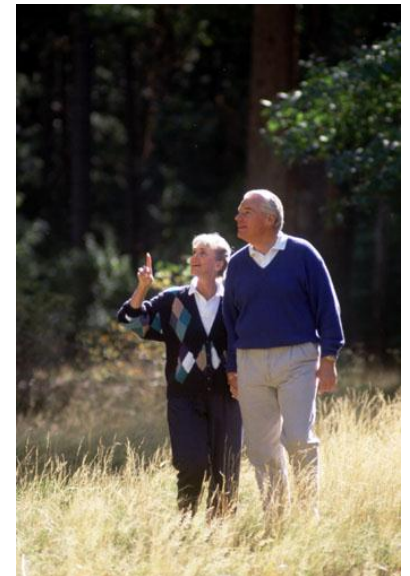


# VEGETARIANISM EXPLAINED

*How your body responds to food*

Dr Natasha Campbell-McBride MD



Mum, Dad, I decided to become a vegetarian!

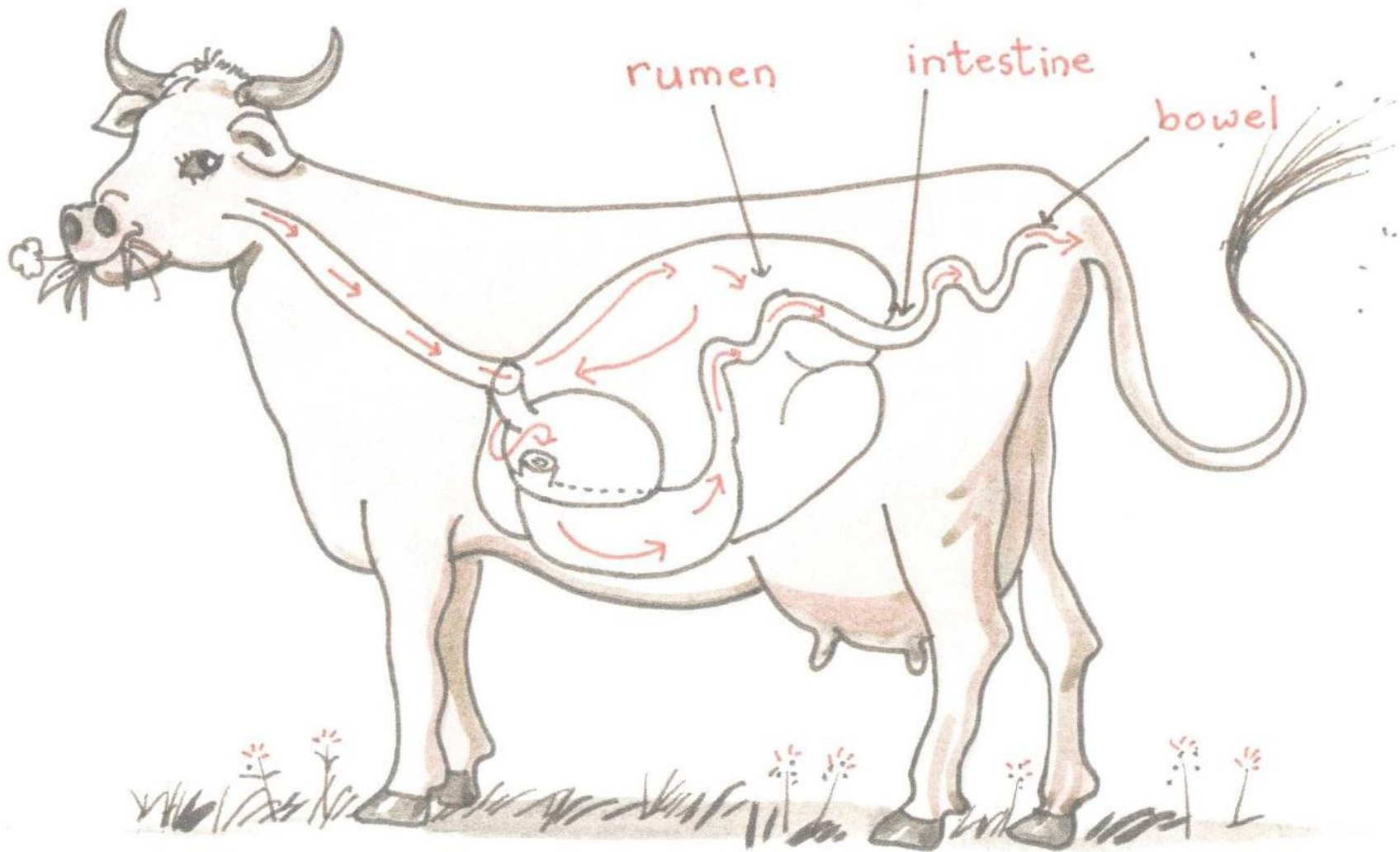


# Confusion about vegetarianism

- Some choose this life style after discovering how industrial agriculture treats animals and birds
- Some believe that this is the healthiest life style
- Some do it for emotional, religious & political reasons
- Some believe that they are 'saving the Planet'
- Nutritional 'science' adds to the confusion
- Doctors see more and more young people damaging their health and destroying their lives through veganism
- Should we all become vegetarian or vegan?

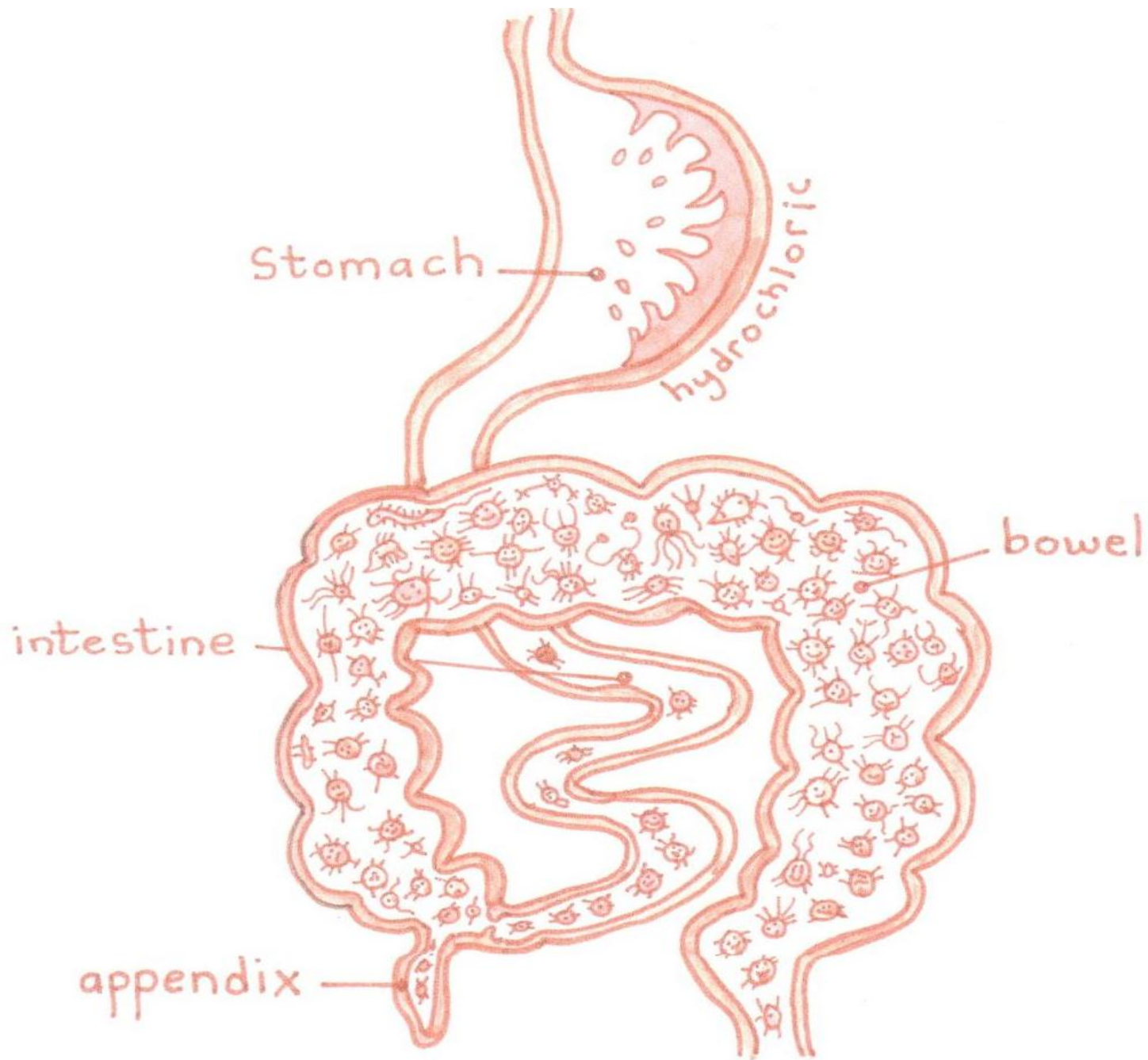
# How does it work?

- All energy on our planet is recycled
- New energy comes from the sun - sunlight
- Plants convert sunlight into matter (photosynthesis)
- Herbivorous animals consume sunlight in a plant form
- Rumen – an ingenious digestive system
- Plant matter is converted into protein, fat (mainly saturated fat) and sugars by the rumen microbes
- Only microbes are able to digest plants well
- Chewing the cud



# How does it work?

- To consume sunlight in the form of herbivorous animals Nature created predators and omnivores
- Small stomach producing acid and pepsin, which can only digest meat, fish, milk and eggs
- Human gut is similar to the gut of predators
- What has been digested in the stomach absorbs in the small intestines
- Undigested plants feed the gut flora in the bowel



# How does it work?

- Human bowel is an equivalent of the rumen
- Gut flora works on plants in the bowel providing vitamins and short-chain fatty acids
- Rumen in herbivorous animals is at the beginning of their gut, in humans it is at the end – too late for the bulk absorption !
- The bulk of nutrition humans thrive on comes from animal foods – meat, fish, eggs and dairy



# Animal foods – meat, fish, eggs and dairy

- Are the BUILDING / FEEDING FOODS for us
- They provide the right quality protein
- They provide the right quality fats
- They provide easily assimilated vitamins and minerals in the right bio-chemical shape
- They are the easiest to digest for human gut
- They build and maintain the physical structure and function of the human body
- They are essential for cell regeneration and healing

# What are the plants for ?

- Plants have the wrong protein for human body
- Plant have the wrong fats for human body
- Plants are indigestible for human gut
- Plant foods are cleansers !
- They provide powerful cleansing substances
- They provide some vitamins and minerals
- They cannot feed the human body to any degree, but help us to keep clean on the inside

# Plant foods and human body

- Fermentation, sprouting, malting and cooking makes plants more digestible
- Traditional cultures found this out through experience
- Plants are largely made from carbohydrates made more digestible and absorbable through cooking
- Industrially processed plants overload the body with carbs causing modern epidemics: obesity, diabetes, heart disease, cancer, autoimmunity and chronic inflammation
- Raw plants in their natural form are cleansing
- Cooking reduces plant's cleansing ability

# Animal foods versus Plant foods

- Animal foods are the FEEDING / BUILDING FOODS
- Plant foods are CLEANSERS
- Humans can live entirely on animal foods – *GAPS No-Plant Diet* for severe digestive problems and mental illness
- Humans cannot live entirely on plants !
- Veganism (only plants) is not a diet, it is a form of fasting
- Vegetarianism includes some animal foods (eggs, dairy)
- It is possible to be a healthy vegetarian as long as plenty of high-fat animal foods are consumed and all food is natural
- Individual need for plants & animal foods in everybody

# Where does your food come from?

- Commercial agriculture finds it difficult to produce meat, milk and eggs and easy to grow plants
- Natural organic farming – the opposite
- Arable agriculture overproduces grain & feeds it to animals
- Arable agriculture destroys top soil, releasing carbon & methane into the atmosphere, causing global warming
- Destroyed soil cannot hold water leading to floods
- Agricultural chemicals poison ground waters and wildlife
- Amongst all human activity industrial arable agriculture causes the biggest damage to our Planet!

# Is vegetarianism environment friendly?

- It is not possible to feed even one vegetarian for a year entirely from a private organic garden !
- Only industrial arable agriculture can grow enough plants to sustain vegetarianism and veganism on a large scale
- Chemical industry controls industrial agriculture & it is in their interest to encourage people to become vegetarian
- This same industry infiltrates governments and guides their policies on food and agriculture
- There is nothing kind to animals or the Planet in a plant-based life style, because it is based on arable agriculture !

# Feed yourself and your family well !

- Natural organic regenerative farming treats land and animals with love and produces proper quality food
- Farms have to be diversified: have grazing animals, birds and growing plants - all in rotation
- Using animals and birds natural farming builds top soil removing carbon from the atmosphere – building humus
- Humus holds large amounts of water reducing flooding
- They get no support from governments, only hostility
- Support organic regenerative farming by buying their produce exclusively, directly from the farms !

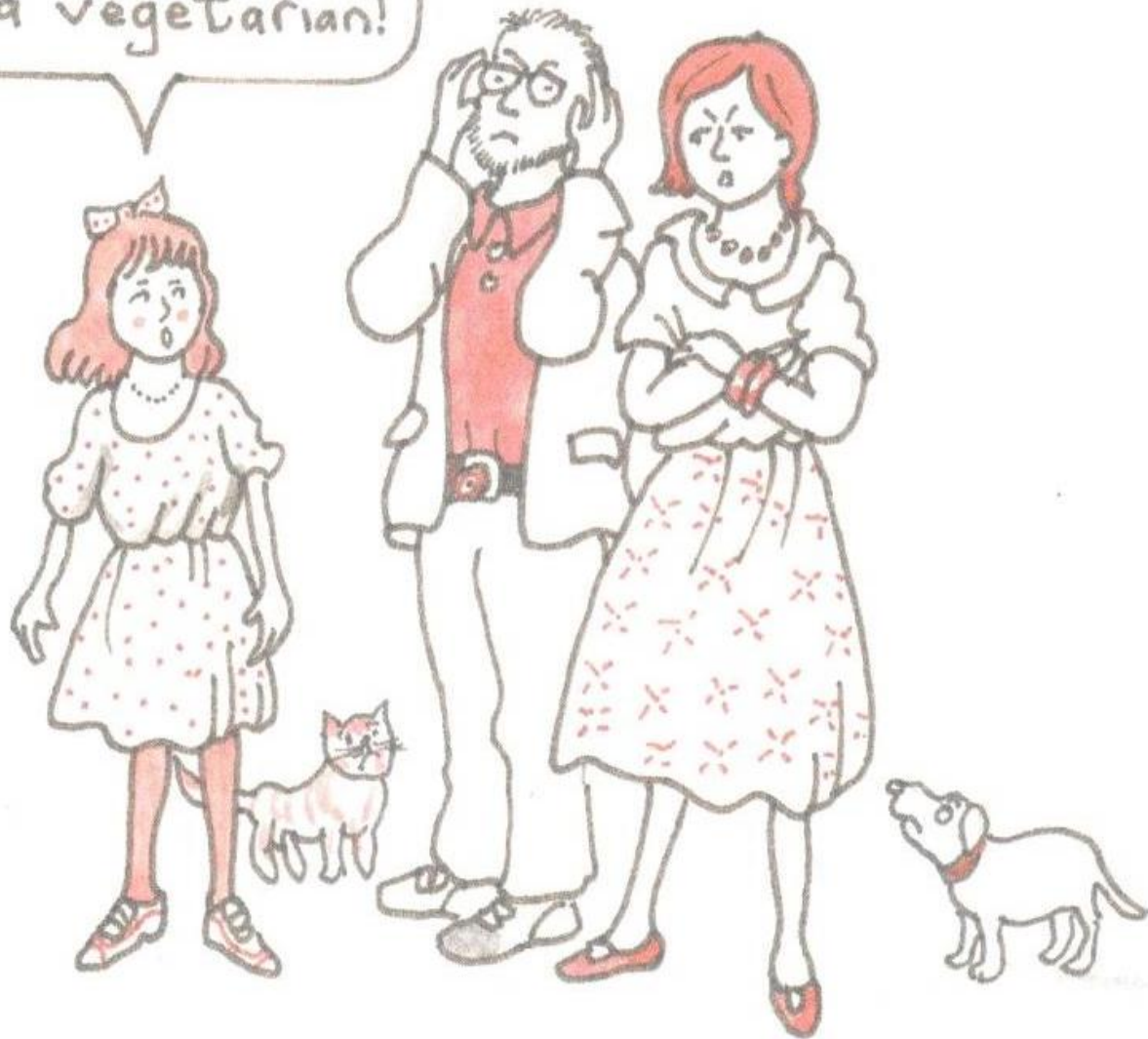
# Making an informed decision

- Weston A Price specifically looked for healthy vegetarian cultures around the world – he did not find one! *‘I have found in many parts of the world most devout representatives of modern ethical systems advocating restriction of food to the vegetable products. In every instance, where the groups involved had been long under this teaching, I found evidence of degeneration’*
- Growing numbers of young people are falling pray to pro-vegetarian propaganda in the Western world today
- This propaganda is based on ignorance

Protect those you care about by informing them !



Mum, Dad, I decided to become a vegetarian!



# **Vegetarianism Explained**



## **Making an Informed Decision**

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