

10 COMMANDMENTS 4 HEALTH



WEEK 6

The Dangers of Eating Meat

**Why Vegetables are a
Way Better Option**

**Making the Healthier
Choice**

What's Up With Meat?

A CHALLENGE TO TAKE A CLOSER LOOK

There are a number of reasons why I haven't eaten meat for many years now. It does have some nutritional value and I often come across people, usually in the gym, who can't believe I don't eat it.

"How do you get your protein without eating meat?" is the usual question.

Well, the answer is that our bodies generate all the protein we need from a normal healthy vegetarian diet.

We don't need to supplement it with meat, fish, or anything else to get more protein.

Why I'm Wary of Meat and Fish Protein

Some fish has the benefit of giving us valuable oils rich in omega fats, but it's advisable to limit the amount we eat due to the possibility of excess mercury.

Also more and more of the fish we find in our supermarkets are being farmed in unhealthy conditions with the use of steroids and antibiotics

There is little nutritional reason for us to eat meat. It is also pretty difficult for our digestive systems to deal with. If we eat it anytime within a few hours of sleeping, our bodies use valuable resources that should be concentrating on repairing the wear and tear of the day in processing the meat. Often it will not be completely digested and just sit in the colon rotting.

Not very nice huh?

“ *If slaughterhouses had glass walls, everyone would be a vegetarian.* ~ Paul McCartney

There are also very strong moral arguments about the way many animals are treated in farming conditions. There is clearly going to be some meat reared in good conditions and with the animals being well treated, but equally clearly, these are in a very small minority. The less you pay for your meat or processed foods containing animal products, the less likely this is going to be.

“ *Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into an oak! Bury a sheep, and nothing happens but decay.*

~George
Bernard Shaw



Meat and Diseases

Additionally, you might want to consider the following facts:

Factory farmed animals carry disease. According to the American FDA, poultry is the number one source of food-borne illness. Despite the heavy use of pesticides and antibiotics, up to 60% of chickens sold at the supermarket are infected with live salmonella bacteria.

Approximately 30% of all pork products are contaminated with toxoplasmosis. In spite of huge public awareness and strenuous efforts by governments to manage the diseases, we are increasingly at risk from contagious diseases like Mad Cow Disease and Foot and Mouth disease in sheep and cattle.

Factory-farmed animals contain toxic chemicals. Meat contains accumulations of pesticides and other chemicals up to 14 times more concentrated than those in plant foods. Half of all antibiotics used are used in farm animals and 90% of those are not used to treat infections but are instead used as growth promoters.

THE RISKS OF EATING MEAT

Risk of cancer. The American Physicians Committee for Responsible Medicine has reported that vegetarians are less likely to get cancer by 25 to 50 percent.

Risk of heart disease. Researchers Dr. Dean Ornish and Dr. Caldwell Esselstyn have a program that includes a vegetarian diet and is currently one of the few programs that has been proven to reverse heart disease. A vegetarian diet reduces cholesterol.

In a study supported by the US National Cancer Institute, investigators followed more than 100,000 people between the ages of 50 and 71 for 10 years and ranked them based on the amount of red and processed meats eaten regularly. For those men with the highest consumption (4.5 ounces each day), the risk of death from all causes was 31% greater than those with the lowest intake. For women, the risk of death from heart disease increased by a whopping 50%

“*If you knew how meat was made, you'd probably lose your lunch.*
~K. D. Lang



Risk of osteoporosis. Studies have shown that too much protein in our diet causes loss of bone calcium. Meat eaters generally get far more protein than they need or can use.

Risk of kidney and gallstones. The calcium leached from the bones by the body's efforts to neutralize the acids produced by too much protein intake can end up forming kidney stones and gallstones.

Over 70 billion animals get slaughtered each year plus this way of farming is draining our clean water supply. It takes about 50 baths of water per steak that appears on the table. So please ask yourself why some of the greats like Einstein, Pythagoras, Gandhi, Leonardo da Vinci plus so much more were all vegetarian?

Making the Choice

There are still more reasons why I have sworn off meat and most animal products, but I think you'll agree the above is pretty strong arguments on their own. Plus, I'm still scratching the surface as this is 'the first insight.'

Now I know that a visit to a battery chicken farm or a sausage factory, while it will upset most people for a while, is not enough to put most people off eating meat. The habit is just too ingrained, so if you are tempted by all this negative information to try some sort of meat-free regime, I would suggest you try a detox program including a period of fasting from all solid food.

I routinely follow my own **Ultimate 10 Day Cleansing Detox** a couple of times a year. It is amazing how much clearer your head is and how much more energy and drive you have at the end of it. And maybe, just possibly, it will give you that kickstart to jump permanently off that meat wagon.

Stepping across to the other side is a big step and took some time for me to do, but I can confidently say that you'll have no regret.

WANT TO READ MORE?

The "10 Commandments 4 Health" is available here:

<https://kc122.infusionsoft.com/app/storeFront/showProductDetail?productId=27>

*Scary Fact:
Roughly 70
percent of the
antibiotics used
in the United
States each year
are given to
animals that are
used for food,
meaning if you
eat meat, you
run a greater
risk of making
yourself
antibiotic-
resistant.*

