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**Inadequate Safety Regarding Flesh Foods**  
By: Hesh Goldstein

Federal health authorities have estimated that foodborne diseases sicken 76 million people, cause 350,000 hospitalizations, and kill 5,00 Americans every year (1). Studies have shown that the meat in the U.S. is loaded with harmful bacteria. The USDA, in 1966, after collecting ground beef samples from meat processing plants around the country, found that 7.5% of the samples were contaminated with Salmonella, 11.7% were contaminated with Listeria, 30% were contaminated with Staph, and 53.3% were contaminated with Clostridium.(2).

Why? Because of the horrendously filthy conditions in which these defenseless, innocent creatures are raised. Also, because of the Daytona 500 speed at which the meat is processed. This endless quest for speed is perpetrated only by the desire to maximize profits. Meatpacking plants slaughtered about 175 cattle an hour twenty years ago. Today? At least 400 cattle an hour (3).

To keep this dead, rotting flesh safe for consumption, an effort must be made to keep the “doo doo” spilling out of the intestines from contaminating the tables, tools and the meat itself. Good luck! But, because of the speed at which these production lines move, it is virtually impossible to prevent this contamination. So, we wind up with bacteria contaminated meat causing foodborne illnesses.

Because of this horror to generate profits there are always periodic outbreaks of foodborne illnesses and ultimately, recalls. In 2002, ConAgra recalled 19 million pounds from its Greeley, Colorado plant after E. coli killed a woman and 35 others got sick. Unfortunately, 80% of this contaminated flesh had been consumed before the recall, salvaging much of the profits (4). Guess which is the worst for E. coli? Hamburger anyone? (5)

But wait, there's more. In 2008, the USDA recalled the biggest ever: 143 million pounds! The bad news was that again, most of it was consumed by the time the recall was initiated insuring that most of the profits were salvaged. This finally got the attention of our government where the head of the Senate Agricultural Committee thought it would be good to tighten the laws regarding slaughterhouses. (6) Duh!

And so it goes. Profits first, health second, and Obamacare to the rescue. Heaven help us!

How then does one escape falling within the confines of this disease-ridden, compassion-less reality? By adopting a vegan diet, free from flesh, milk products and eggs. Not only will it provide you with good health by providing high fiber, artery cleansing, and the lowering of bad cholesterol and blood pressure, but it will soften your heart as well. If you can't go home and eat your dog how can you go home and eat another defenseless, horribly abused animal?

Aloha!

Sources:

- 1 Mead, Paul S. et al. "Food Related Illnesses and Death in the United States" CDC 1999.
- 2 Schlosser, Eric. "Fast Food Nation". p197
- 3 Ibid, p173
- 4 Scherer, Michael. "Meatpacking Maverick" Mother Jones, Nov/Dec 2003.
- 5 Centers For Disease Control and Prevention, "Disease Listing, E. coli O157:H7" CDC, 2006.
- 6 Food Safety and Inspection Service. "FSIS Food Recall Fact Sheet." USDA. March 22, 2006.
- 7 Brown, David. "USDA Orders Largest Meat Recall in U.S. History". The Washington Post. February 18, 2008.