

PIG & PORK FACTS: Science confirms Scripture

Pork is a popular food item for many Christians. Many believers are unaware that God condemned the eating of swine's flesh. He apparently created some animals to be food for humans and some to be scavengers. The scavengers were never meant to be considered to be food in the first place...just like with bats and rats. They are animals, but not food.

Many Christians turn to the text in Acts 10, believing it to say that God made all animals to be food. If you look further in the passage, however, vs. 28 makes it very clear that the unclean/clean object lesson was meant to refer only to *people*: "God has shown me that I should not call any MAN impure or unclean."

Isaiah 65:4 and 66:17 indicate that eating pork will not be a good idea in the yet FUTURE shakedown of earthly affairs. This is not just an Old Testament injunction meant for just a few people. It is interesting to note that the recent flu "epidemic" was labeled "swine flu." There may yet be plague dangers associated with eating pork, making this an important issue for every believer.

The Scriptural condemnation was based on some very sound biological principles. Below are some facts about pork that prove it to be a very unhealthy item to eat.¹

1. A pig is a real garbage gut.² It is gluttonous and will eat anything, including urine, excrement, dirt, decaying animal flesh, maggots, and decaying vegetables. Pigs will even eat the cancerous growths on other swine or other animals.³
2. The meat and fat of a pig absorb toxins like a sponge.⁴ Their meat can be 30 times more toxic than beef or venison.
3. When eating beef or venison, it takes 8 to 9 hours to digest the meat so what little toxins are in the meat are slowly put into our system and can be filtered by the liver. But when pork is eaten, it takes only 4 hours to digest the meat. Pork thus delivers a much higher level of toxins within a shorter time.
4. Unlike other mammals, a pig does not sweat or perspire, except from its snout.⁵ Perspiration is a means by which toxins are removed from the body. Since a pig does not sweat, the toxins remain within its body and in the meat (and are an explanation for the taste that attracts people to pork).
5. Pigs are so hardy, they can resist death by strychnine or other poisons.⁶
6. Farmers will pen up pigs around a rattlesnake nest because the pigs will eat the snakes, and if bitten they will not be harmed by the venom.⁷
7. When a pig is butchered, worms and insects take to its flesh sooner and faster than to the flesh of other animals. In a few days the swine flesh is full of worms.
8. Swine have over a dozen parasites within them, such as tapeworms, flukes, worms, and trichinae.⁸
There is no safe temperature at which pork can be cooked to ensure that all these parasites, their cysts, and their eggs will be killed.
9. Depending on the cut, at its worst, pork may have more fat content than beef at its worst. Cured pork in the form of bacon, cooked/broiled/pan-fried or roasted, contains 41.79 grams of total fat (lipid) per 100 grams food), whereas the same quantity of whole beef rib, separable lean and fat, trimmed to 1/4 fat, cooked/roasted, contains 29.01 grams of total fat. The worst fat statistics for chicken (broilers or fryers, wing, meat and skin, cooked, fried in batter) is 21.82 grams of total fat per 100 grams of food.⁹
10. Cows have a complex digestive system, having four stomachs. It thus takes them more than 24 hours to digest their vegetarian diet, causing their food to be purified of toxins. In contrast, the swine's one stomach takes only about 4 hours to digest its foul diet, turning its toxic food into flesh.
11. A nurse has observed that pig cells resemble human cells more closely than do those of other animals, often causing cancer as the body tries to absorb the swine cells when pork is eaten.
12. The swine carries about 30 diseases which can be easily passed to humans.¹⁰ This is likely why God commanded that we are not even to touch the carcasses of swine or other unclean animals (Leviticus 11:8).

13. The trichinae worm of the swine is microscopically small, and once ingested can lodge itself in humans' intestines, muscles, spinal cord, or the brain. This results in the disease trichinosis. The symptoms are sometimes lacking, but when present they are mistaken for other diseases, such as typhoid, arthritis, rheumatism, gastritis, MS, meningitis, gall bladder trouble, or acute alcoholism.¹¹

There are other reasons grounded in biological facts that could be listed to show why pork should not be eaten. But a true Christian should only need one reason why to not eat it: God prohibited it.

"And the swine, because it divides the hoof yet does not chew the cud, it is unclean unto you: you shall not eat of their flesh, nor touch their dead carcass "(Leviticus 11:7-8; Deuteronomy 14:8)

The problems with pork are biological, and God never changed the laws of biology.

¹ Online on multiple sites (all cited sites were viewed on 12/27/2009); apparently originally derived from *International News for Your Health*.

² "As is well known, pigs will eat anything and everything. They were designed to clean up decaying flesh and pollution. Pigs have eaten Philadelphia's garbage and sewage for more than 100 years, saving the city \$3 million a year in landfill costs. This is a wise use of hogs. They are designed to clean our environment. Even when stacked in cages, piglets thrive on offal when only the pig in the top cage receives food. Farmers have increased their profits by feeding free raw sewage to pigs. Chicken farmers often keep a hog so they can dispose of dead chickens without having to bury them." (Source: Rex Russell, *What the Bible Says about Healthy Living*, p. 81). Also, "According to state estimates, New Jersey pigs consume 1,500 tons of garbage a week - about the same as a small trash-to-steam plant. Much of it comes from Philadelphia, which has contracted with about 20 pig farmers, who collect an estimated 30,000 tons of garbage a year." (Source: [Andrew Maykuth Online](http://www.maykuth.com/Archives/pigs88.htm), *The Philadelphia Inquirer*, September 20, 1988, "Pigging out: Trash-to-swine disposal is more than just hogwash," viewed at <http://www.maykuth.com/Archives/pigs88.htm>.)

³ "Their stomach acids become diluted because of the volume of food, allowing all kinds of vermin to pass through this protective barrier. Parasites, bacteria, viruses and toxins can pass into the pig's flesh because of overeating. These toxins and infectious agents can be passed on to humans when they eat a pig's flesh" (Russell, p. 76-77). For more on this topic from other sources, see <http://biblicaltholidays.com/dietary%20laws%201.htm>

⁴ "Pigs put on flesh at several times the rate that other human-consumed animals do. The body of the pig forces any toxins the pig consumes into the flesh, and stores and locks them there. When we eat the meat of a pig, we take in all the toxins that are stored in the fat of the pig." (Source: "Why You Should Cut Pork out of Your Diet," by EthanaelD, 12/18/2006, http://www.associatedcontent.com/article/103744/why_you_should_cut_pork_out_of_your.html?cat=5)

⁵ "Pig Disease Focus: Sunburn and Heatstroke," by NADIS, <http://www.thepigsite.com/articles/1/pig-health/1681/nadis-pig-disease-focus-sunburn-and-heatstroke>. Also, "pigs do not sweat" in "Influence of Hot-Humid Environment on Growth Performance and Reproduction of Swine", a topic reviewed by Professors Robert Myer and Ray Bucklin for the University of Florida, IFAS Extension, published in 2001, article at <http://www.thepigsite.com/articles/0/2575/influence-of-hothumid-environment-on-growth-performance-and-reproduction-of-swine>.

⁶ "Poison Pigs Fed on Plastic Bags," by Stephen Moyes, 8/12/2008, <http://www.mirror.co.uk/news/top-stories/2008/12/08/poison-pigs-fed-on-plastic-bags-115875-20954761/>. Related article dated 4/12/2009 by Maeve Sheehan, "Toxin levels off the charts in pig feed catastrophe," <http://www.independent.ie/national-news/toxin-levels-off-the-charts-in-pig-feed-catastrophe-1706543.html>. A third news article online about pigs eating high levels of toxins is "Hogs that Ate Melamine Not Fit for Humans, FDA rules," posted on 4/27/2007 by Food Poisoning Lawyer at <http://www.foodpoisonjournal.com/2007/04/articles/food-poisoning-watch/hogs-that-ate-melamine-not-fit-for-humans-fda-rules/>.

⁷ http://www.desertusa.com/may96/du_rattle.html notes that pigs are one of the predators of rattlesnakes.

⁸ One of the parasites of pigs is Large White Worms or Ascarids (*Ascaris Suum*), described in an article read online at 12.27/2009 at <http://www.thepigsite.com/pighealth/article/414/large-white-worms-or-ascaris-ascaris-suum> as follows: "This is 250 to 400mm long and often seen in the faeces of sows and finishing pigs. Female worms are very prolific producing 0.5 to 1 million eggs per day and these will survive outside the pig for many years. They are resistant to drying and freezing but sunlight kills them in a few weeks. It is a common parasite found world-wide..." Also, Dr. Russell notes, "In the United States, three of the six most common food-borne parasitic diseases of humans are associated with pork consumption. These include toxoplasmosis, taeniasis or cysticercosis (caused by the pork tapeworm *Taenia solium*) and trichinellosis."

⁹ "Fat Sources: List of Food High in Total Fat and Saturated Fatty Acids (beef, pork, chicken)," <http://www.dietaryfiberfood.com/fat-saturated.php>.

¹⁰ "Waste from large hog and poultry farms [in North Carolina] has been blamed for polluting surface waters, contaminating wells, creating noxious odors, and discharging ammonia into the air. Treatment and disposal of the waste costs farmers tens of millions of dollars each year." (Source: "Environmentally Safe Hog Waste Disposal Methods," article by North Carolina State University, online at <http://www.thepigsite.com/articles/4/waste-management/221/environmentally-safe-hog-waste-disposal-methods>.)

¹¹ For a current fact sheet on this problem (which apparently is not now nearly as prevalent as it was 50 years ago), see "Trichinae: Pork Facts - Food Quality and Safety," by H. Ray Gamble, USDA Agricultural Research Service, Parasite Biology and Epidemiology Laboratory, Beltsville, Maryland, at http://www.aphis.usda.gov/vs/trichinae/docs/fact_sheet.htm