

THE MEAT OF THE MATTER CONTROVERSY

THE MEAT ARGUMENT: (as proposed by those who say we should eat meat). I know this is controversial, but many eat animal meat to get adequate protein. (I only eat clean fish, chicken and turkey-(ED) (Many studies that try to prove meat theory are sponsored by meat, dairy and egg industries).
* Educational materials used to teach children are provided by them; also Dr. Atkins (of Atkins Diet fame) claims by eating lots of red meat (plus other measures)-reduces the risk of heart disease and helps you lose weight.

- * Vitamin B12 is only obtained from animal products, as vegetables are usually deficient in B12.
 - * Vitamin D (full complex) cannot be obtained from the sun unless we get 2 full hours of continuous sunlight daily; animal fats are only source of it.
- Vitamin A (retinol) is found only in animal fats and organs - such as liver.
- * Beta carotene from plants is converted into vitamin A, but only by the help of bile salts that are secreted from the liver when stimulated by fat.
 - * Osteoporosis, kidney disease, heart disease, and cancer do not come from eating meats.
 - * (This is only the meat industry's theory.)
 - * They are primarily diseases of the 20th century; people have eaten meat for centuries and did not get these diseases. (Times have changed; meat is now contaminated with many toxins).
 - * Meat consumption is heavy in France & Greece and heart disease is low there.
 - * The connection between animal fats and colon cancer was made in a 1970's study which was discredited because it actually used vegetable fats!
 - * Plaque in arteries is primarily made up of unsaturated fats, NOT the saturated fats of animals (so watch out for margarine and most vegetable oils).
- As longest living cultures on earth have all been meat-eating people. The human stomach produces hydrochloric acid-only carnivores have it. The human pancreas produces enzymes for digesting both plant AND animal foods.

The Vegetarian argument: (as proposed by those who eat only plant foods) "one farmer says to me, "You cannot live on vegetable food solely, as it furnishes nothing to make bones with," and all the while he walks behind his oxen, which, with nothing to make bones with, has vegetable-made bones, jerks him and his lumbering plow along in spite of every obstacle." (By Henry David Thoreau).

- * Heart disease and strokes are possibly caused by too much bad cholesterol and fat
- * Bad cholesterol (LDL) is only found in animal products
- * Americans consume over 50 lbs. of animal fat per year!
- * Prominent vegetarian who provided much of this information later suffered a stroke possibly induced by a B vitamin deficiency.
- * Cancer possibly feeds on animal protein along with a heavy sugar diet.
- * Studies show the 3 fastest growing cancers (breast, colon, and prostate) are possibly linked to high fat diets (American Institute for Cancer Research) Adult-onset diabetes is usually related to a fat /cholesterol problem and our sugar diets.
- * Arthritis is possibly caused by uric acid crystals in joints (excess protein and fat)
- * Meat makes the body more acidic than alkaline. The body must try to balance the pH level; calcium may be stripped from the teeth & bones to provide the balance.

Medical Tribune: Vegetarians: have much stronger bones. PMS is aggravated by the meat consumption; (In third world countries with mostly vegetarian diets-have no concept of PMS!).

- * U.S. statistical risks: by prominent vegetarian:
- * Heart attack: 50% average American (vegetarian-4%)
- * Breast cancer: 4 times higher for carnivorous men
- * Fatal prostate cancer: 3.6 times higher for carnivorous men.
- * Fatal Ovarian cancer: 3 times higher for carnivorous women.

Heating, (cooking) protein changes the molecular structure into a form not useable by the body; supposedly, protein is destroyed at 150 degrees. * Carnivorous zoo animals lose ability to breed when fed cooked meat. God made us vegetarian: Gen. 1:29 "I have given you every herb bearing seed, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat."

- * The lifespan average back then was 912 years...with no sickness mentioned.
- * After meat was introduced after (post-flood), the lifespan went to 100 years.
- * Our bodies were not designed to be carnivorous. Our teeth aren't meat-eating,
- * (So compare this to the teeth of a lion or a bear).
- * We have 20 molars (to crush and grind plant foods).
 - o We have 8 frontal incisors (to bite fruits and vegetables).
 - o Only 4 (canines) are for eating meat.
 - o Our jaws move both vertically and horizontally.
 - o Pure carnivores have jaws that move only vertically.
- * Our saliva is alkaline (acid dissolves meat).
 - o Carnivorous animal saliva can literally dissolve bone! Carnivores have 4 X hydrochloric stomach acid that we do. Our intestines are long, like herbivores; carnivores have short intestines as meat putrefies quickly from our body heat.
 - o Food we eat should go through our body in 24 hrs or less.
 - o Eating meat slows it to 72-96 hrs, leaving toxic build-up.
- * Picture a dead animal rotting on the road on a hot day with 98.6 temperature (think of the same thing inside your body).
 - o Carnivores have claws to rip meat; we have hands to pick food.
 - o Carnivores have larger livers, more bile needed to breakdown meat
 - o Carnivores have larger kidneys, meat creates much uric acid.
 - o Meat is hard to digest; incomplete digested meat puts Ammonia in the colon.
 - o Ammonia kills cells, increases viral infection; promotes cancer, etc.

BUT DID NOT JESUS & OTHERS IN THE BIBLE EAT MEAT? Yes, but meat then was estimated to be only 3--4% fat then. Beef today is 20-30% fat; pork is 40-60% fat today.