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The Right Balance

By Nancy Jerominski

There are seldom more spirited exchanges than when vegetarians and meat (e.g. beef, fowl, lamb, pork, and fish) eaters face off. There are good reasons [Dr. Price](#) didn't find any long lived, strictly vegetarian societies.

Modern "wisdom" is that eating meat clogs our arteries and as humans we should know better than to consume our "friends". It's argued that our systems aren't designed to eat animals and that we'll be slimmer and live longer without consuming it.

Protein and saturated fat from clean animals is essential for growth and development. It provides the body with energy and is needed for the manufacture of hormones, antibodies, enzymes and tissues.

Complete proteins are those that contain all nine of the essential amino acids. The best sources of complete proteins are certified organic meat, eggs, raw dairy, nuts and seeds. Of those, meat is one of the best sources of "complete" protein available.

There is a rhythm to life that seems lost in the current quest for spirituality and political correctness. Feed lots and conventional farming are abominations against nature with their drug, pesticide and chemical applications.

Sustainable farming values its land, animals and plants as the Creator intended, tending these life-giving commodities with reverence. Saturated fats and animal proteins are what we evolved on over millennia. Our cell walls are comprised of 50% cholesterol and so is breast milk. Our brains are loaded with saturated fat. Human intestinal tracts are closer in length to those of carnivores than ruminants and we don't chew cud.

Consuming too many grains promote the release of insulin, whose sole function is to clear the blood of excess carbs, storing it as fat. All of us differ genetically and should eat accordingly. We may get by eating fruits, vegetables, and grains, but we'll be more robust and *thrive* with the right balance of both meat and produce.

Asian cultures don't (and never have) consume large amounts of soy, nor have they thrived on it; they understood the phytic acid in unfermented soy makes it impossible to digest. Properly prepared soy was used as a last ditch protein source during times of famine. Rotating in soy crops kept the soil healthy.

Miso and tempeh, fermented soy, are utilized as *condiments in small amounts*. Unfermented soy contains a chemical that acts much like the hormone estrogen. A single glass of soy milk contains the equivalent of *five birth control pills in estrogen-like compounds!* These compounds are the plant's built-in pest control.



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How much fuel and water, finite resources, would be pillaged raising all that genetically modified soy, wheat and corn? When fields are plowed under by tractors emitting pollutants into the air, small animals, birds and bugs are destroyed in the process and our topsoil becomes sterile.

Plants have a life force, too. How do they feel when we rip them out of the ground by their roots? Would that feel like our hair being torn out? Do they scream? We eat them with impunity because they don't have eyes to look at us with.

Many turn to vegetarianism believing they will live longer, healthier lives. Consider the following from Stephen Byrnes', PhD, RNCP missive "[The Myths and Truths of Vegetarianism](#)":

"It is usually claimed that meat-eating peoples have a short life span, but the Aborigines of Australia, who traditionally eat a diet rich in animal products, are known for their longevity (at least before colonization by Europeans). Within Aboriginal society, there is a special caste of the elderly. Obviously, if no old people existed, no such group would have existed. In his book "Nutrition and Physical Degeneration", Dr. Price has numerous photographs of elderly native peoples from around the world. Explorers such as Vilhjalmur Stefansson reported great longevity among the Inuit (again, before colonization).

Similarly, the Russians of the Caucasus Mountains live to great ages on a diet of fatty pork and whole raw milk products. The Hunzas, also known for their robust health and longevity, eat substantial portions of goat's milk which has a higher saturated fat content than cow's milk. In contrast, the largely vegetarian Hindus of southern India have the shortest life-spans in the world, partly because of a lack of food, but also because of a distinct lack of animal protein in their diet."

With so much confusing information being tossed at us on a daily basis as well as the plethora of "experts" on the internet, it's easy to snatch snippets and put personal spins on them. What works for me and my clients to consider is what the vital peoples of the world traditionally consumed. Meat and products from healthy animals comprised 30 to 80% of their diet and they weren't ravaged by the chronic diseases our society is today.