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ASK THE CHIROPRACTOR

Vegan diet is healthiest of all

Question: I have read a lot of your columns regarding the dreadful diets we have as Americans and how our children are obese. I understand the basics on how to eat correctly, but could you give me your opinion on the best and safest diet for my children and me?

Answer: The best and safest diet is the vegetarian diet. A vegan (totally vegetarian) diet is one that consist of eating absolutely no animal products and all naturally prepared foods. Ultimately these foods would be organic, unrefined, and unprocessed. Vegetarians have to be careful as omnivores with their food sources due to genetically manufactured food products, and the use of pesticides and fertilizers potentially contaminating their food.

The vegan diet can supply all necessary proteins, minerals, and vitamins that any other diet can perform. The vitamins that may not be as sufficient in a meat inclusive diet are some "B" vitamins, which can be supplemented by using nutritional yeast. When eating correctly and intelligently on a vegan diet your energy soars and your body is healthy with little or no illness. I have witnessed patient's skin conditions heal as well as countless other dramatic positive improvements in their health. Eating a vegetarian diet improperly can have the reverse effects of health by not understanding appropriate protein balancing and food combining. The old stereotype vegetarian was one that was excessively thin and sickly looking. Modern vegetarians make up many of our healthiest model citizens.

Eating a vegetarian diet is the easiest diet on the planet when you eat at home and it is becoming easier in public. Most fine restaurants and even diners offer vegetarian alternatives. Raw salads have become one of the number one lunch items even in the U.S. Thousands of books are available on vegetarianism as well as hundreds of web sites.

Reasons to become a vegetarian transcend just the personal health consideration. Most vegans I know have a very strong conviction about saving our planet and the animal's fortunate to still be left on it. Every vegetarian meal you eat saves an animal's life. Every vegetarian meal you eat allows our earth to regenerate new life. In ten years from now you may not have a choice to eat animals and may be forced to eat a predominantly or totally vegetarian diet. I believe the time is now and this method of food consumption is best and safest for you and your family.

As I have disclosed before, if we don't do anything about our children's diets now, one in three will have diabetes due to obesity in the year 2008. McDonald's recently refused to accept beef injected with antibiotics and hormones due to its terrible health effects. What do we do about all the contaminated beef that was consumed over the last 50 years? Mad cow disease, farmed seafood, SARS, and what next? You asked what is best, well vegan is the best!

Quote of the week: "Animals are my friends, and I don't eat my friends." – George Bernard Shaw