



# The Ignored Commandment: and Homo Sapiens Species Evolution

*Herbert M. Garvin*

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Suggested Readings: 1. The China Study, The most comprehensive study of nutrition ever conducted and the startling implications for diet, weight loss and long- term health. T. Colin Campbell, Ph.D., and Thomas M. Campbell. (2006) 2. The Compassionate Diet, A diet for all reasons: Physical, Social, Ecological & Spiritual wellbeing. Arran Stephens and Elliot Jay Rosen Ph.D., Foreword by H.H. Sant Rajinder Singh Ji Maharaj. (2009). 3. The Food Revolution, How your diet can help save your life and the world. John Robbins., Foreword by Dean Ornish, M.D. (2011). 4. Healthy at 100: How you can -at any age- dramatically increase your life span and your life span. John Robbins. (2006). 5. No More Bull, The Mad Cowboy Targets America's Worst Enemy: Our Diet. Howard F. Lyman with Glen Mercer & Joanna Samorow- Mercer. (2003). 6. A Cancer Therapy: Results of fifty Cases & The Cure of Advanced Cancer by Diet Therapy. A summary of thirty years of clinical experimentation. Max Gerson, M.D. (1958), (1999), (2002). Suggested Internet Websites: 1. <http://freefromharm.org/> 2. <http://www.vegsource.com/> 3. <http://philpapers.org/browse/vegetarian> 4. <http://academic-editor.com/vegbib.html> 5. <http://www.all-creatures.org/cva/honoring.htm> 6. <http://www.all-creatures.org/articles/ar-ffh-evolved.html> 7. <http://www.christianvegetarian.co.uk/> 8 <http://www.cvauk.org/christianity-ethical-diets/2152>

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