

Vegetarian vs. Meatarian?

I am a vegetarian and this is a part of my religious and spiritual commitment. There is evidence that animal products can increase your risk for many diseases. The China Study is about a huge study of dietary habits in different areas of China that concluded that the more animal products in your diet, the higher your risk for cancer, diabetes, heart disease and stroke. It is important to note that all of the diets that were evaluated in this study were also high in carbohydrates because rice is such a staple in China. Perhaps this had something to do with the results.

What I am seeing in the research around low carbohydrate diets is that the level of carbohydrates in the modern diet is also a contributing factor to these conditions. Even though I have been a vegetarian and eaten only occasional dairy for many years, my cholesterol, blood sugar and weight did not change. I suspect that both animal products and carbohydrates can cause these problems, but that far more damaging is the high level of carbohydrates. I suspect that the ketogenic diet, with very low levels of carbohydrates and moderate levels of protein, animal or plant, is not a high risk factor for these diseases of modern civilization. The benefit that you get from lowering your insulin levels offsets the stress that the animal protein causes to the body. So if you are not a vegetarian or vegan, then it will be much easier for you to keep your carbs low and maintain a state of ketosis.

This is not to say that I recommend that you eat meat. There are other really good reasons to avoid animal products. The ethics of killing animals is certainly a part of the issue. It also takes a lot of water and food to raise animals for meat. It has been calculated that a vegetarian driving a Hummer has a smaller carbon footprint than a meat eater driving a Prius. Eating vegetarian is much more friendly to our planet.

I have also found in my own experimentation, that animal products interfere with the higher chakras. Eating animal flesh interferes with the function of the pituitary and pineal gland. These two glands that are embedded in the brain tissue are related to the 6th and 7th chakras. The 6th chakra is related to our intuition and the 7th chakra is related to our connection with soul. I recommend that people who do yoga and meditate avoid eating animal flesh. Dairy products, while potentially causing food reactions, do not interfere with these two glands or chakras.

Getting back to the ketogenic diet, I have been able to successfully stay in ketosis even though I avoid meat and flesh and eggs. I have been eating dairy products in the form of cheese, butter and cream. This had made it easier for me, but I know that I could still do this diet if I avoided all animal products and dairy, it would just be a challenge. If you are currently eating flesh and eggs, then I suggest that you continue to do so, and this will make it much easier to stay in ketosis. If you want to eat vegetarian or vegan, then I can help you find ways to achieve ketosis without any animal products.

Khalsa Chiropractic Center
Santokh Singh Khalsa, D.C.
2801 E. Foothill Blvd., Pasadena, CA 91107
(626) 345-9750
www.khalsachiropracticpasadena.com