

Study: Daily Meat Consumption Increases Early Mortality Rates

Individuals who consume processed and red meat on a daily basis hold a greater chance of mortality from all causes. Recently, research results were reviewed in a large-scale study that evaluates mortality rates as they relate to dietary consumption.

Dietary Consumption: Vegetarian, or Meat?

The *Journal of American Osteopathic Association* published a review that was led by physicians at Mayo Clinic. The authors reviewed the diets of those who are meat consumers to those who are vegetarian over a significant period of time. Data was analyzed which included six different studies.

According to Dr. Laurent, the individual's diet has the power to harm the body, or heal the body. Clinical-based evidence provides the strong conclusion of how important the diet really is to the body. Eating a vegetarian diet is *much healthier* for individuals and increases life expectancy.

Meat Consumption: Increased Mortality Rates

In a review of the findings, even the smallest consumption of meat can provide a steep increase in mortality rates. One study followed over one and a half million people for a period of five to 28 years. The association of eating highly processed meats and unprocessed red meats were considered. This included bacon, sausages, hams, hot dogs, salamis, pork, lamb, beef, and game.

Increased rates of mortality from *all causes* were shown in the evidence. Individuals with the very low intake, or no intake

of meats, gained a 25 percent increase in life as compared to those with higher intake of meats. The studies also found an increase in life expectancy of over 3 1/2 years for those who consumed a vegetarian diet for more than 17 years of life.

The Vegetarian Lifestyle

Health conscious individuals are learning to add more of the “vegetarian lifestyle” to their dietary list of options. Meats can be replaced with more vegetables, rice dishes, beans, and other vegetarian protein options.

Changing the diet to include no animal products can be a challenge, but it is *not* impossible. The modification of adding more plant proteins can take place over a period of time allowing the individual to make progressive dietary adjustments.

High-quality nutritional supplements can be added to ensure one is getting the nutrition needed on a daily basis. Overall, making the change to vegetarian can improve life in a variety of ways including increasing life expectancy. {eo}

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