



# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOLUME 13, ISSUE 4, OCT – DEC 2002

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- Ruth Heidrich, PhD
- William Harris, MD
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## Public Lectures\*

**REBECCA**

**WOODLAND-HAWLEY**  
"The Blonde Vegetarian"

Sat., Oct. 12, 7 p.m.

McCoy Pavilion

Ala Moana Beach Park

**MICHAEL GREGER, MD**

"Making the Transition to a Vegetarian Lifestyle"

&

"Optimum Vegetarian Nutrition"

Nov. 6, 7, & 9, Oahu & Maui

**PATTRICE**

**LE-MUIRE JONES**

"Food Sovereignty, Environmental Justice, & the Geopolitics of Meat"

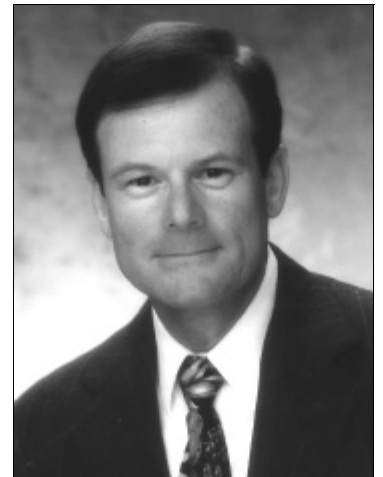
Dec. 11 & 14, Oahu & Maui

\*See page 10 for details.

## A Natural Alternative to HRT

by John Westerdahl, PhD, MPH, RD

Recent findings of a well publicized nationwide study have caused a great deal of anxiety among women. The researchers in this study concluded that the risks of Hormone Replacement Therapy (HRT) clearly outweigh the supposed benefits. The study showed that estrogens and progestin are not the age-defying wonder drugs that physicians and pharmaceutical companies have



Consumption of plant estrogens combined with a healthy diet and lifestyle may help regulate the normal hormone fluctuations that occur during menopause.

been telling us they were and in fact that they do more harm than good.

As a result of concerns regarding HRT many women are seeking natural alternatives to staying healthy during the menopausal and post-menopausal years. Fortunately there are many such alternatives, starting with a healthy diet and lifestyle, which affect all aspects of life. It is not surprising to observe that women who are lean, get regular exercise, and eat a nutritious plant-based diet experience significantly milder menopausal symptoms.

### Low-Fat, High-Fiber, Plant-Based Diets Are Best

It has long been observed that, on average, menopause is easier for Asian women than for Western women. Studies in the 1980s showed that hot flashes were reported by only about 10 percent of Japanese women at menopause but by about two-thirds of women in the U.S. and other Western countries. In a letter in the *Journal of the American Medical Association* (1995;274:1265) it was reported, "There appears to be no 'midlife crisis' for the majority of Japanese women, who regard the end of menstruation as one small part of a normal mid-life transition associated simply with aging, which few women approach with dread." In fact, hot flashes are so rare among Japanese women who live in Japan that there is no word in their language to describe them.

A possible explanation for this phenomenon is that throughout their lives

(See **Natural** on page 16)



# President's Message

by Alida Rutchick, MEd

## The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii  
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Mahalo to all our volunteers.

The opinions expressed in this newsletter are those of the writers and do not necessarily reflect those of the Vegetarian Society of Hawaii.

Mahalo to the Adobe Corporation for its generous software donation.

**G**reetings, friends. Our latest membership count is 1199! Many, many thanks to our volunteers who work so hard to make our growth possible. Mahalo to our most recent volunteer Rock Riggs, who is delivering delicious refreshments from Down to Earth each month and returning the containers -- that's real dedication! Leila Ishiki is not only a dauntless print manager, making sure that we have all of the literature and membership flyers that we need to spread our vegetarian message, but she has also been serving refreshments at our meetings, another real labor of love. We also thank our newsletter contributors; we're always looking for more of these among our membership and friends.

We have an exciting quarter of speakers coming up and hope to see you at some of these free public lectures. Many of us seasoned vegetarians tend to feel that we know what we need to know already about diet and health and all of the implications of meat-eating, but we've been finding that there's always something new to learn or to be concerned about that is discussed at the meetings. Equally important is the role our

members can play in making potential vegetarians and potential members feel welcomed, answering their questions, and generally encouraging them to adopt the vegetarian lifestyle. So please do join us when you can in a show of support!

Many have asked me about my daughter's new healthy diet and lifestyle, which I wrote about last quarter. I'm happy to report that she has continued on her new regimen, has lost an additional 15+ pounds and reached her goal weight which she hadn't seen for 15 or more years, and continues to feel great both mentally and physically. Her 13-year-old son has progressed from teasing me about "rabbit food" to saying recently, "Grammy, I'm trying to eat a healthier diet" (*this* from an eighth grade Kamehameha Schools quarter-back!) Music to my ears. Her husband is delighted to eat her new, healthy cooking, and her coworkers have been inspired to try her health food store "finds." Here is a wonderful example, I think, of one person making a difference. This is one year that I have a lot to be thankful for.

Aloha, Alida



**H**elp spread the healthful and compassionate VSH message in our community. Several important volunteer positions need to be filled. Call 944-VEGI (8344) for more information.



## OK, so it's green. But what do you put on it?

by William Harris, MD  
VSH TV Coordinator

**B**alsamic vinegar has become a popular flavoring in vegan recipes because it goes well with vegetables, particularly leafy greens. There's nothing in the USDA nutrient database SR13 about Balsamic, but Nutritionist IV discloses that while it is by no means a health food, it does contain some Calories (all from carbohydrate), Iron, Magnesium, Potassium, Vitamin

## New Veg. TV Series Planned

**H**ave you ever wondered what it would be like to make a TV show? Would you like to help others switch to a vegetarian or vegan diet? If the answer is "Yes!" to either of these questions, we invite you to be on the team producing an exciting new TV series called "Tasty and Meatless."

This weekly lifestyle program is aimed at new vegetarians and anyone who wants to eat less meat but isn't sure how to do it. Each dynamic episode will demonstrate simple vegan cooking techniques, give tips on where to shop for ingredients, explore the

C, and a small amount of Phosphorus.

Vinegar is dilute acetic acid, obtained by the enzymatic oxidation of the ethyl alcohol in wine or cider by the bacterium *Mycoderma aceti*. If it's not distilled, it may also contain the harmless 1.5-mm-long roundworm *Turbatrix aceti* (the vinegar eel) that feeds on *Mycoderma aceti*.

The first historical reference to balsamic vinegar dates back to 1046, when a bottle was given to Emperor Enrico III of Franconia as a gift. In the Middle Ages it was used as a disinfectant. It also had a reputation as a miracle cure, good for everything from sore throats to labor

pains. When it was first produced, more than 600 years ago, it was reserved exclusively for the use of the nobility by Ducal fiat.

Traditional Balsamic Vinegar is made in the hills near Modena, Italy between the Secchia and Reno River valleys in the provincial northwest of Italy. Its production and export are strictly controlled by the Consuortium of Producers of the Traditional Balsamic Vinegar. The vinegar is made by

crushing Trebbiano wine grapes and concentrating their juice over an open flame. Then the sweet thick grape "must" is fermented, once by yeast to make alcohol, and again by the "madre" culture.

The process of becoming vinegar occurs in wooden barrels. As the volume decreases through evaporation over the years, the maturing liquor is transferred to smaller and smaller casks, each with its special blend of aromatic flavoring woods such as acacia, ash, cherry, chestnut, durmast, and mulberry oak, each imparting a different flavor to the concoction. In all, it takes 12

years to make a "tradizionale" balsamic vinegar and 25 years to make a "tradizionale extra vecchio." Although the real thing is "inimitable," the cost is high (as much as \$100 per bottle).

The lingo of Balsamic connoisseurs sounds a lot like a convention of wine bibbers ("rich flavor," "subtle sourness," "dark complex of sweetness and intrigue"), but for those of us who just want a little harmless flavor on our spinach, a \$6.00 bottle from the supermarket will do.

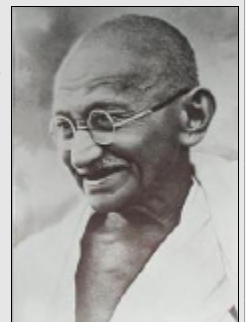


Tasty and Meatless dining options in the islands, and educate viewers about the many benefits of vegetarianism.

You can gain valuable TV production experience and make a significant difference in the lives of thousands of people. A variety of skills are needed. We need camera and audio technicians, researchers, web developers, musicians, and people great at organization. We are also willing to train committed people, so don't be shy. Also, if you have an inspirational personal story about being a vegetarian (or art or music or a special island recipe) to share on camera, please contact us!

Joy Waters, Producer, Sunshine Media  
377-7001, joyjade@hotmail.com

**"M**y opinion is well known. I do not regard flesh food as necessary for us at any stage and under any clime in which it is possible for human beings ordinarily to live. I hold flesh food to be unsuited to our species."



Mahatma Gandhi



# Report of the 35th Vegetarian Congress at Edinburgh, Scotland

by Ruth Heidrich, PhD  
VSH President Emeritus

## Osteoporosis Myth and the Role of Fitness in Good Health

Heriot Watt University was the setting for the 35th Vegetarian Congress at Edinburgh, Scotland. On July 8-14, 2002 a gathering of people from 27 countries assembled to hear presentations on vegetarianism/veganism, to eat wonderful vegan food, and to mingle with like-minded friends, old and new.

It was impossible to attend all sessions because of simultaneous scheduling, usually four talks each session. This made for some hard choices! Topics centered around health benefits, animal rights, environmental issues, and cooking (or in some cases, *non-cooking/raw*) classes.

Following are summaries of the two papers I presented.

### Osteoporosis: The Calcium Deficiency Myth

The admonitions surround us! Take more calcium! Drink more milk! Take Tums! Physicians and dietitians have repeatedly raised the recommended amount of calcium, and yet the incidence of osteoporosis increases. The countries with the highest hip fracture rates have the highest dairy intake. Conversely, countries with the *lowest* hip fractures are non-dairy-consuming. There are many factors involved in bone density, but the major ones are excessive protein intake and lack of effective exercise. The typical omnivore's diet provides excessive protein (amino acids), which has to be

neutralized by calcium taken from the bones. Couple that with a sedentary lifestyle, and you have the perfect recipe for osteoporosis.

Bone is much like muscle in that it only gets as strong (dense) as the demands placed on it. Demands in the form of stress range on a continuum from zero gravity in outer space, to bed-rest, to sitting, standing, walking, running, and jumping. Bone loss occurs during zero gravity, bed-rest, and sitting. Walking maintains bone, but only running and jumping have been shown to increase bone density.

I used my own case history as evidence for this, since my bone density steadily increased between ages 49 and 64. The obvious solution is a vegan diet and effective (striking is best) exercise.

### The Role of Fitness in Preventing & Reversing Disease & Extending Life

Heart disease, cancer, stroke, iatrogenic disorders (medically caused), diabetes, arthritis, osteoporosis, depression, obesity, and premature aging -- each of these conditions has a proven fitness component as well as a nutritional one.

Hearts grow stronger with regular aerobic exercise. It's been shown that runners have increased heart stroke volume as well as greater elasticity in their arteries. A major factor in heart disease is high blood pressure. One bout of effective exercise

lowers blood pressure for 24 hours.

Regular exercise boosts the immune system; female runners have approximately 35% lower risk of breast cancer. Furthermore, the increased elasticity of the arteries that results from exercise lowers the risk of stroke. Now the fourth leading cause of death, iatrogenic disease can be prevented by running as fast as you can -- away from hospitals!! (The audience "got it" and laughed appreciatively.) Type 2 diabetes occurring in younger populations is said to be the result of, at least in part, lack of exercise. There is evidence that blood sugar rises when the muscles don't use it.

Arthritic joints "freeze" when they aren't put through their entire range of motion on a daily basis; adhesions start forming in 24 hours.

Osteoporosis: bones increase their density when greater stress is put on them -- *not* by increasing calcium intake. A good run is almost always a good antidote for depression. Since obesity represents stored energy, an obvious solution to this undesirable condition is to exercise! This is far more effective in the long run than cutting calories.

Premature aging: "Use it or Lose it" is the rule here. Bed rest is a quick way to lose muscular strength, decrease bone density, decrease heart efficiency, lose lung capacity, and cause depression. Studies show that fitness improves longevity more effectively than all other factors. A dramatic example of this: Fit smokers live longer than unfit non-smokers!

**“B**ones increase their density when greater stress is put on them -- *not* by increasing calcium intake.”

um from zero gravity in outer space, to bed-rest, to sitting, standing, walking, running, and jumping. Bone loss occurs during zero gravity, bed-rest, and sitting. Walking maintains bone, but only running and jumping have been

# Restaurant Reviews

by Helen Wells, MA

## Alakea Street

by Helen Wells, MA

There are several good lunchtime veggie locations on Alakea Street and in the vicinity. Try Heaven on Earth Elixir Bar at 1050 Alakea, open Monday-Friday from 9 a.m. to 5 p.m. It has "spa cuisine" that includes tasty drinks (ask for soy milk), some veggie sandwiches, soups, and chili. It's a small place with only four bar stools, but it's attractive.

Two VSH favorite places are further down the street at the corner of Queen and Alakea. One is Mr. Goodburger's, with its vegetarian and vegan burgers and its new juice drinks made of blended chunks of fruit. Another is the Pyramids Express with its several vegetarian and vegan items including baba ghanouji, falafel, okra, and tabbouleh salad. Pyramids Express is open M-F from 11-2.

The same building has Ba-Le French Sandwich & Bakery. Menu items include #1 Vegetarian Sandwich for \$2.25, #2 Tofu for \$3.00, #3 Avocado for \$3.00, and #4 Curried Vegetarian for \$3.00 as well as other vegetarian meals. The restaurant across from this, Thai Lunch, has four vegetarian items -- Mushroom Tofu, Vegetarian Stir Fry Vegetable, Pumpkin, and Broccoli Tofu. Double check with this restaurant on ingredients whenever you go there (make sure there's no fish or oyster sauce in any of these items on that day).

At 212 Merchant you'll find some excellent veggie food places. As reviewed previously in this newsletter, you'll find some great food at Mediterranean Garden Café, store #10 inside. It has veggie Mediterra-

nean food including plate dinners and sandwiches. Eat in or get it to go. They also sell gift certificates. Store #9 is Fresh Garden Deli with vegetarian curry and other veggie items, open from 11-3. This store has a website, [www.freshgardendeli.com](http://www.freshgardendeli.com). You can also pick up a vegetarian sandwich from Subway at the front of this building.

So, "lucky you work downtown." There's plenty of vegetarian food there at lunchtime. It would be nice if there were more sit-down vegetarian restaurants with full serving hours, but we're getting there.

## Maharani Café



**2509 South King Street  
951-7447 (catering available)**

People who say that vegetarian food doesn't taste good have not eaten at Maharani Café. The King/Beretania/University area may be blessed with more than its fair share of vegetarian eats, but we're certainly not complaining. If you like spicy Indian food, you should give this restaurant a try.

Maharani is the typical size of all the restaurants in that area. I wouldn't quite call it small, but it's not spacious either. Nevertheless, it's cheery and tastefully well appointed with friendly and efficient service. The menu has a few items I'm recommending. Vegetable Pakora, five pieces of mixed vegetable fritters dipped in chickpea batter for \$3.95, and Eggplant Tikka, slices of lightly marinated fried eggplant dipped in a ground leaf for \$3.95. There's an Assorted Vegetarian Appetizer Platter that has "an assortment of four pokoras, two papadum & two samosas" for \$7.95. The spokesperson at

Maharani stated that these items are vegan, but you should also tell your waiter you want everything vegan in case there are any changes.

The restaurant offers Mixed Green Salad of sliced tomatoes, cucumbers, and lettuce for \$3.95, Lentil Soup, stew of fresh vegetables and lentil for \$2.95, and Mango Chutney, sweet and spicy mango pickle for \$1.95.

Breads are Chapati, a flat whole wheat bread for \$1.50, Naan, a leavened baked bread for \$1.95, and Paratha (tell them no butter), a multi-layered hand-made white bread for \$1.95.

There are five Vegetarian Specialties (A la Carte) for \$7.95 each. Again, specify vegan and the cook will comply. The menu describes vegetable Jalfrezi Masala (House Specialty) as mixed vegetables cooked with tomato, onion, ginger, garlic, and spices. Dal Makhni Maharani is yellow chana dal (must tell them to cook in vegetable oil, not ghee), onion, ginger, garlic, and spices. Aloo Dal is cubed potatoes cooked with lentils in a light creamy sauce with spices (again, specify no dairy). Vicrompuri Bhaji is mixed vegetable and chickpeas cooked with spices, onions, and tomato. Eggplant Tikka Masala is slices of deep fried eggplant cooked with spices, onion, and fresh tomato.

I had the eggplant dish and it was just marvelous. It came out very hot and I had to let it cool off a bit. This is not fast food, but top notch Indian, sit down, full-meal food. The food at this restaurant in fact reminded me of my trip to India in 1999. I felt that the preparation was more authentic than average. The staff will bend over backwards to make sure you get vegan. Apparently they have many requests for vegan dishes. If you like spices, you have to check this one out!







## Are You Vegetarian? Vegan? 100% So? Really?

by Karl Seff, Ph.D., Chemistry VSH Board Member

The following was written in response to an intense e-mail discussion about how to avoid fish sauce in Thai restaurants. Earnest and gentle people who wish to tread very lightly on this earth were concerned.

I think that anyone who goes to a Thai restaurant run by non-vegetarians will routinely be consuming some fish sauce. I believe that I have smelled it strongly in my food while dining with sincere vegans who assured me authoritatively that it was absent. Sometimes if you dig deeper (the more you ask the same person about the presence of fish sauce, or the more people on the staff at the restaurant that you ask), the story changes, sometimes finally becoming an irritated “You have to add a little; otherwise there is no taste.”

For Thai food at home I use vegan green curry paste from Kokua, lemon grass from my garden (original plant from Marcia Deutch), and coconut milk from a can. If I must go to a Thai restaurant (to enjoy a meal on the town with friends), I consider that *per se* to be a glitch in my vegan integrity. I live with such glitches, as I think that nearly all of us do.

In Japanese restaurants expect even greater quantities of fish mate-

rial, including things like fish flakes. A dish containing fish sauce or flakes may honestly be described, from the Japanese point of view, as being free of meat. Chinese restaurants can be safer because most sauces there are not meant to contain seafood extracts. When Georgie Yap goes to a Thai or Chinese restaurant, she says something like, “No fish sauce, no oyster sauce, no chicken stock, and no animal stuff.” That seems to work pretty well, Dr. Bill Harris says. Is the food 100% vegan every time? One takes one’s chances.

A deep throat in our Society says (paraphrasing), “You cannot be 100% vegan in ‘our current environment.’” Down To Earth tries hard to be vegetarian but receives a continuous stream of reports of animal-flesh content from customers and continuously makes the required changes. To fight the battle is the best that one can do.

I think that it is for each of us to decide how many 9s we want in our % veganness or % vegetarianness: 99%, 99.9%, 99.99%, etc. We need to be prepared to learn, continuously, where the pitfalls are. They run much deeper than fish sauce, chicken broth, egg white in pasta, and lard in Oriental noodles. They are woven deeply into our processed food supply. Once something of animal origin is separated as a pure substance, its original source does not need to be reported. A prime example is casein, the milk protein. Cheese made primarily of casein is available, yet it announces proudly on its label that it contains no dairy. The truth is that it has nearly the dairy content of regular cheese because the only source of casein, a complex substance that cannot be made synthetically, is milk. Many of the ingredients or additives of our processed foods (processed by the food industry or cooked in a restaurant) may similarly have a hidden animal origin.

If, in addition to consuming only foods of plant origin, your vegan life

excludes the use of non-food products of animal origin such as leather, bone, wool, silk, and tallow, there are more opportunities for error. Virtually all soaps and detergents are made directly from animal fat unless they are purchased from a strictly vegetarian source; then they will be made from vegetable fat. Here might be a good place to note that only a handful of the health food stores in the U.S. are vegetarian; more than 99% sell meat: dolphin-free tuna, turkey jerky, “organic” free-range turkey, chicken lunch plates, etc. They embrace no ethic that prevents them from selling soaps made from animal fat. Down to Earth is the only exception in Honolulu. Have you ever washed your hands in a restaurant? (I hope so!) In nearly all of them, for the dispensers to be replenished, the soap makers will need to buy more animal fat from the butchers. Why is Proctor and Gamble headquartered in Cincinnati? Because that city was once a major hog butchering center.

Do the dishes you use contain bone? Bone is calcium hydroxy phosphate; upon firing it may be named simply calcium phosphate, and the animal origin of that substance remains invisible. That same phosphate may be present as a major component of the plant fertilizers that you use in your garden. The source of the wax in candles is rarely discussed; it may be beef or lamb fat (inexpensive), bee’s wax (expensive), or a petroleum by-product (inexpensive and essentially vegan).

Peter Singer, when this Society brought him to Hawaii last year, told the story of his companion at lunch in Oxford long ago who chose salad instead of a meat dish to avoid collusion with the food-animal industry, which he knew to be cruel. This single idea became a large part of Prof. Singer’s career as a philosopher of ethics. His friend had made a big

(See 99.9% on page 20)

# Animal Rights Corner



## Turkey Blues

by Elaine Johnson, MBA

The holidays are upon us, and while some may have visions of sugar plums dancing in their heads, I have, instead, visions of the headless turkeys that will soon be coming to a grocery store near me. According to People for the Ethical Treatment of Animals (PETA), over 40 million turkeys are killed every year at Thanksgiving alone. Birds on factory farms routinely have their beaks and claws cut off, without the benefit of anesthesia, to prevent fighting in their cramped cages and warehouses, where disease, smothering, and heart attacks are common. Farm turkeys are bred to produce larger amounts of flesh than their skeletal structures can support. Because they weigh about

twice that of a wild turkey, they also are unable to fly, although in their cramped enclosures, none will have the opportunity to find that out. Studies have also shown that the vast majority of supermarket turkeys are contaminated with dangerous bacteria such as salmonella. "Thanksgiving is murder on turkeys," claims PETA's Bruce Friedrich. Still, American consumers have doubled their consumption of chickens and turkeys over the past twenty years, and this pattern is expected to continue.

Wild turkeys, on the other hand, are only vaguely similar to their farm-raised cousins. Flocks of these birds forage on the ground and sometimes mount shrubs and trees. They are typically active during daylight hours and roost in trees at sunset. Wild turkeys have been measured flying at speeds of over 50 MPH. These birds have some 50 calls, including "gobble, gobble," which can be heard from up to a mile away. The wild turkey has sharper vision than do humans, and they can hear up to eight times better. They are sought by hunters in many parts of the world, but because of their speed and keen senses they are often the victors in these matches despite the unfair odds of being up against weapons that can kill at a great distance. There are six varieties of wild turkeys, which are found in every mainland state as well as Hawaii. These majestic animals are often maligned and portrayed as stupid in our culture, as are other food animals, possibly so that eating them will seem less offensive. Vege-

tarians, who will mostly be eating tofu or gluten turkey over the holidays, can appreciate turkeys as they truly are: awe-inspiring creatures in the wild -- and hapless victims on the factory farm. If you would like to enjoy a turkey-free, vegan holiday dinner with us, please see page 13 for details.

(sources: PETA, Farm Sanctuary, Wild New Jersey)

## How can a vegan get enough vitamin B<sub>12</sub>?

This essential vitamin once occurred naturally on the surfaces of potatoes, beets, and other root vegetables, but the move away from natural fertilizers has caused it to disappear from our soil. Nutritionists recommend that vegans take a commercially available multivitamin or vitamin B<sub>12</sub> supplement or eat foods that are fortified with vitamin B<sub>12</sub>, such as many breakfast cereals, fortified orange juice or soy milk, or nutritional yeast.

(source: AskCarla.com)



## What About Your Shoes?

*"When you dress in suede or leather  
Or some fancy fur or feather  
Do you stop and wonder whether  
Are you wearing someone's brother  
Perhaps it's someone's mother."*

Dr. Doolittle

Vegetarians are sometimes asked, "What about your shoes?" Well, we may not eat our shoes, but there is no denying that leather supports the meat industry, and skin accounts for a whopping 50 percent of the by-product value of cattle.

*You Can Save the Animals: 251 Simple Ways to Stop Thoughtless Cruelty* (1998), by Ingrid Newkirk. Available at [PETA.com](http://PETA.com).



# Veganism in a Nutshell: A Review of Bruce Friedrich's CD

by Steven Jay Gross, PhD

In our car-driving culture of long, solitary commutes, books on tape have become more and more popular—though I suppose they're now mostly books on compact disc. If there's one cassette or CD you buy for a meat-eating loved one this year, make it Bruce Friedrich's "Veganism in a Nutshell." It is my opinion that

this CD/cassette is second only to "Meet Your Meat," PETA's (People for the Ethical Treatment of Animals) video that documents the inhumane treatment of animals for food. As I thought about it, I realized that there is not a single widely distributed animal rights CD or cassette in existence.

Bruce's new recording fills a crucial gap and fills it well.

One thing I find impressive about PETA is that none of its materials are copyrighted. If you like this CD, or if you like "Meet Your Meat," PETA encourages you to make copies to share with others. Of course, at \$5 a CD or cassette, and bulk rate of \$2.50 each, it's probably worth buying it from PETA to get the glossy cover that adds to the presentation when you give the recording as a gift to your parent, son, friend, or loved one. But it's up to you.

Bruce Friedrich is the Vegan Outreach Director for PETA. His objective in this 65-minute recording is to provide the basic arguments for why someone should be vegan. It's a

Herculean task -- veganism in an hour -- but he meets the challenge, examining human rights, human health, environmentalism, animal welfare, and animal rights, following all this with the questions that most vegans are most often asked, and offering excellent answers that are both succinct and convincing.

*"Bruce Friedrich gave one of the most persuasive and well informed vegan lectures that I and the Vegetarian Society of Hawaii have ever heard."*

William Harris, MD

A narrator tells us that Bruce, who is 33 years old, spent 6 years working for the homeless in the inner city before joining PETA in 1996. Certainly someone who has devoted most of his adult life to reducing suffering gets my attention. But Bruce also is an engaging speaker who is easy to

listen to. His imagery is powerful, his facts are extremely well ordered and presented, and his talk is laced with enough dark humor so that even skeptics will enjoy listening. Following is a synopsis.

## HUMAN HEALTH

Bruce starts out by discussing human health, which seems to me like a good decision, since it's one area that everyone who picks up the cassette or CD will have at least some interest in. For health's sake, Bruce argues, you must choose a vegan diet. Citing epidemiological studies and other medical research, he persuasively demonstrates how a vegan diet helps reduce the likeli-

hood of heart disease, stroke, cancers, obesity, and a host of other diet-related disorders. He cites Dr. William Castelli, Dr. Dean Ornish, Dr. Caldwell Esselstyn, and others, convincingly making the case for the health benefits of a vegan diet.

## ENVIRONMENT

Howard Lyman says that an environmentalist who eats meat is like a philanthropist who doesn't give to charity. Bruce makes the case that funneling grains, soy, and other crops through animals is both wasteful and polluting, citing facts, figures, and common sense. He says that America's practice of running grains, soy, and corn -- which have lots of fiber and complex carbs and no saturated fat or cholesterol -- through animals to make meat -- which has *no* fiber or complex carbs and *lots* of saturated fat and cholesterol -- makes about as much sense as running pure water through a sewer system and then drinking it.

## HUMAN RIGHTS

After working on global and domestic poverty issues while in college and then spending six years in a homeless shelter, Bruce speaks with passion about human rights issues. He suggests that veganism is the only diet for people who care about people. He points out that 1.3 billion people live in poverty and 800,000 are starving, 40 million of whom die

*(Continued on page 9)*



(continued from page 8)

each year. He points out that the poorest countries, such as Ethiopia, Somalia, and much of Central America, use their agricultural land to grow feed grain or to raise animals for the developed world, illustrating the direct participation of meat eaters in this oppression of the global poor. He goes on to discuss domestic issues, including the high rates of injury and turnover in slaughterhouses, and more.

**“Compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to humankind.”**

Albert Schweitzer

### ANIMAL WELFARE

Bruce uses Senator Robert Byrd's speech to the US Senate decrying the barbaric treatment of farm animals to illustrate that food animals suffer pain. Describing a wide array of mutilations and other standard factory farm practices, he states that if these same practices were used on a dog or cat, they would result in a felony conviction.

### ANIMAL RIGHTS

Bruce makes, basically, Peter Singer's argument, which was also Jeremy Bentham's argument: Other animals feel pain in the same way that we do, so they have an equal right to be free from pain. Quoting Albert Schweitzer, he states that "compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to human kind."

Reflecting on the words of Isaac Bashevis Singer, Bruce states that mistreating animals is the epitome of the paradigm that makes right, a paradigm that is morally bankrupt and repugnant.

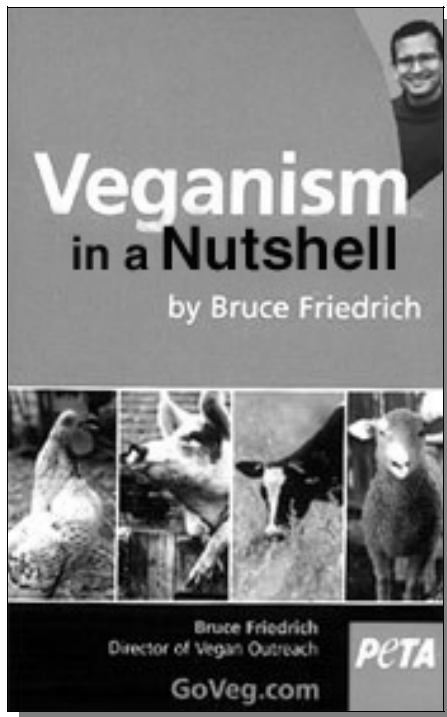
### CONCLUSION: BUY IT

All in all, "Veganism in a Nutshell" makes as convincing a case for veganism as I can imagine. I encourage

you to buy or make copies for every commuting meat eater you know. Since you can now duplicate CDs for about 50 cents each, you might also consider carrying around copies to give to people who ask why you're vegan. Listening to Bruce's recording, I heard in my mind's eye the voice of Joan Baez singing the song "Imagine."

With this new addition to the animal rights and vegetarian movements, the dream of a peaceful, vegan world, a world where we choose the nonviolent diet from the Garden of Eden, seems a little closer.

A cassette or CD can be purchased



for \$5.00 from PETACatalog.com or by calling 757-622-7382, ext. 1510.

*Steven Jay Gross, Ph.D., is the president of Steven J. Gross and Associates, a professional business negotiation firm, and is the founder and co-chairperson of Illinois Humane PAC, a humane lobbying group. He has done extensive pro bono work for PETA in its efforts with major corporations including McDonald's, Burger King, Wendy's, and Safeway.*



## October Sales Benefit VSH

Pangea Vegan Products carries a wide range of cruelty-free, animal-free, non-animal tested, vegan items -- shoes, clothing, books, foods, cleaners, bumper stickers, flyers, buttons, and great yummys! Vegan items make nice gifts for the holidays, both for vegans and for those whose awareness we want to help raise. Purchase some of these vegan products during the month of October, and 5% of the amount of your order will be donated to the Vegetarian Society of Hawaii!

It's easy:

#### By Internet:

Designate your order by typing in "VSH" in the customer comments section at the end of the online order during October (www.veganstore.com).

#### By telephone:

Mention that you want the 5% donation to go to the Vegetarian Society of Hawaii (VSH) (call 1-800-340-1200 for a free catalog).

#### By mail:

Write a note stating that you want the 5% donation to go to the Vegetarian Society of Hawaii (VSH) (call 1-800-340-1200 for a free catalog).

Mahalo for supporting VSH.



# Vegetarian Society of Hawaii

## Calendar of Events October - December 2002

### REBECCA WOODLAND-HAWLEY



Sat., Oct. 12, 7 p.m.  
McCoy Pavilion,  
Ala Moana Beach Park

#### “The Blonde Vegetarian”

**R**ebecca Woodland-Hawley, author of the new cookbook, *“The Blonde Vegetarian”* will share her family’s battles with life-threatening illnesses and will demonstrate quick and easy selections from

**Easy, Tasty, Healthful, & Quick Recipes**

her book of more than 200 vegan recipes.

Faced with cancer and heart disease, Rebecca and her husband turned to the work of Drs. Terry Shintani, Neal Pinckney, and Dean Ornish. Come hear her inspirational message about food and lifestyle choices that made the difference for her family between life and death.

Learn how you too can beat or prevent cancer and heart disease. And try some of her delicious food samples.

### MICHAEL GREGER, MD

Thurs., Nov. 7, 7 p.m.  
Castle Medical Center, Kailua  
(Registration required: 263-5400)

#### “Optimal Nutrition: Surprising New Research on Omega 3’s and Vitamin B<sub>12</sub>”



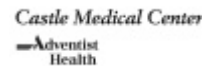
**A**re vegans and vegetarians as healthy as they can and should be? **Dr. Michael Greger** returns from the latest International Congress on Vegetarian Nutrition with cutting edge information on vegan and vegetarian nutrition.

Sat., Nov. 9, 7 p.m. Honolulu Central Seventh-Day Adventist Church, 2313 Nuuanu Ave. (near Pali Hwy)

#### “Making the Transition to a Vegetarian Lifestyle”

**A**lively and entertaining talk packed with practical advice on how to go vegetarian or vegan, from meal planning to nutrition to the personal and social aspects of making the transition. Dr. Greger shows how vegetarian living is now easier than ever.

Co-sponsors:



**Dr. Greger will also present “Making the Transition...” at Maui Comm. College (Faculty/Student Lounge) on Wed., Nov. 6, at 12 noon.**



### PATRICE LE-MUIRE JONES

#### “Food Sovereignty, Environmental Justice, and the Geopolitics of Meat”

Sat., Dec. 14, 7 p.m., McCoy Pavilion, Ala Moana Beach Park

**W**orldwide, 826 million people live with chronic hunger and more than a billion people live with routine water shortages. These everyday emergencies are the inevitable result of a world food system that favors transnational producers and consumers. Recognizing that the Western meat-based diet brings disease along with environmental destruction, activists of other cultures are calling for the preservation or restoration of traditional plant-based diets.



**We can feed the world while preserving the planet. Patrice Le-Muire Jones will tell us how.**

**Patrice Le-Muire Jones** is the Coordinator of the *Global Hunger Alliance*, an international coalition of environmental, animal liberation, and social justice organizations united in opposition to the expansion of industrial animal agriculture and in support of more efficient, ethical, and environmentally sustainable solutions to hunger and malnutrition.

**Ms. Jones will also speak at Maui Community College (Faculty/Student Lounge) on Wed., Dec. 11 at 12 noon.**

Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Call-944-VEGI or visit [VSH.org](http://VSH.org) for more information.

## Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan).....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan).....	\$12.95
Cooking with Natural Foods (Muriel Beltz).....	\$14.95
Deep Vegetarianism (Michael Allen Fox).....	\$19.95
Eco-Cuisine (Ron Pickarski).....	\$16.95
Fabulous Beans (Barb Bloomfield).....	\$9.95
Fat-Free & Easy (Jennifer Raymond).....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.).....	\$11.95
Intro. to Animal Rights: Your Child or the Dog (Francione).....	\$19.95
Luscious Low-Fat Desserts (Maria Oser).....	\$11.95
McDougall Quick & Easy Cookbook (Mary & John McDougall)	\$19.95
Most Noble Diet (George Eisman, R.D.).....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries).....	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan).....	\$14.95
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.).....	\$9.95
Race for Life (Ruth Heidrich, Ph.D.).....	\$14.95
Race for Life Cookbook (Ruth Heidrich, Ph.D.).....	\$9.95
Scientific Basis of Vegetarianism (William Harris, M.D.).....	\$15.95
Table for Two (Joanne Stepaniak).....	\$12.95
Uncheese Cookbook (Joanne Stepaniak).....	\$11.95
Vegan In Volume: Vegan Quantity Recipes for Every Occasion.....	\$19.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.).....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, RD)..	\$21.95

## Miscellaneous

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
Four Food Groups poster .....	\$6.00

# VSH Membership Form & Bookstore

To order items from the bookstore, complete the form below, check "Books/Merchandise," circle the item (s) you wish to order, and mail this page with payment to VSH. Please add 20% to the total for shipping. Make check payable to *Vegetarian Society of Hawaii*.

Send order/application to:

**Vegetarian Society of Hawaii**  
P.O. Box 23208  
Honolulu, Hawaii 96823

**Gift & Multi-Year Memberships/  
Renewals Available!**

## Join or renew today!

### Vegetarian Society of Hawaii Membership Application/Order Form

Please Print

Name(s): \_\_\_\_\_

Street: \_\_\_\_\_

City, St., Zip: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_

E-Mail: \_\_\_\_\_

# \_\_\_\_\_ D \_\_\_\_\_ Ex \_\_\_\_\_

**Yes,** please enroll me as a member.  
My dues are enclosed (add \$4 for a foreign address):

Regular

1 yr \$20     2 yrs \$40     3 yrs \$60

Full-time student

1 yr \$12     2 yrs \$24     3 yrs \$36

Couple or Family

1 yr \$30     2 yrs \$60     3 yrs \$90

Life membership \$400

\$\_\_\_\_\_ additional donation

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

Books/Merchandise



**Members receive a quarterly newsletter and discounts on products and services at many vegetarian-friendly restaurants and health food stores.**



Hsu Yun Temple is located at 42 Kawananakoa Place., Nuuanu

## Buddhists Back VSH Mission

**H**su Yun Temple displays VSH literature on its free bookshelves.

The temple also offers vegetarian meals on Buddhist holidays for a \$6 donation. The schedule for the rest of 2002 and early 2003 is as follows:

Sun., Oct. 20, Nov. 3, Dec. 15 & 22, Fri., Jan. 10 and Sun., Jan. 12.

Mealtime is 11:30 am.

And look around! The magnificent Chinese architecture and artwork alone make the visit worthwhile.



*To become vegetarian is to step into the stream that leads to nirvana. -Buddha*

## Animal Rights & Veg. Club at UH Manoa?



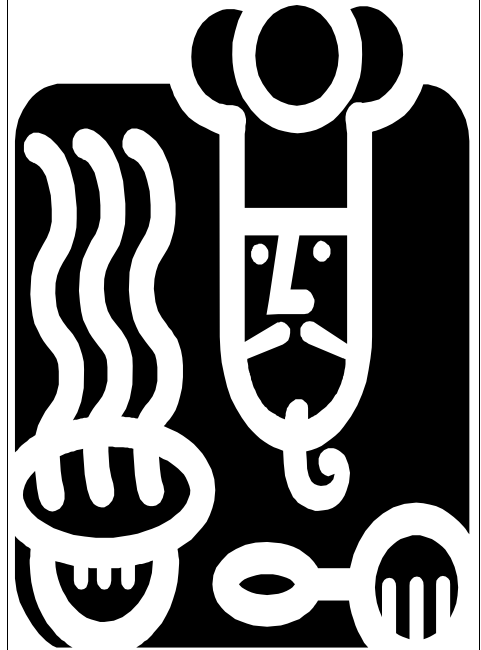
**W**ith the start of the Fall 2002 semester it appears that an official undergraduate student organization embracing the principles of animal rights and vegetarianism is about to form at the University of Hawaii at Manoa. Are you interested in being a part of it? If so, please let VSH board member Dr. Karl Seff (seff@hawaii.edu; 395-9960 eves) know. He will forward your contact information to the students involved.



Free VSH literature is available at Cheapo Music, 1009 University Ave. at S. King St.

## THANK YOU

**T**he Vegetarian Society of Hawaii would like to commend and thank all the businesses, libraries, schools, and colleges that allow the placement of VSH literature and event flyers. Many people have been introduced to vegetarianism by this means.



## What's Cooking?

**This quarter's cooking classes:**

**Kapi'olani Women's Center**  
1907 S. Beretania St.

For registration, fee information, and other details contact Call-a-Nurse at 535-7000 or visit [kapiolani.org](http://kapiolani.org). All classes are vegan.

**Oct. 12: "From the Global Garden"** (using spices, seasonings, grains, legumes, vegetables, and fruits to create vegetarian favorites from around the world)

**Nov. 2: "From the Oven"** (Homemade baked goods -- vegan style. Includes how to bake pita bread.)

**Dec 14: "For the Buffet Table"** (Ideas for colorful "salads to share" on the buffet table.)

**Down To Earth  
Natural Foods**  
2515 S. King St.

Classes are held on the first Saturday of each month. Call Carol at 949-0298 for more information.



delicious, and dining among like-minded friends is a warm and rewarding experience. The people who operate the restaurant are invariably gracious and hospitable. For those who have not yet visited Govinda's, it's worth the trip just to see the peaceful and beautiful old temple and tree-smothered private yard tucked away off the Pali Highway. Seating is both indoors and in the yard.

The planned menu includes:

- Dinner rolls
- Tossed salad
- Gluten turkey
- Gravy
- Faux ham
- Mashed potatoes
- Stuffing
- Fresh cranberry sauce
- Baked yams
- Green beans almandine
- Fresh pumpkin pie
- Baked apple
- Herbal tea

Seatings are at 5 and 7 p.m. on Wednesday, November 27. Reservations are required, as seating is limited. Call 595-7369 for reservations (not the main restaurant number). The cost is only \$12 for adults and \$8 for children under 10. Located at 51 Coelho Way, off the Honolulu-bound side of the Pali Highway just before the Nuuanu Ave. exit.

Govinda's will also be offering a special menu on Christmas day.

We look forward to sharing our healthy and cruelty-free tradition with you!

## Food for Life

compiled from press releases,  
edited by Helen Wells, MA

The Hawaii Food for Life project of the International Society for Krishna Consciousness (ISKCON) provides carefully prepared vegetarian meals to the needy. ISKCON Hawaii, Inc. has been a 501(c)(3) tax-exempt charitable organization for 25



years and has been in continuous operation from its Honolulu location since then. Current support for Food For Life is derived from Govinda's restaurant in Nuuanu, donations, and grants obtained from the Oahu Food Bank. All work in connection with Food For Life is performed on a voluntary, unpaid basis.

Food For Life also distributes healthful vegetarian dietary information. VSH applauds the good work of this charitable organization.



## Thanksgiving Eve Dinner

by Elaine Johnson, MBA

The holidays are a time for sharing traditions and for enjoying the company of friends and family. The Vegetarian Society of Hawaii has a wonderful holiday tradition that began years ago. Our Thanksgiving Eve Dinner brings vegetarians and their friends together for the holidays. For the past two years Govinda's Restaurant at the Hare Krishna Temple has been a part of this tradition and, happily, they will be our hosts again this year. This wonderful establishment is one of only a small handful of restaurants in this community to serve exclusively vegetarian food, much of it vegan. The special holiday eve buffet dinner they prepare for us is all vegan. The food is always plentiful, healthy, and

## Tofu Pumpkin Pie

by "Robin," VegWeb.com (adapted)

Ingredients:

- 1 can (16 ounces) pureed pumpkin
- 3/4 cup Sucanat
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon



- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 package (10-12 ounces) soft tofu, processed in blender until smooth
- 1 9-in unbaked whole wheat pie shell

Preheat oven to 425° F. Cream the pumpkin and Sucanat. Add salt, spices, and tofu, and mix thoroughly. Pour mixture into pie shell and bake for 15

minutes. Lower heat to 350° F. and bake for another 40 minutes. Chill and serve. Top with non-dairy topping and it will fool any pumpkin pie lover.

Nutrition Information: Calories—195; Fat—6g; Saturated Fat—2g

Serves: 8

Preparation time: about one hour plus chilling time.



# Pineapples: Nature's Healing Fruit

by Monique N. Gilbert, B.Sc.

**W**ant to give your body a boost in health and healing? Then you may want to add some fresh pineapple to your diet. Pineapples are nutritionally packed members of the bromeliad family. This delightful tropical fruit is high in the enzyme bromelain and the antioxidant vitamin C, both of which play a major role in the body's healing process.

Bromelain is a natural anti-inflammatory that has many health benefits and encourages healing. According to Dr. Andrew Weil, bromelain is very effective in treating bruises, sprains, and strains by reducing swelling, tenderness, and pain. This powerful anti-inflammatory effect can also help relieve rheumatoid arthritis symptoms and reduce postoperative swelling. Additionally, the bromelain contained in fresh pineapple can help relieve indigestion. This enzyme helps break down the amino acid bonds in proteins, thus promoting good digestion.

Pineapples also provide an ample supply of vitamin C, a commonly known antioxidant that protects the body from free radical damage and boosts the immune system. Vitamin C helps build and repair bodily tissue and promotes wound healing. The body uses vitamin C to help metabolize fats and cholesterol, absorb iron, and synthesize amino acids and collagen, one of the primary building blocks of skin, cartilage, and bones. Vitamin C also decreases the severity of colds and infections.

Furthermore, because of its high vitamin C content pineapples are good for your oral health. A study conducted at the State University of New York at Buffalo found that Vitamin C can reduce your risk of gingivitis and perio-

dontal disease. Besides increasing the ability of connective tissue to repair itself, vitamin C also increases the body's ability to fight invading bacteria and other toxins that contribute to gum disease. Periodontal disease, which destroys gum tissue and underlying jaw bones, has been linked to heart disease, stroke, and type 2 diabetes.

So if you want a natural way to enhance your body's healing mechanisms, promote overall good health, and tantalize your taste buds, pineapples are the way to go. Choose the fresh fruit because it has the most healing properties. Unfortunately, most of the bromelain in canned pineapple is destroyed by the heat used in the can-



ning process.

When choosing a fresh pineapple, don't judge ripeness solely based upon color, as there are several varieties on the market, and these range from green to golden yellow. Ripe pineapples give off a sweet, fresh, tropical smell. Avoid pineapples that give off an unpleasant odor or have any soft spots or areas of dark discoloration. Once home, let the pineapple sit on your counter at room temperature until you're ready to use it. This will preserve its sweet and tangy flavor.

To prepare pineapple, peel it, remove the eyes (the thorny protrusions within the puffy squares of the skin), and the fibrous center. First, cut off the top and bottom of the pineapple with a sharp knife. Place the pineapple upright on a cutting board and carefully

slice off the outer skin. With a sharp paring knife or the end of a vegetable peeler, remove the eyes. Don't cut too deep, just deep enough to lift out the section that contains the eye. Then remove the fibrous core. One way to do this is to cut the pineapple lengthwise into 4 wedges (quarter it) and cut around the fibrous center core. Another popular way is to slice the pineapple crosswise and remove the cores individually with a cookie cutter. Once the fruit is prepared, it can be diced and eaten fresh, added to salads and entrees for an exotic flavor, or made into tasty tropical drinks.

Here is a delicious, nutritious, cholesterol-free smoothie recipe from my book *Virtues of Soy: A Practical Health Guide and Cookbook* (Universal Publishers, 2001, p. 169, [www.virtuesofsoy.com](http://www.virtuesofsoy.com)). It is high in bromelain, Vitamin C, potassium, thiamin (Vitamin B<sub>1</sub>), riboflavin (Vitamin B<sub>2</sub>), iron, fiber, and isoflavones.

## Tropical Fruit Smoothie

1 frozen banana  
1 cup fresh pineapple  
3/4 cup (non fat) soymilk  
1 tablespoon natural sweetener  
(optional)

Blend all of the above ingredients in a food processor or blender for 1-2 minutes, until smooth and creamy. Makes about 2-3/4 cups (2 servings)

Copyright © Monique N. Gilbert - All Rights Reserved.

*Monique N. Gilbert is a Certified Personal Trainer/Fitness Counselor and Health Advocate. She began a low-fat, whole grain, vegetable-rich diet in the mid-1970s and she became a full-fledged vegetarian on Earth Day 1990. Over the years she has increased her knowledge and understanding about health and fitness and the important role diet plays in a person's strength, vitality, and longevity. She considers it her mission to educate and enlighten people about the benefits of healthy eating and living.*

# Nuts About Nuts

by Rock Riggs

**N**uts are a great alternative to meat for millions of vegetarians all over the world. They are a good source of protein and fiber, naturally free of cholesterol, and loaded with vitamins and nutrients. Nuts are very versatile and can be used in recipes, as a snack, as nut butters, and in a variety of desserts.

You might be familiar with the Adventist Health Study, which reports that vegetarians who eat nuts five or more times a week have a reduced risk of both fatal and nonfatal coronary disease. The Nurses' Health Study also found that women who consume five or more servings of nuts a week had a 35% reduced risk of coronary heart disease. So with these interesting findings in mind I would like to tell you a little bit about a few of my favorite nuts.

## Macadamia Nuts

Macadamia nuts have an excellent taste and a light, creamy texture. They are known for having high fat



content, but this should not keep you from eating them in moderation. Actually, although mac nuts are high in fat, most of it is monosaturated -- the type of fat that helps to lower artery-clogging LDL. Mac nuts also have relatively high levels of calcium, magnesium, phosphorous, and potassium. Mac nut oil is very good for cooking and is healthier than a lot of

oils because it doesn't break down as easily as other oils at high temperatures.

Many people might think that mac nuts are native to Hawaii, but actually they're indigenous to Queensland, Australia. The trees grow in tropical rain forests and were brought to Hawaii in 1882. They are now grown primarily in Costa Rica, Australia, and South Africa.

## Almonds

The almond is known as the "king of nuts" and is the most highly cultivated nut in the world. Almonds are delicious both raw and roasted and have a nice, crunchy texture. Many of my friends tell me that soaking raw almonds in water for about half an hour increases their nutritional value and makes them more digestible. Almonds are great for making nut butter or as an alternative to dairy as almond milk. They're a great source of protein, Vitamin E, calcium, zinc, iron, potassium, and magnesium. They were first cultivated in the Eastern Mediterranean but are now also grown in California, Chile, Argentina, and South Africa.

## Cashews

The cashew is a light flavored nut, native to the tropical areas of South America. Cashews are actually the seeds of the cashew apple, a colorful fruit. The cashew tree has the interesting distinction of being related to mango, pistachio, and poison ivy. Cashews are great as a nut butter or as a snack and are wonderful in soup. They're a good source of protein, magnesium, selenium, zinc, iron, and potassium. They are now grown primarily in India and Brazil and are the second



most cultivated nut.

As you can see, nuts are a great, nutritious food that should be an essential part of any healthy vegetarian diet. These and many other varieties, many of them raw and organic, can be found in natural food stores, usually in the bulk section.

*VSH member Rock Riggs is the Community Issues Director for Down to Earth Natural Foods.*

## Important Dates

### October

- 1 World Vegetarian Day**
- 2 Mohandas Gandhi's birthday** - *"A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history."*
- 2 World Farm Animals Day** - *20th annual observance (WFAD.org)*
- 4 St. Francis of Assisi's Feast Day** - *"Not to hurt our humble brethren is our first duty to them, but to stop there is not enough. We have a higher mission-- to be of service to them wherever they require it."*
- 16 World Food Day**
- 16 World Anti-McDonald's Day** (*McSpotlight.org*)

### November

- 1 World Vegan Day**
- 27 VSH Thanksgiving Eve Dinner at Govinda's.** *Call 595-7369 for reservations.*
- 28 Thanksgiving is Murder on Turkeys Day**

### December

- 3 World Conservation Day**

## (Natural *from page 1*)

most Western women consume a diet rich in meat and about four times higher in fat than the typical Asian rice- and vegetable-based diet. Research indicates that a high-fat, low-fiber diet causes a rise in estrogen levels. Women on high-fat diets have measurably more estrogen activity than do those on low-fat diets. At menopause those on the high-fat diets have a drastic drop in estrogen levels. Asian women have lower levels of estrogen both before and after menopause, and the drop is less dramatic. With Asian women the resulting symptoms are much milder and sometimes non-existent.

### Eat a Phytoestrogen-Rich Diet

Scientific studies indicate that consumption of a diet and dietary supplements rich in phytoestrogens (plant estrogens) combined with following a healthy diet and lifestyle may help regulate the normal hormone fluctuations that occur during menopause. Besides being low in fat, the traditional Asian diet is very rich in this much milder form of estrogen. Phytoestrogens are unique in their ability to bind to cells' estrogen receptor sites, thereby blocking the hormonal activity of the more powerful, disease-promoting estrogens produced by the women's own body.

One of the arguments in favor of phytoestrogens for menopausal women is the observation that Asian women consume lots of soy foods rich in phytoestrogens and have fewer menopausal symptoms. They also have lower rates of breast cancer and heart disease, two diseases in which phytoestrogens appear to play a protective role. When Asian women migrate to the West and abandon their traditional Asian diet in favor of the Western diet, they have been shown to lose those health benefits.

Among the foods highest in con-

centrations of phytoestrogens are soy products, such as tofu, tempeh, and miso. Flaxseed, also known as linseed, is the richest whole grain source of a class of phytoestrogens called lignans. Like soy isoflavones, these lignans are structurally similar to human estrogen and can bind to estrogen receptors, thereby exerting an estrogen-like effect. Phytoestrogens are also naturally occurring in plant foods such as beans, whole grains, seeds, berries, and nuts. Studies show that vegetarians consume significantly more phytoestrogens in their daily diet than do those who consume the typical American and Western diets.

### Keep Your Bones Healthy

Osteoporosis – the thinning of the bones – is common, particularly among Caucasian women, after menopause. It is critical that all women make sure that throughout their life there is plenty of calcium in their diet and that they use a high quality calcium supplement if needed. In most cases, however, inadequate calcium *intake* is not the cause of osteoporosis. In Western countries like the U.S. the more serious problem is the abnormally rapid calcium *loss* caused by the following “calcium robbers”:

#### 1. Excess Animal Protein

Americans eat too much animal protein, which promotes bone loss. High animal protein diets make the blood more acidic. To neutralize or buffer that acidity, calcium is pulled from the bones and ends up being excreted in the urine. Because high animal protein diets promote urinary calcium loss, it is best to switch over to a healthy plant-based diet. Nutritionally balanced vegan vegetarian diets are best.

#### 2. Too Much Sodium (Salt)

Excess amounts of salt in the diet promote calcium loss *via* the kidney. It has been estimated that if the average

American were to cut sodium intake in half, it would reduce the daily calcium requirement by about 160 milligrams. Fruits, vegetables, grains, and beans are low sodium foods if salt is not added to them. Most snack and convenience foods are very high in sodium.

### Recommended Daily Allowance

The recommended calcium allowance for women is 800 milligrams a day, although the National Institutes of Health has recommended higher levels as follows:

- 1,000 milligrams for premenopausal women
- 1,000 milligrams for postmenopausal women on estrogen therapy
- 1,500 milligrams for postmenopausal women without estrogen therapy.

The average calcium intake of women is closer to 600 milligrams, much less than recommended. Taking high quality calcium supplements daily as a complement to a healthy plant-based diet is recommended for women to prevent osteoporosis.

### 3. Caffeine

Caffeine is found not only in coffee but also in tea and cola drinks. It is a weak

*(Continued on next page)*



(Continued from previous page)

diuretic that also promotes calcium loss *via* the kidney. It's best to avoid caffeine-containing beverages.

#### 4. Sedentary Lifestyle

Exercise, particularly weight-bearing exercises such as running, walking, and weight lifting, promotes strong bones as well as good health in general.

#### Consider Supplementing with Calcium-Rich Veggies and Herbs

Avoiding calcium "robbers" is important for good bone health. However, it's also important to eat foods that are good sources of calcium. The healthiest sources (containing no saturated fat or cholesterol) are plant foods, particularly dark green leafy vegetables, broccoli, and beans. The calcium in these sources is more easily absorbed by the body than is the calcium found in dairy products.

#### Herbs May Help

For thousands of years medicinal herbs have been traditionally used in treating a variety of women's health conditions. Herbs that stand out in helping with symptoms associated with menopause include black cohosh and chaste berry.

#### Black Cohosh (*Cimicifuga racemosa*)

Traditional herbal medicine has offered a variety of treatments to ease hot flashes, but few of them have been sufficiently researched. One exception is the herb black cohosh (*Cimicifuga racemosa*). Several studies were conducted in Germany that support the use of this herb for treating perimenopausal symptoms. In 1987 a 12-week, double-blind, placebo-controlled study compared the effects of conjugated estrogen, black cohosh extract, and a placebo. Eighty menopausal women were randomly divided into 3 groups and received either .625 mg of estrogen, 8

mg of a standardized black cohosh extract, or a placebo. Three areas were observed: 1) general menopausal symptoms (hot flashes, night sweats, heart palpitations and headache), 2) anxiety-related symptoms (nervousness, irritability, insomnia, and depressive moods), and 3) changes in vaginal cell proliferation. The results of the study showed significant improvements in all three of these areas. Researchers concluded that black cohosh produced safe and effective results and could be a suitable treatment option for menopausal symptoms. (*Therapeuticum* 1987;1:23-31). A recommended daily dosage for black cohosh extract would be 80 milligrams standardized to contain 2.5% total triterpene glycosides.

#### Chaste Berry (*Vitex agnus-castus*)

Chaste berry, also known popularly as vitex, has been shown in scientific studies to have effects on female pituitary and ovarian hormones and has support for use in menopause (*Horm Metab Res* 1993;25:253). Its beneficial effects on menopause may be due primarily to its alteration of pituitary function. The typical daily dose for chaste berry herbal preparations is an amount equivalent to 30-40 milligrams of the seeds. Although the herb appears quite safe, it may cause itching, rash, or nausea in some sensitive individuals. It is not recommended for use during pregnancy or lactation.

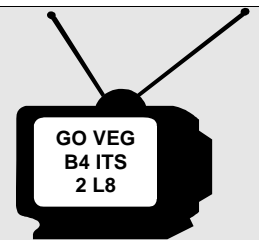
#### Conclusion: Menopause Naturally -- The Nutrition and Wellness Strategy

Women going through menopause should be sure to eat a healthy low-fat, plant-based (ideally vegan vegetarian) diet that provides adequate calcium-rich foods. They should include some soy foods in their diets regularly. Also, they should consider taking a high quality daily multi-vitamin and mineral supplement as well as a high quality calcium supplement to help assure that they meet their nutritional needs. Getting regular daily exercise and main-

taining a healthy weight are also important. And if menopausal symptoms persist, medicinal herbs such as black cohosh and chaste berry may help.

*John Westerdaahl, PhD, MPH, RD is the Director of Wellness & Lifestyle Medicine for Castle Medical Center in Kailua, Hawaii. He is on the faculty of the American Academy of Nutrition and is the nutrition editor for Veggie Life magazine. He is the Hawaii State Coordinator for the Vegetarian Nutrition Dietetic Practice Group of The American Dietetic Association, co-author of The Millennium Cookbook: Extraordinary Vegetarian Cuisine, and co-host of the "Nutrition and You" radio program on KWAJ 1080-AM (8 pm Sundays).*

On TV...



#### "Vegetarian"

Olelo, Channel 52  
Thursdays 6-7 p.m.

#### "Animal Rights"

Olelo, Channel 54  
Sundays 11-11:30 p.m.

#### "McDougall, M.D."

KHET, Cable Channel 11  
Saturdays 12 noon



...and Radio

#### Nutrition and You

Ruth Heidrich, PhD  
Terry Shintani, MD  
John Westerdaahl, PhD  
Sundays 8-9 p.m.  
K108 (AM 1080)  
Call-in line: 524-1080

#### Health Talk

Hosted by Hesh  
Saturdays 8-9 a.m.  
K108 (AM 1080)  
Call-in line: 524-1080



## Book Reviews

by Helen Wells, MA

### Fast Food Nation by Eric Schlosser

What about human rights as a reason for vegetarianism? Human rights is the central issue of the journalistic masterpiece, *Fast Food Nation*, by Eric Schlosser. This book was a New York Times Bestseller and I'm certain that it will have an impact on the eating habits of all who read it.

Almost every sentence in this book is quotable, but my favorite is, "The profits of the fast food chains have been made possible by losses imposed on the rest of society."

Schlosser begins his book with some interesting histories of several of the fast food chains. Slowly and thoroughly the history reveals how corporate greed led to injustice and more injustice -- against workers, against animals, against the health of the general population. Agri-globalization has destroyed more than just the family farms; it has undermined America in general.

Schlosser's book is so packed with examples and specifics that the agri-global businesses are probably squirming like they have never squirmed be-

fore. Schlosser reveals much: the horrible quality of the meat given to the school lunch programs, the enormous human death and injury rate in the nation's slaughterhouses, and the evil strategies fast food chains utilize to prevent workers from joining unions, resulting in minimal wages and benefits. He tells the personal stories and gives the broad statistics as well.

This book should be required reading for every high school senior or college freshman. The portent of some of the statistical information is simply mind-boggling. How can these atrocities to workers be happening? But they are, and the greedy corporate fast food billionaires don't care. Multi-national fast food today is capitalism gone mad. How can the management and shareholders of McDonald's, for example, sleep at night? Don't they have any consciences?

Well, unlike me, Schlosser never loses his cool. He delivers his factual information, bombshell after bombshell. This is a staggering read. I guarantee that if you read this book from cover to cover, you will become more dedicated to vegetarianism and more determined to halt the greed, corruption, and injustice in the fast food industry. The book definitely fills a niche in regard to the modern (non-) ethics of meat production and



fast food sales and consumption.

### The Origins of Fruit & Vegetables

by Jonathan Roberts

I don't know why Jonathan Roberts doesn't capitalize the words on the front of his book. In any case, it's a lovely book that is fascinating, well written, and makes a great gift. The entries of the various fruits and vegetables give interesting histories and won-

derful anecdotes. For example, I enjoyed reading about the migration of particular species of fruits or vegetables from one continent to another and onward or back again, adapting and changing as they moved.

At a recent philosophical discussion I attended at Borders, someone implied that environmentalists are too negative. Well, we have a lot to protest, but I suppose we can balance some of that protest by celebrating and focusing on what delicious vegetarian foods are available to mankind. We can rejoice in the avocado, blackberry, raspberry, loganberry, wineberry, cloudberry, strawberry, apple, pear, almond, apricot, cherry, peach, plum, blackcurrants, redcurrants, whitecurrants, gooseberries, mulberries, melons, watermelons, kiwi, pomegranate,



grapevine, citrus fruits, olive, rhubarb, banana. We can delight in the peas, beans, cucumber, pumpkins, marrows,

squash, cabbage, leaf beet, beetroot, carrot, parsnip, celery, celeriac, parsley, globe, Jerusalem artichoke, lettuce, black & capsicum pepper, potato, eggplant, tomato, leek, onion, asparagus, and corn -- all discussed thoroughly in this pleasant book.

And the illustrations are simply some of the best I've ever seen in any book. They deserve a special note because they are often photographs of works of art -- paintings, sculpture, etchings on bowls, etc. -- which depict representations of the fruit or vegetables over thousands of years. For example, for the chapter "Grapevine" we get to see a gilt bronze by Lorenzo Ghiberti (1425-1452), a wall painting by Giotto di Bondone (1266-1337), a ceramic urn (ancient Greece), a wall painting from ancient Egypt, and a mo-

(Continued on page 19)



(Continued from page 18)

saic from Italy (fourth century AD).

If you are a gardener, an art lover, a history buff, or a lover of fruits and vegetables, you will enjoy this book.

## Eternal Treblinka

by Charles Patterson

And now, for the activists. This book has probably been reviewed already in all the major animal rights publications, but I'd like to share my own opinion on it. It's a bit of an academic text in that it presents a thesis and, in a systematic and thorough manner, proves that thesis. The book makes a correlation between factory farming methods that were developed in the U.S. in the 19th Century and the methods used by the Nazis before and during World War II to eliminate the mentally handicapped, mentally ill, Gypsies, Jews, and homosexuals.

The book covers every conceivable aspect of these horrors, so be warned that it is not at all "light reading." One very strong animal rights supporter friend of mine told me that she is having a hard time getting through this book. I guarantee that there will be something in this book that you did not know before.

The first section of the book, "A Fundamental Debacle," discusses the relationship of humans to animals throughout history. The second section, "Master Species, Master Race," discusses "The Industrialization of Slaughter," "From Animal Breeding to Genocide," and "Killing Centers in America and Germany." The last section of the book shares the stories of "Holocaust-Connected Animal Advocates" and the philosophies of certain other famous and not-so-famous animal rights advocates.

If you've reached the stage where you want to do more to help the animals, this book is a must-read motivator.



# The Millennium Cookbook

## CHILLED SOBA NOODLE SALAD

MAKES 6 SERVINGS

*This is a favorite on our summer lunch menu.<sup>1</sup> The addition of fresh peach and arame sea vegetable makes it unique.*

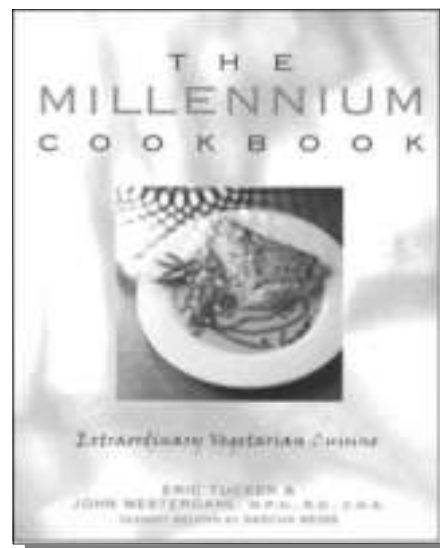
### DRESSING

- 1 cup fresh lemon juice
- 1/3 cup tamari soy sauce
- 1 tablespoon Sucanat
- 1 tablespoon ketchup
- 1/2 cup sesame seeds, toasted<sup>2</sup>
- 3 tablespoons red pepper flakes
- 1 teaspoon fermented black beans, minced (optional)
- 2 kaffir lime leaves, minced or finely shredded (optional)
- 2 tablespoons Asian sesame oil (optional)

### SALAD

- 6 ounces soba noodles (lard-free)
- Kernels cut from 2 ears of sweet corn
- 1 peach, peeled, pitted, and cut into thin slices
- 4 to 6 snow peas, cut into julienne
- 4 ounces Millennium Smoked or Baked Tofu (page 235), or packaged smoked tofu
- 2 tablespoons arame sea vegetables, soaked and drained
- 1 1/2 cups shredded romaine lettuce or 6 ounces mixed baby greens
- 3 tablespoons julienned scallion, white part only
- 3 tablespoons julienned Thai basil or Italian basil leaves
- 12 to 18 Sweet 100 or cherry tomatoes

To make the dressing: In a small bowl whisk all the ingredients together. Store in an airtight container in



the refrigerator for up to 2 weeks.

Cook the noodles in boiling, salted water for 6 to 8 minutes until they are *al dente*. Drain and set aside to cool.

Toss the noodles, corn, peach, snow peas, tofu, and arame sea vegetable with dressing. Divide the shredded romaine or mixed greens among 6 salad plates. Top with a mound of noodle mixture. Top the salads with scallion and basil, arrange the tomatoes around the plates.

### NUTRITIONAL INFORMATION PER SERVING:

With oil: 208 Calories (35% from fat), 7 g Protein, 27 g Carbohydrate, 8 g Fat, 0 mg Cholesterol, 781 mg Sodium, 3 g Fiber

Without oil: 172 Calories (21% from fat), 7 g Protein, 27 g Carbohydrate, 4 g Fat, 0 mg Cholesterol, 781 mg Sodium, 3 g Fiber

<sup>1</sup> The Millennium Restaurant, San Francisco

<sup>2</sup> Small quantities (under 1/2 cup) can be toasted in a dry sauté pan over medium heat. Shake the pan constantly to prevent scorching.

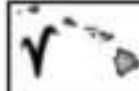
*The Millennium Cookbook*, by Erik Tucker; John Westerdahl, MPH, RD, CNS; Sascha Weiss - 1998, Ten Speed Press

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## The Bus Fare? Vegan!

Once again this year the Honolulu City & County bus system displayed the message above in its 525-bus fleet. For an entire month 240,000 daily riders were reminded of the benefits of a vegan lifestyle.

*“I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on cholesterol-lowering drugs for the rest of their lives.” Dean Ornish, MD*

**(99.9%** *from page 6*)

ethical step, but had he gone all the way? Was the dressing for his salad vegan? I was once offered a vinaigrette dressing (to avoid dairy ingredients in the alternatives), only to be warned by a remarkably conscientious waiter that it contained egg whites.

Bruce Friedrich told me that he buys his soaps, shampoos, and detergents from the store that he trusts the most among those in his area. What more can be reasonably expected of a conscientious (non-scientific) vegan? He, Alka Chandna, and I went to a Thai restaurant in Hawaii Kai a few months ago, gave our admonitions about animal-source content, were assured, relaxed, and enjoyed our dinners

and each other. Were our dinners vegan? We hope so. We expect so. We did not really know.

One can be more careful. One can avoid restaurants. One can live on fresh fruits, vegetables, whole grains, beans, and nuts. One can add more 9s to one's 99.9% rating. But in a society where the food and goods supply is largely uninterested in our small market, I think that being 100% vegan or 100% vegetarian is difficult to achieve without substantial sacrifice.

Let us each be content with what we are able to achieve with our best efforts, and let's together continue to work for change. Every time we announce our preferences in a restaurant, or question a waiter or a grocery clerk, we are lobbying for change.

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