

Five Scientific Evidence-Based Blessings of Plant-Based Eating



1. Our Own & Our Family's Health: The CDC & WHO report that a healthy lifestyle can prevent over 80% of premature heart attacks, strokes, diabetes and our other most important diseases.

Although the meat, dairy & publication industries continue to create much confusion, medical evidence-based guidelines do agree: The closer we come to a *whole-food, plant-based* diet, the healthier we will be.

One of the numerous evidence-based guidelines documenting this for physicians is "What Diet Should Physicians Recommend?" Please see the other side of this page for specific evidence-based guidelines for health and wellbeing—Available FREE as a community service.

2. Prevention of Antibiotic Resistant Deaths: Although epidemics of Avian & Swine Flu, Mad Cow Disease, Ebola and other meat related diseases remain of great concern, CDC reports that far more deaths are currently caused by antibiotic resistance. Over 80% of antibiotics are used on factory farms to prevent infections due to stress, overcrowding, etc. Fortunately, a world-wide epidemic has not yet occurred. However, the CDC reports that over 90,000 infection-related deaths already occur annually in the U.S. alone and most of these involve antibiotic-resistant bacteria.

3. The Earth--Our Children's Heritage: My generation and I have not been good stewards of our inheritance and have harmed this earth in many ways. United Nations studies report the *most* important thing we can do to reduce our contribution to global warming is to reduce our use of animal products. This is also true of pollution: Equivalent protein produced from beef vs beans requires 9x more fuel, 12x more fertilizer & 10x more pesticide. It also takes 18x more Land and 10x more water.

4. The World's Poor: It takes much more land, water, and other resources to support meat eaters than vegetarians. In developing countries, as land becomes more scarce and expensive, poor families can no longer afford to keep enough land to support themselves with adequate food for survival (This is true in *every* country we have been to).

Converting plant foods to meat wastes 67-90% of the protein and up to 96% of the calories and all of the fiber. As the world-wide demand for meat has grown, the world's poor have become increasingly unable to afford food of any kind. Children especially suffer, with malnutrition contributing to over half of their unnecessary deaths.

5. God's Animals: For those who follow the Bible, Genesis 1:29&30 reports that God's original plan for mankind was vegetarian (Eden *was* vegan). It was only after "The Fall" that supplementation with animal products became necessary for nutrition, at least in some parts of the world.

However this is definitely not the case in the US and most countries. In fact, overwhelming scientific evidence has proven that our use of animals for food has become a *leading cause* of unnecessary death and disability.

The Bible also repeatedly describes God's concern for animals and forbids cruelty. For numerous examples see: "[The Bible's Teachings on Protecting Animals and Nature](#)" (Download Free).

Even if you don't follow the Bible, if you've lived on a farm you know that farm animals *are not different from the animals we consider pets*. Studies have shown they are as intelligent and demonstrate a full range of feelings--curiosity, pleasure, playfulness, love, joy, fear, anger, pain, and suffering.

And we used to treat them much the same as we treated our pets. The cows all had names and different personalities and they all were cared for as they had been since Biblical times. I often thought the animals had a better life than I did.

However that has now completely changed. Very few animals are now raised on family farms or treated in accordance with Biblical or other ethical principles.

In fact, hundreds of thousands of farm animals are now treated in a manner that would result in prosecution if perpetrated on those we raise as pets. Yet industry sponsored "Ag-Gag" laws continue to be passed that make attempts to even document this cruelty illegal.

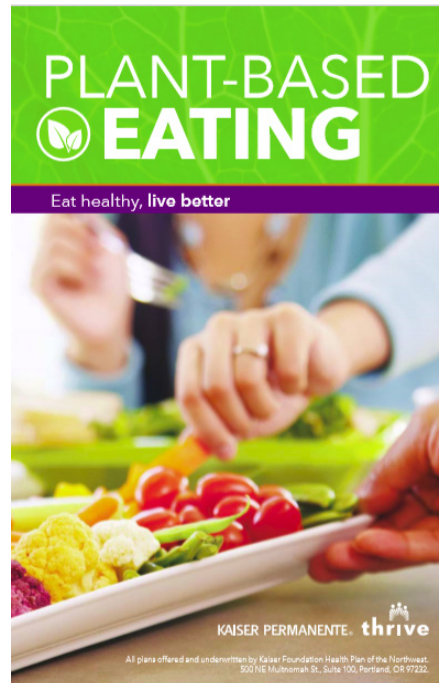
When we purchase animal products for food we are directly contributing to the ongoing unnecessary cruelty and suffering caused by this factory farm system.

So whenever we choose plant-based eating, we help all 5 critical areas at the same time.

Adapted from "[Joyful, Compassionate Eating--Honoring God's Creation](#)" (Download Free)

What Diet Should Physicians Recommend?

(Where can we find the best evidence-based life-saving eating plan?)



DOWNLOAD FREE

A community service from Kaiser Permanente

Just google the following (with quote marks):

"Plant-Based Eating-Eat healthy, live better"

NOTE:

---Paper copies of this 36 page manual cannot be printed (prevents waste). You can enter and save your goals and progress on your individual downloaded version.

---Pages 12 & 13 should be read side by side.

---Also includes links to excellent resources, recipes & websites on pages 32 & 33.

Google the following video and medical journal references for additional evidence-based information:

[What Diet Should Physicians Recommend?](#) (From [NutritionFacts.org](#))

[Nutritional Update for Physicians: Plant-Based Diets](#)