

Quick Tips – Vegetarianism

Source:

The pH Miracle

By Robert O. Young, Ph.D., and Shelley Redford Young

Whatever nutrients may be in animal foods, they simply are not worth the risks - - not to mention the stress they put on the body during digestion and through the energy required to extract what nutrients they contain.

Anatomically and physiologically, humans are just not meant to be carnivores or omnivores.

The long, complicated human digestive tract is designed for the slow absorption of complex and stable plant food.

Carnivores have short, simple bowels to allow for minimum transit time of unstable, dead animal food. Their intestinal microorganisms are different from humans', too.

If humans were carnivores, we'd be sweating through our tongues instead of our skin.

Flesh eaters have teeth and jaws designed for tearing apart freshly killed animals.

Only our hand tools allow us to override this obvious natural limitation, not to mention the fact that we get none of the nutrition contained in fur, feathers, organs and bones, the way true carnivores do.

We seldom eat raw flesh. We almost always need to cook it to kill parasites and other harmful microforms, and to disguise the corpse that it is, none of which is necessary for real meat eaters.

Humans are designed to be vegetarian and our bodies will never work their best if we keep forcing them to do something they are not equipped to handle.