



Study: Americans' Overconsumption of Protein Leading to Environmental Urine Problem

If you thought that the overuse of fossil fuels was your only sin when it comes to climate change, you're in for a shock.

A new [study](#) by Dr. Maya Almaraz, an ecosystem ecologist and environmental scientist at the University of California-Davis, and her colleagues has concluded that the overconsumption of protein by Americans is leading to more urine in our wastewater, which is potentially toxic for the ecosystem and may even contribute to greenhouse gases.

According to [Scientific American](#), the new research suggests that nitrogen produced by the urine in our protein-based diets "even rivals that from fertilizers washed off of fields growing food crops."

"We think a lot about sewage nitrogen. We know that's an issue," Almaraz said. "But I didn't know how much of that is actually affected by the choices we're making way upstream — when we go the grocery store, when we cook a meal and what we end up putting in our bodies."

Having already demonized carbon dioxide, the global elites are now obsessed with nitrogen and nitrogen oxide. Nitrogen is the most abundant element on Earth, making up approximately 78 percent of the atmosphere.

Almaraz and her colleagues specifically singled out meat and bovine-based products as the main culprit for the urinary "pollution" crisis we are allegedly seeing.

"While protein accounts for about one-third of dietary protein in the US, meat is the primary source of proteins for most Americans," the study says. "Most protein in the US is consumed as chicken and beef, with additional large contributions from cheese, milk, ice cream, bread and seeds/nuts."

One wonders how those numbers would change if we got that protein from eating bugs instead of hamburgers.

While the study acknowledges that we do, in fact, need protein in our diets, we just eat too darn much of it.

"Protein consumption that outpaces physiologic demands does not offer nutritional benefits and is generally released into waterways as treated (or untreated) sewage."

The study's authors give a laundry list of negative environmental consequences of our overconsumption of meat and dairy, including eutrophication (a process by which a body of water becomes enriched with minerals and nutrients), toxic algal blooms, and hypoxic dead zones (a reduced level of oxygen in the water.)



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Written by [James Murphy](#) on August 1, 2022

And, yes, the study also concluded that gases from our nitrogen-rich urine are released into the air, contributing to global warming.

So, what are we to do? Stop eating meat because the urine we produce is environmentally toxic?

Patricia Gilbert, an oceanographer — not a nutritionist — suggests a “demitarian” diet.

“Many people think that we need to all switch to becoming vegetarians. Obviously, that’s not practical. That’s not something that is really ever going to happen,” Gilbert said in *Scientific American*. “Enjoy your steak, enjoy your burger but go modest on your meat consumption in your following meal.”

The study concedes that it will be difficult to change our diets for the sake of the environment, but well worth it in the end.

“Dietary shifts have been suggested as a tool to mitigate other environmental impacts, such as climate change, but substantial barriers to adoption remain,” the study points out.

The study’s authors conclude that the “urine problem” should only be addressed as part of a wider strategy to change the world as a whole.

“Although dietary change is an important instrument for improving environmental sustainability, such tools should only be administered in tandem with other technological, political and social interventions tailored to suit local economies, cultures and values,” the study said.

The new study obviously lines up exactly with the plans of the global elite, who wish to control our [farming methods](#), our food supply, and, ultimately, our diets.

Climate Depot’s Marc Morano put it this way: “They will not give up. They will continue to scare you about climate change in every, and any conceivable way. Now when you pee, you are allegedly a human pollution machine that is heating up the planet. The voiding of your bladder must be curtailed for the sake of the planet! So says ‘The Science’!”

This study is designed to do one thing only: Couched in authoritative scientific language, it is meant to make the weak-minded question everything they do — including voiding their bladder — in terms of how it is affecting the environment and, by extension, the climate.



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