



Top 30 Truths Every Woman Should Know if She Consumes Animal-Source Foods



**A Veg Report in
PDF Available from
www.veganswerman.com**

Purpose: The purpose of The Veg Report Series is to demonstrate that humans are natural vegetarians, designed to subsist only on a diet of plant-source foods. Each report is intended to support this supposition by way of empirical evidence, deductive reasoning, and reasonable inference. Each article of evidence has been provided in good faith, often corroborated by other data, and should be viewed as part of a whole rather than as stand alone proof. Not every question will be answered nor every argument countered.

Disclaimer: This report is not intended as a substitute for the medical advice of your trained health professional. The author-publisher disclaims any liability arising directly or indirectly from the use of the information contained in this report. If you do not agree with the above, you may return this report to the publisher for a full refund.

Feedback: Readers who would like to provide feedback they believe will improve the quality of this Veg Report may submit their information and supporting material to the publisher.



© 2007 Outside the
Box Publishing
P.O. Box 2355,
Huntington Beach,
CA 92647

The number '30' placed at the end of a story in journalism means, The End. Acknowledging these thirty truths may prevent a premature finish when it comes to our *life* story.

The personification of Womankind should be along the lines of: bosoms of beauty and nurturing, an egg that sparks life, a womb where life expands, a frame of immovable strength, legs that long hold men's gazes, and the reward of transition to reflect and rest. However in this country, due to our meat-centered diets, Womankind is more likely to be personified along the lines of cancerous breasts, ovary malignancy, uterine growths, crumbling bones, varicose veins, and volatile menopause.

The good news is we have the power to embrace the first description. The bad news is we have chosen, up to now, to ignore it.

1. Osteoporosis—Milk: According to a study published in the *American Journal of Clinical Nutrition*, women drinking three glasses of milk per day and consuming 1,500 milligrams of calcium (the RDA is 1,000 milligrams) for one year, had a negative calcium balance.¹

2. Osteoporosis—Dairy: The Harvard Public School of Health tracked 75,000 nurses and found the women with the highest calcium consumption from dairy products had substantially more fractures than women who drank less milk.²

3. Osteoporosis—Protein: According to a study published in the *American Journal of Clinical Nutrition*, women who consumed a high ratio of animal to vegetable protein suffered three times the rate of bone loss and four times the rate of hip fractures.³

4. Osteoporosis—Comparison: According to a study published in the *American Journal of Clinical Nutrition*, the average bone loss of an omnivore woman is 35 percent at age 65; the average bone loss of an herbivore woman at the same age is seven percent.⁴

5. Breast Cancer—Estrogen: Body fat promotes estrogen stimulation, which would mean obese women should have higher incidences of breast cancer. And they do. Their risk is twice that of women who are not obese.⁵

6. Breast Cancer—Genetics: Affluent women in Japan who eat meat have an eight times greater risk of breast cancer than the poorer Japanese women who can't afford meat.⁶

7. Breast Cancer—Cheese: According to the *Journal of the National Cancer Institute*, the suspended consumption of cheese will reduce a woman's risk of breast cancer up to three times.⁷

8. Breast Cancer—Milk: According to the publication, *The Lancet*, rBGH, a growth hormone given to 25 percent of dairy cows to increase milk production, has been shown to increase breast cancer for premenopausal women by seven times.⁸



9. Breast Cancer—Dietary Fat: Menstruation starts four years earlier and menopause begins four years later for women eating diets that are higher in fat. That's eight years of higher levels of estrogen circulating in the body. After estrogen circulates through the body it leaves through the intestines. However, dietary fat inhibits absorption leaving more estrogen in the body. The result is that estrogen levels are 50 percent higher in omnivore women than herbivore women, who excrete two to three times more estrogen in the feces than their diet counterparts. The cumulative effect translates to double the risk in a woman's lifetime of contracting breast cancer.⁹

10. Breast Cancer—Cultures: Based on a 37-country study, the correlation between animal fat and breast cancer rates is 76 percent. For example, Denmark ranked first in the consumption of animal fat and first in breast cancer rates, the United States seventh and seventh, respectively, and Sri Lanka thirty-seventh and thirty-sixth.¹⁰

11. Ovarian Cancer—Cholesterol: A study published in the *Journal of the National Cancer Institute* found that the higher a woman's cholesterol level the greater her risk of contracting ovarian cancer.¹¹

12. Ovarian Cancer—Eggs: Women who ate eggs three or more times a week were three times more likely to get ovarian cancer than vegetarian women. The ovaries are strongly influenced by sex hormones, particularly estrogen, and omnivore women have 50 percent higher estrogen levels circulating in their bloodstreams. In contrast to foods from the animal kingdom, foods from the plant kingdom significantly lower the circulating levels of estrogen in women.¹²

13. Ovarian Cancer—Milk: According to a study published in the *British Journal of Cancer*, 16,000 Norwegian women who drank two or more glasses of milk a day had a substantially higher risk of ovarian cancer than women who drank less milk.¹³

14. Ovarian Cancer—Dairy: In 1989 Harvard University researchers noted that women with ovarian cancer had low blood levels of transferase, an enzyme involved in the metabolism of dairy foods.¹⁴

15. Ovarian Cancer—Galactose: A study published in *The Lancet* concluded that women who consume yogurt and cottage cheese have triple the risk of ovarian cancer as those who don't as a result

of the milk sugar, galactose, contained in the products.¹⁵

16. Ovarian Cancer—Risk: According to a study published in the *American Journal of Clinical Nutrition*, vegetarian Californian Seventh-day Adventists were found to have a lower risk of ovarian cancer than the general population. Fiber, antioxidants, and phytochemicals present in plants have shown to have a protective effect against ovarian cancer. Fiber is the mechanism that absorbs and excretes the hormones. Herbivore women excrete two to three times more estrogen in the feces than their omnivore counterparts. Fiber is only contained in the plant kingdom; there is no fiber in meat.¹⁶

17. Cervical Cancer—Risk: According to the *New England Journal of Medicine*, the risk of cervical cancer is reduced by antioxidant nutrients from vegetables and fruits. (Antioxidant nutrient levels were deficient in women with cervical dysplasia.) The risk is increased by fat and protein.¹⁷

18. Lymphoma—Risk: The risk of lymphoma is reduced for women by the higher intake of fruits and cruciferous vegetables. The risk is increased by dairy protein and red meat.¹⁸

19. Uterine Cancer—Estrogen: According to the *New England Journal of Medicine*, estrogen, used to speed weight gain and growth in cattle, can increase the risk of uterine cancer.¹⁹

20. Postmenopausal Cancer—Diet: A study published in the *Journal of the National Cancer Institute* found that premenopausal women older than 40 had a reduced risk of postmenopausal cancer by 54 percent with a vegetarian diet.²⁰

21. Endometriosis—Diet: Endometriosis is a hormone-dependent disease promoted by fat consumption. Estrogen levels are 50 percent higher in omnivore women than herbivore women, who excrete two to three times more estrogen in the feces than their diet counterparts. A study published in *Cancer Research* revealed that a 24-year-old woman who was treated with low-fat vegetarian foods was noticeably better within three months, and at six months her pain was gone.²¹

22. Endometriosis—PCBs: Contaminants, such as PCBs and pesticides, concentrate in muscle tissue and milk of the animals and in fish. Women with



high blood levels of PCBs have a higher prevalence of endometriosis.²²

23. Iron Deficiency—Dairy: Women are often worried about getting sufficient protein and calcium and thus errantly increase their dairy consumption to compensate. According to the *Loma Linda University Vegetarian Nutrition & Health Letter*, dairy is not only deficient in iron it also inhibits its absorption. Both these factors may be significant contributors to a woman's iron deficit.²³

24. Hot flashes—Cultural: Hot flashes during menopause are unknown in populations that subsist on plant-source diets. In Japan, where the diet is near vegetarian, there is no term for hot flashes.²⁴

25. Hot flashes—Plants: Dr. Michael Klaper, M.D., has watched many of his patients who eat a strictly plant-source diet go through menopause with few or no problems. Studies have shown that vitamin C and E, and bioflavonoids—all which are found abundantly in plants significantly reduce or eliminate hot flashes during menopause.²⁵

26. Divorce—Animal Fat: In a comparison of animal fat consumption and divorce for 65 countries a correlation of 54 percent was found. In essence, for every one of two couples on the brink of divorce a diet switch might do some good. Dietary fat and lack of fiber increases hormone levels in both men and women. This further increases the sex differences that already exist; women become more nurturing and men more sexually aggressive.²⁶

27. Fertility—Animal Fat: In a study of 60 countries highlighted in the book, *Scientific Basis of Vegetarianism* by William Harris M.D., a 77 percent inverse correlation existed between animal fat consumption and birth rates; the higher the fat consumption the lower the birth rate.²⁷

28. Toxoplasmosis—Pork: Approximately 30 percent of all pork products are contaminated with toxoplasmosis. For most adults this pathogen is nothing more than a bout with the flu, however for the pregnant woman it's a slight bit more—the potential of serious consequences to her unborn child.²⁸

29. Miscarriage—Hormone: Lutalyse, given to female animals so they will ovulate all at the same time, can cause women to miscarry.²⁹

30. Varicose Veins—Fiber: Varicose veins, the leg version of hemorrhoids, is due to daily straining during elimination because of lack of fiber in the diet. The straining pushes blood back down the veins of the legs destroying the valves and creating the look that every woman can't wait to acquire. But it's more than vanity that can be harmed. According to the *New England Journal of Medicine*, as time passes the damaging of the veins can lead to blood clots and phlebitis.³⁰

¹ Recker, R. "The Effect of Milk Supplements on Calcium Metabolism, Bone Metabolism, and Calcium Balance." *American J. of Clinical Nutrition* 41(1985): 254.

² Willett, Walter. Chairman of Nutrition Department—Harvard School of Public Health. Co-author of study (Cited in Robbins, Food Revolution.: 112).

³ National Institute of Health "Ratio of animal to vegetable protein." *Am J. Clin Nutr* (2001).

⁴ *American Journal of Clinical Nutrition*, March 1983.

⁵ *Journal of the National Cancer Institute* 88 (1996): 650. (Nutrition Action Health Letter, Oct 1996:3).

⁶ Hirayama, T. "Epidemiology of Breast Cancer With Special Reference to the Role In Diet." *Preventative Medicine* 7 (1978): 173-95.

⁷ Decarli, A., et al. "Macronutrients, Energy Intake, and Breast Cancer Risk &." *Epidemiology* 8 (1997): 425-28.

⁷ Wynder, E., et al. "Breast Cancer Weighing the Evidence for a Promoting Role of Dietary Fat." *Journal of the National Cancer Institute* 89 (1997): 766-75.

⁸ LappÈ, Frances Moore, *Diet For a Small Planet*. New York, Ballantine Books (1991). (p.135).

⁸ Hankinson, S.E., et al. "Circulating Concentrations of Insulin-Like Growth Factor-I and Risk of Breast Cancer." *The Lancet* 351 (1998): 1393-6.

⁹ Kagawa, Y. "Impact of Westernization on the Nutrition of Japanese: Changes In Physique, Cancer, Longevity, and Centenarians." *Prev Med* 7 (1978): 205.

⁹ Frommer, D. "Changing Age Of The Menopause." *Br Med Journal* 2 (1964): 349.



- ⁹ Armstrong, B. "Diet and Reproductive Hormones: A Study of Vegetarian and Non-Vegetarian Postmenopausal Women." *JNC* 167 (1981): 761.
- ⁹ Hill, P. "Environmental Factors and Breast and Prostatic Cancer." *Cancer Res* 41 (1981): 3817.
- ⁹ Staszewski, J. "Age at Menarche and Breast Cancer." *J. Natl Cancer Inst* 47 (1971): 935.
- ⁹ Trichopoulos, D. "Menopause and Breast Cancer Risk." *J. Natl Cancer Inst* 48 (1972): 605.
- ¹⁰ World Health Organization. World Health Statistics Annual. Geneva 1989.
- ¹⁰ World Health Statistics Annual, FAO Production Yearbook. (Tables: Harris, *Scientific Basis*: 52-65).
- ¹¹ *Journal of the National Cancer Institute* 88 (1996): 32-7.
- ¹² Snowdon, D. "Animal Product Consumption and Mortality Because of All Causes Combined: Coronary Heart Disease, Stroke, Diabetes, and Cancer in Seventh-Day Adventists." *American Journal of Clinical Nutrition* 48 (1988): 739-748.
- ¹² Risch, H., et al. "Dietary Fat Intake and Risk of Epithelial Ovarian Cancer." *Journal of the National Cancer Institute* 86 (1994): 1409-1415.
- ¹² Shu, X, et al. "Dietary Factors and Epithelial Ovarian Cancer." *British Journal of Cancer* 59 (1989): 92-96.
- ¹² Kirchner, M. "The Role of Hormones in the Etiology of Human Breast Cancer." *Cancer* 39 (1977): 2716.
- ¹² Carroll, K. "Experimental Evidence of Dietary Factors and Hormone Dependent Cancers." *Cancer Research* 35 (1975): 3374.
- ¹² Willett, W., D. Hunter, et al. "Dietary Fat and Fiber in Relation to Risk of Breast Cancer: An Eight Year Follow-Up." *JAMA* 268;15 (1992): 2037-44.
- ¹² Goldin, B. "Effect Of Diet on Excretion of Estrogens In Pre- and Postmenopausal Women." *Cancer Res.* 41 (1981): 3771.
- ¹² *Journal of the National Cancer Institute* (Sept 21, 1994).
- ¹³ Ursin, G., et al, "Milk Consumption and Cancer Incidence: A Norwegian Prospective Study." *British Journal of Cancer* 61 (1990): 454-459.
- ¹⁴ Kushi Institute: Harvard University researchers noted. "Meat and Dairy Products." 1989. www.kushiinstitute.org/healing/meat-dairy.html.
- ¹⁵ Cramer, D.W., B.L. Harlow et al. "Galactose Consumption and Metabolism in the Relation to the Risk of Ovarian Cancer." *The Lancet* 2; 8654 (1989): 66-71.
- ¹⁶ Snowdon, D. "Animal Product Consumption and Mortality Because of All Causes Combined: Coronary Heart Disease, Stroke, Diabetes, and Cancer in Seventh-Day Adventists." *American Journal of Clinical Nutrition* 48 (1988): 739-748.
- ¹⁶ Barnard, Dr. Neal. Food for Life. Three Rivers Press, 1993. (p.71).
- ¹⁶ Goldin, B. "Effect Of Diet on Excretion of Estrogens In Pre- and Postmenopausal Women." *Cancer Res.* 41 (1981): 3771.
- ¹⁶ Null, Gary, Ph.D. *The Vegetarian Handbook*, St. Martin's Griffin, 1996. (p.144).
- ¹⁷ Mack, T. "Estrogens and Endometrial Cancer &." *New England Journal of Medicine* 294 (1976): 1262.
- ¹⁷ Zemel, M.B. "Calcium Utilization: Effect of Varying Level and Source of Dietary Protein." *Am J. Clin Nutr* 48 (1988): 880-83.
- ¹⁷ Smith, D.C. "Association of Exogenous Estrogen and Endometrial Carcinoma." *New England Journal of Medicine* 294 (1976): 1262.
- ¹⁸ Harvard School of Public Health: Nurses' Health Study. *Journal of the National Cancer Institute* 91 (1999): 1751.
- ¹⁸ Seidman, B.F. "Eating Lots of Vegetables May Help Prevent Non-Hodgkin's Lymphoma." *Oncology*. May 22, 2000.
- ¹⁹ Weiss, N., et al. "Increasing Incidence of Endometrial Cancer in the United States." *New England Journal of Medicine* 294;23 (1976): 1259.
- ¹⁹ Demarco, C. Take Charge of Your Body: Woman's Health Advisor. Winlaw, BC, Canada: *Well Women Press* (1994): 209. (p.214).
- ²⁰ *Journal of the National Cancer Institute* 88 (1996): 340-8.
- ²¹ Goldin, B. "Effect Of Diet on Excretion of Estrogens In Pre- and Postmenopausal Women." *Cancer Res.* 41 (1981): 3771.



21 Burmeister, R. M.D. Describes case of a 24-year-old woman.
www.pcrm.org/health/Preventive_Medicine/endometriosis.html.

22 Holloway, M. "An Epidemic Ignored: Endometriosis Linked to Dioxin and Immunologic Dysfunction." *Sci Am* 270 (1994): 24-6.

23 "Iron Balancing Act, The." *Loma Linda University Vegetarian Nutrition & Health Letter* 4:7 (Aug. 2001): 1.

24 Beyene, Y. *From Menarche to Menopause: Reproductive Lives of Peasant Women in Two Cultures*. Albany: State University of New York Press, 1989.

24 "Menopause." *Newsweek* (May 25, 1992): 39-44.

24 Rice, Pamela. "101 Reasons Why I'm a Vegetarian ." 1998 edition. www.vivavegie.org. (no.93).

25 Gleason, S. "Menopause: It's Not a Disease." *Good Medicine*, Spring (1994): 9.

26 World Health Organization. *World Health Statistics Annual*. Geneva 1989.

26 Food and Agricultural Organization of the United Nations. *FAO Production Yearbook 1986*. Rome, 1987. (Cited in Harris, *Scientific Basis*, Charts p. 52-63) (p.124-127).

27 World Health Organization. *World Health Statistics Annual*. Geneva 1989.

27 Food and Agricultural Organization of the United Nations. *FAO Production Yearbook 1986*. Rome, 1987. (Cited in Harris, *Scientific Basis*, Charts p. 52-63) (p.124-127).

28 LCA: Justice For Animals: Founder Chris DeRose.
www.lcanimal.org/cmpgn/cmpgn_005.htm.

29 Null, Gary, Ph.D. *The Vegetarian Handbook*, St. Martin's Griffin, 1996. (p.35).

30 Burkitt, D.P., C. Latta, S.B. Janvrin, and B. Mayou. "Pelvic Phleboliths: Epidemiology and Postulated Etiology." *New England Journal of Medicine* 296 (1977): 1387-90.