

HESH GOLDSTEIN
“Health Talk” Moderator K-108 Radio
P.O. Box 240783
Honolulu, Hawaii 96824-0783
Tel: (808) 258-1177 / Fax: (808) 848-8640
heshgoldstein@gmail.com

WHY BE A VEGETARIAN?

By, Hesh Goldstein

When well chosen, a vegetarian diet can be more conducive to good health than the **Standard American Diet** and is linked to a reduced incidence of chronic diseases. The following are but a handful:

OBESITY: In a vegetarian diet more fiber-rich foods are consumed; therefore, less total calories are consumed and the overall healthy lifestyle of vegetarians may lead to increased physical activity.

HIGH BLOOD PRESSURE: Vegetarians tend to lead a lifestyle devoid of smoking, excessive alcohol consumption, and regular exercise. This, in conjunction the elimination of the artery clogging, and blood flow restricted saturated fat found in flesh, dairy and eggs, and the increased consumption of fiber, fruits and vegetables, leads to lower blood pressure.

HEART DISEASE: Because a diet without flesh, dairy and eggs and with way more fiber unclogs clogged arteries allowing blood to flow unrestricted, the symptoms of heart disease and stroke are virtually eliminated.

CONSTIPATION and DIGESTIVE DISORDERS: Because of the high alkaline vegetarian diet, which is soothing to the system, and all the fiber consumed, there is virtually no problem in elimination or with “heart burn”.

CANCER: It’s not rocket science; less fat, less protein, no diseases in what’s converted to food, and you are left with little or no carcinogens to ingest.

ALSO: A vegetarian diet is more humane in saving the lives of living entities that would be slaughtered for food; is more economical than a flesh based diet, and creates fewer demands on the environment.

So, does the thought of becoming a vegetarian seem appealing yet a bit overwhelming in that you don’t know where to begin and you’re not ready to go “cold broccoli”? Try this: start by eliminating one type of flesh from your diet and sticking with that until you are used to it. Then, do the same thing with another flesh item, then eggs, then dairy. Go slow. Have a couple of vegetarian meals a week and over time increase them until all are vegetarian. While doing this, pick up some vegetarian cookbooks and experiment. When eating out you will find that most

restaurants will easily accommodate you.

I've written about this before but eating organically grown produce is the way to go. 'Organic' simply means food in its purest form, produced without chemical aid. When you bite into an apple, you get more than just the apple. The apple absorbs the chemicals it is fed and next in the food chain to absorb these chemicals is you. I would think that you would want to eat the cleanest food you could. Do not think for a minute that washing the outside or peeling will rid the chemicals. What about what permeates the entire make-up of the food?

There is debate as to whether or not organically produced foods are more nutritious than conventionally grown foods, but what is for certain is that healthy soils grow healthy plants, and lots of us believe that they taste better and indeed are more nutritious. Try it and decide for yourself.

The bottom line: try it for 3 months. If you don't like the way you feel and look, you can always go back.

Aloha!