

# Re: MEAT-EATING – HIGH BP – BRAIN AGING, SHRINKAGE

**Source:** <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-08/1699.html>

---

**From:** pearl (tea\_at\_signguestbook.ie)

**Date:** 08/20/04

Date: Fri, 20 Aug 2004 12:21:24 +0100

"Dutch" <no@email.com> wrote in message news:10iavki7f2k7465@news.supernews.com...

>

> "pearl" <tea@signguestbook.ie> wrote in message

> news:cg2lnv\$ija\$1@kermit.esat.net...

> > "Dutch" <no@email.com> wrote in message

> > news:10i9iogldsmtube@news.supernews.com...

> > > "Owen Lowe" <noemails@please.com> wrote

> > >

> > > > usenet@mantra.com (Dr. Jai Maharaj) wrote:

> > > >

> > > > > "Many studies have compared the blood pressure levels

> > > > > of people who have different diet-styles. Even when

> > > > > the data have been adjusted to eliminate salt as a

> > > > > variable, the following pattern is consistent:

> > > > >

> > > > > "Blood Pressure Levels (highest ranked first)

> > > > >

> > > > > "1. Meat eaters

> > > > > 2. Lacto-ovo vegetarians

> > > > > 3. Pure vegetarians

> > > > >

> > > > > Might this reflect moreso on the participant's lifestyles in general

> > > > > than a level of carnivorous/vegetarian diet affecting BP? For example,

> > > > > I'd assume those who are "pure vegetarians" are much more conscientous

> > > > > about exercise and poisons to the body like cigarettes or hard alcohol

> > > > > which would affect blood pressure. In other words, the diet may be a

> > > > > small portion of the outcome whereas their overall outlook on healthy

> > > > > living may be the determining factor.

> > > > >

> > > > > Of course. Another crucial factor is \*which\* "meat eaters" are surveyed.

> > > > > The

> > > > > amount and type of animal products consumed is everything, yet they lump

> > > > > all

> > > > > into one category. If "the average" meat eater consumes \*too much\* meat

> > > > > and

> >> *therefore the category does poorly in a survey, I should eliminate \*all\**  
> >> *meat from my diet? Ridiculous.*  
> >  
> > *'.. disease rates were significantly associated within a range*  
> > *of dietary plant food composition that suggested an absence*  
> > *of a disease prevention threshold. That is, the closer a diet is*  
> > *to an all-plant foods diet, the greater will be the reduction in*  
> > *the rates of these diseases.'*  
> > [http://www.news.cornell.edu/releases/Nov98/thermogenesis\\_paper.html](http://www.news.cornell.edu/releases/Nov98/thermogenesis_paper.html)  
> >  
> > *'The prevalences of hypertension and diabetes were both*  
> > *2-fold greater in the nonvegetarians than the vegetarians, .. '*  
> > <http://tinyurl.com/4eh5g>  
> >  
> > *From that link*

Not my link.

> <http://www.ajcn.org/cgi/content/abstract/70/3/516S>  
> >  
> -----!-----  
> *Mortality in vegetarians and nonvegetarians: detailed findings from a*  
> *collaborative analysis of 5 prospective studies*<sup>1,2,3</sup>  
> *Timothy J Key, Gary E Fraser, Margaret Thorogood, Paul N Appleby, Valerie*  
> *Beral, Gillian Reeves, Michael L Burr, Jenny Chang-Claude, Rainer*  
> *Frentzel-Beyme, Jan W Kuzma, Jim Mann and Klim McPherson*  
> *1 From the Imperial Cancer Research Fund, Cancer Epidemiology Unit, Oxford,*  
> *United Kingdom; the Center for Health Research and the Department of*  
> *Biostatistics and Epidemiology, Loma Linda University, CA; the Department of*  
> *Public Health and Policy, London School of Hygiene and Tropical Medicine,*  
> *London; the Centre for Applied Public Health Medicine, University of Wales*  
> *College of Medicine, Cardiff, United Kingdom; the Division of Epidemiology,*  
> *Deutsches Krebsforschungszentrum, Heidelberg, Germany; the Bremer Institut*  
> *für Präventionsforschung und Sozialmedizin, Bremen, Germany; the Department*  
> *of Human Nutrition, University of Otago, Dunedin, New Zealand.*  
> >  
> >  
> > *We combined data from 5 prospective studies to compare the death rates from*  
> *common diseases of vegetarians with those of nonvegetarians with similar*  
> *lifestyles. A summary of these results was reported previously; we report*  
> *here more details of the findings. Data for 76172 men and women were*  
> *available. Vegetarians were those who did not eat any meat or fish (n =*  
> *27808). Death rate ratios at ages 16–89 y were calculated by Poisson*  
> *regression and all results were adjusted for age, sex, and smoking status. A*  
> *random-effects model was used to calculate pooled estimates of effect for*  
> *all studies combined. There were 8330 deaths after a mean of 10.6 y of*  
> *follow-up. Mortality from ischemic heart disease was 24% lower in*  
> *vegetarians than in nonvegetarians (death rate ratio: 0.76; 95% CI: 0.62,*  
> *0.94; P < 0.01). The lower mortality from ischemic heart disease among*  
> *vegetarians was greater at younger ages and was restricted to those who had*  
> *followed their current diet for >5 y. Further categorization of diets showed*

- > *that, in comparison with regular meat eaters, mortality from ischemic heart*
- > *disease was 20% lower in occasional meat eaters, 34% lower in people who ate*
- > *fish but not meat, 34% lower in lactoovovegetarians, and 26% lower in*
- > *vegans. There were no significant differences between vegetarians and*
- > *nonvegetarians in mortality from cerebrovascular disease, stomach cancer,*
- > *colorectal cancer, lung cancer, breast cancer, prostate cancer, or all other*
- > *causes combined.*
- >
- > -----!-----
- >
- > *In other words in the case of ischemic heart disease, vegans fared worse*
- > *than lacto-ovos, worse than fish eaters, and moderately better than*
- > *occasional meat eaters.*

We know that B12 deficiency contributes to heart disease by raising homocysteine levels, but that is easily preventable by taking a B12 supplement. (Not the fault of the diet per se, but destructive modern agricultural and medical practices)

Otherwise;

#### 'Plasma lipids and diet groups

The first article published about this study compared concentrations of total cholesterol and various lipoprotein fractions in 4 diet groups: vegans, who never ate animal products; vegetarians, who never ate meat or fish but did eat dairy products, eggs, or both; fish eaters, who ate fish but no meat; and meat eaters (4). Both total- and LDL-cholesterol concentrations were significantly lower in vegans than in meat eaters, whereas vegetarians and fish eaters had similar, intermediate values. HDL-cholesterol concentrations were highest in fish eaters but did not differ among the other diet groups. Mean cholesterol concentrations for vegans, vegetarians, fish eaters, and meat eaters, adjusted for age and sex, are shown in Table 1. On the basis of these results, it was predicted that the incidence of ischemic heart disease might be 24% lower in lifelong vegetarians and 57% lower in lifelong vegans than in meat eaters.

....

The most striking results from the analysis were the strong positive associations between increasing consumption of animal fats and ischemic heart disease mortality [death rate ratios (and 95% CIs) for the highest third of intake compared with the lowest third in subjects with no prior disease were 3.29 (1.50, 7.21) for total animal fat, 2.77 (1.25, 6.13) for saturated animal fat, and 3.53 (1.57, 7.96) for dietary cholesterol; P for trend: <0.01, <0.01, and <0.001, respectively]. In contrast, no protective effects were noted for dietary fiber, fish, or alcohol consumption. Consumption of eggs and cheese were both positively associated with ischemic heart disease mortality in these subjects (P for trend, < 0.01 for both foods).

<http://www.ajcn.org/cgi/content/full/70/3/525S>

- > *Most of the effect was noted in younger people. In*
- > *ALL other categories of disease, no differences were noted.*

Those findings are at odds with other, more detailed studies.

Am J Clin Nutr 1999 Sep;70(3 Suppl):532S–538S

Associations between diet and cancer, ischemic heart disease, and all-cause mortality in non-Hispanic white California Seventh-day Adventists.

Fraser GE. Center for Health Research and the Department of Epidemiology and Biostatistics, Loma Linda University, CA USA.

Results associating diet with chronic disease in a cohort of 34192 California Seventh-day Adventists are summarized. Most Seventh-day Adventists do not smoke cigarettes or drink alcohol, and there is a wide range of dietary exposures within the population. About 50% of those studied ate meat products <1 time/wk or not at all, and vegetarians consumed more tomatoes, legumes, nuts, and fruit, but less coffee, doughnuts, and eggs than did nonvegetarians. Multivariate analyses showed significant associations between beef consumption and fatal ischemic heart disease (IHD) in men [relative risk (RR) = 2.31 for subjects who ate beef > or =3 times/wk compared with vegetarians], significant protective associations between nut consumption and fatal and nonfatal IHD in both sexes (RR approximately 0.5 for subjects who ate nuts > or =5 times/wk compared with those who ate nuts <1 time/wk), and reduced risk of IHD in subjects preferring whole-grain to white bread. The lifetime risk of IHD was reduced by approximately 31% in those who consumed nuts frequently and by 37% in male vegetarians compared with nonvegetarians. Cancers of the colon and prostate were significantly more likely in nonvegetarians (RR of 1.88 and 1.54, respectively), and frequent beef consumers also had higher risk of bladder cancer. Intake of legumes was negatively associated with risk of colon cancer in nonvegetarians and risk of pancreatic cancer. Higher consumption of all fruit or dried fruit was associated with lower risks of lung, prostate, and pancreatic cancers.

Cross-sectional data suggest vegetarian Seventh-day Adventists have lower risks of diabetes mellitus, hypertension, and arthritis than nonvegetarians. Thus, among Seventh-day Adventists, vegetarians are healthier than nonvegetarians but this cannot be ascribed only to the absence of meat.

PMID: 10479227

- > *You can post links until the cows come home, you cannot show the extreme*
- > *health benefits of vegan diets you claim, because it's not true.*

Denial. You're terminally ignorant, ditch.

- > *You're*
- > *pushing a belief, science is just a tool you are misusing for the purpose.*

Speak for yourself, ditch.

Animal product consumption and mortality because of all causes combined, coronary heart disease, stroke, diabetes, and cancer in Seventh-day Adventists.

Snowdon DA.

Division of Epidemiology, School of Public Health, University of Minnesota, Minneapolis.

This report reviews, contrasts, and illustrates previously published findings from a cohort of 27,529 California Seventh-day Adventist adults who completed questionnaires in 1960 and were followed for mortality between 1960 and 1980. Within this population, meat consumption was positively associated with mortality because of all causes of death combined (in males), coronary heart disease (in males and females), and diabetes (in males). Egg consumption was positively associated with mortality because of all causes combined (in females), coronary heart disease (in females), and cancers of the colon (in males and females combined) and ovary. Milk consumption was positively associated with only prostate cancer mortality, and cheese consumption did not have a clear relationship with any cause of death. The consumption of meat, eggs, milk, and cheese did not have negative associations with any of the causes of death investigated.

PMID: 3046303 [PubMed – indexed for MEDLINE]