

# Arnold Schwarzenegger and James Cameron Have a Message for Everyone: Eat Less Meat

The Director, James Cameron, and former governor of California, former movie star, and former omnivorous bodybuilder, Arnold Schwarzenegger, remind us that animal agriculture is responsible for more greenhouse gas emissions than the combined exhaust from all transportation. Cameron, vegan since 2011, and long time meat eater, Schwarzenegger, are promoting a plant-based diet. Together they are supporting China's new directive that asks its citizens to cut down on meat consumption to prevent illness such as heart disease and diabetes. Schwarzenegger says he feels fantastic and tells us not to buy into the idea that we need more meat to be strong. He also says:

*Less meat, less heat, more life."*

## True Activist Reports:

*According to the documentary Cowspiracy, livestock and their byproducts account for at least 32,000 million tons of carbon dioxide (CO2) per year or 51% of all worldwide greenhouse gas emissions. By utilizing land to grow crops that feed humans rather than cows, world hunger can be managed and the large amounts of methane produced by the livestock (which is 25-100 times more destructive than CO2 on a 20-year time frame) will be lessened.*

*It all begins with the little choices you make. Thankfully, eating healthy, plant-based food is easier now, more than ever. Whether you purchase veggie burgers at the store or opt to make your own, there are a variety of ways you can please*

*your palate while helping the planet.*

*Schwarzenegger correctly advises: "You have to start slowly, you can't just convince people to stop eating meat altogether. It's a very big challenge, it doesn't mean it shouldn't be done and you shouldn't be on that campaign, but it's a very hard thing to overcome."*

*It doesn't have to be difficult, and it can most definitely be delicious. [Click here](#) if you need recipe inspiration.*

*Arnold Schwarzenegger partnered with the Wild Conservation Society to raise awareness about the issue of poaching. In that video, he made it clear that poachers will pay for their crimes against humanity as killing African Elephants for their tusks is likely to result in their demise within the next decade.*

## **Conclusion**

It's not that eating meat is bad for you, contrary to what almost every vegan argues. The concern with meat regarding health is if it's factory farmed or otherwise unhealthy meat, how it was processed, and how it is cooked. Meat, when of healthy quality and prepared right, is not "bad" for you. Raw fresh produce is the best thing to eat, but if that was all we ate we'd need to graze on food all day, especially if we are active. Regardless, there are many other great reasons to stop eating meat or to cut down.

If you choose to eat meat, please do so responsibly, and don't forget that your money will be a vote for cruelty or a vote for better treatment every time you purchase meat. Please be an informed customer.

### **Sources:**

- *Arnold Schwarzenegger Has A Message For Humanity, And It*

*Concerns What You Eat – True Activist*

- *Facts – Cowsspiracy*