Some shocking truth about Varakh (silver foil) manufacturing. Came across this article which was very disturbing. I thought I'll share this here so that we can make our choices with awareness. Small thin strips of silver placed between layers of ox-gut are hammered to produce the glittering foil. The intestine (ox-gut), smeared with blood and mucus, is pulled out from the slaughtered animal by the butcher at the slaughterhouse, and sold for the specific purpose. Note that it is not a by-product of slaughter, but like everything else meat, hide, and bones are sold by weight. This is then taken away to be cleaned and used in the manufacture of varakh. The gut of an average cow, measuring 540 inches in length and 3 inches in diameter, is cut open into a piece measuring 540" x 10". From this, strips of 9" x 10" are cut to give approximately 60 pieces of ox-gut, which are then piled one onto another and bound to form a book of 171 leaves. Next, small thin strips of silver are placed between the sheets and the book slipped into a leather pouch (note that the use of leather-an animal product again). Artisans then hammer these bundles continuously for a day to produce extremely thin foils of silver of 3" x 5". The leather and ox-gut, being supple, can withstand the intense manual hammering for up to 8 hours a day till such time as the silver is beaten to the desired thickness. When ready, the foil is carefully lifted from between the leaves of ox-gut and placed between sheets of paper to be sold to the sweet makers (mithaiwallas). In India the 275 tons of silver that are beaten annually into varakh utilize intestines of 516,000 cows and calf leather of 17,200 animals each year. we hope that someone; somewhere will develop an alternative process for the making of varakh without using ox-gut. And the worst part is that now many don't even use silver at all they are using aluminum which causes total liver damage. Due to which first the person gets Parkinson's or Alzheimer's then the liver fails completely over some time and the person dies without knowing what went wrong. Or initially some may get thyroid disorders or metabolism gets disturbed, in ladies we have noticed PMS and hormonal disorders happening suddenly.