
Is all vegetables really a healthier diet?

Posted by Archbob - 2007/10/06 07:58

From a health standpoint, is eating no meat at all really a healthier diet? I do not believe so because a human anatomically is an omnivore and not a herbivore. We were built to eat meats and vegetables and we evolved intelligence for the purpose of hunting initially. I can't believe its better just to not eat meat at all.

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Re:Is all vegetables really a healthier diet?

Posted by reiki2 - 2007/10/07 08:01

Hi

I was on raw veg and juicing for years, however over time I got ill.

The answer to my health problems came when I visited my friend Standing Deer a Tiwa Indian from New Mexico, he suggested trying some buffalo jerky, I tried it and started to feel better.

So now I still juice and eat a lot of fruit and veg, but I also eat some meat as well

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Re:Is all vegetables really a healthier diet?

Posted by mareika - 2007/10/16 21:32

I agree that there are certain things that we need in our diet that cannot be got from the none animal kingdom. For instance vit B12 only comes from animal and dairy.

However there are supplements we can take. The trouble is they are synthetic and so many vegans will not accept them. They get sick from the lack of, and so yes, it shows that we do need animal sources.

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Re:Is all vegetables really a healthier diet?

Posted by hazephase - 2007/10/27 22:36

There are people in India that are called Jains that do not eat any eat for there full life and I have met these people . There are natural thing that you can take to get B12

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Re:Is all vegetables really a healthier diet?

Posted by sweetangel18 - 2007/10/29 22:49

I believe that eating vegetable most of your meal gives you a healthy diet,because all kinds of nutrients are found in the vegetable.

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Re:Is all vegetables really a healthier diet?

Posted by natural_energy_visible_di - 2008/06/11 00:42

I used to be a vegaterin for 3 years and I got sick I had infections in my body and so on. I went to see a holistic doctor who told me i should start eating meat. She told me that there is a protein in meat that goes to your liver. This protein causes a chemical to release from your liver that cleans out toxiens in you body. You can only get this protein from meat.

I belive that eating meat in moderation is important, but you really only need a peice of meat half the size of you palm twice a week.

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Re:Is all vegetables really a healthier diet?

Posted by hellosusanc - 2008/06/30 05:38

I don't know if ONLY eating veggies is good or bad, but I do know that eating them for breakfast has really helped. I recently started drinking something I call James Ray's Breakfast Shake. (I read about it in "Harmonic Wealth" by James Ray There is actually a whole section on the physical body and he offers up some great ideas that have worked for me).

One of those is starting off the day with a glass of water with lemon and then making my first meal a green shake. Still doesn't hit the spot like a pile of pancakes, but I've lost seven pounds in the last month and a half and my skin is looking a lot brighter and clearer. Good luck and God bless!
a James Ray Fan

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Re:Is all vegetables really a healthier diet?

Posted by dtactics - 2008/07/18 09:34

All vege diet really has its perks. Actually I don't believe that all vegies is better because as long as you know what you eat and get the right nutrition, you still would be healthy. Eating a mix of foods that is complete in nutrition is better than eating all vegies of the same kind of nutrition. Still, vegetables remain nutritious but alone it may not be enough to provide the complete nutrition the body needs. That is my opinion on the matter.

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Re:Is all vegetables really a healthier diet?

Posted by dtactics - 2008/07/18 09:35

For me eating vegetables along with fruits along with proper regular exercise will do the trick.

Post edited by: dtactics, at: 2008/07/18 01:39

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Re:Is all vegetables really a healthier diet?

Posted by brother - 2008/07/24 15:18

I must agree with logic that humans are predators and have teeth to be meat eaters not vegetarians. It is known that meat is harder to digest and more fruits and vegetables are beneficial for our health. Also white meat like chicken and fish is better for us. When we eat beef, remember that they have been human bred to produce more meat fast and this often means a lot of fat and that is not the way nature made animals for us to eat. I suggest a very limited amount of red meat, some fish and chicken and a lot of fruits and vegetables - but, try to get organically grown whenever possible. It costs more but is much more healthy. For the best results grow your own after learning how to grow healthy food without chemicals.

Fruits and vegetables have much less nutritional value today that they did years ago since the nutrients in the soil are being depleted so the fruits and vegetables absorb less nutrients. Natural vitamins and minerals in liquid form in the correct proportions are needed for optimal health. Good supplements cost about \$2.50 a day now if you know where to get them and the right type. Like everything, there are more expensive ones and some not so good. Get caught up with the wrong ones and you could pay \$10 a day or more with less good effects.

I was taking a very good supplement in the past, but financial problems due to divorce caused me to stop. I will start again soon and be able to help anyone buy these through me if you wish. I will get a little better price if more people buy through me, but that is not my motivation. I like to help people do better and that is why I am here now. I do wish that I could produce my own natural vitamins and minerals but that is a complicated process that cannot be done at home so I am stuck paying someone else to do that.

Since commercially produced foods are not as healthy as they should be, I would really like to join or create a self-sustaining community so we could grow our own food more naturally and thus be more healthy. I am searching for

supporters and sponsors to do this.

Humans do not normally drink nearly enough water for optimal health, but even our water is not good for us especially when treated with chlorine and with all of the contamination from chemicals used and automobile exhausts, etc. I know a purification process that adds energy to water and super purifies it. I need a place to start producing these things. I now live in an apartment in the city and can do nothing here.

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Re:Is all vegetables really a healthier diet?

Posted by admin - 2008/07/28 12:46

Hi Brother

A very interesting post,I would like to pick up on water.

This book will transform your world view. Masaru Emoto's first book, The Hidden Message in Water, told about his discovery that crystals formed in frozen water revealed changes when specific, concentrated thoughts were directed toward them.

He also found that water from clear springs and water that has been exposed to loving words showed brilliant, complex and colorful snowflake patters. In contrast, polluted water, or water exposed to negative though formed incomplete, asymmetrical patterns with dull colors.

Here is a link to the book if you are interested

<http://www.toolsforwellness.com/21441.html>

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Re:Is all vegetables really a healthier diet?

Posted by Johnson486 - 2012/02/09 20:03

There is no doubt that vegetables are always a source of healthy diet.

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