

**PRESS CONFERENCE WITH SUPREME MASTER CHING HAI  
ON THE ORGANIC VEGAN DIET AS AN URGENT CLIMATE CHANGE SOLUTION**

During a press conference with members of the Mexican media on Saturday, December 18, 2010, spiritual teacher, humanitarian, poet, and artist Supreme Master Ching Hai spoke about livestock production as a primary cause of damage to the planet and why it is necessary for the world to switch to organic vegan agriculture – and fast. Media groups present for the conference included: Novedades de Quintana Roo, La Verdad Editorial, De Peso, Por Esto Quintana Roo, Un Nuevo Quintana Roo, Radio Formula, Radio Turquesa, La Voz de los Mayas Revista, Cancun Radio, El Periodico Quintana Roo, and Canal 10.

In her speech, Supreme Master Ching Hai briefed the journalists on current evidence of an extremely urgent climate change reality, saying that we are headed towards the “worst-case scenario” so a faster approach is needed.

She explained that according to US scientists, the livestock industry is responsible for at least 51% of all greenhouse gas emissions, damaging the atmosphere with particular severity due to its huge releases of methane and black carbon. Unlike carbon dioxide, the more commonly discussed greenhouse gas, methane and black carbon are 100 and 4,470 times more potent in heating the atmosphere than carbon dioxide, yet are much shorter-lived. Reducing these sources – by stopping meat production – could bring the quickest planet-cooling effects.

Supreme Master Ching Hai also cited findings that switching to organic farming of vegan fare worldwide could further reduce carbon dioxide levels in the atmosphere by up to 40%. This is the power of the “organic vegan solution,” which is presented in detail through the newly released book, ***From Crisis to Peace: The Organic Vegan Way Is the Answer***, a compilation of scientific data and Supreme Master Ching Hai’s informed analysis and views on climate change solutions, freely available in English and Spanish. It can be read **online free of charge at [www.Crisis2Peace.org](http://www.Crisis2Peace.org)**.

Supreme Master Ching Hai then outlined other crucial environmental reasons why we need to become vegans. “Livestock farming,” she said, “is like producing food in reverse. In fact, the ‘product’ is hunger. And the many by-products are water shortages, food crisis, water, air, and soil pollution, deforestation, desertification, ocean dead zones, and biodiversity loss.”

The press conference proceeded with a question-and-answer session with journalists in a comfortable and candid atmosphere. Supreme Master Ching Hai answered them fully and attentively, bringing in knowledge about climate change impacts within Mexico as well as the toll of meat-related diseases on the Mexican people, among many compelling statistics given.

Supreme Master Ching Hai also wished to express her appreciation for the media and their noble role in sharing the information about these priorities for climate change. The journalists were invited to experience the organic vegan solution firsthand through an enticingly delicious and cruelty-free lunch. Climate change is an issue of our survival, but it’s also – as Supreme Master Ching Hai pointed out – a matter of saving billions of animals’ lives through nonviolence, thus preserving our humane goodness. “The world needs not only food and money, but also spiritual infusion,” she stated. “We must shape our future on virtues and compassion.”

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Supreme Master Ching Hai is a world-renowned humanitarian, environmentalist, author, artist, designer, musician, poet and spiritual teacher, whose love and care for humanity extend beyond all racial and national boundaries. For decades, she has also been one of our planet’s most dedicated ecological pioneers, promoting environmental protection, biodiversity preservation, reforestation, sustainable living, and most importantly, the organic vegan diet - the quickest, most effective way to solve the climate crisis. For in-depth information about Supreme Master Ching Hai, her thoughts on the solution to save the planet, and the Quan Yin Method of meditation, please visit [www.SupremeMasterTV.com](http://www.SupremeMasterTV.com) or [www.GodsDirectContact.org](http://www.GodsDirectContact.org).

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