure or compare alternatives using a common standard that is fair to all of them.

Here, it's hard to understand where the problem or difficulty lies. No common standards are needed, and there's nothing to measure or compare. The plant-based diet adapts to every person, whatever their culture or place of life.

We could make an exception for Eskimos and other populations living in harsh climatic conditions and too isolated to benefit from a regular supply of fresh fruit and vegetables.

He then goes through the moral and ethical aspects of meat and dairy farming, trying to come to a conclusion about which choice a person should make if their "constitution resists veganism." At the end of the article, he's left with an indefinite conclusion and asks the reader what they think.

Animal husbandry is a place of terrible and unnecessary suffering for animals. The question here is not to excuse or blame past habits. The question is: what do we decide to do now? Do we need to raise animals to eat them? The answer, of course, is no.

As for the question of the constitution that resists veganism, we'll say this:

- don't believe that a vegan diet is necessarily healthy and balanced
- don't believe that a healthy diet can solve all your health problems

While it's true that our food is our first medicine, it's also true that this requires skills that can be brought to you by an expert in natural medicines.

In our experience and having seen hundreds of food plans, implementing a healthy diet is not intuitively obvious.

People who fail should understand that it's not the plant-based diet that's at fault, but how they put it into practice and with what state of health.

An uncomfortable truth

Here's what I think. Killing is killing. It may be a harsh fact to some, and not one that sits comfortably while they tuck into their meat. But however "humane" farming methods claim to be, the animal is still slaughtered at the end of it. Godfrey-Smith arguing that humanely farmed animals "have a good life overall" and wild-caught fish would die naturally at some point anyway is not a good reason to carry on eating them.

Let's talk about "free-range", grass-fed or simply organic livestock farming. It's true that for most of them, conditions are not as bad as on intensive farms, but the bucolic representations are designed to keep "the consumer" distressingly naive and ignorant.

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Farmed animals suffer, without exception. The aim of breeding is always to send the animal to the slaughterhouse and get the best price for it. It's an illusion to believe that every animal has the care, space and food it needs during its months or years of life. There are illnesses, bad births and accidents.

Do you think a breeder sleeps in the barn, pigsty or henhouse to ensure that if an animal is injured or becomes ill, he can attend to it immediately?

It's almost always cheaper to send an injured or sick cow to slaughter than to treat it. This can mean days of needless suffering.

There are countless scandals affecting small family farms.

Fishing, ah fishing for wild fish... We imagine the little boat at sea with a little net picking up these little fish who only want one thing: to jump into the net and die of asphyxiation.

In reality, very few fishermen live like this. Fishing is an industrial activity organized by trawlers that destroy and kill everything in their path, including marine mammals. A real butchery.

No natural predator breeds animals or organizes hunting or fishing for business or pleasure. Man does. When you start justifying this kind of practice, you're sliding down the slope of relativism, which ultimately empties ethics of its substance: respecting the physical integrity of living beings, not killing unnecessarily.

Ask yourself how you would feel if people started killing their dogs and cats to eat, with the reasoning that they'd given them a good life and they would die naturally someday anyway. Animals who are considered pets highlight society's speciesism, believing that one kind of animal is more important than another. Just as we shouldn't discriminate against gender, race, disability, or sexual orientation, we shouldn't discriminate against animals who are considered food and deny them the right to live.

Man cannot live without contact with animals and the plant world. Even when confined to the concrete blocks of our cities, we need our pets, who suffer just as much as we do from the lack of space and nature. So dogs, cats, guinea pigs, parakeets, hamsters, rabbits and dwarf pigs, not to mention the new pets, are considered worthy of love, and logically, it seems unthinkable to eat his friend.

Cognitive dissonance is in full swing here. Cows, horses, chickens, turkeys, ducks, pigs, sheep and goats are capable of deep friendship and unconditional love for man. So we close our eyes and look the other way, because we have to kill them to satisfy the animal husbandry aberration.

The Guardian author is concerned that if plant-based foods dominate human diets, the result will not be a "happy cow" scenario as promoted by some animal rights organizations. In contrast, he anticipates a "no more cows" scenario. "If we want there to be happy cows, in any numbers, that entails a continuation of farming of some kind," says Godfrey-Smith. To use veganism as a possible reason for species extinction is ironic. Namely because animal agriculture and eating meat is the single biggest threat to the world's biodiversity.

You always have to be careful when trying to develop an argument not to fall into ridicule, and here we are. We want to preserve domestic species of cows, sheep, goats, pigs and so on? No problem.

We'd even go so far as to say that these animals deserve to live and be pampered.

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Many solutions exist, such as educational farms that teach children about and respect for animal life. Children need to learn to observe animals. They also need to spend long hours with them, learning how to feed and care for them. Animals are not things, but living beings with rights. Living with animals is the most profound, the most complete educational act. Far too many children know farm animals only as pieces of meat or milk cartons in supermarkets, insofar as they can correlate them with this merchandise.

Another solution is for these animals to flourish in protected areas close to development zones, where they would become part of the ecosystem. Out of a logic of profitability to share their lives with us, in semi-liberty.

Farmed animals that are exploited and ultimately killed are the testimony of a sick society. And reality shows us that the new breeds selected for their profitability are degenerate breeds... that can't live out their life expectancy without developing serious illnesses. Overweight, joint fragility, chronic inflammations, foaling abnormalities, growth anomalies - in short, do we want to save these degenerate breeds or the hardy, balanced, robust, harmonious breeds?

Godfrey-Smith does highlight the appalling and cruel conditions in dairy farming. But he states that the "body count" for dairy is lower than the other two options. Further, he notes that calves are killed quickly, and their bodies are put to some use. Does that make it okay then?

When the wise man points to the moon, the fool looks at the finger. Talk of dead bodies when it comes to the dairy industry is the finger. To speak of the horror of the forced impregnation of cows, the kidnapping of their babies, the calves, and the suffering that ensues is the moon. We could add the suffering involved in milking those 30 to 60 liters of milk a day, the oh-so-painful infections of the udders and finally, the sending to slaughter of healthy cows to earn a bit more money on the weight of the animal and so many other horrors, but it's not even necessary.

Cows, like all herbivores, have a highly developed maternal instinct. Ripping their babies from them at birth is enough to understand why, ethically, it's not acceptable to consume dairy products. The same goes for goats, sheep or any other animal used by the dairy industry.

Is 'seafood' ethical?

While discussing fish and other "seafood," Godfrey-Smith notes cruel practices such as boiling lobsters alive and the huge numbers of fish who are killed each year. But he maintains that "deaths involved in commercial fishing are probably not especially awful." And, that fishing is our "historic position in natural food webs."

While it's true that people living by the sea have regularly fished for food, industrial fishing has only one objective: profit. This profit is made with the utmost horror and destruction of the seabed. The victims of industrial fishing are not just fish, but all marine mammals.

Industrial fishing also serves to transform a large proportion of its corpses into fishmeal for feeding farmed fish and livestock.

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Fishing is considered a peaceful pastime by some people, but fish are able to recognize themselves and feel pain. Additionally, some nutritionists are quick to point out the benefits of eating fish. But there are excellent vegan omega-3 supplements available now that provide the same beneficial nutrients. Just because we have killed animals historically, it doesn't mean that we should still do that. Should we really be basing our morality on the actions of our primitive ancestors?

It may not happen in my lifetime, but I truly believe that my vegan kids will live in a society one day that considers the atrocities of animal farming and non-veganism in the same light as previous atrocities humans have been capable of.

Ah, fishing, and that bucolic image of the peaceful fisherman sitting by the water with his rod. And then, suddenly, that fish he pulls out of the water, hook piercing its mouth, struggling unable to free itself from that weapon.

If it's a small fish, just throw it into the basket until it chokes, looking the other way.

If it's a big fish, you can smack it to put it out of its misery, or not, depending on your mood.

In the end, fishing was all about relaxation, not necessity. Killing is relaxing.

As for the nutritionists who recommend eating fish... they can go back to training.

Fish is undoubtedly one of the most polluted animals there is. Advising people to eat fish for omega-3s such as DHA or EPA is a sign of ignorance, because fish doesn't synthesize them.

Our bodies synthesize EPA/DHA omega-3s from the first omega-3, alpha-linolenic acid, an essential fatty acid found naturally in plant foods. Oilseeds and their corresponding oils are rich in alpha-linolenic acid. Walnuts, linseeds, chia seeds, hemp seeds, wholegrain cereals, seaweed, green vegetables, avocados, rapeseed, camelina, etc., are also rich in alpha-linolenic acid.

Sometimes we don't synthesize enough DHA/EPA, especially if we eat too much omega 6, since the same enzymes work to synthesize fatty acids derived from omega 6 and omega 3. In these cases, we can supplement our diet by eating more seaweed and taking seaweed oil in capsule form (instead of fish oil capsules).

Fish is also the most acidic meat for our kidneys and, like all animal products, contains zero fiber and phytonutrients. In short, there's no reason to eat it... and for those who are addicted to the taste, equivalents exist in vegetable versions.

So the real question is: are we capable of making the decision not to do unnecessary harm?

Is a plant-based diet healthy?

Let's address Godfrey-Smith's claims that eating vegan didn't agree with him. Over the years, I've seen countless clients benefit from my plant-based dietary recommendations as a nutritionist. Research indicates that an animal-free diet has health advantages for weight management, energy metabolism, and systemic inflammation.

Further, experts agree that well-planned vegan diets are adequate for all stages of life and may help prevent diseases.

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Absolutely, there's not much to add to these comments, since today's scientific analysis of plant-based nutrition only confirms what has long been known: it's the healthiest food we can give our bodies.

It's not without reason that many top athletes have adopted it, combining pleasure, health and performance.

<https://gamechangersmovie.com/>

Godfrey-Smith's experimental diet was not, in fact, vegan. It was near vegetarian, with fish oil supplements included. He states that he experienced symptoms such as headaches and feeling cold. And, that he was reluctant to continue this (nearly) plant-based diet during the Covid pandemic. However, some of his symptoms may have been due to a virus and not the switch to plant-based. (In fact, some research suggests that plant-based diets are protective against the severe effects of Covid.)

Nutritionally complete diet

By his own admission, Godfrey-Smith suggests that he should have stuck with a mostly plant-based diet to allow his gut ecology to make a shift and for his body to get used to it. It's difficult to determine the reasons why consuming only vegan food didn't suit him without knowing exactly what he ate and more about his overall health. However, it's always important to plan a vegan diet to include all the essential nutrients the body needs to thrive. And this is easy to do as long as you do your research first.

This story is so common! Here's a common example of the exchange we can have when asking people about their experience:

- Yes, I ate without meat, but it didn't agree with me.
- And what did you eat?
- Normally.
- Yes, but what is normal for you?
- Pasta, salad, rice, fish, chicken
- So, in fact, you eat as usual but without the meat.
- Yes.
- And chicken, is that a vegetable?
- Euh...
- What about fish?
- Euuuhh...

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To sum up, and if we take the trouble to look in detail at what the person eats, we'll find that they eat fried dishes, sauces, spicy foods, cheese, butter and other dairy products. Food is mainly cooked, fruit is stewed or jammed, white sugar, refined products, etc.

Don't think this example is excessive; on the contrary, it's the rule.

When we talk about a healthy plant-based diet, we're talking about whole, organic foods with little or no processing. Organic oils eaten raw in moderation. Balanced meals with at least 50% raw foods to preserve phytonutrients and fiber for the intestinal flora. We're talking about fresh fruit and vegetables every day (around 1 kg), a wide variety and, above all, high quality.

Personally, in our 40 years of practice, we have never met a person for whom a well-managed plant-based diet was not suitable.

Mr. Godfrey-Smith's symptoms have no value and no meaning outside the context of a true health and dietary assessment. Generally speaking, we tend to forget our symptoms unless we pay close attention to them.

You may experience mild headaches several times a month, but get caught up in your work and not even notice them. Then you're advised to do intermittent fasting, and suddenly you notice the headache in the late afternoon and think, well, this intermittent fasting doesn't seem to suit me, it's giving me a headache.

When we note the symptoms described by patients, we can see that this symptom is not new. Similarly, complaints about a swollen belly occur from time to time. On the one hand, this can be related to any change in diet, as the intestinal flora is not always adapted to a better diet, but often these people already have a swollen belly on different occasions.

It should be stressed here that healthy eating is not a miracle solution to all health problems. It helps in all cases, but it doesn't cure in all cases! That's why natural and non-natural medicines are available to provide the necessary treatment.

I encourage anyone to adopt a more plant-based way of eating, even if they are not planning on becoming vegan. There's a general consensus that plant foods such as vegetables, whole grains, beans, pulses, and nuts have numerous health benefits. People can speak to a Registered Nutritionist to help them plan a healthy vegan diet. There are also plenty of online resources for extra support, such as The Vegan Society website.

Nowadays, healthy plant-based eating has never been easier. There are practically thousands of recipes to choose from, and for those who don't like to cook, eating plant-based food is ultra-simple: all you have to do is assemble healthy foods on a plate.

For example, a varied salad with leafy greens, grated raw vegetables (carrots, cucumber, beet, radish, celery), nuts or avocado, tomatoes, chives or garlic, basil or parsley or dill or any other aromatic herbs, sprinkled with brewer's yeast, seaweed flakes, a few olives or thinly sliced peppers or gherkins, pumpkin seeds, kale, mushrooms and so many other ingredients... takes less than 10 minutes, dressing included. All you need to do is buy the vegetables. You can create endless variations and never get bored.

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Risotto, pasta with vegetables, cereal patties, tofu, kidney beans, white beans, quinoa, buckwheat, polenta, lentils, etc., even on a small budget, dishes can be delicious and healthy.

If you'd like to find out more about how to incorporate healthy eating into your daily routine, sign up to our Holistic Natural Health Experts platform and read our book "Healthy Food: Your Fundamental Right". You'll find everything you need to know, plus incredible resources for delicious recipes.

Final thoughts

In summary, the attempts of Godfrey-Smith and anyone else who wishes to try veganism or mainly plant-based are encouraging. People may wish to do this for environmental or health reasons. However, if, like Godfrey-Smith, they are motivated by animal welfare issues, then there are no half-measures.

At the end of his article, Godfrey-Smith says he doesn't know where the discussion leaves him, and that he lacks a definite conclusion. I would suggest that's because there is no defensible ethical choice apart from veganism.

Indeed, "there is no defensible ethical choice outside veganism".

Mr. Godfrey-Smith's problem isn't dietary, it's personal. He doesn't know how to make his transition, but the question is: does he simply know what he wants? For any change we want to make in our lives, we must:

- Have the will to do it
- master the subject, or at least learn about it
- Give ourselves the means to do it well, rather than making excuses.

Failures are always linked to a lack of one or more of these points. We therefore advise you to take these points into account if you want to make a successful and lasting change to your diet.

For the planet, the animals and your health, it's a change you can be proud of for the rest of your life.

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- Understanding medical test results and reports
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- Ideas for staying healthy and protected while traveling and on vacation
- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
- Clarifying health goals that are meaningful and achievable
- Developing a vision of your optimal health and thriving for longevity
- Any other personal requests or concerns on any health related issue



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