

*How to Lose Friends and Inconvenience People:
Life as a Vegan by Kale Carnegie
Featuring the "Lost Classics"
of History's Original Vegan Self Health Movement*

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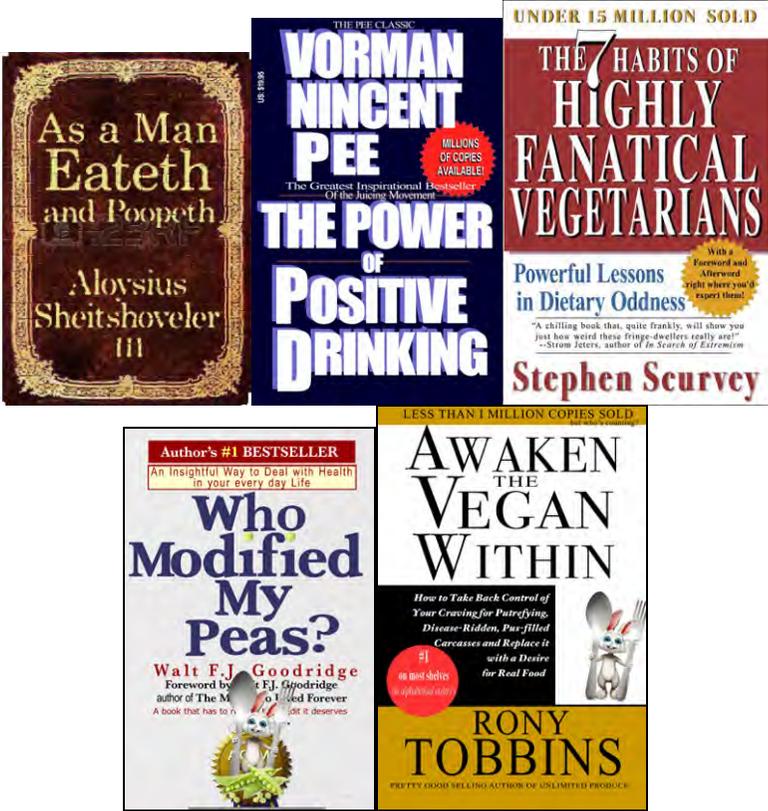
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Chapter 1

The Self Health Movement

An Unnatural Paradigm

Through no fault of our own (or, more accurately, through no choice we remember), we've ended up on a planet where deception and insanity are the orders of the day, if not the rule of law when it comes to health, illness, healing and diet. We "celebrate" our good fortune by poisoning ourselves with alcohol. Businesses are allowed to sell cancer-causing chemicals and call it food. We kill, skin, burn and bake the bodies of living creatures and call it fine dining. We accept death as a "side effect" of cure!

Death as a side effect??? (Our cures do not cure)

You hear them at the end of every television advertisement: a host of possible side effects like, "may cause internal bleeding, loss of bladder control, thoughts of suicide, or death, etc., etc." Excuse me, did you say "death?" Death??? How is it that our science and research has not gotten us beyond this point? How is it that we as a society are accepting death as a side effect of cure? Doesn't that seem a bit odd to you? That's because these substances are not cures. They do not heal. They simply introduce chemicals into the body that stop certain symptoms. Invariably, introducing foreign substances into the body is going to have a predictable effect: it will cause illness. That's why each of these pharmaceuticals with the funny sounding names comes with a list of "side effects," (i.e. illnesses) they are causing—each one itself a valid reason to seek medical help. They are treating symptoms without addressing the root cause of the disease. That's like taking your car to the mechanic because the "check engine" light or the oil light is flashing and your mechanic says, "Oh, no problem, I

know how to fix that! We'll just disable the light so it doesn't annoy you anymore! There. Done. That'll be one hundred dollars, please." Sounds insane, doesn't it?

What masquerades as "cure" in our society is just one area of obvious insanity in our unnatural paradigm. This may come as a surprise to you, but it's entirely possible that *everything* you believe to be true about food, medicine, health, illness and aging is nothing more than a set of subjective ideas put forth by people who really don't have a handle on truth, don't know what they're doing, or worse, don't have your best interests at heart—people who are playing by a faulty rulebook or, worse, with no rule book at all—making things up as they go along, and disabling "check engine" lights willy nilly without concern for cause and effect.

Uninformed ideas, blind assumptions and outright lies underlie many of the food and drug commercials that air on television and radio. I'm sure you're familiar with many of these assumptions: that milk does a body good; that meat is real food for real people; that cancer can't be cured; that the common cold is inevitable; that allergies can only be relieved not ended; that hormone levels, hair growth and one's virility and vitality inevitably decrease at certain ages; and that the drugs these companies are pushing actually heal and aren't, in fact, more dangerous than the ills they claim to cure.

The sales pitches for these products start with these assumptions as "givens" and are never challenged. As a result, people buy into them (operative word "buy"), and continue a vicious cycle that ends up enabling and perpetuating the very lifestyle that caused their ills in the first place.

Society seems to have lost a vital roadmap and is devolving in a direction that serves only to support the industries that profit from peddling the products. The products allow people to believe they can maintain their destructive lifestyles, while purchasing so-called "cures" that, in actuality, do nothing more than temporarily relieve, mask or replace the symptoms of the illnesses the lifestyles cause.

If I believed, for example, that “milk does a body good,” and then acted on that belief (by drinking lots of milk) in an effort to improve my health, I might find myself experiencing colds, mucous, allergies, weakened bones, and cancer. I would become frustrated in my efforts to achieve health without ever knowing the real reason why.

*“In a world based on lies,
the truth is considered subversive”*

This paradigm we live in was never conceived of nor developed in order to support your health, wellbeing and happiness. It is there to sell products and keep industries afloat. Other authors attempt to show you how to survive within the system. I, on the other hand, advocate its overthrow! Subversive, yes, I know, but it’s the paradigm itself that is aging you prematurely and making you sick!

It may not seem practical to detach from it—given the realities of making a living, raising kids and attending PTA meetings—but the truth is you will be healthier and succeed in aging less to the degree that you can see the paradigm objectively for the aberrant construct it is, and how non-conductive it is to your health. I cannot, in good conscience, encourage you to keep living it, nor encourage you to remain oblivious to the true toll it is taking on your body.

We exist in a state of depletion

We are products of Nature. As such, our human coding is inextricably linked to the natural environment. We were designed to function optimally in an environment with specific ingredients in specific combinations. Air, sunlight, plant and animal life, minerals and ecosystems, were designed to support each other and keep our innate healing codes activated. That's how it was for millions of years.

Now, however, as a result of man's influence on the planet, and the consequences of our free will to deviate from the plan, everything from the earth's magnetic field, oxygen level, ultra-violet

rays, air purity, soil composition, to the planet's water have all been shifted into a state of dissonance and disharmony. In other words:

Our air is depleted and contaminated.

Our soil is depleted and contaminated.

Our water is contaminated.

We are not grounded by direct contact with the earth

We've been trained to avoid sunlight.

Our food is grown in depleted soil with unnatural chemicals.

What passes for food is not real.

As a result, there are certain levels of purity and balance that the earth is no longer able to create or sustain within itself, and we as products of nature, are all feeling its effects.

We learn in school, for example, that the earth's atmosphere is 78% nitrogen, 21% oxygen and 1% inert gases. New evidence shows that those weren't always the percentages. Our atmosphere was once closer to 50% oxygen. Certain parasites, which could not thrive in oxygen-rich environments—the environment of past eras—now thrive and multiply. Think what effect that has on your body, the bloodstream, plants, and the existence of parasites in the system.

A flawed belief system

As a body healing coach and author of several books on health and wellness, I've guided many people on the road to better health choices. Over time, I've discovered several recurring ideas that people act on, that keep them overweight, listless and tired, and showing signs of premature aging, despite their best efforts. If you find yourself struggling with weight, energy or aging issues, it is likely that when it comes to your health, your current belief system contains some or all of the following beliefs:

1. You trust in things scientific rather than things natural.

At the basis of most common limiting belief about illness and health is that, deep down, you believe nature is flawed. You believe

mankind is superior to nature. You believe that science can improve upon nature. When it comes to health and healing, therefore, you seek and trust in the scientific (read: medical establishment's) solutions of pills, radiation, chemicals, etc., rather than in a natural approach.

2. You have no working definition of food, and eat solely for pleasure.

What is real food? You know, just because something can be eaten and swallowed, does not make it food. Just because a great number of people *believe* something is food, does not make it food. Finally, just because something is available in supermarkets, served in restaurants or has existed for generations as part of your culture or family tradition does not make it food.

Besides not having a definition of food, it is likely you eat for pleasure only. In other words, you believe the only purpose of food is to “taste good.” No one ever helped you make the connection between your diet and the state of your bodily health. It may never have occurred to you that you could regularly eat something you actually *do not* like in order to obtain the nutritional benefits.

3. You believe illness is random and that health is based on luck.

Particularly if you live in the United States, you have been led to believe that you have the freedom to say what you wish, do as you please and, similarly, that you have the unmitigated freedom to make food/health choices without consequence or effect. Yep, freedom of speech, freedom of choice and freedom from consequences. They all go hand in hand. Because you have no definition of real food, and believe in choice without consequences, you believe that illnesses spring up at random, and that it is the lucky ones among us who are fortunate enough to avoid getting sick. Concepts such as the natural law of cause and effect do not exist in your worldview.

4. *You believe we are all different.*

While it is, in fact, true that different blood types and allergies can make the individual experiences vary from person to person; and while it is also true certain diets and lifestyles have led our individual bodies down different paths and towards different states of health, you believe these differences mean that we are all too different to follow the same path back to health, and that what works for one person—vegetarian lifestyle, cleanses, etc.—may not work for another.

5. *You believe illness is complex*

You also believe that these individual differences, along with the fact that there are so many different diseases and syndromes with such complex names, each with their own set of symptoms, that illness is too complex a phenomenon for the average person to grasp.

6. *You believe, therefore, that cure is complicated.*

Of course it's complicated, you believe. The illnesses are complex, so the cures must also be complicated! That's why you need a medical degree to practice healing, right? Each human body is different, all the medicines with their fancy names and side effects are all too complicated for me to understand, so the thinking goes

7. *You believe in “medical authority” and that the establishment has your best interests at heart*

Because you trust in things scientific rather than things natural, and that people smarter than you have the answers to complicated questions, you, therefore, put your trust in an all-knowing establishment you believe is working tirelessly on your behalf and in your best interests. *The FDA is looking out for me. The scientists are hard at work to find cures. The pharmaceutical companies are regulated and wouldn't be allowed to sell products if they weren't safe and effective...right?*

8. You believe in the “quick fix.”

Since you believe that illness is random and that health is a matter of chance and luck, and since you believe that cure is complicated, and that scientists hired by pharmaceutical companies are working in your best interest, you believe there are quick fixes—magic pills—that can cure illness.

9. You lack courage and discipline.

I want to keep doing what I’m doing, eating and living for pleasure, and simply take a quick fix pill to cure what ails me. Who needs discipline or self-control? All I really need is medical insurance to cover the costs.

10. You believe this idea is simply my opinion.

Because you believe in the authority and good intentions of the establishment, you believe the rest of us (those without medical degrees) “simply don’t know” and that ultimate truth is unknowable—or at the very least, that it varies from person to person. It stands to reason, therefore, that my words of advice can be nothing more than my opinion. He isn’t a doctor, after all!

What it all means

What does all this mean? Because you believe that man-made is superior to nature-made, and have no boundaries or definition for what constitutes real food; that there is no connection between what you eat and how you look and feel; that both disease and cure are beyond your personal control or ability to influence, that others are hard at work to cure nature’s complex flaws with a quick fix magic pill, and that neither courage nor discipline are required of you, and that anyone who says otherwise is simply mouthing an unknowable opinion, you continue making the same choices from a worldview that ends up keeping you fat, looking twice your age and always feeling in need of an energy boost!

That's the world of health we're living in: Depleted air, food and water in an increasingly unnatural setting. Pharmaceuticals as cure; Flavorings and chemicals as food; Rampant obesity; Early onset deterioration as the norm; Insurance coverage instead of true healing;

The Self Health Movement (a better belief system)

Once you accept the unnaturalness of the existing food and health paradigm, what then is the next step? Do you continue to eat food that is not real? Do you continue to take medicines that make you sicker? What *can* you do about it? Well, first you need a better belief system, because, quite frankly, everything you believe about the body and how to maintain it, as well as illness and how to avoid or cure it...is wrong!

I'd like to suggest ten replacement beliefs that, if adopted and acted upon, can help you stay healthy, lose weight, reverse aging, and boost your energy levels for good! They are:

Maze.

Had Follow ever decided to let go and move on? Had he ever entered the Maze and discovered what could make his life better?

Or was Follow still hemmed in because he would not change?

Along thought about going back again to Peas Station C to see if he could find Follow -- assuming that Along could find his way back there. If he found Follow, he thought he might be able to show him how to get out of his predicament. But Along realized that he had already tried to get his friend to change.

Follow had to find his own way, beyond his comforts and past his fears. No one else could do it for him, or talk him into it. He somehow had to see the advantage of changing himself.

Along knew he had left a trail for Follow and that he could find his way, if he could just read *The Handwriting On The Wall*.

He went over and wrote down a summary of what he had learned on the largest wall of Peas Station N. He drew a large piece of peas around all the insights he had become aware of; and smiled as he looked at what he had learned:

The Handwriting On The Wall

Change happens They keep moving the peas Anticipate change Get ready for the peas to move Monitor change Smell the peas often so you know when it is getting old Adapt to change quickly The quicker you let go of old peas, the sooner you can enjoy new peas Change Move with the peas Enjoy change Savior the adventure and enjoy the taste of new peas! Be ready to change quickly and enjoy it again They keep moving the peas

Move With the Peas and enjoy it!

The end... or is it a new beginning?

Beef or Cow????!

There's a funny skit available for viewing on Youtube. This is an clip from a British comedy show called *Beehive* that had a short run on UK channel E4 in December 2008. The scene opens with two flight attendants making their way down the aisle of a plane during the in-flight meal service.

Flight Attendant 1: Beef or cow?

Passenger 1: Beef.

Flight Attendant 2: Beef or cow?

Passenger 2: Beef.

Flight Attendant 1: Beef or cow?

Passenger 3: Beef.

Flight Attendant 2: Beef or cow?

Passenger 4: Cow

Flight Attendant 1: I'm sorry, we've run out of cow, we only have beef.

Passenger 4: Beef, then.

Flight Attendant 2: Beef or cow?

Passengers 5: Beef.

Flight Attendant 1: Beef or cow?

Passenger 6: Oh, I'm a vegetarian.

Flight Attendant 1 (with a look of confusion on her face): What?

Passenger 6: I'm a vegetarian.

Flight Attendant 1: What?

Passenger 6: I'm a vegetarian.

Flight Attendant 1: What?

Passenger 6: I'm a vegetarian.

Flight Attendant 1: What?

Passenger 6: I'm a vegetarian.

Flight Attendant 1: What?

Flight Attendant 2 (chimes in exasperated): BEEF OR COW?!!

Passenger 6: I'm a vegetarian. I can't eat either.

Flight Attendant 2 (laughing): That's ridiculous.

Passenger 6: What do you mean?

Flight Attendant 2: Well, if you don't eat beef, and you don't eat cow, how can you be alive?

Flight Attendant 1: It's alright, Mara, I've got just the thing. (hands her a tray, and proceeds to ask the Passenger 8, a child seated next to the vegetarian, what he wants" Beef or cow?)

Passenger 6: Oh, excuse me...

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Flight Attendant 1: What?

Passenger 6: There's no dessert.

Flight Attendant 1: What?

Passenger 6: There's no dessert here. I'm a vegetarian, not vegan, so I'd quite like some chocolate mousse, please.

Flight Attendant 2 (in utter disdain): IF you're a vegetarian, you DON'T get a chocolate mousse.

Flight Attendant 1: Madam, I can assure you that this menu has been specially devised for the difficult. So, that means Jews and Hippies.

Passenger 6: Well, I'm neither, so could I have a chocolate mousse, please? (in the sweetest, calmest, stereotypically understated and monotone English accent one could imagine)

Flight Attendant 1 (whispers, feeling irritated and inconvenienced): Please don't raise your voice with me, madam.

Passenger 6: I'm not raising my voice.

Flight Attendant 2: Madam, please.

Flight Attendant 1: There is no need to use that tone with us.

Passenger 6: What tone?

--a bit more interaction.--

Flight Attendant 1: Give me the tray back.

The skit devolves into silliness at this point, but is well worth checking out even if you're not vegan or vegetarian. The humor is all in the delivery! (Visit www.kalecarnegie.com/beeforcow)