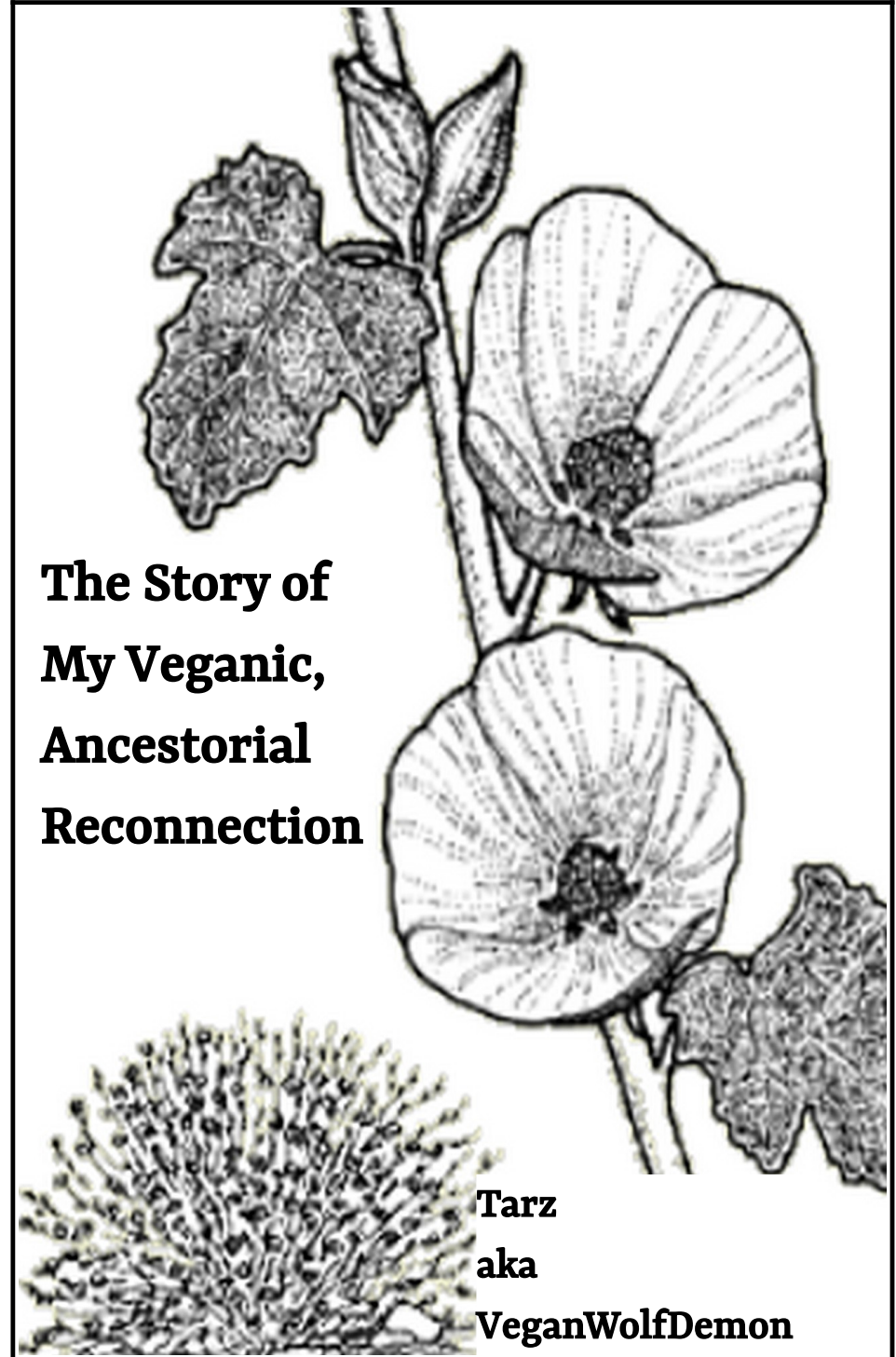


“My ancestors of the Southern Paiute people practiced agriculture before European colonization. We cultivated crops such as corn, squash, melons, gourds, sunflowers, beans, and wheat, primarily using floodplain farming techniques with reservoirs and irrigation ditches. Before European contact, my people engaged in a form of agriculture that was well-suited to our environment. We would plant the crops in the spring and use the natural flooding of the Colorado River basin to irrigate their fields. This method of farming allowed us to sustain ourselves on a diet primarily composed of the crops we cultivated. The introduction of animal agriculture through colonization significantly changed our traditional way of life and diet. Prior to this, our diet was centered around the crops we grew and gathered from the land.”

**Warzone Distro
WARZONEDISTRO.NOBLOGS.ORG
2025**



The Story of My Veganic, Ancestral Reconnection

**Tarz
aka
VeganWolfDemon**



The story of remembering my true authentic self, an empathetic being of love...

We are all born vegan, then throughout the course of our lives we are taught violence. We are told harm and oppression to others is normal if they don't look like you.

I was indoctrinated into speciesism like most of us, but also raised by generations of psychopathic-serial deer, fish, bird, and bear killers & dog lovers. Taught that it was okay to show love and compassion to some beings, and at the same time okay to take the life of another's who didn't want to die.

The walls of my family home were proudly decorated with the heads and bodies of victims showcased as trophies. My garage and kitchen where slaughterhouses were those victim's heads were decapitated. Bodies sliced open and gutted, skin defeathered, descaled and removed. Then the rest of their corpses chopped up into pieces that would fit into our large freezer morgues.

Cult'ural human norms that were not to be questioned, yet I wondered why it was okay to love and do no harm to some and horrible pain and suffering to others.

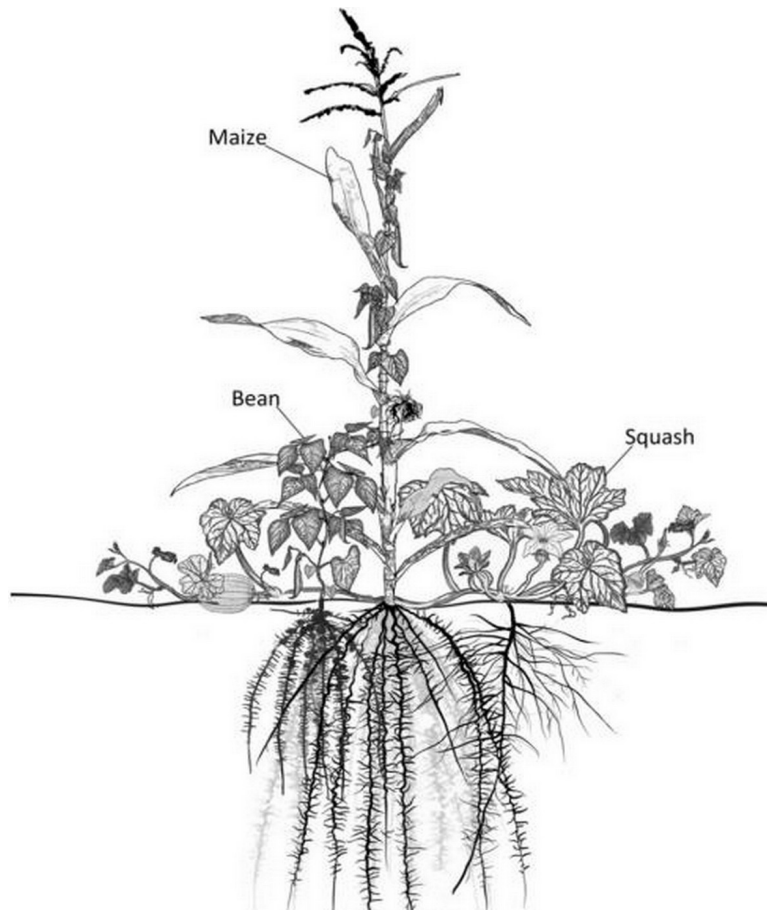
I always had a dog growing up, my first sibling and best friends were non humans. When I was born my parents got me a puppy, and I remember when I was just old enough to walk, I dropped a rock on the tail of my beloved and their scream of pain pierced my soul. I felt their pain as if it was my own, and knew ever since then that there is something that connects us all. That we not only share in each other's joys but in each other's hurt.

Growing up I never enjoyed the family outings to harm and murder non-human animals, manufacturing my consent to participate and be complicit in their suffering. Looking back at the family albums you can see in my face where my parents posed me with their dead bodies that I wasn't happy. All except for one photo, a picture when I was around six years of age sitting in the back yard with the freshly cut off head of a young male deer, murdered by my father and placed in front of me, my hands holding his antlers, told by my mother to smile for the camera. There I was being told by a parent to pose with the head of my favorite Disney character Bambi, told to smile when my heart wanted me to cry.



The research challenges the notion that early human economies focused primarily on hunting and provides a more nuanced view of ancient diets. This conclusion is significant for understanding the evolution of human diets and the role of plants in early human nutrition, particularly in relation to brain development and evolution.

The path to decolonizing your mind, body and spirit begins with decolonizing your diet.



For over three decades I stopped listening to my heart, desensitized to their pain, addicted to their flesh and secretions. Cognitively dissonant, adopting euphemism that masked the reality from my consciousness. I eventually broke away from the death cult but it didn't happen overnight.

My journey of reconnection began when I left the family for college, with seeds planted by plant-based friends who lost their parents to heart disease. They were the first humans I had ever met that were culturally conditioned like me but made changes to their diet, a diet that I was told was a necessary evil. We killed others because we needed their protein, yet there in front of me were living, breathing humans eating plants. Yet I was so deeply indoctrinated that I ignored the logical inconsistency of what I observed with what I was told by parents, relatives and society.

After college I unknowingly raised my consciousness, rewiring my brain with the help of psychedelics. I began to question again, and when my family and friends' health deteriorated, I started to investigate and actually read the literature connecting not only lifestyle but diets to diseases. When my discoveries were ignored and disregarded by loved ones it catalyzed me to be the example and thus, I cut out land animals, then sea life, then became vegetarian and later plant based.

Then I meet animal rights activist who helped me remember how much I loved all animals, and that they didn't deserve to be subjected to commodification and objectification into products and finally became "vegan".

Now I am an unapologetic activist spending my time investigating factory farms, slaughterhouses, partaking in rescues, non-violent direct actions and arrests. Prior to becoming an animal rights activist, I was a human rights activist, realizing that animal rights are human rights I was able to recognize that the root of all bigotry is speciesism and that colonialism is based off of human supremacy.

The story isn't when did I become vegan, but when did I break free from colonization.

The more research I did was like pulling on a thread unraveling the deceit of his-story that perpetuates our current disconnection from nature, centered around human superiority.

Reclaiming my awareness of how we humans are a part of that interconnectivity and not separate was a paradigm shift away from the colonizer's cognitive dissonance most of us are under. We have forgotten our past because it has been intentionally erased, rewritten and unless we seek to remember, we are doomed to repeat the mistakes collectively we are currently making.

Returning to a plant-based diet I felt my entire being start unprogramming itself from the years of conditioning. Epigenetically my very cells down to the DNA were being rewritten through gene expression. I started to remember who I was before I was told who I was supposed to be. Ancestral memories resurfacing, waking up I continued my path of deciphering from the amnesia of the state propaganda.

Some of the most outrageous lies we are told is that early humans were uncivilized tribal savages war-mongering with each other and hunting non-human animals for food. Here in the current global colonizer empire of the United States of America, Thanksgiving is celebrated with the corpse of a murdered turkeys for the time Indigenous peoples rescued the colonizers from starving to death during winter of 1621. But no turkeys were actually sacrificed, or deer, rabbits nor buffalo, instead we shared our vegetables like maize. In fact, turkey murders didn't become a part of the zeitgeist until the 1930s when the poultry industry, led by companies like Swift & Company and Hormel, launched advertising campaigns to promote turkey as the centerpiece of the Thanksgiving meal.

My ancestors of the Southern Paiute people practiced agriculture before European colonization. We cultivated crops such as corn, squash, melons,

gourds, sunflowers, beans, and wheat, primarily using floodplain farming techniques with reservoirs and irrigation ditches. Before European contact, my people engaged in a form of agriculture that was well-suited to our environment. We would plant the crops in the spring and use the natural flooding of the Colorado River basin to irrigate their fields. This method of farming allowed us to sustain ourselves on a diet primarily composed of the crops we cultivated. The introduction of animal agriculture through colonization significantly changed our traditional way of life and diet. Prior to this, our diet was centered around the crops we grew and gathered from the land.

Indigenous peoples across the Americas had diverse agricultural practices that were sustainably plant-based, long before colonization introduced animal agriculture on a large scale. These practices were deeply rooted in our teachings and were adapted to the local environments. We didn't monocrop like colonizers but the north east region we instead used techniques like "Three Sisters", which involved growing corn, beans, and squash together, as the plants supported each other's growth and together provided a balanced diet. We also practiced agroforestry, integrating trees, crops, and animals in a way that benefited all three. This method included practices like silvopasture, where animals were grazed among trees, and swidden agriculture, which involved selectively burning forests to use ash as a fertilizer and promote regeneration. In essence we practiced permaculture: A design philosophy that aims to create sustainable and regenerative systems by working with nature, minimizing human input, and promoting biodiversity.

It is conceivable to envision a different form of civilization, tribe, human family that respects and sustains natural ecosystems because this idea isn't new. We must return collectively in how we view our planet and our place in it. This requires significant changes in economic and social systems, focusing on sustainability and the intrinsic value of nature rather than it's commodification.

More and more people are waking up from the deep social programming and questioning the paradigm. Less than a year ago a study was published in February 2024 that revealed that early human diets worldwide were primarily plant-based, challenging the common perception of ancient humans as heavy meat-eaters. The research, led by Dr. Randy Haas, an archaeologist and Assistant Professor of Anthropology at the University of Wyoming, analyzed remains from the Wilamaya Patjxa and Soro Mik'aya Patjxa burial sites in Peru. The findings indicate that early human diets in the Andes Mountains consisted of 80% plant matter and 20% meat. This study builds on previous research that suggested early humans consumed more plants than previously thought. The analysis includes evidence from stable isotopes, tooth wear patterns, and dental-wear patterns on upper incisors, which further suggest that these humans consumed a significant amount of tubers, such as potatoes.