

VEGETARIAN DIETS

by Dr. Lawrence Wilson

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WARNING: Heavy menstrual periods can be caused by vegetarian or semi-vegetarian diets. Adding back more meat to the diet, especially red meat, can reduce the length and heaviness of the period.

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I. INTRODUCTION

Definitions. There are different types of vegetarians:

1. Vegetarians. This is a general term meaning those who do not eat animal products. My mentor, Paul Eck, used the term to describe people who do not eat red meat.
2. Obligatory vegetarians. These are people who become vegetarian because they do not feel well eating meat. Some can no longer digest meat, and some may experience other symptoms when they eat meat such as fatigue, abdominal pain, constipation or bloating. This is a disease state of the body.
3. Lacto-vegetarians eat dairy products, but not meat.
4. Lacto-ovo vegetarians eat dairy and eggs but not meats.
5. Vegans (very deficient diet-wise), eat no dairy products and no eggs.
6. Semi-vegetarians. These are people who eat meat no more than three times per week.
7. Fruitarian (even more deficient) eat only or mainly fruit.
8. Carnivores are people or animals who live mainly on meat.
9. Omnivores are people or animals that live on a mixed meat and vegetable diet.
10. Herbivores are people or animals that live on only plant foods with no meat.

PERSONAL EXPERIENCE

For three years, I lived and worked as the Health Director at a vegetarian health spa in Cuernavaca, Mexico. It is no longer open. However, while living there I learned the Vegetarian philosophy and practised it thoroughly. I gave three lectures a week about it to all the guests.

Unfortunately, my health became much worse on a regimen of mostly raw, vegetarian food. I had no idea what was happening to me at the time. The imbalances and problems still plague me after thirty years of trying to undo them. The body is weak, sluggish and still deficient in some nutrients. That may sound crazy, but it is not.

I could not figure out why this happened until I understood the importance of certain subtle nutrient compounds that are only found in meats. Anyone who says you can get every nutrient from a vegetarian diet is a liar, either intentionally or through ignorance.

A BRIEF HISTORY OF VEGETARIAN DIETS

Many vegetarians believe that mankind has lived a vegetarian lifestyle for centuries. While this may be true for some Chinese and Indian people, it is certainly not true for most Western people, in spite of propaganda spread by some vegetarian groups. They claim that "most of mankind for "most of human history" has lived on vegetarian or near-vegetarian diets." This is simply not true.

Weston Price, DDS, and many other anthropologists, have found that almost all early humans were hunters and gatherers. Humans have not been vegetarians, except when there was nothing else to eat. On every continent, mankind has killed animals for food.

II. PROBLEMS WITH VEGETARIAN DIETS

The benefits of vegetarian diets. Some authors such as Colin Campbell tout the benefits of vegetarian diets. I would add, however, that they don't matter because they are far outweighed by the problems of these diets. So I will not repeat them here.

A lot of the so-called benefits are that people give up some junk food when they adopt a vegetarian diet. This is not an advantage to a vegetarian diet. It is just a change for the better in one's eating habits.

Problems with vegetarian diets.

This section is divided into "Always Problems" and "Often, But Not Necessarily Problems".

"ALWAYS PROBLEMS" WITH VEGETARIAN DIETS

High in copper. This may not seem important, but it is critically important today when most people are already extremely toxic with copper. Meats are an excellent source of absorbable and usable zinc, which is the main copper antagonist. Taking zinc tablets is no substitute for zinc in meats!

Too much copper is associated with yeast problems, cancers, heart disease, and mental illness, for starters. Many female problems and skin problems also have to do with copper imbalance.

Low in zinc. This is a very serious and almost universal nutritional imbalance in everyone today. Vegetarian diets always make it much worse. The main foods that contain zinc are meats or flesh foods – not eggs or cheese, by the way.

Zinc has hundreds of uses in the body from preventing birth defects and other genetic uses in biosynthesis, to detoxification and the operation of thousands of enzymes in the body. The deficiency is severe in most people.

Blood tests, hair tests and other tests do not reveal the problem, in our experience. Dr. Paul Eck, my early mentor, was one of the first to realize this.

For this reason, he opposed all vegetarian regimens, which included just eating fish and chicken. This is not as bad as pure vegetarian diets, but it is not as good as eating some red meat up to twice weekly for most people. More is not good, by the way, due in part to too much iron.

Much too yin. Yin and yang are physical qualities of matter. Yang is warmer, drier, more compact, and down and inward-moving energy. Yin is cooler, damper, expanded or flaccid and upwardly-moving energy.

Vegetarian diets are extremely yin! This is horrible for our health today, no matter what other benefits these diets may have. The reason is that all bodies are already too yin. Correction requires a more yang diet. This means animal protein daily, and mainly cooked food, not raw food. So please remember this vegetarian problem, as it is a very important one, though subtle.

This is a major reason why cooked vegetables are emphasized in nutritional balancing science. It is also why fruit is excluded. It is the most yin food, along with raw food, nuts, seeds, and most beans.

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Low in special forms of sulfur. This is a very important problem! Vegetarian diets are very low in the important sulfur-bearing compounds such as taurine, cysteine, carnitine and methionine. This is serious. These sulfur products are essential for removal of heavy metals and of all toxic chemicals as well.

No matter how clean your diet is, without them the body cannot remove toxins as well, and this shortens the lifespan in all cases, in my experience.

Poor quality proteins. Most vegetarian proteins are not as high quality or as "complete" as meat, eggs, and organic or high-quality dairy products. These include soy and other bean proteins, nuts and seeds, and protein from grains, which have little protein these days. Other poor quality proteins are found in spirulina, yeast and other vegetarian meat substitutes.

Yes, you can combine them together, but these are often difficult food combinations, so they are hard on digestion. People who eat this way often have low phosphorus levels on their hair tests, telling us that these proteins do not rebuild the body as well.

Very low in etheric energy. This is a much more subtle problem with all vegetarian diets. It has to do with a subtle form of energy that is found in some foods, but not others.

The foods with the highest amounts of this type of energy are meats, eggs, whole grains and cooked vegetables. The foods with the least of this type of important energy are fruits, nuts, seeds, and dairy products, especially milk.

Cooking food actually increases its etheric energy. This is discussed in an article entitled Macrobiotics on this website.

The etheric energy content of a food has a lot to do with yin and yang, above, although it is more than this. Unfortunately, vegetarian foods tend to be extremely low in this energy. What occurs is that the sodium/potassium ratio tends to invert as a result, as it causes a type of electrical imbalance in the body.

It is well-known that meat-eaters tend to have more vitality, in general, and meat-eating populations tend to live longer, on average, for this reason, along with the reasons given above.

OFTEN, THOUGH NOT ALWAYS PROBLEMS WITH VEGETARIAN DIETS

Too high in carbohydrates. This is not necessarily the case, but often occurs with vegetarian diets. It applies especially to vegan diets that do not contain eggs or dairy products. The remaining foods available are mainly high in carbohydrates, such as grains and beans. Most people already eat too many of these foods, so they become even more imbalanced and malnourished, even if the quality of the food is excellent.

Low in protein. This is not necessarily true, but often occurs with vegetarian and especially vegan diets. There are simply many fewer protein foods to choose from, so people tend to live on more pasta, bread, grains, fruits, and other non-protein foods.

This is hard on the body, as is too much protein, as well. Some people temporarily feel better on their vegetarian diet because they reduce their meat intake, which was too high. We only allow animal protein twice daily, and only up to 4-5 ounce portions. A lot of people eat too much. But don't throw out the baby with the bath water and skip it all. It is not good.

Extremely low in vitamin D. Vitamin D is found mostly in animal products such as sardines, other fish, some in meat, and some in whole dairy products.

The sun, meanwhile, is not providing enough vitamin D for anyone, even if you sit in it all day long, which I never recommend. Fortunately, even vegetarians can get more by supplementing with D3 – oops, it is always an animal product! Either it is made from fish oil or from lanolin from the skin of sheep.

Low in omega-3 fatty acids. These are also critical for everyone to supplement today. The food and the agricultural methods have depleted these in the prepared foods, especially.

Once again, the main sources are animal foods, particularly fish such as sardines. (All other, larger fish are too high in mercury to eat, in my view). Vegetarians can use flax seed oil or hemp oil to get some, but we prefer the fish oil supplements.

Often low in B-complex vitamins. This need not be, but most vegetarian diets are somewhat low in B-complex vitamins.

III. QUESTIONS AND ANSWERS ABOUT VEGETARIAN DIETS

This section answers questions I am often asked by people who are researching vegetarian diets.

ARE HUMAN BEINGS DESIGNED TO BE VEGETARIANS?

Humans have sharp teeth for cutting meat called the incisors. Their intestines are also rather short compared to vegetarian animals. This is also a sign that they are not designed primarily as vegetable eaters, as are cows, horses and some other animals. These animals spend all day chewing up grasses, and the cow then "chews its cud", meaning it regurgitates the grasses and chews it some more. People do not do this.

Cows also have 4 stomach pouches, as do some other vegetarian animals, while humans do not. All these differences indicate that human beings are designed to consume an omnivorous (meat and vegetable) diet.

DO WE NEED MEATS?

I cannot force clients to eat meat, but I do observe their health status. The vegetarians do not do as well.

An early mentor of mine, Dr. Bernard Jensen, once explained, "There is bad meat, but meat is not bad." This is very true.

He also said, "It is not wise to drive the LA freeways and be a vegetarian." By this he meant that if one were to live isolated in a cave in India, perhaps a vegetarian diet would work better. However, living in a modern nation with plenty of stress, one needs what he called "the brain fats", by which he meant animal fats.

I have yet to read good statistics anywhere that vegetarians live longer. The exception are certain groups such as Seventh Day Adventists. However, they also abstain from alcohol and are religious people. So it is not fair to attribute their improved health just to a vegetarian diets.

Among the Western and Oriental developed nations, the Japanese people live the longest. This is well-documented. They are certainly not vegetarians. They eat a wide variety of fish, seafood, and animal flesh. So the idea that vegetarianism is healthier is simply not true.

DOES MEAT JUST ROT IN THE BODY?

Many vegetarians claim that "meat and seafood putrefies within 4 hours after consumption and the remnants cling to the walls of the stomach and intestines for 3-4 days or longer if a person is constipated".

This may be true if one's digestion is very poor, or if one eats poor food combinations. However, it is not true if digestion is decent. If one cannot digest much meat, then the quantity must be reduced, as with any food. Better still, one should take a digestive enzyme supplement with each meal. This is part of every nutritional balancing program because it helps everyone today.

In fact, for most people, meat is a lot easier to digest than raw salads or worse, raw grains (granola or cereal mix) or starches that are not cooked sufficiently.

Saliva of human beings. Some vegetarians say that "the reaction of saliva in humans is more alkaline, whereas in the case of flesh-eating or preying animals, it is clearly acidic. The alkaline saliva does not act properly on meat."

Anyone who studies nutrition knows that saliva actually varies in pH, from slightly acidic to slightly alkaline. Also, saliva is not intended to digest meat. It has some amylase and other starch-digesting enzymes in it, but no protein-digesting enzymes.

WHY ARE SOME PEOPLE AVERSE TO EATING MEAT?

Some vegetarians write statements such as "The thought of eating meat makes my stomach turn." Some people also report "Meat just sits in my stomach" or "causes constipation".

In my experience, this occurs when digestion is poor. Bad food combinations can cause it. Too much meat can cause it, as well.

In most of these people, copper is out of balance in the body. It can also be the result of a mental or emotional attachment or love for animals. However, it is not physiological, meaning it is not a fact of human life for most people. Most people relish the taste of meat when their bodies are in balance.

Dr. Paul Eck called such individuals obligatory vegetarians. This means that when the body chemistry is sufficiently out of kilter, one cannot digest certain foods, including often meats. One can come to believe it is the fault of the meat when, in fact, it is the fault of impaired body chemistry.

When I began a nutritional balancing program about 36 years ago, I, too, did not like the taste of meat. That changed completely, however, after a few years as the body was rebuilt and rebalanced.

WHAT ABOUT ANIMAL RIGHTS?

To explain this properly, one must understand the idea of rights. Rights in society must always come along with duties or responsibilities. These may be to follow the laws, take care of their families, and more. This is a primary understanding of the meaning of rights.

Animals should certainly be treated humanely. However, animals do not have specific responsibilities in society. Thus they cannot have rights, as do human beings.

Animals are basically survival-oriented only. They will kill if they need to, and have no compunction about doing so. They are not responsible for their actions in the same way that human beings are responsible. Rights are given to balance responsibilities and if there are no responsibilities, rights are not the appropriate word to describe the treatment of animals.

Having said this, animals should not be killed for fun, but only for useful purposes, which includes using their flesh for food. By advocating meat-eating, I do not wish to mistreat or abuse animals. ...

DOES MEAT DESTROY THE BRAIN?

Eating meat actually feeds the brain very important nutrients such as omega-3 fatty acids, zinc, selenium, sulfur compounds, amino acids, and others. The general statement that meat destroys the brain is completely backwards. In fact, some of the greatest harm is done to children, in particular, when they are not fed meat to nourish their brains.

An exception. Pork, ham, bacon, pig intestines used to make sausages, and other products of the pig may contain the eggs or ova of *Trichina* and other parasites. These can lodge in the brain. They don't destroy the brain, but they can damage it.

This occurs even if the pig meat has been frozen, and is well-cooked. It is quite a common problem, though it is not often discussed. For this reason I suggest strictly avoiding all products of the pig.

ISN'T CHOLESTEROL IN MEAT BAD?

Cholesterol is the raw material from which our bodies make all of the sex hormones such as estrogen, progesterone, testosterone and others. It is also the raw material from which we make all of our adrenal hormones such as adrenalin, cortisone, and aldosterone. Thus, cholesterol is not a bad substance, as some are made to believe by their poorly informed physicians.

Also, most cholesterol is made in our bodies. I have had vegetarian clients with elevated cholesterol levels who ate no animal products whatsoever.

The only time cholesterol is a problem is when it is very high. This is a stress indicator, and a liver imbalance. Eating the correct food, which includes some high-quality animal foods, can help lower a high cholesterol when that food is eaten properly in combination with other high-quality foods such as plenty of cooked vegetables, and when a person takes the correct nutritional supplements with it.

In fact, healthful fats, including some cholesterol, at time, are critical nutrients.

WILL EATING MEAT MAKE ONE FAT?

The most overweight people today are often the vegetarian types that live on a lot of carbohydrate foods such as breads, beans and rice.

Robert Atkins, MD, spent many years researching weight loss. He showed unequivocally that the reason people are overweight is not usually from eating too much fat and meats. It is from eating too many carbohydrate foods such as breads, potatoes, sugars and even fruits and milk, which are also high in sugars.

Unfortunately, this understanding of the cause of excessive weight still is not recognized enough in America, land of the overweight, or in other nations that also suffer from the problem.

DOES EATING MEAT MAKE ONE LESS SPIRITUAL?

No. Quite the opposite is true today. We find that meat is quite essential for spiritual development. In the past, when yoga began, people may have needed less meat.

Today, we live in yin times. We find that our bodies need the nourishment meat provides. For example, many do not know that the Dalai Lama eats meat on a regular basis, though sadly he tells his followers not to do so because it is part of their tradition.

Reasons why eating meat is important today for mental and spiritual development are:

- Meats are an excellent source of zinc, a nutrient needed for developing some of the finer brain centers and for the nervous system. Most vegetarians are very zinc deficient, as the right zinc compounds are not found abundantly in any vegetable quality foods. It is difficult to obtain enough zinc even if one eats meats!
- Meats are high in etheric energy. This is because animals are more advanced creatures than plants or minerals. By eating their flesh, we can absorb some of this energy. ...
- Meats are more yang foods, generally, in macrobiotic terminology. Today all of the bodies are quite yin due to radiation poisoning, toxic metal and toxic chemical poisoning, and vital mineral deficiencies. To develop properly, the bodies need to be made more yang, so meat is helpful for this. In contrast, nuts, seeds, fruits, salads, and smoothies or shakes are very yin and further unbalance the body and mind.

DOES EATING MEAT CAUSE OSTEOPOROSIS?

No. It is quite the opposite, in my experience. Many women with osteoporosis have been or are vegetarian types, meaning they do not eat much meat. They begin to develop deficiencies of zinc, boron, manganese and other critical minerals needed for the bones. When they correct their diets, including adding back some animal protein, their bones can strengthen.

DOES MEAT-EATING KEEP US STUCK IN OUR LOWER ANIMAL NATURE?

Eating the food that is needed for health and mental development does not keep a person stuck. In fact, it does the opposite. Some of the most violent nations are those populated by many vegetarians. Adolf Hitler was a vegetarian, for example, and I cannot imagine anyone more animalistic and aggressive.

In fact, human beings often become more aggressive when they are lacking in animal protein because they are basically more hungry. When they are satiated or well-fed, people often calm down. This has been

shown to be true in medical studies. So it is my experience that meat-eating does not make people more angry or more aggressive.

DOES EATING MEAT CAUSE BAD KARMA?

According to Buddhist and Hindu philosophy, taking the life of another being is a form of murder and violence. It is not desirable, no matter what the reason for the murder. This is why some Oriental gurus, yoga teachers and some other philosophers endorse vegetarianism.

I think this is an aberration of the truth. The truth is that if one is healthy, even though this requires killing some animals for food, one can give back much more to the entire plant and animal kingdom on earth. This can more than balance any negative karma or effects caused by eating meat.

IS THERE ANYTHING POSITIVE FOR ANIMALS REGARDING EATING MEAT?

Possibly, yes. Some animal authorities say that when animals spend time around human beings, even if they are in pens or cages, they advance faster in a spiritual way.

DOES EATING MEAT CAUSE CANCER AND OTHER DISEASES?

Eating too much meat can contribute to cancer because meat is acid-forming and red meat is quite high in iron. However, eating the right kind and right amount of meat, in combination with other foods, does not contribute to cancer, in our experience. In fact, it does the opposite.

ARE KETONES BAD?

Some vegetarians claim that ketones, which are chemicals formed from the digestion of fats, are bad for us. This is untrue. Mild ketosis is not harmful to the body. In fact, the so-called ketogenic diet is used for weight loss and even advocated by medical doctors for certain illnesses such as seizure disorders. (I do not recommend it, however. Seizures are due to other problems, such as dehydration and others.)

Ketones are simply byproducts of fat breakdown. Since meats tend to have more fats in them, a person may produce some ketones when it is eaten. But this is not harmful at all.

Just because one eats meat does not mean one will go into ketosis. This only occurs if one eats mainly fats for calories and does NOT eat carbohydrates much at all. I do not advocate a ketogenic diet, as I think it is not needed and is a bit stressful for most people. However, ketones, by themselves, are not harmful in small quantities.

DO MEAT-EATERS SUFFER MORE FOOD POISONING?

The answer is not necessarily. Some meat is of poor quality. If one eats it, one will get sick. However, plenty of food poisoning occurs due to bacteria such as E.coli on tomatoes, peppers, milk products, bean dips, salad dressing, sauces and hundreds of other vegetarian items. In this regard, more vegetarian items are sources of food poisoning only because there are many more of them.

IS QUALITY MEAT MORE EXPENSIVE?

It used to be. However, today, I find that organic vegetables and fruits can be more costly than eggs or even chicken, for example, in terms of their price per pound.

Vegetables such as carrots are still inexpensive, but turnips, rutabagas, beets and many greens are more costly often than even beef, chicken or turkey.

Lamb, an excellent meat, can be somewhat expensive. However, lamb from the supermarket is fine, in my

view. One need not pay even more at a health food store.

WHY DO MANY PEOPLE FEEL BETTER ON VEGETARIAN DIETS, AT LEAST FOR A WHILE?

This is a very important question, and perhaps the most frequently asked question. There are several reasons for this:

- Food allergies. Some people are allergic to eggs, dairy or even chicken in a few cases. Stopping these foods causes them to feel much better because they are avoiding an allergic food. Food allergies go away on a nutritional balancing program, in my experience. Then these foods can be eaten without a problem.
- Different digestive requirements. Those with a weak digestive system may feel better without meat. Digesting meat requires more hydrochloric acid and pancreatic enzymes to digest the protein and the fat. Many people are low in these enzymes. The answer is to take a digestive enzyme supplement.
- Eating meat often causes copper to be eliminated from the body. This can occasionally cause symptoms related to the removal of excess copper. We call it a healing reaction. For more on this subject, read Copper Elimination Symptoms.
- More fiber. Some people feel better on a vegetarian regime because they start eating much more fiber
- More vegetables. Some eat more vegetables on a vegetarian diet, which is helpful for almost everyone.

All of these problems with eating meat are not really problems at all. However, they do cause people to feel better, at times, off meats, and they cause some people to decide falsely that a vegetarian diet is best.

I suggest if you are having symptoms when you eat meat, then do the following:

1. Eat only a small amount at a time.
2. Take a powerful digestive aid whenever you eat it, one that contains ox bile and pancreatin.
3. Eat it alone, at least at first. This is called a mono meal.
4. Chew it thoroughly.
5. Also, never overcook meats. Eat them rare to medium, preferably. This can also help the digestion of meat as well.

CAN VEGETARIANS BENEFIT FROM A NUTRITIONAL BALANCING PROGRAM?

The answer is definitely yes. Many clients who continue to be vegetarians improve their health greatly with a nutritional balancing program. It works almost as well with them as with anyone else.

The diet won't be quite as varied. This will slow progress, a little. However, they can do very well.

SHOULD WE EAT ALL OUR FOOD RAW?

Some vegetarians and others also believe that we should eat our food mainly or even completely uncooked. They cite the fact that animals do not cook their food, and they can maintain excellent health this way. Also, it is true that cooking destroys some nutrients and denatures proteins, and damages fats as well, to some degree.

I agree with the raw food advocates to the extent that fats and oils are often best eaten raw. For example, pasteurizing and homogenizing milk damages it dairy products are best eaten raw if they are of excellent

quality. Organic dairy products are also good, but generally not as good as raw ones.

However, I suggest cooking most other food. For all the reasons why, read Raw Foods on this website.

IV. OTHER TOPICS

VEGETARIANS PRONE TO YEAST AND SPACINESS, OFTEN MISTAKEN FOR SPIRITUAL DEVELOPMENT

One consequence of a vegetarian diet is that copper increases in the body. This often promotes the growth of yeasts such as candida albicans in the intestines and possibly in the tissues. These produce a small quantity of alcohol inside the body all the time.

Many vegetarians or semi-vegetarians have this condition. It causes spaciness and some brain fog or cloudy thinking. This is often mistaken for "becoming spiritual". Please be aware that one is not becoming spiritual, but merely ill.

VEGETARIANS AND SEMI-VEGETARIANS PRONE TO PROBLEMS EATING GRAIN

I hear from many vegetarians that they have trouble eating grain. It can cause spaciness, bloating, swelling of the body, or just malaise.

In my experience, this is due to a yeasty condition of the body. Eating grain flares up the yeast condition, causing the symptoms.

VEGETARIAN WOMEN PRONE TO CRAVING FOR SEXUAL FLUID

Some women develop a strange craving for male semen, also called male seminal fluid or male sexual fluid. It may sound unusual, but it is quite common, especially among semi-vegetarian and vegetarian women.

They often want frequent sex without condoms because they feel better when they absorb male sexual fluid. This can be very hard on marriages....

VEGETARIAN DIETS OFTEN CAUSE A HIGH-COPPER PERSONALITY TYPE

People with high copper are often young-looking, bright, creative, and spacy or somewhat ungrounded. This is common among vegetarians.

VEGETARIAN LEADERS OR AUTHORS OFTEN LIE ABOUT THEIR DIET

I will give three personal stories, since I was quite involved in the vegetarian movement for several years.

1. The owner of the health spa where I worked became very ill while I lived there. He was a vegan. He developed pernicious anemia and nearly died. His life was saved by a blood transfusion that I arranged. When he recovered his health, he told me not to tell anyone, and instead to tell everyone he had just fasted and got well.

2. A very famous and prolific writer of vegetarian books, who lived a long life, was spotted in the back room of a steak house by a friend of mine. He was chomping down on a steak, although he advocated against eating meat.

3. Some years ago, one of our clients attended a retreat with The Dalai Lama, the head priest of Tibet, whom I deeply respect. She helped prepare his food for the retreat. She told me he ate meat, even though he told his followers not to do so.

You may ask, why would someone lie about being a vegetarian? The simplest answer is that it is a romantic, idealistic lifestyle that sounds good, and feels good at first. However, it does not work. BEWARE!

WHAT ABOUT THE BOOK, THE CHINA STUDY?

This topic is covered in a separate article, The China Study on this site. I much prefer the much more extensive research of Dr. Weston Price. This is discussed in detail in the article entitled Weston Price, DDS.

IS THE BOOK, THE ESSENE GOSPEL OF PEACE, CORRECT?

This is a small book, supposedly found among the dead sea scrolls. No author is identified. It advocates a vegetarian diet, and implies that perhaps Jesus was vegetarian, which he was not, according to the Bible and other sources. For my understanding of this book, read The Flood Of Noah And Your Health on this website.

IS THE BOOK, LOVE BEYOND END - JESUS SPEAKS, CORRECT?

This is a very interesting book that claims to be a series of questions asked to an apparition of Jesus of Nazareth that appeared in the art studio of Glenda Green, the book's author. The book is set up in question and answer format.

Among the questions was whether we should be vegetarians. The answer given is no, and it is explained in eloquent terms. This book is available at Amazon.com and other book outlets.

References

Price, W., Nutrition and Physical Degeneration, Price-Pottenger Foundation, CA , 1945,1979. This is a much more thorough and scientific review of many types of diets around the world than any vegetarian-oriented books I have ever seen. This book also discusses the effects of many other dietary factors upon human health. While the book is dated, the research it contains is still valuable today.