

Meat, Fish & Protein

We have to remember that when we eat an animal we are also eating everything they have eaten. Eating unclean animals can give us many serious diseases.

For example, the pig eats many bad things and has no sweat glands, and from their birth to their death, they retain in their fat every particle of bacteria that they come in contact with. Along with other unclean animals, pigs can transmit to humans "**trichinosis**" which is caused by the small worm that finds his way into animal and human muscle.

Other animals can transmit infections to humans such as **parasitic infection** (mainly from undercooked crabs, shrimp or snails).

Other conditions such as salmonella, hepatitis A, cholera or paralytic can be caused by shellfish poisoning. Raw oysters, mussels, and clams are responsible for 85% of all illnesses caused by eating seafood according to the FDA.

In addition, oceans, lakes, and streams are more and more polluted and full of toxins and heavy metals.

Eating aquatic scavenger creatures can be harmful to human health. It is also known that pregnant women, the elderly and people with compromised immune systems are warned against eating this kind of animal.

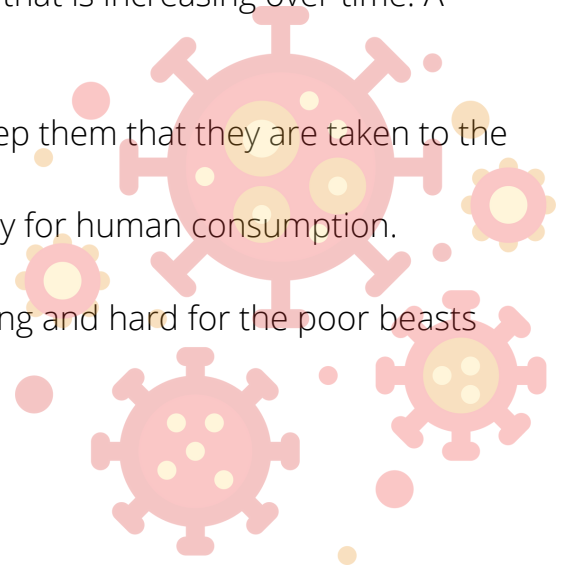
Of course, today because of pollution and because of certain conditions animals are living in, even some animals classified as "clean" **can be harmful to our health**. Most of the animals commercialized for our food supply today are mistreated and medicated, and pollution of the earth and waters is increasing.

Therefore many animals carry diseases today, a phenomenon that is increasing over time. A diseased animal that we eat can bring diseases upon us.

Very often, the owners of diseased animals are so afraid to keep them that they are taken to the market and sold.

Processes to make animals bigger are unnatural and unhealthy for human consumption.

And many times, the distance of animal transportation is so long and hard for the poor beasts that they end up becoming weak, stressed and sick.



Blood is life, and among the things that produce good blood in our bodies is the good food we eat. Bad blood brings diseases. All the elements of nutrition necessary to make good blood are contained in a plant-based diet.

SCIENTIFIC FACTS ABOUT ANIMALS PRODUCTS

There are facts that are interesting to consider animal products. Here are a few of them:

- In a diet, animal products are the only source of **cholesterol** and the main source of **saturated fat**
- Animal products **contain no fiber**, and fiber is known to improve health. For example, it helps reduce cholesterol levels.
- Eating meat can also promote **bone loss**, as it forces calcium out of the body. This calcium extraction along with oxalate and uric extraction caused by a diet too rich in protein, especially animal protein, can cause tract stones
- Eating meat promotes **cancer** in many forms
- Meat-eaters are three times more likely to be **obese** than vegetarians, and nine times more likely than vegans. On average, vegans are 10 to 20 pounds lighter than adult meat-eaters
- According to the U.S. Department of Agriculture (USDA), 70 percent of food poisoning is caused by contaminated animal flesh. In the USA alone, 76 million illnesses are caused by diseases such as **E. Coli or Salmonella**, each year, and often lead to hospitalization and even death.

There is also the growing problem of **antibiotic resistance**. Antibiotics are also used on animals to promote their growth and to keep alive those who live in terrible conditions. The consumption of meat treated with antibiotics makes people more resistant to antibiotics when they are sick and really need it.

