

Dr Josh Wellness—Reversing Disease with Diet Handout

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The State of US Health, 1990-2010 Burden of Diseases, Injuries, and Risk Factors

Most deaths in the United States are preventable and related to nutrition.

In this presentation, Dr. Josh Helman showed studies on how the vegan diet has positive effects against Heart Disease, Cancer, Diabetes, Dementia, Depression, and Liver Disease.

Important Points:

- **Your risk of death decreases if you don't eat skeletal muscle (animals including fish) and animal products**
- Chronic diseases are responsible for 7 out of 10 deaths in America each year and account for 86% of our nation's healthcare costs*

*From Centers for Disease Control & Prevention

J Sci Food Agric 2014; 94: 169-173

Effect of the vegetarian diet on non-communicable diseases

Mortality from all-cause, ischemic heart disease, and circulatory and cerebrovascular diseases was significantly lower in vegetarians than in omnivorous populations. Compared with omnivores, the incidence of cancer and type 2 diabetes was also significantly lower in vegetarians.

mean platelet volume and platelet aggregability compared with omnivores, which are associated with low intake of vitamin B₁₂ and n-3 PUFA. Based on the present data, it would seem appropriate for vegetarians to carefully design their diet, specifically

Am J Clin Nutr. 2009 May;89(5):1620S-1626S

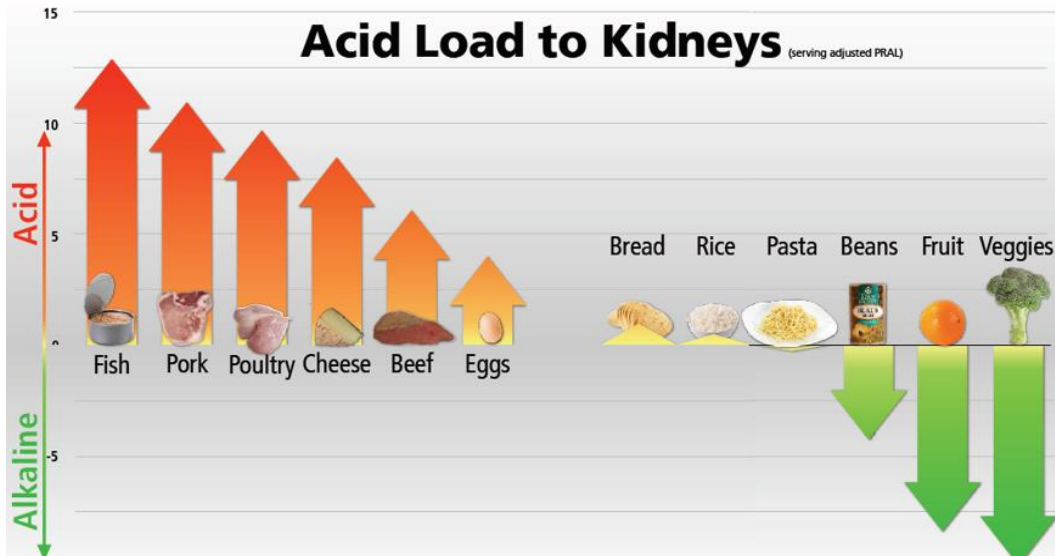
Cancer incidence in vegetarians: results from the European Prospective Investigation into Cancer and Nutrition (EPIC-Oxford)¹⁻⁴

Within the study, the incidence of all cancers combined was lower among vegetarians than among meat eaters

Objective: We report cancer incidence among vegetarians and non-vegetarians in the European Prospective Investigation into Cancer. The EPIC-Oxford cohort is one component of the EPIC, a collaborative study of 500,000 men and women in 10 European

Conclusion

1. **Eat a whole plant-food diet with no added salt, sugar, or fat.**
2. **Animal products do not provide any unique nutrients that you cannot get from plant sources.**
3. **If you choose to eat animals, you are going to get high toxin levels, (i.e. cadmium, PCBs, lead, POPs, dioxins, etc.) If you choose to eat plants, you are going to get various prebiotics, enzymes, vitamins, minerals, and micronutrients that aren't available in animal products.**
4. **To measure the health of your arteries, you can get a CIMT ultrasound (CIMT = Carotid Intimal Medial Thickness) test. Sometimes you can find these at a booth at health fairs.**



Plants minimize acidity. Animal products increase the acid load to the kidneys which can lead to kidney damage.

Neuroepidemiology 1993;12:28-36

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The Incidence of Dementia and Intake of Animal Products: Preliminary Findings from the Adventist Health Study

The matched subjects who ate meat (including poultry and fish) were more than twice as likely to become demented as their vegetarian counterparts (relative risk 2.18, $p = 0.065$) and the discrepancy was further widened (relative risk 2.99, $p = 0.048$) when past meat consumption was taken into account.

Research article stating how someone who hadn't eaten animal products in the last 30 years had 1/3 less risk of developing dementia.

PERSISTENT ORGANIC POLLUTANTS (POPS): A GLOBAL ISSUE, A GLOBAL CHALLENGE

Consumption of organic meat does not diminish the carcinogenic potential associated with the intake of persistent organic pollutants (POPs)

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Reminder: Organic meat contains toxins like endotoxins, dioxins and POPs. It still poses carcinogenic risk.