

VEGETARIANISM

According to Price's research, there were no natural vegetarian societies at all. Any society subsisting solely on grains and some vegetables were extremely poverty stricken and seriously malnourished. For those who point to gorillas as being examples of large primate vegetarians, in reality and according to field primate biologists, gorillas consume grubs and termites, both of which are incredibly high in fatty proteins, some birds and eggs and even hunt the occasional monkey or small antelope.

Physiologically, primates, including humans and gorillas, have canine teeth which indicate a flesh-tearing ability; the actual hunting per se needs to be learned even by obligate carnivores such as felines. Herbivores have no canine teeth although some horses do grow "tushes" thought to be used for fighting in stallions. Human stomachs contain hydrochloric acid; herbivores contain none while carnivores contain more. Thus our scientific appellation of an omnivore, "eating everything".

Also, physiologically speaking, human beings can self-manufacture neither Vitamin B₁₂ nor the 8 essential amino acids needed by the body but *must* obtain them from outside sources meaning animal derived. B₁₂ deficiency leads to pernicious anemia (disease of the red blood cells), neuropathy (nerve damage) and brain damage. In fact blood tests of vegetarians have shown that they are frequently deficient in not only Vitamin B₁₂, but also in essential amino acids, fat-soluble vitamins such as A, D, E and K, plus Vitamins B₁ and B₂, and even certain minerals such as zinc, magnesium, iron and selenium. Long term vegans can also suffer female infertility, miscarriages, reproductive disorders, low sperm count, dementia, Alzheimer's Disease, depression, blindness, brain damage and other diseases of the nervous system due to essential malnutrition.

You can see that, physiologically speaking, the human primate *requires* at least some animal fats and proteins. Yet "vegetarian" as an ideal persists.

Types of Vegetarianism

First let us understand that not all vegetarians are created equal; rather there are different types

within the general concept:

Vegetarian—are those who essentially consume no animal flesh. Most modern American vegetarians eat a diet very high, up to 80%, in grains with many making no distinction between whole and processed let alone considering the necessity of soaking, sprouting or fermenting them. They also tend to shun fats going to non-fat and low-fat everything while increasing vegetable fats, thus dangerously skewing their essential fatty acid ratios. There is also a tendency to add a quantity of unfermented soy products such as tofu and soy milk to their diets to "make up for" the lack of animal protein with no awareness of the need for soy fermentation. Many also add fake meats made of texturized soy protein or gluten (seitan) products mistakenly believing these to be healthful alternatives.

Pescetarians—are vegetarians who eat fish and crustaceans. Adherents of the Macrobiotic diet, which also promotes 50-60% grain eating, tend toward this while including sea vegetables. Unfortunately, most marine life is polluted with mercury and other toxic chemicals.

Lacto Ovo Vegetarian—individuals consume either dairy (lacto) and/or eggs (ovo) since no life is immediately taken. This is our essential stance although we personally have always been concerned with what happens ultimately to both the resultant calves and the "retired" laying hens. Many LOV's however make no distinction between mega agri-business practices and organic, free-range animal husbandry.

Vegan (vee' gun)—individuals consume no animal products at all including honey nor do they subscribe to the utilization of animal products at all including the wearing of leather, wool or silk garments. Most vegans are fully aware of organic, bio-dynamic farming practices which is good, but still the lack of any form of animal fat/protein can, in the long run, cause many health challenges. The stricter forms of vegan include the **Raw Foodists** who eat only raw, living foods (including grains) claiming that only live food with its enzymes should be consumed (which then perhaps,

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should include raw, enzyme-rich blood, milk, and eggs!) and the most strict of all, the **Fruitarian** who eats only foods botanically classified as fruits which includes avocados, nuts, seeds, eggplant, zucchini and tomatoes, unfortunately regardless of the effects of the *phytates* in the nuts.

Motivations for Vegetarianism

The drive for vegetarianism continues for varying reasons and concerns, some of which include: **Faulty Science**—such as adherence to the food pyramid with its emphasis on grain; and Harriet Moore Lapée (Diet for a Small Planet) who thought that all areas of the earth should be farmed when in reality some truly are suitable strictly for livestock and that soy products were more healthful than animal ones; and the current concerns that everything be no/low fat which is actually causing the very obesity and heart disease it attempts to prevent. The so-called “Mediterranean Diet” is an example where some would have you believe Italians never ate their famous animal products like proscuitto (raw ham), salami, pepperoni, parmesan cheese and the like but that they lived essentially on pasta and olives!

Health—which comes not only from believing the above faulty science, but also perhaps the more valid concern of various diseases such as BSE (Bovine Spongiform Encephalitis) or mad cow disease. Another valid concern is pH balance which many believe to come from a 70-80% produce-based diet. How then did the Inuit maintain their pH when they existed virtually entirely on blubber and raw organs? One explanation is that the natural fat (not grain fed fat) neutralizes acidic protein; one reason why fractionated meat such as skinless chicken is not necessarily healthful.

Religion—aside from the 7th Day Adventists and various Buddhists and Hindus, there are numerous religious groups who believe forms of vegetarianism are doctrine including those who follow the strict vegan Genesis 1:29/Hallelujah Diet. However, so many adherents have sickened, that one, Greg Westbrook, wrote an e-book, When Hallelujah Becomes “What Happened?” available at WWW.CHETDAY.COM/HALLELUJAH-DIET-DEFICIENCIES.HTML

Ethical—another concern is how livestock is handled; many individuals, ourselves included, decry common inhumane and chemicalized agri-business methods but welcome the new/old organic, free-range animal husbandry practices. There is also the

consideration that if we are all united on a certain level, then dare we consume our fellow creatures? **Spiritual**—many holy individuals over thousands of years have lived on virtually nothing such as the famous plump 20th century Catholic stigmatist Padre Pio who lived on one bottle of beer daily plus a consecrated Host and a contemporary western Yogini who lived for decades very healthfully on only 200-300 calories per day. Neither religion promotes such practices, but apparently these individuals superceded within their cellular structure normal vibrational boundaries. It is my belief that this cannot be forced but will happen only if it is within that person’s individual path. In other words, true spiritual progress is not necessarily dependent upon the food one eats. In fact both Jesus and Buddha said, in so many words, to eat that which is given to you.

Personal Choices

There really are no easy answers to the question of vegetarianism. Ultimately we still each have to make our own decisions many of which may be predicated upon ethnic background, personal metabolism, geographical climate and occupation. We read in history books of explorers in the far north who died of fat starvation if they depended solely on hunting small game such as rabbits. Conversely we hear of wealthy Europeans in the middle ages developing gout thought to be due to excessive meat eating (high *purines* in the blood) but which probably also had a significant sweets/starch component. I find it difficult to believe that a Michigan logger could necessarily find vitality in only vegetable juice nor could a schoolteacher in Arizona necessarily do well on massive amounts of moose fat.

Vegetarianism is not necessarily the way to either better health or to heaven. We ourselves are working on balancing our personal protein/animal fats needs with our ethical and spiritual considerations. As a former 30 yr. lacto-ovo vegetarian who discovered she was a protein type, I have found increased energy via chicken stock for soups and rice cooking plus an occasional chicken dish or steak. Perhaps an increase of raw egg yolks (Dr. Mercola of WWW.MERCOLA.COM insists up to 5 per day are fine) will replace the latter. Of course it is ultimately my desire that I manifest a personal cellular energy shift that will make most traditional food unnecessary and then I would no longer have to concern myself with the ethics of eating animals at all! ■