

Vegetarianism and Love for Animals

“The greatness of a nation and its moral progress can be judged by the way its animals are treated” - Mahatma Gandhi

People make different choices that are bound to affect their livelihood in different ways. Some need to be carefully considered before they become habitual. Some vegetarians are known because of their religious inclinations. However, one can become vegetarian as it is considered healthier or it is unethical to slaughter animals for human consumption. It is very important for everyone to live a healthy life and this can easily be achieved by being a vegetarian. Many researches have shown a positive correlation between a vegetarian life style and the longevity of lifespan. The studies have indicated that vegetarians live longer lives than those who eat meat. Diseases such as cancer and cardiovascular diseases can be minimized by following a vegetarian diet. Furthermore, fruit and vegetables contain an important anti-oxidant that can help in avoiding heart complications.

Basically, animal products have been identified as rich in cholesterol and fatty acids that can harden the arteries carrying blood to the heart, resulting in heart diseases. This has caused obesity in most people worldwide. It can also be linked to large scale production of animal products popularized through food chains.

The consumption of animal products needs to be discouraged by promoting vegetarianism. Millions of animals are being slaughtered on a daily basis to produce food for human beings using mechanized slaughtering chains in

factories disregarding the pain and suffering caused to them in the process. Furthermore, the mode by which the animals are reared for food is also not natural. The animals are usually administered a lot of hormones to stimulate their growth and as a result they grow fatter providing more meat once slaughtered.

It is obvious that mankind does not care about the plight of animals. Human beings have failed to be human by being insensitive to their suffering and depriving their right to life. It has to be understood that animals have feelings like us. They are not different when compared to human beings; they share with us the feelings, show fear when their life is threatened, suffer when physically harmed.

In fact, we can live without eating meat and it is easy to be a vegetarian. All the required nutrients can be gained from vegetables and they are easy to find.

