

LOVE MILK HATE SLAUGHTER



Manifesto available in Welsh upon request

www.ahimsamilk.org



**THE AHIMSA
MANIFESTO
2017-2030**

CONTEXT - HISTORY AND SYNOPSIS OF MODERN DAIRY FARMING

For centuries a symbiotic or mutually dependent relationship has existed between cows and humans. It used to be that cows produced milk for their calves to drink, and in return people would generally give them protection and provide land with lots of fresh grass for them to eat. In return, the cows would naturally and happily produce more than enough milk, and this excess milk was accepted by human beings to drink.

With increasing industrialisation, modern man lost his sense of dependence on nature. His approach to the natural world in the last century gave way to corporate greed.

The pursuance of economic growth now dictates that cows go through the most horrendous suffering. The modern milk industry continues to churn profits on unnatural, intensive farms. The recent Vegan movement has made inroads into questioning this process, but globally people still use dairy products. Apart from milk products, vital topsoil, which has been so depleted through modern farming methods, benefits from Ahimsa's approach. Small family farms with fields are best fertilised with manure; the by-product of sun, water and grass.

Farmers have been forced to become dependent on intensification with pressures from governments and agri-business. This has resulted in countless family farms losing their livelihoods despite generations of working the land.

This Ahimsa effort seeks to rectify this and offer a global solution, especially in areas of the world where nipping out to the local supermarket and buying Vegan products is not possible.



AHIMSA DEFINED:

Ahimsa (pronounced 'a-him-sa') is an ancient Sanskrit word meaning 'non-harm' or 'non-violence' and was the creed by which Mahatma Gandhi famously lived. The philosophy of Ahimsa includes the understanding that suffering given to another will return as suffering to oneself.

Dr. Neal Bernard P.C.R.M. (the Physicians Committee for Responsible Medicine) says: "The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of 'real food for real people', you'd better live real close to a real good hospital."

"Ahimsa is an ancient practice and we seek to encourage it back into modern farming methods. Our aim being to restore sanity to a world spinning out of control with industrialised farming and the environmental calamity it causes. Ahimsa will abolish the horrendous mistreatment and torture of animals. A cow is not a wild animal and needs protection to survive.

You can be Vegan and Ahimsa. Your decision whether or not to eat dairy is yours, but the decision to end factory farming and animal cruelty is all of ours."

Chrissie Hynde

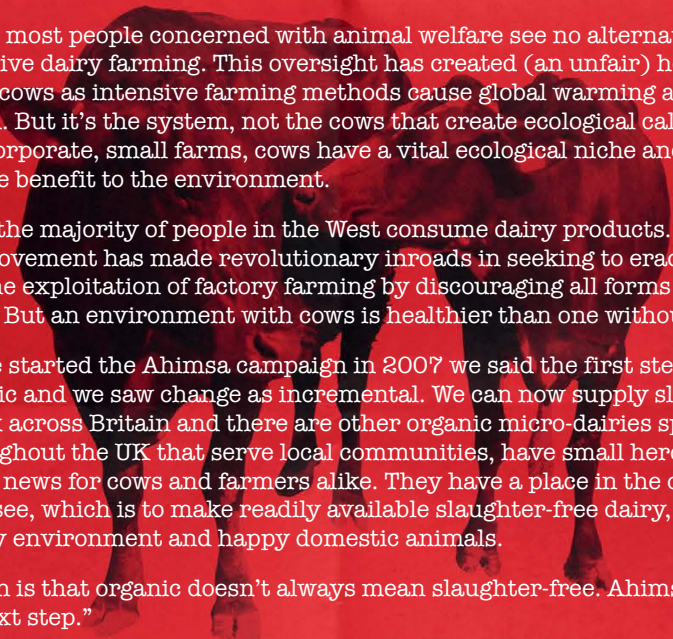
"In 2017, most people concerned with animal welfare see no alternatives to intensive dairy farming. This oversight has created (an unfair) hostility towards cows as intensive farming methods cause global warming and pollution. But it's the system, not the cows that create ecological calamity. In non-corporate, small farms, cows have a vital ecological niche and are a positive benefit to the environment.

To date, the majority of people in the West consume dairy products. The Vegan movement has made revolutionary inroads in seeking to eradicate the inhumane exploitation of factory farming by discouraging all forms of dairy farming. But an environment with cows is healthier than one without them.

When we started the Ahimsa campaign in 2007 we said the first step was to go organic and we saw change as incremental. We can now supply slaughter-free milk across Britain and there are other organic micro-dairies springing up throughout the UK that serve local communities, have small herds, and are good news for cows and farmers alike. They have a place in the change we want to see, which is to make readily available slaughter-free dairy, promote a healthy environment and happy domestic animals.

The truth is that organic doesn't always mean slaughter-free. Ahimsa is the next step."

Nicola Pazdzierska: Co-Founder of The Ahimsa Foundation



THE AHIMSA MANIFESTO 2017-2030

MANIFESTO PRINCIPLES:

1. NEVER KILL A COW

- At the heart of the Ahimsa manifesto is its primary principle of no slaughter of any cows, calves or bulls. A conscious approach to care for all animals rather than exponential expansion will arrest overpopulation and resulting slaughter.

2. CALVES SUCKLING FROM MOTHERS

- Calves should always be the first and foremost beneficiaries of their mother's milk, and be allowed to suckle for the first six months of life and never separated from their mothers.

3. MILKING BY HAND

- The Ahimsa model dispenses with modern milking machines.

4. GIVING OXEN MEANINGFUL WORK

- In China where people didn't traditionally drink milk and had a taboo against eating beef, oxen were used for draft work. This system does not use fossil fuels and has a positive impact on the earth, a win-win all round.



5. NATURAL INSEMINATION

- The forced extraction of male semen from bulls and posting it around the world is banished in the Ahimsa system. Cows are not artificially inseminated.
- Cows run with a live bull every two to four years. They are not pregnant every year.
- Cows have long lactation periods and can continue giving milk for years after having a calf.

6. SUSTAINABILITY / REPLENISHING THE SOIL

- Cow dung (AKA green gold), replenishes the soil. It is the highest grade of fertiliser, necessary for growing vegetables and grain.
- The Ahimsa principle is against using chemical inputs or artificial fertilisers which degrade the environment.
- Cows are fed on organic pasture and the land farmed to actively encourage wildlife and biodiversity.

7. RETIREMENT FOR COWS

- Cows are retired when their productive days are over and join the non-milking herd as elder members. There they pass their days peacefully, knowing they will be cared for.

8. ORGANIC SMALLHOLDINGS - THE MODEL OF THE PAST & FUTURE

- Ahimsa seeks to ensure the revival of family farms, and the end of industrial farming.

9. THE IMPORTANCE OF KEEPING COWS EVEN IF ONE DOESN'T EAT DAIRY

- Cows are simple yet intelligent creatures, and a joyful part of rural life.

10. THE SYMBIOTIC RELATIONSHIP

- The domestication and loving guardianship between man and cow and other fellow creatures creates a profound relationship, invaluable and indispensable to life on earth (add a cat or a dog or a child to that mix and you'll have one happy family).



AHIMSA AND THE VEGAN VIEWPOINT:

- Ahimsa and Vegans actively campaign against the meat industry and Mega Dairies.
- Ahimsa and Vegan individuals have generally been active in Animal Rights movements since their inceptions.
- Vegans believe that humans should never consume any animal products, their reasons being the welfare of animals and what's appropriate to human nutrition.
- From the Ahimsa point of view, small farms and farm animals, particularly cows, are necessary to replenish the top soil for growing crops through their dung and selective grazing.

In many parts of the world, where supermarkets don't exist, one cow can sustain a human family and benefit them with its nutrient-rich milk products whilst the cow can consume grass and forage inedible to humans.

- **Sanjay Tanna (Co-Founder of Ahimsa Dairy Foundation)** says: "The Ahimsa Dairy Foundation (ADF) began in 2007 and was incorporated in July 2010. It is a not-for-profit company which campaigns for and promotes the concept of slaughter-free milk: milk whereby no cows, calves or bulls are ever slaughtered. We are offering a compassionate model of dairy farming geared towards small farms feeding local communities. Our aim is to be the standard by which all dairy production in the UK is to be measured."