WELLNESS
FULFILMENT
LONGEVITY
How to live a disease free
and amazing life

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Chapter 4 – Constitution of Human Body: The China Study

Are Humans Designed to be Carnivores, Omnivores, or Herbivores?

There are plenty in the medical, nutritional, and diet field who still maintain that a well balanced diet should include animal protein so how is one to make an educated decision as to what is best for the body when so many theories abound that all claim to be the gospel truth? A simple method for determining if the human body is designed and equipped to digest meat is to compare its digestive system and physiological characteristics to those of other carnivorous (meat eating), omnivorous (meat eating and non meat eating), and herbivorous (non meat eating) species.

**Jaws and Teeth:** One of the most obvious differences between carnivores, omnivores, and herbivores are the teeth. Carnivores have teeth that are designed for killing and tearing flesh. They are pointed and sharp, long and spaced to prevent debris from getting stuck. Conversely, the teeth of herbivores are flat and platform topped in order to grind down food. Omnivores rest between the two. (1)

**Swallowing:** Carnivores swallow their food in whole large chunks. They do not have enzymes in their mouths to begin digestion as herbivores and omnivores do. For optimal digestion, herbivores and omnivores must chew their foods in order to release enzymes in saliva to begin breaking down the food and to release the digestible innards of the plant. (1)

**Stomach:** Carnivores have large stomachs, or sometimes dual stomachs (ruminants), that comprise of roughly 60 – 70 percent of their digestive tract in order to accommodate large chunks of undigested meat. To aid fast efficient digestion, their stomachs excrete powerful acidic digestive enzymes. The stomachs of omnivores are similar to carnivores but the herbivore’s stomach is quite different. It is far smaller in order to process smaller amounts of food and is roughly 20 times more alkaline than a carnivore’s. (1) (2)

**Colon and other Organs:** The intestinal tract of carnivores is 3 times their body length, smooth and relatively straight in order to process rapidly decaying meat quickly through the body while the intestinal tract of an herbivore is 10-12 times their body length. It is designed to hold food for as long as possible for optimal nutrient absorption. Because of the design of an herbivore’s digestive tract, foods that are high in cholesterol tend to become stuck in the pockets and pouches off the long winding tunnel. The digestive tract of an omnivore is similar to that of a carnivore.

The liver of a carnivore is designed for the purposes of eliminating uric acid in large quantities. Uric acid is released into the system for the purposes of breaking down the complex proteins found in meat into amino acids. The Herbivore’s liver can cope with less than 10 times the amount of uric acid as a carnivore’s. Again, the omnivore’s liver is similar to the carnivore’s. (1) (2)
Body structure and movement: Carnivores have claws and paws and a gait designed to hunt, chase, and trap prey. The gait of herbivores is designed for mobility only and human’s hands and nails are tailored to picking rather than killing. (2)

Outcome: By comparing the structure of the human body to other species, it is clear that we were not designed to ingest and digest meat. A plant based diet constitute a human’s natural food. However, many opponents of vegetarianism believe that the human body will become weak should meat be removed from the diet but one must only look to nature to see that some of the largest and most powerful animals on the planet are herbivores: take for instance the gorilla, elephant, rhinoceros, horse, ox, etc. Additionally, carnivores live roughly one-third as long as herbivores. (3)

The China Study

Chou En Lai, the former premier of China, was diagnosed with terminal cancer in the early 1970’s. Little was understood about the disease at that time so he dedicated the last part of his life to initiating the largest survey of cancer ever conducted to date.

Over 96% of the then 880 Million Chinese population was surveyed. After all the data was collected, a beautiful multi colored atlas was created which clearly displayed that cancer rates were centralized.

“Counties with the highest rates of some cancers were more than 100 times greater than counties with the lowest rates of these cancers. These are truly remarkable figures. By way of comparison, we in the US see at most two to three times the cancer rates from one part of the country to another (4, Pg. 71)”.

To analyze the findings and discover why cancer was so prominent in some regions and non-existent in others, a world class team, including the top scientists in China and the world, were assembled. They knew that China was generally genetically homogenous so the cause of disease had to be environmental (but even if the population was more genetically diverse, only 2-3% of all cancers can be attributed to genes, according to Sir Richard Doll and Sir Richard Peto of the University of Oxford). Thus, the questions they sought to answer in their study were:

“Why was cancer so high in come Chinese counties and not in others? Why were these differences so incredibly large? Why was overall cancer, in the aggregate, less common in China than in the US? (4, Pg. 72)”

The Team administered questionaires and performed blood tests and urine samples, while measuring everything families ate over a three-day period, and analyzing food samples from marketplaces in the country.

“Critical to the importance of the China Study was the nature of the diet consumed in rural china. It was a rare opportunity to study health related effects of a mostly plant-based diet. In America, 15-16% of our total calories comes from protein and upwards of 80% of this
amount comes from animal-based foods. But, in rural China, only 9-10% of total calories comes from protein and only 10% of the protein comes from animal-based foods.”

In simple terms, the study revealed that those on a mostly plant-based diet were largely disease free and the healthiest while those who consumed the most animal protein and products had the highest levels of chronic disease including cancer. The team was struck by the realization that chronic disease is the rich man’s Achilles heel. In the wealthier areas of China, a more Western diet was adopted and disease was drastically more prominent as opposed to poorer rural China where the diet was almost exclusively plant-based. The team labeled Cancers including colon, lung, breast, leukemia, childhood brain, stomach, liver, diabetes, and coronary heart disease as “Diseases of Affluence due to Nutritional Extravagance”. They labeled pneumonia, intestinal obstruction, peptic ulcer, digestive disease, pulmonary tuberculosis, parasitic disease, rheumatic heart disease, metabolic and endocrine disease other than diabetes, and diseases associated with pregnancy as “Diseases of Poverty or Nutritional Inadequacy and Poor Sanitation.

Cholesterol derived from the consumption of animal products was discovered to be the underlying cause of the ‘diseases of affluence’.

“At the onset of the China Study, no one could or would have predicted that there would be a relationship between cholesterol and any of the disease rates. What a surprise we got! As blood cholesterol levels decreased from 170mg/dl to 90 mg/dl cancers of the liver, rectum, colon, male lung, female lung, childhood leukemia, adult leukemia, childhood brain, adult brain, stomach and esophagus (throat) decreased. As you can see, this is a sizable list. Most Americans know that if you have high cholesterol, you should worry about your heart, but they don’t know that you might want to worry about cancer as well. At the time of our study, the death rate of coronary heart disease was seventeen times higher among American men than rural Chinese men. The American death rate from breast cancer was five times higher than the rural Chinese rate (4, Pg. 78).”

The foods associated with increased cholesterol levels are: all animal protein including meat, dairy, and eggs. Foods associated with decreased levels are: all plant-based foods and nutrients.”

I can attest to this from my own personal experience. In 2008 I my diet heavily based on meat and dairy and as a result, my overall cholesterol was 5.7. In 2010, I reduced the animal products in my diet and my cholesterol level fell to 5.1 (mmol/L) but the highest acceptable level is 5 so I still had work to do (European measurements seem to differ from US). Afrikaners, descendants of Dutch settlers in South Africa, are the nation with the highest cholesterol levels in the world due to the consumption of copious amounts of meat, poultry, dairy and eggs, so I was not surprised by my high score. After being on a mainly Hunzakut diet (but also fish) for 1 ½ years my overall cholesterol count reduced to 4.3. See below two links (5). I am happy with this score but I will be reducing my fish intake to twice a month as a ‘treat’ because the Hunzakuts did not have fish in their diets. I will retest my cholesterol level in three months to see if he level has reduced further and discuss the findings in a later
chapter. It is interesting to note that colon cancer rates are lower in black South Africans compared to white South Africans (Afrikaners are white South Africans). This is due to the lower intake of animal products amongst rural black South Africans: a mini China Study (6).

Not only does Cholesterol clog and block arteries which causes many of the diseases listed above, it also causes the lymphatic system to become blocked and unable to function properly. The lymphatic system is responsible for cleaning the blood and transporting immune cells. When cholesterol causes fat to build up in and around cells, it is forced into the lymphatic system in an attempt to clean and break down the waste. This waste material can be too sticky and abundant for the system to handle and it can clog and malfunction causing illness in the lymph nodes (the strategic centers in the body that contain concentrations of white blood cells that kill bacteria and other harmful agents that pass through), the lymph system, and vitally in the blood. If the blood cannot be properly cleaned of waste material, the body suffers and life expectancy will be greatly reduced.

As an example, “Dr Alexis Carre kept pieces of a chicken heart alive in a saline solution which contained minerals in the same proportion as chicken blood for over 28 years! The secret was that he changed the solution every day. In other words, he disposed of the waste products daily. An ordinary chicken does not live anywhere near 28 years. This means that there is no limit in the number of cell divisions as long as the cell waste products are disposed of every day.”

While the body does not have a blood waste collection system to completely remove waste and return perfect blood in its place, it does have the lymphatic system which will clean and purify the blood to maintain circulatory health which has a direct correlation to longevity. When the lymph is clogged by fatty waste from cholesterol buildup, it cannot function properly which will manifest as disease. Additionally, the lymphatic system has a pH score just like every other system and organ in the body. For optimum functioning, the lymph pH score should be 7.4 but the average Westerner’s is 6.2, thus a poor diet doubly hits the lymph. Already, it is not functioning properly because it is too acidic while also being required to purify and clean massive amounts of waste; more waste than the system was designed to process (7).

Do you think the information in this chapter had anything to do with Bill Clinton changing his diet? See link below.

http://www.youtube.com/watch?v=UoHt9cSWJVI&feature=player_embedded

   http://karldeleeuwfoundation.com/ebook/no_animal_and_dairy_but_fish_diet.pdf
7. Acid/Alkaline, the Lymph and PH
   http://www.liferesearchuniversal.com/lymph_ph.html

For further chapters go to:

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