

Defining Vegetarianism

DEFINING VEGETARIANS

How do we define vegetarians? Broadly defined, all vegetarians exclude meat, fish and fowl in their diets. Beyond that, we have at least four major groups:

1– LACTO-OVO-VEGETARIANS– People in this large group avoid meat, fish and fowl but they consume dairy products and eggs.

2– VEGANS– These are very strict vegetarians. They also avoid *meat, fish, fowl, dairy products and eggs*. Their diet revolves largely around grains, beans, vegetables, and fruits. In addition, they have some nuts and seeds. Some adopt this kind of a diet quite often for ethical reasons.

3– MACROBIOTICS– This is a semi– or near-vegetarian diet that leaves out all red meat and emphasizes a diet predominantly based on grains and locally grown vegetables. People in this group use *about 50 to 60% of their diet as grains and another 25% as vegetables*. Macrobiotics is a loosely knit together concept that relates to Buddhism and some of the ancient Chinese principles of ying and yang. It emphasizes harmony and balance with nature and the universe.

4– RAW FOODISTS (RAW VEGETARIANS)– These are very strict vegans with an even more conscious eating emphasis.

They focus on the content of **enzymes**, (life force of the food), which are crucially involved in nearly all digestive processes, including the breakdown of food in the small intestine so that it is optimally utilized in the body.

They also strict advocate the avoidance of **over**

cooking food above 105– 126°F. They believe that the manner of cooking which is practiced on a daily basis by most people destroys all of the enzymes and many of the nutrients in our foods.

The body places a great deal of importance on food enzymes for the **digestion, absorption and assimilation process**. They believe that the lack of enzymatically live foods forces the body to create more hydrochloric acid and digestive enzymes to complete the digestive process. This leads to depleting the digestive enzymes bank. It does so at great expense to your health? Draining the body in this manner eventually causes the body to produce more digestive enzymes which eventually leads to disease, aging, degeneration, lack of vitality and more. A major cause of ill health is a lack of metabolic, and digestive enzymes, which basically make everything happen in our bodies. The higher your metabolic and digestive enzyme level, the greater your ability to cleanse, heal and regenerate.

Eating cooked foods actually cause our bodies to produce an immune response similar to that produced if we ingested poisons? This immune response is called digestive **leukocytosis**, and most people are continually creating this condition several times per day! This is quite depleting to the body's immune system.

Humans are the only animals on this planet who cook their foods just since the discovery of fire, and that all other species have thrived for millennia on an all raw diet.

The only animals whose general health condition is even close to being as compromised as that of the human race are domesticated animals, such as dogs and cats, to whom we feed a largely cooked and processed diet not unlike our own.

By the use of Kirlian Photography, it is possible to take a picture of the life force field emanating

around all living things. (those who have degenerative health conditions have a reduced life force fields and those who are healthy have much larger life force fields. Fresh raw food has a large life force field, yet when cooked, the life force field is severely diminished.

People who eat cooked and processed foods have a very low life force fields, and those who emphasize whole foods and raw foods have much higher life force fields.

Gas, bad breath (including morning breath), any body odor, and / or foul smelling feces are not natural, normal, or necessary, and in fact are signs that something is wrong. When one is healthy enough, feces are completely clean and toilet paper is not required (really).

Many people claim to have overcome countless health conditions (overcoming allegedly incurable diseases) by adopting a truly healthful lifestyle, including large amounts of raw foods.

Let's take a closer look at some of the reasons and issues for embracing the vegetarian lifestyle.

TOP 10 REASONS TO GO VEGETARIAN

Adapted from the Physicians Committee for Responsible Medicine (PCRM)

1– You'll be healthier. Vegetarians have healthier hearts and fewer strokes. They have healthier skin, lower blood pressure and less diabetes, fewer kidney and gall stones, less kidney disease and a 40% lower cancer risk. They have less diverticular disease and less trouble with constipation. And they live longer. A lot of this can be attributed to the fact that a more optimal diet, which ideally leaves out all animal products and refined foods, is naturally much lower in fat and cholesterol and much higher in fiber than the customary rich American diet.

2– It's easier to stay slim and trim. Vegetarians are, on the average, 10-20% slimmer than meat eaters. A diet based on whole grains, legumes, vegetables and fruit is much lower in calories and fat, yet higher in fiber to satisfy your appetite.

3– You'll be protecting your bones. The Optimal Diet, with virtually no animal protein, will preserve calcium in your bones. In contrast to high animal protein diets, calcium is not being leached from you bones and lost in your urine. A diet, very low in animals protein, yet rich in highly absorbable calcium from green leafy vegetables, legumes and fortified beverages, is a great way to ensure bone health.

4– It's safer. Nearly all food-borne illnesses are derived from animal products, directly or indirectly. By avoiding meat, dairy and eggs, you drastically reduce your chance of getting salmonella poisoning, Listeria, E-coli, and Mad Cow disease, just to mention a few.

5– You'll be consuming fewer contaminants. Traces of antibiotics, synthetic hormones, and other drugs fed to animals have been found in meat and dairy products/ and pesticides on plants eaten by animals are stored in their tissues and later ingested in high concentrations by meat-eating humans. By avoiding animal products completely, you'll be taking in considerably fewer pesticides and other potentially harmful contaminants.

6– It's better for all beings—big and small. Believe it or not, Americans now consume 9 billion animals every year. Every hour, one million animals are killed by the livestock industry. You can change this every time you sit down to eat.

7– It's better for your wallet. Beans, grains, and vegetables are much cheaper than meat and dairy products. And when you leave out the refined foods, such as pies and candies, you'll have plenty of money to buy some of the most exotic fruits and you'll still have a food bill that is 30-45% lower than with the typical American diet.

8– It saves the earth. Meat and dairy food production encourages desertification, top soil

erosion and contaminates our water supply with the use of pesticides, herbicides and fertilizers used to produce animal feed. Considering the two-year period to raise a steer, it takes a total of 12,000 gallons of water to produce 1 pound of beef, whereas it only takes 240 gallons of water to produce 1 pound of grain, and 60 gallons to produce 1 pound of vegetables. A diet devoid of any animal products, is much more earth-friendly.

9– It helps feed the world. By leaving out animal products and by embracing a raw food diet, you are helping end world hunger by making more food available. A cow has to eat 7 pounds of grain to produce one pound of meat protein. If land were to produce food for humans directly, 16 times more people could eat!

10– You can save your family's life. When you eat a healthier diet, your family is likely to follow suit. In the process, you'll help protect them from the illness that are now so common in our society.

WARNING-

The information in these articles is not intended to replace medical advice or treatment. Questions about symptoms, specific dietary needs and medications, general or specific, should be discussed with your physician. The information in this article is for informational purposes only, and is not medical advice or a substitute for a physician's consultation and/or examination.

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