

Eggs

Perfect protein or disease promoter?



Egg consumption increases arterial calcification, leads to heart disease ¹

Eggs lead to type 2 diabetes ²

Dietary cholesterol from egg consumption increases risk of vascular disease ³

Eating eggs doubles your risk of prostate cancer progression ⁴

Saturated fat and cholesterol from eggs thicken blood vessel walls, restricting blood flow to your heart and brain ⁵

Multiple studies show egg cholesterol and choline are linked to colon, bladder, prostate and breast cancer ⁵

1. <https://www.ncbi.nlm.nih.gov/pubmed/26062990>

2. <https://www.ncbi.nlm.nih.gov/pubmed/20471806>

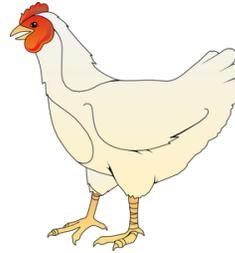
3. <https://www.ncbi.nlm.nih.gov/pubmed/21076725/>

4. <https://nutritionfacts.org/video/eggs-choline-and-cancer/>

5. <https://p.widencdn.net/uxydvw/Health-Concerns-With-Eggs-Fact-Sheet>

Chicken

Not fit for human consumption



Contributes to insulin resistance, type 2 diabetes. ¹

Contributes to weight gain due to high fat/protein ratio. ¹

97% of tested consumer chicken breasts contaminated with fecal matter. ²

Bacteria contamination of chicken is contributing to antibiotic resistance. ²

Dietary chicken increases risk of prostate cancer progression by factor of 4. ³

Chicken causes increase in blood cholesterol at similar rate as red meat. ⁴

1. <https://nutritionfacts.org/video/does-eating-obesity-cause-obesity/>

2. <https://www.foodsafetynews.com/2013/12/consumer-reports-gut-bacteria-on-97-percent-of-retail-chicken/>

3. <https://nutritionfacts.org/video/eggs-choline-and-cancer/>

4. <https://www.google.com/amp/s/www.livescience.com/amp/65646-white-meat-raises-cholesterol-levels.html>

Dairy

Nature's accelerated growth promoter,



perfect for hyper rapid growth in baby cows
... but in humans:

Hormones in milk and dairy, even organic, are a risk factor for breast, prostate and endometrial cancers ¹

Cow's milk increases IGF-1 in the blood which leads to increased prostate cancer risk and cancer progression ²

The dairy industry designs studies to show their saturated fat and cholesterol laden products are "not so bad". Read how they try to manipulate you ³

Dairy is the top source of saturated fat and is linked to cancers, Alzheimer's, type 2 diabetes ⁴

1. <https://www.ncbi.nlm.nih.gov/m/pubmed/26258087/>

2. <https://www.ncbi.nlm.nih.gov/pubmed/28361446/>

3. <https://nutritionfacts.org/video/how-the-dairy-industry-designs-misleading-studies/>

4. <https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-about-dairy>

Red Meat

Cancer, heart disease, diabetes and more!



Accumulating scientific evidence shows red meat increases risk of: type 2 diabetes, cardiovascular disease, cancer and mortality ¹

Just one serving of red meat daily increases risk of stroke 41% ²

Each additional serving per day of processed red meat raises risk of cardiovascular disease by 20% ³

Four ounces of red meat per day raises risk of colorectal cancer by 28% ⁴

1. <https://onlinelibrary.wiley.com/doi/full/10.1111/joim.12543#joim12543-sec-0001-title>

2. <https://www.ncbi.nlm.nih.gov/m/pubmed/26514185/>

3. <https://www.nih.gov/news-events/nih-research-matters/risk-red-meat>

4. <https://www.ncbi.nlm.nih.gov/m/pubmed/16991129/>

Benefits of Plant-Based Diet

For your health, for the environment, for the animals



Substituting plant based protein for animal protein decreases cancer and cardiovascular disease mortality ¹

Eating a plant based diet decreases your risk of Alzheimer's ²

Leafy green vegetables and berries shown to improve memory function and may help prevent Alzheimer's ³

Peppers and other nightshade vegetables shown to prevent Parkinson's ³

Plant-based diet reduces risk of all-cause mortality ⁴

1. <https://www.ncbi.nlm.nih.gov/pubmed/31449285>

2. <https://www.sciencedaily.com/releases/2016/08/160825102121.htm>

3. <https://www.naturalnews.com/2018-02-10-peppers-berries-leafy-greens-what-to-eat-to-protect-your-brain-from-dementia-parkinsons.html>

4. <https://www.ahajournals.org/doi/pdf/10.1161/JAHA.119.012865>

Meat, Dairy, Plants The Real Story

Be discerning. Be thoughtful. Be smart. Disinformation runs rampant and the animal-based food industries spend millions producing and distributing it.



Read the facts and follow the links to the studies presented here

Email coastalair@yahoo.com with "Vegan Health" in subject line for a digital copy with clickable links.

For local events, resources and news see <https://ccvegans.org>



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