

# Healthy Living: Vegetarianism: To Be or Not To Be, What is the Question?

By Dr. Veronica Collings, DC

The dietary “fad du jour” is vegetarianism. Vegetarianism was introduced to the United States in the late 1800’s, when Hindus from India made pilgrimages to teach us how to meditate. Hindus have been vegetarian for approximately 10,000 years. Their make-up has adapted to a vegetable building block. Red meat is actually irritating to their nervous systems and too stimulating to permit proper meditation. So, when they came to the West, they instructed their disciples to give up red meat to facilitate meditation. This applied to them, but not to us. According to Dr. Victor Frank, developer of Total Body Modification (TBM), it appears to take about 12 generations for a population to adapt to a different diet. In the first six, the population sickens and, in the next six, it starts to adapt. An example of this is New Zealand. It is now a lamb-dependent population, as well as are Arab countries. The Japanese need fish. Western man needs red meat - about nine ounces per week seems to be enough. I’ll go over how to meet these requirements for those of us who choose vegetarianism for philosophical or religious reasons and not because they think “it’s good for them.”

About 20 years ago, I was one of those people who thought it was “good for me” to be vegetarian and I followed this diet to the end result of gaining lots of weight and feeling lousy. My logic at the time - and it’s still good logic, but needed tweaking - was that, if you are vegetarian, you eat low on the food chain and, therefore, have less exposure to the massive amount of poisons in our foods that get stored in the tissues of the animals that we eat. Preferably, organically grown fruits and vegetables should still be the major part of our diet. It should be peppered with just enough red meat to provide the essential amino acid methionine. This is the protein-limiting building block that our bodies require. What is a protein limiting building block? Our entire bodies are made by combining 22 amino acids, building blocks of proteins (we are made primarily made of protein and fat). Eight of those are essential to get from the diet. The rest can be manufactured by our body from the eight. Of the eight, methionine appears to limit



the production of all the rest and it is most available in red meat. “It’s as though you’re running a watch factory, and you have everything but the mainsprings. Your production line is quiet and you are not making any watches even though your warehouse is full of all the other watch parts. A little package comes in the mail, full of mainsprings. Now you can start your production line going and you make watches again.”<sup>1</sup> People with poor protein metabolism have a lot of protein in their blood that they can’t use due to lack of the essential amino acids. Evidence of this might be viscous (thick) blood, loss of muscular tone, cold extremities, and fatigue.

Vegetarianism’s latest resurgence was inspired by the book the *China Study*. This book, by its very focus on one population, albeit a huge one, will argue my point for me, even though it purports to argue against it. What’s my point? Western man’s physiology is built on a meat building block. Now, this does not mean a fast food hamburger. Quality is still the primary concern, no matter what diet you follow. Hormone, antibiotic laden and grain fed cattle is not what I am recommending. Grass fed, and preferably organically raised, is the best source. I am also not recommending massive portions of meat or animal proteins in general. It should be the smallest item on your plate, overtaken by lots of vegetables in all colors and states of preparation. Raw

should be a major percentage of your veggies, such as in salads or crudité’s. For more on this, refer to prior articles in this column entitled “Ideal Nutrition, What to Eat What to Avoid, Parts I and II, as well as “What is Real Food and Why Should I Care.”<sup>2</sup>

So back to the *China Study* - why should a book promoting vegetarianism support my call for eating a moderate amount of red meat? Well, because it only compiled data from one population well adapted to the primarily vegan lifestyle. Good for them, not necessarily good for us. Therefore, unless you are Chinese, Indian, Japanese, etc., I do not recommend vegetarianism. If you must be vegetarian, please take the supplement Protefood (1-2 per day) from Standard Process. It provides the eight amino acids as well as RNA (ribonucleic acid) to make protein synthesis complete. A note in closing: if you do not eat red meat because you have an “aversion” to it, this might be a symptom of digestive enzyme deficiency (specifically protease) and can be easily corrected by supplementing with those enzymes. Please visit my web site, [www.drveronicacollings.com](http://www.drveronicacollings.com), to read about a simple test that can be done to determine if that is the case for you. It’s called the bi-digital O ring test and is described in the article “Good, Good Vibrations, the Electromagnetic You.”<sup>3</sup>

\*Special thanks to my dear dance friend, Mimmi, for suggesting that I discuss this topic. See you on the dance floor.

<sup>1</sup>Analogy to watch making borrowed from the discussion on Protefood in the Standard Process Clinical Reference Guide: January 2006

<sup>2</sup>See the September/October 2010, March/April 2011 and May/June 2011 issues of *Dance Spotlight*.

<sup>3</sup>See the September/October 2011 issue of *Dance Spotlight*.