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Why Do We Eat Flesh And Blood?

Besides being conditioned from infancy and being subjected to social and advertising pressure, the main reason that hooks people on animal foods is taste. One thing is clear though, we cannot stomach eating flesh in its normal state, especially if it's soaked in blood, even if it's cooked.

Bear in mind that an animal has to be alive when its throat is slit so its heart, which is still pumping, can pump blood out of their bodies and dry their flesh. If this did not happen the flesh would be so drenched with blood that no one would want to eat it. Even so, the flesh is loaded with waste products or urea.

It is the urea trapped in the flesh that, when cooked, makes your mouth water, your vampire tendencies manifest, and five stars given to a “classy” restaurant. But, it's not enough. The more we can disguise and hide the waste product flavor, the more we like it.

We cook flesh and eggs and add salt, pepper, MSG loaded seasonings, and all kinds of taste enhancers. If we ate cooked animals milk, aka cheese, without adding salt, we would probably gag. To make cream and milk more appealing, we add flavorings, fruits and sugars and turn it into ice cream and flavored yogurt. We take a flesh patty and bury it with salt, lettuce, tomatoes, onion, cucumber, ketchup, mayonaise and mustard.

The question that must be asked is, are we enjoying the taste of this rotting piece of flesh that we have been conditioned to salivate over or is it all the plant-based sauces, seasonings, condiments and dressings that camouflage it? Even as kids, we are buried in Big Mac propaganda telling us that all these hamburgers came from “hamburger patches”.

But, when cooked and disguised, animal flesh, eggs, and milk products all have one thing in common: they are high in saturated fat. Despite this, we easily develop cravings for these fatty, creamy, greasy foods, which tend to satisfy our taste cravings.

Surely, plant foods can be prepared in fatty, creamy, ways as well, without the toxic cholesterol, but the cooked fat and urea combination cannot be duplicated by plant foods. There is one interesting catch: people who switch to a plant-based diet and stay on it for six months to a year, find nothing attractive about the taste and texture of animal foods and find them increasingly revolting.

What's interesting is that our taste cells change about every three weeks. That's basically all it takes to forget the taste of animal foods. When this happens, the cravings we had for animal foods, which is conditioned and maintained by repetition, disappears. Eliminating our former diet high in animal fat, animal protein and cholesterol, frees us from that which was so toxic to our bodies, minds and disposition and gives us a more peaceful and compassionate outlook.

What has been experienced with such a change over the past 35 years, is an increased appreciation for the various flavors connected with the wide assortment of plant-based foods. After all, flesh and blood is nothing more and nothing less. It is simply, flesh and blood.

Aloha!