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The answer I get from the question that titles the book is a big YES, we should eat meat, and the reason resides in the fact that a lot, really a lot of what humans cannot process from our food -cereal stalks for example- is recycled by livestock that produce rich, wholesome proteins.

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‘ Our ancestors ate meat tho ’ is the best rationale the author has for why we should eat meat. He acknowledges that humans can be perfectly healthy without exploiting animals but just says ‘ humans like meat too much to stop so, therefore we won ’ t stop... so therefore it ’ s justified for us to continue ’ .

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MEAT EATING IS a part of our evolutionary heritage. Recent field studies have shown that chimpanzees, our closest extant primate ancestors, are eager omnivores that supplement their plant-based diet by eating meat. Chim-panzee males hunt small monkeys and share the meat to reinforce social

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Sorry Vegans: Here's How Meat-Eating Made Us Human | Time  
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Should We Eat Meat Evolution and Consequences of Modern Carnivory. Vaclav Smil. Meat eating is often a contentious subject, whether considering the technical, ethical, environmental, political, or health-related aspects of production and consumption. This book is a wide-ranging and interdisciplinary examination and critique of meat consumption by humans, throughout their evolution and around the world.

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