

Have You Fallen For the Anti-Meat Propaganda?

The perceived problems with meat eating have nothing to do with whether the meat is red or white, nor with its saturated fat and cholesterol content. The problems all derive from the processing and overcooking of the meat. Over-cooking meat, and cooking it dry at high temperature, creates heterocyclic amines and polycyclic aromatic hydrocarbons. These are the nasties that increase the incidence of several forms of cancer (--- colon, kidney, bladder, pancreas, and breast cancers). High temperature dry cooking of meat also creates Advanced Glycation End-Products (AGEs) --- the same age-accelerating compounds produced in diabetics --- and which are responsible for many of the devastating sequelae of diabetes such as vascular disease, kidney failure, and accelerated aging.

In contrast to dry cooking or pan frying or deep frying at high temperature, low temperature cooking and/or wet cooking not only preserves nutrients, but eliminates the production of age-promoting and cancer-causing toxins. Low temperature and wet cooking cause the meat proteins to break down into more tender polypeptides, rather than actually denaturing the proteins. The meat is tender, with no nutrient loss and no toxins produced.

--- So --- the options for preparing meat include slow roasting at low temperature, steaming in a steamer basket, or wet cooking in a crock pot or casserole or soup. --- Feast on meat --- it is (next to soft-cooked eggs) the most nutrient dense of our foods --- our most reliable source of vitamins, minerals, and amino acids.

The high temperature processing of canned meat (such as canned tuna) not only denatures the proteins, but even more significantly, it releases the free fatty acids. These free fatty acids, as you know from your study of NUTRI-SPEC, create an extreme Dysaerobic/Catabolic/Oxidative Imbalance. (As an experiment, have two servings of canned tuna someday, and then check your urine the next morning. You will test “off the charts” Dysaerobic.)

Another method of meat preparation that turns our most valuable Eat Well – Be Well component into a deadly poison is frying the meat in polyunsaturated vegetable oils. The oxidative damage caused by the omega-6 oils, plus the increased production of pro-inflammatory Prostaglandins, is an underlying cause of virtually every one of the chronic diseases that devalue and shorten our lives.

Yet another problem with “meat” has nothing to do with the inherent qualities of animal protein, but rather with the processing of meats at not only high temperatures, but with the addition of such deadly poisons as monosodium glutamate, nitrates, and nitrites. Luncheon meats? --- Just two slices of bologna four times weekly is enough to create reoccurring asthma

attacks in susceptible individuals. Again, the problem is not ingesting meat, but an overload of toxic chemicals.

Here is a nice Addendum to this article:

As we all know, American agribusiness wants us to chow down on starches (which enhance their profits far more than meats and vegetables). So, they have spent zillions of dollars demonizing meat in general, and red meat in particular. In stark contrast, the Australian Establishment gives an official recommendation to eat 4 ounces of beef or pork 4 times weekly. They did not just pull that number out of thin air --- it is based on the Australian government's assessment of worldwide research showing that this amount of beef and pork is associated with good physical health.

In 2012, researchers from Deakin University in Victoria, Australia looked at whether that recommendation for beef and pork is associated with good mental health. They studied the diets and mental health status of 1,000 women.

Jacka FN, et al. Red meat consumption and mood and anxiety disorders. *Psychother Psychosom.* 2012.

The results show that women who consume less than the 16 ounces weekly recommended amount of red meat have twice the risk of depression or anxiety disorder compared with those who eat the recommended amount or more. But an even more interesting finding of the study is that there is no relationship between other kinds of high-protein food such as fish, chicken, or soy protein, and depression or anxiety rates. The only significant correlation is with beef and pork --- as beef and pork alone account for the higher level of mental/emotional status.

[Of course, since we think scientifically, we know that correlation does not prove causation. There is always the possibility that women who tend to be neurotic are fear-driven worriers who more easily fall for the anti-fat and anti-cholesterol propaganda, and thus avoid beef and pork. But given our multi-millennial human history of successful cultures thriving on red meat (as demonstrated by Weston Price and countless others) it can safely be said that even if eating red meat does not specifically cure or prevent mood disorders, eating red meat is certainly compatible with a happy/healthy emotional status.]