



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Publication

supporting human health, animal rights, and ecology

Volume 11, Issue 1, March, 2000

Inside

- *Ask Dr. Klaper*
- **Animal Rights Update*
- *President's Message*
- *Pull-out Calendar*
- *Science Corner*
- *Dear Dr. Deutch*
- *Legislative Link*
- *One Ono Recipe*

Ask Dr. Klaper

By Michael Klaper, M.D.



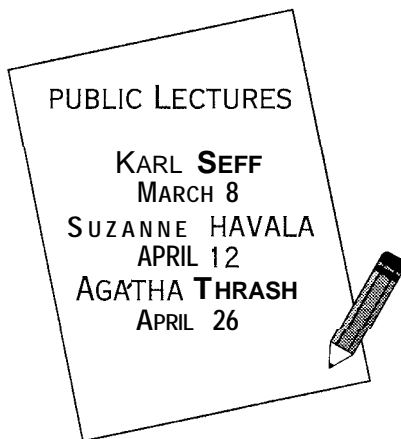
I have been lacto-vegetarian for ten years and find myself getting several episodes of bronchitis every winter. I am a drummer in a rock music band and hate to miss work. Why do I keep getting ill? Is there something I'm not seeing? J.R.G.



Whenever I hear, "Doctor, why did I get sick?" I am reminded of the last words of famed microbiologist Louis Pasteur. In the late 1800's Dr. Pasteur made pioneering discoveries in microbiology, including the discovery of pasteurization, that represented great strides in public health and food safety. Pasteur felt that bacteria and other microbes were the all-powerful causative factors in disease — and for good reason. The terrible tissue destruction caused by the staphylococcus and pneumococcus bacteria that Pasteur observed and described are rightly feared by physicians and patients everywhere. We now know that even smaller particles, such as viruses, can be agents of scourges like smallpox and encephalitis as well as of influenza and the common cold. Pasteur believed that conquering these invading organisms was the key to maintaining health, and thus much of modern medicine's subsequent campaign against disease has focused on developing antibiotics to thwart bacteria-caused infections.

However, Pasteur's academic rival, physiologist Dr. Claude Bernard, felt that whether infection actually would occur was determined not by the presence of microbes, but by the health of the body's tissues. The truth of Dr. Bernard's assertion of the primacy of the body's natural resistance to infection has become clearly evident. As my professor of internal medicine told me in medical school, "People don't get diseases - they earn them."

Getting sick is easy. The recipe for depressing your body's resistance to disease and thus inviting illness to set up housekeeping in



You'll find the calendar on page four.

(See Ask Dr. Klaper, page 2)

Ask Dr. Klaper
continued from front page
your system is well known:

1. Short-change yourself on sleep.
2. Diminish your intake of fresh fruits and vegetables.

The Island Vegetarian

The Island Vegetarian is published quarterly for the members of the Vegetarian Society of Hawaii
Post Office Box 23208
Honolulu, Hawaii 96823-3208
(808) 944-VEGI (944-8344)
Email: iv@vsh.org

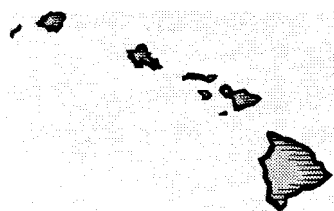
Call, write, or email for a free back issue. Visit the web site at <http://vsh.org> for newsletter archives and much, much more.

Editor in Chief Alida Rutchick
Production Donovan Watts

Contributing Editors

Michael Klaper, M.D.
William Harris, M.D.
Dr. Jim Deutch
Patrick J. Moore
Cathy Goeggel
Eileen Towata

Mahalo to all our volunteers...
you know who you are!



3. Increase the intake of sugary or fatty junk foods.

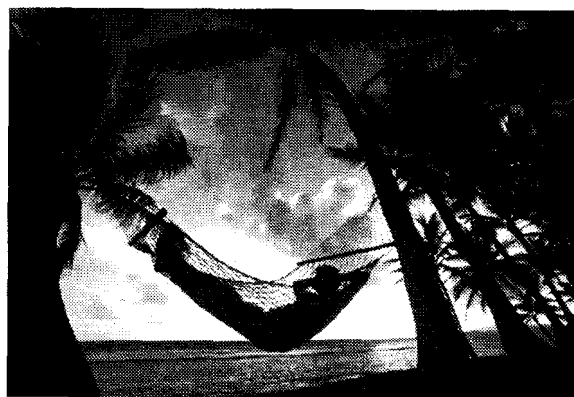
4. Spend time breathing in smoke-filled meeting rooms, exhaust-choked traffic jams or other chemical ambushes.

5. Add in life stresses (assignment deadlines, financial worries, relationship difficulties, traffic tie-ups) and -

Voila! Your throat gets scratchy; your nose begins to run, every muscle in your body begins to ache, and the thermometer creeps up. You begin to feel terrible, and you know you're in for at least a few days of bodily misery (How to treat an infection once it has begun is the subject of another article. If the feeling of being too ill to go to work or function normally in your daily life lasts more than 48 hours and/or does not respond to fluids, rest, and pain relievers, you should contact your physician.)

The old adage, "An ounce of prevention is worth a pound of cure," is certainly true, and since this article is about not getting sick in the first place, here are some prevention tips:

1. Get enough sleep! Babies grow while they sleep and adults heal and restore their immunity while they "get their Z's." Consistently short-changing yourself of needed sleep will lower your immunity and open the door to infections. You can help abort an infection in the early stages by going to bed early, taking an afternoon nap



Adults heal and restore their immunity while sleeping.

(snooze at lunch instead of eating, or put your head down on the desk for ten minutes during a "coffee break"), or otherwise increasing your sleep. Sleep around the clock if you need to.

2. Drink enough pure water! When we don't keep up with our water needs-while losing hydration with every breath, through our perspiration, and each time we urinate or defecate-the normal mucus secretions of the lungs, throat, and intestinal tract thicken. Antibodies in these viscous secretions don't protect us as well, thus laying out the "microbial welcome mat." To stay hydrated and healthy drink a glass of water, fresh vegetable juice, or something else liquid and healthful every few hours.

3. Keep your diet clean! Plenty of fresh fruits and vegetables (preferably organically grown) have antioxidants, bioflavonoids, and other phytochemicals that strengthen our immunity Vegetarians are often at an advantage here because of their generally higher intake of high-quality produce. Refined sugars, hydro-

generated oils, and other chemicals in processed food weaken our immunity; here, "junk food vegetarians" lose their healthy diet advantage. In addition, specific foods in a non-vegan vegetarian diet such as dairy products and even wheat in the vegan diet have been associated with increased allergic reactions and mucus flow-possibly factors that facilitate infection. A trial without these foods for a few weeks or months during your "sickness season," and especially at the first sign of illness, may be beneficial.

4. If necessary, assure vitamin and trace mineral adequacy by taking a high-potency multivitamin/mineral tablet each day. A healthy immune system requires sufficient zinc, vitamin B12, and omega-3 fats. Be sure your diet supplies enough of these (zinc in whole grains; omega-3 fats in walnuts, flaxseeds, and hempseed oil; B12 in fortified soy milk, rice milk, and other B12-enriched foods.)

5. Walk every day—"Rev up the engine" through gentle exercise. Even walking back and forth in your living room and taking some deep breaths helps. Gentle exercise increases the heart rate, forcing more blood through the liver and kidneys, and resulting in more rapid removal from the blood of bacterially-derived proteins and other waste products of

infection that keep you feeling ill.

6. Consider herbal immune support at the earliest signs of infection. Preparations made from plants such as echinacea are reported to strengthen the immune system in general, and herbs like lemon balm are reported to have anti-viral properties. Consuming tea or juice from the elderberry plant has been shown to shorten the duration of influenza attacks. And don't forget the old standby of Vitamin C, 250-1000 mg. 2 to 4 times a day.

7. Finally, don't worry - be happy! It's well known that when we're under stress (resulting from anger, worry, jealousy, depression, etc.), our entire body reflects the dysfunction. Stress makes us more prone to infections, cancers, autoimmune diseases, and other health problems.

Fix what you can for and release the rest with blessings and a smile.

If you're a drummer in a rock band like the writer of our question, late nights, sleep deprivation, fast foods, smoke-filled rooms, and other immune-depressing factors common to your lifestyle are probably part of the assault on your immune system. Compensate for these with afternoon naps, a produce-rich diet (with increased fresh fruits and vegetables on the nights you play frequent walks outside (between musical sets) for fresh

air, and extra antioxidant vitamins C and E. (For any non-rock drummer readers, if your lifestyle inflicts upon you any of the similar stresses that our drummer-writer describes, the same strategies described for him could benefit you!)

Louis Pasteur finally realized the truth in Dr. Bernard's assertion. Pasteur's last words are reported to have echoed Dr. Bernard's earlier assertion: "The terrain is all." His lesson to us is that if we keep our mind, spirit, and bodily tissues healthy, the bacteria will be far less likely to gain a toehold (or tentacle-hold, or flagellum-hold, or whatever microbes hold on with). Take care of your precious terrain.

Salud!



Ask Dr. Klaper your question. Send an email to drklaper@maui.net or write to Vegetarian Society of Hawaii, PO. Box 23208 • Honolulu, HI 96823-3208.

Michael Klaper, M.D. is a nationally recognized author, lecturer, and authority on vegetarian nutrition.

This column is not intended as a substitute for seeking medical advice;

readers should consult with their own physicians for issues of concern.



Drink
Enough
Pure
Water !

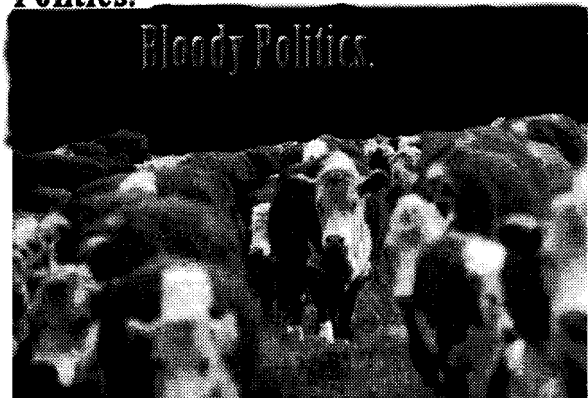


As the days go by, one might ask oneself, "How could the State Legislature and our occasionally 'veggie' governor approve the hemorrhage of tax dollars to shore up an industry that is fiscally impotent and that demands more and more government largesse in order to survive?"

How could our elected representatives approve the use of 45 acres of ocean front state-owned land at Kalaeloa by an industry that 1) has blatantly and frequently violated the federal Humane Slaughter Act, 2) has contaminated the current Ewa site, 3) plans to build manure "lagoons" within 30 feet of the Pacific Ocean, and 4) expects to spray manure-laden water into the air on 40 acres of land downwind of Kapolei, Makakilo, and Honokai Hale. How could the Administration, through its Department of Agriculture, dispense land, money, postponement of already lenient lease rents, advertising and promotion, and other forms of support to an industry that has shown over and over again that it is morbid?

Is this our beautiful island, contaminated with the offal of a meat industry whose sole survival depends upon taxpayer support? How can this happen in Hawai'i, which calls itself

Politics.



by Cathy Goepfert

"the Health State?"

The answer is POLITICS — support in the guise of votes casually and "coincidentally" exchanged for campaign subsidies.

Agriculture Chair Merwyn Jones received financial support from the Cattleman's Action Legislative Fund (\$300.00), Wong's Meat Market (\$750.00), Vivian Y.L. Wong (\$500.00), Mr. & Mrs. David Wong (\$500.00), and Hawaii Food Products (meat meisters) (\$1730.00) in 1998, the year that his committee approved the state support for the Kalaeloa Slaughterhouse/Processing Plant in the forms of money, land, and the promise of more money

Mr. Jones is no longer in our Legislature, but the blood money continues to flow. Animal Rights Hawai'i is watching and will continue to oppose state support for the livestock industry as the days go by and the blood flows. ✍️

For up-to-date information on the slaughterhouse and other animal rights issues in Hawai'i, please visit the site: <http://www.animalrightshawaii.org>

President's Message

by Alida Rutchick, M.Ed.

I'm happy to announce that the long-awaited updated VSH Dining Guide is complete and ready for distribution. Copies can be obtained at our free monthly lectures or by calling the veggie line at 808-944-VEGI, and requesting a copy. It's also searchable on the web site at <http://vsh.org>. Thanks go to Alyssa Moreau, Barry Herr, and Marcia Deutch for their efforts on this important project. If you are interested in helping us keep this listing up to date or if you have a suggestion for an addition to, or deletion from, the list, please let us know.

Thanks also to those 22 (!) VSH volunteers who helped staff the VSH table at this year's Health and Fitness Exposition in February. As always, those who were involved found the experience to be rewarding and a lot of fun. Book sales were high, and we took in quite a few new memberships, indicating that we successfully reached out to our community at this event. Mary Arakaki, former VSH Board member, organized our participation this year efficiently and enthusiastically. Mahalo, Mary for helping VSH bring its message to many thousands of health-conscious people.

It's not too soon to start thinking about the next VSH

(See President's Message, page 6)

Whatever Will They Think of Next?

“WOMEN, ZINC, AND BEEF-National Meat Association-Lean Trimmings. According to the January 17 Health & Nutrition Letter from TUFTS University nearly two in three women 60 and older get less than 75% of the Recommended Dietary Allowance (RDA) for zinc. Zinc can be obtained in small amounts from fish, poultry, dairy, cereals and beans, but the most effective method of ingesting zinc is in the form of red meat.”

Some classic, though not very specific, zinc deficiency symptoms include dry scaly skin, loss of the senses of smell and taste, and hair loss. Lower zinc levels are seen in prostatic secretions of men with bacterial prostatitis (2). If a low serum zinc is demonstrated, it can be easily treated by increasing dietary zinc intake or by simply taking an over-the-counter 15-50 mg zinc tablet daily

In the 1950's many nutritional authorities held that vegetarians would become calcium, protein, and vitamin deficient. In 1971 Francis Moore Lappe's "Diet for a Small Planet" blew away the public's protein bogeyman, leaving the animal food hypsters with a major hole in their rhetoric. Now it appears they have turned to calcium, iron, and zinc as the essential nutrients that you won't get enough of if you don't eat their

Science Corner

By William Harris, M.D.



products.

This is truly bizarre, because calcium, iron, and zinc are all elements of the periodic table. Unlike essential amino acids,

intimating that not eating animal products will lead to a dietary deficiency ... seems like a last ditch effort by the meat apologists.

essential fatty acids, and vitamins, they are not synthesized by plants and micro-organisms but by nuclear fusion reactions. Physicists and cosmologists have persuasive evidence that they were either made in stars that blew up over 5 billion years ago, or soon after that hypothetical "big bang" ~ 18 billion years ago. In any event, nuclear fusion reactions require temperatures of ~ 10 billion degrees centigrade (3), well beyond the survival temperatures of any biological system. Beef steers utilize essential organic nutri-

ents

made by the

plants they eat, in low temperature enzymatic reactions, but they don't synthesize iron or zinc, and milk cows don't synthesize calcium.

The cool game of life is played in a web of elements created by hot stars. Plants absorb elements and water from the soil, gases from the air, and light from the sun to synthesize organic molecules. Animals eat the plants and synthesize more molecules. Some animals have to eat other animals to get all the molecules they need but humans were never that kind of animal...

Hence, intimating that not eating animal products will lead to a dietary deficiency in these elements seems like a last ditch effort by the meat apologists. It's true that zinc is a limiting nutrient in a vegan diet. But it's either limiting in everyone else's diet too, or else the Recommended Dietary Allowance (RDA) of 15 mg/day has been set too high.

It's also true that beef has a lot of zinc per unit weight. To give you an idea, here are the first 10 animal and plant foods out of 236 sorted (4) by zinc/weight ratio. The top of this list

(See Science Corner, page 6)

Science Corner

continued from page five

is indeed dominated by animal foods. (right)

However, if we accept a 15 mg RDA for zinc and an energy RDA of 2200 Calories/day we see that the minimum zinc/Calorie ratio is 15/2200 or ~ .007 mg zinc per Calorie.

Here's a list (opposite page) of 130 nuts, fruits, vegetables, grains, and beans sorted by zinc/Calorie ratio and listed down to, and past, the cutoff line at .007. You can ask yourself if you would be unable to put 2200 calories of the foods above .007 together in some palatable form for your full day's Calorie needs. Note also that several breads, pasta, potatoes, and brown rice, upon which many vegetarians are still basing their diets, are in fact below the .007 mg zinc/Calorie line (implying that veggies rather than grains should be the base of our diet).

The meat and dairy biz always presents its food propaganda on the basis of nutrient/weight ratio and did so here in the case of zinc. Since there is no RDA for weight in the human diet it would be vegetarian-friendly as well as scientifically more defensible for nutritionists to base their analytic work on Calories, not weight. By doing so, we have shown that there is really no need to eat beef in order to get adequate zinc. Exactly similar methods can be used with calcium and iron. ✍

First 10 Animal and Plant Foods sorted by zinc/weight ratio

Rank	Food Name	Zinc (mg per gram)
1	FISH-OYSTERS-EASTERN-RAW-MEAT ONLY	0.911
2	BEEF-POT ROAST-CHUCK-BLADE CUT-COOKED	0.103
3	POPCORN-POPPED-PLAIN	0.083
4	SEEDS-SESAME-DRIED-WHOLE	0.078
5	SEEDS-PUMPKIN/SQUASH-DRIED	0.075
6	CHICKEN-HEART-SIMMERED	0.073
7	PORK-LIVER-BRAISED	0.067
8	BEEF-RIB STEAK-COOKED	0.070
9	LAMB-SHOULDER-ROASTED-LEAN ONLY	0.060
10	FISH-CRAB-ALASKA KING-RAW	0.059

References:

1. Grolier Electronic Publishing. The Grolier Multimedia Encyclopedia. 1998. v10
2. McPhee SJ, Papadakis, Gonzales, Tierney Current Medical Diagnosis & Treatment (CMDT) on CD-ROM 1998
3. Considine D, Considine M. Van Nostrand's Scientific Encyclopedia. Revised eighth edition on CD-ROM 1999 John Wiley & Sons. ISBN 0-471-29323-7
4. N-Squared Computing. Nutritionist IV, v2.0. Salem OR, 1992

President's Message

continued from page four

Board of Directors term, which begins in a few months. It's hard to believe that this will be our 6th two-year term, and that VSH is about to complete its first decade! Founded in the spring of 1990 by Elaine French and Jerry Smith, our organization has flourished and grown far beyond our modest original expectations. Maintaining this vitality, however, depends on the active involvement of our members. The good news is that the majority of our present Board members and other volunteers have agreed to stand for re-election or re-appointment to their present positions. We will, however, be calling for nominations for Board positions vice president and recording secretary as well as newsletter assistant, **dineout** coordinator, and print manager. If you would like to learn more about these or other positions or to nominate yourself or someone you know, please leave me a message on the veggie line, and I'll be sure to call you to discuss. Please be aware that it is required that all Board members be vegetarian, although we welcome as non-Board volunteers anyone who is supportive of the vegetarian movement. ✍



it's a metamorphosis



Fruits, vegetables, grains, and beans sorted by zinc/Calorie ratio

Rank	Food Name	Zin c (mg) per Calorie	Rank	Food Name	Zinc (mg) per Calorie
	ENDIVE-RAW-CHOPPED	0.046	66	WATERCHESTNUTS-CHINESE-RAW	0.005
2	BAMBOO SHOOTS-RAW	0.041	67	BREAD-PUMPERNICKEL	0.004
3	ALFALFA SEEDS-SPROUTED-RAW	0.032	68	MELONS-CANTALOUPE-RAW	0.005
4	MUSHROOMS-RAW-CHOPPED	0.029	69	CARROT-RAW-SCRAPED-WHOLE	0.005
5	SPINACH-RAW-CHOPPED	0.024	70	GUAVAS-COMMON-RAW	0.005
6	PARSLEY-RAW-CHOPPED	0.022	71	CORN-KERNELS FROM ONE EAR	0.004
7	POPCORN-POPPED-PLAIN	0.020	72	PEPPERS-SWEET-BOILED-DRAINED	0.004
8	ASPARAGUS-RAW-BOILED	0.019	73	PEANUT BUTTER-SMOOTH TYPE	0.004
9	CHICORY GREENS-RAW	0.018	74	TOMATO-RED-RIPE-RAW	0.004
10	CUCUMBER-RAW-WHOLE	0.018	75	BEANS-LIMA-FROZEN-BOILED-DRAINED	0.004
11	BEET GREENS-BOILED-DRAINED	0.018	76	STRAWBERRIES-RAW-WHOLE	0.004
12	OKRA-RAW-BOILED-DRAINED	0.017	77	NUT-WALNUT-PERSIAN/ENGLISH	0.004
13	CHARD-SWISS-RAW	0.017	78	COLLARDS-RAW-BOILED-DRAINED	0.004
14	LETTUCE-ROMAINE-RAW	0.016	79	YAM-MOUNTAIN-HAWAII-STEAMED	0.004
15	PEAS-SWEET-CANNED	0.016	80	NUTS-CHESTNUTS-CHINESE-RAW	0.004
16	SQUASH-ZUCCHINI-RAW	0.014	81	NUT-FILBERT/HAZEL-DRIED-CHOPPED	0.004
17	BROCCOLI-RAW	0.014	82	SPAGHETTI-COOKED-FIRM STAGE	0.004
18	LENTILS-SPROUTED-RAW	0.014	83	LIMES-RAW	0.004
19	BEANS-ADZUKI-BOILED	0.014	84	RICE-WHITE-LONG GRAIN-COOKED	0.004
20	SEED&PUMPKIN/SQUASH	0.014	85	PEACHES-RAW-WHOLE	0.003
21	BEANS-MUNG-SPROUTED-RAW	0.014	86	SQUASH-BUTTERNUT-BAKED	0.003
22	SEEDS-SESAME-DRIED-WHOLE	0.014	87	NUTS-COCONUT-RAW-SHREDDED	0.003
23	TOFU-SOYBEAN CURD	0.012	88	POTATO-BAKED-FLESH & SKIN-WHOLE	0.003
24	BEANS-SNAP-YELLOW/WAX-RAW	0.010	89	COCONUT MILK-RAW	0.003
25	BEANS-SNAP-GREEN-RAW-BOILED	0.010	90	SWEET POTATO-BAKED-PEELED	0.003
26	ARTICHOKES-BOILED-DRAINED	0.010	91	KIWIFRUIT-RAW	0.003
27	NUTS-CASHEWS-DRY ROASTED	0.010	92	BREAD-PITA	0.002
28	BEANS-GARBANZO-CANNED	0.009	93	NUTS-MACADAMIA-DRIED	0.002
29	RASPBERRIES-RAW	0.009	94	GRAPEFRUIT-PINK & RED-RAW	0.002
30	WATERCRESS-RAW	0.009	95	AVOCADO-RAW-CALIFORNIA	0.002
31	SEEDS-SUNFLOWER-DRIED	0.009	96	BREAD-WHITE-SOFT	0.002
32	RUTABAGAS-BOILED-DRAINED	0.009	97	BREAD-FRENCH-ENRICHED	0.002
33	TEMPEH-SOYBEAN PRODUCT	0.009	98	NUTS-PISTACHIO-DRIED	0.002
34	DANDELION GREENS-BOILED	0.008	99	LEMONS-RAW-WITHOUT PEEL	0.002
35	BEANS-KIDNEY-CANNED-DIETARY	0.008	100	WATERMELON-RAW	0.002
36	BRUSSELS SPROUTS-RAW-BOILED	0.008	101	FLOUR-RICE-WHITE	0.002
37	NUTS-PECANS-DRIED-HALVES	0.008	102	PEARS-RAW-BARTLETT-WITH SKIN	0.002
38	CELERY-PASCAL-RAW-STALK	0.008	103	BLUEBERRIES-RAW	0.002
39	BEETS-WHOLE-BOILED	0.008	104	FLOUR-WHEAT-ENRICHED-UNSIFTED	0.002
40	Cutof MUSTARD GREENS	0.007	105	NECTARINES-RAW	0.002
41	KALE-RAW-BOILED-DRAINED	0.007	106	FIGS-RAW	0.002
42	CAULIFLOWER-RAW-CHOPPED	0.007	107	PAPAYAS-RAW	0.002
43	CABBAGE-COMMON-RAW	0.007	108	BANANAS-RAW-PEELED	0.002
44	TURNIP GREENS-RAW-BOILED	0.007	109	POMEGRANATES-RAW	0.002
45	SEAWEED-SPIRULINA-DRIED	0.007	110	BAGEL-WATER-3 INCH DIAMETER	0.002
46	NUTS-BRAZIL-DRIED-SHELLED	0.007	111	PINEAPPLE-RAW-DICED	0.002
47	FLOUR-BARLEY	0.007	112	ORANGES-RAW-ALL VARIETIES	0.001
48	BREAD-WHOLE WHEAT	0.007	113	PLUMS-RAW-PRUNE TYPE	0.001
49	SQUASH-WINTER	0.007	114	BREADFRUIT-RAW	0.001
50	NUTS-HICKORY-DRIED	0.007	115	LYCHEES-RAW	0.001
51	SOYBEANS-GREEN-BOILED	0.006	116	DATES-DOMESTIC-DRY-WHOLE	0.001
52	MELONS-CASABA-RAW	0.006	117	RAISINS-SEEDLESS	0.001
53	RICE-BROWN-LONG GRAIN	0.006	118	PERSIMMONS-NATIVE-RAW	0.001
54	NUTS-PEANUTS-SPANISH-DRIED	0.006	119	CHERRIES-SWEET-RAW	0.001
55	BULGUR-DRY-COMMERCIAL	0.006	120	GRAPES-RAW-SLIP SKIN (AMERICAN)	0.001
56	TANGERINES-RAW-PEELED	0.005	121	APPLES-RAW-WITH SKIN	0.001
57	APRICOT-RAW-WITHOUT PIT	0.005	122	RHUBARB-COOKED RAW-ADDED SUGAR	0.001
58	EGGPLANT-BOILED-DRAINED	0.005	123	MANGOS-RAW	0.001
59	BLACKBERRIES-RAW	0.005	124	CHERIMOYA-RAW	
60	FLOUR-CAROB	0.005	125	FLOUR-SOYBEAN-LOWFAT	-
61	NUTS-ALMONDS-UNBLANCHED	0.005	126	SAPOTES-RAW	
62	ONIONS-MATURE-RAW	0.005	127	SOYBEANS-DRY-COOKED	
63	PEANUT BUTTER-PETER PAN	0.005	128	BREAD ST-ICKS-VIENNA TYPE	
64	FLOUR-CORN-MASA-SIFTED	0.005	129	MATZOS-DAILY THIN MANISCHEWITZ	-
65	BREAD-RYE-AMERICAN-LIGHT	0.005	130	BREAD-CRACKED WHEAT-ENRICHED	



This Science Corner article, and many other in-depth resources, may be found on the Vegetarian Society of Hawaii website: <http://vsh.org>



Dear Dr. Deutch...

My five-year-old daughter Hannah would rather play with her food than eat it. We have been vegetarians for the past two years and have worked hard to learn about preparing wholesome vegetarian meals. Our pediatrician says our daughter is normal and healthy. We have done everything to get her to eat. We have played games at the table, bribed her with her favorite desserts, stayed at the table with her until she cleaned her plate, and now we are yelling and punishing her. We don't like how we act, yet we want her to grow strong and healthy and be responsible in her attitude about food. We don't want her to be against vegetarianism. What should we do?

Humbled by Hannah
in Honolulu.

Dear Humbled:

Many five-year-olds have humbled their parents, whether omnivore or vegetarian, over food. Eating problems in children seem to occur more often when parents put great emphasis on nutrition and health. The children pick up on this

parental concern and may use eating as a weapon.

This doesn't mean that your daughter is against vegetarian-



Dr. Deutch's Strategies for Raising a Vegetarian Child.

ism.

It means that your obvious interest in her eating is a way for her to get attention from you. As you have found, bribery, yelling, and physical punishment don't work in the long run.

Here is a strategy you can use. At the dinner table serve everyone in the usual manner. Don't overload Hannah's plate — give her room to ask for seconds (or a better chance to successfully finish what she has been given). Keep conversation light and pleasant, let Hannah join in the conversation. You might ask, "What did you do today that you liked the most?"

If Hannah plays with her food, ignore it. After you and your wife have eaten, relax and wait another ten minutes or so. This means that you say and do nothing with regard to how

Hannah is doing with her food. If she's playing with it, it is most likely for the purpose of getting your attention. If you reward her misbehavior by giving it a payoff of either praise or punishment, I guarantee that you'll see that behavior again. When you ignore misguided behaviors such as playing with food, you allow them to extinguish themselves.

At the end of the meal you and your wife should stand up and clean off the table in your usual manner. This means casually removing Hannah's food in a matter of fact way without any mention of what you are doing or why. This way you are saying in effect, in a nonverbal way, "When eating time is over, it's over. You'll have to live with the consequences of your behavior (not eating) until the next meal." If Hannah protests, again, don't respond. Explaining at this time will only serve as an attention-giving reward. To avoid reinforcing her non-eating, it is essential that you not reward the behavior by paying attention to it.

It's important to keep in mind that clearing the table and removing the child's remaining food is not a punishment; it's just an orderly way of living in the family. Therefore, if it's your normal routine to have a healthy snack before bedtime, continue doing this. If having a snack before bedtime is not the norm, don't start doing this now.

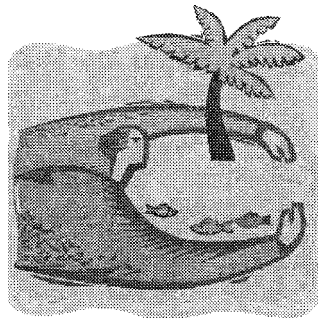
Some parents have a difficult time with the idea of not allowing the child to eat until the next meal. However, I have never known of a child starving by missing one meal. If Hannah had special medical needs such as diabetes, of course consult your pediatrician before making any changes.

Some children have problems eating at mealtimes because they graze throughout the day. Other children are full at mealtime because they eat a lot of junk food. From your letter I don't think junk food or grazing is a pattern in your family. Some grazing is O.K., but clean up your kitchen and have only healthy snacks available. Five-year-olds won't eat junk food unless a parent buys it.

Here is a tip for all parents: guarantee your child at least 10 minutes a day of individual special play time. Do something active so that muscle memory as well as intellectual memory is involved. Children love having a guaranteed special time with their parents. Playing with your child one-on-one for 10 minutes a day is a great way to build positive relationships

and help prevent problems before they start. ✍

Dr. James Deutch, vice-president of VSH, is a clinical social worker experienced in individual and family psychotherapy.



Legislative Link

by Patrick J. Moore

For the most current information about The Vegetarian Society of Hawaii, check vsh.org on the Internet. If you don't have a computer, you can surf the net at your local library. Bring your driver's license and a library card. The librarians are always anxious to help you. Also, the main library on King Street is the most crowded.

When you get to our **website**, you can read the latest news and you can join the discussion. Our **website** is **your website**. It is very dynamic and changes almost daily. Some of the issues now on the table that need your comments are the VSH proposed legislation to encourage vegan food choices for the students at the public schools and our push for a concurrent resolution backing the "5-A-Day" program of the Health Department. This program encourages all residents of our state to eat at least

five servings of fruits and vegetables each day.

The State of Hawaii is helping the meat industry build a new slaughterhouse on ocean-front property at Campbell Industrial Park. This slaughterhouse will also have twenty-five acres of cow manure and other waste from the slaughterhouse on ocean front property. Does this sound like a good use of land to you?

One of the reasons this is happening is that only three people showed up to testify against it at the hearing before the Agriculture Board!

Your comments are needed very much. Five minutes to write a letter and a thirty-three cent stamp and you can help improve the health of the people, animals, and environment of our island. Even a phone call to your state Senator and representative will help. We people who eat a plant based diet must speak up. Our legislators listen to those who make the most noise, and now the dairy producers and the meat producers are making a lot of noise. Their distortions are taken as truth by the legislators! Do you want this to continue?

Please join us and be part of the solution and not part of the problems that plague our state. The moment you turn your back on injustice, you have made a choice that encourages the merchants of blood and death. Come on board and be proud; we have the truth on our side. Justice will not happen, however; we must **make** it happen! ✍



On the Menu...

A Taste of Ireland by Eileen Towata

Traditional and present-day table fare from Ireland includes some dishes that are vegan or that can easily be made vegan. A survey of Irish cookbooks shows that whole grains, as well as carrots, parsnips, onions, leeks, dark leafy greens, and of course the potato, are favorite ingredients. The potato stars in several "comfort food" recipes like potato pancakes (boxty) and colcannon. The latter is a mixture of mashed potatoes with cabbage or kale, leeks, milk (a non-dairy substitute works well) and simple seasonings. Sea vegetables (seaweeds) such as dulse are also found in a variety of dishes — as testament to their flavor and recognized nutritional value. Hearty stews are also part of the Irish cuisine, and those who use meat analogs can easily recreate a filling mixture complete with an abundance of vegetables as well. **For** those who do not like analogs, chunks of mushrooms would work well in giving flavor and substance to the stew.

Dried **fruits** like currants and raisins abound in recipes for baked items. **Tea-**steeped raisins are a rich, moist component of a dense cake known as brack. Similar to fruitcake in its dense texture, some brack recipes incorporate a soaking liquid a bit stronger than tea! Another flavorful ingredient appearing in some recipes is the caraway seed. A small amount of these little seeds adds a big flavor to things like quick breads and some versions of the well-known Irish soda bread. Regardless of the

variations, simple and satisfying **non-**yeast soda bread is an Irish staple. It makes a perfect partner for soups, although it can be enjoyed in many other ways as well.

For vegans who want to sample Irish cuisine, soups are among the easiest

Emerald Isle Soup

- 1 medium-large potato, peeled/diced
- 3/4** cup chopped leeks (white part)
- 1 cup chopped mushrooms (4-5 large **mush-**rooms)
- 2** carrots, peeled/diced
- 10** ounce package frozen chopped spinach thawed
- 4 cups vegetable stock
- 1/4** teaspoon ground cloves
- 1/2** cup steel cut oats (available at health foods stores)
- salt/black pepper to taste
- 2** cups rice or soy milk
- 4 tablespoons nutritional yeast flakes (available at health foods stores)

dishes to modify. Typically the soups are rather simple, relying on a few vegetables (always including onion or leek!), stock, creams, and seasonings.

It's a simple matter to use vegetable stock and a non-dairy milk to make a vegan version. The thick and hearty texture of the soups comes from adding a diced potato or two or tossing in a handful of oats. Why not try my

interpretation by making a batch of "Emerald Isle" soup? And by the way, a nutritional analysis of this soup shows that the soup is well over **100%** in fiber, folate, iron, calcium, vitamins A, C, E, B6, **B12**, and every other nutrient included in the analysis program as measured by **%RDA/calorie**. In other words, it's loaded with the good stuff we expect from vegan culinary creations!

Heat about 6 tablespoons water in a large pot over high heat and add potatoes, leeks, mushrooms, and carrots. Reduce heat to medium-high, cover and simmer until vegetables begin to soften (about **5** minutes). Add a bit more water if needed and stir to prevent sticking. Add the thawed spinach, stock, cloves, oats, and salt and pepper. Stir and simmer, covered, about 25 minutes over medium heat. Oats should be softened — if not, cook a little longer.

Just before serving, stir in rice or soy milk and the nutritional yeast. Adjust seasoning (salt/pepper) if needed. Yield = 6 cups.

Reprinted from "From the Produce Isle, The Cuisine of Greens, Fruits, Grains and Beans from an Island Kitchen" by Eileen M. Towata, 1999. This spiral bound vegan cookbook includes **129** recipes and is now available through the **VSH** bookstore.



Books

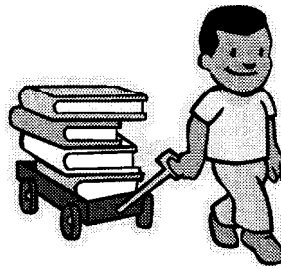
The (Almost) No Fat Cookbook (Bryanna Clark Grogan)	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan)	\$12.95
Animal Connection (Agatha/Calvin Thrash, M.D.)	\$6.95
Cook Healthy Fast (Dick Allgire)	\$15.95
Cooking with Natural Foods (Muriel Beltz)	\$14.95
Diet for a New America book (John Robbins)	\$14.95
Eco-Cuisine (Ron Pickarski)	\$16.95
Fabulous Beans (Barb Bloomfield)	\$9.95
Fat-Free & Easy (Jennifer Raymond)	\$10.00
From The Produce Isle (Eileen Towata)	\$11.99
Garden Cuisine (Paul Wenner) SALE	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.)	\$11.95
Luscious Low-Fat Desserts (Oser, Marie)	\$11.95
McDougall Health-Supporting Cookbook Vol. II (Mary McDougall)	\$9.95
MegaHealth (Marc Sorenson, Ed.D.)	\$14.95
Most Noble Diet (George Eisman, R.D.)	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries)	\$19.99
Nonna's Italian Kitchen (Grogan, Bryanna Clark)	\$14.95
Peaceful Palate (Jennifer Raymond)	\$15.00
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.)	\$9.95
Race for Life book (Ruth Heidrich, Ph.D.)	\$14.95
Scientific Basis of Vegetarianism (William Harris, M.D.)	\$15.95
Simply Good Recipes and More from C.C.C.T. (C.C.C.T.)	\$7.95
Table for Two (Joanne Stepaniak)	\$12.95
Uncheese Cookbook (Joanne Stepaniak)	\$11.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.)	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, R.D.)	\$21.95
Vegetarian Secrets Atsuko Kitchen, HB (Atsuko Tsubota)	\$29.95
Why Do Vegetarians Eat Like That? (David A. Gabbe)	\$11.95

Misc

I Speak Vegetarian T-Shirt (Specify S M L XL)	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size)	\$15.62
Diet for All Reasons video (Michael Klaper, M.D.)	\$22.00
Vegetarian Chef video (Elaine French)	\$19.95
Four Food Groups poster	\$6.00

Veggie Store

To order items from the bookstore, fill out the form below with your name and address. On a separate sheet of paper list the items you would like to purchase and add 20% to the total for shipping. Please make check payable to Vegetarian Society of Hawaii.



Send order/application to:
Vegetarian Society of Hawaii
PO Box 23208
Honolulu, Hawaii 96823

Vegetarian Society of Hawaii Membership Application/Order Form

<p>Please Print:</p> <p>Name(s) _____</p> <p>Street Address _____</p> <p>City, State, Zip _____</p> <p>Home Phone () _____</p> <p>Work Phone () _____</p> <p>Fax () _____</p> <p>Email _____</p> <p># _____ D _____ Ex _____</p>	<p>Yes, please enroll me as a member. My dues are enclosed.</p> <p>Please check one:</p> <p><input type="checkbox"/> \$20 regular (1 year)</p> <p><input type="checkbox"/> \$12 full-time student (1 year)</p> <p><input type="checkbox"/> \$ 30 couple or family (1 year)</p> <p><input type="checkbox"/> \$400 life membership (add \$4 if for a foreign address)</p> <p>\$ _____ additional donation</p> <p>Please check one:</p> <p><input type="checkbox"/> Vegan (no animal products at all)</p> <p><input type="checkbox"/> Vegetarian (no flesh, fish, or fowl)</p> <p><input type="checkbox"/> Associate (not yet a vegetarian)</p>
---	---



“Vegetarian” on Olelo

VSH presents “Vegetarian,” a weekly Public
Access TV program. Channel 52 on
Thursdays at 7:00 - 8:00 p.m.



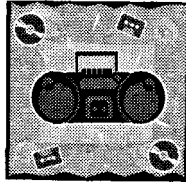
Castle Medical Looking For R.D. and Dietary Staff

I am looking to hire a registered
dietitian for my nutrition staff
here at Castle. Of course ideally
I want an RD that is a vegan who
has excellent skills in clinical
dietetics.

Also I am looking for expert
vegetarian cooks and other
kitchen staff who support a
vegetarian lifestyle and would
support the *wellness* concepts
we promote at Castle.

If you are one of these people,
please call me:
John Westerdahl,
Director Of Health Promotion
And Nutritional Services
Castle Medical
808-235-8737

For Your Info



“Nutrition and You”

Featuring Ruth Heidrich, Ph.D. and
Terry Shintani, M.D. on Sundays
7:00 - 9:00 p.m. on K108 (AM 1080).
Call in to 524-1080.

Vegetarian Society of Hawaii
Post Office Box 23208
Honolulu, Hawaii
96823-3208, USA

BULK RATE
U.S. POSTAGE
PAID
Honolulu, HI
PERMIT NO. 1157

William Harris M.D.
1765 Ala Moana #1 880
Honolulu HI 96815

Vegetarian Society of Hawaii

CALENDAR OF EVENTS

MARCH-APRIL 2000

March 8

Karl Seff

"My Most Memorable Meal"

April 12

Suzanne Havala

"Vegetarianism for Smarties"

April 26

Agatha Thrash

"The Cause, Prevention, and Cure of Diseases"

People and nations fall into dietary patterns. What you ate lately is likely to be what you yearn for when you next get hungry. Our little minds cannot cycle through the thousands and thousands of dishes that are being eaten in the world to decide which to prepare or order for our next meal. There are even leftovers, and refrigerators and freezers full of food, and a limited knowledge of how to prepare foods, that keep us in the patterns of our upbringing. Of all the available foods, why not pick the ones that contribute mightily to our well-being, and avoid those that are associated with death and disease? Within a few weeks of a clean break from an undesirable pattern, when hunger strikes, you will dream of something that you ate lately. Meals that were once considered the finest are replaced by others. Karl is a professor of chemistry heavily involved in teaching and research at the University of Hawaii. He is a lay person in the area of food and nutrition, but he has been listening to VSH lectures since 1991, and he understands the underlying chemistry involved. He is going to talk about the excitement of the palate.

What does it mean to be a vegetarian in the year 2000? How have current dietary recommendations changed the appearance of your supermarket? How can you make the transition to a diet that emphasizes grains, fruits, and vegetables, and

where can you look for reliable information about meatless meals? Suzanne Havala, MS, RD, LDN, FADA will present survey data about the prevalence of vegetarianism. She will discuss how the trend toward vegetarianism has affected the food industry and peoples' choices in stores and restaurants. She will discuss the health and nutritional aspects of vegetarian diets for kids and for families. Suzanne wrote the position papers on vegetarian diets in 1988 and 1993 for the **Journal of the American Dietetic Association!** She is the author of seven books; the most recent are *The Natural Kit&en*, which is a walk through a natural food store, published in January, 2000, and *The Complete Idiot's Guide to Vegetarian Diets* (1999). She contributes regularly to **Vegetarian Times**. She has written for the **New York Times**, **Parade**, **Runner's world**, **Omni**, **Harper's Bazaar**, etc., and has appeared on Good Morning America.

"Many plants, not just herbs, have healing properties. By avoiding some, and emphasizing others, one can stay healthy and cure many inherited and acquired disorders and infections. Some of the simple remedies, that fit very well with the vegetarian lifestyle, will be discussed. Bring your questions for that period." Agatha and Calvin Thrash, both M.D.s and both pathologists, will be with us this evening on their way back from Thailand. They are the directors of the Uchee Pines

Institute near Seale, Alabama which they founded in 1967. Over the years, this Institute has assisted thousands in developing healthier lifestyles through the use of the vegan diet using produce from their own organic gardens.

Dr. Agatha Thrash's many books include **Nutrition for Vegetarians**, **The Animal Connection**, **Eat for Strength**, and **Diabetics and the Hypoglycemic Syndrome**. Her strength and message are in the area of preventive medicine through natural diet and natural remedies. She has been working with really sick people for many years, and believes that people should stop making themselves sick.

Monthly public lectures are held at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, 0.2 miles behind the Waikiki-Kapahulu Library, beginning at 7:00 P.M. All lectures are free and open to the public. Call 808-944-VEGI or visit <http://vsh.org> for more information.