

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

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-01/0659.html>

From: pearl (tea_at_signguestbook.ie)

Date: 01/13/05

Date: Thu, 13 Jan 2005 12:31:44 -0000

"usual suspect" <support@our.troops> wrote in message news:nKgFd.6893\$WZ1.225@fe2.texas.rr.com...

> cardboardjustice@aol.com wrote:

> > *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 ..?*

>

> *It's irrelevant. Other studies have shown *increased* incidence (albeit*

> *with a wide confidence interval) of breast cancer among vegetarian women.*

>

> *We found that a vegetarian diet was associated with a 15%*

> *reduction in mortality from ischaemic heart disease. This was*

> **NOT SIGNIFICANT* and was LESS THAN the roughly 30% reductions*

> *REPORTED IN EARLIER ANALYSES of this cohort.... A vegetarian*

> *diet was also associated with a *SIGNIFICANT INCREASE* in*

> *mortality from breast cancer. However, the confidence interval*

> *was wide.... The numbers of deaths for individual cancer sites*

> *were small and the mortality ratios have wide confidence*

> *intervals. The 41% reduction in mortality from lung cancer*

> *associated with daily consumption of fresh fruit was *NOT*

> *SIGNIFICANT*....*

> <http://tinyurl.com/4q6fe>

RELATIVE risk of breast cancer among Japanese woman

Meat Eggs Butter/cheese

less than once per week 1.0 1.0 1.0

2-4 times per week 2.55 1.91 2.10

almost daily 3.83 2.86 3.23

(from a paper by Hirayama cited in John Scharffenberg's

Problems with Meat", 1989)

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

'.. 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

> > .. *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 !!*

>

> *Stop with the idiotic ellipses. Heme iron is the easiest for the body to*

> *use, you lame twit.*

'The Heme Iron Problem

Heme (blood) iron, cancer, and cardiovascular disease.

Iron encourages production of free radicals which can damage DNA and presumably increase cancer risk. In a study of over 14,000 individuals, high iron intake and high iron body stores were both positively linked to the risk of colon cancer. Higher levels of iron were associated with higher incidence of colon polyps, possible forerunners of colon tumors. However, cancer patients themselves had low levels of stored iron, indicating that cancer itself can deplete iron stores. [1]

Controversy has surrounded the question as to whether too much iron in your diet raises your risk for heart disease. A new study from the Harvard University School of Public Health brings new insight to the debate. Lasting for 4 years, this research involved more than 50,000 male health professionals. It was found that total iron intake was not associated with heart disease risk. But the source of the iron was the principle factor. High levels of heme iron raised risk for heart disease twofold. Heme iron is the type of iron found in meat, chicken and fish.

Plant foods contain non-heme iron which appears to not be associated with risk for heart attack. Traditionally, many nutritionists used to consider non-heme iron to be inferior to the iron found in animal products, because non-heme iron is somewhat less well absorbed. But new evidence suggests that non-heme iron seems to be preferable.

When the body is low in iron, it can increase absorption of non-heme iron, and it can reduce adsorption when it already has sufficient amounts. The heme iron in meats tends to pass quickly right through the adsorption mechanism, thus entering the blood stream whether it is needed or not. Since vegetarians generally have adequate iron intake, it is clear that non-heme iron can easily meet nutritional needs. Also, plant iron doesn't create the health risks of heme iron.

Iron increases heart disease risks because heme iron acts as a pro-oxidant, causing LDL-cholesterol -- the 'bad' cholesterol -- to react with oxygen. This reaction is involved in the formation of plaques in the arteries and therefore increases one's risk of cardiovascular problems. [2]

[1] Nelson, Davis, Suffer, Sobin, Kikeenddl, Bowen. Body iron stores and risk of colonic neoplasia. J Natl Canc Inst 1994; 86:455-60

[2] Ascherio, Willett, Rimm, Giovannucci, Stampger. Dietary iron intake and risk of coronary disease among men. Circulation 1994; 89:969-74
<http://www.ecologos.org/iron.htm>

> > *Jesus Was A Vegetarian!*

>

> *Oh was he?*

Yes.

- > *Why did he say that it's what comes out of a person's mouth*
- > *that makes him unclean instead of what goes in?*

'13. And Yeshua said, Well hath Moses commanded you to be clean, and to keep your bodies clean, and your vessels clean, but ye have added things which oftentimes cannot be observed by every one at all times and in all places.

14. Hearken unto me therefore, not only unclean things entering into the body of man defile the man, but much more do evil thoughts and unclean, which pour from the heart of man, defile the inner man and defile others also. Therefore take heed to your thoughts and cleanse your hearts and let your food be pure. '

http://www.essene.com/NazareneGospel/Holy_12_5.html#gn43

['An Irish clergyman, Rev. G. J. Ouseley claims to have discovered the Original Gospel from which the present Four Gospels were derived, which, he says, was "preserved in one of the Buddhist monasteries in Tibet, where it was hidden by some of the Essene Community for safety from the hands of the corrupters, and is now for the first time translated from the Aramaic."

This statement was made by Rev. Ouseley in a preface to his publication of this Gospel, in a book entitled "Gospel of the Holy Twelve." E. F. Udny, in an introduction to this work, writes:

"At the time of the corruption of the Gospels, the Epistles and Revelation' were presumably already in existence, and if the Gospels were tampered with, so no doubt was the rest of the New Testament, which is now equally destitute of the teachings removed from the Gospels. It may well be that uncorrupted copies of the Epistles and Revelation were similarly sent by the Essenes to the safety of a Buddhist monastery, and that, when the world has assimilated to the New Gospel, those, too, may be give us."

Rev. Ouseley claims that he received a transcription Of the Original Gospel from a Buddhist monastery in Tibet where it is preserved. Rev. Ouseley writes:

"The early Christian Fathers did well their work of destroying the sources and records from which they gathered the information and data put by them in the Bible. But they failed to destroy it all. Some escaped, and as it is discovered here and there by patient research workers, it is astonishing to see how the world has been deceived by the Christian Fathers.

"The Original Gospel is preserved in one of the Buddhist monasteries in Tibet, and is written in Aramaic. These 'correctors' (men authorized to 'correct' the text of Scripture in the interests of what was considered orthodoxy) cut out of the Gospels with minute care certain teachings of Our Lord's which they did not propose to 'follow, namely, those against flesh eating, such as accounts of our Lord's interference, on several occasions, to save animals from ill treatment, and even the interesting and important teachings ever prominent in Eastern scriptures."

We have referred elsewhere to the "correctors" who were hired by the Church Fathers at the Council of Nicea to alter the original text of the Gospels, leaving out those doctrines that were obnoxious to their emperor, Constantine, whom they desired to convert to Christianity, which he opposed. Chief among these objectionable doctrines were the prohibition against the use of flesh meat and alcohol, and the recommendation of kindness to animals, all of which constituted the fundamental doctrines of the teachings of Christ. On this point Udney writes: "The great significance of the corruption of the Text lies rather in the nature of the matter struck out by the 'correctors' than in the amount. It is evident that the 'correctors' and those who appointed them were at least unwilling to denounce their beef and beer, a convenient alliteration for flesh and alcohol."

.....'

http://members.tripod.com/jbrooks2/The_Rev_G_J_R_Ouseley.htm

"The Nazarean –... They acknowledged Moses and believed that he had received laws – not this law, however, but some other. And so, they were Jews who kept all the Jewish observances, but they would not offer sacrifice or eat meat. They considered it unlawful to eat meat or make sacrifices with it. They claim that these Books are fictions, and that none of these customs were instituted by the fathers. (Epiphanius / Panarion 1:18)'

Philo –

[Essenes: the name]

(11.1) But our lawgiver trained an innumerable body of his pupils to partake in those things, who are called Essenes, being, as I imagine, honoured with this appellation because of their exceeding holiness [Greek hosioteta = osiothta].

(EGM 75) There is a portion of those people called Essenes, in number something more than four thousand in my opinion, who derive their name from their piety [Greek hosiotetos = osiothtoV], though not according to any accurate form of the Grecian dialect, because they are above all men devoted to the service [therapeutai] of God, not sacrificing living animals, but studying rather to preserve their own minds in a state of holiness and purity.

..

<http://ccat.sas.upenn.edu/rs/rak/courses/999/hypothet.htm>

'They sent out healers and teachers from the brotherhoods, amongst whom were Elijah, John the Baptist, John the Beloved and the great Essene Master, Jesus.'

http://www.angelfire.com/ga4/israelites/INTRO_ESSENES.htm]

> *Also, why did he help*
> *(or "enable") fishermen?*

>

> *When he had finished speaking, he said to Simon, "Put out into*
> *deep water, and let down the nets for a catch."*

- >
- > *Simon answered, "Master, we've worked hard all night and haven't*
- > *caught anything. But because you say so, I will let down the*
- > *nets."*
- >
- > *When they had done so, they caught such a large number of fish*
- > *that their nets began to break. So they signaled their partners*
- > *in the other boat to come and help them, and they came and*
- > *filled both boats so full that they began to sink.*
- >
- > *When Simon Peter saw this, he fell at Jesus' knees and said, "Go*
- > *away from me, Lord; I am a sinful man!" For he and all his*
- > *companions were astonished at the catch of fish they had*
- > *taken...*

'2. And Yeshua began to preach, and to say, Repent; for the kingdom of heaven is at hand. And as he was walking by the sea of Galilee, he saw Simon called Peter, and Andrew his brother, casting a net in the sea; for they were fishers. And he saith unto them, Follow me, and I will make you fishers of men. And they straightway forsook their nets, and followed him.

3. And going on from thence, he saw other two brethren, James the son of Zebedee, and John his brother, in a ship with Zebedee their father, mending their nets; and he called them. And they immediately left their nets, and the ship, and their father, and followed him.'

http://www.essene.com/NazareneGospel/Holy_12_2.html#gn14

- > *Luke 5:4–9 (cp. John 21 for similar post–resurrection account)*

'Yeshua Appeareth at the Sea Of Tiberias

1. AFTER these things Yeshua shewed himself again to the disciples at the sea of Tiberias, and on this wise shewed he himself. There were together Simon, Peter, and Thomas, called Didymus, and Nathanael of Cana in Galilee, and James and John and two other of his disciples.

2. And Peter saith unto them, I go a fishing. They say unto him, We also go with thee. They went forth and entered into a ship immediately, and that night they caught nothing. And when the morning was now come, Yeshua stood on the shore, but the disciples knew not that it was Yeshua.

3. Then Yeshua said unto them, Children, have ye any meat? They answered him, Nay, Lord, not enough for all; there is naught but a small loaf, a little oil, and a few dried fruits. And he said unto them, Let these suffice; come and dine.

4. And he blessed them, and they ate and were filled, and there was a pitcher of water also, and he blessed it likewise, and lo, it was the fruit of the vine.'

http://www.essene.com/NazareneGospel/Holy_12_9.html#gn89

- > *He fed fish to hungry followers:*
- > *Jesus called his disciples to him and said, "I have compassion*

- > *for these people; they have already been with me three days and*
- > *have nothing to eat. I do not want to send them away hungry, or*
- > *they may collapse on the way."*
- >
- > *His disciples answered, "Where could we get enough bread in this*
- > *remote place to feed such a crowd?"*
- >
- > *"How many loaves do you have?" Jesus asked.*
- >
- > *"Seven," they replied, "and a few small fish."*
- >
- > *He told the crowd to sit down on the ground. Then he took the*
- > *seven loaves and the fish, and when he had given thanks, he*
- > *broke them and gave them to the disciples, and they in turn to*
- > *the people. They all ate and were satisfied. Afterward the*
- > *disciples picked up seven basketfuls of broken pieces that were*
- > *left over.*
- > -- *Mathew 15:32-37*

'4. And the day was far spent, and his disciples came unto him and said, This is a desert place, and now the time is far passed. Send them away, that they may go into the country round about into the villages, and buy themselves bread, for they have nothing to eat.

5. He answered and said unto them, Give ye them to eat. And they say unto him, Shall we go and buy two hundred pennyworth of bread, and give them to eat ?

6. He saith unto them, How many loaves have ye? go and see. And when they knew, they said, Six loaves and seven clusters of grapes. And he commanded them to make all sit down by companies of fifty upon the grass. And they sat down in ranks by hundreds and by fifties.

7. And when he had taken the six loaves and the seven clusters of grapes, he looked up to heaven, and blessed and brake the loaves, and the grapes also and gave them to his disciples to set before them and they divided them among them all.

8. And they did all eat and were filled. And they took up twelve baskets full of the fragments that were left. And they that did eat of the loaves and of the fruit were about five thousand men, women and children, and he taught them many things.'

http://www.essene.com/NazareneGospel/Holy_12_3.html#gn29

- > *He also ate fish himself -- making him at least pescetarian (see below*
- > *for his participation in the Pesach):*
- > *When he had said this, he showed them his hands and feet. And*
- > *while they still did not believe it because of joy and*
- > *amazement, he asked them, "Do you have anything here to eat?"*
- > *They gave him a piece of broiled fish, and he took it and ate*
- > *it in their presence.*
- > -- *Luke 24:40-43*

3. And when he had so said, he shewed unto them his hands and his Heart. Then were the disciples glad, when they saw the Lord.
4. For Thomas, called Didymus, one of the disciples, had said unto them, Except I shall see in his hands the print of the nails, and thrust my hand into his heart, I will not believe. Then saith he to Thomas, Behold my hands, my heart, and my feet; reach hither thy hands, and be not faithless but believing.
5. And Thomas answered and said unto him, My Lord and my God! And Yeshua saith unto him, Thomas, because thou hast seen me, thou hast believed; blessed are they that have not seen and yet have believed.
6. Then saith Yeshua unto them again, Peace be unto you, as Abba Amma hath sent me, even so send I you. And when he had said this he breathed on them and said unto them, Receive ye the Holy Ghost; preach the Gospel, and announce ye unto all nations; the resurrection of the Son of Man.
7. Teach ye the holy law of love which I have delivered unto you. And whosoever forsake their sins, they are remitted unto them, and whosoever continue in their sins they are retained unto them.
8. Baptise them who believe and repent, bless and anoint them, and offer ye the pure Oblation of the fruits of the earth, which I have appointed unto you for a Memorial of me.
9. Lo, I have given my body and my blood to be offered on the Cross, for the redemption of the world from the sin against love, and from the bloody sacrifices and feasts of the past.
10. And ye shall offer the Bread of life, and the Wine of salvation, for a pure Oblation with incense, as it is written of me, and ye shall eat and drink thereof for a memorial, that I have delivered all who believe in me from the ancient bondage of your ancestors.
11. For they, making a god of their belly, sacrificed unto their god the innocent creatures of the earth, in place of the carnal nature within themselves.
12. And eating of their flesh and drinking of their blood to their own destruction, corrupted their bodies and shortened their days, even as the Gentiles who knew not the truth, or who knowing it, have changed it into a lie.

http://www.essene.com/NazareneGospel/Holy_12_9.html#gn87

- > *Fact: his disciples weren't ARAs, they were fishermen. Fact: he went out with them. Fact: he told them where and when to find fish. Fact: he fed fish to others. Fact: he ate fish himself.*

Not fact.

- > *Consider the Passover seder:*
- > *On the first day of the Feast of Unleavened Bread, when it was customary to sacrifice the Passover lamb, Jesus' disciples asked him, "Where do you want us to go and make preparations for you to eat the Passover?"*
- >
- > *So he sent two of his disciples, telling them, "Go into the city, and a man carrying a jar of water will meet you. Follow him. Say to the owner of the house he enters, 'The Teacher asks: Where is my guest room, where I may eat the Passover with my disciples?' He will show you a large upper room, furnished and ready. Make preparations for us there."*

>

> *The disciples left, went into the city and found things just as*

> *Jesus had told them. So they prepared the Passover.*

> -- *Mark 14:12-16*

>

> *Did he forbid the lamb? No, he and his disciples partook in the custom*

> *of killing and eating a lamb on Pesach.*

"The Last Paschal Supper

4. And Yeshua said, With desire have I desired to eat this Passover with you before I suffer. and to institute the Memorial of my Oblation for the service and salvation of all. For behold the hour cometh when the Son of man shall be betrayed into the hands of sinners.

5. And one of the twelve said unto him, Lord, is it I ? And he answered, He to whom I give the sop the same is he.

6. And Iscariot said unto him, Master, behold the unleaven bread, the mingled wine and the oil and the herbs, but where is the lamb that Moses commanded? (for Judas had bought the lamb, but Yeshua had forbidden that it should be killed).

7. And John spake in the Spirit, saying, Behold the Lamb of God, the good Shepherd which giveth his life for the sheep. And Judas was troubled at these words, for he knew that he should betray him. But again Judas said, Master, is it not written in the law that a lamb must be slain for the passover within the gates?

8. And Yeshua answered, If I am lifted up on the cross then indeed shall the lamb be slain; but woe unto him by whom it is delivered into the hands of the slayers; it were better of him had he not been born.

9. Verily I say unto you, for this end have I come into the world, that I may put away all blood offerings and the eating of the flesh of the beasts and the birds that are slain by men.

10. In the beginning, God gave to all, the fruits of the trees, and the seeds, and the herbs, for food; but those who loved themselves more than God, or their fellows, corrupted their ways, and brought diseases into their bodies, and filled the earth with lust and violence.

11. Not by shedding innocent blood, therefore, but by living a righteous life, shall ye find the peace of God. Ye call me the Christ of God and ye say well, for I am the Way, the Truth and the Life.

12. Walk ye in the Way, and ye shall find God. Seek ye the Truth, and the Truth shall make you free. Live in the Life, and ye shall see no death. All things are alive in God, and the Spirit of God filleth all things.

13. Keep ye the commandments. Love thy God with all thy heart, and love thy neighbour as thyself. On these hang all the law and the prophets. And the sum of the law is this--Do not ye unto others as ye would not that others should do unto you. Do ye unto others, as ye would that others should do unto you.

14. Blessed are they who keep this law, for God is manifested in all creatures. All creatures live in God, and God is hid in them.

..

http://www.essene.com/NazareneGospel/Holy_12_8.html#gn75

- > *Even if you refuse to accept the*
- > *fish and lamb, consider the following:*
- > *A man with leprosy came to him and begged him on his knees, "If*
- > *you are willing, you can make me clean."*
- >
- > *Filled with compassion, Jesus reached out his hand and touched*
- > *the man. "I am willing," he said. "Be clean!" Immediately the*
- > *leprosy left him and he was cured.*
- >
- > *Jesus sent him away at once with a strong warning: "See that you*
- > *don't tell this to anyone. But go, show yourself to the priest*
- > *and offer the sacrifices that Moses commanded for your*
- > *cleansing, as a testimony to them."*
- > *Mark 1:40-44*
- >
- > *So Christ commanded animal sacrifice on at least one occasion.*

' And the chief priests and elders and also the council did seek false witnesses against Yeshua and Judas Iscariot was among them. And the council questioned Yeshua in many of his sayings, as to who he was and claimed to be, and they asked of him: "Why dost thou forbid that a lamb be slain and thus defile the law of Moses, for it is said of thee, no flesh entereth into thy mouth; do ye put thyself above the law and Moses?"

And another asked of him: "It has been spoken of thee, that ye put forth bread before the lamb and juice of the fruit before the poured blood. Know ye not, thou hast blasphemed God?"

And still another asked of Yeshua: "Why dost thou abolish the blood sacrifices of the law, and, yea, the eating of flesh as Moses commanded that we do lawfully?"

And Yeshua, looking at them and perceiving their evil hearts hardened with love of riches and vain glory, and without mercy or natural affection, said unto them: "I know not that Moses commandeth such as lawful unto you, nor doth the Holy Law of God change for the desires of men, for Moses spoke not these words, ye hath made into law! "

..

http://www.essene.com/TheEsseneHumaneGospel/The_Essene_Humane_Gospel_Of_Christ_Part_4.html

- > *And why*
- > *did Mary and Joseph offer sacrifices upon the birth of Jesus?*

"Joseph and Mary, his parents, went up to Jerusalem every year at the Feast of the Passover and they observed the feast after the manner of their brethren, who abstained from bloodshed and the eating of flesh and from strong drink. .."

http://www.essene.com/NazareneGospel/Holy_12_1.html#gn6

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

- > *Jesus was NOT vegetarian, nor did he do anything consistent with the*
- > *animal rights or "vegan" position. People who make such claims pervert*
- > *the truth for their own peculiar agendas. It's not called "scholarship"*
- > *when they do that, it's called propaganda. It's disrespectful,*
- > *disingenuous, and deceitful. People who want to make positive change in*
- > *the world -- for their fellow man or for the beasts -- need to start*
- > *from a point of honesty. You have patently failed to do that.*

war is peace