

## **Meat as the cause of all the diseases**

*Aksyonova Anna Sergeevna*

*Belarusian State Medical University, Minsk*

*Tutor - Vasilieva Olga Anatolievna, Belarusian State Medical University, Minsk*

The World Health Organization classifies processed meat as a Group One carcinogen, the same group as cigarettes, asbestos and plutonium, and classifies red meat as group Two carcinogen.

Harvard researchers looked at nine prospective studies finding that just one serving of processed meat per day increased risk of developing diabetes by 51%. The link between eating meat and developing diabetes became undeniable.

Heterocyclic amines are clear-cut carcinogens, and they can form in any kind of meat as it's heated, as it's cooked. Dioxins being the most toxic, man-made chemicals known to science cause endometriosis, cancers, endocrine disruption problems. But, most of your exposure, 93% of it, comes from eating meat and dairy products because it climbs up in the food chain so effectively.

Besides diabetes, meat can cause number of other dangerous diseases, such as obesity, erectile dysfunction in men, atherosclerosis, Alzheimer's disease, dementia and decreased cognitive ability. It is caused by the high level of antibiotics, hormones, steroids in animal feed. Commercial animals are largely fed GMO corn and soy, which are very laden in pesticides. All this environmental toxins and the toxins from the feed that they're being fed accumulate in their tissues and are released into our body.

So, people can actually change the expression of genes, tumor suppressing genes, tumor activating genes by what they eat, what they put into their bodies.

According to an article released in 2009 by the American Dietetic Association, there is no stage of human life in which you need to eat meat, because it may increase the risk of cancer and many others diseases