

Save Our Selves and Protect Planet Earth

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Preface

In part one you will see how diseases and global warming are result of exploitation of livestock and nature. Violence has been the inescapable companion of history since time immemorial and is the basis of our existence. It is reflected in how man (but actually all that lives) feeds on what lives and exploits its surroundings. Prevent a repetition of the fall of Easter Island. For half a century, Mother Earth has given man dominion over his own reproduction and the reproduction of all animals and plants on Earth. We are therefore indebted to repair the damage we cause. Meat and eggs for consumption are now exclusively produced by artificial insemination and with breeding and incubators. African swine fever, annual Influenza viruses and Coronavirus pandemics are the result of diseases in animals that can also pass to humans.

Our distant ancestors are the great apes. We cannot deny this origin. If humanity returns from omnivore to fructivore with food consisting of vegetables, fruits, beans, nuts and the occasional glass of wine, pandemic zoonoses, further increase in cancer cases, and catastrophic global warming will be spared.

Part 2 describes how the Earth can be protected from overconsumption and exhaustion. Abolition of slavery for consumption animals and optimal use of the abundance of energy that the sun gives us are indispensable to this. Development aid should go hand in hand with aid to reduce overpopulation in parts of the world with extreme population growth.

Part three describes how we can protect ourselves from diseases that pass from poultry and other livestock to humans and how we can grow old in a healthy way.

People who consume more animal protein have fewer antibodies, even with a small amount of animal protein. The elderly, in particular, develop diseases that arise from diet that reduces immune response and antibody formation.

Part One – WWII, our fight against the animals



Mass consumption of cheap burgers and flop chickens

Phase 1 of the battle. A bacterial army came from the steppes

The first pandemic was a bacterial pandemic, the bubonic and pneumonic plague in the early Middle Ages (14th century) as a result of the roasting and trading of steppe marmots from Mongolia. The pneumonic plague killed 50% of the European population in the 14th century. The plague bacteria have spread by rats, lice and fleas from the marmot fur.

Phase 2. Viruses and bacteria went to war together

The Spanish flu of 1918-1919 was a virus and bacterial pandemic. The Influenza A (avian) virus caused a flu epidemic in Fort Riley, Kansas, USA. In this fort they bred chickens and pigs for the soldiers. A cook may be infected with the virus. By mutation, the virus was able to cause infection from person to person. Influenza virus (H1N1) was transferred to Europe through millions of deaths via the troop transports of WWI.

The majority of the flu pandemic deaths of 1918-1919 were directly the result of secondary pneumonia caused by common bacteria in the upper respiratory tract.

Data from the subsequent pandemics of 1957 and 1968 are consistent with these findings.

Morens DM, Taubenberger JK, Fauci AS. Predominant Role of Bacterial Pneumonia as a Cause of Death in Pandemic Influenza: Implications for Pandemic Influenza Preparedness. *J Infect Dis.* 2008; 198 (7): 962–70

Phase 3. Viruses and bats, the flying rats, go to war together

A subsequent pandemic (WHO 1980) was the HIV-1 virus pandemic due to the trade and sale and consumption of chimpanzee bush meat.

Since then, HIV / AIDS has resulted in an estimated 65 million infections and 25 million deaths. Especially in Africa.

This was followed by the Ebola virus pandemic, also due to the consumption of bush meat and dried bats.

Phase 4. The smallest bacteria go to war from bird cages

After the abolition of slavery, the trade in exotic animals and birds, parrots and songbirds has become the new business model. As a result, avian flu and the quartering of bacteria such as *Chlamydia pneumoniae* in the respiratory tract of humans. Man is used as a host.

Phase 5. Leukemia viruses (ALV and BLV) spread across our food

These viruses use human cells as hosts to multiply. The spread of these viruses is responsible for the recent increase in colon and breast cancer (more about this in the relevant chapter). Since the mid-20th century, more and more megafarms have been growing where pigs, cows and rabbits are bred exclusively through artificial insemination.

Phase 6. Corona viruses compete from wet markets

Influenza viruses and coronaviruses are distributed year after year mainly from chicken farms, pig fattening farms and wet markets in South East Asia where animals are slaughtered and traded alive.



Annual cycle of Flu viruses

In March 2019 the author returned from a cruise in SE Asia, the spice route, and we were in Guangzhou (Canton) for a few days. On arrival at the airport here our temperature was measured and a woman with a fever was discovered and taken for quarantine. Years before the outbreak of COVID-19, since the SARS epidemic, temperature measurement and masks were already practiced in South East Asia in the fight against Coronaviruses! Coronaviruses spread like nail bombs in humans and cause many deaths from pneumonia. Bats and rodents are carriers of these diseases. Where rats and mice used to transmit diseases, the flying rats (bats) are now the cause of this corona virus pandemic, which comes from wildlife in markets where the animals are traded alive.

It was not until the mid-twentieth century that life on earth got the reproductive processes under control

The first life forms were found in the Pacific region. 400 million years ago Pan Gaia was surrounded by Pan Ocean. The earth was a huge pancake. Life on Earth has evolved Eastward under the influence of gravity, the Earth's rotation and sunrise.

Multicellular organisms, fish, marine iguanas and amphibians have emerged from the primordial soup. Dinosaurs, birds, mammals, and monkeys evolved on the land of Pan Gaia. Great apes, homo erectus and homo sapiens originated in Central Africa and Asia.

Homo sapiens has achieved greater manual dexterity in the East African area. Man is the only mammal who can place the thumb opposite the other fingers and make a precision grip with his hands. The more those hands could do, the more successful their owners were, so this evolutionary development created an increasing concentration of nerves and high-precision muscles in the thumb and fingers. The brain grew with it. As a result, people can perform very complex tasks with their hands. Modern man is the first living being who gained control over his own reproduction.

This was followed by control over animal reproduction by applying artificial insemination to the livestock on a large scale

Meat and eggs for consumption in factory farming are exclusively produced by artificial insemination or using incubators.

Coronavirus, African Swine Fever, Bovine Leukemia Virus, Avian Leukemia Virus are the result of diseases in animals that can also pass to humans. More than 300 million farm animals in the EU spend their entire life in a cage. The coronavirus pandemic and the worldwide lock down has shown how fragile society really is. Meat and dairy consumption continue to rise worldwide, wiping away wildlands, bringing us into contact with potentially dangerous viruses. The world is in lock down and our knowledge and insights are increasing rapidly. The earth has shaped human and we are therefore indebted to our natural environment.

The viruses and bacteria, teach us humans to be careful in our dealings with our fellow mammals. If we do not or insufficiently, we will experience a lot of damage, fear and grief as we already experienced in the Corona year 2020. If we remain stubborn and negligent, we will pay heavily as a species and as individuals. Then it may turn out that we are eventually beaten by the little ones!

Humanity has increasingly come to regard the earth as its exclusive property. Including an increasing portion of the wilderness. We see how the world's population grew and grew, and how almost no one thought about sacrificing their acquired right to a daily piece of meat, resulting in an enormous burden on the environment. All animals have to make do with less and less living space.

Large carnivores - such as the lion - are becoming increasingly rare in the wild, because thanks to humans there is less and less habitat for them and their prey. Tropical forests are being cut down worldwide for soy and palm oil plantations. The soy in turn serves for the food supply of our intensive livestock farming. As a result, on the one hand, the CO₂ uptake due to the loss of tropical forest decreases and, on the other hand, the soy through livestock farming causes CO₂ to increase. Our planet cannot cope with consumption of meat, there is no room for it. It is high time for people to change their eating habits and to stop trading exotic animals.

Zoonoses

SARS

The SARS epidemic led to about 8,000 infections between November 2002 and July 2003. Nearly eight hundred people died. SARS has spread to more than thirty countries, including countries in Europe. Outside of China, Hong Kong, Canada, Taiwan and Singapore were hit hardest. In China almost all provinces were affected. The Netherlands remained free of SARS. Guangdong Province (Canton) was the focus of this pandemic in 2002. The breeding, trading and eating of civets has been banned there since January 2004. However, recent inspections have shown that civets are still traded there by restaurants, including in Hubei (Wuhan) province.

Coronaviruses and pneumonia

Three new viruses that cause dangerous pneumonia and death in this relatively young century:

- SARS virus that emerged in China in 2002 and was spread via the civet
- MERS virus has come from dromedaries since 2012
- SARS coronavirus II that caused the COVID 19 pandemic

The History of the Corona Outbreak in China

It all started in 2007 with a pandemic of African swine fever (African Swine Fever or ASF) when it entered Georgia (in the Eurasian region of the Caucasus), probably caused by feeding local pigs with ASF virus contaminated offal. including pig remains unloaded from a ship arriving from West Africa. Since then, it has spread across much of Eurasia, eventually infecting pigs and wild boars. The most recent further spread took place in India. The pandemic of African swine fever will be even worse this year (2020) than in 2019, experts say, warning that the spread of the virus, which is highly contagious and deadly for pigs, continues. With global attention to the human viral pandemic of COVID-19, concerns are growing that countries are being distracted and not focusing enough on stopping the spread of swine fever. The ASF virus is a much 'stronger' virus than Covid-19 because it can survive for weeks and months in the environment and in processed meats. ASF kills nearly 100% of the animals it infects. The virus has been around for nearly 100 years. in circulation, but no vaccine has yet been developed against it.

ASF virus outbreaks have occurred in multiple provinces of China since August 2018. At the end of 2018, the total number of animals culled was 650,000. China's pig herd, by far the largest in the world, was then estimated at 360 million animals. The number of pigs was almost halved by the end of 2019 due to an epidemic of the ASF virus at the largest pork producer in the world. About 200 million pigs were culled or died as a result of the disease, which reduced pork production by 40%. Production may take more than 5 years to recover to previous levels before the deadly outbreaks due to a lack of solutions to prevent the disease and lack of capital to start new pigs.

Currently, the major reservoirs of the virus are located mainly in China, Vietnam, the Philippines and much of Eastern Europe. The disease has now also spread to Papua New Guinea for the first time.

There are concerns that China is reporting the data for 2020 too rosy. "We see ASF here every week," said Wayne Johnson, veterinarian with the agricultural services company Enable Agricultural Technology Consulting, based in Beijing.