



Photo by Dottie Rundles

Above: Welcome Walk participants greet Romeo, a resident of Welcome Home Animal Sanctuary.

Welcome Home Animal Sanctuary: Expanding the Circle of Love and Connection

Article by Pamela Birrell, PhD

I don't know about you, but I have always loved my pets — I've had dogs and cats and white mice and even a white rat in my life and I have loved them all!

Why do people think it is OK to love dogs and cats (and even white mice), but kill and eat chickens and cows and pigs? The answer is simple conditioning. For millennia, human beings have exploited and used animals for food and labor, and at one time this was necessary. In fact, that belief (that it's ok to exploit, use, kill and eat animals) has become the dominant belief system of our world. It's become so dominant that it doesn't even have a name.

Continued on page 2

WELCOME HOME ANIMAL SANCTUARY

Continued from page 1

In her book, **Why We Love Dogs, Eat Pigs, and Wear Cows**, psychologist Melanie Joy gave it a name: Carnism. Carnism is the invisible belief system, or ideology, that conditions people to eat certain animals, but not others. A Carnist is simply someone who thinks it's OK to eat animals. We consider it unacceptable to eat dogs, but the equally intelligent and sentient pigs are sent for brutal slaughter.

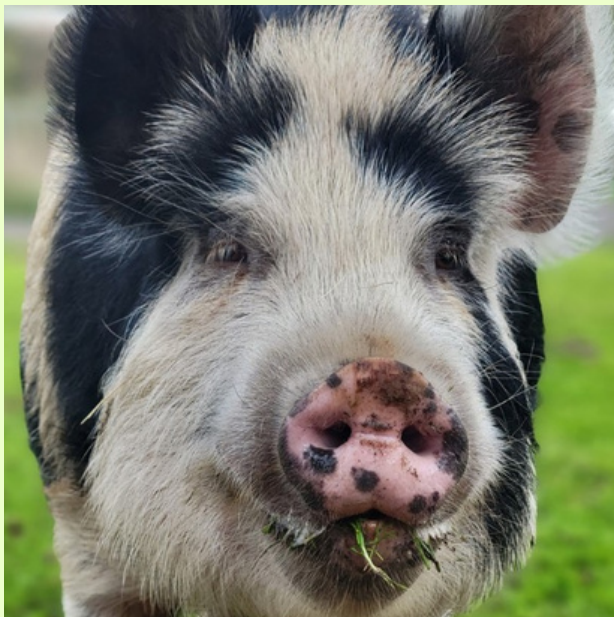
Because carnism is invisible, people rarely realize that eating animals is a choice, rather than a given. In meat-eating cultures around the world, people typically don't think about why they eat certain animals but not others, or why they eat any animals at all. But when eating animals is not a necessity, which is the case for many people in the world today, then it's a choice, and choices always stem from beliefs.

As long as we remain unaware of how carnism impacts us, we'll be unable to make our food choices freely—because without awareness, there is no free choice. What if things were different? What if it isn't ok to exploit and eat animals?

In his book, **The World Peace Diet**, Dr. Will Tuttle emphasizes that evolution to a more conscious society begins with individuals. Mahatma Gandhi rightly emphasized there can be no positive social change without positive personal change.

What are the cultural messages that we consume with our daily meals, and what kind of world could we help co-create if we were more conscious about our food choices? A more conscious way of living is beckoning, and the World Peace Diet approach blends mindfulness with kindness and respect for each other and all expressions of life, creating a practical foundation for harmony and freedom for us and our world.

Continued on page 3



Photos courtesy of Welcome Home Animal Sanctuary

Above: Residents of Welcome Home Animal Sanctuary. Left, Pickles; right, Digbert.

WELCOME HOME ANIMAL SANCTUARY

Continued from page 2

A practical application of this way of living is the Welcome Home Animal Sanctuary in Creswell. The mission statement of the farm is: Welcome Home Animal Sanctuary provides a forever-home where every animal enjoys a safe and joyful life. Every visitor can connect with animals face-to-snout, a personal interaction that inspires and heals both animals and humans alike.

There is something magical about a place where animals are treated with respect and care and offer in return so many things! They offer entertainment, humor, comfort, education, love and giggles. Every picture taken at the farm shows the sense of love and energy that everyone feels there, and the light in our eyes and the smile on our faces never disappears!

Last week, a group of us plant-based

people visited the farm. People arrived with some trepidation and nervousness but quickly warmed up to those amazing friends we call animals. Their enthusiasm was infectious. They were full of questions and memories of their lives with animals and giggled irresistibly when they fed Pickles apples, or Digbert a banana!

Approaching Romeo, there was a sense of awe at his size, beauty and gentleness. Everyone left reluctantly with a spring in their step and a sparkle in their eyes that I had not seen when they arrived. The visit gave us all a sense of the sacredness of life.

Even if you missed this visit, you will find your heart opening more and more as you continue this plant-based journey, but if you'd like to visit the farm we offer farm walks every Sunday: <https://www.welcomehomesanctuary.com>.

We'd love to see you!



Photo by Dottie Rundles

Above: A Welcome Home Animal Sanctuary visitor greets Johny Rose.

DELECTABLE LENTIL SOUP

*Recipe from "Eat Vegan on \$4 a Day"
by Ellen Jaffe Jones*

Recipe highlighted during the "Reversing Diabetes with Lifestyle Medicine: Making the Right Choices," In Season event at the July 25 Farmers Market in Eugene, with Dr. Charlie Ross and Scott Wagnon, PA, of the Live Lifestyle Medicine program.

INGREDIENTS

7 cups water
1/2 lb. Yukon gold potatoes, cubed
1 cup green or brown lentils
1 onion, chopped
2 carrots, chopped
2 celery stalks, chopped
3 bay leaves
2 Tbsp vegetable broth powder
4 garlic cloves, minced
1 tsp dried basil
1 tsp dried oregano



Photo by Anita Leipper

Above: Scott Wagnon, PA, discusses diet and insulin resistance at the In Season event.

1/2 tsp crushed dried rosemary
1 can (14.5 oz) unsalted crushed tomatoes
ground pepper
2 tsp red wine vinegar

INSTRUCTIONS

1. Put the water, potatoes, lentils, carrots, celery, bay leaves, vegetable broth powder, garlic, basil, oregano, & rosemary in a large soup pot.
2. Bring to a boil over high heat, stirring occasionally. Decrease the heat to low, cover, and cook, stirring frequently, for 35-45 minutes, or until the lentils are tender. Add additional water if the soup is too thick.
3. Stir in the tomatoes and pepper to taste.
4. Cook, uncovered, for at least 15 minutes, stirring frequently to prevent the soup from sticking to the bottom of the pot & adding more water if the soup is too thick.
5. Remove the bay leaves & stir in the vinegar & salt to taste. Serve hot.



Photo by Trish Kingsbauer

Above: A fresh pot of Delectable Lentil Soup almost ready to eat.

Live Lifestyle Medicine adds social time to class

Come socialize and snack with us!

We're piloting something new at Live Lifestyle Medicine! For the current 13-week class series, doors will open at 6:30 p.m. instead of 7:00 p.m. Please join us in the kitchen/open area to enjoy these perks:

1. We'll have whole-foods, plant-based recipe samples available for tasting each week;
2. Our lending library will be open; and
3. We'll have the opportunity to socialize, celebrate our wins, and talk through our challenges in a casual, informal setting before moving into the church sanctuary for our more formal presentations at 7:00 p.m. This month's presentations include:

August 4: Weight Management and Calorie Density with Scott Wagnon PA-C

August 11: Child Nutrition and Plant Based Diets for Families with Dr. Eric Colgrove

August 18: Cooking Demonstration with Chef Corey and Miranda from Acorn Community Café

August 25: Cardiovascular Disease Q&A with Dr. Kristin Linzmeyer

Classes are held each Tuesday, free to the public, at the First Christian Church of Springfield, 395 West Centennial Blvd. in Springfield.

**Enjoy free,
delicious, plant-
based food tasting
before every
class!**



Photo courtesy of Live Lifestyle Medicine

Above: Live Lifestyle Medicine coordinators and plant-based providers Scott Wagnon, PA, left, and Dr. Charles Ross, right.

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community, to improve
lives, one plant-based
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