

cells of their body's amazing, little units. Each cell is taking in nourishment, giving off waste constantly and taking in oxygen. When something interferes with this process, the cells and the organs they make up, begin to deteriorate. If the body fluid that bathes the cells is toxic and overloaded with waste, life in all the cells is compromised and become shortened. Meat contains waste products that the animals did not have opportunity to eliminate before slaughter. Then, when the flesh is eaten, the waste products from the meat are also consumed. Prominent among body waste products are urea and uric acid which resemble caffeine — the uric acid accounts for the quick pick-me-up feeling.

WE ARE WHAT WE EAT!

In the long view, our bodies are made up of what we eat. If we eat the foods God intended for us to use (fruit, vegetables, nuts, seeds and grains), we will have good strong, healthy bodies. But if we don't, our bodies will suffer as a result and eventually become diseased.

It is well said, "An ounce of prevention is worth a pound of cure." Just so, it is much easier to stay well by applying good health habits than to repair the damage already done by poor health habits. Learning to eat that which the body truly needs can be made interesting as well as challenging, and give you a healthier life.

REFERENCES

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The average meat-eating American will consume in a lifetime:

21 cows

14 sheep

12 hogs

900 chickens

1,000 pounds of other animals, including creatures that swim in the ocean, and different types of fowl that fly in the air.

(Statistics from U.S. Department of Agriculture, WA, D.C.)

Whether therefore ye eat,
or drink, or whatsoever
ye do, do all to the glory
of God.

I Corinthians 10:31

THIS PUBLICATION IS NEVER TO BE SOLD

Freely ye have received, freely give.
Mat 10:8



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FREEDOM OF HEALTH

VEGETARIANISM: BLUEPRINT FOR MAN



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Did you know that next to sugar, tobacco and alcohol, the use of meat is probably the greatest, single cause of mortality in the United States?

Did you also know that, contrary to common opinion, it is more difficult to have a good diet with meat than without it? Studies conducted over the past, few years have established to the satisfaction of a large number of medical and scientific professionals that meat is undesirable for several reasons. Meat is not only a major contributor to the leading causes of death; but contrary to popular belief, it is actually difficult to achieve good nutrition utilizing a flesh diet.

Scientifically, we know that a flesh diet is a very mediocre diet for man. Man's anatomy and physiology are poorly adapted to the digesting of meat, which also results in some putrefaction during the digestion process. Meat-eating animals have teeth for tearing meat from bones. Man's teeth are all on the same level and closely set together. His jaw has a wide range of motion vertically, which allows him to bite into fruits and vegetables. The grinding motion used in chewing is proof of man's adaptation for eating substances such as nuts, seeds, grains, fruits and vegetables.

MEAT AND ATHEROSCLEROSIS

Atherosclerosis, a thickening of the walls of arteries and associated with heart attacks and other problems, is now believed to be associated with a meat-based diet.

In 1977, the Senate Select Committee on Nutrition and Human Needs, did an extended study on the health effects of various dietary

patterns. This remarkable document was adopted and published: *The United States Dietary Goals*. Three of these goals are as follows:

1. Increase in use of fruits, vegetables and whole grains
2. Decrease in use of red meat...
3. Decrease in use of high-fat foods, etc.

Numerous scientific studies support these recommendations.

MEAT IS AN INFERIOR SOURCE OF MINERALS AND VITAMINS

Meat is inferior as a source of minerals. It is rich in phosphorus but is very poor in calcium. Grains, vegetables and nuts furnish an abundance of phosphorus and calcium. And nuts, seeds, grains, fruits and vegetables have far more iron in them than meat.

What about vitamins? Most flesh meats are muscle meat, which is relatively low in vitamins. Meat, as ordinarily eaten, is a poor source of vitamins.

Too high a protein diet is injurious to health. Flesh foods are very high in protein, which is a great danger to the system, placing an added load on the liver from too much protein. Animal protein promotes cancer, while plant protein promotes health.

ENDURANCE OF VEGETARIANS

Flesh eaters are noticeably inferior to vegetarians in the matter of physical endurance. Plant-eating animals have greater endurance than carnivorous animals. Dogs fed a meatless diet have increased endurance. Experiments with athletes (meat-eating) versus non-athlete vegetarians have shown the vegetarians to possess

greater physical endurance. Repeatedly vegetarians have surpassed the flesh eaters.

At Yale University, fifteen meat-eaters were asked to hold their arms outstretched to the side. Only two of them managed to keep them horizontal for 15 minutes. The situation among vegetarians was quite different. Twenty-two of the 34 vegetarians reached 15 minutes. Fifteen of those 22 lasted 30 minutes. One endured for three whole hours.

Deep knee bending proved to be just as revealing. Fifteen meat-eaters averaged 1,000, while the vegetarians reached an amazing 2,000. Most of the meat-eaters had to be carried away. Not a single vegetarian had to be helped.

MEAT DIFFICULT TO DIGEST

All animal proteins are difficult to digest. One of the main reasons is because man does not secrete the uricase enzyme that meat-eating animals do. Meat then becomes putrefactive. Meat can take up to 60-100 hours to digest; whereas, normal digestion of fruits, vegetables, and grains takes only about 24 to 30 hours.

HIGHER BLOOD PRESSURE

When meat was added to the diets of vegetarians, their blood pressure was elevated after 11 days. A follow-up in European studies with the elderly showed a drop of blood pressure to within normal range after two months when they were put back on a vegetarian diet.

AGING AND FATIGUE FROM MEAT

Aging is the wearing out of the body. The experiences of aging and concomitant fatigue are common among flesh-eaters 75 trillion