

PREVIEW 1 - Georgia Ede (Denver 2019) - vimeo

Dr. Georgia Ede: They're not really fans of red meat, poultry, eggs... how do they feel about protein in general? "Protein quality, reflects amino acid composition and animal sources of protein are of higher quality, than most plant sources." I completely agree.

"High quality protein is particularly important for growth of infants and young children and possibly in older people losing muscle mass in later life. However a mix of amino acids that maximally stimulates cell replication and growth might not be optimal throughout most of adult life, because rapid cell replication can increase cancer risk."

Translation... complete proteins are good because they are healthy and essential and only animal proteins are complete and most plant proteins are incomplete, so complete proteins are good... But complete proteins are bad because they "cause cancer".

And you know I've heard every anti-meat argument there is, every meat causes cancer argument there is, but I've never heard this one. So, I wanted to know where they got that information.

It was a single source cited and it was this paper, which has-- it's a paper about the cell mutation theory of cancer, that mutations cause cancer, and in their report the words protein, amino acids and meat show up a grand total of zero times. This paper is not about protein of any kind, meaty or otherwise causing cancer.