

Re: To Iron or Not to Iron

Source: <http://sci.tech--archive.net/Archive/sci.med.nutrition/2008-02/msg00256.html>

- *From:* "ironjustice@xxxxxxx" <ironjustice@xxxxxxx>
 - *Date:* Thu, 21 Feb 2008 07:06:02 -0800 (PST)
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On Feb 20, 3:28 pm, ferr...@xxxxxxxxxx wrote: All in all whatever the cause of iron levels in the area it is not from meat. <<

Soooo .. we are getting to the .. your agenda .. ****meat****..

Aren't we ..

"Asians have the highest iron levels" ..

THAT is THE .. question .. WHY do the Asians have SUCH ****high iron**** .. levels ..

NOT .. "they don't have high iron levels" .. IE: "whatever the cause of iron levels in the area" ..

Understand .. ?

You cannot argue "they don't have high iron" and then admit right away .. that they .. DO ..IE: "whatever the cause of iron levels in the area" ..

It is the very basic of the .. Debate101 .. sorta like Bloodbagging 101 ..

Any way .. either of them isn't .. math .. and the question is .. Why DO Asians have such high iron levels ..

<http://www.sciencedaily.com/releases/2005/04/050430222454.htm>

Asians, Pacific Islanders Have Highest Blood Iron Levels
ScienceDaily (May 1, 2005) --- BIRMINGHAM, Ala. --- UAB and international scientists studying iron--overload disorders have made the unexpected discovery that Asians and Pacific Islanders have the highest levels of iron in their blood of all racial/ethnic groups who were screened.

Who loves ya.

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Tom

Jesus Was A Vegetarian!

<http://jesuswasavegetarian.7h.com>

Man Is A Herbivore!

<http://tinyurl.com/a3cc3>

DEAD PEOPLE WALKING

<http://tinyurl.com/zk9fk>

<http://www.sciencedaily.com/releases/2005/04/050430222454.htm>

The above is a different story about the research results than you used before. The previous one made it appear that conclusions about asians was only among those with the genetic mutation for iron overload. Thank you for this second variation and its clarification.

Sadly it leaves the iron causes all disease because people eat meat notion in an even worse situation. In the above occurs this about the mutation that causes the iron overload:

ses organ damage when severe iron deposition occurs due to inadequate control of iron absorption by the small intestine."

Which says what you don't want to hear, the body controls iron uptake in the gut. In cases of iron overload there is some disorder that disrupts gut control.

India today has the world's highest rate of diabetes and other metabolic disorders, it also is a region with a low or no meat consumption. Until the last 20 years or so it had a low diabetes rate and the change occurred with no great increase in meat consumption.

The above article also said:

""This may mean that the Asians and Pacific Islanders have a different genetic mutation that has not yet been discovered, or that they do not, for some reason, develop hemochromatosis/iron overload despite their high blood levels of iron."

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What this means is that with little or no iron from meat levels are high and thus must be high from plant sources. As they suggest, there might be another mutation that would in this case cause iron overload from mostly plant based diets alone.

It also means prior to the past 20 years, and still in rural areas, diabetes etc. was low despite their high iron levels.

All in all whatever the cause of iron levels in the area it is not from meat. Also where diabetes is low in the past and now in rural areas it is still in a population with high iron levels. You can't have it both ways.

Thus once again the iron from meat causes all disease notion goes down in flames.

A low meat population with mostly plant foods has high iron and high diabetes.

Jesus ate a mediterranean diet.