

# Five Scientific Evidence-Based Blessings of Plant-Based Eating\*



**1. Our Own & Our Family's Health:** The CDC & WHO report that a healthy lifestyle can prevent over 80% of premature heart attacks, strokes, diabetes and our other most important diseases. Although there has been much confusion in the past, especially in the lay press, medical evidence-based guidelines do agree: *The closer we come to whole-food, plant-based (WFPB) eating, the healthier we will be* (See page 2 for some of the evidence-based guidelines documenting this for physicians). Incredibly, adopting a plant-based diet does *far more* than prevent & treat our global epidemic of chronic diseases.

*The evidence-based blessings this exceptionally simple change can achieve also include:*

**2. Prevention of Virus Pandemics and Antibiotic Resistant Deaths:** [COVID-19](#), SARS, Bird & Swine Flu, Ebola & other animal meat related diseases *continue to kill thousands*. Even the 1918 pandemic has now been linked to Bird Flu & there is concern that future mutations will be even worse--See especially CDC & WHO page 2 references.

In addition, *thousands more* US deaths/year are caused by [antibiotic resistance](#). Over 80% of US antibiotics are used on factory farms to prevent infections due to living in filth, stress, overcrowding, etc. Although this feared world-wide epidemic has not yet occurred, [CDC reports](#) "Antibiotic resistance is one of the biggest public health challenges of our time--Each year in the US, at least 2.8 million people get an antibiotic-resistant infection & more than **35,000** people die."

**3. The Earth--Our Children's Heritage:** UN,WHO & CDC studies report the *most important thing each of us can do* to prevent WHO's three "[Slow Motion Disasters](#)" including climate change is to reduce our use of animal products. This is *also true of pollution*: Equivalent protein produced from beef vs beans requires 9x more fuel, 12x more fertilizer & 10x more pesticide. It also takes 18x more land & 10x more water. [The EAT-Lancet Commission](#) reports "Civilization is in crisis... intensive meat production is on an unstoppable trajectory comprising the *single greatest contributor to climate change*."

The UN&WHO include the US & 192 other countries. No other organizations can call on the scientific resources of all of these countries to find the evidence-based truth. The [UN Environment Program](#) website reports "Our use of animals as a food-production technology has brought us to the *verge of catastrophe*." It also named animal meat "*the world's most urgent problem*." As [young vegan Greta Thunberg](#) and numerous others have pleaded, the need for action is increasingly critical. It should not take children demonstrating to get us to do what is right & just, yet so easy, especially for children of the poor.

**4. Children of the World's Poor:** There is nothing more important for preventing deaths & suffering of children of the poor. And unlike other causes, this again, is something *each* of us can do. It takes much more land, water & other resources to support livestock eaters than vegetarians. Converting plant food to animal meat wastes 67-90% of the protein and up to 96% of the calories and all of the fiber. As land becomes more scarce and expensive, poor families can no longer afford to keep enough land to support themselves with adequate food for survival. This also leads to regional conflicts. Children, again, especially suffer, with malnutrition alone contributing to *half their unnecessary deaths*.

**5. God's Animals:** Genesis 1:29&30 reports that God's original plan for mankind was vegetarian (Eden was vegan). It was only after "The Fall" that Biblical supplementation with animal products became necessary for nutrition, at least in some parts of the world. However, our modern day use of animals for food is *nothing* like that of the Bible. In fact, long before coronavirus, *overwhelming* UN, WHO & CDC scientific evidence had proven that our *excessive, un-Biblical* consumption of animals for food had become a *leading cause* of death. Viral pandemics simply act more quickly.

The Bible also repeatedly describes God's concern for animals and forbids cruelty. For example see "[The Bible's Teachings on Protecting Animals and Nature](#)" Even if you don't follow the Bible, if you've lived on a farm you know that farm animals *are not different from the animals we consider pets*. Studies have shown they are as intelligent and demonstrate a full range of feelings--curiosity, pleasure, playfulness, love, joy, fear, anger, pain, and suffering.

And we used to treat them much the same as we treated our pets. Our cows all had names and different personalities and they were cared for as they had been since Biblical times. However that has now completely changed. Very few animals are now raised on family farms or treated in accordance with the Bible or other ethical principles.

In fact, most farm animals are now treated in a manner that would result in prosecution if perpetrated on those we raise as pets. Yet "Ag-Gag" laws continue to be passed that make it illegal to even attempt to document this cruelty.

These are the *same conditions that result in increasing virus & bacteria mutations* as well as manure lagoons, pollution, greenhouse gases and the ever increasing deaths & disability due to WHO's [Slow Motion Disasters](#) as well.

Our current [pandemics](#) were long predicted by CDC & WHO infectious disease experts. Although meat-eating cultures differ in the availability, advertising & taste preferences for various animals, we *each* contribute to the increased risk.

US science has often been a leader in times of global crises. However lethal animal meat related viruses are now mutating *far* too rapidly for new drugs & vaccines to be developed in time. And as documented on page 2, unless we are willing to do *our* part, this pandemic will definitely *not* be our last. The scientific evidence is now overwhelming:

**Whenever we choose plant-based eating, we help all 5 critical areas at the same time.**

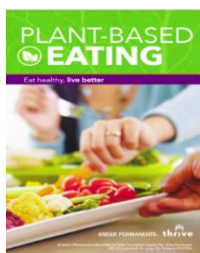
## Additional References

Please also see the hundreds of supporting references in the following documents:

[Position of the American Dietetic Association: Vegetarian diets](#) (Also [American Academy of Pediatrics](#) & numerous others)  
[American College of Lifestyle Medicine \(ACLM\) Lifestyle Medicine Global Alliance \(LMGA\) International Board of Lifestyle Medicine \(IBLM\)](#)  
[International Journal of Disease Reversal and Prevention--Incorporating the International Journal of Lifestyle Medicine](#)  
[American Medical Association / Gaples Institute for Integrative Cardiology Partnership](#) See especially [Resources for Health Professionals](#)  
[Precautionary Moratorium on New & Expanding Concentrated Animal Feeding Operations \(CFOs\)](#) Amer Public Health Assoc Policy 2003-2019  
[Report on emerging zoonotic diseases](#) WHO/ UN Food & Agriculture Organization (FAO)/World Organization for Animal Health (OIE) 2004  
[The Origins of Pandemic Influenza -Lessons from the 1918 Virus](#) New England Journal of Medicine 2005  
[Livestock a major threat to environment](#) FAO 2006 [Livestock's Long Shadow-environmental issues and options](#) FAO 2006  
[CFOs in Infect Dis Epidemics & Antibiotic Resist](#) Environ Health Perspect 2006 [Editorial: The Chickens Come Home to Roost](#) Am JI Pub Hlth 2007  
[Industrial Livestock Production and Global Health Risks](#) FAO (Johns Hopkins/ Rural Dev. Research Consortium/ Univ. of London) 2007  
[Pandemics: History & Prevention](#) Includes UN/WHO/CDC references. One hour video. Nutritionfacts.org. 2007  
[Interventions on diet and physical activity: what works: summary report](#) WHO 2009  
[Understanding Concentrated Animal Feeding Operations \(CFOs\) and Their Impact on Communities](#) CDC & NALBOH 2010  
[What's Good for You is Good for the Planet: Dean Ornish MD at TEDxSF](#) Video. "7 Billion Well-Advances in Global Health" 2012  
[The transformative potential of the right to food](#) UN General Assembly Report 2014  
[A Fresh Look at Livestock Greenhouse Gas Emissions and Mitigation](#) World Bank Group, USA 2016  
[Open letter urges WHO to take action on industrial animal farming](#) "Three Slow Motion Disasters" & "The Tipping Point" The Lancet 2017  
[Re-Thinking Meat: How Climate Change Is Disrupting the Food Industry](#) World Bank Group, USA 2018  
[The 21st-century great food transformation + Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems](#) + [The Global Syndemic of Obesity, Undernutrition, & Climate Change: The Lancet Commission report](#) The Lancet 2019  
[Sustainable healthy diets](#) UN&WHO 2019 [Report of the 50th Anniv. of the White House Conference on Food, Nutrition & Health](#) 2020  
[Diet & Climate Change](#) Video Nutritionfacts.org 2020 (See [Evidence-Based Weight Loss](#) re [How Not to Diet](#) for close to 5,000 refs.)  
[Zoonotic Diseases](#) "3 out of every 4 new or emerging infectious diseases in people come from animals" [Avian Flu](#) [Swine Flu](#) CDC 2020  
[How the Flu Virus Can Change](#) [Past Pandemics](#) [1918 Pandemic \(H1N1 virus\)](#) CDC 2020. [Coronavirus Pandemic](#) WHO Video 2020  
[China's Wet Markets, America's Factory Farming](#) National Review 2020  
[Our Cruel Treatment of Animals Led to the Coronavirus](#) The New York Times 2020  
[The COVID-19 Pandemic May Just Be a Dress Rehearsal](#) + [How to Prevent the Next Pandemic](#) Nutritionfacts.org 2020  
[Preventing the next pandemic-Zoonotic diseases & how to break the chain of transmission](#) + [The next wave-How to beat future pandemics](#) UN 2020

## What Diet Should Physicians Recommend?

(Where can we find the best evidence-based life-saving eating plan?)



Download Free (A community service from Kaiser Permanente)

### ["Plant-Based Eating-Eat healthy, live better"](#)

---Paper copies of this 36 page manual cannot be printed. You can enter and save your goals and progress on your individual downloaded version.

---Pages 12 & 13 should be read side by side.

---Page 25 Need for B12 Supplement (Also CDC recommended for all over 55 years regardless of diet)

---Also includes links to excellent resources, recipes & websites on pages 32 & 33.

Google the following videos & medical journal references for additional evidence-based information:

[What Diet Should Physicians Recommend?](#) [Nutritional Update for Physicians: Plant-Based Diets](#)

[Culinary Heart Disease](#) Video 2020 (Includes Amer. College of Cardiology & Amer. Heart Assoc. Guidelines)

[American College of Lifestyle Medicine \(ACLM\) Free Print Resources](#)

[Culinary Medicine Curriculum](#) (For med schools, residency programs, allied health education programs, etc.)

[Lifestyle Medicine Course Syllabus](#) [ACLM: Lifestyle Medicine Handbook](#) (Requires purchase)

[American Medical Association / Gaples Institute for Integrative Cardiology Partnership](#)

[Resources for the Public](#) [Resources for Health Professionals](#)