

# Consumer Alert

## MAD COW DISEASE-WHAT THE GOVERNMENT ISN'T TELLING YOU!

“In 1989 alone almost 800 million pounds of processed animals were fed to beef and dairy cattle in the U.S.. The USDA has conceded that “the potential risk of amplification of the BSE agent (mad cow disease) is much greater in the United States” than in Britain. In 1995 five million tons of processed slaughterhouse leftovers were sold for animal feed in the United States. Rendering is a \$2.4 billion-a-year industry. “There is simply no such thing in America as an animal too ravaged by disease, too cancerous, or too putrid to be welcomed by the embracing arms of the renderer. In addition to diseased farm animals, the city of Los Angeles sends some two hundred tons of euthanized cats and dogs to a rendering plant every month. Added to the blend are the euthanized catch of animal control agencies and roadkill” according to Howard Lyman, a cattle rancher for 40 years. This is the food fed to the animals that YOU EAT! In the U.S. the rendering industry promised to stop feeding sheep brains to cows years ago the FDA confirmed that this ban failed.” [www.drday.com](http://www.drday.com)

### New U.S. Meat rules ‘gross’ for Consumers, Critics Charge

The federal agency overseeing food inspection is imposing new rules reclassifying as safe for human consumption animal carcasses with cancers, tumors and open sores.

Federal meat inspectors and consumer groups are protesting the move to classify tumors and open sores as aesthetic problems, which permits the meat to get the government’s purple seal of approval as a wholesome food product.

Delmer Jones, a federal food inspector for 41 years who lives in Renlap, Ala., said he’s so revolted by the lowering of food wholesomeness standards that he doesn’t buy meat at supermarkets anymore because he doesn’t trust that it is safe to eat.

In 1998, the inspections and safety system reclassified an array of animal diseases as being “defects that rarely or never present a direct public health risk” and said “unaffected carcass portions” could be passed on to consumers by cutting out lesions. Among animal diseases the agency said don’t present a health danger are: cancer, a pneumonia of poultry called airsacculitis, glandular swellings or lymphomas, sores, infectious arthritis and diseases caused by intestinal worms. In the case of tumors, the guidelines state: “remove localized lesion(s) and pass unaffected carcass portions.”

*The Sacramento Bee-Saturday, July 15, 2000*

### How Foul Is Eating Fowl?

The average North American eats more than 50 pounds of chicken per year, roughly double the amount consumed

just 20 years ago. In that time the portrayal of chicken as low-fat and wholesome lured consumers away from a steady diet of beef, as did retail prices trimmed by a revolution in slaughterhouse technology.

Each year in the US alone, contaminated chicken kills at least 1,000 people and sickens between 6.5 and 80 million others. These astronomical figures could actually underrepresent the extent of the problem, given that food-related illness is difficult to identify and often goes unreported.

Handling chicken has gotten so precarious (*Time* magazine calls raw chicken “one of the most dangerous items in the American home”) even government officials recommend treating poultry as if it were laden with lethal microbes. A recent report summarizing 55 different studies found that approximately 30 percent of chicken is contaminated with Salmonella and 62 percent with its cousin, Campylobacter. These two pathogens are responsible for 80 percent of the illnesses and 75 percent of the deaths associated with meat consumption, says the USDA

It’s no surprise really that chicken is decidedly foul. Factory farms—where more than 90 percent of US chickens and eggs are raised—are fertile breeding grounds for disease, and many commercial livestock feeds are tainted with Salmonella. Additionally, today’s slaughterhouses do an excellent job of dispersing pathogens from bird to bird. This is especially true in the chilling tanks, communal rinses for chicken carcasses that are filled with water that routinely becomes a septic brew known in the industry as “fecal soup.” <http://www.earthsave.org/news/chicken.htm>

Fish and seafood in the diet can be just as harmful as the other kinds of animal flesh. Both commonly cause food

allergies. In many parts of the world, fish and shellfish are so heavily contaminated that they cannot be sold legally. Fish provide excessive amounts of protein, and some fish are also high in fat. The cholesterol contents of fish, meat, and poultry are about equal, and each causes a similar rise in the cholesterol level measured in the blood.

An additional risk from eating fish comes from naturally occurring and sometimes lethal toxins found in the flesh, which can result in poisoning (paralytic shellfish poison, ciguatera, tetrodotoxin, and scombroid).

*The McDougall Plan p. 42 by John McDougall, M.D.*

The testimony of examiners is that very few animals are free from disease, and that the practice of eating largely of meat is contracting diseases of all kinds; cancers, tumors, scrofula, tuberculosis, and numbers of other like infections.

*Counsels on Diet and Foods, p. 388, E. G. white*

## The Protein Myth

There exists in many minds an erroneous idea as to the best sources of protein. Many people think it is necessary to eat meat to get an adequate supply. Let it here be remembered that the proteins are *not an animal product*, but are elaborated *by plants*, and therefore the plant kingdom is the *true and original source*. Furthermore, it is a plentiful source.

*Abundant Health, p. 142 by Julius Gilbert White*

It is easier to meet our minimum daily protein requirements than most people would imagine... with just fruits and vegetables. Because much of what experts once believed about protein has been proven incorrect, U.S. government recommendations on daily protein consumption have been reduced from 118 grams to 46 to 56 grams in the 1980's to the present level of 25 to 35 grams. Many nutritionists now feel that 20 grams of protein a day is more than enough, and warn about the potential dangers of consistently consuming much more than this amount. The average American consumes a little over 100 grams of protein per day.

*Michael Dye, [www.hacres.com/html/protein/html](http://www.hacres.com/html/protein/html)*

The high intake of animal protein is associated with an increased risk of breast, colon, pancreatic, kidney, pros-

tate and endometrial cancer. Heavy-protein diets may also cause the build up of metabolic acids in the body and cause large amounts of calcium to leach from the bones, an obvious detriment to women hoping to prevent osteoporosis in later life, but also a serious detriment in the case of bone cancer.

*An Alternative Medicine Definitive Guide to Cancel; p. 605, by Diamond M.D. and Cowden, MD. with Goldberg*

### Too Much Protein:

Decreases life span (7-14 years)

Increases cancer risk

Fast idles metabolic engine

Taxes the kidneys and liver

Toxic to joints, arteries, nerves and brain

Causitive factor in many diseases

Does not increase muscle mass

It is a mistake to suppose that muscular strength depends on the use of *animal food*. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. *The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood.*

*Counsels on Diet and Foods, p. 396, by E. G. White*

### High-Protein Plant Foods

#### Percent of Calories in Selected Foods

Spinach	49%	Honeydew	10%
Broccoli	45%	Cantaloupe	9%
Cauliflower	40%	Strawberry	8%
Lettuce	34%	Orange	8%
Peas	30%	Watermelon	8%
Green Beans	26%	Peach	6%
Cucumbers	24%	Pear	5%
Celery	21%	Banana	5%
Potatoes	11%	Pineapple	3%
Sweet Potatoes	6%	Apple	1%

**“And God said, behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat.” Genesis 1:29**

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