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WHAT'S YOUR HEART'S CONDITION?

You'll notice that I did not ask about whether you had a “heart condition”. I specifically asked about your “heart's condition”. To put it another way, do you feel that you are soft hearted or hard hearted? By the time we are done with this, you will know one way or another.

Everyone I talk to says they are soft hearted and full of compassion. They have a pet dog or cat that they love to death, or some tropical fish or some type of bird. Yet, they have no problem eating the flesh of those same type of creatures as long as they are not their pets. Does anyone see a bit of hipocrisy there? Maybe if they knew what the process was that put that flesh on their plate, they might have a different mindset.

Back in the 80's the number of cattle “processed” in an hour was 50 to 175. Today it's up to 400 per hour. Imagine an assembly line where men are standing shoulder to shoulder swinging knives at a frantic pace to make quota. Do you think they are injured as well? Duh! And what about the men working the grinders? Do you think that maybe an arm or leg gets caught? Duh! Do you think they stop the grinder to free the limb? Duh! So then, where does that limb go? Does it get processed along with the cows and wind up in your burger? Duh! Um, um, um, um, um! Finger lickin' good.

Would it bother anyone to know that little chicks are run through a conveyor belt and dropped by the thousands onto a floor the size of two football fields so they can be fattened up in less than two months so you can eat them? Would it bother anyone to know that many of these chickens get sick or crippled and because of their numbers are left on the floor to be trampled by the others and still “processed” so you can eat them?

What about the disease that comes with this “product” that is treated with enormous quantities of antibiotics, growth hormones, color enhancers, stink reducers and chemicals that emulate their natural smell, to make them appear bright, colorful, appetizing, healthy and tasty? Do you think that sick creatures would be processed as well? Duh! Food poisoning anyone?

Seriously, do you really believe that the vibrant, red colored package of meat that you see in the supermarket is really that color? Understand that the nature of a dead body is to rot. As it is rotting or decomposing it starts to turn a grayish green, putrid looking color and starts to really smell. Well, that's where the wonders of science come in. In New Jersey on Route 1 there are

chemical plants that work to fix that problem. With a dash of this and a drop of that, that putrid looking, foul smelling, rotting piece of flesh now has no odor and is a vibrant red and ready to go to the supermarket for you to buy.

What about what these creatures eat? Well, cows have four stomachs because they are ruminants and need to process huge amounts of foods with cellulose content, like grass. Would it disturb you to know that the Fraud and Drug Administration allows them to eat dead pigs, horses and poultry? Mad Cow disease anyone? But the chickens are not vegetarians so they get treated to the dead, dying, diseased and decaying cows as their food. Yummmmy! What if I barbeque? Well, the fat from the flesh drips down onto the charcoals and releases a chemical called benzopyrene, which is found in tobacco and which covers the flesh. When you eat it, it's the equivalent of smoking 300 cigarettes at one time. But there is good news. These poor innocent creatures get the last laugh from the grave in the way of cancer, heart disease, arthritis, etc. Prescription drugs for life anyone?

This is why a flesh and dairy free organic based vegan diet is not only the best and the healthiest diet to adhere to, but the safest. So, once again I ask, what is your heart's condition? Soft or hard? What you eat will answer that question.

Aloha!

References: Fast Food Nation, Chew On This, and my 28 years on the radio