

CHEAT SHEET

The Edge Total Health Transformations, LLC

# THE WHY'S AND HOW'S OF VEGETARIANISM

HOW TO ENJOY THE HEALTH BENEFITS  
OF A VEGETARIAN LIFESTYLE



If you're just starting out as a vegetarian, pin these pages up where you'll see them every day. It'll keep you motivated!

## WHY BE A VEGETARIAN?

Studies have found that most people who become vegetarians do so on compassionate grounds. They don't want to play a role in the ill treatment of animals just for the sake of their appetite.

Others heed the advice of their doctors and dieticians, while some want to help save the environment. ***What's your motivation?***

## HOW DO YOU DEFINE A VEGETARIAN?

A vegetarian is defined as one who doesn't eat meat, poultry, or animal by-products like gelatin, sometimes even fish. A vegetarian diet consists of grains, pulses, nuts and seeds, fruits, vegetables, eggs, and dairy products.

## FANTASTIC FACTS BACKED BY SCIENCE

Vegetarians have more endurance and lower aggression levels. ***The human intestine is not built for the digestion of meat*** which stays in there for days and putrefies, leading to more toxins in the system. In contrast, vegetables are digested in just one day.

## MEAT-EATING FROM AN ECOLOGICAL PERSPECTIVE

Meat eaters contribute in a big way to the destruction of the environment.

Precious land and water is being used for the rearing of animals for their meat. Forests are still being destroyed to make way for pastures and cattle farms which is leading to the extinction of many animal species. Animal wastes are polluting water and soil and fertilizers used for fodder are thinning the protective ozone layer.

## ARE WE REALLY OMNIVORES?

**We are not omnivorous creatures.** We don't have claws for nails, sharp front teeth for tearing flesh, acidic saliva for dealing with meat or short intestines needed for digesting meat.

## THE QUESTION OF PROTEIN

Meat isn't a complete source of protein. It doesn't have the right combination of amino acids. Vegetarians get enough protein from vegetables, seeds, nuts, grains, and legumes.

In fact, meat eaters overburden their kidneys with excess protein which results in kidney disease and diseases caused by mineral deficiency.

**Vegetarians have stronger immune systems than meat eaters.** They don't have to worry about osteoporosis, as their systems remain in their original alkaline state. Meat changes this state to acidic and the body leaches calcium from the bones in an attempt to return to its alkaline state.

## WHAT MAKES MEAT TOXIC TO HUMANS?

Meat is tainted by at least **five poisonous substances released at the moment of death and after it.** The hormones released by the stress and fear of animals and the free radicals after death are not eliminated by cooking the meat. Finally, because meat stays for five days or more in our intestines, it causes even more toxicity.

## THE SPIRITUAL ADVANTAGE

**Becoming vegetarian enables spiritual growth.** Eating meat bonds us to our animal nature and instincts, which we're meant to transcend as human beings. Vegetarianism develops compassion which is intrinsic to our human nature. We just have to see the faces on our plates when we eat meat.

## MORE REASONS FOR GIVING UP MEAT AND FISH

**By giving up meat you cut out disease-causing fat from your diet, lower the risks of food poisoning, stay trim, and get more nutrition.** You'll feel more energetic, unlike meat eaters who are fatigued due to the stress-induced hormones in meat.

## IS VEGETARIANISM PRACTICAL?

It's easy to find good vegetarian food both in restaurants and supermarkets. There are some excellent meat substitutes available now which almost taste like the real thing (in case you miss the taste and texture of meat).

People may laugh at you for giving up meat. They may argue that you may as well become a vegan. Avoid these arguments. Just remember your facts and tell them that you're doing your best for your mental, physical, and spiritual health, as well as for the environment and the animals you love.

## DON'T FEEL GUILTY

Don't be shattered into pieces if you find you've accidentally ingested some animal by-product like gelatin. You're already making a significant difference in the world. Just watch the labels in the future.

## HOW TO DINE OUT WITHOUT RAISING EYEBROWS

The better restaurants are always ready to prepare a special vegetarian dish and most of them have some vegetarian entrees on the menu. You have the price advantage as vegetarian food is often cheaper and you can afford to enjoy delicacies like truffles and asparagus.

If it's a party you're attending, ask the host if you can bring along a vegetarian dish.

## TIPS ON GOING AND STAYING VEGETARIAN

If you find the transition to vegetarianism difficult, **give up the unhealthiest first - the red meat.** Then go on to the others.

Outline a diet for yourself and stick to it. **Find vegetarian recipes in books or online** and avoid restaurant food for the first three weeks. Ensure you're getting enough protein and vitamins, so you don't feel lethargic.

Best of luck in your healthy endeavor to go vegetarian!

Coach Ree