

Consuming animal products or committing slow suicide

Animal foods, especially fast foods which nowadays are prepared very fast and easily at restaurants, are cheap, delicious, and therefore attract many followers and put a long distance between people and healthy, humane foods. For instance, In US the price of one hamburger is lower than the price of one pound of fruits or vegetables. Unfortunately such foods, usually sold along with carbonated and sugary beverages, are very unhealthy, have a lot of calories and fats, and are some major causes of illness and obesity among people, especially children. A meat sandwich with potato fries and Pepsi has about 2200 calories, but its nutritional value which should include fiber, iron, vitamins, and others are very low. **People, based on imitation and unfounded claims which have become a part of tradition, consider animal products, especially meat, to be the best and most nutritious of foods and imagine life to be painful and impossible without it.** This belief which is forced on people by the opportunistic and unfair owners of these professions with widespread advertising and false claims on television and internet hits two goals with one stone:

1- People increasingly use their products.

2- Fewer people tend toward vegetarianism.

The belief that meaty foods are healthy and nutritious and are the only source of protein is a large mistake and contrary to science and wisdom. **Based on scientific research we see that herbal protein is not only valuable, but also necessary for having a healthy body.**

The higher consumption rates of meat makes the risk of catching different diseases and dying at younger age higher. Eating meat causes heart disease (the number one cause of death in the US), many types of cancer like colon, prostate, breast cancer, high blood pressure (animal products have a lot of sodium which helps to increase the blood pressure), type two diabetes, liver and kidney disease and also joint pain. Cooking meats like cow beef, pork, chicken, and fish in high temperature (more than 310 degrees Fahrenheit) produces chemical substances that do not exist in uncooked meat. Some of these chemical substances can increase the risk of cancer. For example, researchers have identified 17 different kinds of a certain substance (Heterocyclic amines) that is produced from cooking meat. Eating cooked meat increases the risk of gastric cancer, and if cooked a lot, meaning grilled or fried, it can cause breast, bladder and pancreas cancer. Consuming even small amounts of red meat daily can increase the risk of breast cancer and infertility by more than 50 percent in women (according to a British research). The symptoms of **mad cow disease** which is the result of feeding dead and sick cows to the living cows who are supposed to be herbivores, may not be discovered for decades and even cooking meat well does not destroy this disease.

Harmful animal fats which exist in a variety of meats and other animal products are a clear cause of breast cancer, high cholesterol, and obesity, which in turn can cause many problems like heart disease and stroke, especially in younger adults. Animal fat freezes at body temperature and therefore sticks to the body fibers and blood vessels closing arteries and causing disturbance. Herbal fat does not have cholesterol and it is liquid in body temperature and opens arteries. Calories from meaty foods burn slower and are mostly stored in the body as fat, but calories from vegetarian foods burn faster and transform into energy quicker. **Meat eaters have a weak immune system and contract colds at a much higher rate.** Eating meat decreases the sensitivity of insulin and as a result makes the absorption of nutrients by cells more difficult. Due to injecting a lot of antibiotics to animals to help them endure and survive the dirty conditions of farms, the bacterium in their body is killed, but the bacteria that are resistant against antibiotics, like salmonella, remain and can be transferred to the body of the meat eater due to lack of sanitation. As a result, if a doctor injects the individual with

antibiotics, it will have no effect. Animal products have very strong hormones to increase their growth rate and to provide meat, milk, and eggs quicker and cheaper. Consuming these hormonal products has negative effects on human body and can disrupt the hormonal system. Meat has a lot of protein and many people believe that the more protein they consume, the healthier their bodies will be, but the saying “the more, the best” does not apply to proteins. Consuming animal proteins which are highly available in meat (fish is considered meat) cause kidney stone, liver cancer, colon cancer and also osteoporosis, because it has a lot of acids and the body needs to lose its calcium to neutralize the acid. You might think that Eskimos have very strong bodies because they consume a lot of meat and fish, but research has shown that they have the highest percentage of osteoporosis.

Did you know that about 70% of antibiotics produced in the US are used on factory farm animals?

By eating meat, bacteria, animal diseases, and also some of their feces are transferred to the body of the meat eater because the animals in factory farms and slaughter houses are smeared with each others waste and are not washed or tested against disease. In the US about 70% of slaughtered pigs have pneumonia and most birds are infected with salmonella. Usually meat eaters consider meat to be cleaner than products such as fruits and vegetables! In factory farms these animals, especially birds, are afloat in their own excreta and have no access to sunlight and sanitation. **Food poisoning is common among meat eaters but in vegetarians the danger is 80% lower.** Meat is usually not tested for cleanliness and meat polluted with bacteria can find its way to the buyers’ homes and kitchen. If only one meat cell infected with bacteria sits around in the kitchen, it can multiply and find its way to people’s bodies. The plants that are fed to animals are not organic and are sprayed a lot, and as a result these poisons are transferred to the animals and then to the body of the meat eater.

Dead meat is nothing more than a carcass and its deterioration starts from the moment of animal’s death. The later the meat gets to the human body, the higher its danger of rotting and harming the body. The fear, pain, and anxiety animals experience during the last moments before their death are stored in their body fibers and are transformed into poison. This poison is then transferred into the meat eater’s body and can cause anxiety and increase tendency to violence. People who consume a lot of unhealthy foods like meat, fat, and sugar tends to be more anxious and even violent, but people who consume healthy vegetarian foods are more mild-mannered and less anxious. Consuming a lot of unhealthy foods and sweets, aside from internal damage, causes a lot of external damage and aging of skin.

Have you ever heard a patient to be recommended to eat a lot of meat? Usually it is recommended that they consume more fruits and vegetables because vegetables are absorbed and digested faster and easier and therefore give the body more time to rest and fight illnesses.

How healthy is eating fish flesh? Nowadays due to pollution and production of chemicals and releasing them in nature and sea water, fish is also polluted with a variety of chemical substances (specially mercury) and bacteria. In fish farms they are raised in overcrowded and dirty tanks or enclosures and swim in each other’s excreta. Sick or even dead fish are found among them which help in increasing and spreading more bacteria. They are given antibiotics and hormone for more production and to stay alive in these dirty enclosures. When its their time to die, most of them are skinned alive and left to suffer.

Eating fish (specially tuna) can cause cancer, heart disease, loss of memory, depression and headache, exactly opposite to what people believe. Did you know that consuming tuna can cause heart problems? Some people eat fish for its **Omega 3**, to prevent diseases like heart attacks, but they

do not know that they are putting their health in danger in other ways. **Omega three can also be found in plants like walnuts, flax seed and net grains.** Also, a vitamin in net grains helps store Omega 3 and prevents it from changing. But Omega 3 in fish is not protected and can change and lose its nutritional value.

Did you know that milk is nature's most perfect food, but only for babies?



Is milk a healthy and vital beverage for human body? First let me bring up an interesting point which again shows our distance from the power of thought: Have you ever thought about how the calcium present in animal milk is produced? Does a cow who has a bigger and heavier body than us humans use milk and a variety of vitamin pills every day to produce calcium and have strong bones, or does she only feed on vegetables?

Milk is taken from cows who are always in stress and discomfort, without sanitary or humane facilities. These cows are sick and there is a lot of blood, especially white blood cells, in their milk to fight the microbes living in their milk. It can be said that instead of drinking milk, you drink a lot of white blood cells. Milk (**liquid meat**), has a lot of harmful fats, animal feces, hormones, antibiotics and pesticides (cow's food is not organic). Every animal drinks milk only for a short period and humans do not require to drink milk after age of two because the enzymes special for digesting milk will stop after this age but instead of giving up milk, people consume cow milk and risk their health. The owners of animal products claim that animal milk is necessary for physical health and bone strength but it is best for this belief to be reconsidered. Consuming animal milk and dairy cause allergies, weight gain, anemia, heart problems, cancers like prostate and breast cancer, osteoporosis and arthritis. Most people, based on a belief that has been imposed on them by the owners of animal products, think that calcium and animal milk add to bone strength, but excessive consumption of calcium does not affect bone strength.

It is correct that dairies have a lot of calcium but they do not have magnesium, which is needed for absorption of calcium. In vegetables, calcium and magnesium are both abundant.

If you want to fight osteoporosis, the most logical thing to do is to avoid animal products like meat, milk, and eggs, disregard false advertisements by the opportunistic owners of animal products and their followers, consume vegetables like green and leafy herbs, soy, and seeds, and pick up exercise. Weight lifting can be very helpful for strengthening muscles and therefore bones. Based on lab results from Andrews University in the US, women who have been vegetarian for at least 20 years lost only about 18% of their bone density by the age of 80, compared to meat eaters who lost about 35%.

Did you know that plant based calcium is absorbed better and about 70% of people are sensitive to the lactose found in milk and cannot absorb it?

Are eggs healthy for human body? Eggs, like other animal products, come from depressed and sick chickens, are high in calcium and protein, hormones and antibiotics, can cause type 2 diabetes, high cholesterol, liver and kidney diseases and heart problems and attacks. It is told that egg is the best source of protein. This is true but this amount of protein is needed for the chick who will develop inside the egg, not for humans to eat it. The protein amount inside an egg is much higher than the amount we need for our body and therefore puts pressure on the liver and kidney which metabolism is their job. It also decreases the amount of body calcium and leads to bone loss and joint problems. Eggs also have microbes, which get transferred to the human body. Usually meat, milk, and the outer shell of eggs are infected with **salmonella**, which in rare cases can cause gastrointestinal problems and fever that does not subside for a week. To prevent these problems it is recommended that all these materials be carefully washed and cooked.

Each year in united stated, about 650,000 people become sick from eating salmonella tainted eggs.

Disadvantages of Leather: In order to fully process animal skin (including fur), chemical and poisonous products such as mineral salts and chromium are used. People who live close to tanneries are in danger of getting cancer, and based on results from a study done by the center for disease control, men are at risk of ovarian cancer.

People who have become vegetarians from childhood, if their nutrition is done right, are very healthy people because their bodies are never polluted with diseases that come from consumption of animal products, and also hormones, antibiotics, and the variety of chemical substances that are fed to animals. They are usually more energetic and are normally taller than others. Compared to children who eat meat, less anger and anxiety is seen in them and they are smarter than their classmates in school.

Parents: now you should know that feeding animal products to your children equal child abuse. How can an honest parent lie to her/his children about the food they eat and force the innocent children to swallow the unclean animal products which poison their body and mind (and in general the creation). It is your human duty to be honest with your children and to inform them about the bitter truths hidden behind animal products, so that they can decide with their own informed conscience to continue or stop eating meat and using animal products, and so that in the future, if your children become supporters of humanity in the truest sense, they do not suffer from remorse when they look back to their childhood and do not blame you.

Now after finding out about these bitter truths, how can a wise, just, and noble human beings look at animal products the same way she/he looked at them before, and not condemn what is a sign of infidelity, selfishness, and injustice?

If we always question the powerful and tyrant rulers, isn't it time to question our own thoughts and actions?

Millions of animals are tortured, killed, and eaten every year and bring many diseases with them. Then millions of animals are tortured and killed in labs, and energy, time, and huge amounts of money are used to find cures to diseases that human beings cause themselves. But they cannot stop imitating destructive ancient traditions, welcome new, healthy, and humane thoughts and products, and focus on self control against physical and inhumane pleasures. I will mention another **interesting point**: if a vegetarian runs into a problem, like say that his hand has been hurting for a couple of days, a meat eater quickly, without any thought, and based on prejudice says that the cause to his problem is that he is a vegetarian, and that if he ate meat, this problem would not have happened! But you now see that circumstances of meat eaters are more serious.



How Animal Products Pollute Environment

Have you ever thought about what effect taking care of millions of animals that have the same physical needs as human beings, has on the economy and the environment? Animals, like us, need food, water, shelter, air, and sanitation. With increasing human population, vital problems like the decrease of natural resources, destruction of jungles, water pollution, and also urban problems like unemployment, traffic, violence, air pollution, and in general lower quality of life have increased. Such issues must be taken into consideration in taking care of animals, whose population multiplies as human population increases. For example in the United States every year about nine billion chickens are murdered and turned into food. To develop and fatten all these animals there is need for water, food, and shelter.

In the US about 70% of the corn produced is consumed by animals raised for human consumption.

In order to produce a pound of meat, which can be a meal for one or two people, about sixteen pounds of corn is needed, but sixteen pounds of corn can feed sixteen people – and because it enters

the body directly, it has higher nutritional value compared to meat. To produce a pound of meat about 2500 gallons of water is needed to feed a cow and grow the corn, and to produce a pound of wheat about 25 gallons of water is needed. So it is logical to use natural resources to feed ourselves and grow vegetables, instead of using them on animals. The world's hunger problem can be easily solved if people find peace with their power of wisdom, put aside selfishness and blind prejudice, and avoid destructive habits like consuming animal products.

Eating meat is not the only reason for the world's hunger problem, but it is the most important one.

Did you know producing meat foods cost three times as much as non-meat foods? An acre of land can produce about eighty kilograms of meat, but if used to produce potatoes, it can yield 10000 kilograms of potatoes. In your opinion which can bring more profit to the economy?

A cow can produce about thirty pounds of urine in a day. United States Agriculture Department has reported that every year about 61 million tons of animal feces are produced by the meat industry, which is about 130 times more than what people produce. **Animal feces release large amounts of poisonous pollutants like ammonia, nitrogen, methane, and hydrogen sulfide into the air.** Factory farms do not have advanced sewer systems. As a result, feces are saved and then sprayed in surrounding areas or released in sea waters, which then penetrate ground waters and largely impact the environment and cause death among living creatures. It also increases the nitrogen content in human drinking water, which in turns decreases body's capacity to carry oxygen, especially in children. It is true that animal feces have beneficial minerals like nitrogen and phosphorus, and can help plant growth if used in the right amount. But the feces produced in factory farms are released in large amounts to the surrounding areas and are harmful instead. Have you ever thought about what happens to all the **blood** flows out of an animal's body after its throat is slashed? The strong antibiotics injected into these animals to help them survive the filthy farms enter the ground water through the feces, are then consumed by humans, and make the body resistant to these drugs. The hormones given to animals to speed up their growth are also transferred into the ground water through feces and have a negative effect on other animals (especially open water fish).

Greenhouse gases:

These gases are produced in large amounts in factory farms and are released into the air. Based on a report released by The United Nations in 2006, much more greenhouse gases are produced by these animals than cars, trains, and planes, causing global warming.

Did you know consuming half a kilogram of meat is like driving an SUV for forty miles?

The bacteria in an animal's intestine break down food and convert it to methane, which is then released to the air when the animal burps. (Why have these farms not found a way to stop animals from burping?). Imagine thousands of captive animals that burp several times a day! This gas holds heat twenty times more than carbon dioxide and prevents it from escaping to the outside space and therefore causes environmental warming and changing of seasons. As a result more storms and floods take place (natural disasters) and many living creatures move toward extinction with greater speed. In Polar Regions ice melts at a faster rate, threatening polar animals' lives. For example, seals have a hard time finding dry land and a safe place to develop their pups. Ammonia gas increases water's nitrogen and soil's acid, and reduces atmospheric visibility. In addition, the terrible smell of feces that are spread in surrounding grounds causes headache, eye allergies, coughing, and asthma in people.

Forests stabilize the climate. Plants absorb carbon dioxide and release oxygen. They enrich the soil

and absorb rainwater. Deforestation to create more grazing lands and factory farms, leads to air pollution and increases carbon dioxide, destroys habitat of other animals, erodes the soil and leads to creation of floods because there is no plant or soil to absorb the rainwater. All tropical forest will be lost within the next hundred years if humans keep doing what they are doing today.

Can a meat eater be an environmentalist? In order to protect the environment, many meat eaters try to use gas efficient vehicles, travel less with ships and airplanes, and reduce their usage of electricity and paper and plastic bag, but they do not pay attention to one of the largest and most important sources of pollution and destruction of environment. It is also interesting that, even after realizing the harms of animal products and their negative effect on the nature, they can not stop eating meat or at least reduce their consumption. Since most people are inclined toward indolence and cannot put aside physical and financial pleasures, they only confine themselves to using gas-efficient cars and energy-saving bulbs or planting trees and do not care to notice the irreparable harm of the animal products to the world. If animal food is substituted with vegetarian food at least once a week, it would have a huge positive effect on the environment and the living condition of animals. The first and the most important step in saving the planet is to quit addiction to animal products. Following a raw vegan diet (no cooking equals no use of gas or electricity), living with family members also reduces costs and use of natural resources. Usually in western countries children separate from their family to live alone and believe that living alone means that they are mature and independent. But this is another trick of capitalism to increase the number of consumers and their profit.

Animal products are responsible for about 80% of global warming.

Einstein: Nothing will benefit human health, and increase the chances for survival of life on Earth, as much as the evolution to a Vegetarian Diet.

For every action there is a reaction and if you believe that no crime goes unpunished and that all beings are connected to each other like a chain, then cruelty to animals will not go unanswered either. Have you ever thought about the fact that physical illnesses like cancer and heart disease, the increasing social problems like violence and injustice among people, and natural disasters and the destruction of all beings are signs of revenge against the sigh and the spilled blood of innocent, pure animals? Unfortunately it is very hard for human beings to learn from these signs and create change in their life and way of thinking. If until now you meat eaters asked me why I did not eat meat and use other animal products, now it is my turn to ask you: Why do you consume animal products?