

Persuasive essay



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Vegetarians, the time is now! There are many reasons to choose a Vegetarian diet, did you know that both Charles Darwin and Leonardo DeVinci were both vegetarians. Maybe they were concerned about animal cruelty, religious reasons, the savings associated with a no meat diet, and of course environmental factors.

These are all good reasons, but with today's emphasis on health, I think the best reason to choose a vegetarian diet is the healthier quality life, such as more energy, an optimistic attitude along with being less prone to diabetes, high blood pressure and heart disease, that a vegetarian diet promises. Vegetarianism, is a lifestyle that has been at odds in our society, a population that places such high esteem on meat, has difficulty making a change requiring the abstinence of animal protein. Today, however; vegetarians are found amongst celebrities, Demi Moore, Tobey Maguire and Jason Mraz, are a few whom have given attention to the healthy, youthful benefits the life style offers and are creating a rising interest in what is becoming a vegetarian culture. Web MD describes the vegetarian, in a general sense, as a person who doesn't eat meat. This is however, a general description, as vegetarians practice the life style in a variety of ways and to varying degrees. The Lacto vegetarian diet adds dairy to the otherwise all vegetable diet. The lacto Ovo vegetarian includes dairy and egg whites to their vegetable diet, while vegans eat only vegetables, abstaining from any food product that has a face or comes from something with a face, this would include honey. Still others consider themselves, semi vegetarians; the majority of their diet is vegetarian but may add meat, fish, dairy and eggs, sparingly to their all vegetable diet.

The Center for Disease control states it this way, ??? the simplest way to be well, is to eat well.??? They encourage a diet high in fruits and vegetables, which can maintain a healthy weight, as well as help reduce the risk of many leading causes of disease. In the weekly podcast, a cup of health with CDC, Dr. Gaynes of the CDC tells us, ??? Cut back on foods that are high in fat, calories, or added sugars and replace them with fresh fruits and vegetables.??? It easy to see how a vegetarian diet can accomplish just that. Today we see increased numbers of kidney failure and/ osteoporosis, caused by over consumption of proteins from animal fats. Heart disease, cancer, obesity and diabetes are other deadly diseases that continue to rise in record numbers, all of which are linked to a high fat, animal protein diet.

Dr. Jennifer Foltz is a researcher with CDC??™s National Center for Chronic Disease Prevention and Health Promotion. Dr.

Jennifer Foltz advises an increase in fruits and vegetables. The high fiber and water content in fruits and vegetables helps lead to a healthy weight. She also correlates the consumption of fruits and vegetables to a reduced risk of leading causes of death, such as heart disease, some cancers, stroke, chronic lower respiratory disease and diabetes. Fruits and vegetables are also low-energy-dense food sources, which means they are a low-calorie food you can eat in greater volume. The source of energy you get from fruits and vegetables comes from fiber and carbohydrates, rather than high calorie content.

This is why you experience high energy on a vegetarian diet. According to William Harris, M. D. in his book titled, the scientific basis to vegetarianism,

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the traditional animal diet gives you what he calls the quadruple whammy. First, all the essential nutrients are second hand, second, the unique ingredients (cholesterol, saturated fat and auto immunogenic protein) are harmful. Third, animal foods contain no protective phytonutrients, and finally, worst of all animal foods displace from the diet the plant foods that do provide the protective phytonutrients your diet needs. Still, vegetarianism is continually criticized by doctors and the meat industry lobby groups. Posing a lack of essential nutrients, vital vitamins that cannot be synthesized by the body and therefore, must be taken into the body through the foods we consume.

This they claim is reason to state that we are, as humans, not intended to be vegetarians. One such critique, Stephen Byrnes, ND, RNCP, claims that vitamin A is one of these essential nutrients. Dr. Byrnes is an advocate of an animal fat diet, and claims that a vegetable diet cannot supply Vitamin A. His claim, ??? Beta-carotene is the metabolic precursor of vitamin A; it must be converted into real vitamin A in the intestines along with the help of bile salts, thyroid hormone, and dietary fat. Infants, and those with diabetes, alcoholism, hypothyroidism, and/or liver or gall bladder problems cannot make this conversion.??? Dr. William Harris, however; claims that, retinal vitamin A, is easily taken in by carotene.

In fact according the USDA, butter, an animal fat which Byrnes claims is required for vitamin A comes in at #1090 as a good source of vitamin A, while carrots come in at #2. Dr. William Harris, and other medical and nutritional experts agree, there is strong scientific and evolutionary evidence that, the human body, performs at its peak on a high vegetable and fruit

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diet. Still others, non-believers of evolution and scientific explanations, might be interested to know that, even God, gives the vegetarian lifestyle the seal of approval. Genesis 1: 29 of the holy bible plainly states, ??? Then God said, ??? I give you every seed-bearing plant on the face of the whole earth and every tree that has seed in it. They will be yours for food.

.. I give every green plant for food, and it was so.??? There is no mention of dairy, fish, grains, meat, oils, sugar, twinkies or egg mc muffins in this passage. The other consideration is that it??™s easier than ever to change an animal protein diet, which is filled with saturated animal fat and an over indulgence in meat protein, to a vegetarian diet. One vegetarian friendly site, goveggie. com, offers those interested a vegetarian / vegan starter kit. The kit includes information on animal cruelty, and laws or lack of laws that protect animal.

The site also offers, free recipes, a shopping guide and a restaurant guide to help the beginner get started on their new and healthy life style. Today the options are plentiful, from tofurkey, fibribs and a variety of vegetarian burgers and other conveniently packaged pho meat and prepackaged vegetarian products to choose from. It??™s convenient and with vegetarian products finding more interest, due to the rising revenue the vegetarian market offers, amongst food producers and packagers quality and variety is no longer a valid reason to stay clear of vegetarian choices. Nutritionally, a vegetarian diet is superior to an animal diet. Weight is a constant issue in our population, an issue that seems to be defeating us, obvious by the numerous diet supplements, books and slim down programs, pulling at the emotional triggers being overweight can create. There is a way to combat <https://assignbuster.com/persuasive-essay-persuasive-essay-samples-4/>

this problem without the fads and expensive products we find ourselves pulling off the grocery store shelf. There is another grocery store department, the produce department, which would be better at giving back the healthy body and outlook, one remembers as a youth. The vegetarian diet is a perfect way to lower calorie intake whereas animal protein, dairy and animal fats are all high in calories.

The added energy from the rich colored fruits and vegetables found in a vegetarian diet has the added habit of making a body feel lighter and getting us up and moving. Those considering a vegetarian diet, must however; supplement their diet with vitamin B-12, as a vegetarian diet will not provide the necessary amounts needed in our diet. A small price to pay to lower fat and animal source calories in our diet along with a lower incident of disease and obesity. It is simply ignorant to continue to deny the obvious links between an animal diet and poor health.

One study by Collin Campbell, Ph. D., found that there is a high correlation between casein, a dairy protein, and cancer. Campbell, provides research of casein being an, animal protein, carcinogen in his book, *The China Study*. We must however, remember that every cell in our body is made from fat and these cells are reinforced by cholesterol. To lower fat consumption could be as detrimental to your health as a diet rich in animal fat. The beauty of a vegetarian diet, however; is that fat can easily be obtained from avocado??
™s, nut and vegetable fats, rich in the more heart healthy unsaturated omega 3, 6 and vitamin E fats.

I have eaten a vegetarian diet for several years, and I believe it to be one of the best choices I have ever made for my health. I can remember a time I suffered from obesity, brain fog and, my strongest memory from my animal protein diet days, a lethargic and, ??? I am so old,??? feeling. I am strong, productive and best of all, I haven't suffered from the flu or a lengthy cold in over four years. It's not a choice that should be made without thought and thorough research, concerning your dietary needs, but take it from me, try it for a month and I doubt you'll go back! Health reasons alone are a perfect reason to become a vegetarian, still it's impossible for me to understand, how the members of a humane society, one could ethically not switch from the cruelty of an animal protein diet to a healthy vegetarian diet.

bad feeling to know that ethically vegetarians do their part in changing the unethical practices the industry practices in the production of meat.