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IN SUPPORT OF SB 2136

Why Vegan?

By: Hesh Goldstein

Thanks to millions of dollars in advertising, we have been brainwashed to believe we need meat, fish, poultry, eggs, and milk as the staples of our diet. Due to this, these high fat, high cholesterol, artery clogging “foods” have been accepted as an essential part of the American diet. In addition to this profit-driven advertising, federal laws mandate that all schools provide children with milk and flesh at each meal or lose federal funding. This done despite the fact that 90% of blacks, 70 % of Orientals, and 15% of white kids suffer from lactose intolerance and cannot digest milk products.

Ignoring these stats because money is more important than health, we find that half of all dairy consumption, approximately 300 pounds a year, comes from cheese, which is nothing more than a super concentrated form of health destroying saturated fat and salt. Also, we are the only creatures that regularly consume the milk products of other species. Rat’s milk, anyone? From ingesting flesh, eggs and milk, there are no other components in the “modern” diet that causes more pain and suffering, including death and disability, than these products. In fact, there is strong evidence linking these products to:

- Type-1 diabetes
- Type-2 diabetes
- Heart Disease
- Constipation
- Ear infections
- Sinus congestion
- Skin problems like rashes, dermatitis, eczema, hives and acne
- Asthma
- Digestive problems
- Arthritis and joint pain
- Cancer
- Obesity

Besides the above problems, there are many others. Milk proteins besides being the leading cause of promoting the illnesses listed above, are prone to rampant bacterial contamination such as salmonella, listeria, Ecoli, staph and the cause of most dairy product re-calls. Dairy products, as with all flesh foods, hold various poisons, including pesticides and other environmental contaminants. Yes, while pasteurization might kill a lot of these contaminants, it also kills any traces of any beneficial, if any, nutrients. Let’s not forget that in order to increase

milk production, dairy cows are injected with artificial growth hormones. With this comes the increase of insulin-like growth factors that have been shown to promote the growth of cancer cells as well as making a person so big that they can blot out the sun and when they walk down the street. it's as if you can hear someone singing, "I feel the earth move under my feet..." . Then there's the fact that most of the antibiotics produced are fed to animals to keep them healthy. The down side to that is that this overload to us of the antibiotics we ingest through the flesh and milk, tends to make us more resistant to the combating of various strains of bacteria when we get hit by them. But wait, there's more: dairy products lend themselves to inappropriate immunological reactions when absorbed through an inflamed intestinal tract. This is affectionately known as "gut leakage", which also is associated with many of the illnesses aforementioned.

So, these are some of the adverse effects on the body. But what about the environment? Does it matter that the process of raising cattle for milk and meat is a leading contributor to both water and air pollution and very hard on the environment? We seemingly are opposed to the slavery of people but what about the slavery of cows, chickens, pigs, and turkeys ? That is a question that only you can answer for yourself.

Everyone thinks that the consumption of fish is good and that fish is a "health food". I beg to differ. Fish is the muscle of a cold-blooded animal with fins and gills. The major components of fish are fat, with 60% of their calories coming from fat, and protein. There is no carbohydrate, no dietary fiber, or no vitamin C. Because many fish are high on the food chain, they are highly contaminated with environmental chemicals like PCB's and mercury. Fish fat is known to inhibit the actions of insulin and increase the tendency for high blood sugars and eventually diabetes. Eskimos are among the highest consumers of fish on the planet and also have the highest rates of osteoporosis of any people on the planet.

Yet, despite all these facts, we continue to force these disease and obesity causing, if you'll pardon the expression, "foods" upon innocent children in the schools. If it were truly about health it wouldn't happen. If it were about money... well, let history speak for itself.

Please, please pass this bill and give our keiki's a break.

Aloha!

Hesh Goldstein