

# What's Wrong with Eating Meat?

Extracts from "Food for Thoughts"

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Thousands of years ago, yoga sages realized the tremendous importance of the food we eat on the state of our bodies and minds. Through their deep, introspective investigation into the nature of the universe, those ancient yogis realized what modern scientists since Einstein are now discovering, that the entire universe is composite of vibrations: vibrations of energy and, ultimately, vibrations of consciousness. All foods are also permeated with their own subtle vibrations, at different frequencies, and these vibrations in turn affect the body and mind of the person eating them.

*Image from physorg.com*



Those delicious morsels of food we pop into our mouths eventually develop every cell of our bodies and affect not only our physical health, but also the way we think as well. Experiments have shown that certain foods directly influence the working of the brain by effecting the brain's chemical neurotransmitters which are involved in different mental and physical functions such as memory, sleep, motor coordination, pain, depression, learning ability and even our perception of reality. Eating food rich in lecithin, for instance (which is contained in soybeans) can increase our memory power, whereas eating a meal rich in carbohydrates and poor in proteins is the surest way to make the brain drowsy for hours afterwards

From the beginning of recorded history, we find that the vegetarian diet was regarded as the natural diet of humanity. The early Greeks, Egyptians, and Hebrews described human beings as fruit eaters. Many great Greek sages including Plato, Socrates and Pythagoras were strong advocates of the vegetarian diet. The great civilization of the Inca Indians was based on a vegetarian diet. In India Hindus have been vegetarians for thousands of years, and Buddha urged his disciples not to eat flesh. The Taoist saints and sages were vegetarians, and the early Christians and Jews were as well. The bible clearly states: "But living flesh and blood you shall not eat" (Genesis 9:4).

But what are the dangers of meat eating? Well, volumes of books have been written on this topic. The American National Institute of Health, in a study of 50,000 vegetarians, found that the vegetarians live longer, have significantly lower incidence of heart disease, and have an impressively lower rate of cancer as compare to meat-eaters. Studies of children have shown that vegetarian children have much less incidence of children's diseases, colds and allergies than non-vegetarian children, and are also much less prone to obesity and heart disease. On the average, adult vegetarians weigh about 20 pounds less than meat eaters.



It has scientifically been proven again and again that a vegetarian diet is positively healthier to the human body, and a well selected vegetarian diet in harmony with the laws of nature will help us have a dynamically healthy body and a pure temple for elevated thoughts.

We see that throughout history many wise and knowledgeable people have adopted the vegetarian diet and strongly urged others to do the same. Among some famous vegetarians we find: Plato, Socrates, Pythagoras, Leonardo da Vinci, Sir Isaac Newton, Charles Darwin, Ralph Waldo Emerson, Albert Schweitzer, Albert Einstein, Carl Lewis (winner of 5 Olympic gold medals) and The Dalai Lama of Tibet.



Save the

Print on Both side of the paper... Little Action means to Mother Nature!