

Vegetarians VS meateaters

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- *From:* jonboy42@xxxxxxxxxx (J W)
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I've been reading a lot of pretty compelling evidence lately about the benefits of changing to a vegetarian lifestyle. From what I read it seems pretty convincing to me that we were not designed to eat meat and that meat can be pretty toxic to our system. I'm not sure I'm ready to make that leap and I already have cancer so I'm not sure if it would benefit me much at this stage but they do present a convincing case.

I wonder have there ever been any serious case studies comparing cancer rates and or auto immune disease rates between vegetarians and meat eaters? i'd be real interested in seeing those results if any exist, I watched a couple of Dr. Lorraine day's videos today as well and she seems pretty convinced this change in lifestyle cured her cancer, what your thoughts are on the subject.