

Corrections

These corrections apply to the paperback published on 11th December 2024 and the ebook published on 12th December 2024. (These corrections were made to the hardcover before publication on 1st January 2025).

Chapter	Page/Para/line	Existing text	Correction
Inside front cover		omitted	Addition of: P.234, Biogenic Carbon Cycle figure - created by Paris Bannerman & Alison Morgan.
Inside front cover		omitted	Addition of: Website design by Paris Bannerman
Inside back cover			Addition of: The authors gratefully acknowledge the many friends, family and colleagues who have supported, reviewed and informed the writing of this book.
1	16 (last para)	See photos on p20	Phrase deleted
9	130 First paragraph	Of particular relevance here is that the lower the amount of meat in a person's diet, the lower their level of vitamin B12, a fact that is true for people across all age groups across the world. Of all the participants in the study, vegans had the lowest levels of vitamin B12, with vegetarians not far behind. Unlike food diary studies, there's absolutely no disputing the hard evidence of blood tests and brain scans.	Of particular relevance here is that the lower the amount of meat in a person's diet, the lower their level of vitamin B12, a fact that is true for people across all age groups across the world. Unsurprisingly, vegans have the lowest levels of vitamin B12, with vegetarians not far behind. According to the lead author of this Oxford study, adjusting our diets to consume more vitamin B-12 may prevent brain shrinkage.
15	200 (table)	Carnivore diet 0g/day	Carnivore diet 0g/day
17	224	'Semi-natural grassland: Areas that exists...'	'Semi-natural grassland: Areas that exist...'
18	230 (para 2, line 4)	'Pigs and poultry housing may ...	'Pig and poultry housing may ...
18	236 (last para before sub-heading)	This not only creates CO2 emissions, it also depletes the soil of the organic matter and carbon	This not only creates CO2 emissions, it also depletes the soil of the organic matter and

		that made it fertile and held water.	carbon that make it fertile and which hold water.
18	237 (second line below quotation)	Using this shows that methane emissions from ruminant livestock should be our focus	Using this shows that methane emissions from ruminant livestock should not be our focus
18	241 (6 lines above sub-heading)	Carcasses (mis-spelled)	carcasses
21	269 (13 lines from bottom)	carbon storag	carbon storage
Appendix B	286 First line of image with grading of diets	Meatwell	Sapiens