

## GDL Jane Velez Mitchell

Welcome welcome back to Good Day live Uh If you're just tuning in with us for the very first time Welcome Welcome to our show I'm Michelle Miraz Right I'm Kyle Nice to meet you And then we have the lovely Jane Velez Mitchell and Lady and Foxy lady two Foxy ladies If I can say that if I can say that Welcome to the show Thank you and I have a little gift for the two of you on TV for each one of you and with the sticker How did you know I love the sticker on you I need to go a head Most of my high school is crying laughing right now They're like yeah there's that head again This is awesome We met you at the premiere of Peels I mean we have to rewind a little bit You are an award winning journalist You've been on HLN you've been on CNN You've been everywhere People know you for like incredible stuff but this is the extra extra extra incredible thing you created unchained TV Yes this is a vegan streaming network global 100% and free And we just want people to get this portal to a new way of living that is going to make them happier healthier It's going to save a lot of animals pets pigs chickens turkeys goats lambs and cows are not different than your precious pet at home You know they have eyes they have hearts they feel and also to reverse climate change Oh it's getting worse just listening to the radio on the way here Oh more climate catastrophe predictions And people think well there's nothing we can do to make it better but we can stop it from getting worse wrong We can actually reverse climate change if we shift to a global vegan diet And that's why I'm doing this This is a passion project and Unchanged TV is available You can download it for free on your phone You can put it on your TV with your Apple TV device your Roku device your Amazon fire stick and also you can visit Unchanged Welcome Welcome back to Good Day Live Uh If you're just tuning in with us for the very first time Welcome Welcome to our show I'm Michelle Mira I'm Kyle Nice to meet you And then we have the lovely Jane Velez Mitchell I and Foxy lady Two Foxy ladies If I can say that if I can say that Welcome to the show Thank you and I have a little gift for the two of you for each one of you and with the sticker you know I love the sticker on you I need to go a head Most of my high school is crying laughing right now They're like yeah there's that head again This is awesome We met you at the premiere of Peels I mean we have to rewind a little bit You are an award winning journalist You've been on HLN you've been on CNN You've been everywhere People know you for like incredible stuff But this is the extra extra extra incredible thing if you created

Unchained TV Yes this is a vegan streaming network global 100% free And we just want people to this portal to a new way of living that is going to make them happier healthier It's going to save a lot of animals pets pigs chickens turkeys goats lands and cows are not different than your precious pet at home You know they have eyes they have hearts they feel and also to reverse climate change Oh it's getting worse just listening to the radio on the way here Oh more climate catastrophe predict And people think well there's nothing we can do to make it better but um we can stop it from getting worse wrong We can actually reverse climate change if we shift to a global vegan diet And that's why I'm doing this This is a passion project and Unchained TV is available You can download it for free on your phone you can put it on your TV with your Apple TV device your Roku device your Amazon fire stick and and also you can visit unchained TV dot com and go right on there online When did this all start for you I was working many many decades I usually chop off the first couple of decades By the way in television I worked in the local news in New York City in Los Angeles in syndicated television You know the American people and I think people around the world love animals They don't realize So we try to tell them but we're not just lecturing fun That's why we did the reality show live Hollywood's going vegan and it's true A lot of the biggest stars when Joaquin Phoenix RuPaul Mari I could go on and on and on with a number of big stars who are vegan and actually trying to get the the crew and the sets to be vegan as well Yeah And so Hollywood you know what happens in L A spreads to the rest of the country So it's happening here and fun And here's the thing You know people think Whoa what do you first What do you eat grass So then we make all this fabulous food so good It's not a sacrifice It's an adventure There's more versatility and variety in vegan cooking than there is We only eat about six animals right Pigs chickens turkeys goats lambs cows there are tens of thousands Indeed Hundreds of thousands Infinite numbers of combinations of fruits vegetables nuts grains and like yeah Well I have more fun today than I ever did That's awesome You can see it just like you're radiating joy from your eyes and with foxy lady two Foxy ladies Um and we're just super excited for this This is uh I mean it's I feel like it's unprecedented It's like so cool It's a real reality show not a fake reality show I love it I love pigs So so so you were saying um as far as the movement goes for veganism you don't want it to be exclusive You want to invite people in I think that yes yes we don't want to be an exclusive club The future of our planet depends on everybody uh joining this club So we don't want to let this test people like

there's no vegan police running around in vegan police cars checking to see if you're you know we want to get people uh to realize that this is really um a portal for so many of our problems will fade away You know we could solve world hunger There are kids right now dying of starvation sunken cheeks and extended bellies a across the third world in uh parts of Africa in Pakistan and Afghanistan And we've got yeah Syria Um and we are feeding a huge percentage of the food We grow to farmed animals So you can quibble about the numbers whether it takes 28 £25 of grain to make a of steak depending on the type of steak But obviously it's not higher math to realize if we're raising which we are 80 billion animals for food every year and feeding a lot of them most a good percentage of the food we're growing that food is not going to kids and other people who need it And so it's a selfish decision People say to me well it's a choice It's a personal choice Well everything's a personal choice If I drive home the wrong way down the 405 that's a personal choice but it's not just a personal choice Yes Well um we love having you here and we love we love this We love unchained TV We've been hooked since since peeled Um How many shows do you have Currently We have more than 800 videos and we want to have something for everyone So some people like lecture series like during the pandemic I watched a lot of great courses And so we just uploaded the entire European vegan summit Uh people who are at the cutting edge of alt proteins because what's ultimately gonna solve this It's it some people forget about it right They're not gonna give up the or the steak So what we do is we create affects similarly Do you know that in Belgium they are working on bioidentical meats So not even needing an animal biopsy They follow the DNA sequencing of the various animals and they can create something that looks like meat Smells like meat Tastes like meat has a texture of meat with no meat Wow Wow So this is the kind of thing that's gonna be coming down the pike very soon They're gonna launch in 2023 terms of it's just a question of economies of scale How because see the average fast food hamburger would cost like a lot more if it wasn't subsidized by our government And here's the twisted thing Our government says they want to solve climate change they want people to be healthy Your tax dollars are going to all this if we stop subsidizing the worst food out there fast food and junk food and started sub subsidizing healthy food or at least don't subsidize any food You would have an abundance of healthy food to feed people Um But the the US government is subsidizing commodity crops that are fed primarily to pigs and cows and chickens And do you know that more than 80% of soy is fed to farmed animals that we are

creating the health care crisis We are fueling the climate crisis with our tax dollars at the same time that the government is saying we're gonna do something about climate change Well I just heard today literally driving here on the radio that we are nowhere near even achieving the goals of the Paris climate accords And that's just a bare minimum Now I hate to say this because I've listened to a lot of these videos I've read books I've talked to experts What we are experiencing in terms of climate change is just the appetizer Ok It is going to get so much worse people but there is something we can do three times a day and each and every one of us if we did it we literally could reverse climate change And that is eating a low carbon price tag healthy plant based meal Yeah I mean I I'm with you on this Um when uh my mom got sick about seven years ago uh I was like OK what can we do Like I got I literally dived into all the like ways you can heal your body through food And I said we gotta start with a green smoothie We get your proteins Let's like get rid of all the meats the processed food like let's clean it out So I even though I'm not 100% vegan I'm I say I'm plant based for you So I mostly plants uh with you know like a little bit of fish here and there Um You know we we're not here to litmus test or make people feel bad I wasn't born vegan although we do have one contributor at our network who was born vegan and she is like super woman She's a ballerina She's a lawyer She runs a a Vegan Certification company And she operates pretty much on no sleep at a high rate of speed I'm sure she's living proof that you can do it You know And one of the other things that I wanna mention is uh there's a growing awareness of food colonialism Do you know that cows and pigs are not indigenous to the Americas The first cow was brought over on Columbus's second voyage and the first pig was brought over by the Spanish conquistador in 1539 So we're beating our chest saying we're expressing our heritage when it's not even our heritage These animals are not indigenous to the Americas Additionally if you go back to foods that people ate because people always say to me well I could never go vegan because I and then they mention whatever their background is OK So I'm Puerto Rican and Irish So just get that on the record there So if you go back though to most histories of what people's heritage really is it is primarily plant based If you look at the world oh my gosh they invented a meat alternatives and and for me they're killing it in Africa You know Ethiopian marathon runners are plant based There was a little Ethiopia here in Los Angeles that has vegan restaurants Oh I just got really hungry and that sounds really good Um And you can eat more as a as a vegan too I feel like there's so much Oh sorry you were gonna

ask Ok go ahead No no no no no sorry No no you you had a train of thought I do So I get so excited that I just interject which I need to work on I'm so sorry Um you can so you know so many fat diets come in and then you hear about like the low carb No carb that if you eat mostly plant based like you can eat as much as you want I feel like and you're getting like full from like nutrient rich foods that are actually helping repair your body and heal your body as opposed to like doing the opposite Um That's great And I want I want to agree with you there and uh also just say let's get let's get to the facts real quick OK Number one the biggest carbon emitter is the waste from cow farms That's an irrefutable fact OK That's what we're talking about when we say cut the cut the meat because if you cut the meat intake then the farms aren't gonna make that much according to supply and demand And then we have less waste at the cow at the cow farms and we have less carbon dioxide coming out of the farm which is the biggest contributor to greenhouse gas emissions Yeah And you know we can quibble about the facts I'm very careful not to state something unequivocally because it's a ginormous subject So there's many many ways you can calculate it But the United Nations in a report in 2006 called Livestock's Long Shadow which you can Google and read right now said that the animal agriculture industry causes more greenhouse gasses than all transportation Combined media talks all the time about fossil fuels fossil fuels fossil fuels and I'm all about fighting fossil fuels don't get me wrong But if you leave a key key piece of the puzzle out of the equation which is what is happening now nobody's talking about animal agriculture The government isn't talking about it The media isn't talking about it And so you're not gonna solve it Yeah And and let me just say something else because you're seeing one of our shows uh OMGL A where we showcase the vegan food scene which is a lot of fun That's a vegan playground that happens uh twice a week at various venues Super fun Yeah And so people say well you know not all the vegan food you produce is healthy Now here's the thing you can eat brown rice black beans That's one of our great contributors Michelle Celestino She's an old buddy of mine Actually we worked together at Cake House She was a producer and she always wanted to be a reporter and she and I were like the two standout vegans in the newsroom And so I ran into her recently and I said you know Michelle you always wanted to be a reporter Why don't you become a reporter for unstained TV And now she's doing it and she's loving it Of course she is and she's so great And you know we're a mostly volunteer organization We have literally like 70 volunteers around the world going live

on Facebook And then we take some of those videos and we put them on you know I always wanted to be my own assignment editor Truth be told I spent decades covering murders and um this is the crime of the century So I'm focusing on this because honestly Americans are animal lovers And if they really saw what's going on behind these closed doors it's almost impossible to watch In fact we did 16 hours of live coverage of a trial of two animal activists who went into a fact a pig factory farm in Utah and took out two sick piglets They were facing 11 years in prison and we had some prominent attorneys talking former assistant district attorney Nathan Saule of New York Lisa Bloom who was a prominent attorney who used to have her own show on Court TV And you know we were just talking about wow these pigs even if they were healthy would be worth at most \$44 now And yet they spent millions of dollars including the FBI getting involved on a cross state hunt for these pigs Um our government shouldn't be working for an industry and treating an industry as a client guess what the jury in this agrarian and I would say likely very conservative area of Utah not guilty on all counts You were alive when it happened And I felt that was my moment where I felt because I kind of want to do the vegan CNN And you know that when Ted Turner started CNN everybody laughed at him They call it chicken noodle news I guess Who had the last laugh So in a way we're trying to do that uh to do the same thing And when that we had a live reporter out there outside the court and when the not guilty verdict came in and and people started cheering and it was I was like we're doing it we're doing this vegan network That's so cool That's so cool It's so cool to go from a you know your your passion to to then growing this into this massive streaming platform I I mean how does that feel for you Well it's nerve wracking I mean every day I put out fires Sometimes I wake up like this I literally like pop out of bed and go what have I done Um because there are things that come up and you're dealing with technology and it's funny because people think this is some ginormous operation I have a post office box in Marina Del Rey but it has a building when you look at it and people they go have your it team contact or you know they think we're like hundreds of people We are a lot of volunteers but it's me just like switching caps all day long Like yeah exactly But but you know it starts from there and then it gets bigger and bigger and bigger and bigger and bigger I mean you have what you said over 800 um videos on this platform It's incredible And when was it launched officially Well we had a launch party at one of our volunteers who has a fabulous I'll be honest man And uh we said we have a party at your house and she said sure and we have

this great party in April So we were in beta testing before that we've already surpassed a million views And now with the live capability you could see there I'm live I just got back from Washington DC where we were live at the Animal and vegan Advocacy Summit 1000 leaders in this movement converging from all over the world And we were interviewing some of them like this gentleman here Mark Perlmutter runs the vegan investing club uh which uh is is an investing club like other investing clubs Every single person had a fascinating story And I was up till one in the morning editing a montage a three minute montage about the conference that I posted um on It's going up on the website on V dot com Um Michelle who's also our Instagram person put it up as a reel on Instagram It's going on tiktok it's going here there and everywhere So we don't just exclusively do uh the app but that's like the main thing But then we use other social media to promote and and one of the things that I want to say is I was really tickled that an animal agriculture trade magazine wrote an article about us this week sounding the alarm bells that there's a vegan network Watch out Paul Revere Paul Revere the vegans are coming the vegans are coming So that was like the best thing that this writer could have done because they were alarmed panic I'm so excited for you with the the alarm and the panic because I mean you're doing awesome things Uh It's great content and fun content You're also learning stuff Um And like you said you know we are such a big uh community here in L A and California like that it will doubt trickle down to some other places Uh Most places Um And I know because there's so many people that are battling sickness and disease and a lot of it is what we're putting in our bodies And if we can like stop at the at the root which is you know if we actually root and we use the vegetables we can you know heal so many people I I think you know and also save save lives save our save our environment I'm so passionate about this even though I'm vegan I um I'm super super passionate about um about all of this stuff It's a win win win it's a win for people It's a win for animals It's a win for the planet And you know I was reading this book it had nothing to do with veganism and it was talking actually about business and it said usually with a business there's one underlying flaw that underlies the company's problems And if you solve that underlying problem you pull that out A lot of the other problems fall into place And I said to myself wow that's the truth with our society There is this one underlying problem that we've got to raise and I'm sorry torture and kill 80 billion animals every year If you remove that a lot of our problems ok The health care costs would drop dramatically because a lot of people are

suffering from lifestyle diseases and including depression Now I'm not a doctor I'm not gonna sit here and make you know unfounded claims but I will say it is a fact that your serotonin levels are determined by your gut biome And guess what determines your gut biome what you eat I think we've all felt that way Like if I've eaten fast food or or junk food even if it's vegan next day I wake up I go why why that was me I had I hadn't had mcdonald's in forever And on my birthday it was the only thing that was open and I was so so hungry It was also three o'clock in the morning And my friend I know my friend Adam was like you want this And I was like not really And I can't Jane I was sweating like after I ate it I felt so sick like in every way shape or form I couldn't do it Yeah So yeah it was like that sounds on a serious note not to always get back to seriousness Food deserts are a big issue And so what we are trying to do is encourage farmers markets and people even growing their own food There is an entire movement There are community fridges where in New York City for example there's a woman who offers free vegan food and refrigerator to get people into anything What food is Look protests are great I I love them and I go all the time and I'm one of the loudest voices you know my whole life People like can you love your voice man please Neighbors are funny Uh But actually your dollars are the power and whatever your thing is If you took those food dollars back you could create a revolution because the people who will run these ginormous fast food companies they're not eating that fast food They have private Yes their kids aren't eating that fast food OK So we can take the power back and overturn what I call food colonialism That's what it is Let's do it Oh my goodness Jane you're so lovely having you here Um This is your camera right over here Plug away Let people know where they can go and all that great information Unchanged TV dot com You're portal to a new way of living especially an old way of living Um but prior to the junk and the fast food and you can also download una TV on your phone Just go to your app store and put an unchained TV one word Ok It's free I don't take a salary This is all non profit or you can go to your with your Apple TV device your Roku device or your Amazon Fire stick and just type in on in the search bar and oh wow you have on V Unchained TV streaming network Yes Jane Thank you Thank you Thank you We're rocking our our hat Go to unchanged TV dot com They're also on Instagram on Tik Tok You can get some amazing content and um watch out because this is gonna be huge as it already is Thank you Jane and Lady Uh wherever you are today I hope you find the good in your day and spread it to whomever you may We'll see you



tomorrow Have a great Wednesday