



**SAY**

**NO TO**

**POULTRY**

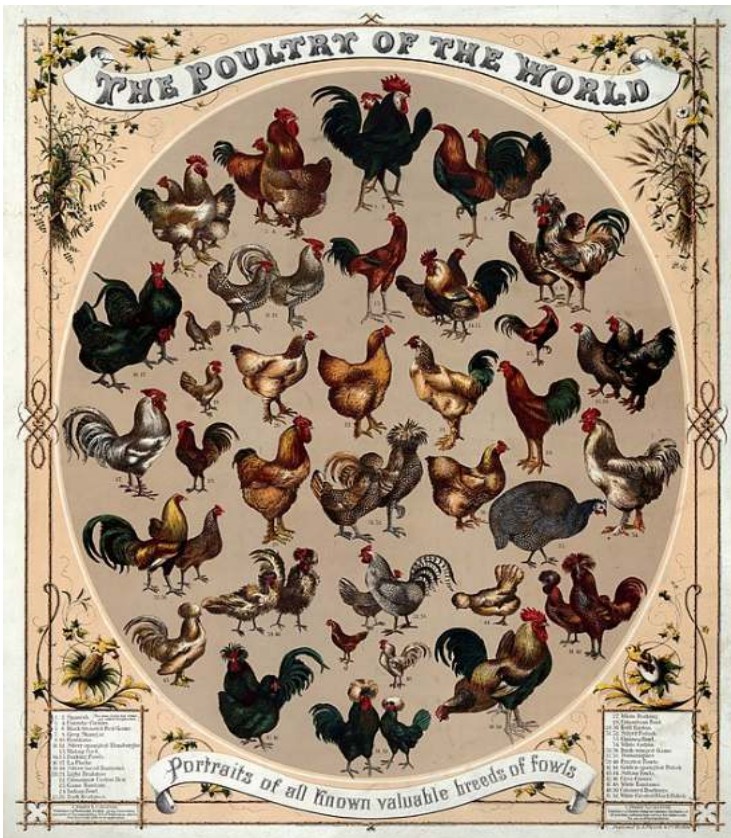
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# INTRODUCTION

Poultry is a bunch of domesticated birds kept by humans for their products such as eggs, their meat, or their feathers. The term also includes birds that are killed for their meat, such as the young of pigeons.

The word "poultry" comes from the French/Norman word **POULE**, itself derived from the Latin word **PULLUS**, which means small animal.



# HISTORY

The origin of what we know today as poultry farming can very probably be traced to Southeast Asia.

Charles Darwin believed that present-day hens come from a wild species of fowl known as “Gallus Bankiva”, which originated in a broad area of Asia extending from India to the Philippines, and which was first domesticated 7,000 years ago.



Fowl are the domestic animals which appear most often in written history. In fact, there were references to them in Chinese documents as far back as 1,400 BC.

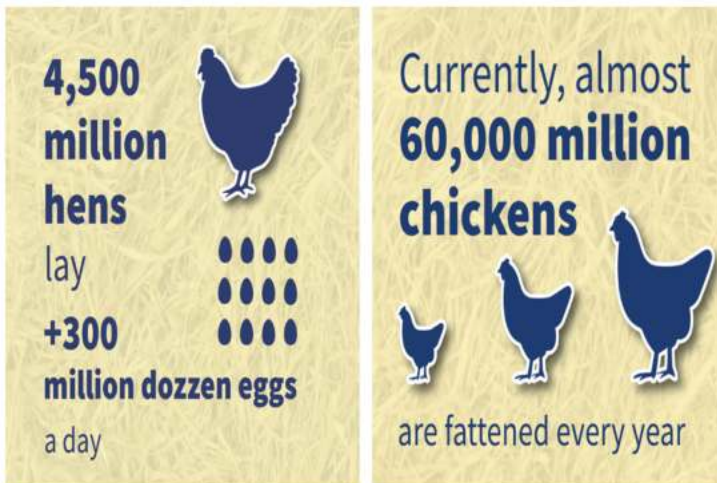
In 400 BC Aristotle wrote that the Egyptians even practise “artificial” incubation of hens’ eggs using dung heaps. Greek writers such as Aristophanes also mention hens in 600 BC and the Romans considered them to be an animal sacred to Mars, the God of War.

The first treatise in which there is a reference to poultry farming practices is the one by Cato (200 BC) which describes the fattening of hens for meat production.

The Muslim Abu Zacaria Iahia, who lived in Seville (Spain) during the twelfth century, dedicated a chapter of his "Book of Agriculture" to poultry farming.

It was at the end of the 19th and the beginning of the 20th century that, due to advances in genetics and nutrition, poultry farming became an expanding livestock activity.

Currently, almost 60,000 million chickens are fattened every year and 4,500 million hens lay more than 300 million dozen eggs a day.



# INHUMANE POULTRY PRACTICES

Animal welfare groups have frequently targeted the poultry industry for engaging in practices that they believe to be inhumane. Many animal welfare advocates object to killing chickens for food, the "factory farm conditions" under which they are raised, methods of transport, and slaughter. PETA and other groups have repeatedly conducted undercover investigations at chicken farms and slaughterhouses, which they allege confirm their claims of cruelty.



Laying hens are routinely debeaked to prevent fighting. Because beaks are sensitive, trimming them without anesthesia is considered inhumane by some. It is also argued that the procedure causes life-long discomfort. Conditions in intensive chicken farms may be unsanitary, allowing the proliferation of diseases such as salmonella

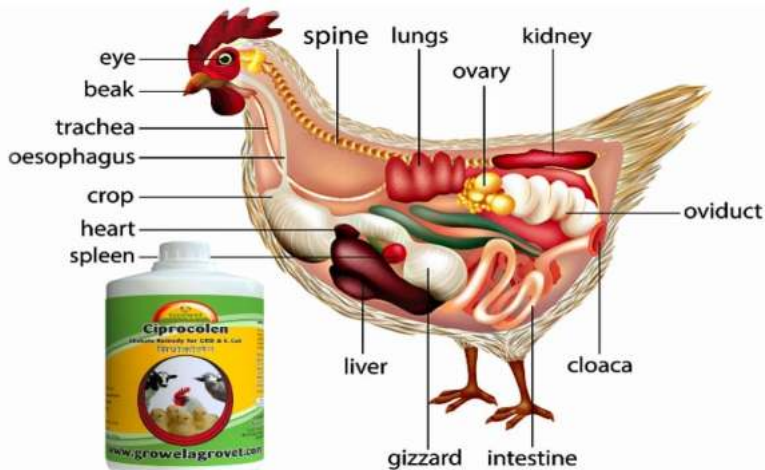
and E. coli. Chickens may be raised in total darkness. Rough handling and crowded transport during various weather conditions and the failure of existing stunning systems to render the birds unconscious before slaughter have also been cited as welfare concerns.

Another animal welfare concern is the use of selective breeding to create heavy, large-breasted birds, which can lead to crippling leg disorders and heart failure for some birds. Concerns have been raised that companies growing single varieties of birds for eggs or meat are increasing their susceptibility to disease.



Antibiotics have been used on poultry in large quantities since the Forties. This is because it was found that the byproducts of antibiotic production—which were being fed to chickens because of high level of vitamin B12 in the antibiotic-producing mold after removal of the

antibiotics—produced higher growth than could be accounted for by just the B12. Eventually it was discovered that the trace amounts of antibiotics remaining in the by-products accounted for this growth. The mechanism is apparently the adjustment of intestinal flora, favouring "good" bacteria while suppressing "bad" bacteria, and thus the goal of antibiotics as a growth promoter is the same as for probiotics. Because the antibiotics used are not absorbed by the gut, they do not put antibiotics into the meat or eggs (Ewing 1963).



According to Consumer Reports, in an "analysis of fresh, whole broilers bought at stores nationwide, two-thirds harboured salmonella and/or campylobacter, the leading bacterial causes of foodborne disease" (Consumer Reports 2010). A USDA study discovered E.Coli in 99 percent of supermarket chicken, the result of chicken butchering not being a sterile process. Faeces tend to leak from the carcass until the evisceration stage, and the evisceration stage itself gives an opportunity for the



interior of the carcass to receive intestinal bacteria. (So does the skin of the carcass, but the skin presents a better barrier to bacteria and reaches higher temperatures during cooking).

Before 1950, this bacterial risk was contained largely by not eviscerating the carcass at the time of butchering, deferring this until the time of retail sale or in the home. This gave the intestinal bacteria less opportunity to colonize the edible meat. The development of the "ready-to-cook broiler" in the 1950s added convenience while introducing risk, under the assumption that end-to-end refrigeration and thorough cooking would provide adequate protection.

E. Coli can be killed by proper cooking times, but there is still some risk associated with it, and its near-ubiquity in commercially farmed chicken is troubling to some. Irradiation has been proposed as a means of sterilizing chicken meat after butchering; while proper storage, handling, and cooking are always important (CDC 2019).

There is also a risk that the crowded conditions in many chicken farms will allow avian influenza to spread quickly. A United Nations press release states:

"Governments, local authorities and international agencies need to take a greatly increased role in combating the role of factory-farming, commerce in live poultry, and wildlife markets which provide ideal conditions for the virus to spread and mutate into a more dangerous form..." (Greger 2006).

# ENVIROMENT AND POULTRY

The poultry industry is a major cause of environmental degradation in the United States. It kills fish and other wildlife, and it makes people sick. In nature chickens and turkey range in small flocks over wide areas contributing to the health and beauty of the land. In poultry factory farming, thousands of birds are crammed unnaturally into extremely small areas. Filth, ugliness, and disease are the result of this unwholesome and unnatural confinement of living creatures.

U.S. slaughterhouses now kill more than 30 million birds every day, 10 billion birds a year (NASS). This carnage pollutes land, air, and water with diseased carcasses, faeces, heavy metals, chemicals, bacteria, parasites, pathogen cysts, and viruses. Poisoned well water is a major problem on the Delmarva Peninsula (the Eastern Shore of Maryland, Delaware, and Virginia), which slaughters over 600 million chickens a year, resulting in an annual 3.2 billion pounds of raw waste, 13.8 million pounds of phosphorous, and 48.2 million pounds of nitrogen. A typical slaughter plant kills over a quarter of a million chickens and uses 2 million gallons of water per day.

In the 1990s, poultry production in 5 West Virginia counties at the headwaters of the Potomac River, which nourishes the Chesapeake Bay, grew from 7 million birds a year to 100 million birds, now producing enough manure to cover "all 160 miles of Los Angeles freeways ankle deep".

U.S. chicken producers use a total of 2.2 million pounds of the antibiotic arsenic compound **ROXARSONE** each year. More than 95 percent of the roxarsonone fed to chickens is excreted in chicken waste which is regularly applied as fertilizer. The arsenic from these applications can leach into surface and ground water supplies and be transformed into inorganic arsenic, a known carcinogen.

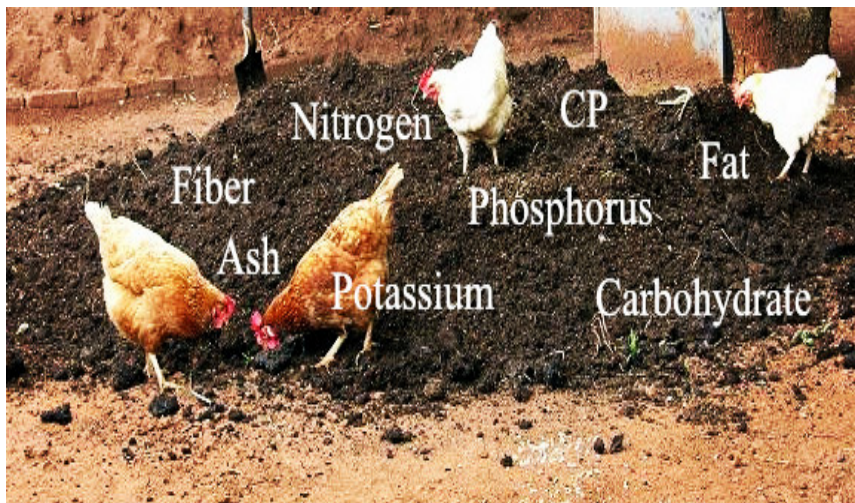


The Delmarva Peninsula produces a million tons of manure a year, enough to fill a football stadium "to the top row, including all the concourses, locker rooms and concession areas".

In California, an egg factory with 837,000 caged hens produces 21,000 cubic yards of manure per year--"the equivalent of about 1,400 dump truck loads".

A poultry researcher states, "The amount of animal wastes produced in the U.S. is staggering. In chickens, for example, the daily production of wastes is essentially equal to the amount of feed used. This means for every truckload of feed that is brought onto the farm, a similar load of waste must be removed. A one million hen complex, for example, produces 125 tons of wet manure a day".

Poultry manure contains large amounts of nitrogen, phosphorous, and potassium. According to the Chesapeake Bay Foundation, though hog and dairy operations produce more manure than a chicken or turkey operation, poultry litter--the mixture of faecal droppings, antibiotic residues, heavy metals, cysts, larvae, decaying carcasses, and sawdust the birds are forced to bed in--has 4 times the nitrogen and 24 times the phosphorous. The annual litter from a typical broiler chicken house of 22,000 birds contains as much phosphorous as in the sewage from a community of 6,000 people.



. Excess nitrogen converts to ammonia and nitrates, burning the fragile cells of land plants and poisoning ground and surface waters. Concentrated poultry waste spawns excess algae that consume aquatic nutrients and block sunlight needed by underwater grasses. In decay, the algae suffocate fish. High levels of nitrate in groundwater used as drinking water can cause methemoglobinemia, a blood disorder in infants, known also as "blue baby disease".

Factory poultry manure contains heavy metals. The 5,100 tons of poultry manure produced daily in Arkansas dumps into the environment, each day, 3,100 pounds of manganese, 3,300 pounds of iron, 540 pounds of copper, 3,600 pounds of zinc, and 300 pounds of arsenic. Arsenic is "a known carcinogenic agent that when inhaled can cause cancer in humans, particularly lung cancer".

Factory poultry manure exposes fish, humans, and wildlife to diseases not normally found in the environment. When earthworms ingest soil containing chicken droppings infected with the cecal worm larvae that carry blackhead disease, wild turkeys, grouse, quail and other wild birds who eat these worms get sick and die.

*Pfiesteria piscicida* is a one-celled microbe that has been linked to the abundant excess of poultry and hog manure on the eastern United States seacoast, eating holes in flounder and in menhaden, a fish that is used in farm animal feedstuffs and as fertilizer. Humans exposed to the toxic aerosol released by *pfiesteria* have experienced neurological injury, headaches, skin sores, memory loss, stomach cramps, respiratory restriction, and violent moods. And even though "water pollution from dry poultry litter is greatest after it is spread on crop land, poultry litter is routinely applied to crop fields near the water. It is fed to cattle as well. In West Virginia, for example, "80,000 head of cattle, many raised adjacent to the chicken houses to take advantage of the litter-based feed, produce more waste".

A 40 X 400 ft broiler chicken house holds 20,000 birds. A 5-lb bird gets only 0.8 sq ft of floor space (North & Bell 457-58). A 50 X 500 ft caged hen house holds 80,000-125,000 hens used for egg production. Each 16-inch-high cage holds 3-9 hens. Each hen has only 48-67 sq inches of wire to live on. Typically, 3 to 5 long metal houses sit side by side in the densely concentrated poultry and egg producing areas.

"Airborne contaminants in poultry confinement units include the mixture of agents comprising organic poultry dust--skin debris, broken feather barbules, insect parts, aerosolized feed, and poultry excreta--and a variety of immunogenic agents, such as viable bacteria and Gram-negative bacterial endotoxins. Industrial hygiene surveys in the chicken processing industry have demonstrated that poultry confinement workers are exposed to high concentrations of such respiratory toxicants". Excretory ammonia fumes from the nitrogen in decomposing droppings damages the systems of both humans and birds.

# REASONS

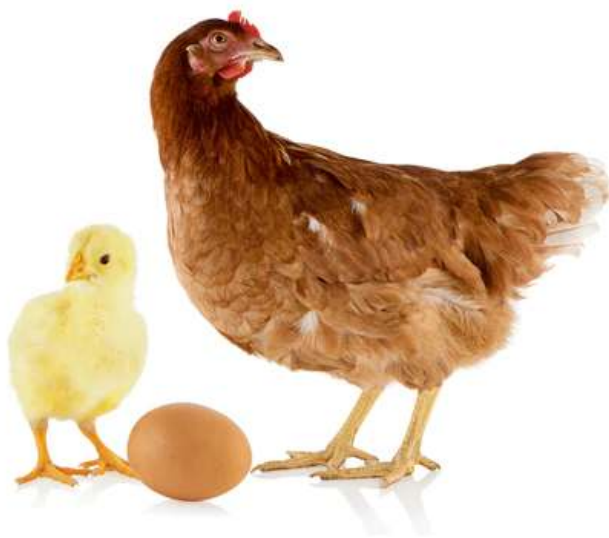
## :WHY ONE SHOULDN'T EAT EGGS?

### 1. Egg is supposed to be only used for reproduction :-

All living beings found on this earth have two properties and that is eating to survive, and reproducing similar species ie, man or animal in the mother's womb. When the egg of the female and the sperm of the male (zygote) are born, it grows and develops to come out of the womb in a fully developed human being , while the birds also take birth in the uterus in the above manner and they first come out of the womb as an egg and later when the eggs hatch, they are born as chicks (thus all birds are called 'dwijas' due to being born twice). From the very beginning of creation, this process has been happening in all living beings.

A girl having attained adolescence at the age of 13-14 years, releases an egg from her ovary every 28-30 days and sends it towards the uterus for conception. Similarly, a chicken attains conception or the conceiving stage at the age of about six months in which the chicken releases an egg from its ovary after every 22-24 hours. In both humans and chickens, the fruition of both the egg and the sperm leads to the birth of a baby. In the absence of fruiting, the egg is passed out in the form of feces through the vagina as a discharge in the women and for the chicken as a daily secretion. Just as special arrangements are made for food and drink to welcome the guest coming to the house, in the same way, a woman experiences blood flowing from the uterus and in the chicken egg, egg white and egg yolk are found in its womb. The special

food is collected for the nutrition of the organism produced in the form of yolk. Therefore, it is proved by nature that every egg is born only for the reproduction of an organism of the same species and not for the consumption of other species. Therefore, just as a woman's menstrual discharge is inedible and indestructible, in the same way, the egg of a hen is also inedible.



## **2. Egg is non-vegetarian:-**

You have read that the egg (seed) of a woman is a living cell and that cell is the basis of progeny. When it combines with the male's sperm, it gives rise to a fully developed homogeneous organism. Nowadays due to the intervention of genetic engineering of various animals like chickens, turkeys, ducks, etc, birds are given a



special type of food to eat even if the egg is not mixed with the sperm. Due to this, that unfertilized egg also develops as a fully-sized fertilized egg. If these two types of eggs are kept equal, then it is impossible to distinguish between them. By taking the advantage of this natural development process of unfertilized eggs, egg-producing companies mislead people by promoting such eggs as 'non-living', 'vegetarian' or 'machine made', but the egg is neither non-living, neither vegetarian nor mechanical. Egg is a hen's living cell and is alive because of its evolved form. 'Vegetarian' is something that is born on trees and plants or by breaking the earth like grass and bushes. The egg is produced from the hen's vaginal tract. It is its liquid embryo, the placenta and is also an immature embryo. If such an egg gets a combination of sperm in the initial stage, then that can give birth to a chick. Someone has rightly said that the egg is not vegetarian, it is also the mother's progeny.



Calling the egg as vegetarian is a selfish move. The egg is not even a 'machine made'. Till date, no such machine has been made, which can produce eggs like biscuits, toffees and sweet balls. Also, to prevent the eggs from rotting in hot temperatures, the company stuffs them in trays and keeps them in large refrigerators. Seeing them being taken out from there, some ignorant people take it being as egg is produced by the machine.

All the signs of life are present in the unfertilized egg, such as breathing, exhaling, all the metabolic activities of food, etc. There are 15,000 tiny pores in the eggshell through which it draws oxygen and releases carbon-di-oxide as well as removes the water contained inside by evaporation. When connected to a polygraph device, you can clearly see the electric vibration in the egg, which is a sign of life. The egg is eaten for its whiteness and yolk. But keep in mind, these are for the nutrition of the unborn chick in it, not for the food of any other carnivorous animal.

The egg production also involves many types of violence. Male chicks are not used much in the poultry industry, because male chickens feed more than female chickens and their weight is also less than that of other chickens, hence the yield from them is less. One rooster is enough for ten chickens to breed chicks and the remaining nine male chicks are suffocated to death as soon as they come out of the egg and are stuffed in plastic sacks. After grinding them in mills into chicken feed, protein is added as a supplement. In America alone, about 8 million such male chickens face this fate every day. God knows about the whole world!

The average lifespan of a chicken is 6 to 8 years. The sole goal of farm owners is to earn maximum profit at a low cost, so they give various types of hormones to make chickens young. These hormones cause many types of complications in the body of chickens and meat-eaters. The egg-laying hen is also supplied at the age of one and a half years to two years, due to reduced egg production capacity to hotels, restaurants and road side dhabas.

The chicken feed fed to the chickens in the poultry houses is also not according to the natural needs of the chickens. Meat meal (meat powder), bone meal (bone meal), blood meal (blood), soybean, maize, millet, and many types of antibiotics are used in it. Worldwide, 1/3 of the total fish (crores, billions) caught from seas, rivers, canals, and ponds are stuffed inside the poultry feed. You can guess for yourself how many other creatures are killed for one egg.



### **3. Non-humane treatment is given to chickens for eggs:-**

Throughout history, the chicken has been considered the highest symbol of motherhood and affection. The Romans believed so much in the motherly abilities of the hen that they called a lucky child as a 'hen's child'.

In the olden days, chickens roamed freely as birds. In the fields and barns, in the streets, on the garbage dumps, they used to dig the soil with their claws and eat grass, insects and their slag. They also had the knowledge of the motion of the sun and moon and stars and the effect of the winds and the loud bang that reverberated throughout the village on sunrise was a sign that they had always kept a complete account of the movement of light and darkness.

But today all this has changed. Poultry farming has now completely transformed into a mechanical industry. Today's poultry farming centre has turned into a 'chicken factory' rather than a farm barn. They are called 'factories' because here chickens live in closed sheds for life, without any natural light. There are no open fields but assembly lines, conveyor belts and eye-catching lights. These chickens, full of emotions, are used in those factories as raw material only, not as a sensitive and living animals. These innocent creatures are not known by their famous names, but by other artificial names, for example, a chicken raised for meat is called a broiler and a chicken that lays eggs is called a layer.

Farmer and Stockbreeder, the official journal of the egg industry, writes - "The modern 'layer' is a very powerful converting machine, which converts the raw material (chicken) into a finished product (eggs). And the wonderful thing is that there is no need for its

maintenance. According to Fred C. Hale, owner of a farm of 2.5 million chickens - 'The goal of egg production is only to make money. If we forget this, then we have to understand that our whole purpose has been lost.

Today's poultry houses are like warehouses that are windowless, floor-to-ceiling, filled with cages stacked one on top of the other. In a full capacity henhouse, 80 thousand to 1.25 lakh or sometimes up to two lakh chickens are filled. A chicken needs at least 8x32 inches of space to spread its wings and stand, but 4 or 5 chickens are kept in 16x16 inch cages for life.



The floors are also not made of mud or brick floors, but of sloping lattice, in which the excreta of the uppermost chickens, bathe constantly the lower chickens. In the area of these poultry houses, many furlongs away, a debilitating foul smell is spread. When this is the condition of outsiders, how do the chickens who live there 24 hours a day, suffer, you yourself imagine?

According to a study published in the journal *The New Scientist*, chickens, if in groups of up to 90 birds, know each other completely, and each of them had an important system of social pecking order among themselves. But when there is a huge crowd of thousands and lakhs, then how can they make sense of their order? Being unable to establish their social identity, they fight among themselves in a very violent form. They injure each other with beaks and sometimes try to chew other chickens raw. This weakens their egg-laying ability and reduces factory dividends. To deal with such a situation, the factory owners cut off the beaks of the chicks with a hot iron blade. This painful process is called Debeaking. This process is not as simple or painless as cutting a man's nail, but as painful as cutting the flesh under the nail with a knife. With the cages constantly standing on the mesh floors, the growing nails of the chickens sometimes get entangled in the floor wires, preventing them from reaching their food and water drains. Other chickens keep trampling their bodies, crushing them, coming and going from above. Such weak chickens lose their will to live, and they die in cages after being fed up with hunger and thirst. To make you experience to such a helpless situation, a writer has written-

Imagine yourself standing in a crowded elevator. The lift is so crowded that you are getting hit from all sides and you cannot change sides. Only think that this is the only destiny of your life, and this torture is not for a day or two, but for a whole lifetime. Only possibility to get rid of this torture is when you come out and hangman waiting you and completes his job immediately.

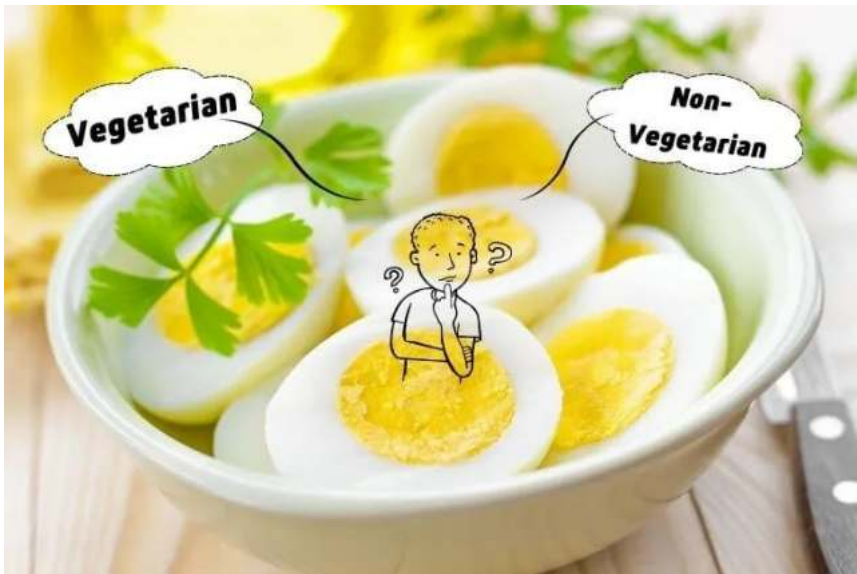
#### **4. Egg is low in nutrition:-**

According to a report of the Dairy and Fisheries Department of Animal Husbandry under the Ministry of Agriculture, Government of India, in 1951-52, the total annual production of eggs in the country was 183 crores, 1,000 crores in 1980 and 2,000 crores in 1989. Increasingly, it touched 3,000 crores in 1999, 4,000 crores in 2003, 5,000 crores in 2006, 6,000 crores in 2009 and 7,000 crores per year in 2015. In the agricultural sector of the country, where the annual growth rate in other products is 1.5 to 2.0 percent, the poultry industry has registered a growth of 8 to 10 percent. A few years ago, poultry farms used to have less than 5,000 chickens, but today chicken farms with 10 to 50 thousand chickens are becoming common. If we look at the numbers, currently our country is ranked fifth in the world in egg production, ninth in poultry-meat production, and 18th in meat-broiler, around 16 lakh people across the country directly and an equal number of people are indirectly associated with this business. More than 30 percent of the country's population is completely vegetarian, and 20 percent of the people rarely consume meat or eggs. The per capita annual consumption of eggs in the country is 37 and of poultry is one kg. The 'National Institute of Nutrition' recommends the per capita consumption should be 180 eggs and 11 kg of poultry meat per year in the country. what a devious conspiracy to force vegetarian people to become non-vegetarians !

Seeing such huge figures, everyone can conclude that due to the food quality of the egg, its demand and production has increased so much, but the reality is quite opposite. In fact, behind all this is the perennial propaganda of egg-producing companies, which is through radio, TV, newspapers-magazines and social media.

It keeps showing its beautiful picture with the means of publicity and populist schemes like computer, mobile etc. The National Egg Coordination Committee (NECCO), the regulatory body of the egg industry in India, is so financially well-endowed that it has the ability to get its desired publicity by tightening the noose on political leaders, officials and media. In a sample of its promotional style, published in a magazine, you can see - "Eggs are indeed a treasure of nature. They are rich in protein and are a complete food for your diet. Egg protein contains all the amino acids. Eggs are necessary for children for their development and for adults to rejuvenate from old age."

"Eggs are a storehouse of vitamins and minerals, which are essential for healthy skin, eyes, blood, teeth, and bones. Eggs are indeed a boon to mankind. An egg is equal in weight of gold."





The 'Poultry Farm Coordination Federation' of Gujarat state suggests eating one boiled egg for breakfast, omelet and egg salad in lunch and egg burji in dinner. To increase the sales of their products, egg companies have put up big hoardings in cities like Mumbai, Pune, Jaipur, Hyderabad and wrote slogans - 'Make a habit of eating eggs'. 'Eggs are vegetarian', etc. In a single day, they distributed 40 thousand eggs in Mumbai, 30 thousand in Pune and 60 thousand eggs in Hyderabad for free. They had only one objective - more sales, higher prices, and higher profits.

An egg has 30 percent yolk, 60 percent egg white and 10 percent its shell. The shell is of no use. Its chemical composition (per 100 g) is as follows - water 74.5 g, carbohydrates - 0.7 g, protein 12.8 g, fat - 11.5 g, cholesterol 500 mg, calcium - 54 mg, iron-2.3 mg., Vitamin B-12 = 2.0 mcg, and Folic Acid-25 mcg.

Egg protein is considered to be one of the best classes. In 1914, two American doctors, Osborne and Mandel, made some discoveries on the ratio of protein requirements of the body. They conducted tests on the body of rats and concluded that they grew more when fed animal proteins (milk, eggs, meat) and less when fed fruits and vegetables (although the fact that the new-born baby of a rat was fed ten times more protein than what was needed for an infant.) After this conclusion, it was accepted worldwide that animal-derived proteins belong to the 'A' category, vegetable-proteins to the 'B' category. Studies in the 1940s made this issue more clear.



They concluded that ten types of specific amino acids are necessary for the physical growth of rats. The deficiency of one or more of these resulted in stunted growth of the rats. After more tests, the number of amino acids for rapid body growth was determined and it was found mainly in animal-proteins, especially in eggs. The mystery and wonder hidden in this discovery was that it was conducted only on the rats but was never tried to replicate on or be tested on human body. Following this blindly, it was assumed that the diet which is ideal and suitable for rats and it will also fit the human body. There after, the conclusion that "animal proteins are better than vegetable proteins" was accepted as a principle. Anyone who tried to think out of the box was rejected as being a psycho a lunatic and a madman

But as the saying goes, 'the truth cannot be hidden by fabrication , insane as the fragrance cannot come, sometimes from paper flowers. So many subsequent discoveries began to deny this notion outright. In 1959, The Lancet, the prestigious journal of the medical world, wrote in its editorial - Formerly, vegetarian proteins were classified as second class and regarded as inferior to fragile bones, shaky tendons, bent lower legs, swollen joints, etc. are the result of mineral deficiencies. Some diseases of poultry farms cause the birds to have crooked bones, twisted necks, and swollen joints." According to Poultry Digest magazine, most chickens in poultry farms today have 'caged layer fatigue'. Due to this the mineral substances keep decreasing in their bones and muscles, due to which they become unable to stand.

The problem of rapid feather loss is also common in today's chickens. The reason for this is unknown. Whether it is from the constant rubbing of the wire of the cage, or the furious feather plucking of other chickens, or a completely unnatural feeding, or the lack of sunlight, nothing is known for sure. Whatever be the reason, due to the absence of feathers, only the soft skins of the neck, abdomen, and back of chickens keep getting rubbed with the wires. Due to this, the skin becomes raw - raw, bruised, and red in colour like blood. They appear to be more like lumps of meat on the move than a bird. Cancer disease surrounds many chickens in this stage.

According to a US government report, today 90 percent of chickens in the poultry farms are suffering from a cancer called Leukosis.

To deal with such a catastrophic condition, various types of sulfa drugs, hormones, antibiotics, and neurofuran drugs are added to the chicken's diet and 90% of the chickens are fed arsenic compounds. According to a news of 'The Hindu' newspaper dated 26-12-2012, due to the indiscriminate use of antibiotics like Amantadine and Ribavirin in poultry farms in Shandong province of China, the government has locked many poultry farms. Highly toxic insecticides such as DDT and Gammexane are used in poultry farms to prevent the spread of pollution in the environment and prevent the spread of diseases.

Medicines are sprayed. These drugs enter the body and eggs of chickens. It is well known that even microscopic traces of such drugs reach the human body, they damage the liver and interfere with the functioning of enzymes.



## **5. Egg is not good for environment:-**

It doesn't matter anymore which came first, the chicken or the egg. Because of industrialised farming practices, layers and laid are contributing alike to an outsized carbon footprint and environmental degradation that needs urgently to be tackled.

The humble egg may appear unassuming, sitting on your breakfast plate or whisked into a sponge cake, but with more than 80 million tonnes produced globally every year – up from 37 million tonnes in 1990 – industrial-scale production is having a huge impact on the planet. It isn't just meat that's the problem.

A new study by scientists at the University of Oviedo, in Spain, published in the Journal of Cleaner Production, looked at the effect the egg industry is having on the environment across 18 categories, including climate change, land use and ozone depletion. They based their findings on research at a poultry farm in Asturias that produces 13 million eggs a year. EU chickens lay 7 million tonnes of eggs a year, and Spain's pollos are among the most productive in the bloc.

The scientists studied how the farm's 55,000 hens were fed and watered, electricity use, how the hens and eggs were transported, how they were housed and cleaned, what packaging was used for the eggs, the birds' waste and greenhouse gas emissions, and the process for replacing exhausted hens with fresh ones. On the last point, they concluded that the industry could become

slightly greener by increasing the “useful life” of its layers, rather than sending them to slaughter after a mere one or two years.

According to Amanda Laca, a researcher at the university’s department of chemical engineering and environmental technology, the greatest impact was on the natural world, with the toxification of water and soil because of run-off from super-farms. Growing food for laying hens was one of the most harmful associated processes, with soybeans far and away the most environmentally destructive feed crop. “Of all plant protein sources,” the study says, “soybean cultivation alone occupies most land needed for production of animal products.”

Laca added that the average carbon footprint of a dozen eggs is 2.7kg of carbon dioxide equivalent, “a value similar to other basic foods of animal origin such as milk”, although “much lower than that of veal, pork, or lamb”.

While global egg production has more than doubled since 1990, however, it is heartening to see demand for vegan egg replacements also on the rise. Companies such as Just Egg and Follow Your Heart have created alternatives so convincing that, according to some vegans, they would scramble omnivores’ minds.



## **6. Production of egg initiates a lot of diseases:-**

You have come to know very well that egg is a living substance. It is a living cell derived from the ovary of a chicken. By feeding it some special types of protein-rich meat, fish, bone etc. supplements increase its growth in the uterus of the chicken itself. When it comes out of the uterus, it needs a set temperature to stay alive and healthy. Experiments have proved that if eggs are kept at a temperature above  $8^{\circ}\text{C}$  for more than a period of 12 hours, purification starts within it. In hot climate-dominated countries like India, it takes 24 hours for the eggs to leave the poultry farm and reach the sales outlet. In many shops, eggs filled in baskets hang for many days. Neither the date of their formation nor their expiry date is written/printed on these eggs. Due to this, no definite information can be given about their true utility.

Despite the strong advertising of egg companies, some unbiased conclusions have come out about the harmful effects of eggs, such as in an article (19-4-1988) published in Time International magazine, author Dennis Grady wrote '1988 Journal of American Medical' Association' has written that eggs cause food poisoning, causing diarrhoea, vomiting, abdominal cramps, fever and headache. The main reason for this is a bacteria called Salmonella Enteritidis, which is found in abundance in eggs. It takes birth in the entrails of a chicken and reaches the human body through its eggs and meat.

The problem is that even after boiling and cooking for a long time, this bacterium does not die. In 1988, England's junior health minister Edwina Curie made a statement that most of the eggs in her country were contaminated with salmonella. Due to this statement, there was a decline of up to 60 percent in the sale of eggs in England. Due to pressure from egg companies, Miss Curie had to resign from the post of minister. It is a different matter that two months later, a leaked secret government report revealed that two million people in England were infected with salmonella in a year due to eating poultry meat and eggs. In addition to Salmonella, the eggs also contain Clostridium paraphruges, C. botulinum Bacillus segus, Vivio parahomolictus, E. coli and campylobacter are pathogenic bacteria.

In fact, the egg is not as good a human being as it is believed. Whether the egg is eaten boiled or fried, its vitamin B-1 (Thiamine) is destroyed. 25 percent of Vitamin B-2 (Riboflavin) and most of Vitamin B-12

(Cyanocobalamin) are also destroyed. Cholesterol is high in egg yolk, the highest of all food. By eating eggs continuously, it keeps accumulating in the liver and blood arteries. Due to this there is an imbalance of fat in the liver and the blood arteries become hard, which results in heart disease.

In 1971, when The American Heart Association established a direct link between food cholesterol and heart disease, egg production companies established the National Commission on Egg Nutrition by advertising in reputed magazines such as the Wall Street Journal. There is absolutely no scientific evidence that eating eggs, even in quantity, will increase the risk of a heart attack. There is no proof. When the AHA countered this, a lengthy legal battle ensued in the court. The Hon'ble Judge in his 101 page judgment termed the National Egg Commission's propaganda as False, Misleading, Deceptive and Unfair. Judge suffers heart attack after eating eggs

Declared the facts to be completely systematic, accurate, powerful and scientific. Other discoveries have also shown a direct relationship between dietary cholesterol and blood cholesterol levels. Apart from heart disease, many other diseases are also learned from eggs.



Doctors have proved it. According to Dr. Robert Grass of America, TB from eggs. And there is dysentery and eggs are also responsible to a large extent for eczema and discoloration. Dr. J. M. Wilkins believes that eggs cause ulcers. Germany's Dr. Agner class believes that eggs are responsible for 52 percent of the production of phlegm. USA Dr. E.V. Emery and Dr. Inha of England described eggs as poison for the human body.

Salmonella is a type of bacteria and a leading cause of food-borne illnesses worldwide.

### What's on the table? Salmonella and eggs edition

Salmonella infections are often linked to the consumption of contaminated eggs.

Eggs can generally be contaminated in two ways:

1. Faecal contamination
2. During egg formation

Salmonella can be found on food such as raw meat, raw dairy products, poultry and eggs.

@SGFoodAgency

## **7. Egg doesn't add much employment either:-**

Although NECCO, a country-wide organization of egg industry. Claims to provide employment to about 16 lakh people in the poultry industry (egg, poultry, and meat). This is their main source of livelihood. But to the depth of the matter

If we look at the dissection, some other facts also emerge. If there is no rain of bank loans and subsidies through various populist schemes by the central and state governments of the country, then this industry will never die. People of poultry farms buy chickens in thousands of lakhs, but the maintenance of chicks, control of heat-cold, epidemic of diseases spreading due to overcrowding and droppings of poultry farms and ever-increasing mortality rate becomes so heavy that People are on the verge of bankruptcy.

The diseases spread in chickens are known as Bird Flu (Avian Influenza). In this, the genes of a virus, after entering another living cell, generate a new strain. That species has the ability to infect the human body. In such a situation, to prevent the further spread of this strain, it can be controlled only by killing lakhs of birds. For example, in 1968 Hong Kong flu killed 46,000 people worldwide. In 1997, when a small child died in Hong Kong from a virus found only in birds, H5NT, the attention of the whole world came to this virus. In December 1997, 1.5 million chickens were killed in Hong Kong after four others died of the virus. Due to migratory birds, the virus spread to China and many other Southeast Asian countries. In the 2005 bird flu outbreak in Germany, 5 km in the North Rhine-

Westphalia region. All 96 thousand chickens and chickens of the poultry farms located in the area were killed. In Maharashtra's Nandurbar district, 50,000 chickens of a poultry farm owner Ganesh Sonarkar's farm succumbed to the deadly disease. Sonarkar also died due to being infected with the same disease.

In 2022, A highly infectious and deadly strain of avian influenza virus has infected tens of millions of poultry birds across Europe, Asia, Africa and North America. But scientists are particularly concerned about the unprecedented spread in wild birds — outbreaks pose a significant risk to vulnerable species, are hard to contain and increase the opportunity for the virus to spill over into people. Since October, the H5N1 strain has caused nearly 3,000 outbreaks in poultry in dozens of countries. More than 77 million birds have been culled to curb the spread of the virus, which almost always causes severe disease or death in chickens. Another 400,000 non-poultry birds, such as wild birds, have also died in 2,600 outbreaks — twice the number reported during the last major wave, in 2016–17. In this context, Klaus Stohr, the official of the World Health Organization's Global Influenza Program in Bangkok, warned that in the near future, the outbreak of this epidemic could lead to the death of two million to seven million people in the world. The number of people can go into billions, out of which 25 to 30 percent of people are admitted in hospitals.

Just imagine, in such horrific situations, the poultry farmers run away with their hands raised, the government feels cheated. The question is not on whose account the loss went, the question is the profitability, credibility and employment generation of the industry as a whole . If governments encourage fruit-vegetable and other cottage industries instead of egg industry and invest money in public utility schemes for storage, sale and export. of agricultural products, then hassle-free permanent employment can be available to more people.



### **8. Many religions donot support eating eggs:-**

In a healthy and vibrant democratic country, every person has every right to follow his well established and time-tested religious beliefs. No one should be allowed to hurt anyone's faith in the name of freedom of speech or writing, blindly imitating foreign culture. Today it has become a fashion in India to ridicule vegetarians by calling them old fashion, orthodox and backward, but this trend

cannot be said to be just. Can a Muslim be forced to eat pork or a vegetarian Hindu Brahmin to eat beef? Something similar should be done with respect to eggs as well. In Hindu temples where fruits and flowers or sweets are offered before the idols, can one offer eggs in that place? In Navratras or on many other festivals, religious people keep fasting, have they heard the law of eating eggs along with other food items somewhere? There is no distribution of meat and alcohol anywhere in the world in the Gurudwaras of Sikhism, has anyone ever heard of eggs being used there? Leave aside the matter of the people, the Government of India itself also considers eggs to be non-vegetarian and has ordered a red mark on every food item containing eggsto label, According to a report of 'Hindustan Times' dated 8 October 2005, the Chhattisgarh High Court, keeping the egg in the category of non-vegetarian, banned its sale in public and open places in the state.

According to the report of National Sample Survey, more than 30 percent people in India are vegetarian. Respecting the religious sentiments of these people, the government should encourage eco-friendly vegetarianism for its citizens, instead of pushing them towards non-vegetarian food.



## 9. There are plenty of options in vegetarian foods instead of eggs :-

The main argument of the proponents of egg promotion in the country is to provide adequate supply of protein to the poor people of India (how much kindness?). But in their vested interests, these people forget or want others to forget that (1) how much protein a person needs, (2) how much protein one gets from ordinary traditional food and (3) constantly giving more and more protein. What harms are caused to the body ?



Just for information, let us tell you that in modern times, Dr. Nathan Pritikin is considered to be the best specialist in nutrition science in America. Thousands of people visit his Longevity Centers. Some people come on wheelchairs just prior to their heart surgery. Some of these people recover after a month and return home jogging. Food is the mainstay and focal point of his program. He says, 'Most vegetarians keep on asking me about enough protein in the diet. But it is my belief that any nutritionist, no matter what natural food supplements he may prescribe, provided that it provides the full amount of calories, can never be deficient in protein. A person should take only six percent of the total calories in his diet through protein and it is impossible to get less than 9 percent of protein in a simple food.'

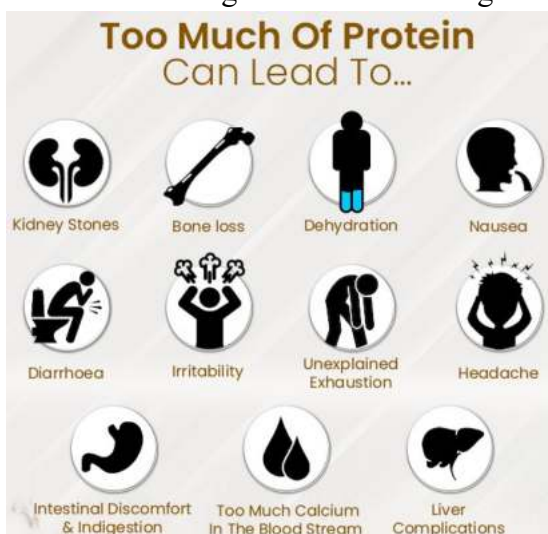
Some argue that they need, in proportion, more protein for their bodily functions. The answer is that we need protein to absorb enzymes, to rebuild blood cells, to grow hair, to make antibodies, and for some other specific functions. There is no direct relationship between heavy physical work and high protein demand, whether in strenuous work, exercise or sports for heavy physical activity.

More carbohydrates are needed, because they are the prime source of energy (fuel) in the body's operations. It has been well proven by hundreds and thousands of discoveries that in complete rest and heavy physical exertion, there is no difference in the consumption of protein in the body. This is the reason, that even without consuming much protein, Dave Scott of America made many world records in triathlon and likewise an American player named Sixto Linear swam 4.8 miles cycled 185 miles and Runs 52.4 miles in a day (24 hours)—without eating any dairy products, meat and eggs in the diet, or taking any additional protein supplements, The National Academy of Sciences of the United States, which is very conservative in making any new decisions, is also of the view that there is very little evidence that muscular activity increases the need of protein.

**Disadvantages of Excess Protein Consumption:** There is an old saying - 'Excess of everything is bad'. This adage equally applies to protein intake. Meat, egg and milk producing companies, on the strength of their effective propaganda system, have inculcated in the mind of the world that 'If you want to live, then consume more and more protein'. This hankering for protein has hijacked the discretion that, how much is needed by the body's machinery and how much protein it can digest. Most of the nutritionists believe that a person doing sedentary work in the male category needs 2400 calories per day, 2800 calories for moderate labor and 5200 calories for heavy work. In a normal woman, this amount is 1900, 2200 and 3000 calories per day respectively in all the three categories. One gram of protein provides 4 calories. Only 5

to 6 percent of the total required calories should be obtained from protein. According to this arrangement, 30 grams per day for a person needing 2000 calories and 48 grams of protein is sufficient for those who need up to 3200 calories. The more the amount of protein in the food increases, the more the bones of the body will become porous and cracked, because there is no system to store excess protein in the body. It has to be flushed out through urine.

Calcium is required to convert protein in urine . Since our bones are the storehouse of calcium, there is continuous degradation of calcium from there, due to which the bones become weak. This is the reason that in developed countries like America, where the consumption of protein in the form of meat, eggs and milk products is double the requirement, the problem of fracture in hips etc. is highest in the world. Even if the amount of calcium taken in food is increased, there is no relief. Fish, walrus and whales are the main food source of the Eskimos. They take upto 250 to 400 grams of protein per day, the highest in the world. This way their calcium intake also shoots upto 2000 mg per day. But unfortunately, amongst them ,Osteoporosis is also the highest in the world. On 22.08.1984, a detailed news was published in The Medical Tribune about the bone density of Americans. Like other discoveries, this also had a clear and precise conclusion that 'vegetarians have stronger bones'.





## What are the health benefits of vegetarian diet?

Why are people drawn towards vegetarianism? Some have made the switch for environmental reasons, or because they love animals and have an ethical opposition to eating them. Others just want to live longer, healthier lives. An abundance of scientific research demonstrates that there are significant vegetarian health benefits. Even the federal government recommends that we consume most of our calories from grain products, vegetables, and fruits.

And no wonder: An estimated 70 percent of all diseases, including one-third of all cancers, are related to diet. A vegetarian diet reduces the risk for chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer including colon, breast, prostate, stomach, lung and oesophageal cancer.

It's almost effortless these days to find great-tasting and good-for-you vegetarian foods, whether you're strolling the aisles of your local supermarket or walking down the street at lunchtime. If you need inspiration in the kitchen, look no further than the internet, your favourite bookseller or your local vegetarian society's newsletter for culinary tips and great recipes. And if you're eating out, almost any ethnic restaurant will offer vegetarian selections. In a hurry? Most fast food and fast casual restaurants now include healthful and inventive salads, sandwiches, and entrees on their menus. So rather than asking yourself why to go vegetarian, the real question is why not?



Vegetarian diets are more healthful than the average American diet, particularly in preventing, treating, or reversing heart disease and reducing the risk of cancer. A low-fat vegetarian diet is the single most effective way to stop the progression of coronary artery disease or prevent it entirely. Cardiovascular disease kills 1 million Americans annually and is the leading cause of death in the United States.

Mortality rate for cardiovascular disease is lower in vegetarians than in nonvegetarians, says Joel Fuhrman, MD, author of 'Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss '. A vegetarian diet is inherently healthful because vegetarians consume less animal fat and cholesterol (vegans consume no animal fat or cholesterol) and instead consume more fiber and more antioxidant-rich produce, another great reason to listen to eat veggies!

### **To keep your weight down**

The standard American diet—high in saturated fats and processed foods and low in plant-based foods and complex carbohydrates — is making us fat and killing us slowly. According to the Centers for Disease Control and Prevention (CDC) and a division of the CDC, the National Center for Health Statistics, 64 percent of adults and 15 percent of children aged 6 to 19 are overweight and are at risk of weight-related ailments including heart disease, stroke and diabetes.

A study conducted from 1986 to 1992 by Dean Ornish, MD, president and director of the Preventive Medicine Research Institute in Sausalito, California, found that overweight people who followed a low-fat, vegetarian diet lost an average of 24 pounds in the first year and kept off that weight 5 years later. They lost the weight without counting calories or carbs and without measuring portions or feeling hungry.



## **To live longer**

If you switch from the standard American diet to a vegetarian, health-focused diet, you can add about 13 healthy years to your life, says Michael F. Roizen, MD, author of 'The RealAge Diet: Make Yourself Younger with What You Eat'. “People who consume saturated, four-legged fat have a shorter life span and more disability at the end of their lives. Animal products clog your arteries, zap your energy, and slow down your immune system. Meat eaters also experience accelerated cognitive and sexual dysfunction at a younger age.” Residents of Okinawa, Japan, have the longest life expectancy of any group in Japan and likely the longest life expectancy of anyone in the world, according to a 30-year study of more than 600 Okinawan centenarians. Their secret: a low-calorie diet of unrefined complex carbohydrates, fiber-rich fruits and vegetables, and soy.



## **To build strong bones**

When there isn't enough calcium in the bloodstream, our bodies will leach it from existing bones. The metabolic result is that our skeleton will become porous and lose strength over time. Most health care practitioners recommend that we increase our intake of calcium the way nature intended through foods. Foods also supply other nutrients such as phosphorus, magnesium and vitamin D that are necessary for the body to absorb and use calcium.

People who are mildly lactose-intolerant can often enjoy small amounts of dairy products such as yogurt, cheese, and lactose-free milk. But if you avoid dairy altogether, you can still get a healthful dose of calcium from dry beans, tofu, soy milk, and dark green vegetables such as broccoli, kale, collards, and turnip greens.



### **To reduce your risk of food-borne illnesses**

The CDC reports that food-borne illnesses of all kinds account for 76 million illnesses a year, resulting in 325,000 hospitalizations and 5,000 deaths in the United States. According to the US Food and Drug Administration (FDA), foods rich in protein such as meat, poultry, fish and seafood are frequently involved in food-borne illness outbreaks. Skip the animal agriculture woes and enjoy health happiness through veg. foods.

## **To ease the symptoms of menopause**

Many foods contain nutrients beneficial to perimenopausal and menopausal women. Certain foods are rich in phytoestrogens, the plant-based chemical compounds that mimic the behaviour of estrogen. Since phytoestrogens can increase and decrease estrogen and progesterone levels, maintaining a balance of them in your diet helps ensure a more comfortable passage through menopause.

Soy is by far the most abundant natural source of phytoestrogens, but these compounds can be found in hundreds of other foods such as apples, beets, cherries, dates, garlic, olives, plums, raspberries, squash and yams. Because menopause is also associated with weight gain and a slowed metabolism, a low-fat, high-fiber vegetarian diet can help ward off extra pounds.

## **To have more energy**

Good nutrition generates more usable energy — energy to keep pace with the kids, tackle that home improvement project, or have better sex more often, Michael F. Roizen, MD, says in *The RealAge Diet*. Too much fat in your bloodstream means that arteries won't open properly and that your muscles won't get enough oxygen.

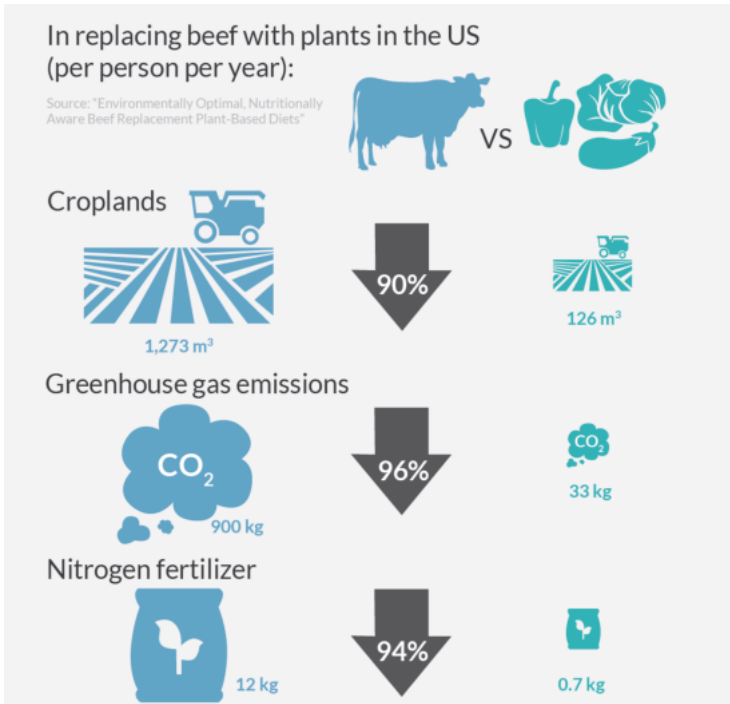


The result? You feel zapped. Balanced vegetarian diets are naturally free of cholesterol-laden, artery-clogging animal products that physically slow us down and keep us hitting the snooze button every morning . And because whole grains, legumes, fruits and vegetables are very high in complex carbohydrates, they supply the body with plenty of energizing fuel.



## To help reduce pollution

Some people become vegetarians after realizing the devastation that the meat industry is having on the environment. According to the US Environmental Protection Agency (EPA), chemical and animal waste runoff from factory farms is responsible for more than 173,000 miles of polluted rivers and streams. Runoff from farmlands is one of the greatest threats to water quality today. Agricultural activities that cause pollution include confined animal facilities, plowing, pesticide spraying, irrigation, fertilizing and harvesting.



### **To avoid toxic chemicals**

The EPA estimates that nearly 95 percent of the pesticide residue in the typical American diet comes from meat, fish and dairy products. Fish, in particular, contain carcinogens (PCBs, DDT) and heavy metals (mercury, arsenic, lead, cadmium) that can't be removed through cooking or freezing.

Meat and dairy products can also be laced with steroids and hormones, so be sure to read the labels on the dairy products you purchase and try to discard them.

### **To spare animals**

Many vegetarians give up meat because of their concern for animals. Ten billion animals are slaughtered for human consumption each year. And, unlike the farms of yesteryear where animals roamed freely, today most animals are factory farmed: crammed into cages where they can barely move and fed a diet tainted with pesticides and antibiotics. These animals spend their entire lives in crates or stalls so small that they can't even turn around. Farmed animals are not protected from cruelty under the law—in fact, the majority of state anticruelty laws specifically exempt farm animals from basic humane protection.

### **To create a plate full of colour**

Disease-fighting phytochemicals give fruits and vegetables their rich, varied hues. They come in two main classes: carotenoids and anthocyanins. All rich yellow and orange fruits and vegetables—carrots, oranges, sweet potatoes, mangoes, pumpkins, corn—owe their color to carotenoids.



Leafy green vegetables also are rich in carotenoids but get their green color from chlorophyll. Red, blue and purple fruits and vegetables—plums, cherries, red bell peppers contain anthocyanins. Cooking by color is a fun vegetarian health hack and a good way to ensure you are eating a variety of naturally occurring substances that boost immunity and prevent a range of illnesses.





**SAY**  
**NO TO**  
**POULTRY**