**VEGANISM AND CANCER PREVENTION**

The American Institute for Cancer Research; one of the nations leading cancer research organizations says: “Research shows that cancer survivors should follow the same diet recommendations as those for cancer prevention: a varied, plant-based diet. The latest study on the topic suggests that among a population known for having a healthy diet, eating a vegetarian diet may reduce overall cancer risk modestly compared to meat-eaters. When focusing on specific types of vegetarian diets, the vegan diets showed protection for overall cancer incidence also. Vegan diets seems to confer lower risk for overall and female-specific cancer than other dietary patterns.”

**MEAT IS CARCINOGENIC, CAUSES CANCER**

Processed meat consumption has been strongly linked to a higher risk of stomach cancer. The World Health Organization has classified processed meats – including ham, salami, bacon and frankfurts – as a Group 1 carcinogen which means that there is strong evidence that processed meats cause cancer. Red meat, such as beef, lamb and pork has been classified as a ‘probable’ cause of cancer. These classifications do not indicate the risk of getting cancer, rather how certain we are that these things are likely to cause cancer. Even an infrequent consumption of processed meat, such as three bacon rashers or two sausages a week, can considerably increase your risk.
VEGANISM AND BREAST CANCER HEALTH

Breast cancer is the most common cancer among women worldwide and, in spite of the continuous improvements in breast cancer prognosis, this tumor constitutes the leading cause of cancer death among women in medium and high income countries. Lower Breast Cancer Risk among Women following the World Cancer Research Fund and American Institute for Cancer Research Lifestyle Recommendations are simple: Follow a Vegan diet. Women with mostly plant-based diets high in raw vegetables had up to 36 per cent lower risk of cancer than women who ate more animal-based and processed foods. The risk reduction was even higher for women.

LINK 1   LINK 2   LINK 3   LINK 4   LINK 5   STUDIES

MEAT MAIN CAUSE OF MAJORITY DISEASES

There's ground-breaking scientific evidence that red meat, white meat and processed meat offers no health benefits over plant-based foods. We examine the links between red meat, processed meat, chicken and disease and explain why meat causes food poisoning, how BSE, bird flu and antibiotic-resistant superbugs pose an increasing threat. Eating meat increases the risk of all the big killers: heart disease and stroke, diabetes, bowel cancer and other cancers. Meat is the main causes of obesity, along with dairy foods. It offers no protection for bone health and the animal protein in meat & dairy is linked to weaker bones. Meat is the main cause of food poisoning.

LINK 1   LINK 2   LINK 3   LINK 4   LINK 5   STUDIES

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https://youaretheirvoice.com/pages/veganism-is-healthy
VEGANISM & OTHER TYPES OF CANCERS

A plant-based diet has overwhelmingly proven reduced risk of Ovarian, Cervix, Prostate, Digestive Tract, Lung, and Bladder cancer, and in all cases included significant aid in reversal of such cancers with traditional medicine. Reviews of multiple studies that looked at the health outcomes of vegetarians and people who eat meat reported a very important finding: vegetarians have significantly lower rates of cancer. This includes cancers of all types. A smaller, single study found that vegans fare even better. For all the reasons that vegan and vegetarian diets can reduce cancer risks, these diets are good for cancer patients.

HEAVY LINK TO PROSTATE CANCER

A study among 27,607 men followed from 1994 to 2008 showed that egg, red meat, and poultry intake increase risk of developing a lethal form of prostate cancer among healthy men. In a separate study, they confirmed and extended their previous findings that total dairy product intake and calcium from dairy foods were positively associated with overall risk of Prostate Cancer. The positive association between dairy product intake and PCa has been reported in several studies, including studies from the United States, Canada and Japan. These data raised concerns whether dairy should be recommended for a healthy diet.

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https://youaretheirvoice.com/pages/veganism-is-healthy
VEGANISM AND HEART DISEASE

Heart disease (high blood pressure, high cholesterol, atherosclerosis, stroke and heart attack) is much less common among vegans compared to the rest of the population. And not only can a vegan diet help prevent heart disease, it can also treat it! A review of studies on how diets generally recommended for people with/at risk of CVD or diabetes or wholesome vegan diets affect human health arrived at a conclusion that vegan diets are clearly better for both, improving cardiovascular health and blood sugar control.

Milk and other dairy products are the top article of saturated fat in the American diet, contributing to heart disease, type 2 diabetes, and Alzheimer’s disease. Studies have also linked dairy to an increased risk of breast, ovarian, and prostate cancers. Research shows that dairy products have little or no benefit for bone health. Regular consumption of dairy products has been linked to prostate cancer. Dairy is also associated with increased risk of lung cancer, breast cancer, and ovarian cancer in people with lactose intolerance.
VEGANISM AND TYPE 2 DIABETES

Diet and lifestyle have long been regarded as the main causes of type 2 diabetes. Now research suggests that vegans reduce their risk of diabetes by 78% compared with people who eat meat on a daily basis. Type 2 diabetes is almost always preventable, often treatable, and sometimes reversible through diet and lifestyle changes. “People who eat a plant-based diet have just a small fraction of the rates of diabetes seen in those who regularly eat meat. By switching to a healthy diet, you can start improving your health within a matter of hours.”

EGGS CAUSE HEART DISEASE & DIABETES

Eggs greatly increase the risk of Heart Disease, Diabetes, and Hormone-sensitive Cancers, among several other diseases. Eating five or more eggs a week has been associated with a worrying increase in the risk of breast, prostate and ovarian cancers. Laying hens treated with drugs and given feed containing pesticides tend to produce contaminated eggs. Traces of many of these dangerous pollutants are usually present even in free range and organic eggs. People who eat an egg a day have up to double the risk of developing type-2 diabetes.

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https://youaretheirvoice.com/pages/veganism-is-healthy
VEGANISM IS THE HEALTHIEST DIET

Many people grow up thinking that animal products like meat and milk are essential parts of a healthy diet. However, well-planned vegan diets follow healthy eating guidelines, and contain all the nutrients that our bodies need. Both the British Dietetic Association and the American Academy of Nutrition and Dietetics recognize that they are suitable for every age and stage of life. Despite the stated environment and ethical benefits of consuming a plant-based diet, it can also provide numerous, scientifically-backed, significant health benefits.

LINK 1  LINK 2  LINK 3  LINK 4  LINK 5  STUDIES

MILK AND THE CALCIUM MYTH

Don’t we need dairy for strong bones? A meta-analysis of cow’s milk intake and hip fracture studies showed no significant protection, and a recent set of studies involving 100,000+ thousand men and women followed for up to two decades even suggested milk may sometimes increase bone and hip fracture rates. A varied diet of starches, vegetables, and fruits (without dairy) has sufficient calcium to meet our needs. Even though the vegans have vastly lower dietary calcium intakes, they enjoyed the exact same bone density as their meat counterparts.

LINK 1  LINK 2  LINK 3  LINK 4  LINK 5  STUDIES

Was this printed out? Find sources for all links and studies on the last page! Or visit this resource by going to the link below:

https://youaretheirvoice.com/pages/veganism-is-healthy
VEGANS LIVE LONGER & HEALTHIER

Results already indicate that, on average, vegetarian men and women live at least nine and six years longer, respectively, than their meat-eating counterparts. Massachusetts General Hospital monitored more than 130,000 people for 30 years, they found that vegans were considerably less likely to die at a young age than people who ate meat, eggs, and dairy-based foods. The scientists found every three per cent increase in calories from plant protein, was found to reduce risk of death by 10 per cent and rises to 12 per cent for risk of dying from heart disease.

MEAT AND THE PROTEIN MYTH

Although protein is vital for our survival, we don’t need as much as is commonly believed. Recommended amounts have more than halved in the past 20 or so years as several chronic diseases have been linked to eating too much animal (not plant) protein. If you ate nothing but a variety of fresh fruit, you still would never suffer a deficiency of protein (or even any particular amino acid). Short of starving yourself, it’s almost impossible. The protein craze isn’t just an unwarranted, over-hyped red herring, it’s actually very harmful.
SOY REDUCES RISK OF CANCER

Instead of causing cancer, soy has actually long been shown to protect against cancer, due to the highly protective nature of isoflavones. This is especially relevant to the prevention of premenopausal breast cancer, due to the isoflavones’ ability to block estrogen in breast tissue. Soy is high in isoflavones, a type of phytoestrogen that has been linked with lower risks of endometrial cancer and bone loss in women. One study of breast cancer survivors from China and the US showed a significant association between soy and reduced breast cancer recurrence.

MEAT, DAIRY, AND OBESITY

A plant-based diet can help prevent and treat obesity and other serious health conditions. Plant-based diets appear to protect against metabolic syndrome and may foster the kinds of gut bacteria linked to reduced obesity risk. One in three American adults is obese, seven times the rate of China and eight times more than Japan. If the current trend continues, virtually 100% of Americans will be obese by the end of the century. Though obesity is a complex issue, it is proven that the vegan diet provides remarkable protection against overweight and obesity.
VEGANISM AND CANCER PREVENTION

[43 Studies] https://pastebin.com/azAW94Ah

MEAT IS CARCINOGENIC, CAUSES CANCER

[43 Studies] https://pastebin.com/azAW94Ah

VEGANISM AND BREAST CANCER HEALTH

[1] https://youaretheirvoice.com/pages/veganism-is-healthy
[35 Studies] https://pastebin.com/9b6taNv3

MEAT MAIN CAUSE OF MAJORITY DISEASES

[27 Studies] https://pastebin.com/2Whviq20

VEGANISM & OTHER TYPES OF CANCERS

[1] https://www.pcrm.org/health-topics/prostate-cancer
[43 Studies] https://pastebin.com/azAW94Ah

HEAVY LINK TO PROSTATE CANCER

[1] https://www.pcrm.org/health-topics/prostate-cancer
[23 Studies] https://pastebin.com/QYE0aTLN

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https://youaretheirvoice.com/pages/veganism-is-healthy
VEGANISM AND HEART DISEASE

1. https://www.vivahealth.org.uk/veganhealth/heart-disease
17 Studies] https://pastebin.com/pXN4tR4t

DAIRY IS UNDISPUTEDLY TERRIBLE FOR YOU

1. https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-about-dairy
5. https://www.huffpost.com/entry/dairy-free-dairy-6-reason_b_558876
29 Studies] https://pastebin.com/wUWsXyQC

VEGANISM AND TYPE 2 DIABETES

5. https://tinyurl.com/y948rr7f
10 Studies] https://pastebin.com/RNawcPNj

EGGS CAUSE HEART DISEASE & DIABETES

2. https://www.peta.org/living/food/reasons-stop-eating-eggs/
11 Studies] https://pastebin.com/VpgkUbgA

VEGANISM IS THE HEALTHIEST DIET

2. https://www.vivahealth.org.uk/veganhealth
3. https://veganhealth.org/
99+ Studies] https://pastebin.com/u/YouAreTheirVoice

MILK AND THE CALCIUM MYTH

1. https://nutritionfacts.org/topics/calcium/
5. https://www.peta.org/living/food/reasons-stop-drinking-milk/
29 Studies] https://pastebin.com/wUWsXyQC
VEGANS LIVE LONGER & HEALTHIER

[99+ Studies] https://pastebin.com/u/YouAreTheirVoice

MEAT AND THE PROTEIN MYTH

[1] https://nutritionfacts.org/topics/protein/
[99+ Studies] https://pastebin.com/u/YouAreTheirVoice

SOY REDUCES RISK OF CANCER

[1] https://nutriciously.com/is-soy-bad-for-you/
[26 Studies] https://pastebin.com/eym4uG81

MEAT, DAIRY, AND OBESITY

[1] https://nutritionfacts.org/topics/obesity/
[21 Studies] https://pastebin.com/HVsWhQCR

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