

Now I want to share with you about

PROTEINS AND MEAT

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

~ **George Bernard Shaw**

Will you ever eat a dead dog? How about a dead puppy? Disgusting?

Why is it then that a dead chicken, pig or cow does not sound disgusting? Of course when you order this food in a restaurant you do not call it dead chicken you call it tandoori chicken! By changing our way of calling it from cow to beef, pig to pork, we are actually disguising what we are actually putting into our mouth.

A highly profit oriented myth propagated is that we need to eat meat to get our Proteins. **We cannot eat proteins to produce proteins!** Look at a cow; she doesn't drink milk to produce milk. However simplistic this analogy, it deserves some thought. All herbivorous animals eat plants to get their proteins. When carnivores eat herbivores, they are actually eating the protein that originally came from the plants eaten by herbivores. All protein on the planet comes from plants. In fact, protein is created by the interaction of sunlight and chlorophyll. Although most people think that plants have no protein at all, plants are the mothers of all protein we eat.

Protein is so aggressively promoted because it is erroneously believed that protein is required for Growth. Our most dynamic phase of growth occurs in the first 6 months of our life when we are on mothers' milk, never again

do we grow at the same pace. Mothers' milk contains 5% protein. Half of what is 'recommended' for an adult. What do you think happens to all this excess protein?

All this excess protein (in our body and the environment) leads to arteriosclerosis, osteoporosis, digestive discomfort, gout, asthma, joint pain, anemia, weakness and cancers in our body. The impact on the Earth, to produce all this meat is as bad leading to increased green house gas emissions accounting for 18% of the total GHG, decreased fertility of the soil and excessive consumption of resources to produce meat. It takes 8kg of plant protein to produce 1kg of animal protein, costing 5-6 times more.

Why humans are not meat eaters

- Focusing on the micro level, it should be noted that the dietary character of humans is not suited for a meat diet. The protein of meat can never be complete, because we do not eat the whole animal, as does the carnivore. We do not eat it raw. Cooking makes many of the nutrients unavailable to us. Meat is also the richest source of waste.
- Our teeth are not curved or sharpened like those of the wolf/tiger. We can grind with our jaws while flesh eater's jaws only move up and down. The saliva in our mouth has a different acidity from that of meat eating animals. It is much less acidic and little of the enzyme pepsin is secreted to digest protein.
- The length of our intestine is at least four times our height, while that of carnivores is just about its height, with different intestinal bacteria. Meat tends to putrefy rather quickly in the intestine and must be expelled quickly. Our intestinal track which is 12 times our body length is designed for maximum extraction of nutrients from food. It

therefore is unable to tackle the low fiber meat without putrefaction and constipation, heralding disease germs to feast within.

- The chemical carcinogens added to meat cannot be taken away during cooking. In fact, when heated, the chemicals get catalyzed. Eating a chicken curry may be more dangerous than smoking. One kilo of cooked chicken has much benzopyrene (cancer stimulating agent) as in the smoke of 600 cigarettes.
- Putrefaction (protein decomposition) begins in all flesh from the moment of death. The meat that we generally consume is not eaten immediately, but days after the animal is slaughtered, often of animals that are diseased. This leads food poisoning, infections with tapeworms, trichinosis etc. in fact everything from mad cow disease to swine flu. Animal foods are routinely contaminated with a potent toxic cocktail of antibiotics, pesticides, additives, and heavy metals along with animal wastes... all of which we consume as Tangdi Kabab or cold cuts!
- The high cholesterol found in meat, makes our circulatory system go haywire. Meat lacks Lecithin, nature's antidote to cholesterol, contained in all vegetable sources. This saturated cholesterol-laden fat is the worst kind of fat contributing to cancer, heart diseases, arteriosclerosis, gallstones, etc.
- Overall, meats are nutritionally imbalanced. High in saturated fats and cholesterol and low in essential vitamins, 0% fibre and carbohydrates...How can we humans "grow" with such food? Think about this.
- Moreover, our digestive system is unable to handle this, which results in putrefaction- manifested in indigestion, foul stools, odorous emissions, bad breath and heartburn. Instead of providing valuable

nutrients, meat products more often than not, add toxins to our system, lessening our resistance to disease.

If the above arguments have not convinced you then try eating meat without washing it and without any spices and see for yourself. You will smell the uric acid, lactic acid, chemicals and urine present in the animal including those produced by fear during the slaughter.

Eat meat after an interval of few weeks. Watch the result carefully. Nausea, constipation and headaches will follow. This is just the body's way of repulsing the toxins.