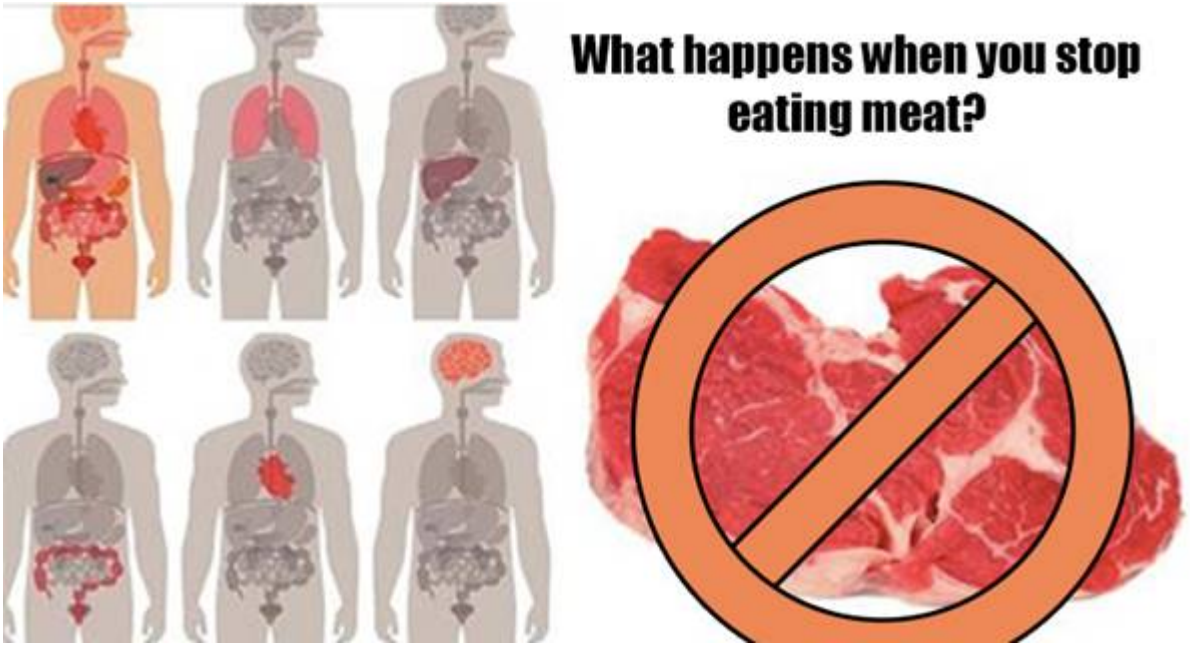
HEALTHY TIPS

7 Things That Happen To Your Body When You Stop Eating Meat

By bestfolkmedicine · 19/12/2018 · 4 min read



Nowadays,more than ever before, people are "ditching" meat and adopting plant-based diets for a long list of reasons. Some of the major ones are weight loss, animal and environment well-being, healthy lifestyle, and low chances for heart illness.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

If you are also considering going vegan and want to learn more about what will happen if you stop meat consumption, continue reading the article to learn more.We will present the major seven advantages of veganism- you will be positively surprised!

7 Health Advantages of Going Vegan

1. **Lower risk of type 2 diabetes**

Unfortunately, according to Forks over Knives, 38 percent of Americans suffer from pre-diabetes, a precursor of type 2 diabetes. The study found that animal protein, especially the one coming from processed and red meat, contributes to the higher risk of getting this disease. Meat is often associated with this illness because of the animal fat, animal-based iron, and nitrate preservatives present in it which were discovered deteriorate the health of the pancreatic cells, contribute to gain of weight, impede the insulin-related processes, and increase inflammation. On the other hand, a plant-based diet is capable of bettering and even reversing diabetes.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

- **Optimal genes**

The antioxidants and other beneficial nutrients coming from whole plant foods were found to be able to change the gene expression and thus, better the way in which the cells repair the damaged DNA. Moreover, positive lifestyle changes, including plant-based diet, were found to lower the expression of cancer genes in men with prostate cancer.

- **Healthy gut microbiome**

The microbiome or the trillions of microorganisms living in our body are pivotal for our overall health and well-being. They assistthe body in the digestion of food, but also provide important nutrients, train the immunity, turn the genes on and off, maintain the health of the gut tissue,and keep cancer at bay. Plant foods are known to contribute to the health of the intestinal microbiome and the fiber which they contain is highly beneficial for the growth of good gut bacteria. However, this is not always the case with diets low on fiber that encourages the spread of bad bacteria. When non-vegans consume carnitine or choline that are present in meat, seafood, eggs, dairy,and poultry, the gut bacteria produce a substance which the liver transforms into a toxic substance known as TMAO. When your diet is based mostly on plant-based foods, there is scarce or no production of TMAO.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

- **Balanced cholesterol levels**

High levels of bad cholesterol contribute to the occurrence of strokes and cardiovascular diseases. The cholesterol levels can rise if we follow a diet rich in poultry, meat, cheese, and other products

from animals because of the saturated fat present in it. On the other hand, studies point out that when we start following a plant-based diet, the cholesterol levels reduce by 35 percent! Whole foods are able to balance the cholesterol because of the low amount of saturated fat and the absence of cholesterol.

- **Low inflammation**

Higher levels of inflammation are not uncommon among non-vegans. Even though inflammation in normal amounts is a normal process,especially after an injury, chronic inflammation is not. It can lead to atherosclerosis, strokes, diabetes, heart attacks, and autoimmune illnesses. This is where plant-based foods can be of aid because they are anti-inflammatory and rich in antioxidants, fiber, and phytonutrients.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

- **Right amount and type of protein**

Even though you may think otherwise, surplus protein will not make you leaner or stronger. Namely, the excess amount is stored as fat or made into waste. And, animal protein is one of the contributing factors to weight gain, heart illness, inflammation, cancer, and diabetes. The protein from whole foods will keep you safe from chronic illnesses and you need not track the consumption of protein when it comes from plant-based foods. Simply meet your daily need of calories and you will get sufficient protein.

- **Good for the environment**

Did you know that animal agriculture is harming our planet?! It is the largest and single cause of greenhouse emissions and a major reason of deforestation, land and water use, extinction of species, and destruction of wildlife. Moreover, today's food system, which is mostly based on dairy and meat production, is a major contributor to world hunger. This is because most of the crops worldwide are grown so that livestock can be fed instead of feeding the hungry.

Sources:

FORKS OVER KNIVES

THE HEALTHY LIVING

Read online: https://bestfolkmedicine.com/2018/12/7-things-that-happen-to-your-body-when-you-stop-eating-meat/

Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.