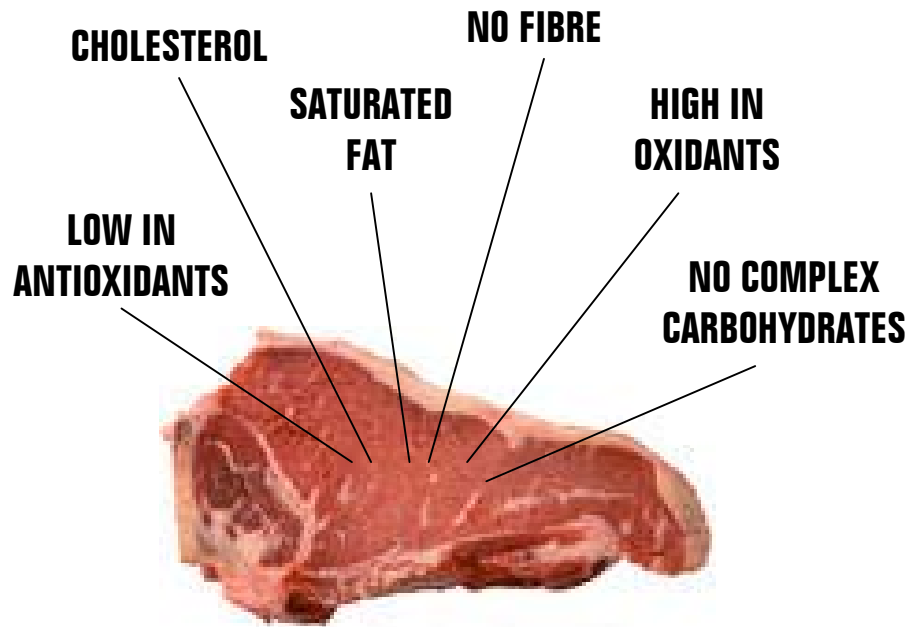


WHAT A BUNDLE OF NASTIES!



Cholesterol, high oxidant levels, saturated fat, no fibre, no complex carbohydrates and low antioxidants are linked with diseases such as heart disease, high blood pressure, stroke and cancer. These negatives far outweigh the publicised positives of meat, such as iron, zinc, omega 3, protein, vitamin B12 - all of which are available in a meatless diet.

Quantity isn't everything. Eating too much iron or protein – found in high levels in meat - is as dangerous as eating too little.

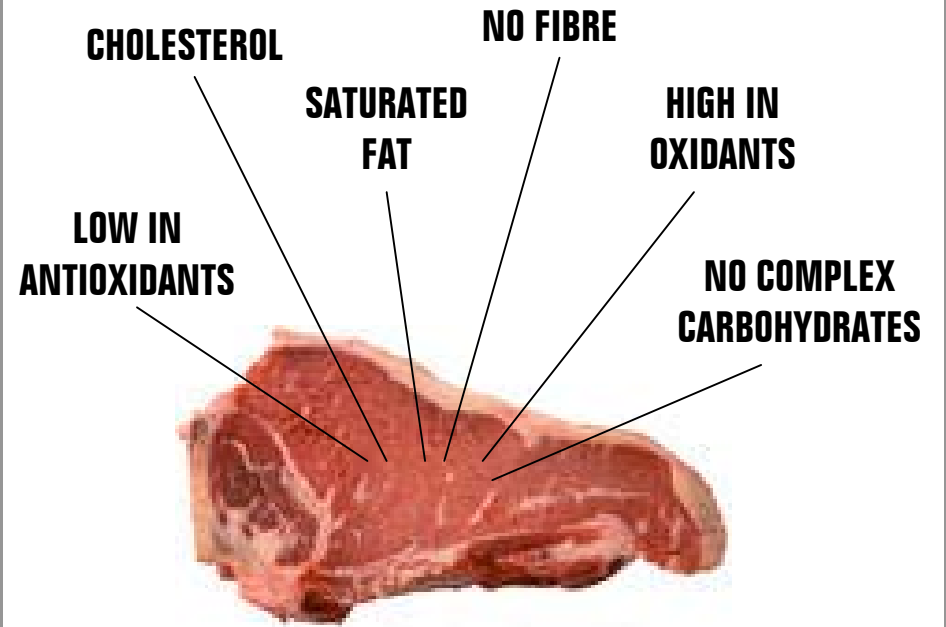
The human body needs meat like a hole in the head.

Red Meat.
Feel Good?

www.vegetarianaction.org.au

Please photocopy & distribute this leaflet

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"RED MEAT. WE WERE MEANT TO EAT IT"

says Sam Neill for Meat & Livestock Australia

MEAT EATERS

Have claws for catching, killing and tearing flesh

Have underdeveloped incisors but long, sharp and pointed molars for ripping meat

Jaw moves up and down only, for biting and tearing

Have acid saliva, geared to help digest animal protein. Lacks ptyalin to predigest starches.

Eat food by swallowing pieces

Stomach is a simple, round sack that secretes 10 times more hydrochloric acid than the stomachs of plant-eaters

Have short intestines (3 times the length of the trunk) for rapid expulsion of meat

The liver eliminates 10 to 15 times more uric acid (the main metabolic waste produced by eating meat) compared with plant eaters

Don't produce adequate cholesterol in their bodies - have to eat animals to obtain it

Sweat by rapid breathing - have no pores

HUMANS

Have hands with fingers for plucking fruits and seeds, digging roots

Have strong incisors for chewing, flat molars for crushing and grinding seeds, nuts and fruit

Jaw moves from side to side for crushing and grinding

Like other plant-eaters, humans have alkaline saliva, which contains ptyalin.

Eat food by chewing

Stomach is oblong in shape, complicated in structure, and hydrochloric acid levels like those of other plant eaters

Have long intestines (12 times the length of the trunk) for slow digestion of plant food

The liver is able to eliminate only a very small quantity of uric acid

Produce all the cholesterol needed for health in their own bodies - any extra becomes excess

Sweat through the skin and have pores, like other plant-eaters

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"THAT'S BULL"

says your body!

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