

Vegetarianism

Post by “Elayne” of August 21, 2019 at 3:22 PM

I would think the decision would be based on individual assessment of net pleasure.

I have a type of autoimmune arthritis, and before menopause, whenever I would eat meat or chicken, my feet swelled up-- so I didn't eat them. I could eat fish occasionally but not often. This was the case for about 15 years-- I used to check every so often to be sure it was still true, because I love a juicy burger, lol.

Fortunately, that seems to be less of an issue now... but now animal protein seems to worsen insulin resistance for me, if I eat a regular serving. So I eat a little here and there, not much at one time. It doesn't bother me on an empathy basis.

Some people may have unusual sensitivity to thinking about eating animals that causes them disproportionate mental pain, and it makes sense for them not to eat animals as long as no net pain results from that decision.