

some people choose to eat no meat or fish. They believe beleive that this is not only better for their own health, but also benefits the world as a whole. As noted above we can look at this matter from two different points ~~point~~ of healthiness and saving the Earth.

According to a scientific belief, by eating meats fiery temperament will be triggered ~~increased~~ in humans. They believe consuming meats and blood have a direct influence on humans' behavior. History tells us about the people who destroyed so many countries because of selfishness and greed. Sadly most of the disasters and crimes in the world are the result of bad decision in anger and hatred, without any doubt the number of them will be reduced if people are ~~be~~ able to be relaxed ~~realxed~~ and calm in bad situations. using more vegetables will help to keep yourself calm and ~~be~~ relaxed. Of course besides these, we shouldn't forget that some important needs of the body will be met ~~obtained~~ by eating meats.

From the other point of view the earth will be saved ~~safed~~ from ~~form~~ destruction/extinction. For providing foods for the people, we have destroyed ~~destroied~~ nature's balance. These days with the rapid

population growth the need of providing food is more than before and this matter leads ~~leads~~ to destruction ~~destruction~~. Clearly we can save our Earth by changing the way of our lives ~~lives~~(lifestyle), by consuming more organic products of nature .

Considering everything ~~these things~~ I believe ~~believe~~ for our health we should reduce the amount of meat that we eat and do not eat them in specified time of year , but not for always and if we care about the Earth we should follow its ~~his~~ rule with balance so we can leave a valuable inheritance for our child.