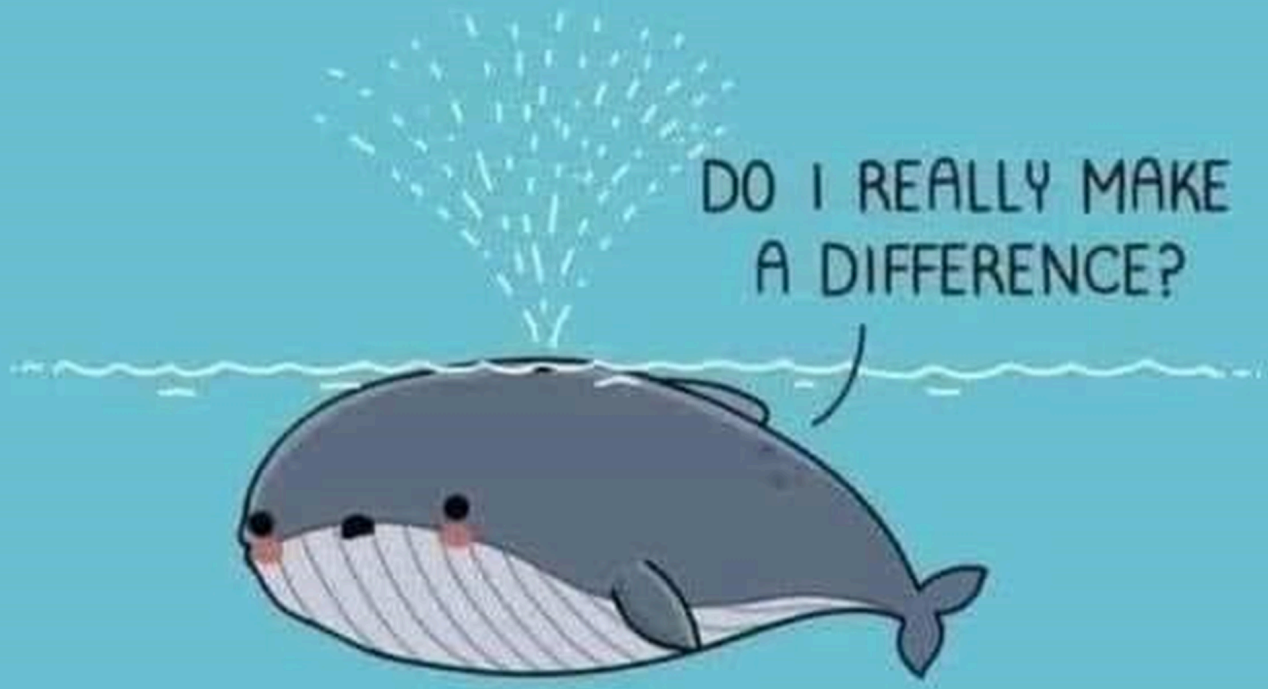
WE RISE

TOGETHER



VACN JOURNAL I VOL 4 I SEPT 2024



Yes, You Do!





IN THIS ISSUE

Welcome 04

Message from Turtle 05

British Veterinary Association Ends Opposition to Vegan Dog Food 08
By By Diana Laverdure-Dunetz, Master of Animal Science, Dog Nutritionist

Latest Research: Vegan versus meat-based dog food 10
A study by Professor Andrew Knight

Misty Speaks from the Heart 13
By Betska K-Burr

Can the Animal-Human Health Connection Save Your Life? 16
By Carlyn Montes De Oca

Featured Sanctuary: NSW Hen Rescue 20



Welcome to our fourth journal volume!

This edition marks our 1 year anniversary! We are so happy that you continue to enjoy these precious publications, and that they bring you joy and inspiration. We also hope that you continue to share the journal far and wide so that the wonderful messages can reach a broad audience. Thank you :)

We now have a facebook group! Please join and keep up to date with the latest information and receive uplifting content.

The Message from Turtle on the following page comes from Rosemary. While settling in to connect with a beloved family dog, Turtle jumped in, imparted a message, and asked her to share it. We gladly share it here now. Thanks for all of your support. And a special thank you to Deborah, Helen, Tammy and Eve.

Much love,

Kara S.



MESSAGE FROM TURTLE

“We are ancient and we are cosmic. Our origins are not of Earth. Other life forms beam into us and use us as remote satellites. We absorb and transmit information…
Time is of the essence. Humans must now protect nature, protect Earth, fight for love. Love is what needs to be saved. Love will resolve everything. You have such capacity for love that you don’t know. We can remind you if you tune into us, you must remember your origins. You are not of this world. You too came here from the stars and beyond.

You are cosmic beings. Don’t limit your awareness to the here and now. Don’t limit yourselves to what they say you can do. You can do more. We are here and helping. We are on standby. The time is now. Seize the day. Seize the moment. Seize the century. Seize your minds, hearts and souls and reclaim your power. Don’t live in suppression any longer.
Rise up! Sing! Swim! Reclaim! Shine! Be bold. Be brave. Be extraordinary. Believe it can be done because it is being done.

Swim with us. Merge with us. Pray with us. Love with us...
Be protected. Be safe. Create this for all – equally. Radicalise your living. Now. Shake things up. Don't accept the old ways of doing things, imagine a new future and realise it. The time is no longer for sleeping – you must wake up! Be human – fully human – this means so much more than you understand!
We weep for you, but it won't be long until you rise. We will all rise together. We will all be brothers and sisters, celebrated, acknowledged, revered altogether – the spirit in us all the same. And so we long for this time.
We feel your longing. Tell the world a new world is coming. Rise up now. Rise up with us, and we will gladly share the Earth with you in peace, love, harmony and worship of true love. We hope to see you there."

Thank you Turtle Beings for this timely message.
We can see that there are so many people who have embraced animal friends in their circle of love by leading vegan lives and doing all they can to create a kinder Earth for all beings, oceans, trees and plants. Thank you kind people.
- Rosemary





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- Learn How To Read Food Labels
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NEWS!!

BRITISH VETERINARY ASSOCIATION ENDS OPPOSITION TO VEGAN DOG FOOD

By Diana Laverdure-Dunetz, MS (vegan dog nutritionist)

In a new policy position dated July 24, 2024, the British Veterinary Association (BVA) has shifted its stance on nutritionally-sound vegan diets for dogs, marking a significant step forward for ethical and sustainable dog nutrition.

The BVA Has Long Opposed Vegan Dog Nutrition

For years, the BVA had a strong opposition to vegan diets for dogs, a position that has been widely reported. However, this stance raised concerns due to the BVA's corporate partnership with Mars Petcare, a major producer of meat-based pet foods. This relationship suggested a potential conflict of interest, which many, including veterinary Professor Andrew Knight, found troubling. Prof. Knight aptly stated, "Veterinary associations must ensure their positions are evidence-based, up-to-date, and free from conflicts of interest."

In response to these valid critiques, the BVA made a pivotal move in 2023 by ceasing its public opposition to vegan pet foods and establishing a working group to review its stance on companion animal diets, including vegan options. This change paved the way for the momentous announcement on July 24, 2024: the BVA officially ended its opposition to nutritionally-sound vegan diets for dogs.



BRITISH VETERINARY ASSOCIATION ENDS OPPOSITION TO VEGAN DOG FOOD

By Diana Laverdure-Dunetz, MS (vegan dog nutritionist)

The BVA's new policy, published alongside an informative article, confirms that "It is possible to feed dogs a plant-based diet..." The focus is now on supporting pet owners in meeting their pets' nutritional needs while respecting their lifestyle choices, without attempting to dictate the 'best' diet for individual pets.

The BVA noted that 42% of companion animal veterinarians reported clients who feed meat-free diets. This shift is largely driven by concerns over the health impacts of meat-based diets, as well as their environmental and animal welfare implications.

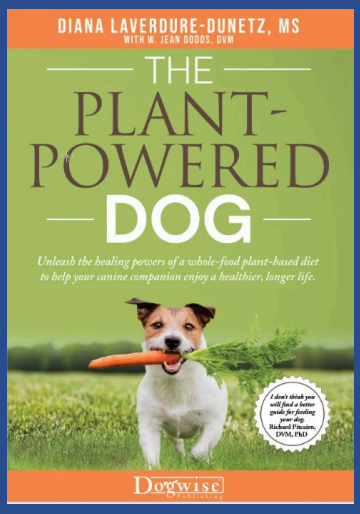
Numerous Studies Show Benefits of Vegan Dog Diets

By mid-2024, an impressive body of research had emerged, demonstrating the health benefits of nutritionally-sound vegan diets for companion dogs. Ten studies on dogs showed equivalent or superior health outcomes compared to conventional diets. These studies employed a variety of rigorous methods, including clinical examinations, diagnostic tests, laboratory data, and veterinary health assessments, bolstering confidence in their findings.

"For example, there has recently been a growing interest in feeding pets vegan and vegetarian diets, with several studies supporting their use and suggesting health benefits such as improvements in skin and gastrointestinal conditions."
- British Veterinary Association

Read the rest of the article HERE.
Read previous articles on this topic HERE.

Diana Laverdure-Dunetz holds a Master of Animal Science degree and is recognized as a pioneer of the plant-based canine nutrition movement. Her groundbreaking book, *The Plant-Powered Dog: Unleash the healing powers of a whole-food plant-based diet to help your canine companion enjoy a healthier, longer life* leverages cutting-edge scientific research to advocate for the health benefits of nutritionally-sound plant-based diets for dogs.

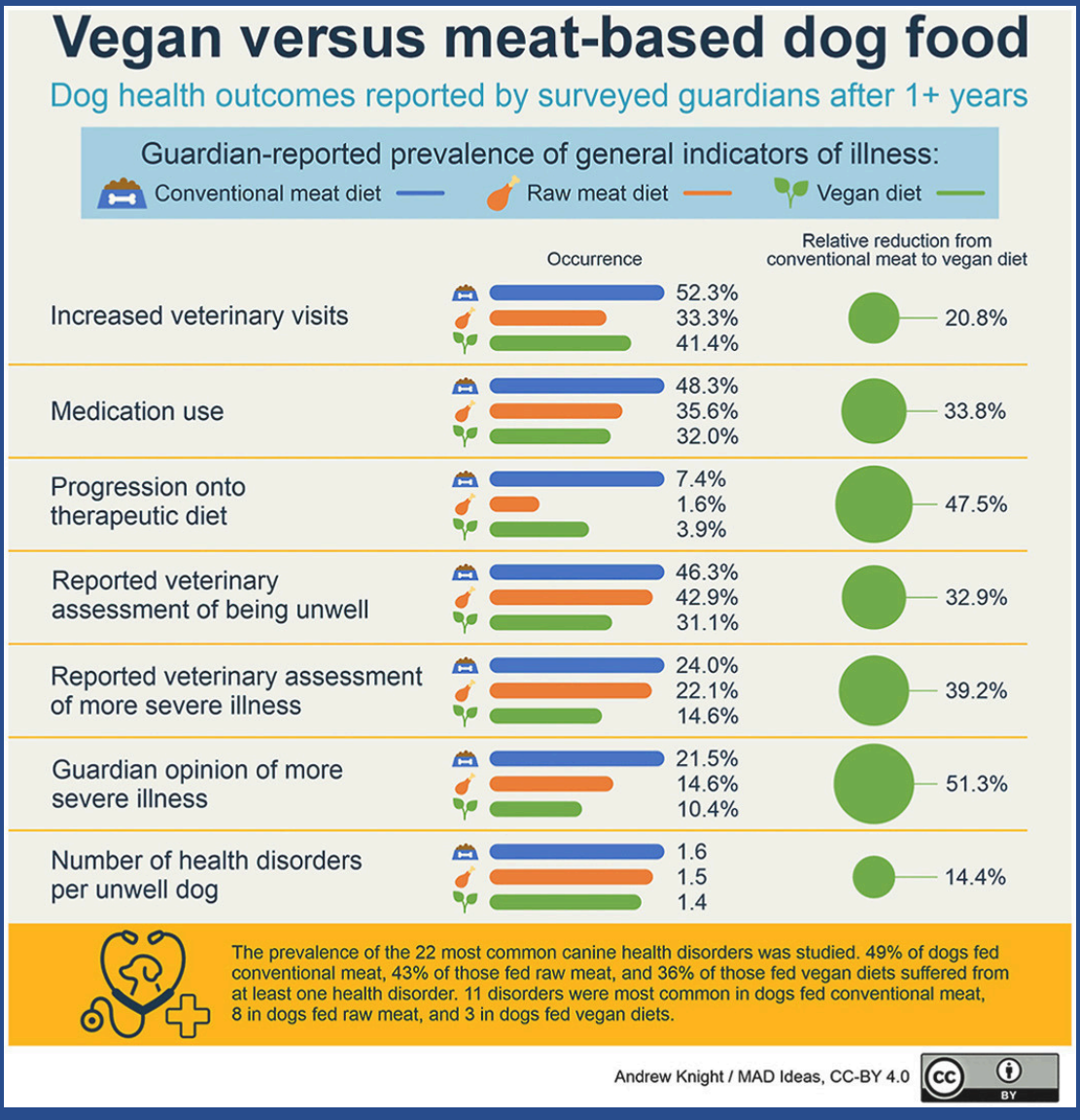




VEGAN VERSUS MEAT-BASED DOG FOOD: GUARDIAN-REPORTED HEALTH OUTCOMES IN 2,536 DOGS

The latest study (September, 2024) by Professor Andrew Knight and his team has made headlines around the world!
The study (which can be read in full here) states:
"We examined seven general indicators of illness: increased numbers of veterinary visits, medication use, progression onto a therapeutic diet after initial maintenance on a vegan or meat-based diet, reported veterinary assessment of being unwell, reported veterinary assessment and guardian opinion of increased illness severity, and number of health disorders per unwell dog. We also considered the prevalence of 22 specific health disorders, based on reported veterinary assessments. In each dietary group the proportions of dogs considered to have suffered from health disorders were: conventional meat - 49%, raw meat - 43% and vegan - 36%." Some of the results are outlined below...

Watch an interview with Professor Andrew Knight *Here.*



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Human & Animal Perspectives



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org
"All life is one family.
Our family includes all humans,
animals, birds, fish and insects.
We don't hurt members of our
family, but treat them with
kindness and compassion."
- Dr. Sailesh Rao Founder of
climate healers



MISTY SPEAKS FROM HER HEART

By Betska K-Burr

Every summer my husband and I toddle off to this farm on Vancouver Island, Canada to purchase several pounds of berries for the freezer. On the property is a beautiful farm store that sells fresh produce and flowers and, unfortunately, animal-people meats. Behind the farm store is a petting zoo where parents bring their children to make friends with baby chicks, ponies, llamas, pigs etc. Previously, I voiced my concern about the killing of animal-people for human consumption to the male owner of the establishment; however, his response was that he had to feed his family.

My return comment was that there are many ways to feed your family (such as selling plants and berries) versus engaging in the killing karma of animal-people for food. My response fell on deaf ears as they have further grown their meat business.

While my husband was paying for the berries, I wandered off to the petting zoo to chat with the animal-people. I didn't need to pay money to enter the zoo because some of the animal-people were right behind the fence. Right in front of me, in a shaded sitting area, was a family of four, parents plus two little girls probably around the ages of 6-8. They were playing with the baby chicks that were being housed in a large box. Also taking advantage of the shaded area was a mini horse who looked so forlorn.

One of the little girls told me that the horse's name was Misty. Well, Misty stood there as if the entire world was on her shoulders. Instantly I began to speak with Misty whose head was so low it almost touched the ground. I asked her why she was so sad. She told me that she was very upset because the owners of the farm invite people



MISTY SPEAKS FROM HER HEART

By Betska K-Burr

to the petting zoo to enjoy and play with the animals and then kill the animal-people for food which they then sell in the farm store.

I mentioned to the family that I was an animal communicator and then proceeded to tell them what Misty had told me.

My mention of the animal cruelty shocked the family. The eldest of the little girls made disdainful sounds like "oooooh" and almost dropped the chick she was holding.

The father, probably feeling guilty, removed his hat and looked a bit hot under the collar at my forthright telling of Misty's feelings. I also said that there is no need to eat animals when we have so many nutritious plants to eat. Plus, clearly Misty demonstrated that animals have feelings.

I have a feeling that the declaration of Misty's feelings woke up the hearts of all four family members that day. As for Misty, as soon as I shared her feelings, Misty's tail began to wag. I was so happy that I could help Misty that day and, by extension, perhaps I helped save some animal lives.

All I know is that the time is urgent. We need to courageously speak about animal cruelty.

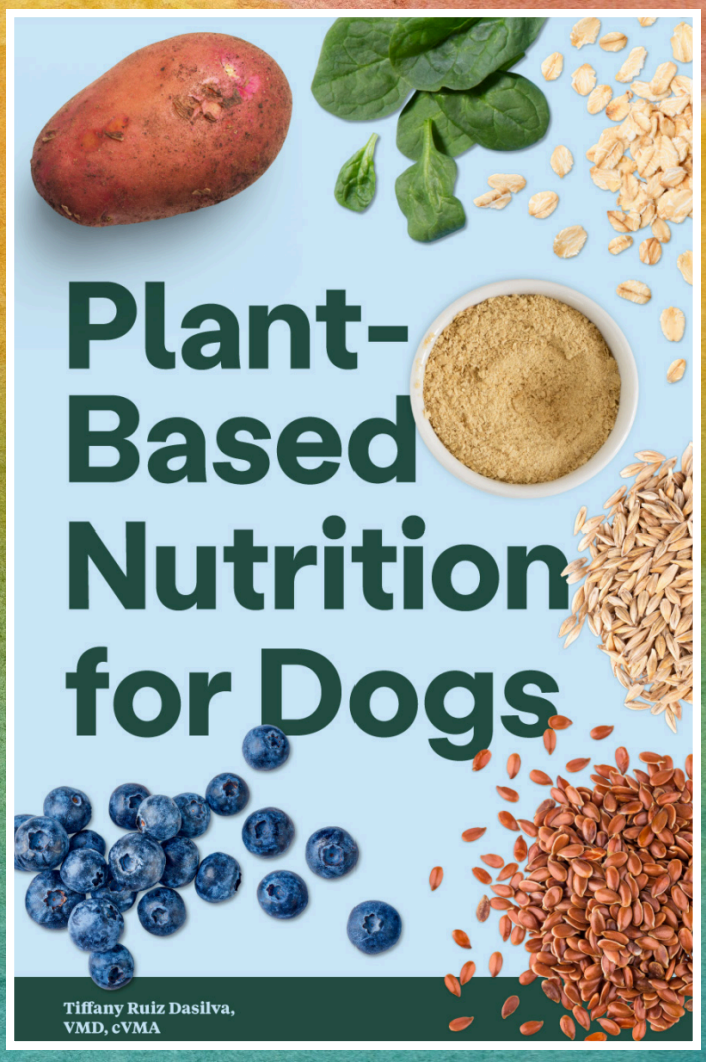


Betska K-Burr, known as The Guru Coach™ is the developer of the Science of Mind-Kinetics® for Coaching and Leadership. A prolific author of many books and articles, she is a Life and Executive Coach, Trainer and Confidante to folks in 50+ countries. Learn more about her and her work at: www.coachingandleadership.com.

FREE PLANT-BASED DOG GUIDES!

Wild Earth has a free Plant-Based Nutrition for Dogs book on their website which is available HERE.

The Pack also has a free book, Raising A Happy, Healthy, Plant-Based Dog which is available HERE.







CAN THE ANIMAL-HUMAN HEALTH CONNECTION SAVE YOUR LIFE?

by CARLYN MONTES DE OCA

A few years ago, I gave a TEDx talk, the Life Changing Powers of the Animal-Human Health Connection. In this presentation I shared how Kayla, a twelve-year-old yellow lab, alerted her human guardian, Roxanne, to a tiny lump in her breast. The growth, undetected on a recent mammogram, turned out to be an aggressive and fast-growing form of cancer. Because of Kayla, the cancer was caught early, and Roxanne survived.

When our dogs whine, whimper, and bark, we tell them to be quiet, shout at them to stop, or simply ignore them. But what if we actually took the time to listen to them? Like Kayla, your dog may be trying to save your life. Sure, they also might be asking you for their dinner. But awakening to this awareness that our animal friends can be our health and wellness allies is an important first step in realizing the Animal-Human Health Connection.

Dog as My Doctor, Cat as My Nurse



CARLYN MONTES DE OCA

As a child, I felt a strong bond with dogs. When I was lonely, they were friends who comforted me in ways that humans could not. Decades later, working as an acupuncturist in Marin County, California, I learned this healing bond was not unique to me. Clients with health issues ranging from colds to cancer came to see me. Some I could help, some I could not. But one thing those people with pets had in common was that when they talked about their animal friends, their spirit changed on a dime.

These clients might have come in complaining of stress, high blood pressure, or anxiety, but when they shared their stories of how their dog never left their side while they were ill, or how their cat comforted them after a break-up, or how a horse helped them heal after losing a loved one, I heard laughter, saw smiles, and often witnessed tears. As a practitioner, I knew these were signs that my clients were releasing stress and their bodies were producing powerful feel-good hormones like oxytocin that created relief and wellbeing.

At the time, I had a “six-pack” of rescue dogs and cats. Generally, I adopted animals that no one else wanted, including a dog confiscated in a drug bust in South Central Los Angeles named Roxy, an old street dog named Teddy, and a tuxedo cat with FIV named Jester. I believed I was rescuing them. Later, I realized we were rescuing each other. Through our bond, I learned important lessons, such as living life in the present, embracing forgiveness, and cultivating gratitude.

My experience with my patients in my acupuncture practice combined with the wisdom imparted from living with my pack of rescue animals inspired my award-winning book, *Dog as My Doctor, Cat as My Nurse*, and all of my books since then.

A Whole-Hearted Life

The leading cause of death in the U.S. is heart disease; a condition that is often preventable through positive lifestyle

choices like regular exercise. Moderate-intensity walking can help lower the risk of high blood pressure, high cholesterol, and Type 2 diabetes. And according to the American Heart Association, the more you walk, the more your health benefits increase. Research shows dog guardians walk 22 minutes more per day than their dog-less friends. That's over two and a half hours more in the course of one week!

The human heart is a physical organ, but what about the emotional component? In a poll conducted by the American Psychiatric Association, 86% of responders reported their cats had a positive impact on their mental health by providing a calming presence and helping reduce stress and anxiety.
Maybe your animal companions will never save your life as dramatically as Kayla did.

But in matters of the heart, both physical and emotional, the Animal-Human Health Connection can be a powerful addition to your health and wellness tool box. If you were to put this whole-hearted wellness provided by our pets into a pill, how much would you be willing to pay for it? For me, this medicine is invaluable, and well-worth the cost of an adoption fee from a local shelter where there are plenty of dog doctors and cat nurses eagerly waiting for a second chance at love. And these health benefits provided by our animal friends are barely the tip of the wellness ice-berg.

Unsung heroes

Our animal companions may be some of the least appreciated, underrated and overlooked health and wellness partners of our lifetime. In particular, when it comes to helping us live a healthier,

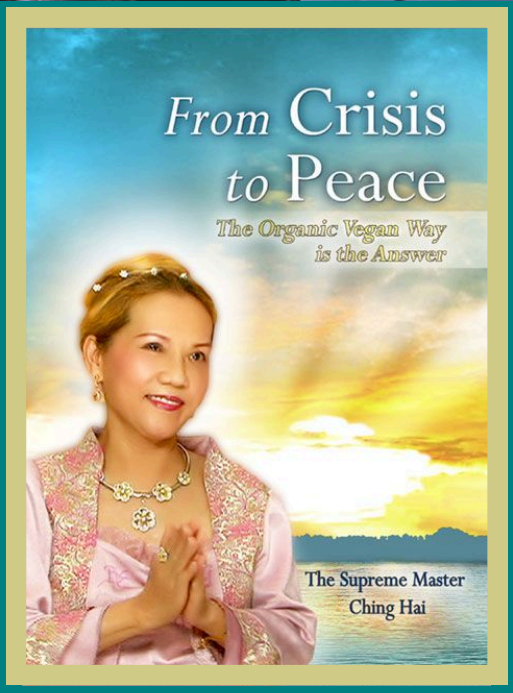




happier and whole-hearted life. Because if there is one thing our animal companions excel at, an unmatchable quality that if humans could emulate might change our divided world for the better – it's unconditional love. For our wellbeing, there is no force more powerful than that.



Carlyn Montes De Oca is an award winning author, international speaker, animal-human health expert, and passionate animal advocate. She holds a master's degree in Traditional Chinese Medicine and is certified in plant-based nutrition from the T. Colin Campbell Center for Nutritional Studies at Cornell University.



From Crisis to Peace Book Free to Download!

This fantastic book explores the devastation that our planet is facing due to raising and slaughtering our animal friends for food.

This well-referenced gem provides many scientific insights. A great book to share with friends and family.

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NSW HEN RESCUE

AUSTRALIAN SANCTUARY

Hello, I'm Catherine Kelaher, the founder of NSW Hen Rescue, where liberation isn't just a word—it's our mission. Alongside my partner David, we've dedicated over a decade to rescuing, healing, and loving ex-battery hens and other animals that society has forsaken.

Our journey started in 2010, a path paved with hopes, dreams, and countless feathers. We've had over eight relocations and thousands of successful rescues.

We have been thrown major curveballs, and have faced many massive moves. But we haven't given up on the amazing animals. Some people have asked why we don't just re-home the animals we are caring for now, but these are our family members.

Belle the hen was freed from the shackles of an intensive free range farm. She needs a hormonal implant every 6 months to stop her laying eggs, or she will die. I would never rehome Belle with her veterinary needs and I would never separate Belle from her best friend Isy.



BLUEBELLE JUST AFTER RESCUE & 6 WEEKS LATER!
WE CAN DO THIS FOR SO MANY MORE GIRLS









NSW HEN RESCUE

Stanley the rooster was found dumped in a bin, his head beaten. Now he is (understandably) very aggressive towards humans. It would be impossible to find him a safe, loving home.

Annie and Buster are pigs who've faced the horrors of the pork industry. They are bonded closely to us and to one another. I fed Annie when she was a runt every hour for the first month of her life and to rehome her would be to cause her immense grief.

Minty the bunny spent the first 6 months of her life in a barren cage in a rabbit meat farm. Now she needs regular vet care, which would make her unsuitable to be rehomed.

Gretel the ex-battery hen was liberated with a broken wing. Now she has terminal cancer and sleeps in the house every night. Even though she still has great quality of life, I need to monitor her every single day and ensure she has pain relief.

These are just a few examples of the souls we care for who have seen enough torment; they're yearning for a stable, loving home and we provide it for them.









Catherine has also spoken about why she went vegan. She recalled, “I became vegan because deep in my soul, I knew that I didn’t want to hurt animals. And I think I knew from a child, but even before I knew what vegan was. And one day, my mum and dad took me to a petting zoo, and you got to bottle feed the lambs and pet the piglets. And I was bottle-feeding a lamb and that day, we went home and my mum had cooked lamb for dinner. And as an 8 year old, I just thought, no, I’m not eating this. And that was it. I was vegetarian. It took me a little bit longer to work out about being vegan as I grew up. But that’s what it call came down to, just being kind to animals.”

Since rescuing, caring for and showering love upon these lovely animal beings, Catherine has also shared, “It’s wonderful to watch the animals thrive here at the Hen Haven after they’ve arrived from a life of suffering and abuse. Once they reach the Hen Haven, it’s often as if they realise that they’re safe and they can relax. And I love to watch them spread out in the sun and just see that soothing calm come about them.”

To support NSW Hen Rescue please visit:
www.henrescue.org

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To follow on YouTube:
www.youtube.com/@NSWHenRescue

Watch some great interviews with Catherine Here and Here.

View & Purchase Books Written by Catherine Here.



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