

Like

Tweet

Pin

+1

in



**PLANTS OVER
ANIMALS**

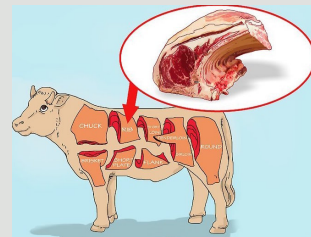


Hello, Friends!

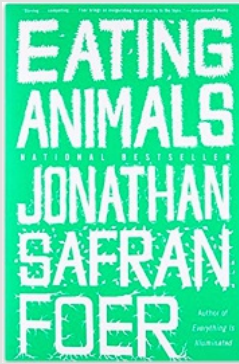
Did you know that July 26th is "National *All or Nothing* Day"? While the importance of planning before we act, and thinking before we speak, is obvious, sometimes we overanalyze situations and hold ourselves back from improvement. Fear of being different and worrying about how our actions will be criticized can cause strife in our lives. If we need a day to inspire us, July 26th is the day when we can break free of whatever holds us back and leave hesitation in the dust. And, if that means committing to a plant-based lifestyle, more power to you! Going "ALL IN" for 21 days has proven to be the most successful way to adopt the whole food plant-based diet.

HEALTH

HCAs and PAHs are acronyms that may sound familiar, particularly during grilling season, but what exactly are they? When muscles (e.g., chicken breasts, fish fillets, meat on ribs) are cooked at high temperatures (esp. above 300 degrees F), heterocyclic amines (HCAs) are created by the interaction of amino acids (the building blocks of protein) and creatine. Polycyclic aromatic hydrocarbons (PAHs) are formed by the fat and juices that drip from the meat; they are found in the smoke and adhere to the surface of the meat. Both HCAs and PAHs damage DNA and increase cancer risk.



How do we avoid these chemicals? First, remember that they are only generated during cooking, so raw foods do not have HCAs and PAHs. Second, plant-based diets have insignificant amounts of HCAs. While plants have ample protein, they do not contain creatine (which is needed to react with amino acids to form HCAs). Additionally, plants contain anti-oxidants which can decrease the extent of DNA damage caused by oxidation from these harmful chemicals.



ANIMALS

Eating Animals was written by Jonathan Foer almost a decade ago; it was a book that I read during my transition to a plant-based lifestyle. Foer wrote the book as a reaction to his own childhood feelings; as many children do, he struggled with the dichotomy between loving animals and killing them for food. The second chapter, titled "All or Nothing or Something Else", includes a great thought question: "If we were to one day encounter a form of life more powerful and intelligent than our own, what would be our argument against being eaten?" Last month, a feature-length documentary narrated by Natalie Portman, based on this book, was released in theaters. So, on this day of "All or Nothing", if you have been on the fence about dealing with your own feelings of ambivalence, I encourage you to read or watch either version of this narrative. If you only have 30 minutes, an [interview on YouTube with Foer](#) reveals the man who says that "missing meat feels better than having it".

EARTH

In addition to the mass extinction of species caused by over-fishing our oceans, there is another reason to choose beans over tuna. As a heavy metal that is toxic to human health, we hope to avoid consuming mercury in our meals. Mercury affects the nervous system causing symptoms ranging from anxiety to memory problems to impaired motor skills (to name a few). Eating seafood is the most common cause of mercury poisoning, and pregnant and breast-feeding mothers, as well as children and elders, are cautioned to avoid or limit their intake of fish and shellfish. Reports by organizations such as the Biodiversity Research Institute have found that 84% of the world's fish contain unsafe levels of mercury.





KITCHEN TIP:

Lunchtime often presents challenges for those trying to find healthy options. Buying lunches may lead to overeating due to portion sizes, or it may cause us to make a health-hindering choice due to lack of options. To stay in control of lunch (and save lots of money), LEFTOVERS can be that best friend that helps you reach your goal. Start by doubling your dinner recipes; any leftovers that you are not going to use within the week can be frozen. Invest in **storage containers** that will not leak, are safe for the microwave, and can be placed in the dishwasher and freezer.

With hopes of good health, compassion, and responsibility,
*Brooke at **Plants Over Animals***

©2018 Plants Over Animals | 650 S Exeter Street, Baltimore, MD 21202, US

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®