

The DEMIES Organisation have launched to promote not eating animal mammals

San Jose, Jan 29, 2019 (IssueWire.com) - DEMIES are people who choose not to eat animal mammals for ethical, health or environmental reasons but find it just too difficult to become a vegan or vegetarian.

Animal mammals are the same as us, in so much as they give birth to their young and wean them on their own milk - so that's a good ethical reason not to eat them.

Although DEMIES don't eat animal mammals, they eat all other types of foods. Including fruit and vegetables; poultry and fish; eggs and dairy; grains, nuts, and pulses. So, when one thinks of all the different meals one can have, it's easy to understand that it's no real sacrifice to become a DEMY.

There's also climate change and health reasons not to eat animal mammals. There are increasing calls to reduce animal mammal consumption because of its effects on global warming – the UN Food and Agricultural Organisation report that greenhouse gas emissions from the livestock sector are estimated to account for 14.5 percent of the global total, more than direct emissions from the transport sector.

There is also increasing concern about the health issues associated with eating high amounts of red meat, namely: Type 2 diabetes, coronary heart disease, stroke and certain cancer – researchers from the National Cancer Institute in Maryland concluded after tracking the eating habits of 536,000 men and women aged between 50 to 71 year, over a period of 16 years.

So, for ethical, health and environmental reasons there's no better time to reconsider our position on eating animal mammals and become a DEMY.

The Organisation has a video: 'DEMIES don't Eat Mammals' which explains why it is no real sacrifice becoming a DEMY.

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