

ABOUT NON-VEGETARIAN FOOD

Author – CA. JAYESH MOHANLAL SHETH

www.jayeshsheth.com

If anyone asks us to part with any of our limbs or flesh from our body which may not cost us our life, still we may not be ready to part with that even for a price. But by paying a meagre amount we take the whole life of a chicken, goat, sheep, fish, etc. and eat them; which is a grave sin. While eating non-vegetarian food if one thinks like eating flesh of some loved ones, one may not be able to eat non-vegetarian food at all.

All the living being in the universe wants to live and no one wants to die. So we have no right to take away the life of another trasa living beings (trasa living being means living beings that have strength to move around for self-protection and having more than one sense i.e. mobile beings). For our subsistence we may eat ekendriya living being (having only one sense i.e. body, for example - water, vegetables, grains, cereals, etc.) having least evolution stage and not having meat in their body.

Somebody may argue that many people can be fed by a single animal instead of many grains and vegetables so that less living being gets affected. The answer is given above that according to the stages of the evolution, grains and vegetables are single sensed living being having body without meat whereas the animals are five sensed creatures having higher stage of the evolution and meat in the body. Due to which eating non-vegetarian food multiplies the bondages of paapa karmas to uncountable fold meaning thereby infinite pains in the future.

Second, when an animal is killed, within a few seconds, uncountable micro five sensed living beings of the same shape takes birth in the dead body of that animal which also gets killed while eating non-vegetarian food. As such, the paapa increases many fold. As per the principle of karma (reciprocation) one books infinite pains of hell for oneself by eating non vegetarian foods like eggs, chicken, fish, mutton, etc. which results in infinite pains and sufferings in the hell. In this way we invite infinite pains, hence it is not advisable to eat non-vegetarian food to save us from infinite pains.

Third, while any of the trasa living being dies; their pains and screams make the flesh

toxic and stinking which harms the body of the eater in various ways like depression, diseases, uric acid, etc. Further it is hard to digest non-vegetarian food which makes the mind, body and digestion system dull. On the contrary, vegetarian diet keeps the body healthy, energetic and light.

Fourth, someone may argue that if people stop eating non vegetarian food the population of the animals will increase tremendously. It is not so because at present the animals are breed in the farm with artificial insemination for the specific purpose of being served as a food which can be stopped. Due to which the food and water required for feeding them will also get saved which can be used to feed the people many fold. So the fear of scarcity of grains and other vegetarian foods, if everyone becomes vegetarian is also baseless. On the contrary plenty of water will be saved which is being wasted at present by the slaughter houses and that will ensure adequate water supply for all. As per report by the President's Science Advisory Committee, Vol. II of May, 1967 titled as "The world food problem" which describes a fact that cattle must be fed 10 kg of vegetable protein (from grains, etc.) in order to produce 1 kg of animal protein. There are many other surveys available which also substantiate these facts.

Fifth, people are misled to believe that non vegetarian diet is must for protein, etc. But in reality the requirement of the protein and even omega-3 fatty acid can be met in a better way through vegetarian diet with an extra benefit of being saved from the disadvantages of non vegetarian diet, like excess fat, high cholesterol, paapa, environmental problems, etc.

Sixth, eating non vegetarian diet turns your body in to a cemetery for the dead animals you eat. How would you permit yourself to become the cemetery for animals? One shall not! One shall not!

Seventh, mankind has long intestine which shows they are born vegetarians. Whereas the meat eater animals have very short intestine, further such animals have long and sharp teeth to cut the meat which is not the case with human being. So mankind should eat only vegetarian foods to save oneself from various disadvantages and also to save the environment on the earth.

Eighth, Modern Europeans thought that cow may be fed on non-vegetarian mixed diet like flesh-remnants, powdered fish, etc. Hence they experimented this on cow and buffalos which resulted in famous and well-published "Mad-cow" disease. Then all the diseased cattle stock had to be slaughtered due to its madness. The same way the nature has created man to be a vegetarian. But still someone insist on eating flesh diet, fish and eggs, it leads them to behave like a "mad man". He irritates, excites, angers, becomes impatient and annoyed which are symptoms of a mad-man. It ends in BP also.

Now, we will see some more examples and the matters given by Shri Arun G. Jogdeo, Naturopath, N.D. in his various books. I am thankful for the same.

One lady had problem of swelling on thyroid gland which got extended up to her ear. Due to which the blood supply to brain got affected which resulted in vertigo, feeling giddy and due to swelling up to ear bone, she was not able to open mouth properly. She was advised to stop completely for life the following: (1) White sugar and its preparations. (2) Hydrogenated Oil (Vegetable Ghee like Dalda, etc), Margarine, Stick Margarine and Refined Oil and its preparations. (3) Non-vegetarian diet like flesh, fish, eggs, etc. (4) Alcohol, Beer, Vodka, Whisky, Rum, Wine, Tea, Coffee, Bidi, Cigarettes, Hookah, Gutka, Pan, Masala, Cold/Soft Drinks, etc. (5) Ready made preparations having Caustic Soda, Baking Powder, Soda bicarbonate, fruit salt, synthetic colours, poisonous chemicals, pesticides, Mono Sodium Glutamate (Chinese Food), etc. After she continuously took lemon juice and other natural food for one month; vertigo, feeling giddy, etc was permanently cured and she was able to open her mouth properly.

Her brother came with the skin disease on his back. As he was a Medical Representative (MR), he had done everything possible by taking medicines and applying ointment on it. But the disease was many years old and it was growing further. He was also advised to stop completely for life the above mentioned 1 to 5 items. As soon as he stopped all the above items for life, the positive result was shown and then slowly-slowly he was cured completely.

Their family says that we are saving lot of money which was spent on the medicines as all

the medicines were stopped. Also the vegetarian food is much cheaper than non-vegetarian food and as the whole family adopted vegetarianism, the additional expenses on non-vegetarian food was also saved. In addition the expenses on tea, sugar, biscuits, soft/cold drinks, choco-bar, chocolates, toffees, etc was also saved as eating all of them was also stopped. Above all they were also enjoying good health.

Whenever anybody eats non-vegetarian food including eggs, the saliva of that non-vegetarian people becomes completely acidic. The secretions of the stomach are acidic which are made more acidic due to acidic saliva. The result can be the ulceration and or putrefaction of the skin of the intestine.

People are warned by body by the indication of triggering dull pain in the appendix region when he eats perverted proteins of fish, flesh, eggs and other substances with corrupted proteins. If consumed in large quantity by ignoring the signals, appendix swells causing appendicitis. Such mutilated proteins causes diseases like fever, arthritis, asthma, diseases of respiratory tract, BP, obesity, problems of triglycerides leading to heart problems and tumours at various sites.

In developed countries eating non-vegetarian food, there is evidence that the highly processed, denatured, sifted, bolted and low-bulk diet of the average person is harmful to the health. Such diet does not yield robust stools with high retention times in the colon. Hence, cancer of the colon has been correlated with the low-bulk diet of the people in the industrialized nations. Study reveals that colon cancer is rare among purely vegetarian people. So, it is better to leave the eating of non-vegetarian food.

When protein disintegrates it creates "Ammonia". Non-vegetarians smell in their sweat and urine ammonia strongly. Human is solely vegetarian because he is not provided with (i) Enzymes: "Uricase" like carnivorous to destroy uric acid formed by oxidation of flesh, meat, fish, etc. in the metabolism and catabolism (ii) His gut is considerably longer than that of carnivorous. Carnivorous expels out remnants of flesh-food before it starts decaying whereas due to the long length of human intestine they cannot do it.

Ciguatera fish poisoning : These are bottom dwelling shore fish. The varieties are named as grouper, red snapper and barracuda.

These fish have toxic proteins which act within 5 hours of ingestion and symptoms may persist for 8 days or even for quite longer time. They cause abdominal pains and cramps, nausea, vomiting, diarrhea, paresthesia, hypotension and respiratory paralysis after eating these fish.

Scromboid fish poisoning : These types of fishes are infested due to various reasons and have mutilated and degraded proteins. The symptoms start within 20 minutes to 2 hours after eating such fish. They cause rash, prurigo, pruritus, headache, dizziness, periorbital edema, thirst, nausea, vomiting, diarrhea and abdominal cramps.

One patient had fainting sensation, blurring vision, depression and anxiety. He had BP 180/120 with urine creatinine 15.82. He was non-vegetarian, eating about 3 eggs per day. With perfect vegetarian diet his creatinine was reduced to 6.2 in first two months and in next two months it dropped down to 4.2. Thereafter when the patient gave up the habit of tea and coffee in further two months the level of creatinine dropped to 2.2 with BP 122/90.

Egg yolk contains cholesterol (a waxy alcohol). It deposits in liver, blood vessels causing hardening of the arteries. There is a limit to cholesterol intake per day of 300 mg whereas even one egg-yolk has 272 mg of cholesterol in it. So it harms the body.

Non-vegetarian food and tuberculosis : Tuberculosis is very difficult to detect in living animals. Tuberculosis attacks almost all organs in cows and pigs. Foot and mouth diseases such as eruption diseases affect most farm animals and it is transmissible to human beings. Certain types of organisms which give rise to diseases in domestic animals set up similar conditions in human viz. tuberculosis, tetanus, etc. In addition to this, when an animal is slaughtered; terrible fear and pain is felt by that animals which gets transmitted in the non-vegetarian eaters.

Cysticercus cellulose in the pigs and cysticercus bovis in the ox may be one of the reason for tapeworms in the intestine of human and the symptoms may resemble with anaemia and tuberculosis.

Veterinary Drug residues in Non-vegetarian food: To prevent communicable diseases and for high growth, animals and

poulties are continuously administered with the high doses of hormones, growth promoters, feed additives, anti-parasite, antifungal and antibiotic drugs. The residues of the same are found in the non-vegetarian food which is allergenic, toxic and carcinogenic chemicals. It causes allergic reactions, toxicities, antibiotic resistance, cancer, mutation in a DNA and other fatal diseases to non-vegetarians.

By drinking alcohol, soft/cold drinks and eating non-vegetarian food liver gets affected. Alcohol dehydrogenase speeds the oxidation of ethanol to acetaldehyde which is drastic acidic causing various types of ulcers in human body. It can cause cancer. It affects the eye badly and can cause blindness. It can cause swelling or boil on liver which bursts and pus flows out is called liver cirrhosis. It can cause dropsy also.

Alcohol drinkers can have alcoholic hepatitis. Due to alcoholic acetaldehyde liver cells gets swollen which results in fatty liver disease. Hence, it is not advisable to drink alcohol, beer, vodka, whisky, rum, wine, ayurvedic arista, etc.

When one is alcoholic, GABA (Gamma Amino Butyric Acid is inhibitory type of neurotransmitter) receptor compound's balance is lost. So, one becomes talkative, hot tempered, arrogant, etc; eye becomes dim and may turn blind, hands and legs tremble, one may go in sleepiness or may become unconscious.

Ethyl alcohol badly disrupts the hydrogen bond of proteins and thereby enzyme denatures. It destroys liver and pancreas. It can cause cataract and other eye problems also.

Drinking of ethanol (i.e. alcohol), it increases the synthesis of lactate from pyruvate which temporarily increases blood level of lactate, leads to gouty attacks. Alcoholism also increases triglycerides accumulation in the liver by trapping fatty acids leading to fatty liver.

Overeating of proteins especially animal proteins from flesh, eggs, fish, etc puts body in trouble. Because there are two problems to be dealt by the body (1) Detoxifying the products, whereby the liver is stressed and (2) Salvage of these detoxified matters such as ammonia, urea, etc whereby kidneys get much pressurized. Thus either of the organ liver or kidney or both the organs are spoiled by them.

Thiaminase contained in fish splits vitamin B into two inactive components due to

which the body is starved of vitamin B1-Thiamin. It leads to stomach upset, digestive disturbances and skin diseases. It is also encountered in chronic alcoholics because alcoholics need more of B1-Thiamin due to high calorific value of alcohol. This vitamin B1-Thiamin helps in brain functioning, it is anti stress also and it increases the immunity of the body. It's deficiency due to fish eating or alcohol drinking also leads to "Wernicke Korsakoff Syndrome" due to which the functioning of the brain is affected; it leads to memory loss, hallucination and finally the patient may go in coma also.

Due to the disturbed thyroid function for one of the patient who had complaint of indigestion, constipation, weight loss, fatigue, flu-like symptoms etc. He was non vegetarian eating about 4 eggs per day, 6 cups of tea and 2 cups of coffee. Also he was fond of chocolates, cakes, biscuits, creams, etc.

Various types of fish destroy niacin (vitamin B), causing skin diseases. Even bladder swells and swelling on different parts of the body may be seen.

About Non-vegetarian food and eggs also. It develops retarded mental and physical, alopecia (loss of hair on the head-Baldness), impairs immunity, anaemia and avitaminosis. Reference-Taber's cyclopedic medical dictionary.

It causes variety of skin diseases, granulation or patches on the skin, maculosquamous dermatitis, seborrheic dermatitis i.e. pus like secretion from sebaceous glands, paralysis, muscle pains, glossitis, hyperaesthesia, anorexia, lassitude, nausea, fall of haemoglobin count, depression, hepatic steatosis, rise of bile pigments, hypercholesterolemia, conjunctivitis, granulocytopenia, leukopenia, calcification of blood vessels, atrophy of the lingual papillae (these are avitaminosis).

Due to Non-vegetarian food blood becomes acidic, sweat also becomes more acidic. This type of the perspiration has obnoxious smell. Most of the Non-vegetarian food takers have this offensive body odour due to the above reasons. Such acidic sweat promotes growth of microbes on the skin and the skin diseases starts.

The avidin of white part of the eggs is related to multitude of skin diseases. This avidin

is anti-vitamin, it is called biotin binder. Due to biotin binding the body gets starved of vitamin B which results in skin diseases. Avidin is destroyer of vitamin B namely Biotin. It is called biotin binder i.e. it renders Biotin useless to body by binding it with protein complex. It causes retarded growth, dermatitis, multitude of skin diseases and alopecia. It also causes disturbance in muscular control. Therefore, white of an egg is called biotin binder and diseases caused by it are called avitaminosis.

In Genesis 1:29 God said "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." It means God has created everyone to be purely vegetarian because leave apart fish or fish, but even eggs neither have seeds in them nor they are fruits of the tree. So, eggs are clearly non-vegetarian.

In Bible Chapter 22 it is said that "It is better not to eat meat or drink wine or to do anything to cause your brother to stumble" and in Exodus 22:31 it is said that "You are to be my holy people. So do not eat the meat of an animal torn by wild beasts..." So, one shall not eat non-vegetarian food.

In Islam also it is said as follows: "Do not allow your stomachs to become graveyards!" "A good deed done to an animal is as meritorious as a good deed done to a human being, while an act of cruelty to an animal is as bad as an act of cruelty to a human being." "All creatures are like a family (Ayal) of God: and He loves the most those who are the most beneficent to His family." "He who takes pity (even) on a sparrow and spares its life, Allah will be merciful on him on the Day of Judgment." "Allah will not give mercy to anyone, except those who give mercy to other creatures. Where there is an abundance of vegetables, a host of angels will descend on that place."

Considering above facts on moral grounds, on health grounds and on spiritual ground; one should immediately stop eating non-vegetarian food to save oneself from grave sin and many more diseases which results in infinite pains in future along with other disadvantages described above.

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