

DETAILED EXPLORATION OF A SINGLE HEALTH TOPIC

CONSCIOUS EATING  
The Vegetarian Alternative

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## **Introduction**

In our age of superfoods, biotechnology, and mass distribution networks, our connection to the original food source has become increasingly marginalized. Many children today think their food comes from the supermarket and not the farm. Images of an animal are promoted, prior to children actually witnessing a real animal.

The importance of proper eating, understanding the connections and infrastructure of agriculture, and the rural / urban bifurcation is important for a child's education. This action insures their sense of belonging and participation and not fear of isolation. Education is the first giant step in helping people realize that the choices they make in eating certain types of foods can enhance or retard their own developmental evolution, in consciousness as well as somatic biomolecular regeneration.

## **History**

The history of vegetarian cuisine traces as far back as recorded history, perhaps even further. Historians have found evidence that the early Egyptians had a percentage of their own population that enjoyed vegetables and fruits. The Book of Genesis advocated a diet of fruits, seeds and nuts. Other various eastern religions who believed in reincarnation, dealt with the beliefs in a transmigrating soul to lower life forms if they were not respectful to living animals. The Buddha stated, "Do not indulge in a voracity that involves the slaughter of animals". Buddhists from Japan felt that by eating a dead animal, the body would remain polluted and toxified for over eighty days.

The great yogis, rishis and avatars from India knew about the ubiquitous nature of prana, i.e. life energy, of all living things. They felt that the greatest foods are those considered to contain "life energy", for example grains, nuts, fruits and vegetables. Meat from dead animals, the rishis stated, "Would loose their prana and should be avoided". The great ancient Indian poem, called the Mahabharata clearly stated that, "those who desire to possess good memory, beauty, long life with good health, and physical, moral and spiritual strength should abstain from animal foods.

The Islamic holy text “The Koran”, advocated the suspension of eating the parts of dead animals. The Greeks as well were well informed about the health benefits of eating natural foods.

### **Vegetarianism today**

North America today has close to 15 million vegetarians with numerous web sites, magazines, countless books, and informative cooking shows on TV. This wealth of information and education can only help in establishing a healthier and better informed population.

### **Famous Vegetarians**

Socrates	Leonardo Da Vinci	John Harvey Kellogg
Plato	H.G.Wells	George Bernard Shaw
Pythagoras	Gandhi	Henry David Thoreau
Paul Newman	Ralph Waldo Emerson	Helen and Scott Nearing
Buddha	Charles Darwin	Bob Dylan
Isaac Newton	Albert Schweitzer	Ravi Shankar
John Lennon	Paul McCartney	James Coburn
John Denver	Linda McCartney	Richard Wagner
Jean J. Rousseau	George Harrison	Cicely Tyson
Gloria Swanson	Gladys Knight	Sri Aurobindo
Gilman Low 1903	(9 world records for strength and endurance)	
John Marino 1978	(Transcontinental bicycling champion, rode across the US in thirteen days, one hour and twenty minutes.)	

Our century has witnessed incredible revolutionary advances in physics, chemistry, astronomy, biotechnology, communications, and leading edge technologies, yet we still apply insecticides and pesticides to our crops. This short-sighted approach to chemically altering our

foods has created further chain spheres of destruction, including polluting our air, water and ultimately ourselves. This incessant, neurotic, obsessive need to manipulate, subjugate and terrorize nature to ones command and fancy, does take its toll on mother nature. Yet, in all her splendor, mother nature has a remarkable way of rebounding and outflanking many of the contemporary scientific researchers assaults.

Agrarian cultures knew the art of synthesis providing and preparing in a simplistic way, yet, knowing and intuiting divine proportion. The contemporary industrial agricultural complex has neglected divine proportion (living within ones means) and has opted for “quantitative efficiency”. The term quantitative efficiency has been the buzz word that has been a dominant term throughout the entire industrial age. On the light side of this complex equation, quantitative efficiency has provided a higher standard of living for most people in the modern world in the form of education, democratic political stabilization and a wide selection of food and goods at our stores. Yet, has this materialism really delivered the goods? Has capitalism’s highest ideal of quantitative efficiency really provided us with a qualitative standard? This point leads us to the darker side of the equation. The fact is, for the most part, the industrial agricultural complex has sacrificed quality for quantity; and this danger still persists with further chemicals being introduced, largely untested, into the environment. The nuclear industry have had over the years many problems trying to keep the dream alive. While not being able to put various nuclear plants online, they decided shelf life could be increased in the population’s food supply by irradiating it. This promotes the efficiency ideal again, only this time with a few added zaps.

As farming grows larger today, quantity remains the steadfast agenda, blinded by greed, and the concept that bigger is better syndrome. This projection will only remain self serving with little concern for true quality, and the greater public and environment at large.

Top soil depletion, mineral content reduction, acid rain, global warming, agricultural land loss, deforestation, species reduction, water, air and soil pollution, and human toxification all are examples of this very serious and perilous journey humanity has embarked upon in order to ingratiate the industrial postmodern ideal of quantitative efficiency.

Apart from meeting ones domestic material needs such as a sense of well being, food provisions and shelter, the most essential topic we all have to face is health.

Most experts in the field of medicine and nutrition agree that the vital link to bodily maintenance is consciousness which could be summed up in three primary categories – 1. unconscious – lethargic; 2. conscious, slightly aware; and lastly 3. superconscious – very aware (this triad is further explored from an ayurvedic medical perspective later in this paper.) Most people fall into one of these three categories, some people will also overlap a little, but generally one will find certain people with a primary disposition. The ancients from India observed that depending on ones consciousness, one type of personality will gravitate towards certain foods, either 1. low energy foods, 2. medium energy foods, or 3. high energy foods, depending on ones particular level of consciousness.

The important thing to remember is the fact that all great paradigm shifts occur when the collective consciousness changes in unison; a qualitative quantum leap. For it will be this type of consciousness expansion that will be the driving force to essentially move beyond the expansive meat industry we have today.

The following list of facts has been formulated to help elucidate some of the positive qualities of switching to an alternative vegetarian lifestyle.

- LA's fast food outlets have more soot emitted from their grills than all of the city's buses.<sup>1</sup>
- “ I have no doubt it is part of the destiny of the human race in its gradual improvement to leave off eating animals”. Henry David Thoreau, Walden, 1854
- Pythagoras in 6<sup>th</sup> century BC claimed that “a vegetarian diet was the most natural and healthy system of eating”.
- Other notable Greeks that favored a vegetarian diet included Socrates and Plato.
- The body needs food for two primary reasons: as a fuel to supply energy, and to reconstitute the body's tissues.
- For body repair and upbuilding, there are four elements required: 1. protein or nitrogenous food; 2. carbohydrates; 3. hydrocarbons or fat or fat; 4. minerals. These elements are found in greater proportions in vegetables than in animal tissues.
- The greatest supply of organic minerals comes from fruits and vegetables.
- Fruits and vegetables also aid in keeping an alkaline reserve in the blood, which serves to carry carbon dioxide to the lungs for elimination.
- The greatest sources of vitamins in a diet are found in vegetables.

- Fruits and vegetables contain natural antiscorbutic substance that prevents various diseases.
- In order to produce a single pound of meat, the cow would require the equivalent of 2,500 gallons of water. <sup>2</sup>
- Many types of cancer, most notably cancer of the lung, prostate, cervix, uterus, and breast have been linked to meat centered diets. <sup>3</sup>
- Studies have proven that vegetarians heal faster than people that consume animals.
- People on a meat diet have a higher propensity for intestinal worms, cancer and uric acid diseases.
- One pound of liver contains 19 grams of uric acid, and a pound of beefsteak contains 14 grams, whereas our bodies daily intake of naturally produced uric acid is only 6 grams. People that create an excess of uric acid due to eating meat have to eliminate it through the liver and kidneys which can only maintain 6 grams a day; any amount over this contributes to headaches, epilepsy, convulsions, nervousness, and weakened immune systems.
- Vegetarians surpass meat eaters in endurance tests.
- The natural vegetarian diet aids our immune system.
- Vegetables absorb and store the sun's energy.
- Goats, cows, pigs, sheep, poultry, deer, rabbits, cariboo and wild boar are all plant eating animals, so man is getting his vegetables secondhand by eating these creatures.
- Animal protein putrefies twice as fast as vegetable protein.
- Meat eaters have a propensity for developing parasites in the human intestines, a few examples are the beef, pork and fish tape worm, roundworm, pinworm, hookworm and liver flukes.
- Meat, compared to other types of food, putrefies at the greatest speed during this biochemical process of putrefaction as poisonous toxins are released.
- Various parasites enter our bodies by eating foods laden with eggs or mature organisms. Later, the eggs hatch into adult worms and continue to live and reproduce in the intestines. Other embryonic forms can enter our blood stream and venture throughout the body's passages by manifesting in our livers, brains, muscles and lungs, to return to the intestines.
- Beef could be considered an oil product, requiring so much fossil fuel to produce it. Due to factory housing, trucking, storage, slaughter houses, irrigation, water pump houses,

fertilizers, and refrigeration, approximately one gallon of gasoline goes into every pound of beef. <sup>4</sup>

- Every diet we select for our physical bodies creates a direct correlation with our minds.
- The ancient ayurvedic system of medicine divided food into three major distinct groups which corresponds with the three major body types. The vata, pitta and kapha group of foods includes:

1. Sattvic Foods (pure foods)                      Fruits, vegetables, seeds, sprouts, whole grain foods;
2. Rajasic foods (stimulating foods)      Spices, hot substances, meat, alcohol, fish and eggs which stimulate the nervous system.
3. Tamasic (impure and rotten foods)      Meats are food that is rotten, putrefied, overripe and comes under the tamasic heading.

The ancient rishis recognized the direct correlation with evolutionary levels of consciousness and dietary choices people make.

General levels of consciousness and dietary selection:

#### Sattvic Foods

(create purity, calmness, reflectivity, relaxed nervous system and boost our immune systems)      The evolved individual prefers sattvic foods

#### Rajasic Foods

(create animal passions, and an uneasy, restlessness to ones consciousness, high blood pressure, heart disease, hardening of the arteries and uric acid diseases)      The partially evolved individual prefers rajasic foods

#### Tamasic Foods

(create lethargy, low energy, anger, anxiety, negative disposition towards life and on the physical domain, and many chronic debilitating diseases)      The worldly individual prefers tamasic foods.

- While history books often explain away the mass slaughter of the bison as an act of wasteful exuberance, the facts point to a clear and systematic policy designed to replace the buffalo with the steer and the native with the cowboy.<sup>5</sup>
- The ultimate diet of vegetables, fruits, nuts, grains and cereals contribute in a natural way all of the essentials of vitamins, minerals, proteins and carbohydrates.
- Mastication of food is a very important aspect for digestion which is primarily received through the small intestine.
- The occasional fast with the advice of one's doctor, and at all times utilizing extreme moderation can be very beneficial for one's general health.
- Preventative eating habits could serve one well in the long run, when looking at the condition of food today.
- Pain in our bodies is nature's way of telling us about toxins and the accumulation of poisons through the foods we eat.
- The Animal Welfare Act, as passed by the United States Congress, "specifically excludes animals raised for food or fiber". In legal terms, which is where it counts, cruelty and abuse of farm animals is, for the most part, not against the law in the United States of America.
- The mad cow disease, known as Bovine Spongiform Encephalopathy (B.S.E.), hit the British cattle industry. B.S.E. displayed in cattle before death, is an always fatal neurological degenerative disease caused by incredibly virulent and mysterious infectious proteins called prions. In 1996, 160,000 cows had been infected in the British Isles.
- The Hindus believe that inside each cow live 330 million gods and goddesses.<sup>6</sup>
- Every year in the United States, millions of animals are slaughtered for food in highly specialized factories.
- There are approximately 1.3 billion cattle on earth.
- Cattle yield one pound of meat for every 16 pounds of feed.
- Meat based diets contain high levels of saturated fats, which contribute to raise the level of cholesterol in the blood – the primary catalyst for heart disease and strokes.
- 95% of all antibiotics are administered to cattle in the US, 5% to humans.
- Cattle in the US consume 70% of all the grain produced each year.
- Meat contains 14 times more pesticides than plant foods.

- Animal factories alter the lighting schedules on hens in order to create the illusion of eternal spring, a methodology used to speed up the egg production cycle.
- Joseph Campbell describes the essential characteristics that distinguish cultivator cultures from hunting cultures. The former are concerned with growth and regeneration, the latter with slaughter and death. <sup>7</sup>
- In North Carolina, open hog farm manure cesspools (known as “lagoons”) are leaking nitrates and other chemicals into ground water reserves, which is known to contribute to the Blue Baby Syndrome.
- Aquaculture (fish farming) contributes to ecological disruption, and increases the susceptibility towards fish extinction.
- 3,000 physicians in a group called the Physicians Committee for Responsible Medicine, forecasted the fact that the annual health care costs due to a meat centered diet numbered approximately between \$23.6 billion and \$61.4 billion.
- Eating meat contributes the loss of forests around the world, in order to make room for cattle grazing lands.
- The consumption of dairy products has been linked to many degenerative diseases: milk intake correlates directly to colitis, thyroid dysfunction, sudden infant death syndrome (SIDS), multiple sclerosis, and Lou Gehrig’s disease.
- Europe has placed a ban on North American dairy and meat products being imported due to the proliferation of artificial hormones. <sup>8</sup>
- Various studies show that vegetarians have:
  - Less coronary heart disease
  - Lower levels of blood pressure
  - Lower incidence of hypertension and fewer strokes
  - Less prostate cancer
  - Less bowel cancer
  - Less constipation
  - Fewer bowel problems such as diverticulitis
  - A lower incidence of gall stones
  - Are less likely to develop diabetes.

- Vegetarians who do not eat seafoods should include an ample supply of alpha-linolenic acid and not too much linoleic acid.

Essential fatty acids:

Linoleic acid sources	Alpha-linolenic acid is linseed, also known as flaxseed
Safflower	Soy beans oils
Soy bean	Canola
Mayonnaise	Grains
All seeds	Nuts
Wheatgerm	Peanut oil
Cereals	Some vegetables
Omega 6 class of polyunsaturated fatty acids	Purslane – longevity vegetable in the Mediterranean

Omega 3 class of polyunsaturated fatty acids

Combining the linoleic and alpha-linolenic acids, aids the body by forming the longer chain fatty acids it needs for skin and brain tissue (made from linoleic); and for vision and brain function (from alpha-linolenic acids).

- The modern utilitarian, deconstructed cow has been raised, drugged, sectioned off, cut up, disemboweled, reformulated, packaged, frozen, and shipped by truck to supermarkets, then purchased and consumed by human beings.
- Beware of the industrial agricultural complex.
- As long as the public and cattle industry leaders view cattle as an it or thing, the subjugation of cattle and the productivity agenda will remain unchanged.
- One average American male in one lifetime will consume the equivalent of seven 1,100 pound steers.
- The cost-to-value ratio demonstrates that steak at twenty grams of protein is the same protein value as six and two-third slices of whole wheat bread, yet steak is priced five times higher.
- In a world steeped in utilitarian processing, grounded in expediency, the deconstruction of nature, people, animals, cattle and agriculture is a good reason to challenge the entire system and try to reconstruct a more humane and balanced paradigm.

## **Summation**

Recent oil spills, air pollution, acid rain, radioactive emissions, flagrant pollution policies, pesticides, insecticides, over farming, non-sustainable energy patterns, and tainted food is directly related to the myopic mind set displayed throughout most of our history.

Large scale farms, are all suffering from the quantitative calibre of consciousness most executives, politicians and farmers are exhibiting today. The quality of soil on most farms today has greatly diminished.

Large scale agricultural enterprises can be structured to be cost effective and sustainable.

Paradigm shifts can be slow intermediary or on a fast track to altering the status quo.

Education will play a key role in promoting fairness and an ethical moral presentation in new leading edge research regarding biotechnology, molecular biology, plants, herbs, crops, food, and agricultural advances.

Research regarding the differences between animal protein advocates and vegetable protein advocates should utilize wisdom free from biases, monetary self interest, and blind sided dogma.

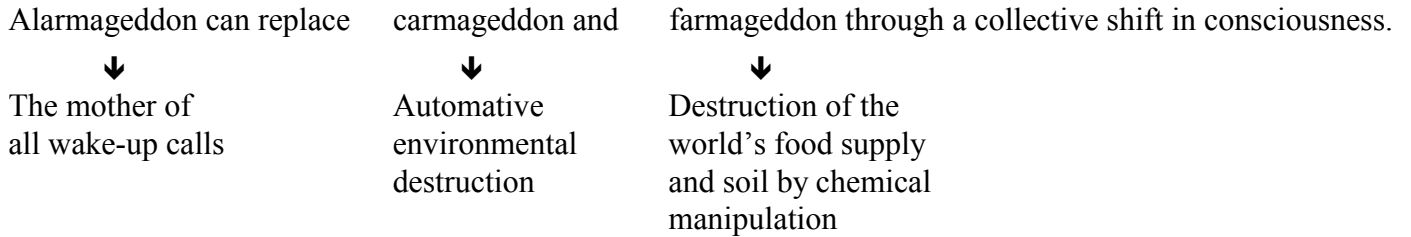
Parents, researchers, educators, politicians, and the general public should become more cognizant of the new information.

It should be moral imperative to educate and inform the public about the quality of foods and water that they consume on a daily basis.

Educating people about misleading, unethical, manipulative advertising; teachers should adopt a policy of instructing students in critical intelligence as well as teaching people to question everything.

In order to become an aware conscious consumer, people should try to understand in a general way, all of the various primary, secondary, and tertiary ramifications of just how we arrived at our post modern paradigm of consumption and obsessive efficiency.

People have the right to choose the healthiest course of action for proper medical care, nutrition, and dietary concerns.



Paradigm shifts are all about shift in consciousness.

Science can be like a wild horse out of control, or an amazing jumping show horse controlled and beaming with intelligence.

Cloning, genetic food alterations, and “hormonized” milk, should be guided by a strict regulatory body that can act with discipline when certain rogue corporations, governments or private research institutes get out of hand.

Beware of marketplace advertising scams and the hype of various commodities.

Read labels and become an informed consumer.

Do not take your products at conventional or health food stores for granted, question everything.

Of all the possible forms of eating in the world, vegetarian cuisine wins hands down as being the safest for our particular, physiological digestive tract. It scores high in relation to helping the environment, in relation to boosting our immune systems, in relation to aiding our neurological development, as well as promoting the spiritual dimension of one's life.

Since 1980 the consumption of vegetables has increased to 12 percent in North America.

There are over 2,000 types of drugs and chemicals which are administered to livestock. Some of these include: antibiotics, hormones, pesticides, gentian violet (a fungicide and known carcinogen used as an additive to poultry feed), and clorsulon. Clorsulon is a drug used to treat livestock with a parasitic infection called fluke which has been linked to kidney tumors in some laboratory rats.

The killing of animals releases a number of chemicals from the brain to the body; the animals are intelligent and sense something is up which does alter their chemistry due to anticipation and the fear of being killed.

Becoming aware, conscious, cognizant, or perspicacious, can possibly trigger the conversion of a former stumbling block into a new starting block. A new direction in life that could be the catalyst for awareness not only in the essential area of diet, but also other major areas including: education, peace studies, politics, urban planning, ecology studies, sciences, arts, medicine, etc.... The following list of contemporary and alternate perspectives outlines some of the potentially new avenues humanity can explore. Taking time to inquire into the reflective interior labyrinths of the individual and collective human psyche, could be one of the possible answers to advancing humanity in a positive teleological, evolutionary way.

### **Contemporary Perspectives**

- Conventional farming
- Flatland (the monological gaze)
- Corporate determinism
- Monological, dialogical, Wilber
- Conventional capitalism

### **Alternative Perspectives**

- Organic framing
- Supermind (contemplative awareness)  
Aurobindo, Plotinus
- Corporate relativism
- Monological, dialogical, translogical
- Altruistic capitalism - Hazel Henderson

### **Contemporary Perspectives (cont'd)**

- Structuralism - idealism
- Postmodernism
- Commodification of all phenomena
- Horizontal consciousness  
Marx, Smith
- Left brain dominance
- Plutocracy
- Egocentrism – narcissism
- Rapacious greed
- Newtonian – Cartesian bifurcation
- Cognitive dissonance (blinded dogma and pathologies)
- Gender biased (China, Japan, India, Middle East, as well as the West)
- Objectivism
- Quantitative agribusiness
- Technological-informational ethos
- Unconscious eating
- Existence values
- Monopoly
- Technopoly
- Behaviorism, Freudianism
  
- Technological impositions
- Low priority for the ecology
- Left / right political agendas
- Science / religion separation
- Unsafe, deceptive food alterations

### **Alternative Perspectives (cont'd)**

- Realism, pragmatism, wisdom
- Pluralism
- Etherealization of all phenomena
- Cyclical consciousness  
Aurobindo, Plotinus
- Whole brain integration
- True democratic values
- Sacred ontological perspectives
- Less is more
- Integral sciences
- Open minded perspectives
  
- Gender equality (women's and men's liberation)
- Trans-objectivism
- Qualitative, quantitative agribusiness
- Cooperative ethos
- Conscious eating
- Existence / essence values
- Holopoly (new word)
- Techgnosis
- Spectrum psychology (transpersonal sacred holism)
  
- Technological integration
- High priority for the ecology
- Beyond left / right agendas
- Science religion integration
- Safety board approved foods

### **Contemporary Perspectives (cont'd)**

- Unethical research studies pertaining to tobacco, chemicals, nuclear waste, cell phones, drugs and pollution.
- Fragmented economics
- Materialism
- Secular paradigm
- Entropic
  
- Exploitation
- Working against nature
- Age of consumption
- Little accountability
- Regressive ontology
- Environmental degradation
- Collective immaturity
- Ontological estrangement
- Political partisanship
- Educational compartmentalization
- Quantitative ownership
- Ignorance of enantiodromia
- Corruption of production
- Scientific materialism
- Scientism
- The somnambulistic epoch
- The age of nationalism
- Militarism
- Monetary exclusionism
- The periods of illusion and the myth of control

### **References**

### **Alternative Perspectives (cont'd)**

- Ethical, peer reviewed research studies
  
- Awareness economics
- Equilibrium minimalism
- Sacred paradigm
- Syntropic reorganizing matter towards equilibrium
  
- Reverence for all life forms
- Working with nature
- Age of regeneration
- Complete accountability
- Syncretic ontology
- Replenishment
- Harmonic responsibility and maturity
- Ontological equilibrium
- Spiritual politics
- Educational synthesis
- Qualitative ownership and beyond
- Enantiodromia cognizance
- Enlightened induction productions
- Spectrum science
- Pure science
- The epoch of consilience
- The age of universalism
- Beyond militarism
- Monetary inclusionism
- The new period of wisdom, light, and peace

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4. Pamela Rice, *101 reasons why I'm Vegetarian* (1996), Number 74
5. Jeremy Rifkin, *Beyond Beef. The rise and fall of the cattle culture.* (NY, USA: Penguin Books, 1993), 77
6. Jeremy Rifkin, *Beyond Beef. The rise and fall of the cattle culture.* (NY, USA: Penguin Books, 1993), 37
7. Jeremy Rifkin, *Beyond Beef. The rise and fall of the cattle culture.* (NY, USA: Penguin Books, 1993), 236
8. Brewster Kneen, *Farmageddon. Food and the culture of biotechnology.* (Gabriola Island, BC, Canada: New Society Publishers, 1999), 93

## **Glosary of New Terms**

Holopoly	Conglomeration, holistic inclusiveness universality of collective integral consciousness. Holistic communities, a true participatory essence and existence beyond monopolistic ownership.
Alarmageddon	Alarmageddon is play on the word armageddon which is essentially a wake-up call to the environmental crises the world is witnessing, as well as the deception with the public food supply.

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