

Persuasive essay on vegetarian

[Nutrition](#)



There is one Chinese proverb: "Disease comes in through the mouth; out through the mouth, misfortune comes" I will not talk about the second phrase, which made many monks silenced for life. The first part - about the food-cause of our illness - must have been experienced by each one of us. Was our been-through headache, stomach ache, diarrhea, rash, et cetera? These are just namely a few immediate results. A tree, which is well-fertilized, gives us lush fruits and fragrant flowers; vice versa, it is a barren tree. Humans, too, if eating right, we will be healthy, happy and wise; vice versa, we could be sick, cruel and ignorant. What is eating right, naturally? For example, in nature, an elephant is born eating grass, a tiger is born feeding on meat. Let us try to examine what people are born to eat! First of all, the teeth. Our teeth do not look like the teeth of carnivores; it looks like the teeth of species that eat vegetable, grass, flowers, fruits and tubers. Carnivores sweat through their tongues. Therefore, on hot days, we can see dogs or tigers sticking out their tongues, sweating perspiration (not saliva); whereas humans as well as vegetarian animals sweat through the pores on the skin. Normally, carnivores' bowels are three times their lengths; if a tiger is one meter long, its bowel is pretty much three meters. This ratio of herbivores is about ten or twelve to one, which means the bowel of a one-meter buffalo can be up to twelve meters long. Our intestines' average length is twenty-five feet. Creation is right about this point. Meat rots fast so it should be excreted slowly in order for us to suck all the nutrients. The stomach acid concentration of carnivores is ten times stronger than that of herbivores. We can easily guess idea of natural selection here since meat is more indigestible than vegetables. Our stomach acid concentration shows that we are closer to herbivores. So, when we eat a lot of meat or fish, we

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feel uncomfortable, gassy and may suffer indigestion. In short, man is not born to eat meat, we naturally benefit from eating vegetables, which will help us stay healthy and live longer. There is never a god or fairy heard to had reached immortality by eating beef and dog meat cooked with plum wine. Immortality comes to them because they eat fruits! Among the nations of the world today, which consume meat the most? The United States. Which nation have the most people with cancer? The United States. There are many more diseases that could be caused by eating meat. The American Institute for Cancer Research (AICR) confirmed that meat, especially red meat, is a cause of cancer. I believe that every piece of meat must have a warning about its effect on people health just like that on each cigarette pack in the future. If it was good for us to eat meat, the American health status would not had gone bad recently. In the last fifteen years, house payment has gone up about 200%, food payment has gone up about 100%, and health care payment has gone up by roughly 700%. Because of this reason, the vegetarian movement is spreading everywhere among the conscious and we can see on the market a myriad of vegetarian food, that often has more nutrients and absolutely no meat toxins, as tasty as meat. Now, we try to see why eating meat is bad. The living cells are always active and they secrete toxic dregs like uric acid, which the kidneys are required to filter and excrete via urination. When an animal dies, its kidneys stop working and the toxins remain inside its tissues (as used as meat). Moreover, in danger, the body releases lots of adrenaline; this substance causes faster heart beat, higher blood pressure, and more blood sugar so that the animal could withstand the situation. After the danger, the kidneys excrete that excessive amount of adrenaline, return the body back to its normal state. Meat has a lot of

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andrenaline because animals must face their most critical time and then they have no chance to get back to normal. Hence, if not for other reasons, vegetarians never have diabetes, high blood pressure, kidneys and heart diseases, etc. That is also why the Jews must eat Kosher meat, which is made minimizing the suffering for the animals and dried up until there is no blood. The meat toxins in our body (as the meat takes long time to digest, it rots and releases poisonous substances) cause all sorts of pimples, headache, and chronic fatigue because the kidneys often fail to excrete them all out. Eating delicious, meat-based dishes is good for your tongue, leaving the meat to rot inside our bodies is just as bad as eating rotten meat. Now, we try to see why eating meat is bad. The living cells are always active and they secrete toxic dregs like uric acid, which the kidneys are required to filter and excrete via urination. When an animal dies, its kidneys stop working and the toxins remain inside its tissues (as used as meat). Moreover, in danger, the body releases lots of andrenaline; this substance causes faster heart beat, higher blood pressure, and more blood sugar so that the animal could withstand the situation. After the danger, the kidneys excrete that excessive amount of andrenaline, return the body back to its normal state. Meat has a lot of andrenaline because animals must face their most critical time and then they have no chance to get back to normal. Hence, if not for other reasons, vegetarians never have diabetes, high blood pressure, kidneys and heart diseases, etc. That is also why the Jews must eat Kosher meat, which is made minimizing the suffering for the animals and dried up until there is no blood. The meat toxins in our body (as the meat takes long time to digest, it rots and releases poisonous substances) cause all sorts of pimples, headache, and chronic fatigue because the kidneys often fail to

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excrete them all out. Eating delicious, meat-based dishes is good for your tongue, leaving the meat to rot inside our bodies is just as bad as eating rotten meat. In one experiment, they divide newly hatched chickens into group A and group B: A is fed on cereal and B is provided with meat. Chickens in group B grow fast, have smoother feather; they are bigger and stronger than the chickens in group A. But B gradually generates many sickness and hatches less and less eggs with lots of birth defects. B is annihilated on the sixth generation while A is always normal. The same experiment is done to mice. After three months, the each one in the horde of mice fed on meat has kidneys illness; and they are aggressive, fighting each other. In Japan, the population of surrounding areas of Hiroshima and Nagasaki cities experiences sickness caused by the radiation effect of the atomic bombs, except for those in a Buddhist monastery. Researchs show that this is because they are vegetarians. People had too many toxins eating meat so they were overflowed. There, those people do not catch flu, too. Vegetarians are tougher than meat eaters. The reason is when we move our muscles, they releases dregs that need rejecting. Since meat eaters have too much of the dregs already, the dregs are trapped inside their tissues. The stagnant toxins cause pain, fatigue, stiff muscles (cramps). Therefore, athletes, especially in the Olympics, must eat less meat and give up eating meat in the last weeks. Eating vegetables helps us live longer. Dr. Alexis Carrell, who was awarded Nobel Prize in Medicine in 1912, conducted experiments on this issues. He believed that if the cells were provided with proper and adequate nutrition and a pure living environment, they would live for a very long time, could be forever. Chikens only live for about ten years; Dr. Alexis had kept a chicken heart alive until he died 1944, for forty years long. It was such a pity

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that no one had carried on his experiment to see if that heart was going to reach immortality. Nutritionists have confirmed that meat-eating is not a biological necessity, it is a custom. We create a kilogram of meat in exchange of ten kilogram of grain: the amount of grain used to feed American cattles is enough to feed a third of world population. That is a solution for hunger of all humanity. Eventhough making vegetarian food now is still more expensive than eating meat, the more people eat vegetables the more developed vegetarian food will be, hence, the cheaper price because basically vegetarian food ingredients are cheaper than meat. Regardless of the price, medical payment is slightly cut off by dollars each time we spend cents on vegetarian food. Not to meantion that our healthy life and suffering life of sickness could not calculated in monetary terms, why should not we try to eat more vegetables today? Work cited