

Health Mentor Programme -

Red meats

MENTOR SESSION 8

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IN THIS SESSION:

- Can I still eat red meat?
- Do they really use hormones on cattle?
- Will antibiotics used in cattle affect me?

INSIDE THIS ISSUE:

Can I eat meat?	1
Another principle	1
All about protein	2
Red meat in trouble	3
Solutions to the problem	4
Interesting findings	5
Mediterranean diet	6
Recipe	7
References	8

Can I eat meat?!



Nothing like a juicy steak...?

Because I know that some people reading this might expect us to remove meat from their diets altogether, I'll answer this question straight away...

Yes, you can eat meat **BUT** there are a few rules that we have to look at if you want to protect yourself and your family.

Remember, we live by a new set of rules!

Another principle

Remember the first principle of '**scientific rationale**' that I spoke about in the session on water? (i.e. that you can employ good scientific thinking to come to conclusions that are reasonable).

Well, besides this principle being totally relevant here we need another one...

It says the following: '**If there's human interference, proceed with caution!**'

This is especially the case with animal meats... well, actually with nearly all foods but we'll focus on meat this time!



Good ol' protein

Protein is VERY important to consume! Here is a short summary of the main functions of proteins in your body:¹

- 1) Cell growth repair and maintenance
- 2) Enzyme and hormone functioning
- 3) Maintenance of fluid balance
- 4) Maintenance of acid and alkaline balance
- 5) Maintenance of strong immune system
- 6) A source of Energy (carbohydrates and fat are not the only energy sources)



Proteins have numerous functions in the human body.

Animal versus plant?



Note to self: Meat is definitely not the only source of quality protein. Yes, meat provides an easily digestible 'complete' protein which contains all the necessary amino acids BUT combining the right plants can do the same.

This is actually very simple; for example: you can combine beans and rice and have a

complete set of amino acids!^{1,2}

In the sessions on protein that follow we'll look in detail at how to use plants as great tasting, healthy protein sources.

How much?

Studies have shown that people eat way too much protein!

We suggest you make this easy for yourself.

You need approximately 1 gram of protein for every kg of your body weight. So if you're a female weighing 60kg you need 60 grams of protein! This is very easy to attain if you eat a varied diet.

For example: Someone who eats combinations of the following foods in a day is

consuming enough protein: Oats, raw nuts, yoghurt (we prefer goat's milk), beans, rye bread, rice, salmon or a small portion of beef.¹



Increased protein needs: ¹

Non-vegetarian endurance athletes need 1,2 – 1,4g per kg per day

Non-vegetarian strength athletes need 1,6 – 1,7g per kg per day

Vegetarian endurance athletes need 1,3 – 1,5g per kg per day

Vegetarian strength athletes need 1,7 – 1,8g per kg per day

Red meat has become hazardous due to the following reasons:

Red meat in trouble

1. Increased fat content of meat:

Saturated fat from animal origin should be limited in one's diet. This is done by trimming the fat off your meat before eating it and especially by selecting meat from animals that were raised correctly.

Increased fat content in meat occurs when cattle

are fed high grain diets in feedlots instead of being allowed to range freely and eat grass freely. Some studies have shown that meat can increase in fat content from fairly low fat at 6% to being extremely high fat at 40%! All this purely because of the way the animals are fed.⁶

Breed: The South African Nguni and Afrikaner breeds and the American Longhorn traditionally have a lower fat content in the meat but they grow slower and are thus not as popular for feedlots.



Longhorn

2. Hormones:

Cattle are stimulated to grow faster through the administration of hormones.

Some of these hormones can reach people with an obvious disruption of the hormone system, as we described in mentor session 3 (water).⁷

Studies have also shown that fish in rivers that are located close to modern livestock farms are at risk of endocrine disruption due to high hormonal levels in the water from the cattle urine.⁸

Remember that too much saturated fat in your diet can disturb glucose metabolism and cause inflammation...inflammation is no good!

3. Antibiotics:

The cattle in feedlots are at high risk for diseases due to the overcrowding and the stressful conditions.

They are thus routinely given antibiotics that can eventually reach the consumer. Besides the disruption in an individual's body, some researchers claim that this is one way in which antibiotic resistance is perpetuated in society.¹⁰



4. Wrong oils:

Red meat is supposed to contain heart-protective omega-3 fatty acids but due to cattle being fed high grain diets their meat contains too much omega-6 fatty acids.

This is a problem because westernised society already eats too much omega-6 through margarine and other refined grains.

Free range cattle have more omega-3 oils in their meat.⁶



5. Pesticides

Sadly enough pesticides also reach animals and these pesticides also definitely reach their meat.⁹

This is why using organic butter is so important because toxins are concentrated in the fat of an animal.

The solutions?

Organic:

Eat meat that comes from animals that were raised organically. Yes, left to walk in the field and preferably left to fight disease in a natural way.^{6,10}

The exposure of these animals to pesticides obviously also has to be controlled.

Interestingly enough, breeds like the hardened South African Nguni needs very little help to stay alive.

This breed has managed for several thousands of years on the African continent and is still going strong!



Yes, organic makes a BIG difference!

Venison

South Africa and several other countries in the world have booming hunting industries with thousands of hunters having access to venison.

Venison is definitely low fat and contains no other hormones or antibiotics. This is a good red meat option as well.



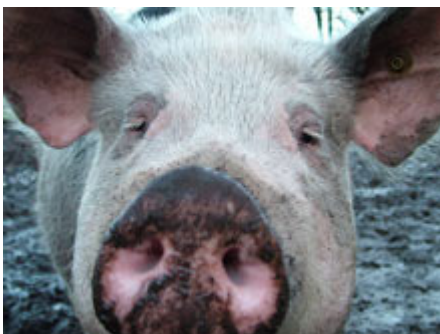
Ostrich



Ostrich is currently gaining popularity due to its low fat content and great taste.

It seems that ostrich is also a good red meat option (I will be doing more research on this...)

Should you be bringing home the bacon?



In my opinion pork remains a risky meat and studies have shown this even if you cook it well.

Also, many farmers who've farmed these animals will tell you that pigs eat a horrifyingly varied diet that includes the corpses of other animals (that often died of diseases) as well as the excre-

ment of any animal, including its own kind.

Pork farmers also tend to have an increased risk for various diseases!
11,12,13,14,15,16,17,18

So if you want to eat pork then the farmer REALLY needs to understand organic farming methods and apply them well.

The final say...

In 1953 a researcher at the Johns Hopkins University, Dr David Macht, did a fascinating study on different kinds of meat.

He determined that the meat from certain types of animals has an increased toxic effect on living cells and that these meats could possibly have an increased toxic effect in humans.

Note that meats above 75% had the **least** toxic effect¹⁸ and thus, if they come from a good source, will get our vote! Those below 75% are...well...best left **uneaten!**

Above 75% group:

Calf	82%
Deer	98%
Goat	90%
Ox	91%
Sheep	94%



Below 75% group:

Black bear	59%
Camel	41%
Cat	62%
Guinea pig	46%
Dog	62%
Fox	58%
Grizzly bear	55%
Ground hog	53%
Hamster	46%
Horse	39%
Opossum	53%
Rabbit	49%
Rat	55%
Rhinoceros	60%
Squirrel	43%
Swine (pork)	54%



The Mediterranean diet



People eating a Mediterranean diet have much less cancer and heart disease

Let's summarise this session by looking at the interesting findings regarding the Mediterranean diet.

This diet, followed largely by people living in countries like Greece, Turkey and Italy, has been studied extensively because of its disease preventative features.

People who follow this diet have a 33% reduction in deaths from heart attacks and a 24% reduction in deaths from cancer!^{3,4,5}

What are the components of the Mediterranean diet?

The diet is rich in:
 -Raw vegetables and fruits
 -Grains and raw nuts
 -Olive oil
 -Legumes
 -Fish

The diet is low in:
 -Dairy
 -Red meat
 -Poultry

In light of the Mediterranean diet it is my advice that you only eat red meat, chicken and fish 3-4 times per week and try to meet your protein needs with plant-based proteins on the other days.

In the mentor sessions to come we'll look at the white meats and plant-based proteins and I'll definitely give you more tools to make your diet healthy and fun!

Recipe by Kathy



Beef in red wine recipe

2,5kg (organic) beef stew
20 cloves of garlic
4 tablespoons freshly milled black pepper
Salt to taste
1,5L dry red wine

1. Preheat oven to 100°C
 2. Grease oven dish (with palm fruit oil or butter)
 3. Layer meat and top every layer with garlic, black pepper and salt
 4. After layering ingredients, pour over the dry red wine
 5. Cover oven dish and bake for 8 hours @ 100°C
- Remove and serve with salad and fresh, hot (healthy) bread.

About Kathy

Kathy de Bruin is a qualified home economist from Pretoria and mother of three busy/hungry boys! She presents classes on how to make healthy home cooking practical. kathydebruin@gmail.com

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

Want more!?



Dr Anton



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