

sci.med.cardiology: Re: Red Meat NO GOOD, Veggies no protection.... NOW WHAT?

Re: Red Meat NO GOOD, Veggies no protection.... NOW WHAT?

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-01/0610.html>

ironjustice_at_aol.com

Date: 01/12/05

Date: 12 Jan 2005 02:56:52 -0800

The fruit and vegetable study, also published in the same journal included more than 285,000 European woman. It found that fruit and vegetable consumption did not protect against developing breast cancer.

"We can't even eat enough food to get the antioxidants we need .. "

The question would / should be .. the study of European women did NOT address whether or not they are STILL eating .. meat ..? .. high absorption of .. iron .. at ALL times of iron status .. whether we need the iron or not .. it is .. absorbed .. at .. a .. high .. rate .. / heme iron !!

Flawed ..

Who loves ya.

Tom

Jesus Was A Vegetarian! <http://jesuswasavegetarian.7h.com>

Man Is A Herbivore!

<http://pages.ivillage.com/ironjustice/manisaherbivore>

DEAD PEOPLE WALKING

<http://pages.ivillage.com/ironjustice/deadpeoplewalking>