

Re: VEGANISM LOWERS BLOOD CHOLESTEROL LEVELS

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"Dr. Jai Mahadouche" <maha@douche.bag> wrote in message news:08hEd.6966\$eb.1650@trndny01...

> *Hindu_pride* wrote:

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> > *Not only does it reduce cholestrol but it also helps in reducing animal
> > suffering. Animals have equal right to live as mankind.*

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> *Though veganism offers a healthier balance of amino acids than the
> typical animal-protein rich American diet, there are drawbacks. Vegans
> frequently suffer from amino acid deficiency in lysine and tryptophan,
> and additionally are shortchanged on a variety of important vitamins,
> notably vitamin B12 which assists with homocysteine metabolism. B12
> injections or sublingual lozenges are typically the way vegans combat
> this deficiency. Some vegans, including the case study referenced below,
> have been found to be deficient or measurably below normal in vitamins
> B1, D, and the minerals zinc, and selenium.*

> *SOURCE: The New England Journal of Medicine 2000;342:897-898.*

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> *Here are my vices for the vegan lot:*

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> *1. The "cool" factor. I'd love to strangle all those veggie-wrap
> eaters who think it's "uncool" to eat meat. Especially the ones who like
> to throw it in our face. Diet should be a rational decision, not emotional.*
> *2. The ethics argument. Please don't equate killing animals with
> mass murderers or child rapists. It doesn't compute. It's also not worth
> wasting much time arguing.*
> *3. Osteoporosis. Vegans don't get enough calcium, which can lead to
> allkinds of skeletal disorders.*
> *4. Anemia. No argument here, red meat is one of the best ways to get
> iron into your system. Vegans avoid it at their peril.*
> *5. Infant diet. Infants need the calcium and protein that mother's
> milk can provide. Depriving them of such can be perilous, but believe it
> or not, some vegans choose not to give their babies these building
> blocks. A woman in New York was recently arrested for giving her baby a
> strict vegan diet. It weighed half as much as it should have.*

- > 6. *Eating disorders. Strict vegetarians have a higher rate of all*
- > *kinds of eating disorders. It's the concern of weight-loss taken to the*
- > *extreme in our image-conscious society.*
- > 7. *Athletics. Doing a lot of physical work requires high amounts of*
- > *carbohydrates, calories, and protein that can't really be consumed*
- > *without at least some variance from the all-produce diet.*
- > 8. *Hair loss. For men, the worst side effect of all.*
- > 9. *Pale or yellow skin. Lots of veggies and a low-caloric diet will*
- > *do this to you.*
- > 10. *Vitamin B-12. This essential vitamin for pregnant women can*
- > *almost exclusively be found in meats and would require a supplement for*
- > *any vegan diet.*

None of the above justifies humans killing animals. Of course, we kill each other every day, so I guess animals are pretty much fucked no matter what.