



NOVEMBER 5, 2020
SACRED COW PRESENTATION - Q & A

Question(s)

We respect Physicians due to a perception that they are knowledgeable and professional. How did they come to support anti-meat, anti-egg, anti-milk campaigns?

As media stories come out and quote science reports, how can you tell the difference between good science and bad science?

Will it be possible to get a copy of the film for educational use? I work with the University of Manitoba's Department of Animal Science and would love to be able to include Sacred Cow in our video library.

You seemed to be not in favour of meatless Mondays, is it because of the rationale that is presented, or do you think eating a vegetarian dinner once a week is unhealthy and/or bad for the environment?

Answer(s)

Great question that is one that might become clearer as the presentation goes on but we can pose that question to Diana to address live shortly!

live answered

Yes. My education distributor is Dark Star Pics, please email Mike: mike@darkstarpics.com

It sends the message to kids that meat is bad, livestock are bad, and allows ultra-processed foods, which are the real villain, a free pass. It's not the burger that's the issue; it's the bun, fries, etc. I'm fine if someone wants to eat more vegetables, but kids NEED iron, B12, and the other

nutrients found easily in animal products. There's ZERO evidence that Meatless Mondays results in less GHG emissions or healthier kids.

live answered

With the amount of people on the planet, many people claim that there wouldn't be enough land to feed the cattle necessary to feed everyone. Can you speak to that?

Why doesn't the Canadian food guide have more meat as a daily protein intake ?

Western dieticians have a huge bias against meat which stems from the Seventh Day Adventist movement – I have more of the history of this in my book.

I completely agree that cattle /ruminants are very important for soil health, nutritious affordable food, unfortunately in Canada, the Manitoba dept of agriculture estimate the average return for a cow / calf to be minus \$144. How to we change this negative reward for something so critical to human survival?

live answered

What is your take on organizations like PETA? How much are they behind some of the push for lab/fake meat?

live answered

Has she heard of Paul Saladino, promotes a more carnivore diet, pretty hard science supporting meat over plant based diet.

live answered

Diana. Can you give a brief history of what brought you to write this book/film. Why are you passionate about this?

Do you think it is necessary for us to move out of cities in order to be able to supply everyone with the amount of meat they need sustainably? Would there be distribution challenges in cities and added carbon emissions from transportation, processing and packaging?

Most of us here tonight agree with you. Do you have speaking engagements with schools, colleges, med schools, other urban venues?

Does she promote seasonal diets ?

What are your thoughts on the cricket protein movement? Is it as environmentally and health beneficial as beef protein?

It seems like we can only feel this emotional attachment to life that we can see with our own

I have this in my book – but briefly, I was very sick as a child, loved nature and worked on farms as a teenager and college student. At age 26 I was diagnosed with Celiac, which explains how sick I was as a kid, got more interested in nutrition, went back for a graduate degree in my 30's, and decided to bring the nutrition and farming knowledge together.

Not necessarily, hub and spoke distribution systems can deal with cities well.

I have a few lined up and am raising money to help fund the time it takes to reach out and do these. People can donate to the impact campaign through my website, www.sacredcow.info

Yes, sort of. Eating as local as possible is always ideal. No, crickets are raised on grains and in pretty gross conditions, and they do nothing to improve soil health.

Haven't thought of it this way

eyes. Do you see a correlation between our ignorance of the death of micro-organisms in soil, and our downplaying of the threat of the current pandemic?

Also still really interested in the lab raised protein .energy balance? and if she has looked into the lifecycle analysis of that ?

Economies of scale have probably been the biggest factor that have allowed processed food to become so inexpensive and therefore so pervasive, do you think that there is a limit to the size of a grass fed beef operation where the benefit of lower cost is offset by a less sustainable model?

What kinds of questions are food clients (especially new ones) asking about your production processes when you interact with them?

Have any of the panelists employed the Haney Soil test (link provided below)? If so, what are your

There are no LCAs on lab meat because it's not happening right now at any sort of scale, but from what I understand it's a hugely energy intensive process so to me it makes no sense from a thermodynamic perspective. I write more about this in the book.

Sure, or grazing can be regenerative while still sending to finish on grain. Lots of way to improve.

Many want to know about food ingredients in our value added products (hamburgers, sausages, etc) I have Crohn's disease so we strive for "clean" foods with minimum additives and fillers.

Others wonder about whats in the animals feed, and the butchering process

We are participating in a General Mills Regen Program partnered with Understanding Ag, part of the program was

thoughts for using the results for nutrient management decision making on the farm.

[https://www.wardlab.com/how-healthy-is-your-soil/?utm_source=google&utm_medium=10&utm_campaign=Haney Test \(CY\)&device=c&utm_term=+haney soil +test&gclid=CjwKCAiA4o79BRBvEiwAjteoYCUsdIKZBq3ncJ_8CJeZSjOtVcH-IKzXI5rr71KanvbNsCv0QyHP8hoCgj8QAvD_BwE](https://www.wardlab.com/how-healthy-is-your-soil/?utm_source=google&utm_medium=10&utm_campaign=Haney+Test+(CY)&device=c&utm_term=+haney+soil+test&gclid=CjwKCAiA4o79BRBvEiwAjteoYCUsdIKZBq3ncJ_8CJeZSjOtVcH-IKzXI5rr71KanvbNsCv0QyHP8hoCgj8QAvD_BwE)

If I am just starting on the regenerative journey what are the best metrics to get now as a starting point to understand if we are moving in the right direction.

Eg; soils tests

What is your opinion on where that influx of gluten-intolerance comes from in recent years.

Do any of the panelists employ a slate test (or other physical or biological tests as apposed to chemical tests) to monitor water infiltration or soil health? Do you see a future where restaurant patrons ask about the nutrient density of food?

baseline soil and ecosystem measurements (including the haney test) I look forward to the outcomes that will be measured in a few years.

Soil compaction, water infiltration, organic matter %, macro/micro nutrient levels...among some others, insect, plant, bird, animal biodiversity

Could be that we know more now than we used to, gluten in wheat is more powerful than in the past due to wheat that now has more seed heads on it, or could be glyphosate – or a combo of all of these.

We use this method for infiltration.

https://www.nrcs.usda.gov/Internet/FSE_DOCUMENTS/nrcs142p2_052494.pdf

I see a small percentage growing and with that more restaurants promoting. It is a cart and horse situation i believe. The more we talk about it the more the public will ask and look into it

