

“Umuntu ongcwelengcwele ungumuntu ogcwele. Umuntu ogcwele, ungcwelengcwele. Njengamanje siseyingxenyeyokuba ngumuntu. Senza izinto ngokungabaza, senza izinto ngokuzigqaja. Asikholwa ukuthi nguNkulunkulu osilungisela zonke izinto enzela ukuthokoza kwethu, khona sizokwazi. Sihlukanisa isono nokubamsulwa. Sinehaba kuyo yonke into, bese siyahlulela lapha, sehlulele nabanye abantu. Sihlushwa ukungapheleli kwethu ngokuthi uNkulunkulu kufanele Enzeni. Nizwe kahle? Okuseqinisweni uNkulunkulu ungaphakathi kithina, thina siyamkhinyabeza. Siyathanda ukuzithokozisa sidlale, kodwa asazi ukuthi kanjani. Sithi nje kwabanye, ‘Ah! Akufanele ukwenze lokho,’ bese sithi kithina, ‘Angifanele ukukwenza lokhuya. Mangingakwenzi lokhu. Ngakho-ke kufanele ngani ngingayidli inyama?’ Yebo! Ngiyazi. Angiyidli inyama ngoba uNkulunkulu lo ngaphakathi kimina ufuna lokho.”

~Umfundisi onobuKhosi uChing Hai~

Uma simsulwawa ezintweni esizenzayo, inkulumo, umcabango, ngisho umzuzwana nje, bonke ubuNkulunkulu, amakhosi, nezingelosi ezisilondolozile, ziyosisiphasa. Ngaleso sikhathi;, amazulu nomhlaba ngokwethu, kuyasisingatha, ubukhosi busilindile ukuthi sibuse.”

~Umfundisi onobuKhosi uChing Hai~



Izizathu Zokuthi Abantu Badle Izitshalo

Kufuneka ukuzibophelela impilo yakho yonke ekudleni ukudla okuyizitshalo noma okunobisi ngaphambi kokuba ugcotshelwe ukuhamba ngeNdlela ye Quan Yin. Kuvunyelwe ukudla okuphuma ezitshalweni nasobisini kuleNdlela, kodwa konke okunye ukudla okuphuma ezilwaneni, ngisho namaqanda afuneki kudliwe. Ziningi izizathu zalokhu, kodwa esimqoka kakhulu siphuma emYalelweni wokuQala, ositshela ngokuthi masingakhphi umphefumulo wesidalwa esinemizwa, noma **“Umgabulali.”**

Ukungabulali noma ukungalimazi ezinye izidalwa eziphilayo, ngokusobala kunenzuzo kuzo. Okungekho obala kakhulu yiqiniso lokuthi ungalimazi abanye nakho okunenzuzo kithina. Ngoba? Ngenxa yemithetho ye karma. **“Uyawuvuna lokho okutshalile.”** Uma ubulala, noma wenza abanye ukuthi bakubulalele, ukuze ufeze izidingo zakho zokudla inyama, wenza isikweletu sekarma, lesisikweletu kudingeka sigcine sikhokhiwe.

Ngakho-ke, ngomqondo oseqinisweni, ukuphila ngendlela yokudla kwezitshalo, yisipho esizipha sona.

Sizwa singcono, ubunjalo bempilo yethu buba ngcono njengoba isisindo sesikweletu sethu se karma siphunguliwe, bese sithenjiswa ukungena emfundeni enobuhlakani nobukhosi bolwazi lwangaphakathi. Kulifanele lelinani elincane olikhokhayo!

Impikiswano yomoya ophikisana nokungayidli inyama evezwa ngabanye abantu iyadelisa, kodwa kunezizathu eziphoqayo zokudla izitshalo kuphela. Umthombo wazo zonke usemqendweni ovamile. Zihambisana nodaba lwempilo nokondleka komzimba, i-ecology- (isifundo sodlewano phakathi kwezinukunukwane eziphilayo) kanye nobunjalo bemvelo, ubulungisa - ethics, ukuhlushwa kwezilwane, kanye nendlala ekhungethe umhlaba.

Impilo NokoNdleka KoMzimba

Izifundo zokusombuluka kwendalo zisikhombisa ukuthi okhokho bethu babedla uhlaza ngokwemvelo. Isimo somzimba womuntu asidalelwe ukudla inyama. Lokhu kwabekwa ngokusobala endabeni elotshiweyo ngokuqhathanisa umumo womzimba ebhalwe ngu Dr G S Huntingen wase Columbia University. Waphawula ukuthi ama-carnivores - okusho ukuthi izidalwa ezidla inyama, zinamathumbu amancane kanye namakhulu amafushane. Ithumbu elikhulu, ngokujwayelekile liqonde thwishi kanti libushelelezi. Ngokuphikisanayo, iziwlane ezidla izitshalo, zinakho kokubili, ithubu elincane elide, nelikhulu elide. Ngenxa yokuba ne fibre - uhhadla oluncane olukhona enyameni kanye nenxa yokuminyana okuphezulu kwe protein,

amathumbu awasidingi isikhathi esiningi sokugwinya izondlamzimba; kungakho amathumbu ezidli-nyama emafushane kunalawo ezidli-zitshalo.

Isidalwa esingumuntu, njengazo zonke izilwane ezidla izitshalo, zinawo amabili - elide nelincane kanye nelikhulu ithumbu. Sonke, amathumbu ethu esewenke acishe abe ngamanyathelo angamashumi amabili nesishiyagalo mbili (Amamitha angu - eight no half) ngobude. Ithumbu elincane lisongasongiwe izihkhathi eziningi, izindonga zakhona zinamazenga, azikho zibushelelezi. Ngoba made kunalawo atholakala ezidlini-nyama, inyama esiyidlayo, ihlala isikhathi eside emathunjini. Okulandela lapho ngukuthi inyama le ibe isiyavunda yenze ushevu. Loshevu usuke wasoleka ekubeni yimbangela yomdlavuza -Cancer- wenanzi-colon, kanti futhi ukhulisa umsebenzi wesibindi, okungukuhlanza loshevu. Lokhu kungadala i-cirrhosis-ukuqina kwesibindi, nane cancer nje yesibindi.

Inyama ine-urokinase protein kanye ne-urea eningi, enika izinso umthwalo omkhulu, ingawona iwuqede umsebenzi wezinso. Kunama-grams angu fourteen e-urokinase protein kulo lonke I pound 1e steak. Uma kufakwa izilukulukwane ezithwala impilo - cells zifakwa ku urokinase protein eluketshezi, umsebenzi wayo wokwakha umzimba - metabolic function uyoncipha. Ngaphezu kwalokho, inyama ayinayo i fibre - uhadla noma i cellulose, ukungabikho kwe fibre kwenza ukusongelana kwesisu kalula. Kuyaziwa ukuthi ukuqunjelwa kwenza i-cancer yomlomo wenanzi-rectum, noma ama-piles.

I-cholesterol kanye namafutha asenyameni nakho kwenza izifo zenzliziyo. Izifo zenzliziyo yizo ezingungqa phambili ekubulaleni abantu abaningi e United States nase Formosa.

I cancer yisifo sesibili kweziphambili ekubulaleni abantu. Uphenyo seluhlalukise ukuthi ukushiswa nokosiwa kwenyama kwenza isithako semvelo esiyikhemikhali (I- Methycholanthrene) eyi carcinogen -okudala icancer -enamandla.

Ophenyweni, amagundane anikwa le khemikhali aqalwa yizifo ze cancer, ezinjenge cancer yezimila zamathambo-bone tumor-, icancer yegazi, icancer yesisu, njalo njalo.

Uphenyo selukhombisile ukuthi amagundane amancane anceliswa yigudane eline cancer yamabele, nawo azoba ne cancer. Uma kuthathwa izilulukulukwane - cells ze-cancer zabantu kujovwa ngazo izilwane, izilwane ziyayithola i-cancer. Uma inyama esiyidla zonke izinsuku iqhamuka ezilwaneni ezinalezizingxaki, bese siyifaka emizimbeni yethu, kunamathuba amaningi okuthi nathi sithole izifo.

Abantu abaningi bacabanga ukuthi inyama ihlanzekile, iphephile, izilaha zonke ziyahlolwa. Ziningi kakhulu izingulube, izinkomo, izinkukuhu, njalo njalo, ezibulawelwa ukudayisa zonke izinsuku ukuthi zingakwazi ukuthi zihlolwe ngazinye. Kulukhuni kabi ukuhlola ukuthi umbengo wenyama unayo yini I-cancer, singasasho isilwane ngasinye. Kumanjenje, izimboni zenyama, uma ngabe kukhona ezikusolayo, zivele zinqume ikhanda, noma zinqume isitho leso esinokufa. Kususwa nje lezozindawo

ezinokufa esele ibe isiyadayiswa.

Umudli wezitshalo odumile uDr J.H. Kellog wathi, “uma sidla ukudla kwezitshalo, asizihluphi ngokucabanga ukuthi lokhu kudla kwabulawa yisifo sini. Lokhu kwenza ukuthi ukudla kuthokozise!”

Ikhona enye indaba egudwini, Ama-antibiotics kanye namanye amadrugs axube nama steroids kanye nama hormone okukhulisa, kuphakathi kokuthi afakwe ekudleni kwezilwane noma zijowwe ngawo. Sekubikiwe ukuthi abantu abadla lezizilwane lamadrugs azongena emizimbeni yabo. Kungenzeka ukuthi lama antibiotics asenyameni anciphisa amandla okusebenza kwama antibiotics kubantu.

Kukhona abantu abakholelwa ukuthi indlela yokudla engafaki nyama ayinawo umsoco ngokwanele.

Uchwepheshe wokuhlinza wase Melika udokotela uMiller, wasebenza lomsebenzi iminyaka engamashumi amane eFormosa. Waqamba isibhedlela, lapho konke ukudla okwakudliwa yizisebenzi neziguli kwakuyizi tshalo. Wathi, “Igundane olunye uhlobo lwesilwane olukwazi ukuzondla ngokudla izitshalo noma inyama ngokufanayo. Uma ngabe kuhlukaniswa amagundane amabili, elinye lidle inyama, elinye lidliswe izitshalo, sithola ukuthi ukukhula nokuthuthuka kwawo kuyafana, kodwa leligundane elidla izitshalo liphila isikhathi eside nokuthi izifo azingeni kalula. Ngaphezu kwalokho, uma lamagundane amabili egula, leli elidla isitshalo lisinda masishane.” Uyaqhubeka, “Imithi esiyinikezwa

yisayensi yamanje isithuthuke kakhulu, kodwa ikwazi ukulapha izifo kuphela. Ukudla kodwa kona kusekela impilo yethu.” Waphawula ukuthi, ukudla okuphuma ngqo ezitshalweni kungumthombo wezondla-mzimba kunenyama. Abantu badla izilwane, kodwa umthombo wokwakha umzimba walezilwane ezizidlayo yizitshalo. Impilo yezilwane eziningi yimfushane, kanti izilwane cishe ukuba zinazo zonke izifo ezitholakala esintwini. Kungenzeka ukuthi izifo zesintu ziqhamuka ekudleni izilwane ezigulayo. Pho, kungani abantu bengazithatheli ngqo izakhamzimba ezitshalweni?” U Dr Miller waphawula ukuthi sidinga nje kuphela ama-cereals - izinhlamvu zezithombo zohlobo lokolweni notshani, ubhontshisi, nemifino ukuze sithole konke ukondleka senzela impilo enhle.

Abantu abaningi bacabanga ukuthi i-protein yezilwane ingaphezu kweyezitshalo, ngoba le yezilwane bathi ine protein ephelele. Iqiniso ukuthi, i-protein yezinye izimila iphelele, kanti unokukuxuba ukudla, kukunikeza iprotein egcwele, uma usebenzise izinhlobo eziningi zokudla okune protein engaphelele.

Ngo March 1988 I-American Dietic Association yamemezela ukuthi: “Kungumbono we ADA ukuthi ukudla kwezitshalo kunempilo, kunezondlamzimba uma kuhlelwe ngokufanele.”

Kunenkolelo engesilona iqiniso lokuthi abantu abadla inyama banamandla ngaphezu kwabadla izithelo. Kodwa uphenyo olwenziwa ngu Professor Irving Fisher wase Yale University kubadli bezitshalo abangu 32 nabadli benyama abangu 15, lwakhombisa

ukuthi abadli bezithelo banamandla okubekezela ngaphezu kwabadli benyama. Wathi abantu mabelule izandla isikhathi eside ngokufinyelela emandleni abo. Umphumela wesivivinyo wacaca obala. Kubadli benyama abangu 15, babili kuphela abakwazi ukuthi baphakamise izandla zabo imizuzu kusukela ku 15 kuya ku30, kodwa kubadli bezithelo abangu 32, bangu 22 abaphakamisa izandla imizuzu esukela ku 15 kuya ku 30, Abangu 15, kwadlula imizuzu engu thirty, abangu 9 kwadlula ihora, abane kwaba ngamahora amabili, oyedwa kwabadla izitshalo waziphakamisa izandla kwaphela ama-awa amathathu.

Abasubathi bebanga elikude abaningi, bayaye badle izitshalo uma sekusondele isikhathi so qhudelwano. U Dr Barbara More, onguchwepheshe ekwelapheni ngokudla kwezitshalo, waqeda umjaho wamamayela alikhulu neshumi ngo twenty seven hours no thirty minutes. Unkosikazi onamashumi ayisihlanu nesithupha eminyaka, wephula wonke ama record abafana abancane. "Ngifuna ukwenza isibonelo sokukhombisa ukuthi abantu abadla ukudla kwezitshalo okuphelele bayothokozela umzimba onamandla, umqondo ohluzekile, nempilo ehlanzekile."

Umdlizi-zitshalo uyayithola i-protein egcwele ekudleni kwakhe? I-World Health Organisation incoma ukuthi ama calories azonke izinsuku abe ngu 4.5% mawatholakale ku protein. Ukolo una 17% wama calories ane protein, i-broccoli ina 45%, irice ina 8%.

Kulula ukuba nediet egcwele ama-protein ngaphandle kokudla inyama. Kunenzuzo eyengezezelwe yokugwema izifo eziningi

ezidalwa ngamadiets agcwele amafutha amaningi, njengezifo zenzhliziyo nezinhlobo eziningi ze cancer. Ukudla izitshalo, ngokungangabezeki, kungungqo shishilizi.

Ubudlelwane phakathi kokudla inyama ngokwedlulele, nezinye, izinhlobo zokudla ezisuka ezilwaneni ezinamazinga aphakeme amafutha -kanye nezifo zenzhliziyo, icancer yamabele, icancer yenzi kanye nama - strokes sekutholakele. Ezinye izifo ezivamise ukujelwa, kwesinye isikhathi zelashwe nge diet yezitshalo enamafutha amancane, zididiyele: amatshe ezinso, i-cancer ye prostate, ushukela, ama-peptic ulcers (izilonda esisiswini) gallstones, amathumbu axukuzelayo, arthritis, izifo zezinsini, acne, pancreatic cancer, stomach cancer, hypoglycemia, ukuqunjelwa, diverticulosis, hypertension, osteoporosis, ovarian cancer, haemorrhoids, obesity ne asthma.

Ayikho into eyingozi empilweni yomuntu edlula ukudla inyama ngaphandle kokubhema.

I-Ecology noBunjalo beMvelo

Ukukhulisa izilwane zikhuliselwa inyama, kunemiphumela yako. Kudonsela ekuphendlweni kwamahlathi emvula, ukukhuphuka kwezinga lokushisa ezweni lonke liphela, ukunukubezwa kwamanzi, ukusweleka kwamanzi, ukudalwa kwezingwadule, ukusebenzisa imithombo yamandla ngokungesikho kanye nendlala ezweni. Ukusetshenziswa komhlaba, amanzi, amandla, nemizamo yabantu ekwenzeni inyama, akusiyo indlela enekhono yokusebenzisa umcebo womhlaba.

Kusukela ngo 1960, u 25% wehlathi lemvula lase Central America selashiswa kuvulwa amadlelo ezinkomo zokuhlatshwa. Sekulinganiswe ukuthi yonke ihamburger engu four ounces eyenziwa ngezinkomo ezidla e rain forest, ilimaza u 55 square feet wehlathi lemvula. Ngaphezu kwalokho, ukukhulisa izinkomo kuyalekelela kakhulu ekukhiqizeni ama-gases amathathu enza ukushisa kweqoqazwe - global warming, yizizathu eziphambili zokunukubezwa kwamanzi, kufuneka amagalani adida usathane angu 2 464 ukuze kutholakale i-pound elilodwa lenyama yenkomo. Kuthatha ama gallon angu 29 kuphela ukukhiqiza i-pound lika tamtisi, kuthathe 139 wamagalani ukwenza i-pound lesinkwa sika kholo. Cishe ukuba u-hhafu wamanzi asetshenziswa e-United States aya ekutshaleni ukudla kwezinkomo nezinye izilwane.

Kungondliwa abantu abaningi kakhulu uma ngabe umcebo lona osetshenziswa ekukhuliseni izinkomo ungasetshenziselwa ekutshaleni ukudla okuzinhlamvana zokondla izindimbane zomhlaba. I-acre lomhlaba lisetshenziselwe ekutshaleni i-oats, likhipha i-protein ephindwe ka-8 nama calories apha indwe ka25, uma ngabe i-oats inikwa abantu kunezinkomo. I-acre lomhlaba elitshale i-broccoli likhipha ama-protein, ama-calories ne niacin eliphindwe kashumi kune acre lomhlaba elikhiqiza inyama yenkomo. Ziningi izibalo ezifana nalezi. Umcebo womhlaba ungasetshenziswa ngekhono elingcono uma lomhlaba osetshenziselwa imfuyo wawuguquliwe wenziwa amasimu okondla abantu.

Ukudla ukudla okuyizitshalo kwenza ube “nyawo-lula kule planet.” Ngaphezu kwalokho uma ngabe uthatha lokho okudingayo kuphela wehlise ukweqisa, kuyokwenza uzizwe ungcono uma wazi ukuthi akudingekile kuthi kufe isidalwa esiphilayo ukuze udle.

Indlala Yomhlaba

Cishe kube u-1 billion yabantu ababulawa yindlala nokungondleki komzimba kule planet. Kufa abangaphezu kuka 40 million ngenxa yendlala, iningi labo ngabantwana. Ngaphezu kwako konke lokhu, ngaphezu kwengxenye yesithathu kokukodwa kwesivuno sokudla okuzinhlamvana, kusuwa ekondleni abantu, kuye kokondla imfuyo. E-United States imfuyo idla u 70% wako konke ukudla okuzinhlamvana okukhiqiziwe. Uma singase sondle abantu kunemfuyo, akekho umuntu ongalamba.

Ukuhlupheka KweZilwane

Uthi ubuwazi ukuthi kuhlathwa ngaphezu kwezinkomo ezingu 100,000 zonke izinsuku e-United States?

Izilwane eziningi emazweni aseNtshonalanga zikhuliswa “emaplazini ezimboni” - “factory farms.” Lezizikhungo zenzelwe ukhuthi zikwazi ukukhulisa inqwaba yezilwane ezizohlatshwa, ngengcosana yezindleko. Izilwane ziyacinaniswa, zijikwe isimo sazo, ziphathiswe okwemishini yokuguqula ukudla kwemfuyo ukuthi kube yinyama. Yinto ekhona le iningi lethu esingasozwe siyibone ngamehlo ethu. Sekuke kwathiwa. “Uma uke wangena

emadeleni kanye nje, angeke uphinde uyidle inyama yonke impilo yakho." Wathi uLeo Tolstoy, "Uma kusekhona amadele nje, kuyobakhona izinkundla zempi. I-diet yokudla izitshalo, yisivivinyo esiqatha sesihawu." Noma iningi lethu lingakuthakaseli ukubulala, sesithuthukise umkhuba, ophaswe ngumphakathi, wokudla inyama njalo nje, singabi nakucabanga ukuthi kwenzeka njani kulezizilwane esizidlayo.

Ekusukeleni kokuqoshwa komlando, siyabona ukuthi izitshalo bekungudla kwemvelo okudliwa yizidalwa ezingabantu. Izinganekwane zama-Greek nama-Hebrew zakudala zazikhuluma ngabantu ababedla izithelo ekusukeleni. Aba priest be Gibhithe yakudala babengayidli inyama. Ama philosophers odumo ama Greek anjengo -Plato, Diogenes no Socrates bonke babeshumayeza ngokudla izitshalo.

E- India, uShakyamuni Buddha wayegcizelela ngokubaluleka kweAhimsa, umgomo wokungalimazi noma yini ephilayo. Wayebayala abafundi baKhe ngokungayidli inyama, ngoba enzinye izidalwa zizobesaba. U-Buddha waphawula kanje: **"Ukudla inyama ngumkhuba ofundiwe nje, ekusukeleni sizalwe singenalo uthando lwayo." "Abantu abadla inyama banquma imbewu engaphakathi yoMusa omKhulu." "Abantu abadla inyama bayabulalana badlane... kulempilo ngizodla wena, kwezayo udle mina... kuqala kanje njalo nje. Bangaphuma kanjani eziNkundleni EziNtathu (zenkohliso)? - Three Realms"**

Ama-Taoist amadala, amaKrestu amadala, nama-Juda babedla izitshalo. Kuqoshiwe eBhayibheleni eliNgcwele : **“Wabe esethi uNkulunkulu, ngininikeze yonke inhlobo yezinhlavana zokudla, nayo yonke inhlobo yesithelo ukuthi nidle; kodwa ezilwaneni zasendle nazo zonke izinyoni, ngizinikeze utshani namahlamvu ezihlahla ukuthi zidle.”** (Genesis 1:29)
Eminye imizekeliso evimbela ukudliwa kwenyama ebhayibheleni: **“Ungayidli inyama enegazi kuyo, ngoba impilo isegazini.”** (Genises 9:4)

“UNkulunkulu wathi, Ngubani othe bulalani inkabi ne sibhuzazane ukuze ninikele kiMi? Zihlanzeni kuleligazi elingonanga lutho, ukuze Ngikwazi ukuzwa imithandazo yenu; ngaphandle kwalokho Ngiyophedula ikhanda laMi ngoba izandla zenu zigcwele igazi. Phendukani ukuze Nginixolele” U St Paul, omunye wabafundi bakaJesu wathi encwadini ayeyibhalele ama-Roma, **“Kuhle ukungayidli inyama nokungaliphuzi iwayini.”** (Romans 14:21)

Muva nje, abaqophi bomlando bathole izincwadi ezazibhalwe mandulo eseziveze okusha ngempilo kaJesu nezifundiso zaKhe. UJesu wathi, **“Abantu abadla inyama yezilwane baba ngama ngcwaba abo. Nginitshela ngokweqiniso, umuntu obulalayo, uyobulawa. Umuntu obulala izinto eziphilayo adle inyama yazo udla inyama yabantu abafile.”**

Izinkolo zamaNdiya ziyakugwema ukudla inyama. Kuthiwa **“Abantu abakwazi ukuthola inyama ngaphandle kokubulala**

izinto. **Umuntu olimaza izinto ezinemizwa akasoze abusiswa nguNkulunkulu. Ngakho-ke, gwemani ukudla inyama**" (Umlayelo wamaHindi)

Imibhalo engcwele yase-Islam, Ikoran, iyakuvimbela **"ukudliwa kwezilwane ezifile, igazi nenyama."**

Imaster eNkulu yomChina iZen, uHan Shan Tzu wabhala inkondlo eyayiphikisana kakhulu nokudla inyama: **"Phuthuma emakethe uye kothenga inyama nenhlanzi wondle umkakho nabantwana. Kodwa kungani ukuthi impilo yazo ithathelwe ukugcina eyakho? Akunagqondo. Akuna kuletha ukuzwana phakathi kwakho neZulu, kodwa kuyokwenza ukuthi ube yizinsalela zasesiHogweni!"**

Ababhali, abadwebi, ososayensi, ama-philosophers, kanye nabanye abantu abadumile babedla izitshalo. Bonke laba abalandelayo bonke babekwemukela ngomdlandla ukudla izitshalo: Shakyamuni Buddha, Jesus Christ, Virgil, Horace, Plato, Ovid, Petrarch, Pythagoras, Socrates, William Shakespeare, Voltair, Sir Isaac Newton, Leonardo Da Vinci, Charles Darwin, Benjamin Franklin, Ralph Waldo Emerson, Henry David Thoreau, Emile Zola, Bertrand Russel, Richard Wagner, Percy Byshe Shelley, H G Wells, Albert Einstein, Rabindranath Tagore, Leo Tolstoy, George Bernard Shaw, Mahatma Gandhi, Albert Schweitzer, nabanye abaningi. Muvanje, Paul Newman, Madonna, Princess Diana, Lindsay Wagner, Paul McCartney no Candice Bergen, ukubala nje abambalwa.

UAlbert Einstein wathi, “Ngicabanga ukuthi inguquko yesimilo nomphumela wokuhlazeka okwenziwa ukudla izitshalo kunomphumela omuhle esintwini. Ngakho-ke kuyathokozisa kanti futhi kunokuthula kubantu uma bekhetha ukudla izitshalo” Lokhu sekube yiseluleko esenziwa yizicukuthwane ezibalulekile nezazi emlandweni!

UMaster uphendula Imibuzo

Q. Ukudla izilwane kungukubulalala izidalwa eziphilayo, kodwa ukudla imifino akusikho ukubulalala nakho?

M. Ukudla izitshalo nakho kungukubulalala izinto eziphilayo, kuyokwenza ukwakhela okuthile kwekarma, kodwa umphumela mncane kakhulu. Uma usebenzisa iNdlela ye Quan Yin amahora amabili nengxenyane ngosuku, ungasisua lesisisindo se-karma.

Njengoba kufanele sidle ukuze siphile, sikhetha ukudla okusishiya nonembeza omncane, futhi zingabuzwa ubuhlungu kakhulu. Izitshalo zino 90% wamanzi, ngakhokhe izinga lazo lokuzwa liphansi kangangoba azibuzwa ubuhlungu. Okunye, uma sidla imifino, asizinqumi izimpande, okungenani, siyazithena abaqabunga kuze zikhule kabusha. Umphumela wokugcina kungaba nenzuzo esitshalweni. Abalimi bezitshalo bathi ukuthena izihlahla kuzenza zikhule zibe zinkulu zibe zinhle.

Lokhu kucaca kakhulu ezithelweni. Uma isithelo sesivuthwa, sidonsa abantu ukuthi basidle ngonqambothi lwephunga laso, umbala omuhle nokunambitheka okumnandi.

Kungalendlela lapho izihlahla zezithelo zikwazi ngazo ukwanda ngezinhlamvu endaweni ebanzi. Uma singazicoshi sizidle, izithelo zizovuthwa kakhulu bese ziwela emhlabathini zibole. Imbewu izositheka elangeni yilesisihlahla esingaphezu kwayo bese isiyafa... Ngakho-ke ukudla imifino nezithelo yinto yendalo, okungaziletheli ubuhlungu nhlobo.

Q. Imvamisa yabantu bazi ukuthi abadla imifino bafishane, bazacile; abadla inyama bade, bakhulu, Kuyiqiniso lokho?

M. Abadla izitshalo akusilona iqiniso ukuthi bazacile, bafushane. Uma ngabe i-diet yabo ilinganisiwe kahle bangakhula nabo babe bade babe namandla. Njengoba ubona zonke izilwane ezinkulu ezinjengezindlovu, izinkomo, izindlulamithi, izimvubu, amahhashi njalo njalo zidla kuphela izitshalo nezithelo. Zinamandla ngaphezu kwezidla inyama, zizothile kanti zilusizo esintwini. Kodwa izilwane ezidla inyama zinesihluku kanti azilusizo lalutho. Uma abantu bedla izilwane eziningi nabo bazoba nenembe yezilwane nobunjahlo bazo. Abantu abadla inyama abave bebade benamadla, kodwa isikhathi sabo sokuphila sifushane ngokuvamisile. Ama-Eskimo cishe ukuba adla inyama kuphela, kodwa made, anamandla? Anempilo ende? Lokhu engathi nikuqonda kahle.

Q. Abadla izitshalo bangawadla amaqanda?

M. Cha. Uma sidla amaqanda sibulala izidalwa futhi. Abanye bathi amaqanda atholakala ezitolo awanayo impilo, ngakho-ke ukuwadla akukona ukubulala into ephilayo. Lokhu kubukeka engathi kuliqiniso. Iqanda lihlala lingenanzalo ngoba kuphela

isimo sokuthi lingazala sigodliwe, ngakho-ke iqanda alinakuyiqeda inqubo yalo lokuthi ligcine likhiphe ichwane. Noma lingenalo ichwane, kodwa lisenawo lawomandla angaphakathi empilo adingekayo. Siyazi ukuthi amaqanda anamandla empilo engaphakathi - innate life force; uma kungenjalo, yini kube ngama ova kuphela kungukuphela kwezilukulukwane - cells ezingazaliswa? Abanye bathi amaqanda anezakhamzimba ezidingekayo, ama-protein ne phosphorous, ekudingeka emzinjeni womuntu. Kodwa i-protein iyatholakala kubhontshisi, ne phosphorus kuzo zonke izinhlobo zemifino njengamazambane.

Siyazi ukuthi kusukela mandulo kuze kube manje, kunamadela amaningi amakhulu ayengayidli inyama namaqanda, aqhubeka aphila isikhathi eside. Uma ngilinganisa uMaster we Ying Guang wayedla indishi yemifino ne rice kuphela ngezikhathi zokudla, kodwa waphila waze waba no eighty, Ngaphezu kwalokho, isikhuphasha seqanda sine cholesterol, okuyimbangela enkulu yezifo zenzliziyo, umbulali wokuqala eFormosa nase Melika. Akumangazi ukubona ukuthi iziguli eziningi zidla amaqanda!

Q. Isintu sikhulisa izilwane nezinkukhu, njengezingulube, izinkomo, izinkukhu namadada njalo njalo. Kungani singezidle?

M. Manje. Abazali bakhulisa abantwana babo. Abazali banayo imvume yokudla abantwana babo? Zonke izidalwa zinelungelo lokuphila, akukho muntu ongazephuca lelilungelo. Uma sibuka imithetho yase Hong Kong, ngisho ukuzibulala kulicala. Ngakho-ke, kulicala kangakanani ukubulala ezinye izidalwa eziphilayo?

Q. Izilwane zizalelwe ukuthi sizidle. Uma singazidli, zizogcwalisa umhlaba. Akunjalo?

M. Lombono ungubuwula. Ngaphambi kokuthi usibulale isilwane, uyasibuza ukuthi siyafuna yini ukuthi usidle noma qha? Zonke izidalwa eziphilayo zifisa ukuphila, ziyakwesaba ukufa. Asifuni ukudliwa yingwe, ngakho-ke kungani izilwane zidliwe ngabantu? Abantu sebephile nje izinkulungwane ezimbalwa zeminyaka emhlabeni, kodwa ngaphambi kokuthi kuqhamuke isintu, izinhlobo ezithile zezilwane zasezikhona amashumi ambalwa ezinkulungwana zeminyaka. Zawuminyanisa umhlaba? Izinto eziphilayo zigcina imithetho elinganisiwe yobudlelwano bezinto. Uma sekunciphe ukudla, nendawo isincane, lokhu kuyonciphisa ubuningi. Lokhu kugcina ubungako ezingeni elilinganayo.

Q. Kumele ngani ngibeyisidla-zitshalo?

M. Ngidla izitshalo ngoba loNkulunkulu ongaphakathi kimina Ekufuna lokho. Uyakuqonda lokho? Ukudla inyama kuyaphikisana nemithetho yendalo yokungafuni ukubulalwa. Thina luqobo lwethu asifuni ukubulawa, thina luqobo lwethu asifuni ukuntshontshelwa. Uma lokho sikwenza kwabanye abantu, kusho ukuthi silwa nathi luqobo kusenze sizwe ubuhlungu. Ngeke uzilume kanti akufuneki uzigwaze. Ngokufanayo akufuneki ubulale ngoba lokho kuphikisana nemigomo yempilo. Uyayizwa leyonto? Kungasenza sihlupheke. Ngakho-ke asikwenzi lokho. Akusho ukuthi siyazikhawulisa ngandlela thile kusho ukuthi impilo yethu siyiqhubezela kuyo yonke enye inhlobo yempilo. Impilo

yethu ayikuphelela emizimbeni yethu, kodwa iyoqhutshelwa nasezilwaneni nazo zonke ezinye izidalwa. Lokho kusenza sibe nobukhosi, sibebakhulu, sijabule kangcono, singabi namkhawulo, kulungile?

Q. Ungake uthi qaphu-qaphu ngokudla izitshalo, nokuthi lokhu kungalekelela kanjani ekudaleni uxolo emhlabeni?

M. Yebo. Uyabona, imvamisa yezimpi ezenzeka kulomhlaba, kungenza yezizathu zomnotho. Ake sibuke lapha nje. Ubunzima besimo somnotho ezweni kuyaye kube sesimweni esiphuthumayo uma kunendlala, ukungabikho kokudla, noma ukungabikho kwesu lokusabalalisa ukudla emazweni ehlukenene. Uma ungazinika ithuba uthathe isikhathi ufunde ama-magazines, bese upheny amaqiniso ngokudla izitshalo, lokhu uyokwazi kahle kakhulu.

Ukukhulisa izinkomo nezinye izilwane sekwenze isimo somnotho wethu saxega ngayo yonke indlela. Sekudale ukulamba kuwo wonke umhlaba, okungenani kumazwe ahluphekayo - third world. Akushiwo yimina lokhu. Yisakhamuzi salapha eMelika esenza uphenyo olunzulu saze sabhala incwadi ngalo. Ungaya kunoma yisiphi isitolo sezincwadi ufunde ngophenyo ngokudla izitshalo kanye nolokukhiqiza ukudla. Funda i "Diet for a New America" ebhalwe nguJohn Robbins. Ungo sozigidi-millionair odumile othengisa u Ice Cream. Washiya yonke into anayo ngoba efuna ukuba yisidli-zitshalo, abhale incwadi ngokudla izitshalo ephikisana nesizinkulwane somndeni wakhe kanye nebhizinisi. Walahlekelwa yimali eningi, igama kanye nebhizinisi, kodwa lokhu wakwenzela iQiniso. Inhle kabi leyoncwadi.

Ziningi kakhulu ezinye izincwadi nama-magazines ezingakunikeza ulwazi oluningi namaqiniso ngokudla izitshalo nokuthi kungalekelela kangakanani ekuletheni ukuthula ezweni. Uyabona, sashonisa ukukhiqizwa kokudla kwethu ngokondla izinkomo. Uyazi ukuthi yiprotein engakanani, imithi, amanzi, izikhwepha, izimoto, amaloli, ukwakhiwa kwemigwaqo kanye nekhulu lezinkulungwane zama acre omhlaba ekudingeke ukuthi amoswe ngaphambi kokuthi inkomo ilungele ipleti elilodwa. Uyayibone leyonto? Zonke lizizinto zinganikwa ngokulingana abantu abase mazweni afufusayo, sesinganqoba lenkinga yendlala. Manje izwe uma lifuna ukudla, livele lihlasele elinye ilizwe ukuze kusinde abantu balo. Esikhathini eside lokhu sekubange isizathu esimbi nenkokhelo. Uyabona? **“Uyukavuna lokho okutshalile.”** Uma sibulala umuntu simbulalela ukudla, nathi esikhathini esizayo, siyobulawelwa ukudla, sesingesinye isimo, ngesizukulwane esizayo. Kuyadabukisa. Sihlakaniphe kakhulu, siphucukile, kodwa iningi lethu alisazi isizathu esibanga ukuthi amazwe angomakhelwane bethu ahlupheke. Kungenxa yolwanga lwethu, ukunambitha kwethu, nezisu zethu. Ukuze sondle umzimba owodwa sibulala izidalwa eziningi, silambise iningi lezidalwa ezingabantu bakithi. Asikakhulumi ngezilwane belu. Uyabona? Lesisazela, wazi, noma ungazi, siyoba yisisindo konembeza bethu. Kwenza sibulawe yi-cancer, i-T.B., nezinye izifo ezingelapheki kuhlanganiswe ne-AIDS. Awuzibuze nje, yini indaba izwe lakho, iMelika, kube yiyo esezinhlungwini kakhulu? Inezinga le cancer elikhulu kunawo wonke umhlaba, ngoba ama-Americans amaningi adla inyama yenkomo.

Badla inyama eningi ngokudlula wonke amanye amazwe. Zibuze ukuthi yini ama-China namazwe amakhomanisi engenalo izinga eliphakeme le cancer. Abanayo inyama engangeyalapha. Uyabona? Lusho njalo uphenyo, akusho mina. Kulungile? Ningangithwesi ngecala.

Q. Sithola nzuzo yini yomoya uma sidla izitshalo?

M. Ngiyajabula ukuthi lombuzo uwubuze kanje, ngoba kukhombisa ukuthi ingqondo yakho uyigxilise noma unakekele usizo oluthola kumoya. Abantu abaningi banganakekela impilo, idiet, nesimo somzimba wabo uma bebuza ngokudla izitshalo. Uhlangothi lomoya olutholakala ekudleni izitshalo ukuthi kuhlanzekile kanti futhi akunadlame. **“Ungabulali.”** Ngenkathi uNkulunkulu Esho lokhu kithina, Akazange Asho ukuthi singabulali izidalwa ezingabantu. Akazange Asho yini ukuthi Wenze zonke izilwane ukuthi zibengabangane bethu, zisisize? Akazange azishiye kithina izilwane ukuthi sizibheke? Wathi, zigadeni, nizibuse. Uma ngabe ubusa, uyababulala yini abangaphansi kwakho ubadle? Uma kunjalo uyoba yinkosi engenambuso. Uyabona manje ukuthi wayekusholoni lokho uNkulunkulu. Asenze lokho Akushoyo. Asikho isidingo sokumngabaza. Wakhuluma into ecace bha, kodwa ngubani omqondayo uNkulunkulu ngaphandle kuka Nkulunkulu? Manje kufuneka ube nguNkulunkulu ukuze uqonde uNkulunkulu. Ngiyakumema ukuthi ube njengoNkulunkulu futhi, ube nguwe, ungabi ngomunye umuntu.

Uma ugxilisa ingqondo - meditate kuNkulunkulu akusho ukuthi ukhonza uNkulunkulu, kusho ukuthi uba nguNkulunkulu. Uyakubona lokho ukuthi wena noNkulunkulu nimunye? **"Mina noBaba Simunye,"** akashongo njalo uJesu? Uma Ethe yeNa no Yise baMunye, thina no Yise singaba munye futhi, ngoba nathi singabantwana bakaNkulunkulu. UJesu wathi futhi, lokho Akwenzayo, singakwenza kangcono. Ngakho-ke, singase sibengcono kunoNkulunkulu, ubani owaziyo? Simkhonzelani uNkulunkulu singazi lutho ngaYe? Yini sisebenzise ukukholelwa kwesingakwazi - blind faith? Kufanele sazi kuqala ukuthi yini esikholelwa kuyo, njengoba kufanele siyazi intombi ezosigana. Kulezizinsuku, kujwayelekile ukuthi singashadi singakazikhipheli ndawana thize nezithandwa zethu. Manje, kungani kufanele sithandaze uNkulunkulu singamazi?

Sinelungelo lokuthi uNkulunkulu Azibonakalise kithina, Enze simazi. Sinelungelo lokukhetha ukuthi yimuphi uNkulunkulu esifuna ukuMlandela.

Uyabona-ke manje ukuthi kucacile eBhayibhelini ukuthi kumele sidle izitshalo. Kuzo zonke izizathu zempilo, kumele sidle izitshalo. Kuzo zonke izizathu zesayensi, kumele sidle izitshalo. Kuzo zonke izizathu zokonga umnotho, kumele sidle izitshalo, Kuzo zonke izizathi zesihawu, kumele sidle izitshalo. Futhi, ngezizathu zokusindisa umhlaba, kumele sidle izitshalo. Imibiko ithi, uma bonke abantu eNtshona, Emelika, bengadla izitshalo kanye ngesonto, singakwazi ukuthi sisize abantu abangu sixteen million abalambayo minyaka yonke.

Manje, yiba yiqhawe, yidla izitshalo. Ngazo zonke lezizizathu ezinomongo, noma ungasangilandelanga, noma ungasebenzisi. Indlela efana neyami, yidla izitshalo wenzele wena luqobo, wenzele umhlaba.

Q. Uma wonke umuntu edla izitshalo, lokho ngeke kudale ukusweleka kokudla?

M. Cha. Ukusebenzisa iziqephu somhlaba ukutshala izilimo kunikeza ukudla okuphindwe ka fourteen kunoku sebenzisa yona leyo ndawo ekutshaleni ukudla kwezilwane. Izitshalo eziphuma ku-acre ngalinye zinikeza ama - calories amandla angu 800,000; kodwa uma lezizithombo zisetshenziselwa ukukhulisa izilwane, ezibuye zidliwe, inyama inganikeza ama - calories angu 200,000 kuphela amandla. Kusho ukuthi kuleyonqubo, kulahleke ama-calories angu 600,000 amandla. Manje, kuyacaca ukuthi ukudla izitshalo kunekhono futhi kuyonga kunokudla inyama.

Q. Kulungile ukudla inhlanzi uma ungumdli-zitshalo?

M. Kulungile uma ufuna ukudla inhlanzi. Kodwa uma ufuna ukuba yisidli-zitshalo, inhlanzi akusona isitshalo.

Q. Abanye bathi kulungile ukuba ngumuntu onenhliziyi enhle, kodwa akudingekile kuba yisidli-zitshalo. Kuhlakaniphile lokhu?

M. Uma umuntu enenhliziyi enhle ngempela, kubangwa yini aqhubeke nokudla inyama yesinye isidalwa? Uma ngabe ezibona indlela ezihlupheka ngayo, ngeke aqhubeke nokudla inyama! Ukudla inyama akunabubele.

Kungenziwa kanjani ngumuntu onehliziyo enhle lokhu? Wake wathi uMaster Lien Ch'ih. **"Bulala umzimba waso, udle inyama yaso. Kulomhlaba akekho omunye ononya, onhliziyombi, nonya olwesabekayo, owonakele ngaphezu kwalomuntu" Angasho kanjani ukuthi unehliziyo enhle?** UMencius naye wake wathi. **"Uma uyibona iphila, ngeke ukumele ukuyibona ifa, uma uyizwa ikhala ngeke ukumele ukuthi udle inyama yayo; ngakho-ke, indoda enesithunzi inlalela kude nekhishi."** Ukuhlakanipha kwesintu kungaphezu kokwezilwane, siyakwazi ukusebensiza izikhali senze ukuthi zisithobebe, ngakho-ke, zifa zinenzondo. Leyondoda eyenza lokhu, eqinela izidalwa ezincane ezingenamandla, ayinalo ilungelo lokubizwa ngokuthi iyindoda emnene. Uma izilwane zibulawa, ziba sezinhlungwini, zibe nokwesaba nenzondo. Lokhu kudala ushevu enyameni yazo, oyolimaza labo abayidlayo. Ngenxa yokuthi ukuphindaphinda kokudlidliza - vibration kwezilwane kungaphansi kokwesintu, zizo thonya ukudlidliza kwethu, bese kukhinyabezeka inqubekela yethu yolwazi.

Q. Kulungile ukuba yilokhu okubizwa ngokuthi "yisidlizitshalo sethuba elifanele" - vegeitarian of convenience (abadlizitshalo bethuba elifanele abayibalekeli ngokuhambisana nomthetho oqinile inyama. Bayazidla izitshalo bazixubanise nenyama.)

M. Cha. Uma ngilinganisa, uma ukudla kufakwa oketshezini olunoshhevu bese kuyasuswa, acabanga ukuthi kuzoba no shevu ukudla? KuMahaparinirvana Sutra u Mahakasyapa wabuza uBuddha ukuthi, "Uma sicela bese sinikwa imifino exutshwe

nenyama, singakudla ukudla? Singakuhlansa kanjani ukudla?" UBuddha waphendule wathi "Kufuneka nikuhanze ngamanzi nihlukanise imifino nenyama, usungakudla-Lemuva kwalokho."

Kulenkulumo engenhla siyabona ukuthi awukwazi ngisho ukudla imifino ehlanganiswe nenyama ngaphambi kokuthi uqale uyigeze ngamanzi, singasayiphathi-ke eyokudla inyama nje! Kulula-ke ukubona ukuthi uBuddha nabafundi bakhe babelandela impilo yokudla izitshalo. Kodwa-ke, kukhona abanye abantu ababemcekela phansi uBuddha bethi uyisidla-zitshalo sethuba elifanele nokuthi wayeyidla inyama lapho eyinikwa. Ngumbhedo ngokweqiniso lokhu. Labo abasho njalo bayifunde kancane imibhalo, noma abayiqondi lemibhalo abayifundile. E-India, bangaphezu kuka 90% abantu abangayidli inyama. Uma abantu bebona izinxibi - mendicants, zigqoke izevatho eziphuzi, babokwazi ukuthi mabazike ukudla kwezitshalo, ngalena kokuthi imvamisa yabantu abanakho ukudla okuyinyama kokuphisana!

Q. Kudala ngake ngezwa omunye uMaster ethi, "uBuddha wadla unyawo lwengulube wathola isifo sohudo, wafa." Yiqiniso leli?

M. Phinde! UBuddha wadla uhlobo lenkowankowane okuyilona olwambulala. Uma sitolika ngqo sisuse olimimi lwamaBrahmans, uhlobo lwekhowa kuthiwa "unyawo lwengulube" kodwa akusilo unyawo lwengulube yangempela. Kufana nje nokuthi sibize isithelo esithile ngokuthi siyi "longan" ngesi China lokhu kusho ukuthi "iso le dragon." Lelikhowe ngolimi lwamaBrahman kuthiwa "unyawo lwengulube" noma "Yintokozo

yengulube.” Kokubili kunokuhlangana nezingulube. Loluhlobo lekhowe kwakungelula ukuluthola e-India endala. Kwakuyisibiliboco sesidlo esingavamile, abantu babenikela ngaso kuBuddha bemthandaza. Lelikhowe awukwazi ukulithola ngaphezu komhlabathi. Likhula ngaphansi komhlabathi. Uma abantu belifuna kufuneka balifune ngosizo lwengulube endala ekhonze ukudla loluhlobo lekhowe.

Izingulube zilithola ngephunga, uma zilithola zisebensiza izinyawo ukuthi zilimbe odakeni zilidle. Kungakho-nje loluhlobo lwekhowe kwathiwa “uthando lwengulube” noma “unyawo lwengulube.” Lamagama omabili asho ikhowa elilodwa. Ngenxa yokuthi latolikwa budedengu, nanokuthi abantu babengayazi imvelaphi, izizukulwane ezalandela zenza iphutha lokuthi sicabange ukuthi uBuddha ‘uyindoda eshwabadela inyama’. Kuyadabukisa kakhulu lokhu.

Q. Abanye abathandi benyama bathi bayithenga ezilaheni inyama abazibulalenga bona izilwane. Ngaleyondlela kulungile ukudla inyama. Uyacabanga ukuthi kuliqiniso lokho?

M. Lena yinhlekelele yephutha. Kufanele wazi ukuthi obhusha babulala izinto eziphilayo ngoba abantu befuna ukudla. KuLankavatara Sutra wathi uBuddha, **“Ukube kwakungekho muntu odla inyama, ngabe akukho ukubulalana okukhona, Ngakho-ke, ukudla inyama nokubulala izidalwa eziphilayo, yisono esifanayo.”** Ngenxa yokubulala okuningi kwezidalwa, sinezinhlekelele zendalo nezehlakalo ezensiwe yisintu eziningi. Izimpi nazo zidalwa ukubulala kakhulu.

Q. Abanye abantu bathi noma izithelo zingakwazi ukukhipha izinto ezinoshevu njenge urea noma I urokinase, abalimi bezithelo nemifino basebenzisa izibulali zinambuzane kulezizitshalo eziyiphatha kabi impilo yethu. Kuliqiniso lokho?

M. Uma abalimi besebenzisa izibulali zinambuzane namanye ama khemikhali anabuthi njenge DDT ezitshalweni, lokho kungadonsela ku cancer, ubunyumba nezifo zesibindi. Ubuthi obunje ngo DDT buya hlakazeka bungene emafutheni bese buhlala.

Uma udla inyama kusho ukuthi udla zonke lezizibulali zinambuzane eziqoqene, nobunye ubuthi obusemafutheni ezilwane, asenqwabelene ngenkathi isilwane sikhula. Lokhu kunqwabelana kungase kuphindwe ka thirteen kunalokho okuthola ezithelweni, emifinweni nasezinhlamvaneni. Singazigeza izibulali zinambuzane ezingaphezulu ezithelweni kodwa asikwazi ukuzisusa izibulali zinambuzane ezisemafutheni ezilwane. Lenqubo yokunqwabelisana yenzeka ngoba izibulali zinambuzane ziyanqwabelana. Kusho ukuthi abadla okuthengiswayo abasesiqongweni seketanga lokudla yibona abalimala kakhulu. Umsebenzi wokulinga - experiment owenziwa e-University yase-lowa wakhombisa ukuthi izibulali zinambuzane ezatholaka emizinjeni yabantu cishe ukuthi zonke zaqhamuka ekudleni inyama. Bathola ukuthi izinga lezizibulali zinambuzane elatholaka emizinjeni yabantu abadla izitshalo lalingaphansi kunelabantu abadla inyama ngenxenye.

Okuseqinisweni kukhona obunye ubuthi obutholakala enyameni ngaphandle kwezibulali zinumbuzane. Enqubeni yokukhulisa izilwane, iningi lokudla kwazo kufakwa amakhemikali okuthi zikhule masinyane noma kuguqulwe umbala wenyama, ukunambitheka nokwakheka, nokuyilondoloza inyama, njalo njalo. Izilondolozi-preservatives, ezenziwe ngama nitrates zinobuthi obuphezulu. Ngo July 19 ku 1971, i-New York Times yabika kanjena, "Izingozi ezinkulu ezifihliwe kubadli benyama yizingcolisi ezingabonakali ezisenyameni njenge bacteria eku salmon, izinsalela zezibulali zinambuzani, izilondolozi, ama-hormones, ama-antibiotics namanye amakhemikhali angeziwe." Ngaphezu kwalokhu okungenhla, izilwane zijovwa ngomjovo ongahlala enyameni yazo. Ngaleyondlela, i-protein oyithola ezithelweni, emankinathini, ebhontshisini, embileni, nasobisini imsulwa yonke kuneprotein yenyama, ena 56% we zingcolisi ezingaxubeki kalula namanzi. Uphenyo selukhombisile ukuthi lezo zengezezelo - additives zokwenziwa zingadonsela ko cancer, nezinye izifo, kanye nemibungu - foetuses eyisidalwa - deformed. Kufunale ke ukuthi abesifazane abakhulelwe bazifundise ukudla izitshalo ukuze baqiniseke empilweni, yomzimba neyomoya yezingane ezingakazalwa. Uma uphuza ubisi oluningi, ungathola i calcium eningi, kubhontshisi uthola i-protein, ezithelweni nemifino uthola ama-vitamin nama mineral.