



The Protein Myth: Significantly reducing the Risk of Cancer, Heart Disease, Stroke and Diabetes while Saving the Animals and the Planet

David Gerow Irving

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The Protein Myth illustrates how we can avoid the major killer diseases by eliminating animal products from the diet. It challenges the healthcare establishment to stop ignoring the scientific evidence that a diet based on animal protein costs millions of lives. For example, why do the National Cancer Institute and the American Cancer Society turn a blind eye to the scientific facts that avoiding animal protein could prevent many women from getting breast cancer by lowering their oestrogen levels? The book links the Western diet to major problems facing the world such as 1) animal cruelty on factory farms, 2) the pollution of our atmosphere, rivers and streams, 3) obesity in children, 4) the needless vivisection of animals at university laboratories for the purpose of getting billions of tax dollars from the public, 5) the manufacture of drugs to treat counterfeit diseases, and 6) the creation of poverty in the developing world. The Protein Myth makes a compelling case that the way to a healthier life and a better world is to end our abuse and exploitation of animals.

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