

## **Get with it People, Agri-Corporations are Killing You**

by Kashmira Gander via jill - The Independent UK Tuesday, Mar 8 2016, 6:07am

international / prose / post

### **How cutting meat out of your diet changes your body**

*Today's atrocious diets are largely the result of marketing and advertising but they fail to tell the whole story. Modern diets kill to put it succinctly. All one need do is walk down the aisle of any modern supermarket to see myriad processed products which we are encouraged to consume, notwithstanding the further we depart from natural foods the greater cost to our overall health and well being. The following story highlights only one over-consumed product, meat.*

So, what actually happens to your body when you stop eating meat?

#### **You lose weight**

A team at George Washington University School of Medicine in Washington in the US recently tried pinpoint how much weight a person loses if they switch from being an omnivore to a vegetarian.

The research, which reviewed previous studies and was published in the Journal of the Academy of Nutrition and Dietetics, showed participants who cut meat out of their diets lost around 10lbs on average without monitoring their calorie intake or increasing the amount they exercised.

"The take-home message is that a plant-based diet can help you lose weight without counting calories and without ramping up your exercise routine," Neal Barnard, M.D., lead author of the study and an adjunct associate professor of medicine at the George Washington University, said at the time.

#### **Your gut bacteria will change**

The saying goes you are what you eat, and that relates to your digestive system as much as any other part of your body.

A 2014 study exploring the difference between the gut bacteria found in omnivores, vegans and vegetarians found differences in all three.

However, the biggest variation was between omnivorese and vegans – who don't consume any animal products whatsoever.

Researchers at City University of New York found that vegans had more protective species of gut bacteria.

#### **You could become deficient in nutrients**

A balanced vegetarian or vegan diet can provide enough nutrients with enough planning. But it can be harder to get enough iron, vitamin D and vitamin B12, according to the NHS.

The body recommends eating enough pulses, such as beans and lentils, nuts, fruit, dark green vegetables, wholegrains, and cereals with fortified irons to get enough of the substance.

Vitamin B12 can meanwhile be found in yeast extract products such as Marmite, fortified breakfast cereals, and soya products.

Eggs, fortified fat spreads, cereals and some milks can be a source of vitamin D.

### **You risk of developing cancer could drop...**

A recent World Health Organisation report classed processed meat as carcinogenic, and so products such as bacon and salami found themselves categorised alongside formaldehyde, gamma radiation and cigarettes. Red meat was also labelled as “probably” having cancer causing properties.

Eating just a 50g portion of processed meat – or two rashers of bacon a day – increases the risk of bowel cancer by 18 per cent, the experts concluded.

However, while this sounds like a significant rise, the 18-per cent rise in the risk of bowel cancer the IARC scientists warned of is from the base level that around 6 in every 100 people in the UK will get bowel cancer – not in total for each person.

Therefore, the rise would translate to one extra case of bowel cancer in all those 100 lifetime bacon-eaters.

### **...as well as your chance of having heart disease**

Scientists recently found that red meat is linked to heart disease. A study by Lerner Research Institute in the US showed that carnitine, a nutrient found in the food, sets off gut microbe reactions which contribute to the development of heart disease.

“This adds to the growing body of data reinforcing a connection between red meat, carnitine ingestion and heart disease development,” said lead author Stanley Hazen, MD, PhD, Vice Chair of Translational Research for the Lerner Research Institute and Section Head of Preventive Cardiology & Rehabilitation, according to a report by the Cleveland Health Clinic.

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<http://tinyurl.com/hxf8r2g>

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Jungle Drum Prose/Poetry. <http://jungledrum.lingama.net/news/story-2155.html>