

SUMMARY

This book is based on recent and growing recognition that cancer can be prevented by not using animal proteins and fats. Lifestyle habits and food must change dramatically. No consumption of meat (products) has nothing to do with sensitivity to animals but has everything to do with our health.

My discipline, medical science, is in terms of life-threatening diseases like cancer based on "it happens to you, we will make treatment and let grow you older." Prevention through changes in lifestyle and diet is highly undervalued. Medical science is (rightly or wrongly) fully focused on curing diseases and patients with medication.

Wild animals can not be bred for unlimited consumption without consequences. An increase in diseases transmitted from livestock to humans (zoonoses) is the result. The awareness is growing that the human being has to maintain the nature.

Why you should be vegetarian ?
you'll understand when you've gone through the book

Chapter		Page
	Summary	i
	Contents	ii
	Author	iii
1	Introduction	5
2	The role of zoonoses to the major epidemics	7
3	Meat industry	17
4	Avoid lung cancer	57
5	Avoid breast cancer	79
6	Healthy aging	91
7	Free living animals	97
	References	119

AUTHOR



Dr. Peter Holst worked until 1984 as a general practitioner in The Hague area, the Netherlands. In his early days as a practicing physician, he was a few years medical director of a family planning clinic in Delft (Rutgers Foundation).

He did his research with the University of Utrecht. Unique by the combination of veterinary and human medicine. Diseases that from animals to humans can pass (zoonoses) are becoming more common. With support from the Dutch Prevention Fund, he did research into new cancer cases in his own practice (ten-year practice survey). The results were published in the Netherlands Journal of Medicine (Holst 1984). After this he began a case-control study of all newly diagnosed lung cancer patients in all hospitals of The Hague with the aid of their own lung specialists. The results of these studies were published in the British Medical Journal (Holst, Kromhout & Brand 1988). Bird keeping and bird breeding were proven to be a risk of lung cancer. In our study of lung cancer patients in The Hague we found except the risk of keeping birds in the house, especially breeding of birds, we found also a decreased intake of vitamin C. During long sea voyages in the era of the VOC (East India Company), sailors died prematurely from vitamin C deficiency. Today, the fast-food consumer get food from around the world on his plate. Pigs, cattle and chickens are fed with fish meal and soybean meal from South America. Fresh fruits and vegetables are eaten too little.

With the Dutch Organization for Applied Scientific Research (TNO Delft) he then carried out dust measurements in homes of bird keepers.

During his PhD in 1987 he defended the thesis that malignant cell proliferation can be a result of persistent infection in basal tissue cells. In his studies he found a significant connection between the keeping (especially breeding) of tropical birds and/or pigeons and lung cancer patients in the Netherlands, Belgium and the United Kingdom. Three countries with the largest trade in birds and the highest rates of lung cancer in the world. In these bird related cases lung cancer is a cell infection of the lung **stem cells**.

Holst specialized from 1984 in Occupational and Environmental Health Services. Some years from its founding in 1991, he was a member of the International Society of Indoor Air Quality (ISIAQ). He has published in various medical journals and has written books on indoor air hygiene and preventive medicine.

The photographs of free living animals, in this book, he made in national parks from Alaska to South Africa, from the bird islands off the Peruvian coast to Madagascar.

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VEGETARIAN FOOD EVERYDAY

keeps your doctor away

143 pages

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1

INTRODUCTION



Generations of doctors have sworn the Hippocratic Oath:

“With regard to healing the sick, I will advise and order for them the best treatment, according to my judgment and means; and I will take care that they suffer no hurt or damage. I listen and will inform him properly. I will keep secret what has been entrusted to me.

I will prevent disease whenever I can, for prevention is preferable to cure. I will promote the availability and accessibility of health care. I do not abuse my medical knowledge, even under pressure”.

The staff with the snake - the caduceus - is used as an emblem of medical profession. Your doctor promises to drive out the snake - the disease. The pharmaceutical industry has made himself master of the staff and it is filled with drugs to every facet of your illness. No patient leaves the office without a prescription.

As we get older, you will notice which unhealthy living habits have taken possession of you. The Netherlands is a dairy and meat country with overproduction of calves, piglets, chicks, tropical birds, eggs, dairy and meat products, etc. Our country stipulates on having the best care industry in the world. Unfortunately not the best health. Do you know that the Netherlands has the highest lung cancer mortality in the world and that mortality from breast and prostate cancer is also very high compared to other countries? In 2012, cancer was the cause of 31% of all deaths in the Netherlands (Eurostat). **Cancer is most common cause of death in Western Europe**, more frequent than Chronic Obstructive Pulmonary Disease (COPD) and Cardiovascular diseases and Diabetes (IHD). While COPD and IHD death rates decrease by improved health services, cancer death rates still remain high.

If the diagnosis of cancer is made, it is usually guessing what caused the cell proliferation. Chicken leukemia virus, bovine leukemia virus in our food chain and *chlamydia pneumoniae* in common bird flu infections were found to be related to common cancers. Growth-promoting hormones which are used in intensive livestock breeding strengthen this connection. The time without symptoms is 50% - 70% of the total growth time of a tumor. The human body refreshes itself constantly by food and in a few years all the cells and tissues are completely renewed. Neurons do the longest to refresh (10 years). With age, the choice of animal or vegetable protein in the diet is very important for our defense to chronic diseases and cancer. The consumption of animal fats and proteins has increased sharply since the last century. Cardiovascular disease, obesity and uncontrolled growth of derailed cells are the consequence thereof. Fresh fruits and vegetables are eaten too little. Complete plant food contains more phytonutrients and dietary fibers to protect us.

Primary prevention through dietary recommendations is strongly undervalued and medical science has (rightly or wrongly) fully focused on curing diseases and patients with medicines. It is too late to wait for the development of vaccines, against oncogenic retroviruses as chicken and bovine leukemia virus in our food (To date this has not succeeded).

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El médico saja el bubón, sobre el que aplicará una cataplasma. Esta actuación era muy arriesgada, puesto que los bubones eran ganglios linfáticos inflamados y su destrucción podía dañar el sistema linfático, soporte del sistema inmunológico.

Para comprobar si alguien estaba muerto, se colocaba un hilo de lana junto a las fosas nasales, para advertir si respiraba; o un vaso de agua sobre el pecho, para ver si el líquido se movía por el latido cardíaco.

Entre las medicinas que se aplicaron figuran el electuario (a base de vegetales, miel, jarabe o azúcar y *terra sigillata*), las pildoras de áloe, con funciones purgativas, o la triaca, usada como antídoto contra las mordeduras de animales venenosos y que se empleó al considerar que la peste era fruto de un envenenamiento nasal.

2

ROLE OF ZOONOSES TO THE MAJOR EPIDEMICS

AGIO

CORRUPCIÓN DEL AIRE

The role of zoonoses to the major epidemics of the past and present

People undermine their health with intensive breeding of consumption animals. We remember still a single farm with chickens and pigs on the farm and cows in the pasture. Increasingly we see grain silos appear with large livestock farming, whose pigs, chickens or cows never outside come. Diseases, which can be transmitted from animals to humans, are the result.

Examples of zoonoses are plentiful:

In the 14th century of the early Middle Ages farmers in Mongolia have attracted rats and mice by their grain stocks and consequently have transferred the rats and their fleas *pasteurella pestis* (bubonic and pneumonic plague) to local people. The marmot is the most common reservoir for *pasteurella pestis* in eastern Asia. At the siege of a Genoese trade office Kaffa on the Black Sea by the Mongols hundreds of corpses of plague victims were catapults shot into the besieged city to infect the inhabitants of the city. The Genoese seamen were hit by the plague in 1345. The survivors with ships fled to Sicily and Genoa. The disease was so moved over Europe. The Genoese fleet infected first people of Messina in Sicily. From Genoa the disease spread through the extensive trade network throughout Europe. **The bubonic and pneumonic plague was so moved to the Mediterranean and the Black Death killed 25 million people, or 50% of the European population.**

Tropical birds were imported late in the history, after the colonization of South America and the Caribbean, as public entertainment to Europe. Only with the increase of shipping traffic and air cargo, tropical birds could easily be imported and traded. The largest epidemic occurred in 1929-1930 after the import of infected parrots from Argentina to Europe. Hundreds of people became seriously ill and 20% died after an acute fulminant disease. Initially, in many countries strict import restrictions were set. Not much later parrots were again massively imported. Bird shows and breeders produced an explosive growth of this popular pastime. Tropical bird breeders and **pigeon breeders** have *Chlamydia psittaci* and *Chlamydia pneumoniae* spread over Western Europe. The domestication of parrots in Western Europe has led to the adaptation of the psittacosis "virus", first in the flocks of the **pigeon breeders** who often

kept also tropical birds. With many tropical bird breeders the 'psittacosis virus' adapted and disease that occurred in humans was less violent. Chlamydia psittacosis has adapted in Western Europe and ornithosis and Chlamydia pneumonia were the result of this. ***Chlamydia pneumoniae* is adjusted so that this microorganism now also passes from human to human through the airways and is now so prevalent in society that 98% have been infected.** Repeated infections with Chlamydiae, primarily occurring with bird breeders and bird keepers, cause chronic respiratory diseases and cause lung cancer in humans.

Particulate matter with an aerodynamic diameter of around 2.5 micrometers, is the main health hazard of (indoor) air pollution. The amount of particles from 10 to 0.5 micrometer has been proven to be elevated in bird keeping households. Lung cancer is increased in the last century. **Recently (2012) has been proven in a laboratory animal model that spraying *Chlamydia pneumoniae* in the airways caused in 15% of the animals lung cancer.**

With Christmas, turkeys and infectious poultry products from the U.S. New Mexico, **avian flu (so-called Spanish flu) has been transmitted by the troop transports in World War I to Europe.** Two thirds of bacteria and viruses that can cause human disease originate from animals.

Beware All Kinds of Flu

Highly pathogenic viral diseases like bird flu and swine flu have strong links with intensified farming. The highly pathogenic H5N1 virus emerged during a time of massive expansion of the poultry industry in the Far East. Birds are virus disseminators above all other animals. Waterfowl spread avian influenza. Caged birds spread herpes viruses, retroviruses and the smallest bacteria such as Chlamydiae. There have been outbreaks of avian influenza on egg farms. Free-range birds came into contact with the battery egg-layer hens, so one might come to the conclusion that the infection was via virus-shedding wild birds. Wild ducks spread all avian influenza virus strains. The overwhelming majority of studies of different designs (including all the mortality and cancer incident studies) indicate **at least a 30% excess risk of lung cancer in meat**

and poultry plant workers, even after controlling for smoking. Evidence points to animal oncogenic microorganisms as one of main causes. This has important public health implications because the general population is also widely exposed.



Laying hens, chickens and eggs are contaminated with potentially oncogenic viruses.

Battery laying hens have retroviruses attracted of the mice on the grain stocks. Eggs were therefore permanently infected. By consumption of undercooked egg-proteins, there is an increase of ovarian cancer, breast cancer and prostate cancer in humans. Retrovirus secreting mice also come into contact with free-range chickens. Free-range chickens are often kept outdoors so that the risk of contamination through the pollution of food on the ground may be greater from mice feces. In the winter months, mice more than likely go to aviaries and poultry farms to collect scraps of food. Virus bearing and virus-secreting mice, cereals, chicken feed, poultry infection, vertical transmission of retroviruses via eggs and processing of raw protein in Bavarian cream and other confectionery products occur, man being the terminus. In practically all poultry

farms retroviruses, which are closely related to mouse mammary tumor retrovirus (MMTV), can be found. **Laying hens have a high rate of ovarian tumors** (Johnson 2013), but such tumors are uncommon in hens less than 2 years old. Oviductal and ovarian tumors are generally not differentiated, and genital tumors occur mainly in hens above the age at which most are slaughtered. In commercial poultry operations, hens are usually sacrificed after their first year as layers, aged between 22 and 24 months. **Humans are commonly exposed to potentially oncogenic viruses that naturally infect and are frequently endemic in animals, which are part of the food chain, such as laying hens, chickens and eggs.** Raw egg proteins very often contain retrovirus. Egg protein is often undercooked. There is now widespread immune tolerance in humans to retrovirus. Latent persistent mammary infections with retrovirus are very common. Practically all milk contains retrovirus antigen. After the menopause biological regression occurs with immune reduction, which may result in tumor growth. Retrovirus has been found in breast cancer cells, removed from women but not in healthy breast tissue. Recently it was shown that the retrovirus is able to lodge itself in human mammary gland cells and to multiply.

Broiler chickens spread multi-drug resistant bacteria. The meat of broilers is increasingly infected with antibiotic-resistant bacteria such as MRSA staphylococcal and VRE intestinal bacteria. More antibiotics are given to farm animals than to sick humans. Intensive pig and poultry farmers and their household members, chicken meat and pig meat are increasingly infected with multi-resistant bacteria.

Repeated urinary tract infections in women are often the result of a zoonosis. Chicken is contaminated with coliform bacteria and infection in the kitchen is hardly to prevent. Bloody diarrhea after eating undercooked chicken or pork, for example, after a barbecue, is a dangerous phenomenon. In some cases, bloody diarrhea is caused by multi-drug resistant Coli bacteria. Especially in women these intestinal bacteria reach the bladder (Yamamoto S 1997). The bacteria attach to the bladder wall, and hardly respond to treatment with antibiotics. The urine is bloody. Not infrequently, these bacteria go higher and reach the kidneys via the ureter. **Enterohemolytic E. coli bacteria (EHEC) can cause severe renal failure.**

At the end of last century meat and bone meal, as sheep heads, were given to British cows. **The mad cow disease (BSE) was spread through infected meat in Europe.** Natural herbivores – grass and hay eating cows – turned into carnivores, feeding them meat and bone meal, in stead of grass, for faster growing and more financial profit.

Anchovies from the southeastern Pacific Ocean are sold for animal feed in Europe's factory farms. Chicken nuggets or pork chops can have a strange aroma. Around one third of the total fish catch is being fed to farmed animals, usually farmed fish, pigs and chickens. The animals fatten and grow faster in order to gain more profit and to shorten the slaughter time. Over the last decades, the production of fish oil and meal has removed around 20-30 million tons of fish from the south-eastern Pacific Ocean, anchovies, herring, mackerel and sprat species.



Trawlers fish anchovies from the Pacific Ocean before Arica (Chile).

Intensive cattle, pig and poultry farming by feeding the animals with soya meal and even fish meal and low doses of antibiotic growth promoters fatten the animals and let them grow faster. **Fatter beef meat, chicken meat and pig meat contains more**

saturated animal fat and cause more welfare diseases like cerebro-vascular disease, obesity and diabetes.

Colistin is widely used in Chinese livestock food, and this use probably led bacteria to evolve and gain resistance to the drug. **Colistin-resistant *E.coli* bacteria** are already found in China. The deadly pandrug resistant strain was later discovered in Europe, Afriaca, South America and Canada.

Intensive goat farming causes spread of Q fever. Goat feces and dirty bedding straw were shoveled up and carried outside by the farmers to fertilize their fields. In this way the Coxiella bacteria became airborne and infected people in the Netherlands.

Bush meat and the slaughter of chimpanzees are seen as the cause of the global spread of AIDS (SIV/HIV viruses). HIV spread to humans through human consumption of the meat of wild animals (chimpanzee and gorilla) in Central Africa. During the 20th century, commercial hunting using firearms and wire snares to supply lodging and oil exploration operation concessions along new roadway networks has dramatically increased the catch in Central African forests. Annually, it is estimated that 579 million wild animals are caught and consumed in the Congo basin, equaling 4.5 million tons of bushmeat.

Zika virus was first identified in 1947 when yellow fever researchers working in the Zika forest in Uganda stumbled onto it. They had a macaque in a cage and it developed a febrile illness from something that was transmissible. The virus was described as Zika virus in 1952 and then found in people a couple of years later. Monkeys are susceptible for the virus. When it was a flu-like illness confined to some regions in Africa, Zika wasn't a high priority so research hasn't been extensive. The health risk for humans in areas where the virus is circulating (areas where there are *Aedes egpyti*, malaria mosquitoes) was very low. Most people that are infected don't get sick at all, and when they do, they usually get only mild signs of illness that resolve on their own. In the past few years, Zika virus has emerged in the Americas, particularly Brazil. Very recently, a link between infection of pregnant women and birth defects - babies born

with small heads and brains (microcephaly) has been reported, predominantly in Brazil.

The severe Acute Respiratory Syndrome (SARS) is provoked by a coronavirus and emerged in southern Chinese province of Guangdong (Canton) in November 2002. The worldwide outbreak of SARS was seeded from a single person on a single day on a Hong Kong hotel. A physician from Guangdong, had attended a wedding. As guests departed, the virus coughed by one man spread to five countries within 24 hours. Within months, the virus spread to 30 countries on six continents, causing 8,096 probable cases and 774 deaths (WHO2004). In the past, a trip around the world took a year; today, we and our viral baggage can circle the globe in 24 hours. Guangdong authorities cull thousands of civet cats and other wild animals in January 2004 and permanently ban their trade and human consumption. The researchers found that human and civet cat viruses had the same genetic profile after testing six SARS-carrying civet cats from a restaurant in early 2004, where a female employed had been found infected with SARS virus. WHO experts also discovered evidence of the virus in cages in a restaurant where a SARS patient ate civet meat. Sadly, Chinese people have a taste for a large array of wild animals, fact that threatens a lot the biodiversity but also exposes people disease transmitted from animals to humans, and the civet cat is considered a delicacy in Southern China. In fact, in rural China, the animals are still being sold in markets.

Dromedary Camel Flu, from virus spreading young dromedary camels, is possibly the latest outcome of dromedary camel breeding in the Arabian Peninsula. **There is a rapid rise in reported infections with Middle East Respiratory Syndrome Coronavirus (MERS-CoV).** MERS-CoV infected today (3 Feb 2016) over 1,290 people and caused 551 deaths (fatality rate 42%). The disease has been seen primarily in the Arabian Peninsula countries with Saudi Arabia and the United Arab Emirates. The WHO Emergency Committee on MERS-CoV announced that its concern had “significantly increased”, with particular worries over recent evidence that the infection is spreading in hospitals and close patient contacts.



Crop circles on the Arabian Peninsula.

In 2013, flying over the Arabian Peninsula, I saw the integrated crop circles of Saudi Arabia. Saudi farmers are fueling the production of grains in the desert by mining underground reserves of water. Some of that water dates back 20,000 years, to the last ice age, when more temperate conditions filled aquifers. On the ground, these circles are as wide as the aquifers are deep, about a kilometer, and are formed by the use of center-pivot irrigation sprinklers that draw on the groundwater. Many of the crops are grown to feed a bustling cattle industry. Camels are rarely used as a means of transport. Dromedary camels are bred for their milk and meat and to participate in camel races. The Saudi Kingdom has implemented a multifaceted program to provide vast supplies of water, necessary to achieve the spectacular growth of the agricultural sector. Vast un-