

## Example: Domination of Sources

Many people become vegetarians to maintain good health. Vegetarianism can prevent people from developing diseases. **Castelman (1995)** writes that many studies prove that meat, especially beef, pork, and lamb, likely increase the percentages of heart disease and cancers. **In his article**, it is proved that the number of vegetarian deaths is definitely lower than that of meat eaters. For example, 28% fewer vegetarians die from heart disease than omnivores do, and 39% fewer die from cancer. **The National Cancer Research Institute** also found that four times more meat-eating women develop breast cancer than women who do not eat meat or eat little meat (**Why be vegetarian? 1999**). Hypertension, gallstones, constipation, and diabetes are also problems (**Cerrato, 1991**). **Dworkin (1999)** cites a Loma Linda University study that claims that vegetarians can live seven years longer than people who eat meat. Another positive health point is that vegetarians are generally slim and have stronger bones than people who consume meat. Knowing these health benefits, many people are becoming vegetarians.

(from Dollahite, N. E., & Haun, J. (2012). *Sourcework: Academic writing from sources* (2nd ed.). Boston, MA: Heinle/Cengage Learning; p. 90, emphases added)