

# **FOOD FOR LIFE**

**A presentation**

**about:**

**Health,**

**Energy &**

**Vitality**

# ENERGY

## 3 FORMS OF



The universe is composed of three basic forms of energy:

- Static (Támasik)
- Mutative (Rájasik)
- Sentient (Sáttvik)





Love,  
peace,  
self-awareness,  
joy.

• SENTIENT FORCE



Sentient or "sáttvik" foods for  
higher consciousness, calm and  
refine our minds

• SUBTLE •



movement

movement and  
incessant change -  
force which agitates  
our minds.



FORCE

MULTITASKING



MUTATIVE or "RÁJASIK" foods  
are stimulants which should be  
consumed in moderation



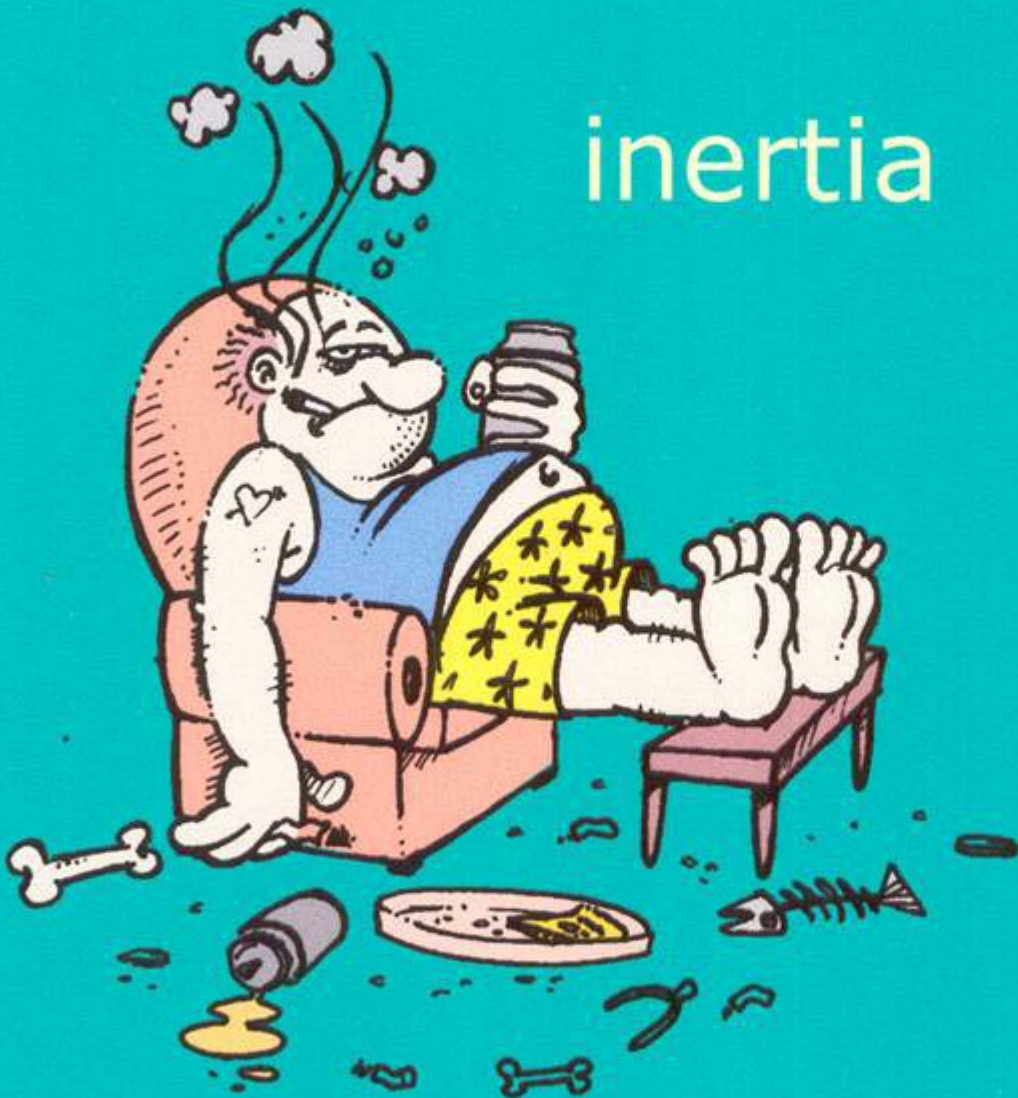
• MUTATIVE •



# STATIC

inertia

# FORCE



Inertia, decay and death...  
dull our minds.



# • STATIC •

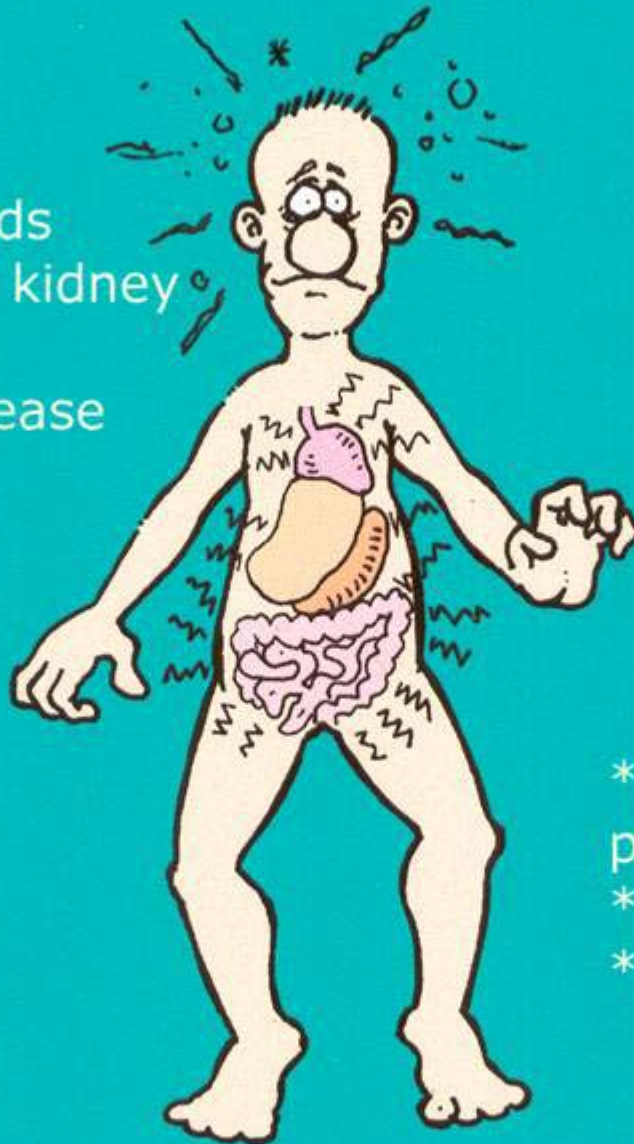


Static or "támasik"  
foods should  
be avoided.



Acid foods weaken the digestive system, causing:

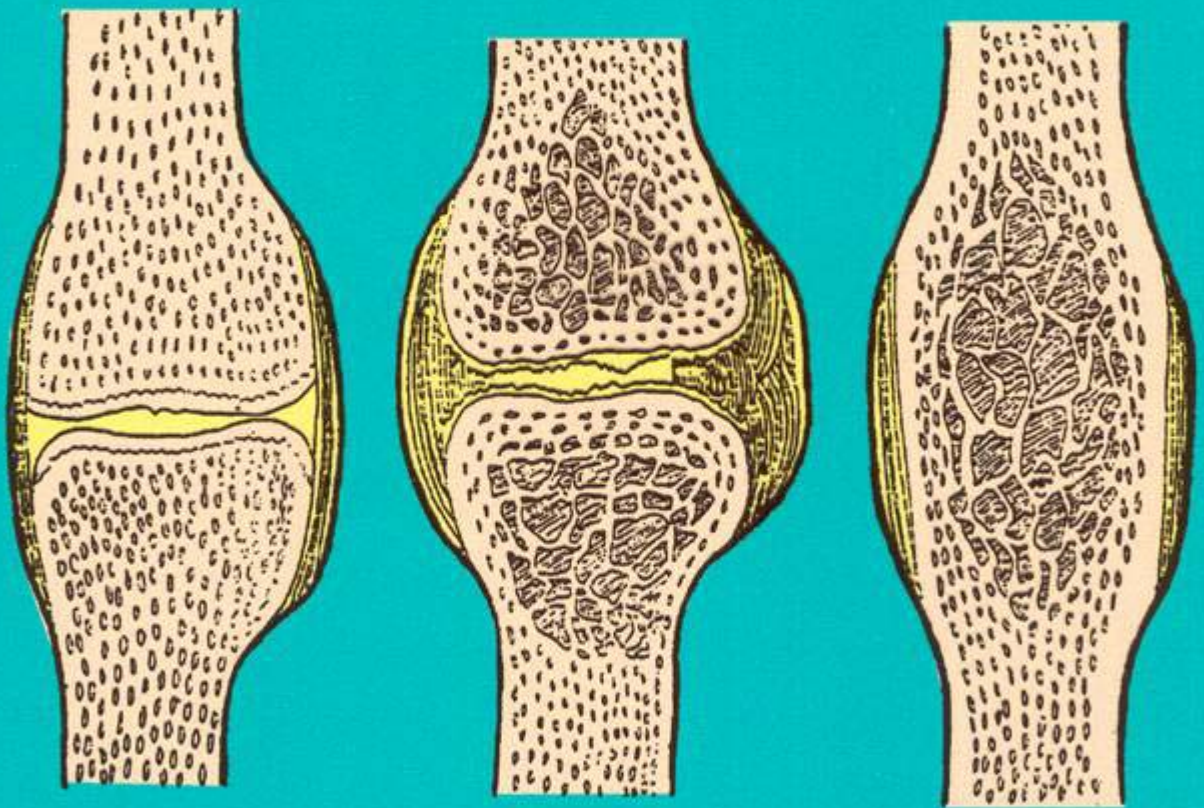
- \*Hemorrhoids
- \*Liver and kidney problems
- \*Heart disease



- \*High blood pressure
- \*Allergy
- \*Skin problems.

• ACIDITY •

Uric acid in meat stiffens the joints, causing arthritis, gout and kidney stones.



1

2

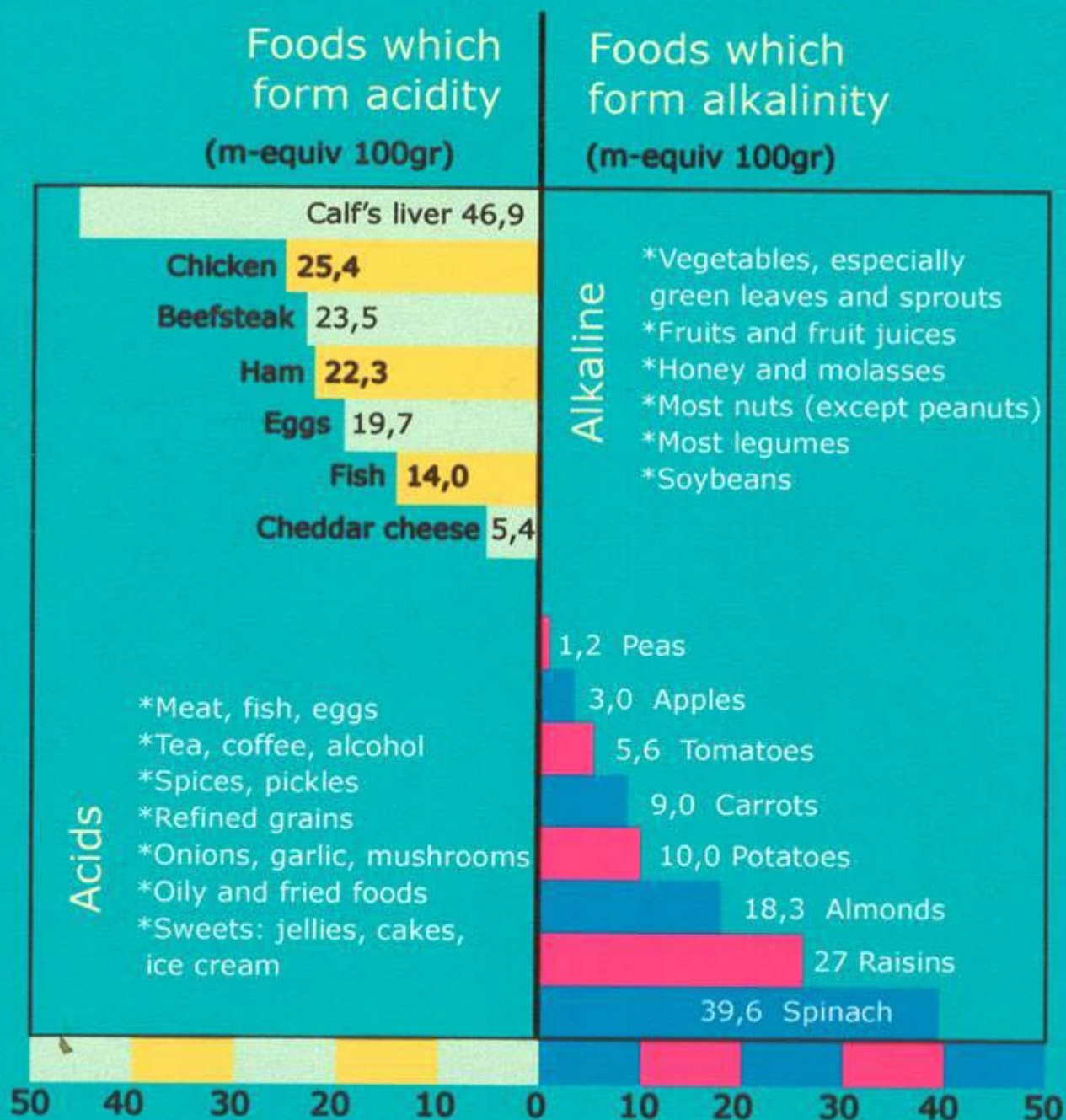
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• URIC ACID •



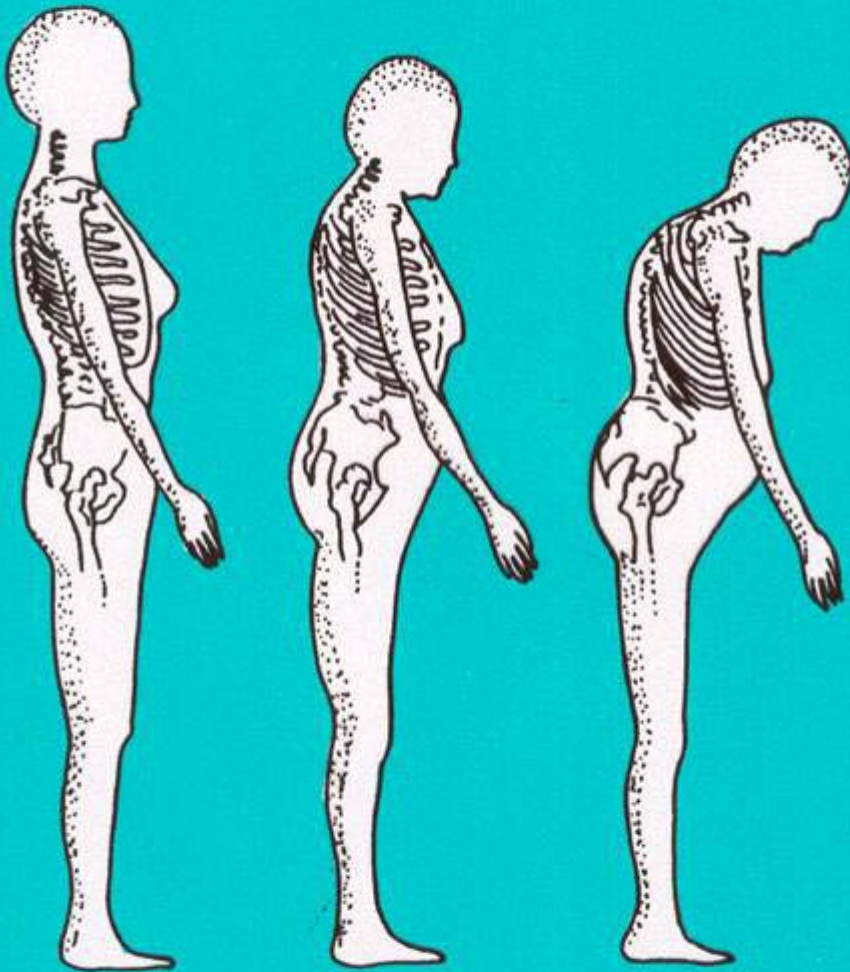
# ACID/BASIC

## CAPACITY OF VARIOUS FOODS TO FORM ACIDITY OR ALKALINITY



# • OSTEOPOROSIS •

On the standard American diet, almost all women suffer a significant loss of bone density as they age.





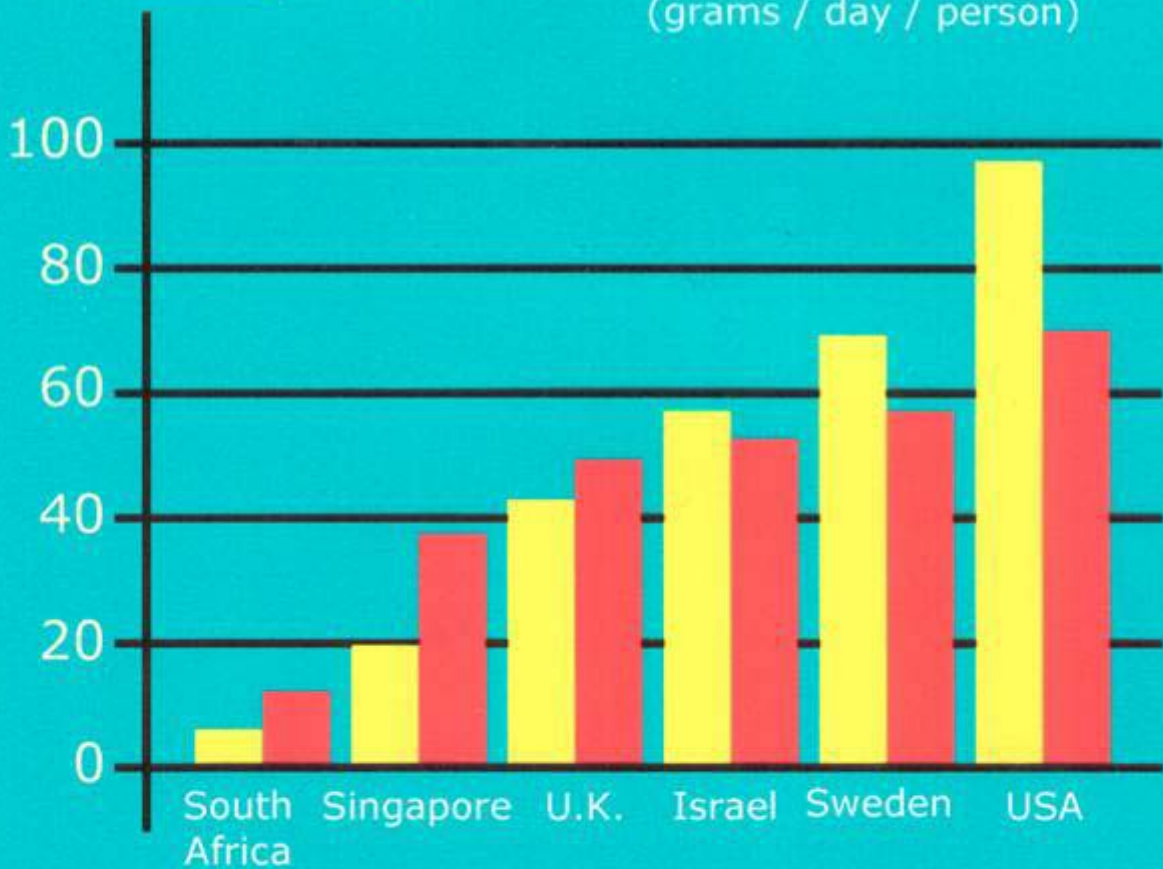
Diets with a high percentage of protein remove calcium from the bones to neutralize the acidity in the blood. Vegetarian women rarely suffer from bone loss.



# ANIMAL

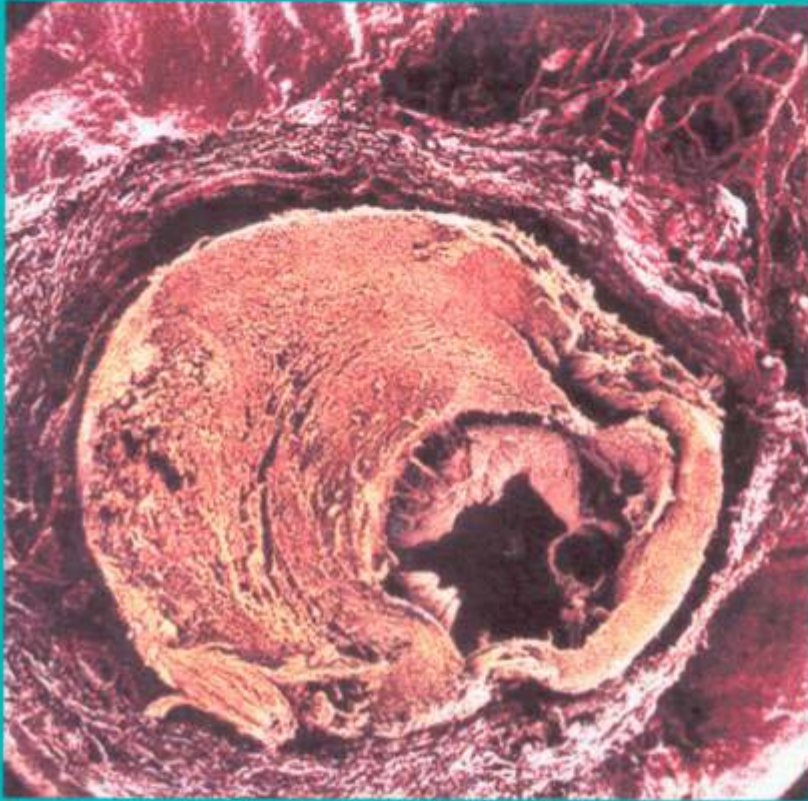
OSTEOPOROSIS, HIP FRACTURES AND  
ANIMAL PROTEIN CONSUMPTION

 Rate of fractures per 100.000  
 Ingestion of animal protein  
(grams / day / person)



# PROTEIN

# HEART ATTACK



Cholesterol in excess creates plaques, blocking the arteries and causing heart attack.



# CHOLESTEROL



Cholesterol  
content in  
common  
foods:

## animal foods

(in mmg /100g)

Eggs	550
Kidney (cow's)	375
Liver (cow's)	300
Butter	250
Oysters	200
Cream cheese	120
Lard	95
Beef	70
Lamb	70
Pork	70
Chicken	60
Ice cream	45

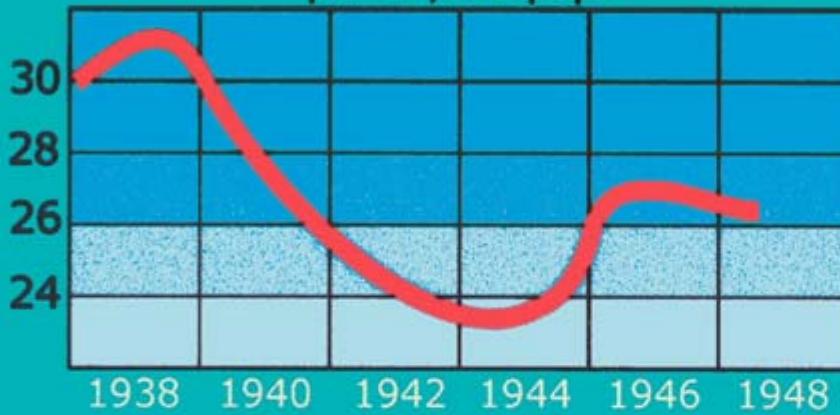
## vegetable foods

(in mmg /100g)

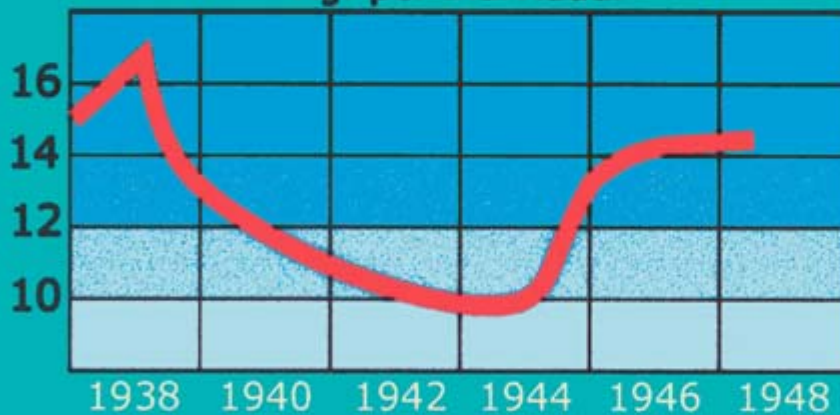
All grains	0
All vegetables	0
All nuts	0
All seeds	0
All fruits	0
All legumes	0
All vegetable oils	0

# THE RELATION BETWEEN ANIMAL FAT CONSUMPTION AND DEATHS CAUSED BY CIRCULATORY PROBLEMS:

Death rate in Norway:  
per 10,000 pop.



Yearly fat consumption:  
Kg. per individual



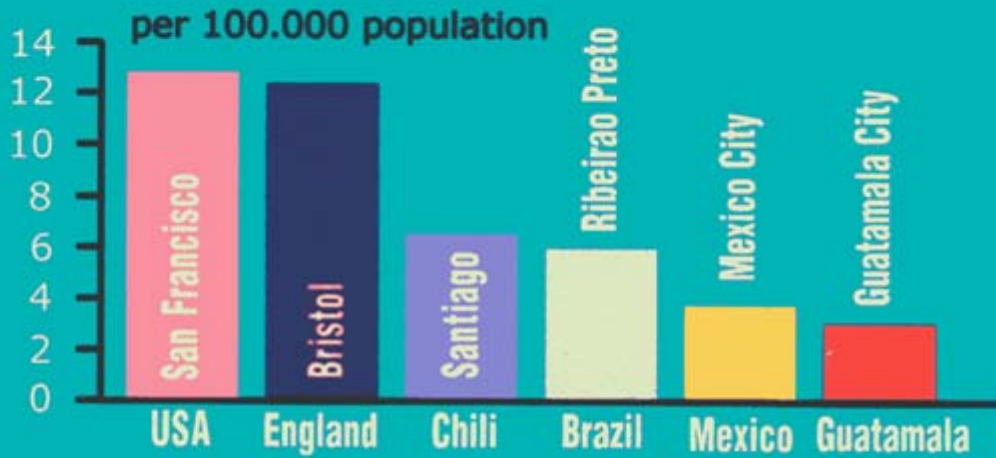
The scarcity of animal fats during World War II in Norway resulted in a strikingly lower death rate from circulatory diseases.

• CONSUMPTION •

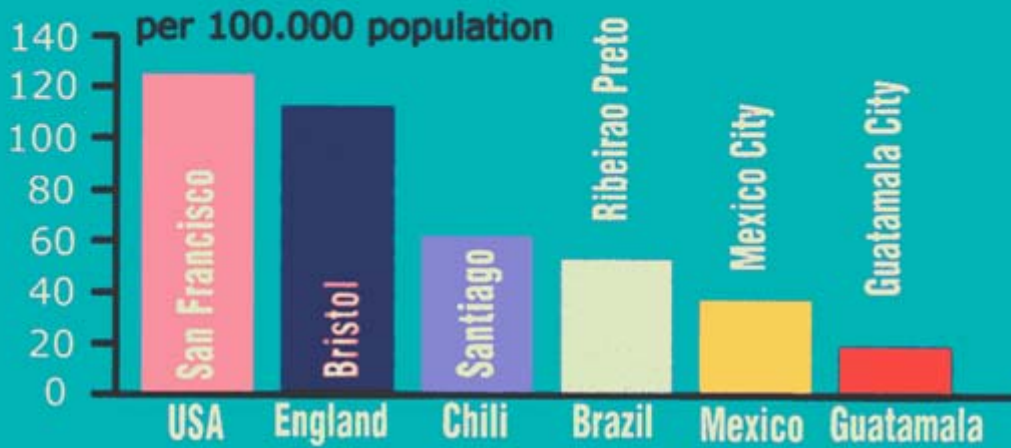


THE PATTERN IS REMARKABLY PARALLEL

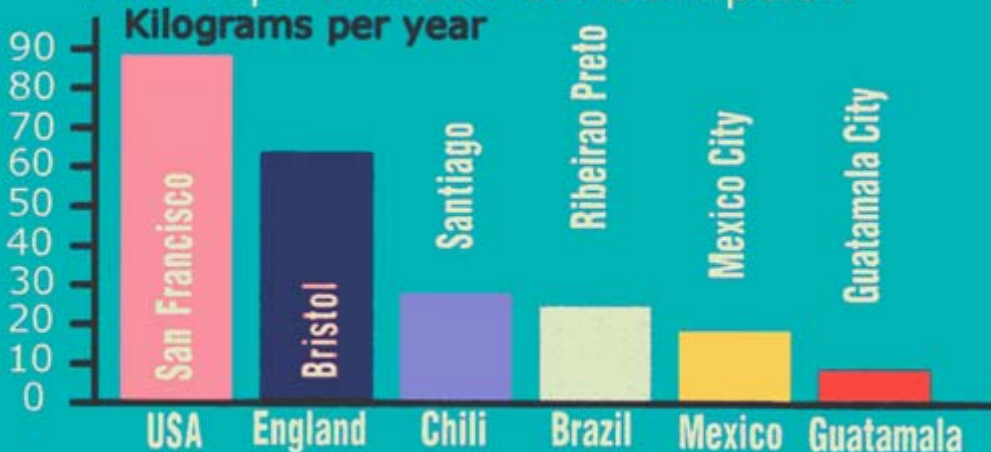
### Bowel cancer deaths



### Heart disease deaths



### Per capita meat consumption



• DISEASE AND MEAT



"... Six cans of liver problems...two pounds of heart disease...and one quart of digestive trouble..."



# MEAT

# POISONS IN

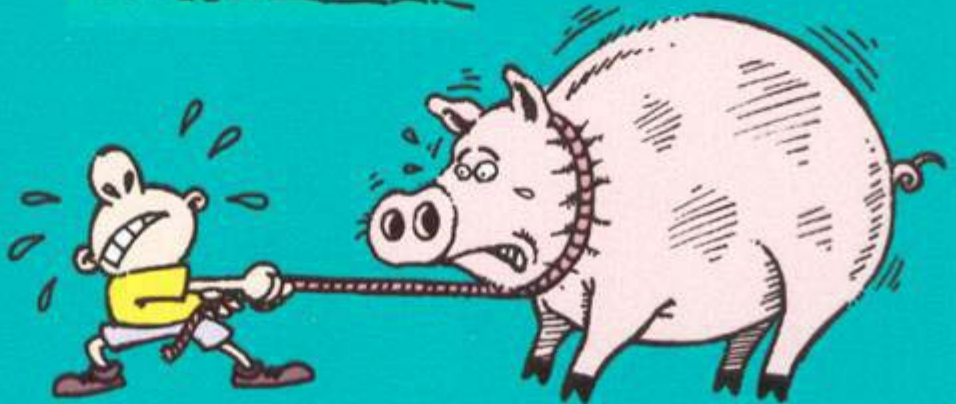


Bacteria

Chemicals



Poisonous pesticides

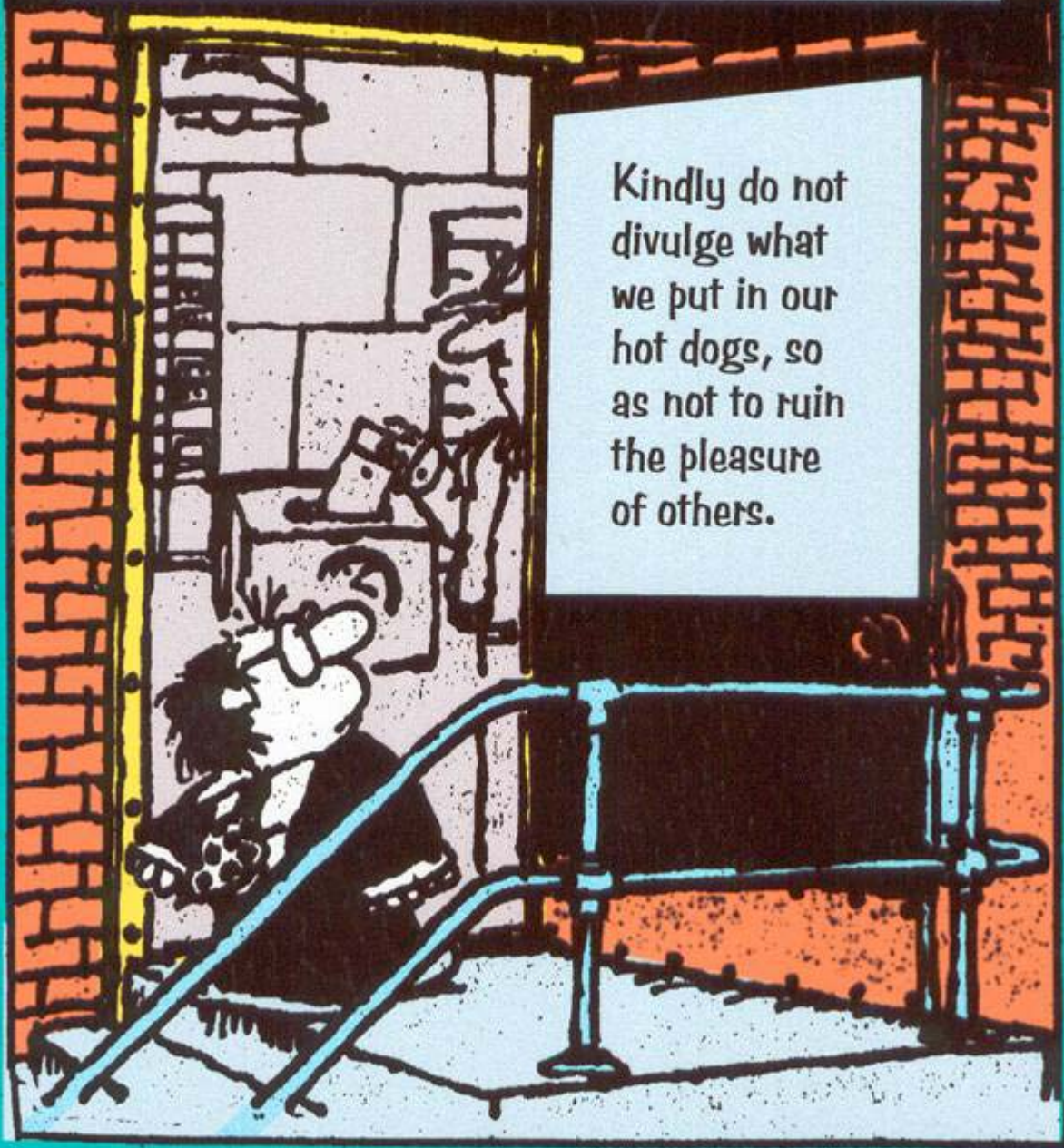


Hormones of fear



# MEAT PACKING PLANT

Kindly do not  
divulge what  
we put in our  
hot dogs, so  
as not to ruin  
the pleasure  
of others.







The more fiber in the diet, the less the chance of developing colon cancer.

- Fiber acts a broom in the intestines, sweeping the food through so that toxins are not reabsorbed.
- Disactivate carcinogens produced by bio-acids.
- Prevent constipation, hemorrhoids and varicose veis.

• PREVENTION •



# FIBER

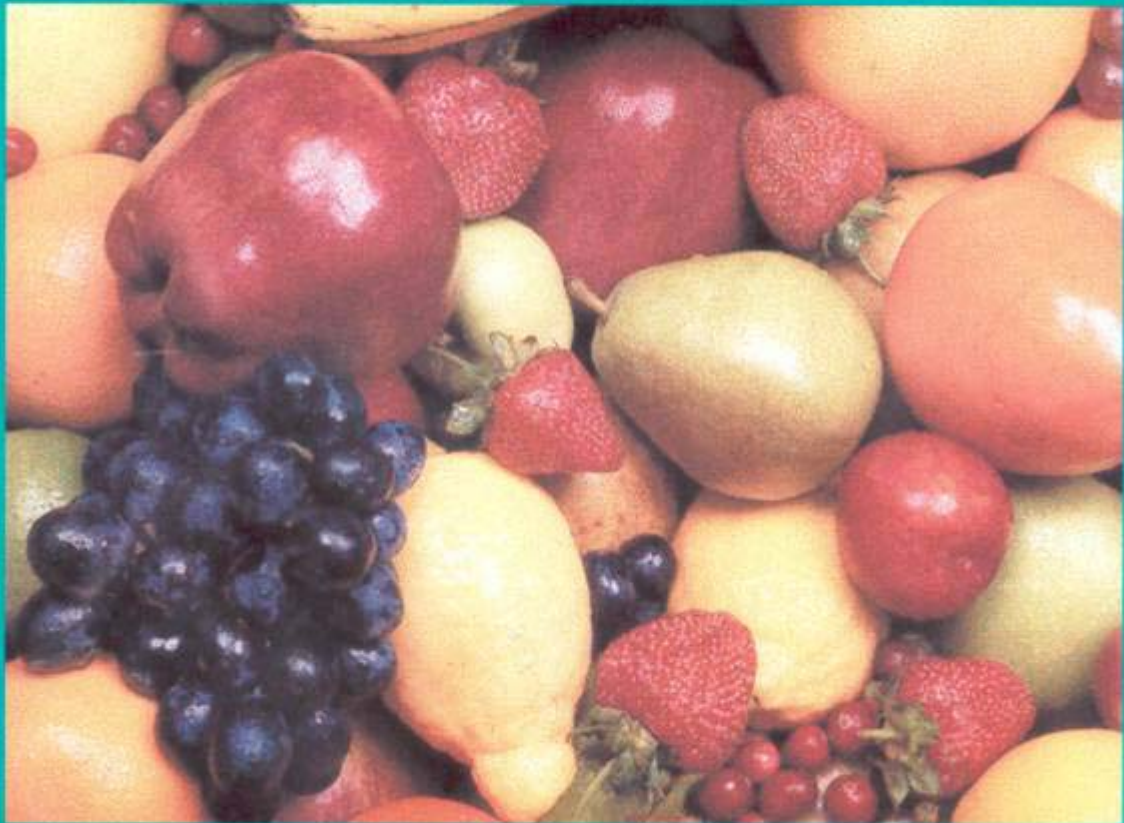


## Fiber content of common foods:

Blue berries	15,2	Hamburger	0,0
Broccoli	13,5	Beefsteak	0,0
Oat flakes	13,5	Lamb chops	0,0
Pumpkin	12,0	Pork chops	0,0
Cooked carrots	9,6	Chicken	0,0
Brown rice	8,1	Ocean perch	0,0
Swiss chard	6,8	Salmon	0,0
Lettuce	6,3	Cheddar cheese	0,0
Cucumber	5,7	Whole milk	0,0
Applesauce	5,3	Eggs	0,0



# ANTI-OXIDANTS



like BETA-CAROTENE in fruits and vegetables neutralize free radicals and protect our cells.

- Prevent cancer
- Strengthen our immune defenses
- Slow aging

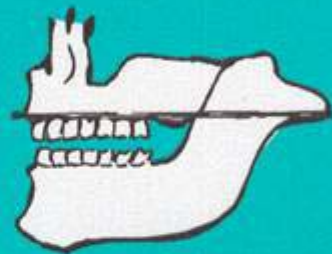


## Carnivorous

animals have sharp canines.

## Vegetarian

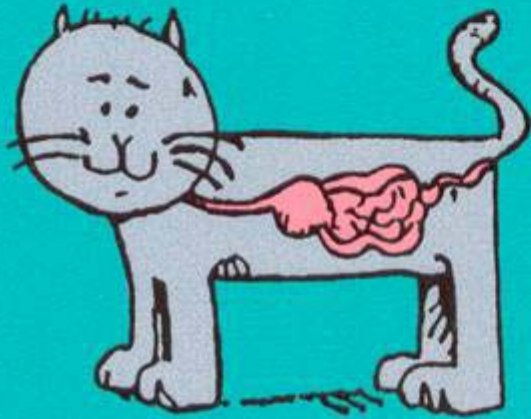
mammals, including human beings, have flat molars.



• TEETH •

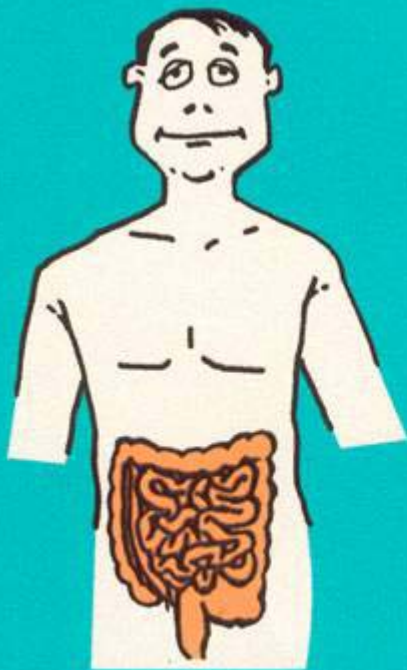
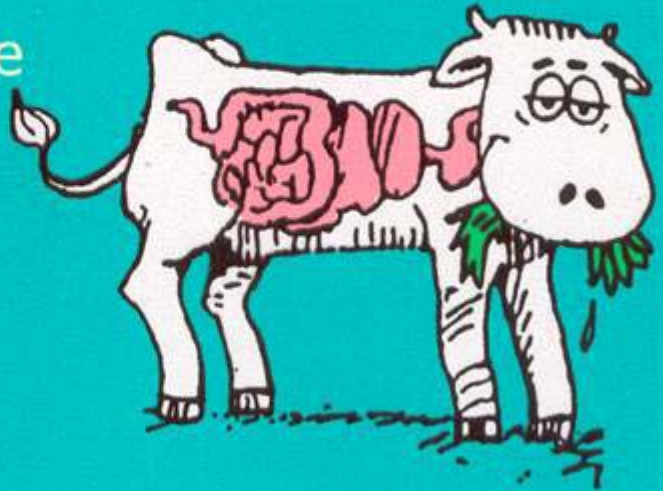


# DIGESTION



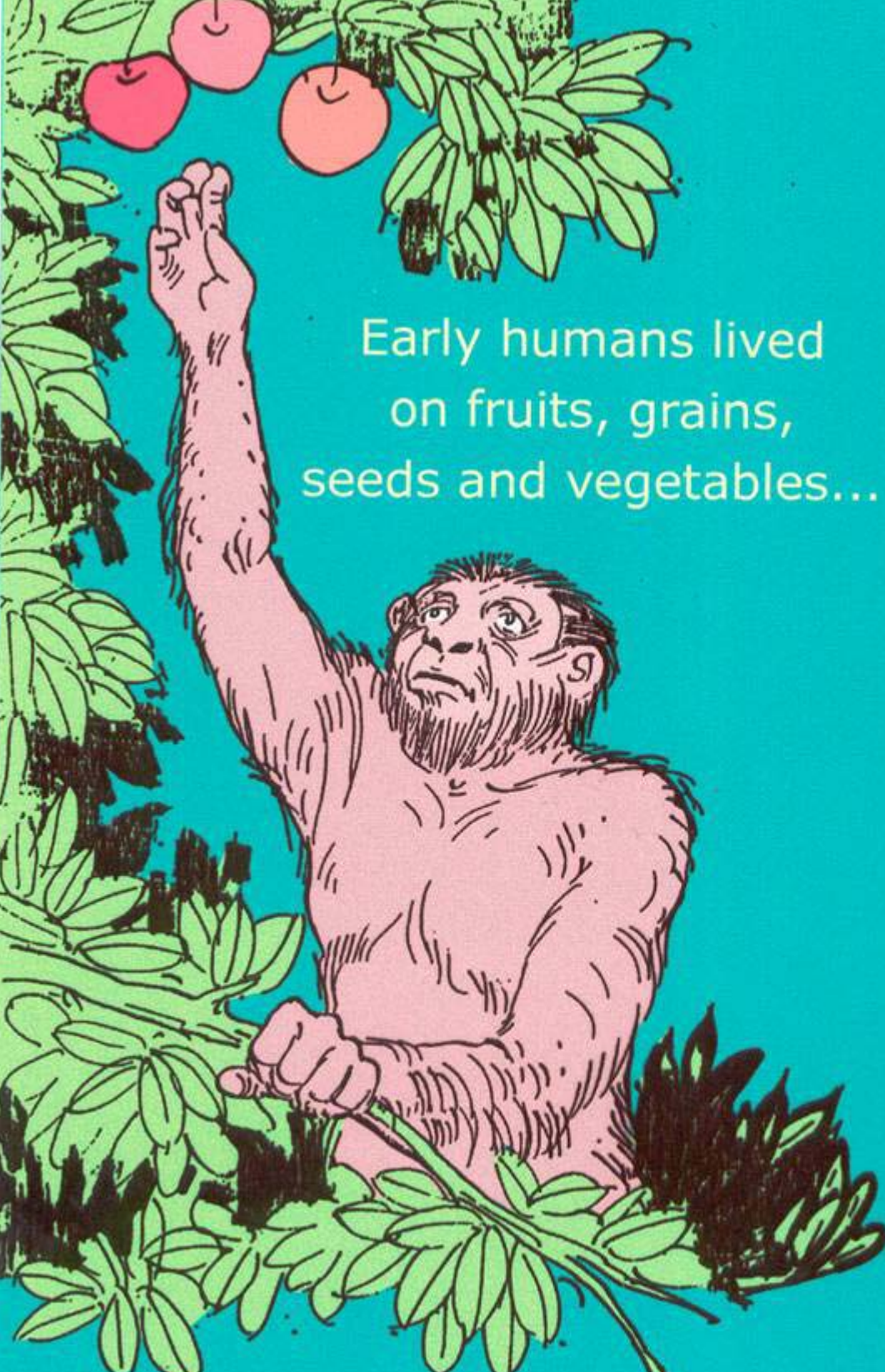
The digestive tract of cats is short: 3 times their body length.

The cow's digestive tract is longer: 10 times body length



And human's digestive tract is also long: 10 times body length





Early humans lived  
on fruits, grains,  
seeds and vegetables...

and did not eat  
meat until the  
Ice Age.

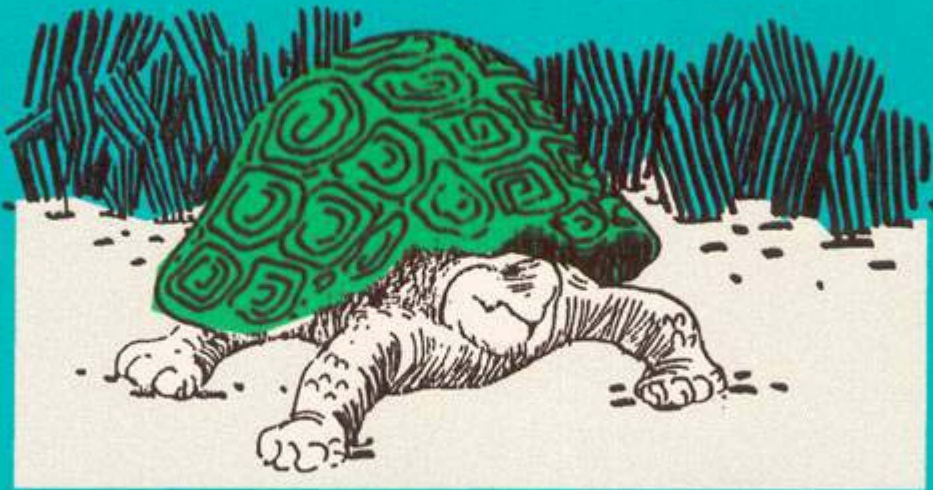
# • VEGETARIANS •



# LONGEVITY



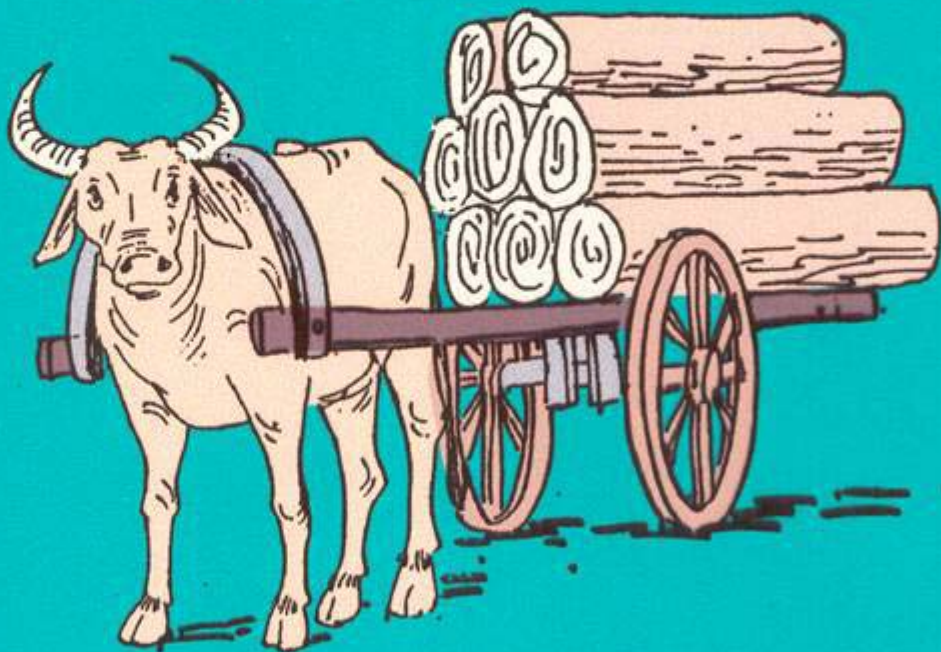
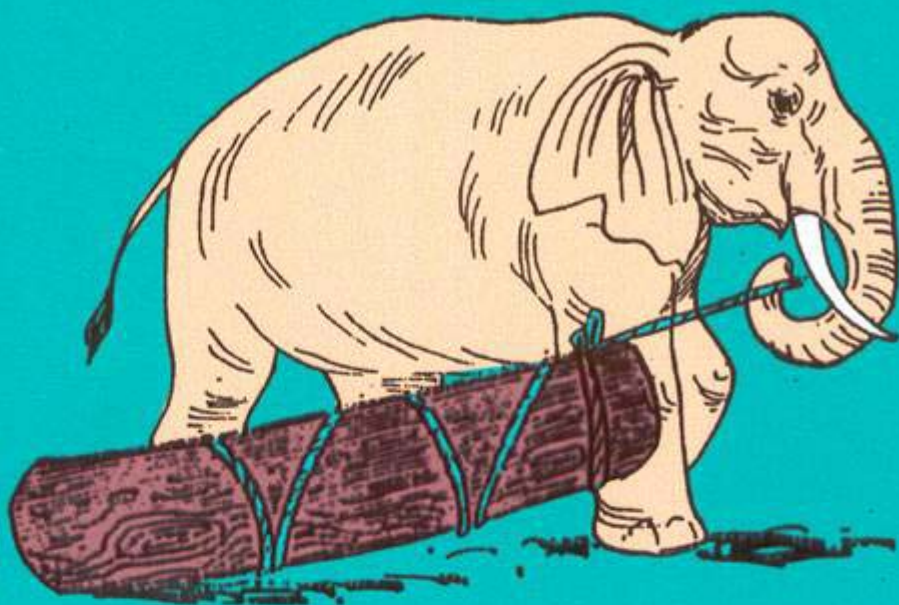
Major meat consumers, like the Eskimos, have short lives.



Animals and humans with greater longevity are vegetarians!



# • STRENGTH •



The strongest animals  
eat PLANTS,  
not meat



# • VEGETARIANS •

A - Diet of fats & protein



B - Mixed diet



C - Carbohydrate-rich diet

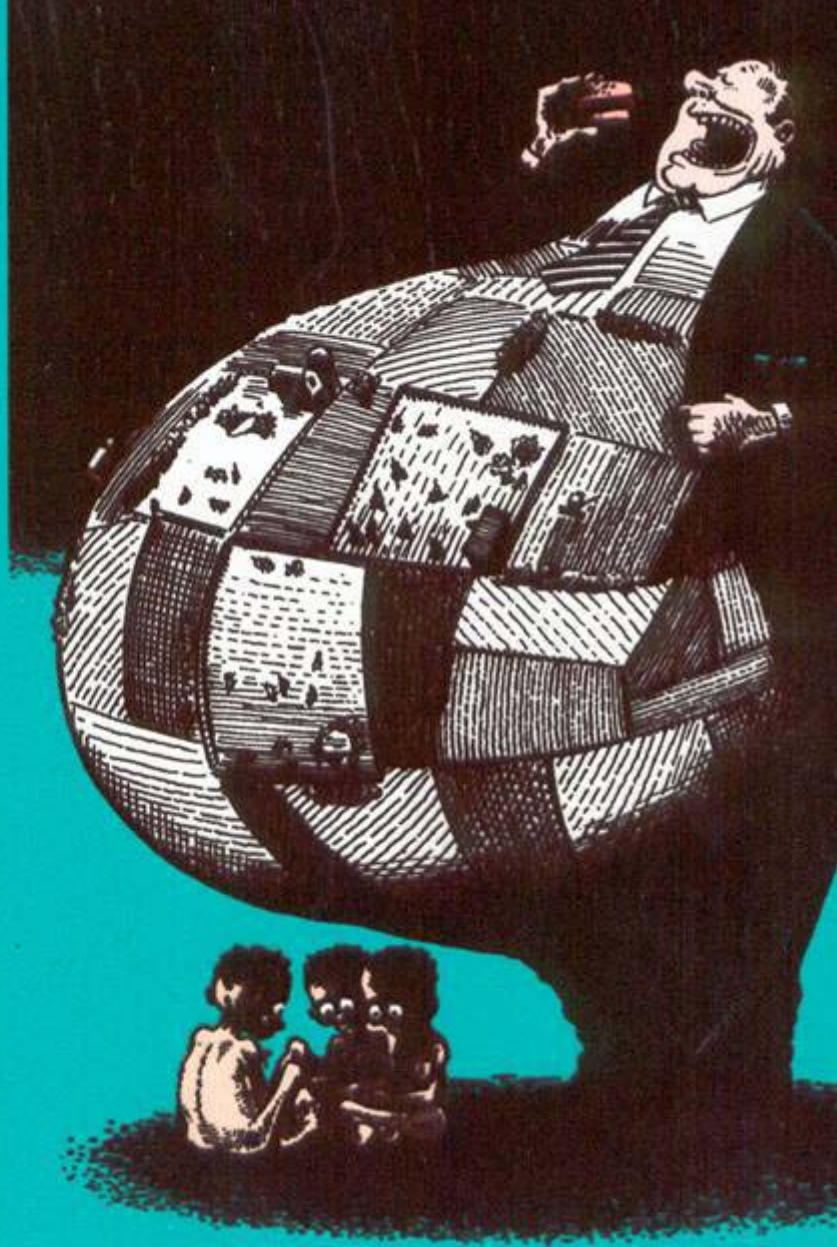


Maximum time of work



# • MORE ENERGY •


# •THE MEAT EATER•




"If more people were vegetarians, we could banish hunger from this earth"

(United Nations General Secretary)







Do you realize that the foods we ingest cause stress and sickness?




Of course. What do you think all that sugar, salt, caffeine, meat, oil and fat does?




We're putting extreme stress on our hearts, brains, stomachs and other vital organs.




What we eat dulls our minds.



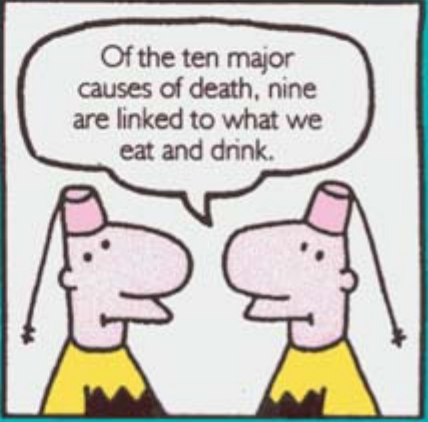
We clog our arteries every day at every meal.



We make ourselves fat and lethargic.



We slip into a sleepy-eyed stupor.



Of the ten major causes of death, nine are linked to what we eat and drink.