



Vegan Myth Vegan Truth: Obliterating rumors and lies about the Earth-saving diet

John McCabe

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In *Vegan Myth Vegan Truth* author McCabe tackles the myths, rumors, and lies surrounding the vegan diet. While hundreds of thousands of Americans undergo surgeries relating to cardiovascular disease, organ diseases, and cancer largely because they have eaten a diet heavy in meat, dairy, and eggs, some people consider the vegan diet to be extreme. What should be considered extreme is a populace consuming mass quantities of foods known to cause disease. Those foods include meat, dairy, and eggs, and those containing processed sugars and salts, synthetic chemicals, and damaging fats. What should not be considered extreme is a low fat vegan diet rich in raw fruits and vegetables, along with some nuts and seeds. It is a diet that infuses health. It greatly reduces the chances of experiencing what have become common degenerative and chronic diseases, including cardiovascular disease, cancer, diabetes, obesity, MS, Alzheimer's, Chron's, arthritis, osteoporosis, macular degeneration, and kidney disease. What have become the common foods in America are becoming common in other countries. Because of this, rates of chronic and degenerative diseases are increasing globally. Incidence of heart attacks, strokes, diabetic coma, and conditions such as arthritis and erectile dysfunction largely can be traced to low quality dietary choices, and chiefly to diets rich in animal protein, unhealthful fats, clarified sugars, processed foods, and synthetic chemicals. Studies conducted by leading institutions around the planet are concluding that a diet free of animal protein and processed foods, but rich in fresh fruits and vegetables is a way of greatly improving health while reducing the risk of common diseases. From an environmental standpoint, a plant based diet is more sustainable. It reduces the use of fossil fuels, land, and water, improving the conditions of the environment and wildlife - and farmers. The animal farming industry, including growing food for farmed animals, breeding and raising billions of farmed animals, and then slaughtering, processing, shipping, marketing, and cooking the animal protein is a combination that uses tremendous amounts of land, water, fuel, concrete, steel, plastics, cleansers, and drugs. Most of the food grown on every continent is grown to feed farmed animals. A vegan diet uses far less land, water, fuel, and other resources than a diet consisting of meat, dairy, and eggs. Even typical fish sold in stores and restaurants are the result of using an enormous amount of resources. An increasing amount of "seafood" is being produced by massive farmed fish ("aquaculture") operations using open water containment net pens and also man-made shoreline pools or "lagoons." These practices cause an enormous amount of pollution. Fish farming is a leading cause of shoreline degradation and deforestation, and depletes wildlife diversity. Tremendous numbers of fish are being removed every day from Earth's oceans, resulting in regional and total collapse of species. An increasing amount of fish are also being fed to farmed animals by way of "high protein" feed. This has created the situation wherein farm animals are consuming massive amounts of seafood, which is something they would not naturally consume. The UN and other organizations have identified the animal farming industry as contributing more to global pollution, global warming, rainforest destruction, soil degradation, and both ocean dead zones and acidification than all other forms of pollution combined. Many people are tuning in to the health and environmental benefits of the vegan diet. This book explains the benefits of the plant-based diet and details how to go about it so that vibrant health can be experienced. The human nutritional need for animal protein is absolute zero. The amino acids the human needs to form protein are contained in fruits and vegetables. Reconnect with Nature. Learn organic gardening. Grow food. Read this book.

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