

The reason and the benefit to go vegetarian

[Health & Medicine](#), [Cancer](#)



The Reason and the benefit to go Vegetarian General Purpose: To persuade.

Specific Purpose: To persuade my audience to turn to a vegetarian consumer to promote overall health. Central Idea: Becoming a vegetarian products consumer is a great way to prevent you body from a huge amount of disease such as cancer, heart attack and other chronic degenerative diseases.

Introduction Many Americans are dying from diseases that are directly tied to their eating habits. We all hope and have the desire to live longer and healthy lives. But if we do not keep up and maintain our bodies and provide for it always with the necessary supplement and food, then the disaster will occur and our body will die earlier it can break down. These which provide the most excellent for body needs are the road for a better health and body.

Being vegetarian you will have the benefit to avoid many illnesses and be healthier. (Transition: One of the major reasons and benefits of being a vegetarian person is you will live longer.) I. Vegetarians can live longer for a years with better health condition. A. Vegetarians survive about seven years longer, and vegans (who eat no animal products) about 15 years longer than meat eaters. 1. According to a study from Loma Linda University found that vegetarians are the most people who live for years longer due to the kind of good heath they carry. It has been said “ The healthy mind is in the healthy body”. 2. According to China Health Project (the largest population study on diet and health to date) has found that Chinese people who eat the least amount of fat and animal product have the lowest risks of cancer, heart attack and other chronic degenerative disease. a. Sciences of Food and Agriculture Journal in 2001, brings into the proof of living longer is that vegetarian are matches the expert dietary recommendations for healthy

eating, being low in saturated fat high in fiber, complex carbohydrates, and fresh fruit and vegetables which will bring to your health the nutrients you need without any side effects. b. Christine Beard, a certified nutrition educator and author of *Become a Vegetarian in 5 Easy Steps* (McBooks Press, 1997) says “ If you set a good example and feed your children good food, chances are they will live longer and healthier”. (Transition: Other benefit of becoming vegetarian is you will save your heart!) A. In the typical American diet, animal products are the main source of saturated fat and the only source of cholesterol. By avoiding meat, it will reduce the amount of saturated fat and all the cholesterol that contribute to heart disease. 1. According to a British study that tracked 6, 000 vegetarians and 5, 000 meat eaters for 12 years found that vegetarians were 40 percent less likely to die from cancer during that time and 20 percent less likely to die from other disease. a. The most killing disease that generate from meat eater called cardiovascular disease which still number one killer in the United State. b. (SAD) the Standard American Diet that is laden with saturated fat and cholesterol from meat and dairy is largely to be blame according to the health department for the United States. c. Children who rose on fat food and junk food with mainly meat contains shows early signs of heart disease. i. According to the National Center for Health Statistics, Centers for Disease Control and Prevention, U. S. Dept. of Health and Human Service as of 2006, children who suffer from cardiovascular disease infection account for 3. 2 million doctor visitor a year. B. Cardiovascular and heart attack disease are found in one in nine women aged 45 to 64 and in one in three women over 65. 1. 53 percent of women who have Cardiovascular and heart attack have

a 50 percent chance of dying from this disease. However, the (ADA) American Dietetic Association even a small portion of meat can damage and lead to heart attack or cancer. i. A study in the International of Journal of Cancer concluded that red meat is strongly associated with cancer and especially "breast cancer". The National Institute Center for Cancer that women who eat meat every day are nearly four times more likely to go breast cancer than those who don't. By contrast, women who consume ate least one serving of vegetables a day reduce their risk of breast cancer by 20 percent to 30 percent, according to the Harvard Nurses Health Study. ii. Studies at the German Cancer Research Center in Heidelberg suggest that this is because vegetarians' immune systems are more effective in killing off tumor cells than meat eaters'. Studies have also found a plant-based diet helps protect against prostate, colon and skin cancer. Conclusion Vegetarian are the new chance for you and for me to travel with our bodies to more enhanced health that will change our future. By avoiding meat and being a vegetarian person, you will definitely far away from all these disease. We have saw how meat can be dangerous for you and for me and what the infection that arise from it. As a final point, why not be a vegetarian and be away from doctor visits everyday? It has been said "One apple a day keep you from doctor faraway." I would like to see myself and you to achieve to the point that we can live longer with healthy body, and I am hundred percent sure that you and me agree with this. BIBLIOGRAPHY BOOKS 1. Well, Andrew, M. D. and Daley, Rosie. The Health Kitchen, Recipes for a Better Body, Life, and Spirit. Alfred A. Knopf, New York 2002. Borough of Manhattan Community College Library. Reference Number TX 742. W45. 2. Thomas,

Anna illustrated by Maas, Julie. *The Vegetarian Epicure*. Random House, New York 1972. Borough of Manhattan Community College Library. 3. Duyff, R. L. 2002. *ADA Complete Food and Nutrition Guide*, Chicago: The American Dietetic Association. 4. Insel, Paul M, and Walton T. Roth. *Core Concept in Health Tenth Edition Update Brief*. McCraw-Hill 2007. Organization and Web Sites 1. CDC National Center for Environmental Health. Provides brochures and fact sheets on a variety of environmental issue. <http://www.cdc.gov/nceh/default.htm>. 2. United Nations. Several UN programs are devoted for health issue: <http://www.unep.org> Newsletters 1. Tufts University Health And Letter (800-274-7581; <http://www.healthletter.tufts.edu>)