

APPENDIX 16

Harvard Study – red meat

“People who increased their daily servings of red meat over an eight-year period were more likely to die during the subsequent eight years than those who did not increase their red meat consumption, according to a new study led by researchers from Harvard T.H. Chan School of Public Health. The study also found that decreasing red meat and simultaneously increasing healthy alternative food choices over time was associated with lower mortality.”

<https://news.harvard.edu/gazette/story/2019/06/harvard-study-links-red-meat-consumption-with-early-death/?fbclid=IwAR1LKGqTqJQHw5CJuJ6gjf5eWOWZ8wIavt7YSIPhrWu05isadbwdunJulps>

National Cancer Institute of Maryland study

“It is the largest study so far to link the consumption of both processed and unprocessed red meat to an increase in death rates from a total of nine different diseases.”

<https://www.riseofthevegan.com/blog/largest-study-to-show-link-between-meat-and-disease>

Eating Red Meat Linked to Higher Risk of Death

“New research, published in the journal The BMJ on Wednesday, shows that increasing **red meat consumption** is associated with a higher risk of death.”

<https://www.cnet.com/google-amp/news/study-of-81000-adults-links-red-meat-intake-with-increased-risk-of-death/?fbclid=IwAR0uvFT58LVIYRyAi5dxjw3d9mps0cJp5PDyeRbf5IFX7sGI9X5oCRJzg98>

The Cancer Council

“Did you know that eating more than 700 grams (raw weight) of red meat a week increases your risk of bowel cancer? Or that the risk of developing bowel cancer goes up 1.18 times for every 50 grams of processed meat eaten per day?”

<https://www.cancercouncil.com.au/1in3cancers/lifestyle-choices-and-cancer/red-meat-processed-meat-and-cancer/?fbclid=IwAR1MZrolr3E1I2ogxLZAXyYBF5oXsEXB2HhhtJJVHigK8MMaZyk6ek09ac>

Nutritional Facts

An abundance of articles from Dr Gregor on the negative health implications of humans consuming dairy.

<https://nutritionfacts.org/topics/dairy/>

Nutritional Facts

Eating Chickens

<https://nutritionfacts.org/topics/chicken/>

Dr Kim Williams – president of the American College of Cardiology

“What are the health implications from eating eggs?”

https://www.youtube.com/watch?v=tc4K1Wb_qkw

The World Health Organisation warns of the dangers of using of antibiotics in animals raised for food in building antibiotic resistance in humans.

<https://www.who.int/news-room/detail/07-11-2017-stop-using-antibiotics-in-healthy-animals-to-prevent-the-spread-of-antibiotic-resistance?fbclid=IwAR0ws5oW7HE4mFwcXDRv5u2I7gywDNjDBpCKwRmGRm-b7A6YbkmCiNrH2SU>

Nutritional Facts

An explanation on the public health risks of antibiotic use in farmed animals

<https://nutritionfacts.org/video/antibiotics-agribusinesses-pound-of-flesh/>

Food For Thought

A thorough study into the prevalence of foodborne illness from Colleen Patrick-Goudreau

<https://www.colleenpatrickgoudreau.com/the-lethal-gifts-of-livestock/>

Physicians Committee for Responsible Medicine

Reversing diabetes through plant-based diet

<https://www.pcrm.org/health-topics/diabetes>