



Five Scientific Evidence-Based Blessings of Plant-Based Eating



Adapted from [Joyful, Compassionate Eating--Honoring God's Creation](#) Christian Vegetarian Association

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 and social media, 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 non-communicable diseases (NCDs).

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 hundreds of 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, the [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 and 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. Also 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](#) & 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, and 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 and other resources becomes scarcer and more expensive, poor families are no longer able to support themselves with adequate food. The [UN](#) reports this as agribusiness "Land Grabbing" which affects millions of poor families and also leads to violent regional conflicts and migration. Children, again, especially suffer, with malnutrition alone contributing to *half their unnecessary deaths*.

5. God's Animals & Us: Genesis 1:29&30 reports that God's original plan for mankind was vegetarian (Eden was actually vegan). It was only after "The Fall" that 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* overconsumption 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.

So though the Bible permits the use of animals for food when necessary, it definitely prohibits the way over 95% of our animals are now raised. ***It is our ongoing support of factory farms and their products that is the problem.***

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. This failure to follow Biblical mandates has devastating effects on our health:

These are the ***same conditions that result in increasing bacteria and virus mutations and pandemics*** as well as manure lagoons, pollution & contaminated food & water supplies. All this *in addition to* the ever increasing deaths & disability due to WHO’s [Slow Motion Disasters](#) of 1. NCDs (heart attacks, strokes, diabetes, cancer, etc.) 2. Antibiotic Resistance & 3. Climate Change.

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.

As long as we have factory farms we will also need virus research labs. These are essential for the rapid development of vaccines & drugs for treatment of present and future pandemics. However lethal animal meat related viruses are now mutating *far* too rapidly for new drugs & vaccines to be developed in time. And viruses escaping from these labs can also cause pandemics.

So as documented below, unless we are each 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.**

See [Additional UN, WHO and U.S. HHS Evidence-Based Guidelines & Resources](#) for numerous additional evidence-based guidelines & hundreds of supporting references as well as:



WHAT DIET SHOULD PHYSICIANS RECOMMEND?

Please scan this QR code or go to

HEPFDC.org and click on the [NUTRITION PROGRAMS tab](#)

All are available Free for Downloading. For example see:

- A. [American College of Lifestyle Medicine](#) Numerous free guidelines available to non-members. See especially: [Nutrition](#), [Whole-Food Plant-Based](#), and [Whole-Food Plant-Based for Children Culinary Medicine Curriculum](#) (For med schools, residency programs, allied health education programs) [Lifestyle Medicine Course Syllabus](#) (See also [Lifestyle Medicine Global Alliance \(LMGA\)](#))
- B. [American Medical Association / Gaples Institute for Integrative Cardiology Partnership](#) See especially: [Resources for the Public](#) [Resources for Health Professionals](#) Gaples Institute/Harvard School of Public Health [Healthy Plate, Healthy Planet](#) Course. [Healthy Plate, Healthy Planet Handout pdf](#) Patient Handout.
- C. [Culinary Heart Disease](#) Video 2020 (Includes Amer. College of Cardiology & AHA Guidelines)
- D. [What Diet Should Physicians Recommend?](#) [Nutritional Update for Physicians: Plant-Based Diets](#) 36 page manual for patients: [Plant-Based Eating-Eat healthy, live better](#) (From Kaiser Permanente)
- E. [Nutritionfacts.org](#) Peer-reviewed, evidence-based, nutrition and health research. See [NUTRITION PROGRAMS tab](#) for additional free resources.