

INVESTOR'S MAG

Issue no. 21
June - Aug 2022
Rs 150

Mauritius IFC aspires to grow its contribution to GDP in real terms to USD 1.9 billion

Mahen Kumar Seeruttun
Minister of Financial Services and Good Governance



Egypt looks for Mauritius support on the crucial issue of the Grand Renaissance Dam

Dr. Alya'a Samir Borhan
Ambassador | Arab Republic of Egypt to Mauritius



A Ministry of Happiness will do good to Mauritius in today's reality

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ISSN 0169-4448



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Vegan for our Planet

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Most people love meat. Its taste, smell, texture, and the social experience around it. But the question is, does meat love us back?

The thought of giving up meat and other animal products or even reducing their consumption often stirs up negative emotions. Why are we resistant to this inevitable change?

Most of us agree that Earth is in a crisis, and it's our fault. For decades upon decades, we have been careless about the planet that gives us everything we need to survive and thrive—food, water, air, shelter, medicine, and so much more. Our constant indifference to nature endangers the lush

forests, abundant rivers, fertile soils, magnificent oceans, rich biodiversity, and our own future.

A positive sign is that more and more people are becoming conscious of environmental issues. However, there is a gap in our approach to sustainability. People tend to focus on recycling waste, cutting down on plastic, using environment-friendly fuel, finding renewable energy resources, etc. While these problems are critical for us to solve, we keep ignoring a key issue around sustainability—food.

What does food have to do with sustainability?

Some of you may be surprised, but everything on your plate has its own

impact on the planet. Meat, dairy, and other animal products have the worst environmental footprint of all. However, we are creatures of habit, and eating is an emotional adventure we go on several times a day. Food connects us with our past; the family meals our mothers and grandmothers prepared for us. It is tied to some of our most beautiful memories. And for most of us, animal products are ubiquitous in the food we love.

Meat and other animal products are understandably hard to give up. However, environmental experts are still pushing the case for a plant-based or vegan diet. A recent study by researchers from the University of Oxford showed that eliminating meat and dairy can reduce a

person's carbon footprint by 73 percent. According to them, a vegan diet is the "single biggest way" for any individual to reduce their harmful impact on the planet.

How do animal products harm the planet?

Every year, we slaughter around 70 billion animals for food. As the number of people in the last 50 years doubled, the amount of meat, we ate tripled. Our appetite for animal products has seen an alarming rise over the years. And it has come at a great cost to our planet.

Climate change will soon become out of control.

As the United Nations 2021 report points out, climate change is a "code red" emergency that needs our immediate attention. Greenhouse gas emissions from agriculture are on par or even more than the emissions from all transportation combined. Producing meat from grass is not very different from burning fossil fuels. However, animal agriculture doesn't just produce carbon dioxide; it also releases alarming levels of methane and nitrogen oxides into the atmosphere.

These two gases are rapidly accelerating climate change. However, if we can eliminate their emission, climate change can rapidly slow down as well. That's why replacing animal products with plant-based foods is the most immediate and effective strategy for mitigating climate change. The United Nations has recognized this opportunity and is encouraging governments worldwide to create policies that reduce meat consumption.

We are running out of resources.

One acre of land can feed fourteen times more people on a plant-based diet than the standard American diet of meat, eggs, and dairy. If we did turn to a plant-based diet, five billion football fields of land could be returned to forest land, which is important considering we've cut down half the trees in the world in our lifetime. At this rate, we have only about 40 years left before destroying all the trees.

Agriculture consumes more water than any other major global

industry, accounting for 70% of global water use. One cow can drink up to 189 litres of water per day. It takes 2000 litres of water or 10 drums to produce one beef burger. If you haven't yet started to collect your rainwater, you could start by substituting your next beef burger for the veggie option.

Livestock takes up nearly 80% of global agricultural land yet produces less than 20% of the world's supply of calories. This is because most of the food grown in the world is fed to these animals, yet millions of people go hungry. Due to the land shortage, we are squishing into tiny houses and sky-rise buildings. With less land going to livestock farms and the feed that we grow for them, we can have more space for ourselves. Perhaps all of us can live in lush properties surrounded by nature in a vegan world.

About 50% of our natural resources are used for animal agriculture. That's our precious clean water, land, energy, trees, and clean air. We only need 5% of these natural resources to sustain a plant-based diet for all of humanity.

The rich biodiversity will get much less diverse.

Every second, 1.5 acres of rainforest are lost to create more space for animal agriculture or feed production. Animal agriculture has destroyed around 91% of the Amazon rainforest. These overwhelming statistics prove that animal agriculture can cause our majestic rainforest to completely disappear in the coming years.

We were given an incredible ecosystem in which to live, but we are destroying it every day. Emissions from animal agriculture not only warm up our planet but also cause ocean acidification which makes our oceans uninhabitable to marine life and kills off entire reef ecosystems. In North Carolina alone, there are 2000 pig farms with catchment areas, sometimes the size of 4 football fields, that collect urine, blood, and faeces. They look like blood lakes from the sky. These are seeping into clean waterways and creating ocean dead zones—places where nothing but algae will grow.

We have been eating animal-derived foods for years, how can we give them up?

The best answer to that question is to try going vegan for a short time with a group of people that provide the much-needed support and make it fun. That's what we have been doing at Ecoshe, for example, in January we ran a one-month challenge called Veganuary Mauritius. For the month of January, our participants pledged with their own cash to follow a vegan lifestyle, they earned their pledge back on the days they succeeded. It was fun, competitive, and enlightening for most. Here are some participant feedback, included of their thoughts: feeling light and good, committed to adopting this way of life. Skin improvement, more radiance and a reduction in cheese cravings.

There is no shortage of delicious vegan food with options like plant-based meat, milk, eggs, and butter growing day by day. However, right now, it may be difficult to imagine a world with more vegans than non-vegans. Some of us may think that they alone can't make an impact on the burgeoning problems of the planet, so it's not worth it to try.

However, that approach is far from the truth. When one person makes a positive change in their life, they can influence one more person at the very least. And that person can influence more people. Veganism can spread in a domino effect. That's why it's possible for the world to go vegan, one individual at a time—and it will definitely be worth it for you to try!

Join us in one of our upcoming challenges and many other events around health, veganism and sustainability.

Investment opportunities...

One of our plans to contribute to the preservation of the planet is to have wellness centers. We are looking for investors to create these residences and retreat centers. These residences will be alcohol-free, drug-free, smoke-free, and meat-free sanctuaries where like-minded people can live together or retreat for holidays.

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September 2015
Volume 10 Number 3
Pp. 10-15

**Mauritius 50 agrees to
grow its contribution to
SDP in next three to
five years**

**Minister Kumar Samarasinghe
addresses UN General Assembly
and United Nations Security Council**



**100+ banks but
increased support in
the crisis faced by the
banking community**

**Dr. Ayesha Samad Samarasinghe
addresses UN Security Council
and UN Human Rights Council**



**A Ministry of
Happiness will do
good to Mauritius
in today's reality**

**Richard Eustachius
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