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# Consequences Of Persistent Meat Consumption



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The appalling risks of impairing health through heavy consumption of meat are multitudinous. Consistent reports from World Health statistics reveals extremely short life expectancies among people who consume a great deal of flesh food especially those who live on high animal protein diets. They only live up to an average lifespan of 30-40 years. The people who fall within this group are the Eskimos; the Kinghiz (a nomadic Eastern Russian tribe); the Greenlanders; and the Laplanders.

On the contrary, scientists discovered that the Hunzas, a tribe in North India and Pakistan, are well known for their non adaptation of disease and long life, often reaching the age of 115 or more. Their diets are mainly of whole grains, fresh fruits, vegetables and goat's milk.

A British general and doctor Sir Rob McGarrison who worked with the Hunza's wrote: "I have never seen a case of appendicitis, cocitis or cancer."

The Otomi Tribe (natives of Mexico); and native people of the American Southwest; all of whom subsist on low meat cultures also enjoy radiant health, stamina and longevity.

Significantly, nations which intake the most animal product inevitably suffer an alarming occurrence of diseases. The major of which are heart and cancer invasions. The Finns, who consumed the most had an average blood cholesterol level of 265 had the highest death rate from heart disease. Second in line were the Americans who eat about 125 pounds of fat per person per year (about 156 grams per day). In Japan, where the percentage of fat-diet is lesser, heart disease rate is lower than in any other industrialized nation.

## **WHY ARE MEAT EATERS MORE PRONE TO CHRONIC DISEASES AND EARLIER DEATH THAN VEGETARIANS?**

The human body is built up of tiny units of cells, and the functions of these cells are:

- absorption of nourishment

- secretion of waste
- breathing in oxygen to burn food

But when the above series of activity is impeached, malfunction ensues and this causes the cells to deteriorate. Naturally, the organs which they make up become affected also.

Comparative studies carried out by scientists prove that the EFFECT of Chronic Diseases are CAUSED by excess meat eating. Animals such as cows, sheep, goats, pigs and fowl inhabit well-developed nervous systems similar to human beings. It is therefore not surprising too, that these animals and fowl encounter pain to the same degree as man does. In cases where they are abused or injured, every effort to avoid pain through signs of intensified terror, wincing, wailing and howling are uncontrollably released.

The following description on the execution of domesticated pigs (or hogs) is extracted from the true-life experience book written many years ago by Upton Sinclair who grew up on a farm and was familiar with the killing of animals since childhood.

“At the same instant the ear was assailed by a most terrifying shriek...followed by another, louder and yet more agonizing – for once started upon that journey the hog never came back. Meantime heedless of all these things, the men upon the floor were going about their work. Neither squeals of hogs nor tears of visitors made any difference to them; and one by one they hooked up the hogs, and one by one with a swift stroke they slit their throats. There was a line of hogs, with squeals and life–blood ebbing away together; until at last each started again, and vanished with a splash a huge vat of boiling water.”

The account of the above process is about the stockyards of Chicago described in the book “The Jungle”.

In 1975, seventeen years after the Federal Human Slaughter Act of 1958, which was aimed to abolish unnecessarily methods of cruel slaughtering, a minister who witnessed a flock of sheep being led up a runway into a slaughterhouse wrote:

“The smell, the cries of agony, and the noise of the killing going on inside were revolting... Calves were butchered in full sight of their mothers. I watched the driving of animals of the killing floor, where they sense their fate and go mad with fear.”

Thence, during the agony of being slaughtered, the terrified animals undergo profound changes. First of all, secretion of toxins generated by rage and fear at the time of slaughter, are forced into the blood stream. Through circulation of blood, these poisonous substances are pervaded to various muscles of their bodies. Slaughter not only terminates the normal cleansing functions of the body but also leaves the animals saturated with their own waste substances.

Further information regarding meat eating from the Encyclopedia Britannica:

“Toxin wastes, including uric acid are present in the blood and tissue, as also are dead and virulent bacteria, not only from the prefatory process, but from animal diseases, such as hoof and mouth disease, contagious abortion, swine fever, malignant tumors, etc.....”

Slaughter also sparks off the rapid process of decomposition, whereby intense cooking does not necessarily change the chemistry of meat products because meat is the most putrescible of all foods, pork being the worst of all. Even with the condition of the best digestive system, an estimation of 7 percent of meat still is in the decay process whilst it is going through the human bowel tract. The sole reason is, whether meat or its juice, both equally favours growth of disease – causing a bacterium that afflicts animals and humans.

## **HEART DISEASE**

According to one health report, more than 40 million Americans suffer from heart and blood vessel diseases. Heart disease which was relatively rare 50 years ago, is today America’s No. 1 cause of death, taking 600,000 lives each year. It has become largely a 20th century disease of industrialized societies.

Many researchers consider a devitalized diet containing the type of fat present in animal products is the prime factor contributing to the development of Heart Disease. Scientists at the University of Milan found in one study that persons eating animal protein had higher levels of cholesterol in their blood than those on a diet rich in vegetable protein. Further research indicates that certain types of fibre found in plant foods can actually help to lower blood cholesterol.

The journal of the American Medical Association has reported:

“.....a vegetarian diet can prevent 90% of our thromboembolic disease and 94 % of our coronary occlusions.”

Why is Meat so harmful to the circulatory system?

Fats of animal flesh such as cholesterol do not dissolve easily in the human body. Instead, they deposit themselves unceasingly upon the walls of the meat eater’s blood vessels. Consequently, as time goes by, the opening inside of the vessels becomes thicker and narrower, permitting a reduced blood to flow through. This hazardous condition is known as Arthrosclerosis or Hardening of the Arteries. This seriously affects the function of the heart which is forced to increase its pumping capacity in order to send blood through clogged and contracted vessels. As a result, high blood pressure, strokes and heart attack prevails.

## **CANCER**

Reports over the past decade suggest that the same kind of high animal fat and cholesterol diet that set the road for heart disease also contributes to the growth of cancers of the colon, breast, and uterus.

In the Journal of the National Cancer Institute, Drs Bandaru Reddy and Ernest

Wynder stated:

“Populations in high risk areas consume diets high in animal protein and fat; people in low risk areas eat foods low in such consumption but high in vegetable protein and fibre.”

One survey carried out among 50,000 Seventh Day Adventists in the United States who practice vegetarianism have unusually less colon and breast cancers than the rest of the U.S. population. Colon cancer is the second leading cause of cancer death among U.S. women. However, these cancers are uncommon among Japanese people who eat 3 times less meat than Americans.

### **Reasons why meat eaters are more likely to contract cancer.**

There are several possible reasons for this relationship. Since animal flesh is dead matter, it decays immediately. As it is a problem to prevent meat from putrefaction process, sodium nitrate and nitrite are being used by meat-packers to render meat which after a few days had turned into a sickly grey-green colour, into a fresh looking pink. It has been shown in recent years that sodium nitrate with the combination of chemicals in the human body, form dangerous and potentially cancer-causing agent known as nitrosamines which is nearly non-existent in non-meat foods. It also deprives the hemoglobin and its oxygen-carrying properties. Sodium sulfate which destroys Vitamin B is yet another chemical that encourages the growth of cancer. It is commonly added to conceal the odour of spoiled meat and to make it red and “fresh” looking.

The cause of colon or bowel cancer is due to large deposits of cancer-causing additives in the alimentary canal. Besides, relatively low fibre contents enhance slow moving bowels and prolonged contact of cancer inducing substances with body tissues. Growth of breast and uterine cancers are stimulated by estrogen hormones; and heavy meat-diets tend to produce estrogen like hormones in the alimentary canal and in body fat.

Dr. John W. Berg wrote in The Wall Street Journal (Oct 25 1973):

“There is now substantial evidence that beef consumption is a key factor in determining bowel cancer. “

In a study at the State University of New York at Buffalo, Prof. Saxon Graham, chairman of the Department of Social and Preventative Medicine, found that people who often consumed great amount of vegetables in the cabbage family had far lower rates of colon and rectum cancers. This provides the explanation for why cancer of the bowel is very widespread in meat eating areas like North America and Western Europe but exceedingly rare in India where comparatively little meat is eaten.

### **KIDNEY, GOUT, ARTHRITIS AND OTHER DISEASES**

Meat is not only a participator of chronic and debasing diseases but also a contributor of acute diseases and infections. Urea and uric acid which deposit in

the muscle fibres of meat are among the most eminent wastes that a meat eater burdens his body with e.g. the additional intake of uric acid is too much for the kidney and liver to eliminate beside the body's own daily production and as a result, un-secreted uric acid is deposited throughout the body. When excess uric acid in the blood is deposited as urates in the joints, the painful conditions of Gout, Rheumatism, Headache, Epilepsy, Hardening of the Arteries and Nervousness occur.

Contaminated uric acid produces a similar effect as caffeine, so that an increase level of restlessness, anxiety and aggressiveness is normally the consequence of eating meat over a long period.

## **CHEMICAL POISONING**

Fat and waste contents of meat are not the only problem that the meat eater has to face. Whatever pesticide residues, antibiotics, hormones, drugs or other chemicals which are fed to the cattle, hogs, or poultry, are all too likely to windup in his body as well.

As Frances Moore Lappe in her "Diet for a Small Planet" emphasizes:

"Thus as big fish eat smaller fish, or as cows eat grass (of feed), whatever pesticides they eat are largely retained and passed on. So if man is eating at the "top "of such food chains, he becomes the final consumer and thus the recipient of the highest concentration of pesticide residues."

All over the world, the chain of poisoning begins in fields of grain which are sprayed with artificial pesticides and fertilizers such as DDT. With reference to a report issued by the General Accounting Office (the Congressional Audit Agency) in 1979: "143 drugs and pesticides are identified as likely to leave residues in raw meat and poultry, out of which, 42 are suspected of causing cancer, 20 of causing birth defects, and 6 of causing mutations."

These poisonous chemicals retained in the tissues of animals are hence passed through plant and grass feeds; and man, eating at the 'top' or rear end of the food chain is inevitably infested with every possible trace of concentrated pesticides. In a study that compared the similar tainted DDT of matched animals and vegetables, DDT infected meat contains 13 times as much DDT as vegetables, fruits and grains because DDT accumulates in animals for the 15 months or so they are being reared. Thus, meat eaters apparently have a problem here whereas vegetarians showed a very significant advantage.

However, the critical road of chemical poisoning is not quite at its end yet. Many more chemicals are utilised by livestock breeders, to mix into feed or implant directly into their bodies so that the victimized animals become plumper and meatier more quickly on the account of lesser or cheaper feed. For example, the use of DES (diethylstilbestrol is found to possess cancer causing properties and unlike the various types of food poisoning - cancers do not show overnight) on cattle actually caused their weight to increase by 10% or more.

Though DES has been banned in a number of Western European countries and

Argentina, Australia, and the United States, it is still legal in Mexico; and substitute chemicals such as melengestrol acetate, zeranol, sodium arsanilate, tylosin, phosphate etc.....which are just as poisonous are being used.

To prevent diseases, considerable amounts of antibiotics are included in the diets of feedlot cattle that are tightly enclosed together in pens and left standing in their own manure. Today, chickens are no longer given the freedom to roam about in barnyards, but are bred in row upon row of small cages instead. They live in congested numbers without any exercise or fresh air. Furthermore these chicks are stimulated, drugged and force-fed; as they grow they are automatically moved from one floor down to another. On reaching the ground floor they are slaughtered. Such artificial breeding gradually removes the chickens from their natural instincts and balance of body chemistry so much so that malformations and virulent tumors are caused to erupt. In order to prevent the spread of disease and to reduce stress among the caged chickens, penicillin and tranquilizers are generously dissolved into their food.

Prolonged consumption of concentrated antibiotic residues in meat diets can cause allergic reactions as well as the development of drug resistant bacteria in the human body, thus making antibiotic ineffective against serious ailments.

## **DISEASED ANIMALS**

Diseases and infections contracted by farm animals are many and of different kinds, from pesticide residues, tuberculosis to cancer etc...most of which are also common to people. Therefore animals can be a direct source of infection to man who risks eating meat. According to "The Meat Handbook" by Albert Levy, more than 70 KNOWN animal diseases can be transmitted to man.

It is the practice of meat inspectors to routinely 'retain' slaughtered carcasses when signs of diseases such as cancer are detected. But when the 'cancerous tumours' are removed the rest is generally passed and sold as meat. This method of cleaning up the product is not completely health secured. **MEDICALLY**, a man suffering from cancer knows that having a tumour removed does not mean he is safe from the disease. He has yet to go through a lengthy and debilitating treatment because not every single cancerous cell can be ridden off by surgery alone.

When it comes to poultry, it is stated in one United States' government report that exceeding 90% of chickens both in the country and abroad are infected with leucosis (chicken cancer) which is usually transmitted though carrier-form, with tumours too tiny to be noticed by even the most attentive inspectors.

Numerous numbers of fish have been found to have worms in them.

With scientific evidence, the **PLAIN TRUTH** is thus unfolded – that meat has various influential disadvantages. For **HEALTH BENEFITS**, meat is simply **NOT A PERFECT DIET FOR MAN**. As a matter of fact, when man kills for food, the food will return the compliment.

The late Dr. J. H. Kellogg (1852 -1943 American Surgeon and founder of

Battle Creek Sanatorium in Michigan) a well known vegetarian once remarked:

“It’s nice to eat a meal and not have to worry about what your food may have died of.”