



A Fateful Development

Epidemics Redound Upon Their Instigators

by Dr. med. Karl Windstosser



In connection with the widespread worry and uncertainty created by the BSE epidemic (Mad Cow Disease), as well as the resulting consequences for man and beast, I am reminded of a visionary insight of *Rudolf Steiner's* (the founder of Anthroposophy) which he expressed in 1923. In one of his lectures back then, he noted that animals which by their nature have an exclusively plant diet cannot be fed animal protein without grave consequences. Steiner said (I here partly paraphrase and partly quote him): „Many animals are only capable of producing flesh from plant foods. Otherwise, all the metabolic powers with which physiological plant material is converted into animal flesh remain unused. These unused energies (roam about and then) ultimately pile up in the organism in inconceivable ways. Instead of creating flesh from flesh (as the livestock farmers, blinded by their greed for profits, think will happen) the result is an excess of harmful energies, and we end up with entire herds of **insane** animals.“

Actually, this statement of *Steiner's* should have shaken up the whole world; instead it faded, unheard, as did so many other ground-breaking pronouncements of this great natural philosopher, even though so many (non-anthroposophical) dietary researchers - before and after him - have expressed themselves similarly and come to the same conclusions.

Man is also genetically vegetarian and not an omnivore (and certainly not a predator) and thus, the consequences are the same for him as

for other herbivorous animals. If an adult's quite modest protein needs - in nutritious vegetarian food about 0.5 gram daily per kilogram of body weight - are not taken into consideration in the composition of the diet - and especially, if the animal content is consistently exceeded over the long term - then the excess supply of acidic substances metabolically generated mostly from protein builds up in the tissues, bones and organs due to a lack of equilibrating amounts of alkalinizing plant substances (vegetables, potatoes, fruits). This leads, in the industrialized nations, to one of civilized man's endemic problems, namely hyperacidity (acidosis) of the entire organism. This condition is, in the opinion of a number of researchers, the basis or cause of many chronic, therapy-resistant and life-shortening ailments such as chronic lethargy, immune-system weakness, allergies, rheumatism, gout, arthritis, heart and blood-vessel diseases, dermatoses, osteoporosis, caries, etc. Acting in conjunction with additional metabolic and environmental damage, acidosis can even develop into the precursor of and basis for cancer.

Large-scale investigations and extensive comparative studies on vegetarians, initiated and led by accredited scientific institutes and organizations in the USA and Europe, have repeatedly demonstrated the truth of these interrelationships. Because of the debate over Mad Cow Disease, the *Deutsche Gesellschaft für Ernährung* [German Nutritional Society] has recently announced once again that man can definitely live very well and even economically without recourse to meat, fish and eggs,

meeting his protein needs completely from natural vegetable products in their originally quality, possibly - but not at all necessarily - supplemented by small amounts of milk or dairy products.

Getting back to the initial topic, however: the practice of using fodder made from animal cadavers to feed live-stock, which - like man - is by nature set up only to consume and digest plant substances, sprang from a downright perverted and coldly calculating mindset of certain people - who, by way of just and logical retribution, are now threatened and infested by the disease thus spread. In view of the unfettered, animal hostile profit fixation of the cattle ranchers and the large beef trusts, the vociferous pro-protein campaign originating in the USA, and the orgiastically gluttonous dietary habits of most of the international community - which has to date shown no sign of willingness to curtail its dietary excesses - this warning cry will also fade with no lasting notice having been taken.

In the early twenties, a contemporary of *Steiner's*, the American physician McCann, at that time health consultant and nutritional chemist in New York, wrote the book *Languishing Culture and the Acid Death*. It looks as though both visionaries have been proven right.

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