BENEFITS of PLANT-BASED DIETS

“How changing to Plant-based Diets Reduce Chronic Diseases, Increase Lifespan & Decrease Climate Change”
The major causes of disease and death in Western countries are now chronic diseases such as Cardiovascular diseases, Strokes, Cancers, Diabetes, Obesity and Hypertension. These diseases are largely due to “over nutrition” and arguably, are best dealt with by preventing them rather than by trying to “cure” them.
“With all thy getting
get understanding”

Proverbs 4:7
LEADING CAUSES of MORTALITY
This is important because...

Experts estimate that up to 80% of the chronic disease and premature death in this country could be prevented by making major changes in our Diets.
Root Causes of Disease!

Disease runs in families because eating habits run in families.
Coronary artery disease (CAD) is the leading cause of death for Men and Women in the U.S.

As previously noted, the vast majority of coronary artery disease seen in the U.S. could be avoided by major changes in our diets and lifestyle.

American Heart Association estimates 80% of Heart Attacks and Strokes could be prevented.

Over 805,000 Americans have a heart attack each year and over

“Do you want that with or without Angioplasty”
What is a Heart Attack?

According to the AHA, every 40 seconds, someone in the U.S. has a Heart Attack!

- The Coronary arteries are the blood vessels supplying blood to the heart itself.
- They are so named because it was felt they resembled a Crown "surrounding" the heart.
- A heart attack occurs when one or more of these vessels becomes completely blocked, thereby depriving a portion of the heart muscle of its blood supply.

Does this mean our hearts will one day rise up and attack us like Vandals on a rampage?

NO!

- The Coronary arteries are the blood vessels supplying blood to the heart itself.

Your Heart at Work!

Each day the heart beats ≥ 100,000 times and pumps ≈ 2,000 gallons of blood.*

*1 gallon of blood weighs 8.3 lbs x 2000 = 16,600 lbs!
How the Heart Works: **Effect of High-fat Meal on Blood Flow**

During sludging periods, blood will be *hypercoagulable*, have *lowered* O2 content, & be *more likely* to form *artery-blocking* clots!
Epidemiological studies show that populations consuming a plant-based diet are at much lower risk for developing heart disease. Healthy plant-based diets benefit the heart by being low in total and saturated fat, but relatively high in "heart healthy" fats like mono- and polyunsaturated oils. These diets are also high in fiber, plant proteins and antioxidants, and contain very little or no cholesterol.

Vegetarians and vegans typically have cardiovascular risk factor profiles well below those of omnivorous populations. They usually live longer and have lower weight, lower blood pressure, lower levels of homocysteine, and have cholesterol levels ≥ 100 - 150 points below individuals who eat meat!
Dr. Crowe was initially very depressed, but after talking with Dr. Esselstyn about his plant-based program to reverse heart disease, he decided to give it a try. After 2.5 years on the diet program alone without medication, a repeat coronary cath showed complete reversal of his LAD lesion!

**IT IS POSSIBLE TO REVERSE HEART DISEASE!**

**Benefits of a Plant-based Diet for Heart Disease**

Joseph Crowe, MD is a CV surgeon at the Cleveland Clinic who began having recurrent CP in April 1996 and had a heart attack in November 1996. He had an emergent cardiac cath and he coded TWICE during the procedure! His cath showed a long, ragged lesion at the end of his distal LAD that could not be stented or bypassed.
STROKE
What **is** a Stroke?

**A Stroke occurs when a blood vessel that carries Oxygen to the brain is either blocked or ruptures.** The impairment in blood flow leads to brain cell death.

**Stroke Categories**

- **Ischemic** occurs when a clot or mass blocks a blood vessel, cutting off blood flow to a part of the brain. 
- **Hemorrhagic** occurs when a weakened blood vessel, like an aneurysm, ruptures and spills blood into the brain.

**Types of Stroke**

- **STROKE** is an interruption of blood flow to the brain. Without oxygen-rich blood, brain cells die.

*It is estimated 2 million neurons are lost every minute after a stroke event occurs!*

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根据AHA，每4分钟，美国就有人死于中风！

是什么是中风？

中风发生时，输送大脑的氧气的血管要么被阻塞，要么破裂。血液流量的阻断会导致脑细胞死亡。

中风分类

- **缺血性**发生在当血块或不溶物堵塞血管，切断血液流动到大脑的一部分。
- **出血性**发生在当脆弱的血管，如动脉瘤破裂，血液流入大脑。

中风是一种血管中断，没有富含氧气的血液，脑细胞会死亡。

据估计，每分钟有200万神经细胞流失！
Types of Stroke

- **Ischemic Stroke**
  - Caused by a *Blocked* blood vessel in the brain
  - May be due to an “Embolus” or a “Clot” formed at site of a Plaque

- **Hemorrhagic Stroke**
  - Caused by a *Ruptured vessel* in the brain
  - May be AVM, Aneurysm, *HTN-weakened* Artery
Demographics of Stroke

- **Women** have about 60,000 more strokes than men.
- **Native Americans** have the highest prevalence.
- **African Americans** have almost twice the rate compared to Caucasians.
- **Hispanic Americans** have slightly higher rates when compared to non-Hispanic Whites.
- **Modifiable risk factors** must be addressed in our “aging population” given the propensity to suffer strokes in this age group.
Risk Factors for Ischemic Stroke

- Hypertension \((BP > 140/90)\)
- Diabetes/Obesity
- Heart Disease (Atrial & Valve Disease)
- Smoking
- High Cholesterol \((LDL > 130)\)
- Male Gender
- Age
- Ethnicity/Race (Epigenetics of Racism)
Risk Factor Reduction Through Diet Change
Hypertension (HTN)

- Affects 1 in 4 Americans
- Often called “the Silent Killer”
- Increases risk for Heart Disease, PVD and Stroke
- Risk factors include:
  - Obesity
  - Family history
  - excess ETOH
  - Smoking
  - excess Sodium
  - High Fructose Corn Syrup
  - lack of Regular Exercise
Changes in Systolic Blood Pressure Due to Vegetarian

Period 1
Period 2

- Group 1 = Control Group
- Group 2
- Time of Diet as Vegetarian
- Group 3
- Time of Diet as Vegetarian
The REGARDS (Reasons for Geographic and Racial Differences in Stroke) Study examined the relationship between diet and stroke in 30,239 Black and White Americans aged 45 years and older. This study showed that most of the increased stroke risk seen in African Americans can be explained by differences in diet. REGARDS showed that the "Southern" diet style [featuring heavy consumption of fried foods, organ meats, processed meats, full-fat milk, and sugar-sweetened drinks, while downplaying fruits, salads and whole grains] increased stroke risk by 63%.

The "plant-based" diet pattern in this study [which included cruciferous vegetables, green leafy and other vegetables, fruits, beans and whole grains] reduced stroke risk by 20%.

Given the relationship between vegetable consumption and BP, it is reasonable to conclude stroke risk would have been reduced by much more than 20% had REGARDS included a diet pattern that was completely plant-based and excluded all animal foods!

"On average, high blood pressure medications reduce the risk of heart attack by 15 percent and the risk of stroke by 25 percent. But in a randomized, controlled trial, three portions of whole grains a day were able to help people achieve this blood-pressure-lowering benefit too."

—Dr. Michael Greger in How Not to Die
2007 Estimated U.S. Cancer Deaths

Men 289,550

- Lung & bronchus 31%
- Prostate 9%
- Colon & rectum 9%
- Pancreas 6%
- Leukemia 4%
- Liver & intrahepatic bile duct 3%
- Esophagus 4%
- Urinary bladder 3%
- Non-Hodgkins Lymphoma 3%
- Kidney 3%

Women 270,100

- Lung & bronchus 26%
- Breast 15%
- Colon & rectum 10%
- Pancreas 6%
- Ovary 6%
- Leukemia 4%
- Non-Hodgkins Lymphoma 3%
- Uterine corpus 3%
- Brain/ONS 2%
- Liver & intrahepatic bile duct 3%

ONS = Other Nervous System
Source: American Cancer Society, 2007
Cancer

- **Prostate** and **Colon** cancers have been shown to be **increased** by diets that are **high in fat** and **animal protein** *and simultaneously low in grains, vegetables and fruit*. Diets that are high in **saturated** and **trans fats**, and **red meat** are especially problematic.

- These cancers strike **African Americans (AA)** to a **disproportionate degree** and with **greater lethality**.

- AA men have a **60% to 70% higher incidence rate** for **prostate cancer** than White men. Moreover, once diagnosed, AA men are **more than twice as likely to die** from prostate cancer relative to White men because Black men get more aggressive and deadly forms of the disease that tend to metastasize early in the course of the disease!

- Colon cancer rates have been increasing for the **entire American population** over the last half century. **It is now recommended that Americans get their first screening colonoscopy at age 45 rather than wait till age 50 because of increasing incidence of this disease!**

- AA's may need to **start screening at age 40** due to increased risk associated with eating a western-style diet!
Dairy Products Increase Risk for Prostate Cancer!

“What protein consistently and strongly promoted cancer? **Casein**, which makes up 87% of **cow’s milk** protein, promoted all stages of the cancer process.”

Consumption of dairy products continues to show a risk for prostate cancer, according to a new study published in the *American Journal of Clinical Nutrition*. As part of the Adventist Health Study-2, researchers looked at data from 28,737 men and found that as dairy product consumption rose, so did the risk for prostate cancer. However, the risk was not seen with nondairy sources of calcium. This study adds to the already large number of studies showing increased prostate cancer risk associated with dairy consumption. A 2016 meta-analysis of 11 different studies showed that men consuming the most milk products had a 43% higher risk of dying of prostate cancer, compared with men who generally avoided dairy products.
The saturated animal fat in dairy products has long been linked to higher risk for cancers, but this study also provides strong evidence that it is the proteins in milk that are largely responsible for the increased risk of Prostate Cancer.
Habitual Egg Consumption also Increases Risk for Prostate Cancer

- It is critical to identify “Risk Factors” to both prevent PC and to prevent its “Metastasis” (spread) which markedly decreases survival.

- Meat, fish, eggs and poultry all INCREASE risk of spread.

- Choline in eggs, meat & dairy is converted in the gut to TMAO which increases risk for several lethal diseases including the spread of PC!

Conclusion: Of the 47,896 men in our study population, choline intake had a 70% increase of the risk of lethal prostate cancer.

Design: We prospectively examined the intake of these nutrients and the risk of lethal prostate cancer among 47,896 men in the Physicians Follow-Up Study. In a case-only survival analysis, we examined the postdiagnostic intake of these nutrients and the risk of lethal prostate cancer among 4282 men with an initial nonmetastatic disease during follow-up. Diet was assessed with a validated questionnaire 6 times during 22 y of follow-up.

Source: Harvard School of Public Health Study 1994-2008
Risk

Milk & Breast Cancer Risk

MILK CONSUMPTION, g/day

Ganmaa and Sato, 2005

ESTROGEN INCREASES RISK OF PROSTATE, BREAST, UTERINE AND OVARIAN CANCERS.

WHILE THE DAIRY INDUSTRY FOCUSSES ON MARKETING FOR COWS’ MILK WITH ADDED HORMONES, THEY FAIL TO ACKNOWLEDGE THE PLETHORA OF NATURAL HORMONES IN MILK, INCLUDING ESTROGEN AND PROGESTERONE.
A recent study of almost 53,000 North American women conducted over a nearly eight-year period published in the International Journal of Epidemiology showed a marked increase in breast cancer risk associated with milk consumption. Consuming as little as 1/4 to 1/3 cup of dairy milk per day was associated with an increased risk of breast cancer of 30 percent. By drinking up to one cup per day, the risk went up to 50 percent, and for those women drinking two to three cups per day, the risk further increased to 70 to 80 percent.

Dairy product consumption is also the leading risk factor for prostate cancer in the American diet. Harvard Health Professionals Study showed that men who drank >2 servings milk/day had 60% increased risk of prostate cancer.

Because of its "growth-stimulating" effects, casein protein from cow's milk has been shown to potentiate, promote, and exacerbate the growth of cancers and the ability of environmental toxins to promote and stimulate cancer development.

Exposure to both natural and synthetic hormones in dairy products; and increased production of IGF-1 by the liver because of dairy and animal protein consumption have been linked to increasing risk for breast and prostate cancers; as well as testicular cancer and likely uterine and ovarian cancers.

Lactose in dairy products has been linked to higher risk for pancreatic cancer, ovarian cancer and testicular cancer.

Giovannucci E, et al., Calcium & fructose intake in relation to risk of prostate cancer Cancer Res 1998 Feb 1, 58(3):442-7

Ganmaa and Sato, 2005

MILK CONSUMPTION, g/day

Slide courtesy of Dr. T. Colin Campbell
Processed Meats

Classified by the WHO as "Class 1" Carcinogens which is in the same class as cigarettes!

Hot dogs, sausage, luncheon meats, ham, smoked & cured meats are all processed meats.

Nitrites which are used to cure processed meats form "Nitrosamines" in the body which are potent carcinogens that attack and damage DNA increasing risk for a variety of cancers.

Pregnant women eating hotdogs have children who have a higher risk of Childhood Brain Tumors the #2 Pediatric cancer.

Children who frequently eat hot dogs have 10 times the risk of developing Childhood Leukemia the #1 Pediatric cancer.

Childhood leukemia and brain cancers have been increasing more than twice as fast as other childhood cancers over the last two decades!

Processed meats increase risk for Bladder, Endometrial, Prostate, Thyroid, Throat, Esophageal, Gastric and Colorectal cancers among others!

Processed Meat KILLS!
**Benefits of Plant-based Diets**

- **Blood from men with Prostate cancer on PBD’s for one year** killed **70% of cancer cells** when dripped on cultured Prostate cancer cells.
- **Blood taken from women with Breast cancer placed on PBD’s for only 2 weeks** killed the **majority of the cells** in the Breast cancer cultures!
- **Phytates in beans and grains** show **broad-spectrum anti-neoplastic activity** against a wide variety of cancer types.
- **Phytates and Lectins found in beans & grains** have been shown to even “**rehabilitate**” or **kill** cancerous and/or pre-cancerous cells!

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**Benefits of PBD’s for Cancer**

- **Antioxidant properties**
  - Inhibits iron-mediated oxidative reactions
  - Enhances immunity
  - Increases NK cell function and activity
  - Stimulates respiratory burst and bacterial killing by Neutrophils
- **Affects Signaling molecules & Gene expression**
  - Blocks PI3-K/Akt and Erk1/2 signaling
  - Affects PKC; Up-regulates PKCd
- **Causes G2M arrest in cancer cells**
  - Up-regulates p27Kip1 and p21WAF1/CIP1
  - Decreases pRb phosphorylation
  - Up-regulates p57 mRNA
- **Induces Apoptosis**
  - Degradation and cleavage of Caspase 3 and Caspase 9
  - Cleavage of poly ADP-ribose polymerase (PARP)
- **Inhibits Angiogenesis**
  - Inhibits VEGF secretion
  - Inhibits MMPs secretion
- **Inhibits Metastasis**
  - Inhibits cell adhesion
  - Inhibits cell migration
  - Inhibits cell invasion
  - Inhibits lung metastatic colonies

**Role of phytic acid in legumes: antinutrient or beneficial function?**


**Anti-cancer function of phytic acid**

International l of Food Science &. Technology 2002, 37.
• Plant cells are all enclosed within a cell wall made of Cellulose aka “Fiber.”
• Animals designed to eat plants have very long digestive tracts with long SI’s and a long, “sacculated” Colon.
• Animal tissues have NO Fiber in them!
• Therefore, animals designed to eat “animal flesh” have very short digestive tracts with short SI’s and a short, “smooth,” straight, Colon.

Brief Anatomy Review!

Herbivores like horses have a long, sacculated, “annular” Colon to process Dietary Fiber.

Only plant-eating mammals have an Appendix.

Fiber fermentation in the Colon yields additional energy and important physiologically-active compounds called SCFA’s.
Differences in Colon Cancer Incidence & Risk by Ethnic Group

- Among broadly defined racial and ethnic groups, CRC Incidence and Mortality are highest in Black Americans.
- American Indians and Alaska Natives (AI/ANs) are next highest.
- NHW’s have the third highest incidence rate for Americans.
- CRC rates are lowest in Asians/ Pacific Islanders (A/PI).
- During 2012-2016, CRC incidence rates in Blacks were about 20% higher than those in NHW’s and 50% higher than those in A/PIs.
- The disparity for Mortality is twice that for Incidence; CRC death rates in Blacks are almost 40% higher than those in NHW’s and double those in A/PI’s.
- Incidence increasing in 0-49 age range, but decreasing for others!
U.S. per capita Meat/Cheese Consumption

Current Meat Consumption in U.S.

- **From 2015 to 2019**, per capita meat consumption *(excluding aquatic animals)* increased each year, reaching **264 pounds per person** in 2020.*

- **270 lbs./per person** may sound like an overestimate, but it actually averages out to **only 4oz. animal tissue per meal/day**. Many people eat significantly **more** meat than that at **each meal**!

- In 2019 the average consumer in the U.S. ate **40.4 pounds of cheese annually**. Over the past 10 years, U.S. per capita cheese consumption increased by over **5 lbs.**!

- Consuming large amounts of **animal protein**, **saturated fats** and **dairy hormones** have been major contributors to the **increases in CRC rates over the last 50 years**!

*Department of Agricultural & Consumer Economics; University of Illinois: May 12, 2021 - Farmdoc daily (11): 76*
Colon Cancer Development & Spread

HI=Heme Iron; HGM=Heat Generated Mutagens; AP=Animal Protein; Inflam=Inflammation; DF=Dietary Fat

- **Stage 0**: Initial damage is done by HI; HGM’s; ETOH; AP; putrefaction; DF; toxins; hormones; long transit times.
- **Stages 1,2**: growth fueled by AP; HI; inflam; toxins; hormones; TMAO; DF.
- **Stage 3**: growth and tissue invasion are fueled by inflam, toxins; AP, DF; hormones; and **limited fruits/veges/grains and legumes**.
- **Stage 4**: metastasis is fueled by AP, inflam; toxins; DF; hormones.
- Phytates, Lignins, Lectins, Antioxidants; Phytochemicals; Sterols and other plant compounds **suppress cancer transformation & spread** at **ALL stages**!

Phloguard detects here! 8% "False negative" rate
“Inadequate consumption of prebiotics—the fiber and resistant starch concentrated in unprocessed plant foods—can cause a disease-promoting imbalance in our gut microbiome.”

- Diets high in animal/dairy protein and/or animal fats can cause unhealthy changes in the gut microbiome that can elevate risk for cancers and other metabolic diseases.
- In low fiber diets, CHO depletion in the distal colon results in increased production of toxins like NH3, toxic amines, phenols & sulfides; and other putrefactive compounds.
- HS impairs cytochrome oxidase, DNA methylation and tissue metabolism.
- Western (SAD) diets can deliver up to 12g of animal protein residues/day to the colon which produces 3.5 - 4g of NH3/day. That is equal to 60 to 70kg of Ammonia over a 50 year span.
- Ammonia concentrations found in the lower bowel of meat eaters destroys cells, alters DNA/RNA synthesis, increases virus infections and promotes growth of cancer cells.
- Dysbiotic bacteria can “re-toxify” carcinogens by reversing the detoxification actions of Broccoli-stimulated detox enzymes.
### Anti-Cancer Effect of Fibers

There Are Two “Types” — but Many Varieties of Fiber

<table>
<thead>
<tr>
<th>Gums</th>
<th>Pectins</th>
<th>Mechanism</th>
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<tbody>
<tr>
<td>Oatmeal</td>
<td>Squash</td>
<td>Decreases blood cholesterol by binding with cholesterol-containing bile acids in the gut, preventing re-absorption. Also, delays glucose absorption and gastric emptying, thus facilitating better control of blood sugar level.</td>
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<tr>
<td>Oat Products</td>
<td>Apples</td>
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<tr>
<td>Dried Beans</td>
<td>Citrus fruits</td>
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<td>Potatoes</td>
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**Fiber Consumption and all-cause, cardiovascular, and cancer mortalities: A systematic review and meta-analysis of cohort studies.** Lihua Liu et al., Mol. Nutr. Food Res. 2015, 59, 139-146. DOI 10.1002/mnfr.201400449

**Fiber Consumption and Breast Cancer Incidence: A Systematic Review & Meta-Analysis of Prospective Studies** Farvid Maryam, et al., Cancer Month 0, 2020; DOI 10.1002/CNCR.32816

**Protective against:**
- Heart Disease
- Diabetes
- IBS/Colitis
- Cancers
Benefits of Plant-based Diets

- **Cruciferous plants**
  - Detoxifying enzymes
  - Anti-cancer phytochems
- **Whole/Intact Grains**
- **Beans/Legumes**
  - Phytates/Chelation
- **Fruits**
- **Colorful Vegetables**
- **Fibers**
- **Mushrooms** (Cultivated & Wild) - *Beta-glucans, polysaccharides, & Pyrogallop* and other compounds have *anti-cancer* and *immune system-boosting* activity
- **Herbs & Medicinal Plants** (Garlic/Onions; Tumeric; Wheat grass; Ginger, etc.)
- **Anticancer compounds in Plants** (partial list)
  - Sulforaphane; Indole-3-Carbinol; Isothiocyanates; Liminoids; Phytosterols; Polyphenols; Flavonoids; Tannins; Curcumin; Resveratrol; Carotinoids
- **Decreased incidence of Cancer in plant-based populations**
  - Adventist Health Study 1 & 2 show *decreased incidence* of cancers in plant-based participants; Multiple other studies show same findings
- **Increased “Time to Recurrence” & increased “Disease-free Survival”**
  - Multiple studies have shown that those patients diagnosed with cancer who change to a *more plant-based diet* increase their chances of *cure* or of long-term survival and time to recurrence
The inclusion of Cruciferous & Allium vegetables in the diet is Essential for effective dietary-based Cancer therapy.

The same garlic dose that blocked nearly 80% of cancer cell proliferation appeared to have no effect whatsoever against normal cells, and similar results were found for the other allium and cruciferous vegetables in cell lines. Vegetables were effective in destroying cancer cells but leave normal cells alone.”

Anti-Cancer Effects of Cruciferous & Allium Vegetables
Why are Plant Foods So Powerful & Protective Against Cancers

Because Plant-based Diets Address the Actual Causes of Cancers!

Protective Factors

- Fiber
- Phytochemicals
- Plant enzymes
- Antioxidants
- Anti-inflammatory compounds
- Plant sterols and stanols
- Pre- and probiotics
- Macronutrients from healthy sources
- Micronutrients from healthy sources
Transforming “Abundance” into “Scarcity”!

Every year in the United States alone,

41 million tons of food are fed to 7 billion livestock, which only produce 7 million tons of food.

There are 701 million starving people in the world. The United States alone could feed 901 million people with the grain used to feed livestock.

Eat less meat. Save lives.

Livestock animals consume > 6-20 times as much grain as would be consumed by humans directly.

Animal protein production requires 8 times more fossil-fuel energy than production of plant protein.

Grain-fed beef requires 100K liters of water/Kg. Broiler chickens require 3.5K liters. Soybeans only use 2K liters/Kg; Rice = 1.9K liters/Kg; Wheat = 900 liters/Kg; and Potatoes = 500 liters/Kg.

Converting grain to animals we create Food Scarcity and Hunger, and waste limited resources!
How "Green" Is Your Diet?

• Animal-based agriculture is one of the major contributors to the massive increases in greenhouse gases such as CO₂, NO and Methane that are responsible for causing global warming and climate change!

• Switching to a Vegetarian or Vegan diet will reduce your "carbon footprint" by ≥1.5 tons of CO₂ per year! That is more than if you changed to a hybrid car!

• At >7 billion individuals, humans display the classic population dynamics of a typical "social herbivore" species!

• After energy production, raising animals for consumption is the #1 cause of global warming and is responsible for 18% of greenhouse gas* emissions — that is more than that produced by all cars, trucks, trains and planes combined!

70% of the corn grown in the U.S. each year is used for animal feed = 17 times more land; 14 times more water; 10 times more energy!

Cattle emit HUGE amounts of Methane that has a warming effect (WE) 23 times >CO₂, and Nitrous oxide that has a WE 296 times >CO₂!

* A really "inconvenient" truth!
Meat vs. Plant Based

Environmental Benefits:
- Beyond
- Water
- Land
- Emissions
- Energy

Meat eaters had higher levels of TMAO during both study periods. Plant-based meats lowered levels of LDL-Cholesterol. Those eating plant-based meats also lost weight during the study.

How Do Plant-based Meat Analogues Compare?

A randomized crossover trial on the effect of plant-based compared with animal-based meat on trimethylamine-N-oxide and cardiovascular disease risk factors in generally healthy adults: Study With Appetizing Plantfood—Meat Eating Alternative Trial (SWAP-MEAT)

Anthony Crimaro, Sparkle Springfield, Christina Petlura, Taylor Streety, Kristen Cunanan, Justin Lee, Priya Fielding-Singh, Matthew M Carter, Madeline A Topf, Hannah C Wastylk... Show more

Published: 11 August 2020 Article history

- Those eating plant-based meats also lost weight during the study
What are “Healthy” Sources of Protein?

Pumpkin Seeds vs Steak

Pumpkin Seeds:
- 30g Protein
- 110% Iron
- 71% Zinc

Steak:
- 25g Protein
- 27% Iron
- 56% Zinc

Just Say No!
If you believe “in” God, 
Then you should “believe” Him!
Stream Online or Purchase DVD

Diet & Lifestyle Change Documentaries

THE HEALTH FILM THAT HEALTH ORGANIZATIONS DON'T WANT YOU TO SEE!

WATCH THE FILM ONLINE!

PURCHASE THE DVD, BOOK OR T-SHIRT!

HOST A SCREENING AT YOUR LOCAL THEATER!

EATING YOU ALIVE

Eating You Alive (1080p) FULL MOVIE - Health & Wellness, Documentary
235K views 1 month ago
Gravitas DOCUMENTARIES

Nearly 30.4 million people die each year from chronic diseases and $3.8 trillion spent in healthcare costs in the U.S. alone for...
Heart Disease & Stroke

Rx
Eat Your Veggies!