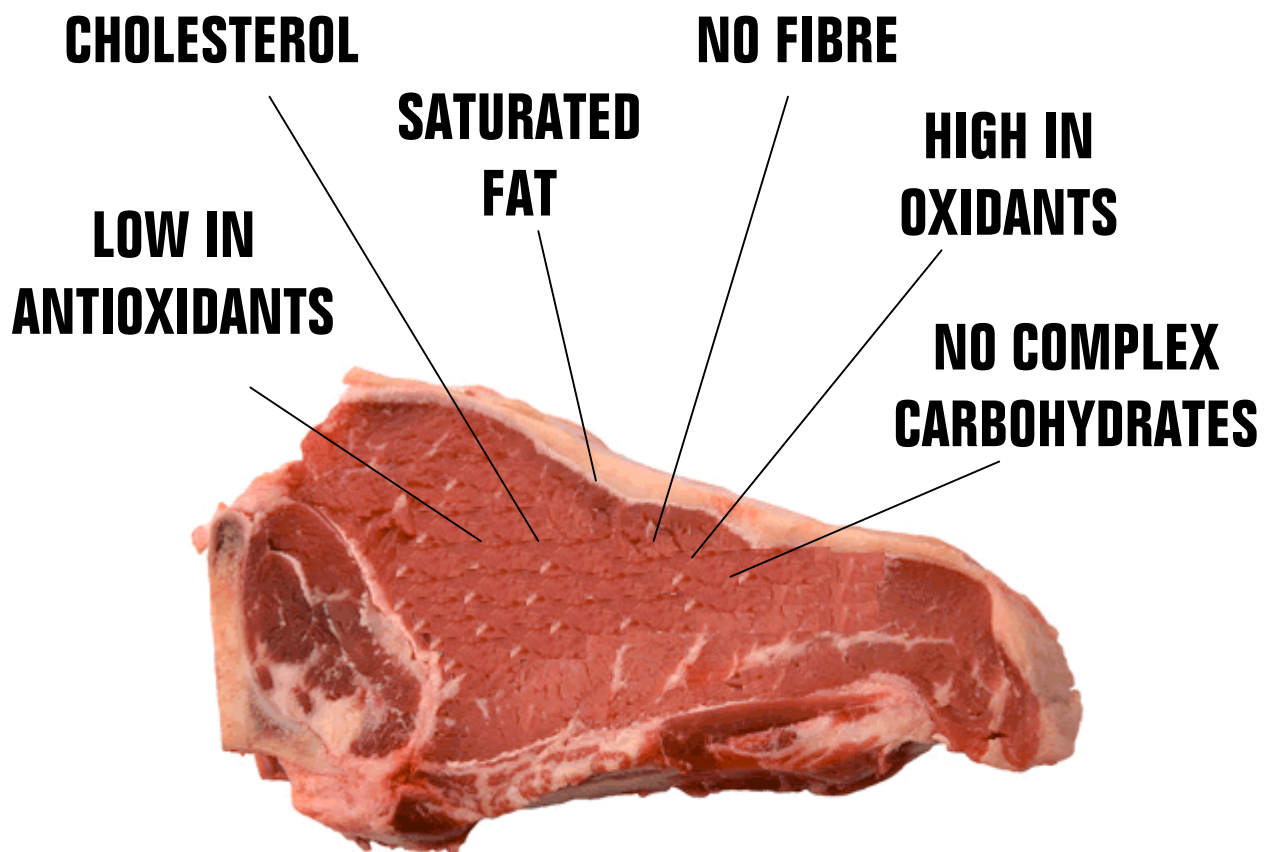


WHAT A BUNDLE OF NASTIES!



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?