

# Big View Small Window

Wednesday, May 21, 2014

## Meet Your Meat

**Whoa!** We have been in the dark way too longer. I am putting together these blogs to inform as many people as I can, especially those who do not have time or patience to do their own research. I have been deceived for many years about the meat I was consuming. My diet, until recently, was about 90% poultry - thinking I was avoiding a grand scheme of maltreatment in cattle. As it turns out, every animal used in food production sees its share of abuse and grotesque environmental conditions.

Let's start with the cow:

### mad cow disease & e.coli

I vaguely remember the reports of these diseases spreading in the mid-90s. It seemed like something of a mystery, something far away from my reality, as I ate whatever was put in front of me on a plate. I recently read some articles and watched a [documentary](#) that informed me of the origin of these two dangerous infections.

As I understand it, mad cow is a result of cows eating the remains of other cattle, pigs, and poultry; this includes left over blood and feces mixed into grain feed. Since the stomach of a cow is designed to majorly consume grass - not meat or grains - terrible bacterial infections have occurred in more countries than just the US. However, we are one of the last standing countries that voluntarily allows cows to continue feeding on other animals (but cows eating cows is supposedly banned), as well as allowing the use of certain growth hormones.

My studies of e.coli are understood as follows: e.coli is an antibiotic-resistant strand of bacteria. Once you contract it, it pretty much has to run its course with little to no treatment. It

causes kidney failure, along with a host of other ailments, and in kids can result in death. E.coli is a superbug that spawns in the gut of cows who eat other cows, dead animals/mammals, and (gmo) grains. The beef served to the public are living in tight quarters and stand in their own manure on huge feedlots, being pumped with small doses of antibiotics - traces of these drugs, among other things like hair and feces, are in your meat. There is little occurrence of this bacteria in the gut of grass fed, free range beef.

Also, this recent **recall** (which includes one case occurring in Missouri) prompted a facebook post where I stated: Update! If you are currently using fast food and full serve restaurants, as well as grocery stores and commercial outlets for your meats, please BE AWARE. This is STILL happening, among everything else in the world. The FDA/USDA has little to no regulation on testing the beef that is distributed to the public. They leave it in the hands of the manufacturers to test for this. These meat packing companies KNOWINGLY put this meat on the market, opting to settle lawsuits later than to hurt their profits by tossing out the meat. By the time a recall (especially this size) reaches the general population, at least 1/2 if not all of the meat is already consumed by the public.

**None** of this would be an issue if cows were simply raised as **free range** instead of living on CAFOs (confined animal feeding operations). Diseases in cows would virtually disappear if they were eating grass instead of (GMO) grains and other animals. I am still baffled at why this is an issue and why the health of our nation and the world rests in hands of greedy humans (who probably do not eat what their money is producing).

The issues of mad cow, e.coli, antibiotic feed (used as growth stimulation), synthetic growth hormones (check **this** out), ammonia-washed and radiation exposed meat is REAL. It is not some distant, far off, mythical notion to be ignored. Even if you have never contracted e.coli or had an adverse reaction after eating grocery store meats, this is still an issue that affects you and your family. **Right now, today this** is happening. Meat - riddled with bacteria, feces, traces of antibiotics, being exposed to cancer causing agents - is produced under dangerous and unsanitary meat-packing conditions (where workers are treated as lowly as the cattle) and is being distributed to grocery stores and restaurants everywhere. Unless otherwise obviously posted for public viewing, assume your meat is produced on a factory farm, loaded with foreign chemicals, harmful metals, and is likely composed of more than one kind of species.

It is time to stop taking what our government is dishing out. The FDA and USDA are asleep at the wheel, allowing lobbyist, special interest groups, investors and

board members from meatpacking firms to serve as wealthy, powerful placeholders in the production of our food. Money, money, **MONEY** - not public health and safety - is the bottom line. The convenience of a grocery store and restaurant must stop outweighing your conscience and God-given right to have clean food. So, you choose. Would you rather have meat and dairy from cattle produced under the conditions of picture A or picture B?



**A**

This is a feedlot where thousands upon thousands of cattle stand in their own and neighboring cattle's feces and urine. They feed on GMO corn & soy as well as the remains of other animals. These conditions breed e.coli, salmonella, and mad cow disease.



**B**

Here are free range cattle feeding on their natural herbivore diet. This lifestyle promotes good gut bacteria in cows and

nearly eliminates the spread of disease  
to people who consume meat.

Find a [local beef vendor!](#)

Next blog: I reveal what I found out is being done to chickens...


Posted by Tiffany\_B at 8:15 PM



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