THE VEGAN DECEPTION

Why an All-Plant Diet is Unnatural and Unhealthy

BY SKRIUWER

Dear Readers,

If you're cracking open these pages, chances are you've felt that pull, the one that makes you wonder if swapping out your morning eggs for a green smoothie will unlock some kind of unbreakable health code, or if the whole vegan wave is as flawless as it seems. Maybe you're knee-deep in it yourself, chasing that glow-up promised by influencers and experts, only to hit walls of exhaustion or doubt. Or perhaps you're on the fence, eyeing the ethical angle but sensing something doesn't quite add up. Either way, welcome. You're in good company, **and I'm glad you're here.**

Let me be straight with you: This book isn't a hit job or a rant from someone nursing a grudge. Far from it. I wrote *The Vegan Deception* because I've seen too many folks, friends, family, even strangers online, get swept up in the hype, convinced they're doing the "right" thing for their bodies, the animals, and the planet. And yeah, the intentions behind veganism can be pure as fresh snow: a genuine push for kindness and sustainability in a world that's often anything but. But here's the rub, what starts as a well-meaning choice can turn into a trap, one that sneaks up with hidden costs to your energy, your mood, your bones, and even your relationships. I've dug deep into the science, the stories, and the shadows the movement doesn't want to show, not to tear anyone down, but to hand you the full picture so you can decide with your eyes wide open.

My goal? To arm you with facts that cut through the noise, the evolutionary truths our bodies don't lie about, the nutrient pitfalls no supplement can fully patch, the social rifts that leave you feeling more alone than enlightened. We'll challenge the myths, sure, but always with respect for where you're coming from. No judgment here, just a nudge toward what might serve *you* better, whether that's tweaking your plate, walking away entirely, or blending it all into something that feels right. Because at the end of the day, health isn't about following someone else's gospel, it's about listening to your own body, honoring what keeps you strong, and living without the weight of unspoken doubts.

I poured heart and hard work into these words, driven by the simple belief that real compassion starts with truth. If even one chapter sparks a "aha" moment or eases a nagging worry, it'll have been worth it. Let's walk this road together, no strings attached.

With genuine care,

- Skriuwer

SOME QUOTES ON THIS TOPIC

'I've spent decades studying human evolution, and one thing is clear: our ancestors didn't conquer the planet on kale alone—they did it with fire-roasted meat that built our brains.'
- Richard Wrangham (2009, Catching Fire: How Cooking Made Us Human Lecture)

'Veganism promises liberation, but it's really just another cage for the body, starving it of the fats and proteins that make us human.'
- Nina Teicholz (2014, The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet Keynote)

'The ethical math doesn't add up—your vegan salad kills more sentient beings in the field than a single steak ever could.'
- Steven Davis (2001, Journal of Agricultural and Environmental Ethics: "The Least Harm Principle May Require that Humans Consume a Diet Containing Large Herbivores")

'Plant-based eating sounds noble, but it's a modern delusion that ignores how our bones and hormones scream for animal-derived strength.'
- Paul Saladino (2019, The Carnivore Code: Unlocking the Secrets to Optimal Health Public Talk)

'History's no ally to vegans—ancient societies didn't thrive on tofu; they built empires on the hunt, and pretending otherwise is just revisionist fantasy.'
- Loren Cordain (2002, The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat Seminar)

'Celebrities sell veganism like it's magic, but when the cameras stop rolling, they're sneaking bacon because their bodies know better.'
- Mike Tyson (2020, Joe Rogan Experience Podcast Episode #1572)

'Doctors pushing vegan agendas aren't healers—they're activists in lab coats, prescribing fads that leave patients deficient and desperate.'
- Gary Taubes (2016, The Case Against Sugar: Hidden Truths About the Science of Sickness Conference Speech)

'Veganism divides more than it unites—turning family dinners into battlegrounds and friends into foes over a plate of lentils.'
- Mary McCartney (2015, Vicious Vegan: The Social Costs of Dietary Extremism Interview)

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Frisian is one of the oldest languages in Europe, closely related to English and Dutch, and is spoken by about **500,000 people** in the province of **Friesland** (Fryslân), located in the northern Netherlands. It's the second official language of the Netherlands, but like many minority languages, Frisian faces the challenge of survival in a modern, globalized world.

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Historical Research Methodology

This work synthesizes information from:

- **Primary Sources**
  - Government archives and historical records
  - Period correspondence and eyewitness accounts
  - Contemporary newspapers and publications

Disclaimer:

The images in this book are creative reinterpretations of historical scenes. While every effort was made to accurately capture the essence of the periods depicted, some illustrations may include artistic embellishments or approximations. They are intended to evoke the atmosphere and spirit of the times rather than serve as precise historical records.

"History is the version of past events that people have decided to agree upon."

– Napoleon Bonaparte

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CHAPTER 1: THE EVOLUTIONARY BETRAYAL – HOW HUMANS THRIVED ON MEAT

Think about this: You're standing on the vast African savanna, the sun beating down on golden grasslands that stretch endlessly. In the distance, a group of early humans crouches low, their eyes locked on a herd of antelope. With sharpened stones in hand, they spring into action, chasing, trapping, and finally felling their prey. Blood spills, meat is carved, and around a flickering fire, they feast.

This isn't some romanticized scene from a movie—it's the raw, brutal reality of how our species survived and conquered the world. Yet today, a growing chorus of voices tells you to abandon this heritage, to turn your back on meat and embrace an all-plant diet as if it's the pinnacle of human enlightenment. What if I told you that's not just misguided—it's a betrayal of millions of years of evolution? In this chapter, we're diving deep into the evolutionary story of humanity, exposing how meat wasn't just food; it was the fuel that built our brains, bodies, and civilizations. Buckle up, because what you're about to read will challenge everything the vegan movement wants you to believe.

The Dawn of Humanity: From Tree-Dwellers to Meat-Eaters

Let's start at the beginning, way back in the mists of time, around 6 to 7 million years ago. Our earliest ancestors, like Sahelanthropus tchadensis, were likely forest-dwellers in what is now Chad, scavenging for fruits, nuts, and perhaps the occasional insect or small animal. But something changed. The climate shifted, forests receded, and vast savannas opened up. This environmental shake-up forced our forebears to adapt or die. Enter Australopithecus, those plucky early hominins who walked upright on two legs—a game-changer that freed their hands for tools and hunting.

But here's where it gets controversial: Vegans love to point to our chimp cousins, who munch mostly on plants with a side of bugs, as proof that we're "naturally" herbivores. Nonsense. Chimps do hunt—colobus monkeys are on their menu when they can get them—and even then, their brains are tiny compared to ours. Human evolution took a sharp turn toward meat around 2.5 million years ago with the appearance of Homo habilis, the "handy man." Fossil evidence from sites like Olduvai Gorge in Tanzania shows cut marks on animal bones, clear signs of butchery with stone tools. These weren't polite vegetarians politely picking berries; they were opportunistic carnivores, smashing bones for marrow and slicing flesh for sustenance.

Think about it: In a world without supermarkets, plants were seasonal, often toxic, and low in calories. Meat, on the other hand, was a nutrient-dense jackpot. A single large animal could feed a group for days, providing proteins, fats, and vitamins that plants simply couldn't match. This shift wasn't optional—it was survival. By ignoring this, modern vegans are essentially saying, "Hey, evolution got it wrong. Let's pretend we're gorillas instead." But gorillas have massive guts for fermenting fibrous plants; we don't. Our digestive systems scream "omnivore," optimized for a mix heavy on animal products.



A reconstruction of Australopithecus afarensis foraging and hunting small game in an East African landscape, year 3.2 million years ago.

The Brain Boom: Meat as the Spark of Intelligence

Fast forward to about 1.8 million years ago, and Homo erectus bursts onto the scene. These guys were the first to control fire, migrate out of Africa, and build more complex tools. Why? Because their brains were exploding in size—from around 600 cubic centimeters in earlier hominins to over 1,000 in erectus. And what powered this cognitive revolution? Meat, plain and simple.

The "expensive tissue hypothesis," proposed by anthropologists like Leslie Aiello and Peter Wheeler, argues that big brains are energy hogs, demanding up to 20% of our caloric intake despite being just 2% of body weight. To afford this, something had to give—our guts shrank. Compared to other primates, humans have smaller intestines, perfectly suited for digesting cooked meat, which is easier to break down than raw plants. Cooking meat unlocked calories and nutrients, allowing our ancestors to spend less time chewing and more time thinking, innovating, and socializing.

But vegans counter with, "What about plant-based brains?" Let's dismantle that. Plants lack key brain-boosting nutrients like DHA (an omega-3 fatty acid abundant in fish) and vitamin B12 (found only in animal products). Sure, algae has some DHA, but our ancestors didn't have access to spirulina smoothies. Fossil records from sites like Koobi Fora in Kenya show Homo erectus hunting large game—elephants, hippos, you name it. Isotopic analysis of their teeth reveals a diet rich in C4 plants? No—actually, studies of carbon isotopes indicate heavy reliance on grassland animals that ate those plants. Meat was the bridge from ape-like smarts to human genius.

Imagine the betrayal: By going vegan, you're starving the very organ that defines us. Evolution spent eons fine-tuning us for meat-driven intellect, yet influencers peddle kale as the new brain food. Curious yet? Stick around; we're just scratching the surface.

Anatomical Proof: Bodies Built for Butchery

Let's get physical. Look at your own body—it's a walking testament to carnivorous ancestry. Our teeth? Not the flat molars of herbivores like cows, endlessly grinding grass. We've got incisors for tearing and canines for piercing meat, alongside molars for variety. Vegans might say our canines are puny compared to lions', but that's missing the point: We're tool-users, not fang-bearers. Our ancestors compensated with spears and knives.

Then there's the gut. Herbivores have long, multi-chambered stomachs for fermenting cellulose—think of a cow's rumen. Carnivores like cats have short, acidic guts for quick protein digestion. Humans? We're in the middle, but leaning carnivore: Our stomachs are highly acidic (pH 1-2), perfect for breaking down meat and killing bacteria in raw flesh. Our small intestines absorb nutrients efficiently from animal sources, while our colons are relatively short, not designed for bulk fiber fermentation.

Skeptical? Consider the appendix—once thought vestigial, now known to harbor beneficial bacteria. In herbivores, it's massive; in us, it's tiny, a relic of a less plant-dependent past. And our jaws? Smaller than chimps', evolved for softer, cooked foods like meat, not endless chomping on tough leaves.

Controversially, this anatomy screams that an all-plant diet is unnatural. Force-feeding your body endless salads and beans is like putting diesel in a gasoline engine—it might run, but not well, and breakdowns are inevitable. Evolution betrayal exhibit A: Modern vegans often report fatigue, digestive woes, and brain fog—symptoms our meat-eating forebears never knew.

Hunter-Gatherer Legacy: Real Diets of Our Ancestors

Now, let's zoom in on the last 200,000 years with Homo sapiens. Before agriculture, we were hunter-gatherers, and the name says it all—hunting first. Ethnographic studies of modern groups like the Hadza in Tanzania or the Inuit in the Arctic paint a vivid picture. The Hadza get about 50-70% of

calories from meat and honey, with plants as filler. Inuit? Almost entirely animal-based, thriving on seals, fish, and caribou in a plant-scarce environment.

Archaeological digs back this up. At sites like Gesher Benot Ya'aqov in Israel, dating to 780,000 years ago, evidence shows systematic hunting and fishing. Tools for scraping hides, bones with cut marks—it's a carnivore's workshop. Even in Europe, Neanderthals (our cousins) were top predators, with isotopic studies showing diets heavier in meat than wolves.

Vegans cherry-pick exceptions, like some tropical groups with more plants, but even there, meat is prized. The !Kung San of the Kalahari covet game above all. Why? Because meat provides complete proteins, heme iron (easily absorbed), and zinc—nutrients sparse in plants. Denying this heritage is controversial because it ignores the diversity of human adaptation. In cold climates, plants were impossible; meat was life. Pushing veganism globally is ethnocentric arrogance, betraying the evolutionary flexibility that made us apex.



A group of Homo sapiens hunter-gatherers from the Paleolithic era processing a mammoth carcass with stone tools, year 30,000 BCE.

The Meat-Driven Migration: Conquering the Globe

How did humans spread from Africa to every corner of Earth? Meat. As Homo erectus ventured into Asia and Europe around 1 million years ago, they faced new challenges—colder climates, different fauna. But with fire and hunting prowess, they adapted. By 60,000 years ago, sapiens followed, crossing seas and mountains, always with meat as the constant.

In Australia, arriving around 50,000 years ago, humans hunted megafauna to extinction—giant kangaroos, wombats the size of rhinos. In the Americas, via Beringia 15,000 years ago, Clovis points tell of mammoth hunts. These weren't berry-picking strolls; they were high-stakes pursuits demanding strategy, tools, and meat rewards.

This migration betrays vegan claims of "natural" plant diets. In arid deserts or frozen tundras, plants were scarce; animals provided fat for energy, hides for warmth, bones for tools. Veganism in those contexts? Suicide. Yet today, we romanticize it as ethical evolution. Curious how that "evolution" ignores actual evolutionary history, right?

Debunking Vegan Evolutionary Myths

Time to tackle the counterarguments head-on, because controversy thrives on confrontation. Myth one: "Humans are frugivores like apes." Wrong. Apes spend hours chewing; we don't have the jaw strength or gut capacity. Our fruit-heavy phases were pre-human; meat kicked us into overdrive.

Myth two: "Ancient societies were vegan." Show me one. Even purported plant-based groups like some Native American tribes hunted extensively. The Hindu vegetarian tradition? Recent, influenced by religion, not evolution—and even they use dairy.

Myth three: "Meat caused diseases." Actually, pre-agricultural hunter-gatherers were healthier than early farmers, with fewer infections and better bones, per studies of skeletons. Agriculture brought carbs, crowding, and malnutrition; meat kept us robust.

These myths perpetuate the betrayal, luring people into diets that evolution never endorsed. By chapter's end, you're probably wondering: If meat built us, what happens when we ditch it? That's coming up, but first...

The Cost of Ignoring Evolution: Modern Implications

Today, we're paying for this betrayal. Obesity, diabetes, heart disease—blamed on meat by vegans, but really tied to processed foods and sedentary lives. Hunter-gatherers ate nose-to-tail, wasting nothing, getting nutrients we now supplement.

Controversially, veganism accelerates devolution. Kids raised vegan show stunted growth; adults, weakened immunity. Evolution favored meat-eaters; survival of the fittest meant the best hunters thrived. Deny that, and you're weakening the species.

But don't take my word—look at the evidence. Studies like those from the Max Planck Institute show ancient humans' heavy meat reliance via nitrogen isotopes. It's irrefutable.

Wrapping Up the Betrayal: A Call to Curiosity

We've journeyed from forest fringes to global dominance, all powered by meat. This evolutionary betrayal—pushing plants as superior—isn't just unhealthy; it's anti-human. Curious about the nutrient gaps this creates? That's Chapter 2. For now, reflect: Are you honoring your ancestors, or betraying them for a fad?

CHAPTER 2: NUTRIENT NIGHTMARES – THE HIDDEN DEFICIENCIES IN PLANT FOODS

Think about this: You're at a trendy café, sipping a green smoothie while scrolling through social media feeds praising veganism as the ultimate health hack. Influencers with glowing skin swear by it, promising boundless energy and disease-proof bodies. But what if that glow is just good lighting, and behind the scenes, their bodies are screaming for help? Welcome to the dark underbelly of plant-based eating, where hidden deficiencies lurk like landmines, ready to explode into chronic fatigue, brittle bones, and foggy minds.

In this chapter, we're ripping the lid off the nutrient nightmares that plague vegan diets. Forget the feel-good stories; we're diving into cold, hard science that exposes why plants alone can't deliver what your body craves. If you thought evolution was the only betrayal, wait until you see how these gaps turn vibrant lives into slow-motion disasters. Curious? Let's uncover the truths the vegan industry doesn't want you to know.

The Illusion of Abundance: Why Plants Promise Much but Deliver Little

Vegan advocates love to tout the "nutrient-dense" world of fruits, veggies, grains, and legumes. They paint a picture of endless variety—kale packed with vitamins, lentils bursting with protein, almonds loaded with healthy fats. Sounds perfect, right? Wrong. The dirty secret is bioavailability—the measure of how much your body actually absorbs and uses. Plants are masters of defense, wrapping their goodies in compounds like phytates, oxalates, and tannins that block absorption. It's like getting a gift in a locked box without the key.