

4. If You Eat Meat, You Should Know This

You Took a Bite

Narrator (calm, ominous):

You took a bite. It smelled good. It tasted better but what if you weren't eating meat
What if meat was eating you?

If you eat meat, you should know this. You weren't meant to know it but now you do.
Welcome to Smart Crows.

THE HISTORY OF HUNGER

We didn't always eat meat. For 95% of human history, we were foragers nuts, roots, bugs. But then came the hunt. Spears. Fire. Blood.
And meat became more than food.
It became ritual. Power. Status.

From mammoth feasts to war-cooked flesh,
we evolved with the taste of death in our mouths.

Visuals: cave paintings, tribal rituals, ancient firelight.

But something has changed...
And this is where the story turns dark.

THE MEAT MACHINE

Today, you don't hunt your food. You order it. Wrapped in plastic. Sealed in silence. Behind that silence is a machine. One that kills 200 million animals every day.

- Factory farms
- Growth hormones
- Chickens grown so fast their bones snap
- Cows slaughtered while still conscious
- Pigs smarter than dogs screaming in concrete boxes

Visuals: red-tinted silhouettes, industrial processing, conveyor belts.

You didn't kill it.
You didn't see it die.
So you forget it was ever alive.

But your body doesn't forget. And neither does your brain.

WHAT MEAT DOES TO YOU

That burger hits different when you know what's inside.

- Saturated fat clogs arteries

- Red meat increases colon cancer risk by 20%
- Neu5Gc a sugar found in beef triggers chronic inflammation in humans
- Over consumption linked to Alzheimer's, diabetes, and strokes
- And then there's the unseen poison: antibiotics.

80% of global antibiotics go into livestock. That means your meat is drugged and your body is breeding resistance.

The next pandemic might not come from bats. It might come from beef.

THE PSYCHOLOGY OF MEAT

You love animals. You hate cruelty. But you eat meat. Every day.

This is called the Meat Paradox.

Visuals: child hugging dog → same child eating ribs.

To survive the contradiction, we numb ourselves.

We use words like “beef,” “pork,” “steak” never “cow” or “pig”

We joke about bacon. We never think about the eyes, the breath, the fear

Meat doesn't just feed you.

It conditions you to disconnect. To desensitize and to accept cruelty as culture.

EARTH IS BLEEDING

The meat industry is not just a slaughterhouse for animals. It's a meat grinder for the planet.

80 billion animals killed per year = more than 8x humans alive

Livestock = more CO₂ and methane than all cars, ships, planes combined

It takes 15,000 liters of water to make 1 kg of beef

Rainforests burned to grow soy not for humans but for cattle

Visuals: forest fires, cows in dry paddocks, oil tankers vs cow farts chart

And we call it 'dinner.'

SENTIENCE, PAIN & DNA

Animals feel pain. This is not debate. It's neuroscience.

- Pigs outperform dogs in cognitive tests
- Chickens recognize faces, dream, and mourn

- Cows form friendships, hold grudges
- Each one had a name before it had a number.

And genetically? You're closer to a pig than a bird is to a dinosaur.

So when you chew... You're eating a cousin.

Maybe you say: 'But it tastes good.'
That's not a reason. That's a reflex.

The truth is, you've been conditioned.
Addicted to salt, fat, and dopamine.
You eat meat not because you're hungry but because it's normal.

But you didn't choose that normal.
It was sold to you. By billions of dollars. By red mascots. By jingles.

Who really decided what's on your plate?

WHAT IF YOU'RE THE CATTLE?

In ancient cultures, humans were the meat.
Sacrificed to gods. Burned. Bled. Offered.

But what if that hasn't changed? What if you are the product now?

You eat to stay docile. You work to buy more. You watch ads. You obey cravings.

Who's the farmer? Who's the herd?
This isn't about veganism. It's about awareness.

If you eat meat, you should know this. Not to feel shame. But to feel awake.

You weren't meant to know this but now you do.
Welcome to Smart Crows.

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