

Why we should reduce meat consumption

Introduction

Have you ever thought about why meat is always stored in coolers well because it rots rapidly? When meat stays in your stomach for a long period of time it creates diseases like heart disease, cancer, diabetes, etc. That is why I Janaki am here today trying to create awareness on why we should reduce meat consumption.

Argument I

You see we humans have this sort of body structure, our intestines are actually ten times the body length so for meat to travel downwards is like flying from New Zealand to the other end of the world, and no there is no business class. To digest meat quickly we need a stomach of a carnivore, their intestines are very small and for them, the meat goes in and comes out fast. Animals also have a certain teeth structure. Their teeth are like vampires; they are meant for cutting and tearing flesh apart. However, humans have molar teeth which carnivores don't. Molars are meant for grinding the food instead of tearing it apart.

Argument II

Scientists have concluded that if you don't eat meat the risk of heart diseases decreases by at least 40%. Consuming meat may sometimes lead to heart diseases such as a stroke or a heart attack because your blood vessels are blocked. From eating meat you can also get diabetes and cancer. In 2015 the world health organisation mentioned that eating meat has the same effects as smoking cigarettes does to the human body. Some meat have special chemicals to make them last longer and this can cause inflammation to your skin and makes you age faster. So beware beauty queens! What to speak of obesity? Did you know that meat is the number one culprit for becoming too fat?

Argument III

Meat consumption reduces not only the quality of your life but the researchers at the Mayo clinic found out that people who keep a vegetarian diet for more than 17 years have an extended life span of more than 3.6 years!!! Apart from all these health issues you ought to know that meat production is killing our planet. The union of concerned scientists lists that meat-eating is one of the biggest environmental issues that the earth is facing today! Did you know that when the meat is processed it gives out toxic gases which can cause more pollution than the world's transportation systems combined! Did you know that the amount of food needed to feed animals just to eat them, can free us from world hunger if fed to the poor! And if you remember the mad cow disease, the swine flu and other animal diseases. In my opinion this is nature's way of telling us "no need for meat"

Conclusion :

Ok let's look at this from a different angle. Ancient eastern philosophy says that food is not just-food. It is an energy and what you eat influences your mindset. There are 3 kinds of food, food in goodness, food in passion and food in ignorance. Foods in goodness are plants, fruits, grains etc and these foods make our mind peaceful and the body healthy, but food in the mode of passion and ignorance like meat and too salty/spicy foods make our minds disturbed. Also, just imagine the animals in the slaughterhouse, what do they feel? Anger, hurt, fear, pain, helplessness, followed by violence and death. Do we really want to have these emotions on our plate? So, to sum it all up, the wise people, modern science, biology and mother Earth are all telling us the same messages. Reduce meat-eating. It's up to you to change your world and the world we live in today! Thank you.