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Eating Meat Is Ok, But Animals Has Rights Too

Have you ever thought about the animals you eat and how they are treated before the meat gets to your home? Have you thought about processed and unprocessed meat, or maybe you thought about your health after eating meat. These are all good questions you should ask yourself, because there is a huge difference between eating processed mean and unprocessed meat and it will affect your health in the long run.

Before processed meat we would only cook our meat and eat it as fresh as possible now we eat more processed meat then fresh meats such as hot dogs, sausages, smoked meat, beef jerky etc. Now that we have processed meat that last longer and taste better is affecting our health. Studies show that people who don't necessarily don't to much worry about their health-conscious tends to eat more process meat, which can lead to many different situations such as Chronic Disease this includes high blood pressure, heart disease, bowel and stomach cancer and chronic obstructive pulmonary disease. Also there many different compounds put into processed meats such as N-nitroso compounds, they are cancer causing substances. They are formed from nitrite (sodium nitrate) and it is used to preserve the red/pink color of the meat, prevent food poisoning, improving the flavor, and prevent bacteria. From a article called healthline.com, "...nitrate is found in relatively high levels in some vegetables and may even be

beneficial for health. However, not all nitrite is the same. Nitrite in processed meat can turn into harmful N-nitroso compounds, the most widely studied of which are nitosamines.” Even though it’s a lot harder to back away or go cold turkey on processed meats eating them occasionally is fine. Limit the intake of processed foods and base your diets on more fresh whole foods.

Although eating more unprocessed meats maybe a hassle but it’s much healthier, and your body will thank you for it. It’s many different ways to go about eating unprocessed meat such as focusing on the treatment of the animals while they are still alive. It is very important to have the animals in a safe place where they can move freely, what they are fed, and even how they are slaughtered. “Now, it’s possible to find sustainably, humanely raised meats in farmers markets, local farms and many grocery stores across the country.” from an article called eatingrules.com There’s cage free animals, where the animals are in a secluded place of the farm and they can run freely. Along with free range or free roaming animals, the animals are outside on large areas of land roaming freely. For example, the chickens are on one side of the barn and the birds are on a totally different side of the barn. Then there’s grass fed, which means the animals have access to grasslands during their growth. Naturally deals with how the meat is handled after, and it doesn't have any artificial ingredients added to the meat. Lastly, certified meats the USDA does food inspection grades and evaluate the meat, on the package it should have “certified” in front of the meat you purchase. “Thankfully, there are more humane options now, and it’s possible to choose higher-welfare certified products.” also from eatingrules.com

As people we have been eating meat since the beginning of time and even ate meat during the war or for natural calamity. Once process meat became much easier to cook and eat it made the value of fresh meats less of a need and the process meats more of a need. Now, from an

article named britannica.com it has an important quote that ties everything together on eating meat. “Furthermore, meat has long been known for its high nutritive value, producing stronger, healthier people.” We need meat to get the vitamins for our bodies that we may not be able to produce from other foods, or even from taking vitamin pills. I personally don’t see the need of cutting meat out of our diet completely because meat has a very meaningful vitamin that is only found in animal foods which is B12. Vitamin B12 is a water soluble vitamin that is in every cell of the human body. We can also lookup labels that are on meats sold at the grocery stores to seek the freshest, safest, and leanest meats such as USDA Organic, American Grassfed or even American Humane Certified meats. Or maybe going to livestock farms where the animals are grass fed, cruelty free, carefully watched, roam freely, and safe.

What if humans stop eating meat, and go completely the vegan route, and stop breeding animals letting them breed naturally. Many animals are facing extinction because of humans, killing over 60 billion of animals a year just for food that we really don’t need. As like John Robbins said in a video on why eating meat is bad “... Modern factory farming treats animals without any level of respect in fact with contempt for their needs for their instincts for their well-being on every level ...” Which should alarm you because animals are being brutally abused, treated with no respect and it has gotten out of control. But if we stop eating animals, letting them live freely animals will have more of a chance to not become extinct. So becoming vegan would be the best and healthiest route because it will save animals, and our bodies will appreciate the healthier foods that aren't being process, or killed.

Animal cruelty is one of the biggest issues and the most argued when it comes to eating meat or not eating meat. The most important thing is to take care of the animals, make sure they

are comfortable, safe, fed, and treated as they if they have feelings because they do. Animals get scared, hurt, nervous, etc just like us so they shouldn't be slottered, torchered, or put in danger during their life of living. Livestock care for their animals like they are their child, they are mindful of how each animal reacts to everything. "If we don't need or profit from them, we don't protect them." from the article called eqicanmalquest.com If we are going to continue to eat meat the least we as humans can do is care for the animals. Yes, they can be dangerous and harmful but so can we. Animals are scared of humans because of the things we do to them and it needs to stop. Making sure animals are safe is the most important because if the animals aren't treated with care then we won't get the vitamins that's needed from animals foods, and the animal foods may even come out to have diseases along with unneeded fats that was process while they were living.

Eating animals foods it totally fine as long as its carefully cared for, not processed, not abused and packaged fresh without any chemicals. Being more cautious about the meat we eat is the biggest step of going on a healthier route, and stopping animal cruelty. Looking at the pros and cons of animal food, and even cutting own on processed meat can make a huge change in your diet.

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