

What will happen to the body if you don't eat meat?

Here are 10 changes that will happen to your body if you remove meat from your daily diet. Invite you to consult!

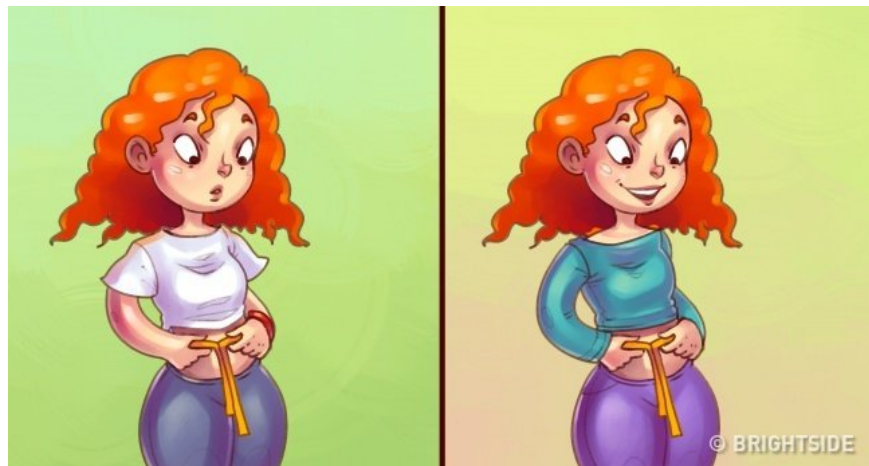
1. What will happen to your body after 10 hours of nail polish?
2. What happens when pouring vinegar into the toilet?
3. What happens to your body when eating 2 eggs a day?

Debates about the benefits and limitations of vegetarianism seem to " *have no end* ". **Meat** is the most consumed product in the world, made to make bacon, ham, sausage, spring rolls, pork . Scientific studies show that meat and meat products are the source. Provide abundant protein, vitamins, and minerals for healthy growth. However, meat also brings a lot of trouble to the body.

We do not want to participate or debate, which is why we reject moral aspects and only discuss health science.

So what happens if we don't eat meat? Here are **10 changes that will happen to your body if you remove meat from your daily diet** . Invite you to consult!

10. Lose weight



Meatless diets may be good for your waistline. According to the study of Dr. **Neal Barnard** at George Washington University, a normal person when switching to a meat diet can **reduce about 4.5kg within 44 weeks** . Besides, they do not need to count calories and exercise weight loss programs. Your vegetable diet will deal with everything perfectly.

See also: 4 "anti-scientific" weight loss tips can make you fat

9. The number of protective bacteria in the intestine will increase



The intestinal flora of meat-eaters differs from vegetarians. Data show that a vegetarian diet helps promote healthy bacteria growth, **preventing digestive disorders** . While a high-meat diet can damage the intestine due to preservatives and stimuli used in animal products.

However, it takes time for the intestinal system to reorganize itself and improve itself. At first, you may feel bloating and bloating because the intestinal and pancreas glands also need time to adapt to the diet with plants and feel lack of enzymes. It is really good for the digestive system to properly remove meat in a daily diet.

8. Good for skin



Many vegetarians find that their skin significantly improves: acne, blackheads and blemishes disappear. Scientists say that if you replace meat with fruits and vegetables, all the poisons will be removed. Reducing or removing meat from your diet will help your skin better.

7. Become more active



One of the most important features that people often realize after stopping eating meat is that they feel more tired. " *I used to be exhausted in the evening, even if I was only in the office all day .*" However, not eating meat will help your body eliminate many of the harmful factors or build up fat and your body will look more active.

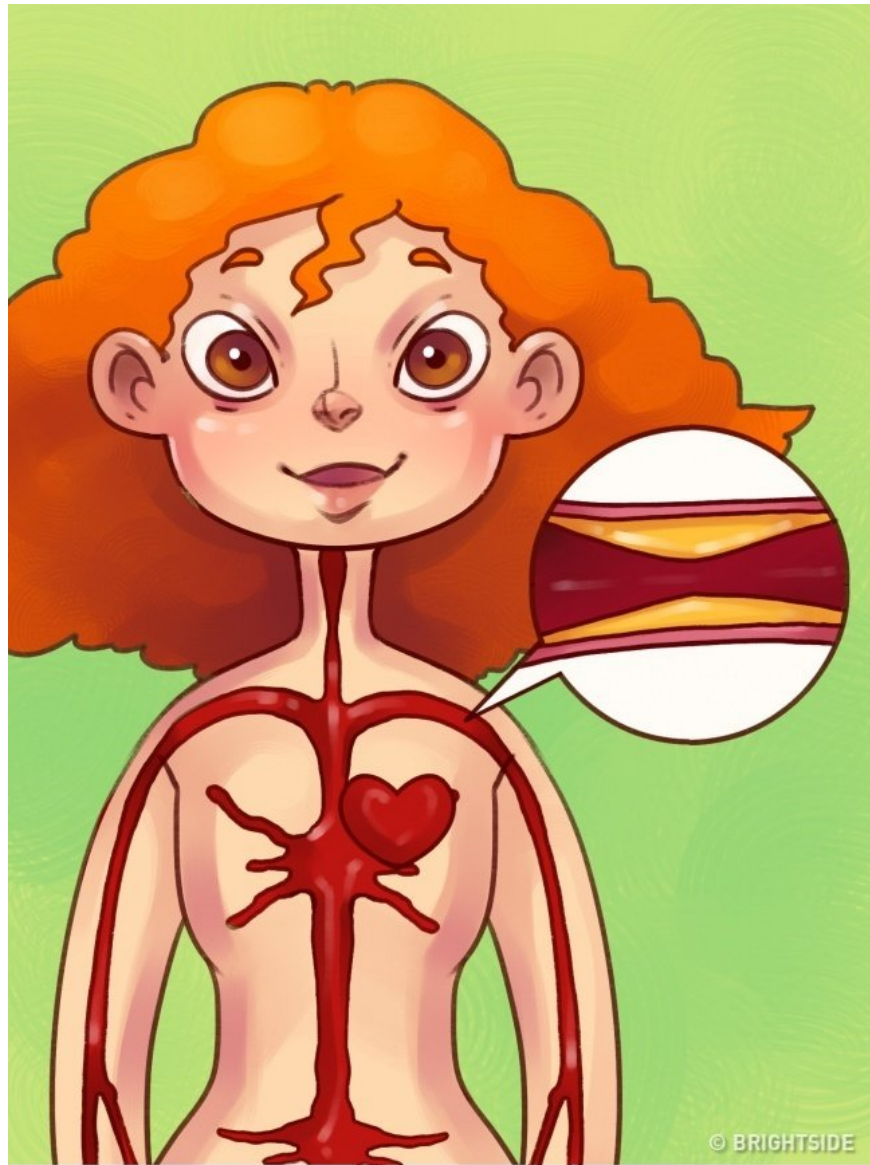
6. The risk of cardiovascular disease will decrease



According to scientific research, eating a lot of meat is the reason why you are more likely to **develop cardiovascular disease** than those who eat less. It can be said that meat is a ' *silent killer* ', because when eating a lot of meat, blood cholesterol levels will increase sharply and this is the main cause of atherosclerosis, hypertension, myocardial infarction, stroke. . Therefore, the American Heart Association recommends that vegetarian diets prevent 90 to 97% of cardiovascular diseases.

Besides, the relationship between red meat and cardiovascular disease has long been found. American scientists found that **carnitine** in red meat triggered a chemical reaction that negatively affected our hearts. It is also interesting to know that vegetarians are at lower risk of developing high blood pressure, diabetes, colorectal cancer and stomach.

5. Reduce 1/3 of blood cholesterol level



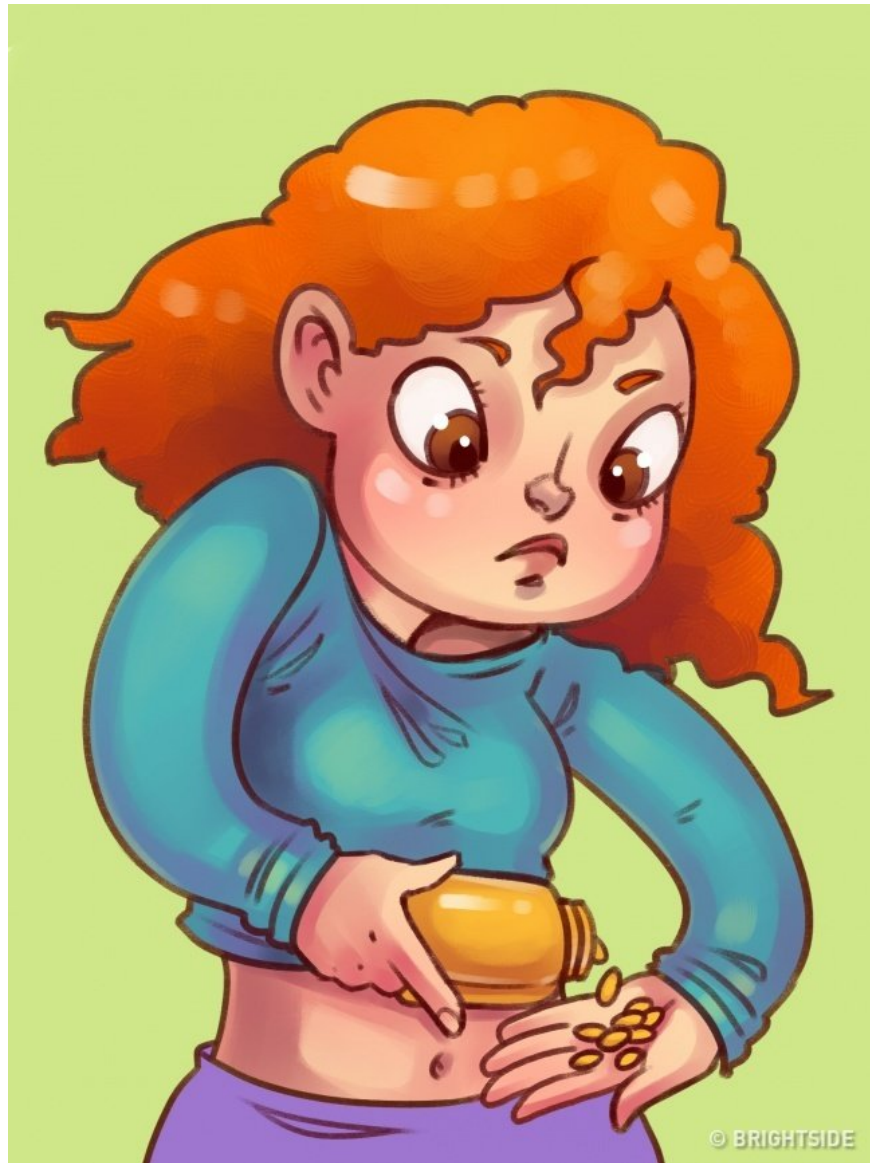
Meat foods that contain high levels of saturated fat increase blood cholesterol levels. When you don't eat meat, your cholesterol level will decrease. This effect is comparable to that of taking cholesterol medications. But in this case there are no side effects and you will become healthier. **People with atherosclerosis are encouraged to use a meat diet.**

4. Your "good" gene will work better



Scientists discovered that environmental conditions affect the work of genes in the body. There are " *good* " and " *bad* " genes. If your lifestyle is not healthy, the " *bad* " gene will start working faster, causing chronic disease and obesity. If you have a healthy lifestyle, the change of genes will change. That is the change from meat eating to a " *good* " transgenic plant diet. It also helps normalize the body's work.

3. Nutritional deficiencies can occur



Many people will think that if you stop eating meat, chances are your body will be deficient in iodine, iron, vitamins D and B12. But scientists think that if your diet contains enough beans (*beans, lentils*), nuts, fruits, dark greens, cereal products and cereals, the nutrient balance will be recovered. Furthermore, vitamins and supplements can also be used to cope with nutritional deficiencies.

2. You may lose your sense of taste



Zinc is an essential element responsible for the sense of taste. There is a high amount of zinc in oysters and red meat, but vegetarians must find another useful source of this element. Beans, seeds, cereal products and milk contain the necessary amount of zinc. On average, vegetarians need more than 50% more zinc per day.

1. Muscles may need more time to recover



Protein is essential for strengthening and restoring muscle corset after an hour of exercise. Both animal and plant proteins are good at this job. However, note that protein plants need more time to start working. Nutritionists recommend vegetarian athletes to consume protein immediately after exercise because it absorbs more easily and quickly.

See also: What will happen to our body if the Sun suddenly disappears?

Having fun!

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