

Re: Iron from animal sources tends to ACCUMULATE

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From: peterb (*caspian9_at_aaahawk.com*)

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You make some good points, Harlaching. The poster's statements can also be repudiated on the basis of their inaccuracy in terms of biological activity and requirements. ALL minerals accumulate variably in cells and tissues and organs, purposely in response to evolved usage, in order to facilitate proper function of the Krebs cycle (ie., enzyme production, protein handling, energy transfer, etc.) By contrast, most vitamins must be consumed in more generous quantities due to the fact they do NOT accumulate, but rather are spent during metabolic processes. The point is that iron, as with other minerals, are stored in various bodily tissue in order to maintain homeostasis and overall health. If the discussion were about the means by which more iron is stored than needed, the debate would center on the importance of increasing consumption of green foods, not a total reliance on poorly-metabolized plant-based iron. To state that heme-based iron-rich foods are unhealthy simply because some people eat too much meat is a non sequitur. Indeed, the potential harm from too much <i>free iron</i> (ie., its unmetabolized and unstored form), may result from overconsumption of phytic foods and compromise the health of those who avoid eating meat completely.

The effects of phytic acid are only beneficial when sufficient dietary heme iron is also being consumed (including the possible use of a heme-based iron supplement if meat is not acceptable.) In other words, the aggregate affect of all foods in terms of metabolic handling is part of the means for achieving good health, and reliance an ANY food group at the exclusion of another is a means to imbalance.

Peter

"Harlaching" <h2004@noyb.net> wrote in message news:<41197cb8_2@news.cybersurf.net>...

> > "doe" <ironjustice@aol.com> wrote

> > *Plant irons are most beneficial to the body because their absorption*

> > *remains*

> > *safely regulated, whereas iron from animal sources tends to accumulate to*

> > *levels which increase free radical activity contributing to heart disease,*

> > *cancer, and the aging process.*

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- > *Since both, meat-eaters and vegetarians eventually die at*
- > *the same approximate age, there is no advantage to deprive*
- > *the body of one particular nutritious, satisfying, and tasty*
- > *food just to push a specific agenda. Vegetarians also die*
- > *of heart disease, cancer, and of course they also age.*
- >
- > *While most people benefit from individual supplementation*
- > *based on genetic requirements, vegetarians frequently require*
- > *extra nutrients that wouldn't need to be supplemented if they*
- > *consumed a conventional, mixed diet.*
- >
- > *Iron accumulation is a disease that affects a small percentage*
- > *of the population, so they have to deal with it as needed – just*
- > *like some people are allergic to a number of foods that are well*
- > *tolerated by the rest of society. So why should these foods be*
- > *avoided by everyone? (see Romans 14:2–3)*
- >
- > > *--Presented at the National Meeting of the American Chemical Society by*
- > > *Tung-Ching Lee, a food scientist at Rutgers University in New Brunswick,*
- > > *N.J.,*
- > > *April 2000. reprinted from Good Medicine, PCRM, August 2000*
- >
- > *Presented by the real world, by real people, by real omnivores,*
- > *who have pushed the world population beyond 6 billion people,*
- > *despite all that "iron accumulation." Enjoy your bean sprouts*
- > *and celery sticks, and I enjoy my steak and chicken wings – just*
- > *like Jesus enjoyed His fish and lamb chops.*
- > *Best regards, Harlaching*