

Humans Were Born to Eat Plants, Not Meat: Uncovering the Hidden Truth Behind the Optimal Diet

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Abstract

Throughout history, dietary practices have been shaped predominantly by culture, tradition, convenience, and commercial influences rather than aligning with inherent biological and spiritual designs. This comprehensive article synthesizes anatomical, physiological, cognitive, spiritual, and clinical evidence demonstrating that humans are innately frugivorous rather than carnivorous or omnivorous. A detailed examination of dental morphology, digestive system structure, enzymatic profiles, and metabolic processes reveals the biological mismatch inherent in meat-based diets, which significantly contributes to chronic health issues. Furthermore, neurological studies have increasingly linked diets heavy in animal products to cognitive impairment, Alzheimer's disease, stroke, and inflammatory brain disorders, while emphasizing cognitive clarity and protection against neurological decline through Whole Food Plant-Based Diets (WFPBD). This dietary framework is further supported by spiritual insights from major world religions, including Christianity, Catholicism, Islam, Hinduism, Buddhism, and Confucianism, all of which advocate for compassion, moderation, and ethical eating practices consistent with WFPBD. Real-world clinical evidence from Bethsaida Hospital, spearheaded by Professor Dasaad Mulijono, validates these findings, illustrating remarkable improvements in chronic disease outcomes, cognitive health, and longevity through a compassionate, Christ-centred WFPBD approach. Addressing the modern dietary crisis requires holistic interventions integrating biological evidence, spiritual motivation, comprehensive public education, and clinical practices, aligning humanity's dietary choices with evolutionary design and divine intention.

Keywords: Frugivore, Whole Food Plant-Based Diet, Human Anatomy, Digestive Physiology, Cognitive Health, Spiritual Diet, Metabolic Adaptation, Chronic Disease Prevention, Bethsaida Hospital, Optimal Health, Prof. Dasaad Mulijono

1. Introduction

Dietary choices have long been influenced by factors such as culture, tradition, availability, and personal taste preferences. However, a deeper understanding of human biology offers a compelling argument for a fundamentally WFPBD. Humans evolved in environments rich in fruits, vegetables, nuts, and seeds, and our anatomy and physiology reflect adaptations to these abundant plant resources [1-6]. Despite the widespread acceptance of meat-

centric diets in modern societies, extensive scientific research and historical evidence increasingly suggest that humans are naturally adapted to thrive as frugivores rather than carnivores or even omnivores. This perspective challenges prevailing dietary norms and encourages reconsideration of contemporary eating habits. A WFPBD not only aligns with our biological and evolutionary heritage but also promotes optimal physical health, mental clarity, and spiritual harmony [7-12]. Recognizing these connections

between human biology, cognitive health, and spiritual teachings, exemplified by successful real-world applications such as those at Bethsaida Hospital, provides a comprehensive framework

for reevaluating dietary choices in pursuit of enhanced health, longevity, and holistic well-being.



2. Biological Evidence Supporting Frugivorous Diet

2.1. Dental Structure and Function

Humans possess teeth designed primarily for grinding and crushing rather than tearing flesh. Human dentition includes broad, flat molars ideal for chewing fruits, vegetables, grains, and seeds. Unlike carnivores, which have prominent canines and sharp molars for tearing meat, human canines are short, blunt, and poorly suited for meat consumption [13-15].

2.2. Digestive Tract Length and Composition

The human digestive tract, including an extensive small intestine and a long colon, resembles that of frugivorous and herbivorous animals, facilitating the breakdown and absorption of nutrients from plant materials. Carnivores, in contrast, possess short, acidic digestive systems designed for rapidly processing flesh to prevent decomposition and toxin absorption. The longer human digestive tract promotes effective digestion and fermentation of fibre-rich plant foods [16-18].

3.3. Digestive Enzyme Profile

Humans produce amylase enzymes in saliva and the pancreas, which are essential for breaking down complex carbohydrates abundant in fruits and plant-based foods. In contrast, carnivorous animals exhibit limited carbohydrate digestion capabilities, reflecting their

diet's emphasis on meat. Furthermore, human gastric acid levels and stomach acidity align closer to frugivores than to highly acidic carnivores, whose intense gastric environments quickly digest animal protein and neutralize pathogens [16,19,20].

4.4. Metabolic and Biochemical Adaptations

Human metabolism demonstrates a preference for glucose as its primary energy source, predominantly sourced from carbohydrates abundant in PBD. Carnivores and obligate carnivores rely heavily on gluconeogenesis—generating glucose from protein—reflecting adaptation to their meat-heavy diet. Human metabolic pathways efficiently utilize carbohydrates and fibres from fruits, vegetables, and whole grains, supporting health and metabolic balance [16, 21, 22].

5.5. Health Outcomes and WFPBD

Modern clinical research consistently confirms that a WFPBD aligns optimally with human biology, reducing the risks of chronic diseases, including cardiovascular diseases, diabetes, hyperlipidaemia, hypertension, obesity, kidney dysfunction, and certain types of cancer [23-45]. The frugivorous characteristics of human anatomy and physiology strongly correlate with the observed positive health outcomes associated with plant-based eating patterns.

CARNIVORE	OMNIVORE	HERBIVORE	FRUGIVORE	HUMAN
Physiological food : meat	PF : meat & vegetables	PF : grass & tree foliage	PF : fruits, vegetables, nuts	PF : fruits, vegetables, nuts
4 paws with claws	4 paws with claws/hooves	4 paws with hooves	Prehensile hands and feet	Prehensile hands
Walks on 4 paws	Walks on 4 paws	Walks on 4 paws	Walks on 4 paws/upright	Walks upright
Mouth opening : large	Mouth opening : large	Mouth opening : small	Mouth opening : small/M	Mouth opening : small
Great sharp fangs	Great sharp fangs	Rudimentary, blunt canines	Canines for defense	Rudimentary, blunt canines
Short and pointed incisors	Short and pointed incisors	Big and flattened incisors	Big and flattened incisors	Big and flattened incisors
Blade shaped molars	Blade shaped/crushing molars	Flattened & strong molars	Flattened molars	Flattened molars
Lower jaw embedded inside of the top; no lateral or forward mobility	Lower jaw embedded inside of the top; no lateral or forward mobility/minimal	Upper jaw sits on the bottom; great lateral and forward mobility	Upper jaw sits on the bottom; great lateral and forward mobility	Upper jaw sits on the bottom; great lateral and forward mobility
Shear; swallow w/o chewing	Shear & swallow/crushing	No shear; chew much	No shear; chew their food	No shear; chew their food
Small salivary glands	Small salivary glands	Big salivary glands	Big salivary glands	Big salivary glands
Acid saliva without ptyalin	Acid saliva without ptyalin	Alkaline saliva with ptyalin	Alkaline saliva with ptyalin	Alkaline saliva with ptyalin
Acid urine	Acid urine	Alkaline urine	Alkaline urine	Alkaline urine
Renal secretion of uricase	Renal secretion of uricase	Does not secrete uricase	Does not secrete uricase	Does not secrete uricase
Strong hydrochloric acid	Strong hydrochloric acid	Weak hydrochloric acid	Weak hydrochloric acid	Weak hydrochloric acid
Does not requires fiber to stimulate peristalsis	Does not requires fiber to stimulate peristalsis	Requires fiber to stimulate peristalsis	Requires fiber to stimulate peristalsis	Requires fiber to stimulate peristalsis
Metabolize large amount of cholesterol and vitamin A	Metabolize large amount of cholesterol and vitamin A	Metabolize small amount of cholesterol and vitamin A	Metabolize small amount of cholesterol and vitamin A	Metabolize small amount of cholesterol and vitamin A
Sweat glands in the paws; gasp to cool the blood	Sweat glands in the whole body	Sweat glands in the whole body	Sweat glands in the whole body	Sweat glands in the whole body
Intestine from 1.5 to 3 times body length	Intestine 3 times body length	Intestine 20 times body length	Intestine 9 times body length	Intestine 9 times body length
Colon short smooth alkaline	Colon short smooth alkaline	Colon long complex acid	Colon long sacculated acid	Colon long sacculated acid
Not metabolize cellulose	Not metabolize cellulose	Metabolize cellulose	Does not metabolize cellulose	Does not metabolize cellulose
Complete digestion 2-4 hrs	Complete digestion 6-10 hrs	Complete digestion 24-48 hrs	Complete digestion 12-18 hrs	Complete digestion 12-18 hrs

6. Cognitive and Neurological Benefits of a WFPBD

Beyond physical health, a WFPBD has a significant impact on cognitive clarity and neurological well-being. Diets rich in animal-based foods, typical of omnivorous or carnivorous eating patterns, are linked with inflammation, impaired mental function, and increased risk of Alzheimer's disease, early stroke, and other brain inflammation disorders. In contrast, WFPBD enhances cognitive performance and clarity of thought, reducing inflammatory responses and protecting against neurodegenerative diseases. Emerging evidence consistently demonstrates that dietary patterns devoid of animal products are associated with lower risks of cognitive decline and brain-related disorders [46-51].

7. Spiritual Wisdom Endorsing Plant-Based Diets

Central religious teachings from Christianity, Catholicism, Islam, Hinduism, Buddhism, and Confucianism emphasize spiritual principles that align with plant-based dietary choices. Christian scriptures, such as Genesis 1:29 and Daniel 1:12-16, highlight the early biblical endorsement of plant-based eating for purity and vitality [52-55]. Catholic teachings emphasize moral stewardship and simplicity, reflected in St. Francis of Assisi's compassion towards animals and ecological balance [56-58]. Islamic texts and practices, including the Prophet Muhammad's modest dietary habits, advocate moderation and the avoidance of wasteful meat consumption [59-61]. Hinduism's principle of Ahimsa advocates for non-violence towards all beings, fostering spiritual purity and karmic harmony through a vegetarian diet [62-64]. Buddhism emphasizes compassion and mindfulness in eating, advocating for abstinence from flesh to maintain spiritual clarity [65-67]. Confucianism emphasizes moderation, gratitude, and simplicity, aligning ethically with PBD, which promotes peace and holistic well-being [68,69].

8. Bethsaida Hospital: A Real-World Model of WFPBD Success

Bethsaida Hospital, initiated by Professor Dasaad Mulijono, exemplifies the profound health benefits attainable through a WFPBD integrated into medical practice. The hospital's Christ-centred compassionate care approach, deeply rooted in faith and evidence, has resulted in extraordinary clinical outcomes, including hypertension reversal, diabetes control, significant LDL reduction, sustainable weight loss, improved renal function, enhanced heart failure outcomes, coronary artery disease regression with minimal restenosis, and modulation of chronic inflammation. Moreover, WFPBD has saved thousands of elderly patients with multiple comorbidities during the COVID-19 pandemic. These remarkable achievements highlight Bethsaida as a prime illustration of humans thriving optimally on plant-based diets as intended by divine creation, affirming the profound alignment between spiritual principles, biological design, and comprehensive health.

9. Overcoming the Dietary Misalignment Crisis

Despite overwhelming evidence from biological, neurological, and spiritual perspectives that humans are designed for a WFPBD, many persist in diets heavily reliant on animal products. This contradiction arises primarily from weakened spiritual resolve, cultural habits, convenience-driven lifestyles, and commercial influences that corrupt human dietary choices. Consequently, approximately 80% of chronic non-communicable diseases—such as cardiovascular diseases, diabetes, obesity, and certain cancers—result directly from diets incongruent with our inherent frugivorous nature [70-73]. The human mind, influenced by immediate gratification and societal norms, often disregards divine dietary wisdom, choosing short-term satisfaction over long-term health. To rectify this crisis, comprehensive education rooted in both scientific evidence and spiritual teachings must be

prioritized. Health institutions should advocate for plant-based nutrition through targeted public health campaigns, personalized dietary counselling, and community-based educational programs. Emulating successful models like Bethsaida Hospital, integrating spiritual motivation with evidence-based dietary practices can significantly improve adherence and long-term health outcomes. Emphasizing a holistic approach that strengthens spiritual resolve and elevates dietary consciousness provides a sustainable solution, ultimately aligning human dietary behaviour with divine intention and biological necessity.

10. Conclusion

A comprehensive exploration of human anatomy, physiology, cognitive health, spiritual wisdom, and practical clinical evidence robustly supports the conclusion that humans are inherently designed to thrive on a WFPBD. Our dental structure, digestive capabilities, metabolic processes, and neurological health collectively indicate a profound alignment with plant-based eating. Spiritually guided principles from diverse global faith traditions further reinforce the moral and ethical dimensions of adopting diets that honour compassion and stewardship. Bethsaida Hospital's inspiring clinical outcomes provide tangible proof of the extraordinary health transformations achievable through adherence to these principles. By acknowledging and embracing our biological heritage and spiritual teachings, we can profoundly enhance our collective health, reduce the prevalence of chronic diseases, and promote longevity, ultimately returning humanity to the intended harmony of diet, spirit, and biology.

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