

## BENEFITS OF PLANT-BASED EATING

People and animals with greatest longevity – none have high intake of saturated fat

Substituting even a small amount of processed meat with plant protein reduced risk of early death by 34%  
[2016 study by Harvard + Massachusetts General]

Countries with greatest intake of plant foods have lowest incidences of disease.

You won't get sick from cutting out meat products, but likely will get sick w/o eating plants!

Tremendous Benefits of Fiber, found ONLY in plant foods:

Helps constipation, waste moves through body easily

Helps trap sugars, fats, lower cholesterol, drags LDL and overall cholesterol out of body

Reduces heart disease (since cholesterol raises plaque to form on arteries, increasing risk of heart disease)

J.A.M.A. says 90 – 97% of heart disease can be prevented with PB (abbreviation for Plant-based) diet

Helps promote feel of fullness (so can help with weight loss)

Soluble fiber is sticky, so debris, heavy metals and some toxins cling to fibers, and are removed via stool

Slows absorption of sugars, to help control blood sugar

Fiber feeds and promotes growth of friendly bacteria in our gut (mouth to anus). This is known as the microbiome - 100s of trillions of microorganisms in our body that are critical to good health and are cancer-protective.

Helps nerves – myelin sheath that surrounds core of nerve fiber, so helps transmission of nerve impulses

Lowers blood pressure

100s of thousands of Phytochemicals protect the body and support good health

Antioxidants in plant foods protect your cells against damage caused by unstable atoms known as free radicals. They also help cell repair.

PB food lengthens telomeres – caps at the ends of chromosomes, helping keep DNA stable

You'll get the right amount of protein – plant foods are abundant in protein and calcium.

Calcium better absorbed from plant foods, than from cow's milk

Substantially lower rates of heart disease (30%), high blood pressure, Type 2 diabetes, cancer (40%), osteoporosis, Parkinson's, Alzheimers and other diseases

Vegan blood 8x more effective at suppressing cancer growth, even reduces cancer growth just after 2 weeks.

Can reverse diseases and conditions, even within 2 – 3 weeks, better than medications!

Arterial plaque can be reduced in only 3 weeks by going Plant-Based. Also 35% drop in cholesterol, and lowering of IGF-1 hormone.

Prevents hardening of arteries which causes vascular disease (hardening in brain, blood flow blockage) which causes Alzheimers, etc.

You won't be ingesting antibiotics or hormones

## MEAT DANGERS

Significantly raises risk of CANCER (meat is devoid of fiber and other protective nutrients)

Group 1 Causes Cancer: Processed meats - bacon, salami, sausages, hot dogs [World Health Organization ranks these at the same danger level as cigarettes, asbestos] "Meat is the New Tobacco"

Group 2A Probably Causes Cancer: Pork, Beef, Lamb

Nitrates used to cure meat and give it nice "red" color are associated with cancer

Grilling/BBQ creates chemicals - HCA or heterocyclic amines in the meat, that increase cancer risk

Animal proteins raise level of cancer-promoting growth hormone IGF-1

Hormone Recombinant Bovine Somatotropin (rbST) injected into cows to increase milk production, dramatically increases IGF-1

Casein, the main protein in dairy milk, "turns on cancer" and blocks absorption of antioxidants.

All meats and fish have heme iron - highly absorbable, in large quantities these leads to free radicals, colon cancer

Increases risk of HEART DISEASE and DIABETES

Meat, dairy, eggs, shellfish all have cholesterol and saturated fat which contribute to heart disease, strokes, diabetes, Alzheimers, cognitive decline.

These also tend to be high in calories - study shows that eating NO meat vs. a little made a big difference in reducing incidence of diabetes.

Animal fat blocks insulin receptors; even athletes' arteries have more plaque than the average vegan.

INFLAMMATION is triggered by toxins in meat - happens within minutes of eating meat! Inflammation leads to stiffening of arteries.

CONTAMINATION: Meat carries the highest risk of Foodborne illness (48 million cases of food poisoning in US/yr) Caused by (fecally) contaminated flesh -

E. Coli, Salmonella, Campylobacter

80 - 90% of beef and pork have fecal waste. Contamination - 76 million illnesses and 5000 deaths in US/yr

Meat is naturally full of unhealthy bacteria - meat stays in your body for TWO weeks with toxic substances called endotoxins - these are what decay the meat. They're IN the meat; you can't cook it out.

ACIDIFICATION-OSTEOPOROSIS - loss of bone calcium. Meat eaters generally get TOO much more protein which acidifies the body.

Calcium, an excellent neutralizer, is thus pulled out of the bone. Countries with lowest dairy consumption have the lowest fractures.

All animal protein, milk, and even lean meat, acidify, and have cholesterol!

MILK - tied to ear infections, emphysema, allergies, asthma, cancer. A liter of milk has 323 million pus cells (even in organic milk!) (Pus is dead white blood cells + bacteria.) Casein is hard for infants to digest. Countries who drink the most milk have highest incidence of breast, prostate cancers.

A major study - 3 glasses of milk a day doubles risk of early death.

WEIGHT GAIN - hard to maintain proper weight, as excess protein converted to fat. Meat-eaters are 3x/9x more likely to be obese than vegetarians/vegans and have lower resting metabolism than plant-based eaters.

PORK - pigs will eat anything including urine, excrement, dirt, decaying animal flesh, maggots, and even the cancerous growths from other animals.

The meat and fat of a pig absorb toxins like a sponge. Their meat can be 30 times more toxic than beef. Unlike other mammals, a pig does not sweat or perspire. Perspiration is a means by which toxins are removed from the body. Since a pig does not sweat, the toxins remain within its body and in the meat.

FISH - lots of toxins, mercury (also cadmium, lead and arsenic), PCB's, chemicals. Fish can concentrate 9 million times the level of chemical residues in their flesh and fat, than that of the water in which they live. Fish are high in fat and cholesterol-- it's the MOST ACIDIFYING meat. You're also ingesting hormones, antibiotics, parasites, excrement, and you're eating microplastics! (By 2050 it's projected there will be more plastic than fish in the ocean.) With factory-farmed fish, you're getting way lower levels of Omega 3s, since they're being fed GMO corn and soy (plus even livestock parts!)

CHICKEN - high cholesterol level. 97% of US raw chicken is contaminated by bacteria, like salmonella/campylobacter.

Eggs high in cholesterol and leading cause of salmonella poisoning. (No evidence of organic eggs being better)

Some chickens are fed arsenic (for growth and color) - highly toxic - cancer, dementia. Because of increasing speed of factory farm production lines, rather poultry being inspected, they're just dunked in chlorine or hydrogen peroxide.

Eating even 1/2 an egg a day doubles and even triples the odds of developing various cancers.

BLOOD FLOW is slowed to all body organs, not just heart. (So erectile dysfunction, hardening of arteries that can lead to Alzheimers; other health problems)

AR (Antibiotic resistance)- Factory farms are breeding grounds for AR bacteria (superbugs) - countless new strains have developed. 50% of all supermarket meat has AR bacteria! U. N. has declared AR a global problem on par with AIDS and ebola. Antibiotics kill our beneficial bacteria which detoxify the body.

PESTICIDES, CHEMICAL FERTILIZERS, GMOs from animal feed - you're ingesting all of these!

CHROMOSOMES - meat consumption has negative effect on telomeres - shortened telomeres are associated with aging.

SUGAR - packaged meats are high in sugar

### OTHER INFORMATION:

Neu5Gc, molecule found in meat (beef, pork), organ meats have strong link to cancer, heart disease

Meat has little or no antioxidants

Eating meat just a few times a month greatly increases chance of abdominal aortic aneurysm.

Even small amounts of meat (less than once a week) can lead to degenerative arthritis

High intake of meat, dairy and butter promote skin wrinkling and aging

Everything you eat becomes a part of you. It's not just the physical. Meat consumption means you're ingesting the terror, pain, suffering and death that another living, sentient being experienced, for the satisfaction of one's tastebuds.