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Alternative Sources Of Protein For The Vegetarian

In a conventional diet protein is obtained from meat, fish, eggs, milk and dairy products such as cheese. These all contain complete proteins that contain all the essential amino acids that are needed for the human body. A vegetarian diet must derive protein from other sources.

Protein is found in many vegetable sources. Some of these vegetable proteins are complete in that they contain all the essential amino acids just like animal protein. Others are incomplete and must be combined together to produce a complete protein that the body can use.

Most plant foods contain some protein. A vegetarian who eats a wide variety of foods will consume sufficient protein in the course of day.

Nuts and seeds are an under appreciated source of protein. They can be added to a wide range of sweet and savory vegetarian dishes.

Soya beans are source of complete protein and for that reason soya products are an important part of a vegetarian diet. Commercially manufactured soya based meat substitutes are now widely available in supermarkets. They come in variety of forms and are often made into pies, burgers, sausages and other ready prepared products that offer the busy vegetarian a convenience food.

Soya milk can be found in most chiller cabinets next to the cows' milk. You will also find soya yoghurts and soya cheeses. A more traditional soya product is tofu which has long been used in Chinese cooking.

Another meat substitute is mycoprotein which is made from a variety of fungus. Like soya protein it is sold in various forms that can be used in a range of recipes. You will also find it in ready made products often sold under the brand name "Quorn."

Beans, peas and lentils, known collectively as pulse, make up one of the major sources of protein for a vegetarian. They are incomplete proteins and must be combined with other

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incomplete proteins, such as grains, or complete proteins, such as eggs or milk, to make a complete protein food. Usually this is done in one dish such as beans and rice or beans on toast, but this is not always necessary as the body can store protein and combine it later.

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If eating butter is a problem because you are watching your cholesterol levels then dip your bread in olive oil. When you try this with quality home made bread you will see how delicious it is. Vegetarians have respect for vegetables so find the best olive you can. It will be worth it. The varied taste of olive oil from different countries or even different estates will in itself add variety to you vegetarian diet.

Beans, lentils and grains are the staples of vegetarian diet. But they can become boring. Never be afraid to try new types or pulse and grain. if you have never eaten quinoa then you should. It is quick to cook and makes a change from rice. Try using barley instead of rice. Even the vegetarian staples need not be dull.

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Why Vegans Don't Eat Eggs

Vegans are vegetarians who do not eat eggs or any other animal product. This is the strictest form of vegetarianism.

Many people feel that this is too extreme and too restrictive. They prefer a form of vegetarianism that includes eggs and other animal products that do not involve the death or harm of living creatures.

Vegetarians cooking for children are often advised to include some eggs in their diet. Pregnant women who are vegetarians often do the same. The advantage of eggs is that they are highly nutritious. They contain the same nutrients as meat because they are the food supply for the embryonic chick.

But modern farming techniques are convincing an increasing number of people that it is unethical to eat eggs. The battery farms in which most of the eggs available on supermarket shelves are produced cause harm and suffering to millions of hens. They are kept in confined conditions without space to move and engage in natural behavior. As a result they peck one another and have to be de-beaked. Their legs are malformed and they lose their feathers.

Some of us opt for free range eggs but there is no agreed definition of what free range means. Without visiting the farm it is very hard to know how the hens that produced the eggs have been treated. Even in a free range setting the chicks have been selected to ensure that they are female. A huge number of male chicks are discarded in this process and go into industrially prepared foods.

You might decide to raise your own hens. Backyard poultry keeping is becoming increasingly popular. But even here there are ethical decisions to be made. Hens that are no longer laying eggs traditionally go into the pot. That is fine if you are a carnivore but not if you are a vegetarian.

There are also strong health reasons for not eating eggs. Eggs are a source of saturated fat. They can raise your cholesterol level. So if you are worried about your heart health and have

You Are What You Eat

You've certainly heard the expression many times, "You are what you eat." Have you ever really thought about what it means? And do you think about it when you're making food choices?

In some ways, we do become what we eat, literally. Have you ever seen an example of your blood plasma after eating a fast food hamburger? What was previously a clear liquid becomes cloudy with the fat and cholesterol that's absorbed from eating a high-fat hamburger.

And when you think about it, we also become what we don't eat. When we switch from eating meat to a vegetarian-based diet, we become less fat, less prone to many types of cancers. Our cholesterol can improve. When we're leaner and eating fewer animal products, then many other health and fitness issues are reduced. The incidence of Type II diabetes is reduced. Blood pressure falls into normal ranges. When you're healthier, you're taking fewer medications. Even if you have a prescription drug benefit in your health plan, you're still saving money with fewer co-payments on medications.

If you have a family history of high cholesterol or high blood pressure, then it's particularly incumbent on you to revise your eating habits. Moving towards a more vegetarian diet has been shown statistically to reduce the incidence of so many of the diseases of industrialized countries. Vegetarians are statistically healthier than omnivorous persons; they're leaner and live longer.

Isn't it time to think about what you want to be and to eat accordingly? Do you want to be sluggish and fat? Do you want the risk that goes with eating animal products, with their high fat content? Or do you want to look like and be what vegetarians are? Leaner and fitter with a longer anticipated lifespan. It's never too late to change what you're doing and increase your chances for a longer, fitter life.

Vegetarians And Cancer

You might have a general idea that eating a vegetarian diet is more healthy for you. But do you really know how much less the incidence is of certain types of cancers among vegetarians?

Vegetarian diets—naturally low in saturated fat, high in fiber, and replete with cancer-protective phytochemicals—help to prevent cancer. Large studies in England and Germany have shown that vegetarians are about 40 percent less likely to develop cancer compared to meat-eaters. In the U.S., studies of Seventh-Day Adventists, who are largely lacto-ovo vegetarians, have shown significant reductions in cancer risk among those who avoided meat. Similarly, breast cancer rates are dramatically lower in nations, such as China, that follow plant-based diets.

Interestingly, Japanese women who follow Western-style, meat-based diets are eight times more likely to develop breast cancer than women who follow a more traditional plant-based diet. Meat and dairy products contribute to many forms of cancer, including cancer of the colon, breast, ovaries, and prostate.

Harvard studies that included tens of thousands of women and men have shown that regular meat consumption increases colon cancer risk by roughly 300 percent. High-fat diets also encourage the body's production of estrogens. Increased levels of this sex hormone have been linked to breast cancer. A recent report noted that the rate of breast cancer among premenopausal women who ate the most animal (but not vegetable) fat was one-third higher than that of women who ate the least animal fat. A separate study from Cambridge University also linked diets high in saturated fat to breast cancer. One study linked dairy products to an increased risk of ovarian cancer. The process of breaking down the lactose (milk sugar) evidently damages the ovaries. Daily meat consumption triples the risk of prostate enlargement. Regular milk consumption doubles the risk and failure to consume vegetables regularly nearly quadruples the risk.

Vegetarians avoid the animal fat linked to cancer and get abundant fiber, vitamins, and phytochemicals that help to prevent cancer. In addition, blood analysis of vegetarians reveals a higher level of "natural killer cells," specialized white blood cells that attack cancer cells.

Sample Daily Menu For Pregnant Vegetarians

Though your nutritional needs increase now that you're pregnant, your pregnancy vegetarian diet shouldn't have to change all that much. With some careful planning to ensure your caloric, vitamin, and mineral needs are met, you can still enjoy a rich variety of nutrient-dense delicious foods and help give your baby a nutritious jump-start. Consider the following daily menu for ideas and inspiration.

Breakfast:

1/2 cup oatmeal with maple syrup
1 slice whole wheat toast with fruit spread
1 cup soy milk
1/2 cup calcium and vitamin D fortified orange juice

Snack:

1/2 whole wheat bagel with margarine
Banana

Lunch:

Veggie burger on whole wheat bun with mustard and catsup
1 cup steamed collard greens
Medium apple
1 cup soy milk

Snack:

3/4 cup ready-to-eat cereal with 1/2 cup blueberries
1 cup soy milk

Dinner:

3/4 cup tofu stir-fried with 1 cup vegetables
1 cup brown rice
Medium orange

Snack:

Sample Vegetarian Diet Including Essential Fatty Acids To Promote Healing

Fats are an essential part of any well-balanced diet, including a vegetarian diet. Fats are made of smaller units - called fatty acids. These fatty acids may be saturated, monounsaturated or polyunsaturated. Saturated and monounsaturated fats are not necessary in a vegetarian diet as they can be made in the human body. However, two polyunsaturated fatty acids - linoleic acid (omega 6) and linolenic acid (omega 3) - cannot be manufactured by the body and must be provided in the diet.

Fortunately, they are widely available in vegetarian/vegan plant foods. Evidence is increasing that omega 6 (found in foods like vegetable oils such as corn, safflower and sesame) and especially omega 3 (found in flax, walnuts, avocados, almonds and olive and canola oil) fats are beneficial for a range of conditions, including heart disease, cancer, immune system deficiencies and arthritis.

Healthy fats and oils play active roles in every stage of the body's healing, building, and maintenance processes. In fact, they are as important to an active individual's body as amino acids, minerals, and vitamins. Healthy fats and oils help convert light and sound into electrical nerve impulses, remove potentially toxic substances from sensitive tissue, and provide strength to cell membranes.

The following vegetarian menu sample shows how easy it is for essential fatty acids to be a part of your every day vegetarian diet.

Breakfast:

1 bagel with 2 tsp vegan margarine, 1 medium orange, 1 cup Cheerios cereal, and 1 cup soymilk

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Lunch:

Sandwich of hummus made with $\frac{3}{4}$ cup chickpeas and 2 teaspoons tahini (a sandwich spread made from ground sesame seeds) on 2 slices of whole wheat bread with 3 slices of tomato and $\frac{1}{2}$ sliced avocado

Dinner:

1 cup of cooked pasta with $\frac{1}{4}$ cup marinara sauce, $\frac{1}{3}$ cup carrot sticks, 1 cup cooked broccoli (frozen or fresh), and 1 whole wheat roll

Snack:

$\frac{1}{2}$ cup almonds, and 1 cup soymilk

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What To Feed Your Vegetarian Baby

It goes without saying that the earliest food for any baby, including a vegan baby, is breast milk. It benefits your baby's immune system, offers protection against infection, and reduces the risk of allergies. Be especially careful that you are getting enough vitamin B-12 when breastfeeding. Also, ensure your infant receives at least 30 minutes of sunlight exposure per week to stimulate the body to produce adequate amounts of vitamin D, since human milk contains very low levels.

The iron content of breast milk is also generally low, no matter how good the mother's diet is. The iron which is in breast milk is readily absorbed by the infant, however. The iron in breast milk is adequate for the first 4 to 6 months or longer. After the age of six months, it is recommended iron supplements are introduced.

Soy milk, rice milk, and homemade formulas should not be used to replace breast milk or commercial infant formula during the first year. These foods do not contain the proper ratio of protein, fat, and carbohydrate, nor do they have enough of many vitamins and minerals to be used as a significant part of the diet in the first year.

Many people use iron fortified infant rice cereal as the first food. Cereal can be mixed with expressed breast milk or soy formula so the consistency is fairly thin. Formula or breast milk feedings should continue as usual. Start with one cereal feeding daily and work up to 2 meals daily or 1/3 to 1/2 cup. Oats, barley, corn, and other grains can be ground in a blender and then cooked until very soft and smooth. These cereals can be introduced one at a time. However, they do not contain much iron, so iron supplements should be continued.

When baby becomes used to cereals, fruit, fruit juice, and vegetables can be introduced. Fruits and vegetables should be well mashed or puréed. Mashed banana or avocado, applesauce, and puréed canned peaches or pears are all good choices. Mild vegetables such as potatoes, carrots, peas, sweet potatoes, and green beans should be cooked well and mashed. Grain foods such as soft, cooked pasta or rice, soft breads, dry cereals, and crackers can be added when baby becomes better at chewing.

Nourishing Our Body, Nourishing Our Spirit

Many times our choice to become vegetarian isn't only for health, environmental, or economical reasons, but also spiritual. There is a heartfelt connection between vegetarianism and the deeper side of nourishment. We must learn to nourish ourselves not only physically, but also spiritually.

The subject of nutrition is not simply a question of the food we eat at meals. Besides nutrients, foods contain scents, colors and invisible particles that attract pure light, light that is so essential for our joyful life and well-being. The choice we make is therefore always of consequential significance.

Grains, fruits and vegetables naturally grow and flourish in sunlight, and you could deduce they are actually their own form of light. In order to develop the qualities of the heart, we must eat not only peacefully, but consciously. Therefore it makes sense to consume food that is nourished by sunlight. As a result, our emotions and our essence are illuminated and nourished as well.

It's long been said that your body is your temple and everything that enters that temple has a direct result in who we become. Therefore, when we choose to nourish our bodies with healthy nutrient-dense plant foods from the earth, we are in turn nourishing our souls, our spirit, and our being. The quality of your food and its physical properties not only transforms our emotions and mind, but can actually change your appearance and personality.

By focusing our diet on fresh fruits and vegetables that are in season and organically produced, we are in turn connecting with nature and learning to live in harmony with it. By committing and devoting ourselves to a vegetarian lifestyle, we've also committed to nourishing our souls and our inner well-being. You can't ask for a more perfect health food than that!

The Difference Between Vegan & Vegetarian

Whether you are preparing meals for someone else or thinking about changing your own diet you need to know the difference between a vegetarian and a vegan. Put simply, a vegetarian is someone who does not eat meat or fish and a vegan is someone who eats no animal products at all.

There are, of course, people who eat meat and fish occasionally. They may be in the process of changing to a full vegetarian diet or concerned to reduce their intake of saturated fat. They might be considered as semi-vegetarians.

Some vegetarians will consume milk and dairy products but will not eat eggs. They are often called lacto-vegetarians. They would be vegans except that they include milk in their diet.

Other vegetarians avoid milk, but will eat eggs. They are ovo-vegetarians. They would be vegans if they did not consume eggs.

At some points many vegetarians may pass through one or other of these stages if they are moving towards a fully vegan diet. A vegan avoids all animal products even in clothing. Some vegans will not even eat honey or yeast.

All these dietary preferences should be respected as valid life-style choices. The dietary preferences of your diners should be seen as a challenge rather than a chore.

It is possible to ensure a nutritious diet for an adult by following any of these plans. For a full vegan protein should come from pulses and grains combined in interesting combinations. Vegetarians will eat these dishes too. If you provide a variety of dishes your diners can make their own choices.

If you want to make the change to a fully vegan diet yourself it is best to begin with a gradual change. First work towards a vegetarian diet and then slowly move towards a vegan diet. Try not to be too hung up on the categories of vegan or vegetarian. Feel your way and enjoy getting to know the potential of the full vegetarian through to vegan spectrum.

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Iron is an important nutrient. In a vegetarian diet it is often derived from whole grains and leafy green vegetables. Where children are concerned it is often a good idea to include eggs in a vegetarian diet. They are a good source of iron.

Dairy produce such as milk, butter and cheese are valuable to the vegetarian child. Milk and cheese contain calcium, while butter contains essential fatty acids.

If your child cannot tolerate cow's milk then try goat's or sheep's milk which are often more digestible. The vegetarian child needs these sources of animal protein far more than an adult vegetarian.

It is not wise for a child to eat an entirely vegan diet. A child's body is still growing and it needs these animal products. If you source your eggs and dairy produce from farms that have high animal welfare standards then you need have no moral qualms.

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tuck into the vegetarian dishes. Your meal may open their eyes to the world of vegetarian cuisine.

Remember that your vegetarian guests may be vegan. If you cannot ascertain this in advance then it will be as well to avoid the use of eggs and milk in your vegetarian dishes. A nut roast is often bound together with eggs but this is not essential. Cream sauces for dessert can be made from ground nuts. Cashews are always popular for this. Soya cream is also available.

When creating a cheese board take care to ensure that at least one cheese is made without rennet. Rennet comes from the lining of a cow's stomach and many vegetarians will not eat it. You might also like to have a few soy based cheeses. The soft soy based cheeses are an excellent option for guests who are watching their cholesterol levels as well as vegetarians and vegans.

The whole point of a holiday season is to share with friends and family. So if you are a non-vegetarian cooking for vegetarians or you are a vegetarian cooking for non-vegetarians make your festive table welcoming to all.

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