

Being a Vegetarian - Pros And Cons

If you are considering becoming a vegetarian, then you must be asking yourself about the pros and cons of doing so. There are different ways of looking at this. On the macro or global scale, you as an individual, by giving up eating meat, will personally save the lives and suffering of all the animals that you would have consumed, if you had not given up.

On the other hand, a few hundred animals over quite a few years will not make much difference to the animal population. What is more, with the Chinese and Indian populations becoming richer, it is almost certain that they will be eating more and more meat in the near future. You will be doing your piece though.

However, on the micro, or personal level, becoming a vegetarian will alter your life. Those who have faith in detox diets say that lots of the toxins that they say mount up in our bodies come from the hormones, pesticides and antibiotics that are in meat but ought not to be.

Meat, eggs and dairy products are a Westerner's foremost sources of cholesterol and fat but cholesterol and fat are blamed for being the main contributor to the west's biggest killer - heart disease.

It is a fact that there are other reasons for heart disease, yet it has been estimated that vegetarians have about a quarter of their meat-eating compatriots' chances of having a heart attack. This seems noteworthy, but the difference between vegans and meat-eaters is even more stark at one tenth the likelihood.

So, it seems to matter what form of vegetarian you become, because lots of vegetarians still eat fish, eggs and cheese and drink milk. However, by giving up meat alone, you will miss out on lots of the chemicals that farmers force into their meat and poultry.

For instance, preservatives are reckoned to be connected to some cancers; growth hormones given to animals have an effect on our own hormones and many people just cannot digest milk, which causes the production of mucous and can give rise to digestive problems

On the negative side, you will need to learn a whole new system of supplying your body with the nutrients and vitamins that it requires. Meat is a concentrated kind of food so only eating a standard western meat and two vegetables type meal without the meat will soon become boring and land you in very hot water.

Malnutrition is the biggest risk that novice vegetarians have to be cautious of. Naturally, it is not so difficult to get hold of knowledge to help you make your vegetarian diet right as it used to be and there is a vast choice of foodstuffs on hand for the contemporary vegetarian, but they are not all cheap, so cutting

out meat will probably not save you much money.

At the end of the day, becoming a vegetarian is a highly personal affair. It is between you and your conscience, but doing the correct thing will make your life more difficult, as does making any lifestyle change, but you will find it easier as you get into the swing of things.