

NO-NO

NUMBER ONE

MEAT

We are going to dive into the world of meat. I am going to sum up for you what you will be missing out on when not consuming the number one food choice of the masses in our modern and primitive civilizations. I am assuming that you are already a Vegetarian, but I do not know this for certain. If not, this first diet revelation is not intended to push you into Vegetarianism but it will only shower you with some valuable truths so that you can see and make up your own mind about this very first food item that is advisable to leave out of your life—for good.

Meat has been seen over the course of Man's history as a reflection of wealth. You are well-off and successful when you are able to supply your family or guests with a slab of meat for dinner. Before there was any sign of what we can call civilization, mankind was relying on meat for their survival. They learned that it would sustain you longer. Meat has also this aura of 'strength' around it. You are a *man* when eating meat. You are strong and indestructible. You have made it. You are now a leader. These notions surrounding meat are difficult to remove. They are so ingrained in society that to believe differently about the value of meat is pretty much impossible.

The meat industry has been using their skilled marketing strategies for decades now to keep the illusion alive that we benefit from its consumption. But their costly advertising campaigns need to be constantly 'beef-ed' up because more and more people are finding out the truth. What is this truth? The discussion usually grows from the knowledge that mankind once lived in a era where he was a hunter and gatherer, where he would hunt anything that moved and then would share this prize with his family or people from his tribe. It was the way of life and I will not disagree with that. The same as you can not argue that mankind was also living happily before that era where he/she was mainly a fruit-eater, which is a very probable fact as well.

In 1959 they found in Tanzania a very important skull. The owner of this skull who lived about two million years ago, was named the 'Nutcracker Man,' because he had these large flat maulers, that clearly were used as a tool. It was assumed that they were utilized for the crushing of nuts and other hard objects.

The final conclusions of these findings vary, but most archeologists seemed to agree that this Nutcracker Man did actually not eat nuts as his or her staple food. The diet actually consisted of grasses, soft and hard fruits, and plants called sedges.

In another interesting report by, Dr. Alan Walker, an anthropologist, (*May 15, 1979, New York Times*) it was discovered through powerful microscopes, that there was practically no wear on these fossil teeth of this pre-man. Meaning: they did not eat any meat because raw meat has bones, and those leave scratches on the surface. This discovery supported the previous hypothesis that these ancestors of ours,—ate grasses and fruits. No doubt though that nuts, seeds, raw eggs and small insects slipped in their diet at times. But, does this prove that this very early man was a Vegetarian? No,—but most likely he was.

**So what are you missing out on? What will your life be
like without the practice of ingesting the flesh of
innocent animals?**

Let's start by telling you that at the moment of slaughter the meat will hold, and so contain, various substances that you inevitably will consume. And that will be, adrenaline, uric acid, and creatin together with the toxins of the animals metabolic waste that resides in the muscles. See, the animal knows it is about to die and so its adrenaline level will shoot up and will flush throughout all its muscles. In other words, fear is created, and—fear—is being consumed. Fear is a very negative energy that of course should not be taken in by us and especially not from another life force. Fear is also something that will go through the body of the antelope we talked about earlier. But the lion has all the necessary tools to handle these substances and is not in any way physically or psychologically affected by its action of killing this prey.

Do you see yourself, like a lion, chasing an antelope? Do you see yourself, if you happen to catch one, to tear it open with your bare hands and dive straight into its guts and enjoy the blood, hair, and other gore that was part of the animal to your hearts content? If we are designed to eat meat, then this is how we should enjoy it. Nature does not provide you with a barbeque and a fancy sauce to go with it. It does not serve it to you on a plate, all neatly cut, fat and bone removed. It is true that there are many primitive cultures still out there in the world that will indeed cut out an organ of a hunted animal and eat it raw while it is still warm. Usually, these are rituals to prove manhood or for some other tribal belief. For a lot of people this is the proof that we also need to eat meat, that it is a natural food source. I agree that it appears this way. You will see though that these cultures also prepare their meat with fire, as it is pretty indigestible in a raw state. The only difference between these primitive cultures of the world and ours is our more fancy fire or cooking devices. Also our dependence on other people to kill the animal for us and pack it neatly in plastic, to be sold in the supermarkets next to the rows of sauces of all kinds to make the bland tasting meat a lot more delectable.

This all seems very doable in our modern day society but one of the most important factors that will shatter this assumption about meat is overlooked because of the lack of knowledge in the average meat-consumer. It is the physical proof that we just can't digest it properly. As you have learned this is very important for vibrant health. We lack the enzyme uricase to help to break down the high amounts of uric acid found in animal meats, which is an extremely acidic substance. Furthermore, it lingers in your system for a very long time. It putrefies and creates toxins, because it has no water or fiber to help it along through the system.

Uric acid is urine, which together with feces is being held in the flesh. When it was first discovered creatin was believed to be essential for strong muscle development, and important for us to take in. Today we know that this was bad science and it is now considered dangerous to our systems. It is widely used by athletes and body builders as a supplement. It is a troublesome substance; many kidney problems may result. The body can not recognize the foreign substance so it will become toxic, like all other unnatural processed elements.

Due to bacterial decomposition the flesh starts to rot the moment the animal dies, and will continue to decompose until it is eaten. In the slaughter-houses they let the animal decompose

deliberately for a while so that the enzymatic process can proceed in 'predigesting' the meat for you for more tenderness. Chemicals are used to give flesh that has started to turn black, a bright red and bloody appearance for the appeasement of the consumer. Sadly, many animals are diseased. The factory farming procedures make an animal weak and prone to diseases, which is understandable considering the living conditions that they are found in. Many are not even inspected or treated, as it costs too much time—and so money—so the malignant tumors and various other conditions are not removed and land on the plate of the consumer.

Bon Appétit

I feel that we can stop at these insights: there is much more, but I do not want to gross you out too much. The next danger we need to bring to the table is when the next step is taken—the cooking of the meat. An oil of some kind, which is of course a concentrated fat, will be heated up first to fry the meat. Next, the animal's meat, also high fat, is fried in the pan. Animal meat is high fat even when it is sold as 'tender or lean.' So, we have a lot of fat to deal with here. Now, fat is a dangerous food particle in itself, that cannot be underestimated. It will become even more challenging when the fat gets heated up, which is done by most people when preparing their meat. The heating will cause a dangerous change in the molecular structure and will manifest what are called "Maillard molecules" in the meat's fat, plus, in the concentrated oil that is used to fry the meat, resulting in the well-known "hydro-carbons and free radical fatty acids. These are very toxic and eventually—create disease.

Another thing you will be missing out *when not* consuming meat is the smorgasbord of chemicals that the animal took in over its lifetime in prison. The man-made poisons that are used to 'enhance' the product are just mind-blowing, not so much the quantities but more the level of toxicity in what is being used to 'beef up' the animal.

Let's review the facts about what we are consuming when we eat what is called a 'happy cow.' A happy cow, or pig, or chicken is a farm creature that has been given the dignity of open space. It is allowed to graze in the field and live a 'normal' life. They are fed natural feed and are kept from any chemicals. The idea is to raise them like they did in the 'good old days.' The meats coming from these farms are branded *organic*, and is of course the preferred source if one really needs to eat meat. The picture of farming animals does become a lot better but we still have to deal with the fact that animal meat is way too fat. An animal that can roam around is leaner of course but yet still too fat,—they do not run around like antelopes do. Even the leanest meats are at least forty percent fat. The fat calories are almost three times as much as the one from protein and carbohydrates. What also does not help is the fact that fat stores toxins easily, and you remember that toxins need to be removed from your system as quickly as possible.

An alarming amount of people are overeating fat and protein. An over-consumption of these promotes even more eating of it. Very important to know is that when eating nutritionally poor food, the body will start to crave even more food because of its need for valuable nutrients. And so the perpetual cycle of trying to compensate for the poor nutrition intake with even more poor foods,—begins.

The excessive protein intake that comes with the eating of meat is a huge burden on the

organs in general, specifically on the liver and kidneys. They cannot handle the overload when eating a 'happy cow' or a factory one. When eating organic meats you are still taking in the high cholesterol, uric acids, and most likely still some of the other attachments that I mentioned earlier. Most people are aware of these but do not see them as a threat to their health. They still have the belief that cooking destroys everything, so the food then becomes safe to eat.

To the believers of the—'Paleo Diet'—if a person claims that eating raw meat is part of our natural diet, this person needs to be told, to also put away the salt and sauces because nature did not provide these for you. You need to eat the stuff 'raw,' without condiments. I know that there are folks who do have that practice, but how can you enjoy that? If they would still continue to eat meat this way to some point then they would not be acting very logically. To remind you, the practice of eating raw meat also means that the animal's life needs to be taken. At the time of writing, it has been reported that Facebook CEO Mark Zuckerberg, is now hunting everything that he wants to eat for himself. I applaud that on one hand but please, what are we trying to prove here?