



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

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Public Lectures:

DAN PIRARO

"THE HUMOROUS SIDE OF VEGETARIANISM"

Saturday, January 10th, 7 p.m.
McCoy Pavilion, Ala Moana Park

KARL SEFF, PH.D.

"WHAT ARE VEGETARIANS CONSUMING & AVOIDING AND WHAT SENSE DOES IT MAKE?"

Saturday, February 14th, 7 p.m.
McCoy Pavilion, Ala Moana Park

GENE BAUR

"CHANGING HEARTS & MINDS ABOUT ANIMALS AND FOOD"

Saturday, March 7th, 7 p.m.
McCoy Pavilion, Ala Moana Park

*See page 11 for more details and Maui meeting times.

Kauai Loses Gourmet Vegan Restaurant

Aloha Friends & Family of the Lotus,

Barring a miracle, The Blossoming Lotus will be closing its doors on December 31, 2008. I am saddened to share such news. Although it's ironic that our business model has taken a successful shape amidst the economic climate as a result of our recent restructure, the past debt the business is carrying is proving to be dire. The Blossoming Lotus has been a beacon of light for sustainability and healthy food alternatives. I hope we can all find a sense of peace knowing that we did have such a positive impact on our Kauai community.



We thank you for all your support in so many ways over the years. We believe we have provided a safe haven, a form of sanctuary, here at our Restaurant & Juice Bar. We have found much joy in supporting our local farmers, musicians, artists, healers, and residents over the years. And we are deeply grateful for the love and support we have received in return. Words cannot convey the feelings we have in relation to our shared endeavor – the entity we call "Blossoming Lotus."

Our collective hope is for the Blossoming to continue – to reach into the hearts of those so inspired. Miracles do happen, and it is true that we are open to them now. I ask that you please forward all correspondence regarding the closing of Blossoming Lotus directly to Gabe Zingaro. I can be reached by email at gabe@blossominglotus.com and

by cell at (808) 652-1440. We again thank you for support over the years and wish you all the best in your lives.

Warmly,

*Gabe Zingaro &
The Blossoming
Lotus Family*



A popular community gathering place, The Blossoming Lotus closed its doors for the last time.

The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii.

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Visit our website for a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Mahalo
to all our volunteers!

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



Editor's Message by Scott Snarr

Aloha,

By the time you've read this far, you've probably noticed the newsletter's new look. I thought it was time to give it a fresh appearance, and I hope you'll like it. As always I'm committed to bringing you the best and most current news and articles about being vegetarian.

I'm happy to report some good news. California voters passed Proposition 2 overwhelmingly, which will phase out a few of the worst abuses of factory farming in the nation's breadbasket by 2015. In a similar victory Colorado voters banned the use of veal and gestation crates.

While we celebrate these merciful steps that reduce cruelty, let's keep in mind that this is just the beginning of a brighter day for animals, not the *end* of the cruelty.

Also, the new laws were not necessarily welcomed by all animal advocates. Professor of law and outspoken animal abolitionist Gary Francione called California's Proposition 2 "A Losing Proposition," saying that it will only make consumers more comfortable about exploiting animals with the "Humane Society Seal of Approval," as he called it.

While Francione was right to caution that such measures can mislead consumers, he missed some important points in my opinion. The first is that awareness about the plight of farm animals has been growing remarkably. With over 63% of voters in favor, Proposition 2 was the most popular voter referendum in California history. That's a strong indication of the widespread concern for animals in the public conscience. That in itself is something to celebrate.

But it does not end there. The new legislation is a milestone in recognizing that farm animals are beings with rights and not just economic machinery. I think that rather than easing the public conscience, the statutes will serve as reminders to all citizens that animals are not mere property over which we have unlimited authority. In any case, the issue has already sparked a previously absent public debate, without which we could scarcely achieve those goals shared by Francione and me and virtually everyone else in the vegan movement.

In other words, the success of these citizen initiatives goes beyond the accommodations it will make for animals in factory farms. It advances our movement. But there's a long way to go. Every one of us has to continue work toward that end — the end of animal cruelty and exploitation, that is.

I, however, won't have the last word on this issue. I leave that to you. Turn to *Readers' Voices* on page 6 where you are invited to send in your comments. I hope you'll join the conversation.

-SoS

Reference:

Francione, G. "A Losing Proposition"
<http://animalrights.about.com/od/proposition2ca2008/a/FrancioneProp2.htm>

Does your child's school get an A+ in lunch?

by Tim Enstice, PETA

When I was in school, lessons were done with a No. 2 pencil and a composition notebook. The “three R’s” were reading, writing and ‘rithmetic, and mystery meat was the main option in the school cafeteria. How things have changed! Today many kids are as likely to do their homework on a PC as they are with paper and pencil. The “three R’s” are reducing, reusing, and recycling, and many schools are serving veggie burgers, faux chicken sandwiches, and other meatless meals. Perhaps one day teachers will even be giving apples to the students.

While Salisbury steak and chicken nuggets—foods that cause kids’ cholesterol levels to skyrocket—are still staples in most cafeterias, many lunch menus have gotten a healthy makeover. All 110 Gwinnett County public schools in Atlanta, for example, offer tofu-based corn dogs, fresh fruit, soy milk, and other vegetarian options. More than half a million meat-free meals have been served in Gwinnett County schools since last fall. Grady High School, also in Atlanta, even has a separate lunch line for students who want vegetarian foods. It offers dishes such as pasta lo mien and soy-based sloppy Joes.

Many schools are scrambling to meet the growing demand for vegetarian fare. Three schools in Broward County, Florida began serving Gardenburgers, vegan chili, and other healthful choices after a vegetarian student circulated a petition among

her classmates. Officials at James Logan High School in Union City, California incorporated vegan foods into the regular lunch menu when they saw how many kids frequented a student-run vegetarian “Smart Cart.”

The Los Angeles Unified School District—the second-largest school district in the nation—serves various vegan foods, and Wayland Public Schools in Framingham, Massachusetts offer homemade hummus, salads, and other meatless options. Preschoolers at BellaVita School in Longmont, Colorado even help grow the fruits and vegetables they eat in a community garden.

I can’t wait for this trend to spread to every school in the nation. All parents want their kids to have healthy choices, and it can be frustrating if you live in a school district that flunks lunch. My girls “brown bag” it with inventive meals from the Vegan Lunch Box blog, so I know they’re getting wholesome food. But all kids, no matter where they live, should be able to order nutritious vegetarian meals from school.

Plant-based foods are rich in complex carbohydrates, protein, fiber, vitamins, and minerals—all the nutrients kids need to grow up healthy. A steady diet of meat and dairy products, on the other hand, contributes to the soaring rates of obesity, type 2 diabetes, and other ailments that are afflicting our children. Earlier this year the American Academy of Pediatrics issued guidelines calling for cholesterol screening of children as young as 2—and cholesterol drugs for kids as young as 8—because so many youngsters today are overweight.

The Institute of Medicine of the National Academy of Sciences has urged school lunch programs to offer fewer animal fats for yet another reason: so that children won’t be exposed to so many dioxins—cancer-causing toxins found in meat and milk. By serving vegetarian meals instead of animal products, schools can help set children up for a lifetime of good health.

As the late Dr. Benjamin Spock said, “Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure, and some forms of cancer.”

Other leading pediatricians endorse vegan diets for children, as does the American Dietetic Association. It will be a gold-star day when parents can count on schools to promote nutritious vegetarian meals, too. After all, schools should help foster our children’s health, not harm it.

Tim Enstice is the manager of the Planned Giving Department for the PETA Foundation, 501 Front St., Norfolk, VA 23510; www.GoVeg.com.

People for the Ethical Treatment of Animals (PETA), with more than 2 million members and supporters, is the largest animal rights organization in the world. Founded in 1980, PETA is dedicated to establishing and protecting the rights of all animals. PETA operates under the simple principle that animals are not ours to eat, wear, experiment on, or use for entertainment.





IN THE NEWS

EPA midnight rule benefits factory farms

PRESS RELEASE — Environmental Protection Agency (EPA) issued a final rule December 12th exempting the livestock and poultry industries from the requirement to report releases of hazardous substances. Releases above health-based thresholds would otherwise have to be reported to the federal government under the Comprehensive Environmental Response, Compensation and Liability Act (CERCLA). The rule also created an exemption to the Emergency Planning and Community Right to Know Act (EPCRA), which requires notification of state and local authorities, for smaller facilities. This is the first time the EPA has ever created an exemption from hazardous substance notification requirements for a specific industry.

Decomposing animal waste releases toxic chemicals, such as ammonia and hydrogen sulfide. Exposure to these chemicals can cause respiratory problems, eye and nasal irritation, headaches, nausea and, in extreme concentrations, death. In recent years, as the size of livestock and poultry operations has increased and concentrated large quantities of animal waste, a considerable body of research suggests that the release of hazardous substances from the waste may present a public health risk.

Sierra Club Executive Director Carl Pope stated, "This is one of the most egregious special interest giveaways in eight long years of special interest giveaways. The injury from

ammonia or hydrogen sulfide is the same whether someone is exposed to ammonia from a factory or tank car or from a giant cesspit of manure. This loophole stinks of political favoritism. In EPA's warped view, deregulating factory farms is more important than protecting communities' health.

"Exempting factory farms from toxics reporting requirements is clear violation of longstanding law that leaves the neighbors of these operations at risk of serious illness. This is another example of EPA putting politics before science."

Paul McCartney, Rajendra Pachauri join forces

Music legend Sir Paul McCartney has joined forces with Nobel Prize winner Rajendra Pachauri in urging people to save the planet by going vegetarian. The duo coauthored a letter to The Independent naming meat eating as the primary contributor to global warming.

Livestock are responsible for methane emissions, a potent greenhouse gas. McCartney and Pachauri stated that going vegetarian was the single most effective act anyone could take to reduce greenhouse gas emissions.

They also blamed the rise in meat consumption for food shortages around the world. According to Pachauri 60% of food crop production in Europe and North America is being diverted for meat production, and 70% of Amazonian forests have been cleared to make room for cattle grazing and fodder.

Pachauri, Chair of Intergovernmental Panel on Climate Change (IPCC) drew worldwide attention earlier this year when he called on people to cut meat consumption to slow global warming. He has been a vegetarian for eight years. Former Beatle member McCartney became a vegetarian 30 years ago out of concern for animal rights and has been an active spokesperson in the movement ever since.

Lightlife Foods to reduce eggs, expand vegan selection

Lightlife Foods has been a leader in the vegetarian food market for nearly 30 years — and this maker of meatless foods just took another giant step forward, further setting itself apart.

Shortly after announcing a victory with Morningstar Farms late last year, Compassion Over Killing began correspondence with Lightlife Foods about the growing demand for egg-free options. The company has been

responsive.



According to company spokeswoman Cathleen Strong, "Beginning January 1, 2009

Lightlife is reducing our use of eggs by 166,000 eggs annually! Additionally, we are excited about introducing three new vegan items to the market place this spring."

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Please call Lightlife at 1-800-769-3279 to thank them for making this compassionate decision and to let them know that you look forward to seeing more vegan items in 2009.

More than 95% of eggs produced in the U.S. come from hens confined inside barren wire battery cages so restrictive that the birds can barely even move, let alone spread their wings, perch, or walk. Each battery-caged hen usually only has a meager 67 square inches of space in which to live—that's less floor space than one sheet of notebook paper.

Carcinogen found in grilled chicken

PRESS RELEASE — A new study published September 18th in *Nutrition and Cancer* shows that consumers are exposed to a known carcinogen when they consume grilled chicken. One hundred samples from seven popular chain restaurants were analyzed by an independent laboratory, and PhIP, a known human carcinogen, was found in every sample.

PhIP forms when meat, especially chicken, is grilled or pan-fried at high temperatures, and, for more than a decade, it has been on the California governor's list of chemicals known to cause cancer. The carcinogen-containing grilled chicken samples, including salads, sandwiches, and entrées, were collected from McDonald's, Chick-fil-A, Chili's, T.G.I. Friday's, Outback Steakhouse, Burger King, and Applebee's.

"Grilled chicken is the largest source of PhIP, a potent carcinogen," says Kristie Sullivan, M.P.H., lead author of the new study and a toxicologist with the Physicians Committee for Responsible Medicine. "We

found this carcinogen in every single sample of grilled chicken taken from restaurants in every part of California."

PhIP is one of a group of carcinogenic compounds called heterocyclic amines (HCAs), and it is a known mutagen that can cause DNA damage that can lead to cancer. In human studies investigating well-done meat consumption and cancer risk, the highest risk is for cancers of the prostate, colon/rectum, and breast. In 2005 the federal government officially added HCAs to its list of anticipated human carcinogens. Even small amounts can increase a person's risk of developing cancer.

Vegan diet reduces heart disease in people with type 2 diabetes

PRESS RELEASE — A new report in October's *Journal of the American Dietetic Association* shows that a low-fat vegan diet has a nutrient profile and diet quality associated with a greater reduction in heart disease risk in people with type 2 diabetes than a diet based on the American Diabetes Association (ADA) guidelines.

"Two out of three people with diabetes die of heart disease or stroke, so it is hugely significant to find that a low-fat vegan diet can treat diabetes and dramatically reduce heart disease risk," says lead author Gabrielle M. Turner-McGrievy, M.S., R.D. "These findings should encourage anyone with diabetes to talk to a physician about adopting a vegan diet to manage the disease and reduce the risk of a heart attack."

In the 22-week study 99 people with type 2 diabetes were randomly assigned to follow either a low-fat, low-glycemic vegan diet or a diet based on ADA recommendations. In

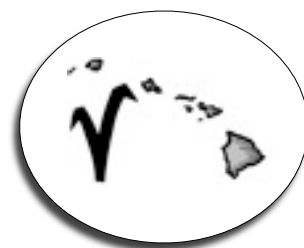
the study the vegan diet dramatically cut consumption of cholesterol, fat, and saturated fat and increased healthful fiber, beta-carotene, and vitamins K and C intake compared with the diet based on ADA guidelines. Almost half of the participants in the vegan group reduced, if not eliminated, their medication compared with only 26% of participants in the ADA group.

Participants in the vegan diet group avoided animal products and fatty foods and favored low-glycemic-index foods. There were no restrictions on calories or portion sizes. ADA guidelines provided recommendations on the intake of calories, carbohydrate, and saturated fat grams based on each participant's body weight, lipid profile, and current food and eating habits.

Egg consumption linked to risk of type 2 diabetes

PRESS RELEASE — In a new study including about 57,000 men and women from two large, completed randomized trials, researchers found that daily consumption of eggs increased the likelihood of developing type 2 diabetes. Daily egg intake was associated with a 77% and 58% increased risk for women and men, respectively.

Djoussé L, Gaziano JM, Buring JE, Lee I. Egg consumption and risk of type 2 diabetes in men and women. *Diabetes Care*. Published online ahead of print November 18, 2008. DOI: 10.2337/dc08-1271.



SUBMISSION GUIDELINES

The Island Vegetarian *welcomes submissions.*

Have a comment about a current event, an article we printed, or the newsletter in general? Write a letter to our editor, 75-200 words in length and marked as "Letter to the Editor."

Have a question about health or nutrition? Mark it as "Ask Dr. Bill," and it will be answered by VSH Board Member William Harris, M.D.

Want to try your hand at writing? We are always in need of articles by local writers about the various aspects of vegetarianism, especially those of local interest or about current events. Articles should be 300-500 words in length. We also need book reviews on current books with a pro-vegetarian message. If you inquire, we can supply you with titles of some books that we would like to see reviewed.

All submissions must be accompanied by a full name and phone number so that we can verify the author. Students may wish to include their ages, grades, or schools. We reserve the right to edit for accuracy, clarity, length, and relevance to the mission of our organization.

The submission deadline for the next newsletter is March 1, 2009.

Please send submissions (electronically) to:

info@vsh.org



Readers' Voices

Animal welfare laws

On November 4th voters in California and Colorado passed referendums that will provide a measure of protection for certain types of farm animals.

California Proposition 2, also known as the Prevention of Farm Animal Cruelty Act, will go into effect on 2015, by which time farming operations will have to provide veal calves, battery hens, and gestation sows with enough room to turn around freely, lie down, stand up, and fully extend their limbs. Colorado SB 201 will provide similar protection for veal calves and gestation sows beginning January 2018.

Most but not all animal advocates welcomed these new laws. Although animal welfare laws provide a measure of protection for animals, they do not strike at the underlying cause of widespread animal suffering, namely the use of animals for human purposes. Therefore, some animal rights proponents think that animal welfare is a misguided waste of time and resources.

Tell us what you think. Comment on California Proposition 2 and Colorado SB 201. Are they cause for celebration? Or are they misleading and counterproductive? What are their biggest strengths and shortcomings?

Alternatively, feel free to explain your overall position on animal welfare vs. animal rights. What are the most effective uses of time, money, and efforts in slowing or stopping the unethical use of animals? You need not be an expert. Everyone is welcome to have an opinion. (See mine on page 2.)

Send your submission to info@vsh.org with the subject line "Animal Welfare" or "Readers' Voices."

Contributions to previous topics are welcome:

- Tell us why you're a vegetarian.
- Recommend a good book.
- Describe your favorite vegan meal.

Please limit each response to 150 words. The next deadline is March 1st.

Your favorite vegan meal:

Sally Taylor:

Here is my quick and easy meal:

- ½ can Amy's black bean chili
- 3 corn tortillas
- bag of slaw
- salsa

I nuke the beans, run the tortillas through the toaster, add salsa to a bowl of shredded slaw, spread the beans on the tortilla, add a couple fork loads of slaw, and that is it.

In a perfect world I would make my own chili and slaw. This is quick, easy, low-fat, and delicious. I could eat it every day — and I nearly do.

Home Le'amohala:

My favorite vegan foods are freshly picked, tree-ripened fruits, locally grown of course, and garden greens straight from the garden. For me there is nothing more worthy of the term "super food" than these. My favorite culinary experience has been

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going into the garden with my wife Brook with a couple of sumptuous, fresh picked avocados. We will each find a nice big leafy green like a kale or a cabbage for a bed, then walk around and choose from a selection of sun-infused herbs like fennel, oregano, basil, rosemary, or whatever happens to be in season. Then we'll nestle it all into the bed leaf and squeeze the soft meat from the avocado all over the top of the herbs and lettuce. If we happen to have some raisins on hand to sprinkle over it all, that is always a nice enhancement to the meal. Wrap your Self up in it some time. I think you'll like it.

Hesh Goldstein:

I have two favorites. One is the vegan pesto pizza at Down to Earth. It's like the old time Sicilian pizza. Thick and square. The flavor is insanely delicious, and one bite is enough to hook you. The second is an açai bowl, which I make myself. Here goes. First, you need a Vitamix blender. Then blend frozen açai, blueberries, strawberries, raspberries, and bananas with a shot of maple syrup and Rice Dream. The amount of Rice Dream used will will make it thick or loose. I like it loose. Then I put strawberry hemp granola in a bowl and scoop or pour the blend on top. Then, on top of that, I add fresh blueberries, strawberries, raspberries, bananas, and more granola. Talk about antioxidants! And, the bugga "brok da mout."

Why are you a vegetarian or vegan?

Alyssa Tsuchiya:

It hit when I was 11 years old. For the next four years Saturday morning horseback riding lessons became my life. I dreamed of becoming a famous jockey, or an Olympic rider or both.

And then one day I learned about horse slaughter. I grew angry at the millions of jerks who actually ate horse flesh. By the end of the night, though, I was madder at myself. Who was I to draw the line between horses and other animals like cows and chickens? After a few months of research, I had converted to veganism and was urging everyone around me to do likewise. Veganism continues to have an incredible impact on my life. It has taught me to keep an open mind and question the world around me. I have better eating habits and a clearer conscience. Through veganism I took control of my life—lowering my impact on the environment, preventing unnecessary suffering, and improving my health. Ironically, I gave up the horseback riding hobby that started it all.

Irene Lee

When I was living at home with my family, my parents didn't cook much meat, but I ate whatever they cooked. I wasn't a vegetarian and knew very little about it.

But when I studied at the university, I had to buy meals for myself. I found myself buying mostly "lighter" vegetable foods, without too much sugar, salt, oil, or spices. From that time until now I've eaten only vegetarian. Though I seldom went to the doctor before, I find that I'm sick even less since I stopped eating meat.

Now I think it is terrible to have meat because meat is taken from an animal. Eating meat is eating a dead body. I can't bear to swallow it.

I also find that heavy meat eaters have a bad smell, no matter how much perfume they use. And I've noticed that the vegetarians that I know are smarter, kinder, more responsible, and better emotionally adjusted.



On TV...



"Vegetarian" VSH lectures

Oahu—Oceanic Cable Ch. 52
Thurs. 6-7 p.m.

Go to olelo.org and click on "Oahu Channel 52."

The shows are also on line at 6 p.m. on Thursdays.

Maui—Calabash Cable Ch. 52
Tues. 8-9 p.m.
Wed. 6:30-7:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii
Cable Ch. 54, Sat. 2-3 p.m.

Kauai—Hoike Cable Ch. 52
Kauai schedule is at hoike.org

Online—www.vsh.org/videos.htm

"Cook Healthy Fast"

with Dick Allgire

Short, quick, vegan recipes
Tuesdays: 5 p.m.
KITV-4



...and Radio

"Healing & You"

Ruth Heidrich, Ph.D.
Dr. Diane Nomura
Terry Shintani, M.D.

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
www.healthtalkhawaii.com



The Organic Food Movement— Too Little, Too Late

by John McDougall, M.D.

Part 1 of 2

At the McDougall Program we do not actively teach people to buy organic foods because the immediate health benefits would be imperceptible and the harm to the health of a few participants from this extra requirement would be substantial. Yet, in the McDougall home, we make every effort to buy organic foods for ourselves. And, if you ask me directly, I will tell you to shop for organic foods. Does this seem like double talk?



My patients are overweight and sick because they have learned to eat, from childhood, the richest diet known to humankind—a diet of animals, oils, and sugars. Dining for a lifetime on “organically farmed” meat, poultry, fish, cheese, milk, honey, and flour would have caused them the exact same states of poor health. Along the same lines of thought, switching my patients to

conventionally grown potatoes, rice, corn, vegetables, and fruits results in profound improvements in their health in 10 days—organic varieties of these plant foods would have not made a speck of difference.

Dietary change is difficult. Immediate improvements, such as relief of chest pain, indigestion, headaches, arthritis, constipation, and oily skin along with reductions in cholesterol, triglycerides, blood pressure, body weight, and the need for medications are some of the benefits that follow this change and encourage future compliance. Insisting on organically grown, instead of conventionally grown, fruits and vegetables would place an additional obstacle before patients, increasing their chances of failure—and in so doing harm their health. Fortunately, the decisions to eat organic and the McDougall Diet are not mutually exclusive—you can, and should, do both.

What's Organic?

The term “organically grown food” refers to products produced in accordance with the principles and practices of organic agriculture. Various countries legally regulate organic food. In the US, Canada, Japan, and the European Union producers must obtain certification in order to label their products “organic.” Traditionally, organic farming has been tied to small farms, but since the early 1990s, with a growth rate of 20% a year, organic food production has become the business of large companies, such as Kraft, Pepsi, General Mills, Kellogg, Conagra, Coca-Cola, M&M Mars, and Hershey, to name a few well recognized giants in the industry. Cur-

rently, organic food accounts for only 1 to 2% of food sales worldwide.

Many people perceive organic as an unwise purchase. Because of intensive labor practices, such as crop rotations, natural pest control, and the use of manures, most organic foods cost more. Organic fruits and vegetables are not treated with waxes and preservatives, which results in earlier spoilage. They can be odd shaped, discolored, and smaller. In most cases, however, organic foods look identical to their conventional counterparts. Tests show consumers find no taste difference between organically grown and conventional foods.

Goals of organic farming include:

- Increase long-term fertility of soils
- Minimize all forms of pollution
- Avoid the use of synthetic fertilizers and pesticides
- Maintain genetic diversity
- Produce high quality food
- Use local resources rather than importing long distance
- Keep use of fossil fuels to a minimum.

Single foods, such as bananas, asparagus, or lettuce are designated as “organic” based on compliance with designated farming practices. In the US, foods that have several ingredients, such as breakfast cereal, can use the USDA organic seal or the following wording on their package labels:

- **100 percent organic:** Products are completely organic or made of all organic ingredients.
- **Organic:** Products that are at least 95 percent organic.
- **Made with organic ingredients:** Products contain at least 70 percent organic ingredients.

The organic certification label is not a guarantee that the product complies with the organic standards. Inspection of farming practices is spotty

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and can be especially problematic for items produced in poorly regulated countries.

Organic Does Not Mean Healthy

You would think better soil nutrient recycling (composting), crop rotation to avoid soil mineral depletion, and encouragement of the soil microorganisms that improve nutrient uptake would result in nutritionally superior food on your dinner plate. The truth is that there is no conclusive evidence that shows that organic fruits and vegetables more nutritious than are conventionally grown ones.¹ Furthermore, “organic” certification does not claim that these products are safer except for the pesticide issue discussed below.²



Immaterial

Real harm to the public is caused when the organic label is placed on inherently unhealthy products. Production of meat and dairy products by organic standards is as meaningful as the production of tobacco for cigarettes and rye for whiskey by organic standards. How does that saying go? “Putting lipstick on a sow’s ear won’t turn it into a silk purse.” Advertising campaigns are misleading people into believing that burgers, chips, cakes, and biscuits that are marked “organic” are good for them.

Organic Food Is Cleaner

The use of fossil-fuel-derived pesticides and fertilizers began near the end of World War II. Currently, nearly all of the 450 pesticides that are allowed in conventional farming are



Irrelevant

prohibited in organic farming, and the seven that are allowed are not used routinely. These prohibited chemicals are involved in the cause of four emotionally-charged health issues: birth defects, infertility, brain damage (Parkinson’s Disease), and cancers of children (neuroblastoma, leukemia, etc.) and adults (breast, pancreatic, etc.). Children who are fed a diet of organic foods are exposed to six to nine times fewer toxic pesticides than are children fed a conventional diet.³

Getting back to the theme of this newsletter, buying organic is not the most effective way to reduce your intake of potentially dangerous environmental chemicals. Switching from animal-food to plant-food is the most effective. Estimates are that 89% to 99% of the chemical intake into our body is from our food, and most of this is from foods high on the food chain: meat, poultry, fish, and dairy products.⁴⁻⁶ In his Pulitzer Prize nominated book, *How to Survive in America the Poisoned*, Lewis Regenstein writes: “Meat contains approximately 14 times more pesticides than do plant foods . . . Thus, by eating foods of animal origin, one ingests greatly concentrated amounts of hazardous chemicals.” The reason for these high levels of contamination is

that most pesticides and herbicides are attracted to and stored in fat. Low levels found on the grasses and grains that are fed to the chicken, pigs, and cattle accumulate in their body fat in very high concentrations.

Until the end of the Second World War, farmers produced bountiful harvests without relying on pesticides and other toxic chemicals. There is no reason why the world cannot do so again. Most people who have ever walked this earth have followed primarily plant-food (starch)-based diets. We can do that again, too.

Part 2 of 2 of this article will appear in the next issue of *The Island Vegetarian*. The McDougall Newsletter is available on line at www.drmcDougall.com.

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VSH Events—Oahu & Maui



October speaker Brenda Davis, R.D. gave an energetic presentation filled with touching stories about her work and research in the Marshall Islands.



In November Maui resident Steve Blake explained the ins and outs of fats in foods in language that anyone could understand.



Wayne Pacelle, president of the Humane Society of the United States, delivered a superb talk about animals and the law in December.

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

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Home Phone: (____) _____

Work Phone: (____) _____

E-Mail: _____

_____ D _____ Ex _____

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

1 yr. 2 yrs. 3 yrs. 4 yrs. 5 yrs.

\$20 \$38 \$54 \$68 \$80

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Contact me about volunteer opportunities.

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

**SAVE
on Multi-Year
Memberships/
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**Members receive a
quarterly newsletter
and discounts on
products and serv-
ices at vegetarian-
friendly restaurants
and health food
stores.**



Calendar of Events January-March 2009

DAN PIRARO

“The Humorous Side of Vegetarianism”

**Saturday, January 10th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

Internationally syndicated and award-winning cartoonist Dan Piraro of Bizarro fame shares some of his favorite cartoons about food, animals, the environment, and the veg lifestyle. His subject matter includes a wide variety of topics from his cartoon career to his political views and his path to animal advocacy and veganism. He uses videos, still images, cartoons, songs, stories, and the occasional onstage-drawing to communicate his ideas. Audiences are brought from laughter to concern to empathy and back again in this informative and entertaining presentation.

Dan Piraro first published his internationally syndicated comic feature Bizarro in 1986. He has also published fourteen books and has traveled the nation as a stand-up comedian. Bizarro has won numerous awards, including an unprecedented three consecutive “Best Panel” awards from the National Cartoonists Society. He and his wife live in New York City and are passionate vegans and animal rights/environmental activists.

**Mr. Piraro will also be speaking on Maui:
Thursday, January 8th, 7 p.m.,
Cameron Center, 95 Mahalani St., Wailuku**



KARL SEFF, Ph.D.

“What Are We Vegetarians Actually Consuming & Avoiding and What Sense Does It Make?”

**Saturday, February 14th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

As individuals we vegetarians follow a wide variety of themes in our selection of food and drink. What about garlic and onions, preservatives, fruit, beans and legumes, organic foods, raw foods, bottled water, carbonated beverages, pesticides and herbicides, juice diets, fatty foods, nuts and seeds, bleach vs. peroxide, vegetable oils, artificial sweeteners, saturated and trans fats, wine and chocolate, potatoes and yams, and coffee and tea? The bottom line keeps changing as a result of active research. It is clear that some of what we are doing has a pretty firm scientific basis, that other practices seem reasonable but lack full substantiation, and yet others are matters of taste.

Karl Seff earned his Ph.D. from M.I.T. and has been a professor of chemistry at UH-Manoa for 41 years. He has authored more than 245 scientific papers that have appeared in leading chemistry journals. He has been on the Board of Directors of the VSH since 1992.

**Dr. Seff will also be speaking on Maui:
Friday, February 13th, 7 p.m.,
Cameron Center, 95 Mahalani St., Wailuku**



GENE BAUR

“Changing Hearts & Minds about Animals & Food”

**Saturday, March 7th, 7 p.m.
McCoy Pavilion, Ala Moana Beach Park**

Gene Baur will discuss his national bestseller, *Farm Sanctuary: Changing Hearts and Minds about Animals and Food*, a thought-provoking investigation of the ethical questions involved in the production of beef, poultry, pork, milk, and eggs—and what each of us can do to promote compassion and help stop the systematic mistreatment of the ten billion farm animals who are exploited for food in the United States every year.

Gene Baur is co-founder and president of Farm Sanctuary, America’s leading farm animal protection organization. He holds a master’s degree in agricultural economics from Cornell University and has conducted hundreds of visits to farms, stockyards, and slaughterhouses to document conditions. His pictures and videotape exposing factory farming cruelty have been aired nationally and internationally, educating millions. His efforts have been covered by leading news organizations, including the New York Times, Los Angeles Times, Chicago Tribune, Wall Street Journal, Washington Post, National Public Radio, ABC, NBC, CBS, and CNN.

**Mr. Baur will also be speaking on Maui: Tuesday, March 10th, 7 p.m.
Cameron Center, 95 Mahalani St., Wailuku**





VSH Events— Kauai



Mark Reinfeld and Jennifer Murray, co-owners of The Blossoming Lotus Restaurant in Kapaa, were the guest speakers at the November potluck and lecture. Their topic was



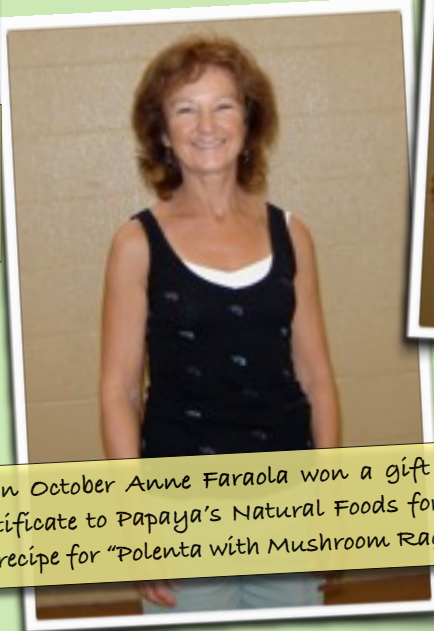
An overflow crowd of seventy-five people attended the December potluck and demonstration by raw foods chef Jan DeLavega. Her presentation "Eat Raw, Live Long" was well received, as were her tasty food samples.



Anne Rogers De Anda (right) of Kapaa won a gift certificate to Papaya's Natural Foods for her recipe, "Juliano's Raw American Pizza" at the December potluck. Vigil Alkana (left) was the judge.



"Live Foods and the value of Internal Cleansing" was the topic of a talk by Kathy Matara, Ph.D. at the potluck luncheon and lecture in October.



In October Anne Faraola won a gift certificate to Papaya's Natural Foods for her recipe for "Polenta with Mushroom Ragu."



Kellie Pleas (right) of Kekaha created the winning recipe for her "No Need Eat Breakfast Muffin" at the November Potluck and Lecture. Jessica Murray (left) was the judge. See recipe on page 17.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.



Local Happenings

Down to Earth is flying high in national print

by Erika Engle

This article originally appeared in the Honolulu Star-Bulletin on December 7th, 2008. Reprinted with permission from the Star-Bulletin.

The folks at Down to Earth are over the moon.

The Hawaii-based, Maui-born five-store chain gets national exposure in the January issue of Vegetarian Times magazine, which named it No. 3 on its “Veg25 hot list of fresh voices, ingenious products, and handy resources” for 2009.

The magazine compares shopping at Down to Earth to “the limitless feeling you get in a veg restaurant,” where a diner needn’t worry about a dish’s ingredients. The magazine reports that every product the store sells is free of meat, fish oils, gelatin, and animal rennet and tells a bit more about the store.

The top two Veg25 listees were Iced Bliss, a line of soy- and rice-based ice creams and veganetsy.etsy.com, a community of artisans selling cruelty-free crafts online.

The magazine contacted Marketing Director Frank Santana a few months ago for information.

“They wanted an update on where we are and what we’re doing, and so I gave them what they needed,” he said.

He didn’t know how the magazine was going to use the information until

the issue arrived, “and you can imagine my surprise!” he said.

“Vegetarian Times wrote about us a few years ago, but we’ve been off the radar for a long time,” he said.

A large part of the blip that got it back on the radar was its repositioning as a 100% vegetarian store, not just a health food store or a natural food store. The differentiation is more significant than an omnivore might realize.

“The Vegetarian Times recognition of Down to Earth is particularly auspicious because there are so few all-vegetarian stores in the nation,” Santana said.

Many natural supplements, for instance, are sold in capsules that are often made from a material derived from cow hooves. Not at Down to Earth, where foods and supplements are plant-based.

“This is a values-based company,” Santana said. “From the start, the idea was to promote a healthier lifestyle through organic and natural foods and a vegetarian lifestyle.”

While not popular with the mainstream on Maui when established in 1977, a core group was interested, kept it going, “and it caught on,” he said.

“They were ahead of the power curve, by decades.”

The flagship Down to Earth store on S. King Street in Moiliili has been renovated, with space and new products added, “and we have been inundated with compliments from our cus-

tomers,” not all of whom are vegetarian, Santana said.

The company also has introduced



a customer-reward card this year “and it’s going gangbusters. We already have 20,000 subscribers.”

The magazine hits newsstands Tuesday and is available at Down to Earth and other locations. The coverage will not be posted online until late February.

Leilani Farm Sanctuary granted non-profit status

Leilani Farm Sanctuary (LFS) located in Haiku, Maui, founded and operated by VSH board member Laurelee Blanchard, just received its official 501(c)(3) status from the IRS, which means that donations are tax deductible. LFS was created to provide shelter and care for abused animals and humane education to the public. The organization promotes a vegan diet and lifestyle.

There are various ways you can help the sanctuary, including in-kind donations, monetary contributions, animal sponsorship, and labor assistance. To contact Leilani Farm Sanctuary, please visit www.LeilaniFarmSanctuary.org or send an email to Laurelee@LeilaniFarmSanctuary.org

Tax deductible donations can be mailed to 260 E. Kuiaha Road, Haiku, HI 96708.

Feast or Famine: Meat Production and World Hunger

by Mark Hawthorne

Hanging in the Newseum in Washington, DC is a photo that is about as heart-rending an image as you're likely to find anywhere. Taken by Kevin Carter for The New York Times in 1993, the photo depicts a starving Sudanese toddler crumpled on the ground, as if her stick-like legs could no longer bear the weight of her large head and swollen stomach, bloated from the malnourishment disease called kwashiorkor. While that alone is disturbing, what makes the tableau truly haunting is the vulture patiently waiting just a few feet behind the emaciated child. This photograph earned Carter a Pulitzer Prize and epitomized the toll that famine is taking on developing countries around the world.

Tragically, of course, hunger has only become an even graver issue in the last 15 years—a point made clear in a report released July 29 from the Center for Strategic and International Studies (CSIS). Recommending urgent action for long-term relief, the CSIS report calls for “a strategic U.S. approach to the global food crisis.”

“Food crisis,” however, implies some recent, short-term cause and effect, when in fact the “perfect storm” of rising energy costs, grain hoarding, government subsidies, drought, and the demand for biofuels diverts attention from an entrenched industry and a remedy neither the CSIS nor many social activists want

to contemplate: eliminating meat production.

“Whoa!” you say. “Don’t take away my steaks and cheeseburgers.” Meat-eating is such an ingrained aspect of Western culture that proposing its demise, even to save the world, deserves some discussion. Fair enough.

The United Nations estimates that 854 million people—nearly 13 percent of the world’s human population—go hungry every day. And the



problem is only getting worse. Josette Sheeran, executive director of the UN’s World Food Program, says, “The world’s misery index is rising.”

So is our hunger for meat. As Gene Baur observes in “Farm Sanctuary: Changing Hearts and Minds About Animals and Food,” in 1950, 50,000 farms produced 630 million “meat” chickens in the United States. By 2005 the U.S. had 20,000 fewer farms—but they were producing 8.7 billion chickens for meat. That’s a lot of chicken feed. In fact, every year industrial animal factories in the U.S. feed 157 million metric tons of legumes, cereal, and vegetable protein to livestock, resulting in 28 million metric tons of animal protein for human consumption. Nutritious plant-based food that could feed humans instead goes to feed

animals in a very inefficient use of resources.

Jeremy Rifkin, president of the Foundation on Economic Trends in Washington, DC states it succinctly: “People go hungry because much of arable land is used to grow feed grain for animals rather than people.” He offers as one example the Ethiopian famine of 1984, which was fueled by the meat industry. “While people starved, Ethiopia was growing linseed cake, cottonseed cake, and rapeseed meal for European livestock,” he says. “Millions of acres of land in the developing world are used for this purpose. Tragically, 80 percent of the world’s hungry children live in countries with food surpluses that are fed to animals for consumption by the affluent.”

The demand for meat has been especially dramatic in developing countries. “China’s meat consumption is increasing rapidly with income growth and urbanization, and it has more than doubled in the past generation,” says Rosamond Naylor, an associate professor of economics at Stanford University. As a result, land once used to provide grains for humans now provides feed for chickens and pigs.

The USDA and the United Nations state that using an acre of land to

“Land once used to provide grains for humans now provides feed for chickens and pigs.”

raise cattle yields 20 pounds of usable protein. If soybeans were grown instead, that same acre would yield 356 pounds of protein. Animal agriculture also wastes valuable water resources. Population biologists Paul and Anne Ehrlich note that a pound of wheat

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can be grown with 60 gallons of water, whereas a pound of meat requires 2,500 to 6,000 gallons.

Here's another way to look at it. According to the aid group Vegfam, a ten-acre farm can support 60 people growing soybeans, 24 people growing wheat, ten people growing corn, and only two people producing cattle. Reducing meat production by just ten percent in the U.S. would free enough grain to feed 60 million people, estimates Harvard nutritionist Jean Mayer. Sixty million people—that's the population of Great Britain, which, by the way, could support 250 million people on an all-vegetable diet.

Not surprisingly, the meat industry has a beef with these statistics. They say, for example, that the grains and soybeans fed to farmed animals are not of the high quality that humans would expect to eat (tell that to a starving child). Yet it's difficult to dispute the fact that animal agribusiness uses land and water that could be used to grow plant foods for human consumption.

As Rifkin observes, it is ironic that millions of consumers in developed countries are dying from diseases of affluence, such as heart attacks, diabetes, and cancer, brought on by eating animal products, while the poor in the Third World are dying of diseases of poverty caused by being denied access to land to grow food grain for their families.

"We are long overdue for a global discussion on how to promote a diversified, high-protein, vegetarian diet for the human race," says Rifkin, whose book *Beyond Beef: The Rise and Fall of the Cattle Culture* addresses the moral paradoxes of eating meat.

Are those steaks and cheeseburgers really worth all the lives they take—human and non-human? It would be naïve to think the world will go vegetarian overnight, or even in a

few decades. But looking at Carter's powerful photograph, I can't help but believe that we have been woefully mistaken in how we treat those with whom we share this planet. If we hope to bequeath a sustainable world to future generations, we'll have to shake loose this meat-produced disaster and embrace a kinder way of living.

Mark Hawthorne is the author of *"Striking at the Roots: A Practical Guide to Animal Activism"* (www.strikingattheroots.com).

Going the extra mile on the vegan diet

by Alyssa Tsuchiya
VSH member

We all know the reasons we became vegetarians—animal welfare, human welfare, the environment, health—the list goes on. With our hearts, minds, and grocery lists we invest in our diet, making countless sacrifices, substitutions, and Down to Earth pit stops. But every so often it is important to evaluate our diets' real impact on the Earth—there are actually several contradictions in vegetarianism that must be acknowledged, but once confronted and resolved, the case for giving up meat becomes even stronger.

From the United Nations Food and Agriculture Organization¹ to the University of Chicago,² vegetarianism is consistently lauded for its environmental benefits. And with livestock agriculture's track record of greenhouse gas emissions, water and air

pollution, and land degradation,³ it's easy to see why. But it's also important to recognize that some aspects of a vegetarian diet aren't all too environmentally friendly, either.

One such contradiction that goes largely unnoticed is the environmental impact of vegetarian products made from Amazon soy. This is just another sad case of economic profit over environmental welfare. The Amazon is being deforested at an alarming rate—more than 12 square miles a day,⁴ a good portion of which goes to cattle production. However, a majority of this cleared land also goes to soy production⁵—enough to let Brazil lay claim to the soy crown of the world. While about half of this soy then goes to fattening European chickens,⁶



sleazy U.S. food producers import millions of tons of soy stateside each year (which means reliance on other countries and transportation greenhouse gas emissions.)⁷, some of which may end up in our vegetarian products, which we buy in hopes of helping the environment. The irony.

Similarly, because vegetarianism is not currently a mainstream diet, many of our specialty foods (e.g., veggie burgers and other meat analogs) are not locally made. Thus, that frozen veggie patty sitting

"Every so often it is important to evaluate our diets' real impact on the Earth."

in your freezer probably has seen more of the Lower 48 and Pacific Ocean than you will (the problem being, of course, the fossil fuels expended in its transportation).

But don't go back to eating meat just yet. These contradictions of vegetarianism and environmentalism can

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be avoided. When reading food labels, don't just stop at the ingredients and nutrition facts—go the extra step to see what company produces your food, and how. Most companies that produce vegetarian food are also very eco-friendly (ex., Silk soy milk uses American soybeans, and its production is 100% offset by wind power⁹), so chances are, you'll be encouraged by what you find. At the same time, there will always be companies that take the easy way out—slave labor, dangerous work conditions, violating environmental policies, etc. Learn to avoid them.

As for transportation emission costs of imported foods, the easy solution would be simply to become a “locavore”—eating locally-grown and produced foods as much as possible. Schedule regular trips to the farmer's market—it's easy and more personal. Logically, making unnecessary the cost of importation would reduce the cost of local food. But either way, the quality is better—Hawaii maintains some of the best growing conditions. And especially in these bad economic times we should be supporting our local economy as much as possible.

The sustainability of this option, as in a study of vegetarian and omnivorous agriculture land footprints, has not yet been assessed for Hawaii, but in any event, plant cultivation is invariably better for the environment. Although some animal agriculture may only utilize lower-quality pastures that can't be used for crops anyway, it nevertheless produces pollution, erosion, and sometimes loss of biodiversity. With the fragile nature of our island state, this is just not a practical industry.

More than anything, we need to learn that everything we do has consequences—every purchase we make, every organization we support, everything we eat and drink. Readers of *The Island Vegetarian* are probably

among the most informed and conscientious people, but there's always another article to read, another person to inform. A vegetarian diet is, in itself, better for the environment than an omnivorous one, but in a world where even the best intentions can have unintentional consequences, it's never bad to go that extra mile.

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5. <http://www.greenpeace.org/usa/news/undercover-investigation-revealed>
6. <http://www.nature.org/magazine/autumn2007/features/art21918.html>
7. <http://environment.nationalgeographic.com/environment/habitats/last-of-amazon.html>
8. <http://www.news.cornell.edu/stories/oct07/diets.ag.footprint.sl.html>
9. <http://www.silksoymilk.com/AboutSilkOurCauses/HelpingTheEnvironment.aspx>

Dog owners swap bones for broccoli

PRESS RELEASE—The latest report from insurance provider LV= has shown that health concerns have led to a surge in pet owners changing their pets' diets and swapping meat for vegetables and fruit.

40% of pet owners in the UK now feed their pets up to three portions of fruit and vegetables a day, and according to the new research by pet insurer LV= there are now more than 145,000 cats and dogs in the UK on a vegetarian diet.

In turning their animals vegetarian, these pet owners are following celebrity dog-owners such as Alicia Silverstone and Paul McCartney who feed their dogs a vegan and vegetarian diet respectively.

One of the main reasons for the trend in vegetable heavy diets is the perceived health benefit, with 42% of pet owners who have increased the number of vegetables in their pets'

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Ace, a German Shepherd, gnaws on one of his favorite treats—a stalk of celery. Dogs can thrive on well-planned vegetarian diets.

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diet saying they have done so to improve the health of their animal.

16% of pet owners said they simply follow Government nutritional advice for humans, such as eating five portions of vegetable and fruit a day, and apply it to their pet.

According to the report from LV=, other reasons given include the cheaper cost of a vegetarian diet (12%), because organic pet food is considered a waste of money (29%), and because it's more ethical (4%). Just one in four (24%) of the UK's cats and dogs now exist on a meat-only diet.

The most popular vegetables to give to pets are carrots (19%), potatoes (12%) and peas (11%).

As well as pets eating more vegetables, the LV= research shows that 13% of UK pets are given vitamin or vegetable supplements daily.

Health-conscious owners say they have noticed a range of improvements from their veggie-eating pets, from fewer health problems (27%), glossier coats (21%), and a better digestion (28%) to loss of weight (13%).

Emma Holyer, Spokesperson for LV=, said:

"As this research shows, there are thousands of cats and dogs consuming vegetables in their diets without any problems. In fact, these diets are well known for relieving arthritis, skin and fur problems, and obesity in dogs.

"However, pet owners thinking of putting their pet on a vegetable only diet should check with their vet. Cats cannot survive on a vegetarian diet and will need specialist supplements, and although dogs can survive, a sudden change in diet is likely to cause problems. Animals are just like humans in that they need a mixture of minerals and vitamins to keep them healthy, and cutting out whole food groups can seriously damage their health."

LV= is a trademark of Liverpool Victoria Friendly Society Limited (LVFS) and LV= is a trading style of the Liverpool Victoria group of companies.

The research was carried out on behalf of LV= by YouGov. A nationally representative sample of 2,050 pet owners were questioned online between 9th and 11th September 2008. Results are weighted to be representative of the UK adult population. YouGov is a member of the British Polling Council.

No Need Eat Breakfast Muffin

by Kellie Pleas (see page 12)

- 1 cup whole wheat flour
- 1 cup brown rice flour
- ½ cup soy flour
- ½ cup whole wheat pastry flour
- 1½ cups wheat or oat bran
- 1½ cups flaxseed meal
- 4 tsp baking soda
- 2 tsp baking powder
- 1 tsp salt
- 4 tsp cinnamon
- 3 cups shredded carrots
- 4 apples, peeled and shredded, or use applesauce w/wet ingredients
- 1 handful each of raisins, shredded coconut (unsweetened), coarsely chopped almonds, walnuts, macadamia nuts, or whatever you fancy
- 1½ cups almond, soy, or rice milk
- 1½ cups raw agave
- Ener-G egg replacer equivalent to four eggs
- 2 tsp vanilla

Mix together all dry ingredients in a large bowl. Stir in carrots, apples, and your favorite fancies. Combine milk, agave, Ener-G, and vanilla. Blend wet ingredients into dry, mixing until the flour is moist. Fill muffin cups full. Bake at 350 degrees for 15-20 minutes. Yields 24 muffins.

Food for Life TV

Want to learn how to improve your health from the comfort of your own home? Then tune into Food for Life TV, PCRM's interactive webcasts for anyone who wants a healthy diet.

This online video support group, based on PCRM's popular diabetes classes, offers free information on diet and disease, including diabetes, cancer, and heart disease, as well as cooking demonstrations and group support for anyone looking to lose weight, lower cholesterol, or simply improve his or her health.

Each 30-minute show focuses on a different topic and usually includes a lecture by PCRM president Neal Barnard, M.D. as well as a cooking demonstration by chefs and nutritionists. Class discussions range from the science behind type 2 diabetes, to the dollars and cents of healthy eating, to how foods can help fight headaches and migraines.

Susan Levin, M.S., R.D., Jill Eckart, C.H.H.C., and other PCRM nutritionists and health counselors answer nutrition questions from the online audience, share success stories from participants who have adopted a healthy vegan diet, and demonstrate how to make easy and healthful recipes such as Mediterranean Salad with Balsamic Syrup Vinaigrette. Classes have featured guest lecturers and chefs, including chef Robyn Webb and nutrition expert and author Brenda Davis, R.D.

The classes air Thursdays at 8 p.m. EST and again on Saturdays at 1 p.m. To watch previous classes or to receive e-mail updates and a weekly reminder, please visit FoodForLifeTV.org.





Book Reviews

Vegan a Go-Go!: A Cookbook and Survival Manual for Vegans on the Road

by Sarah Kramer

256 pages (paperback)
Publisher: Arsenal Pulp Press
(September 1, 2008)
ISBN-10: 1551522403
ISBN-13: 978-1551522401



Product Description

Sarah Kramer is a vegan superstar; she was named “The World’s Coolest Vegan” by *Herbivore Magazine*, and her first three cookbooks have sold a combined total of over two hundred thousand copies. *Vegan a Go-Go!* represents a change of pace for Sarah: it is a cookbook and more for vegan travelers, many of whom are daunted by the idea of going on the road and being able to locate and/or prepare the kind of nutritious animal-free meals they enjoy at home.

The new book includes 150 recipes, many of them new, and others that have been adapted from her ear-

lier books. All of the recipes are easy to prepare with a minimum of ingredients and are guaranteed to deliver energy, nutrition, and great flavor. The rest of the book contains information and advice pertinent to vegan travelers, from how to deconstruct a restaurant menu to what food items are best suited to carry around in your luggage or handbag. There’s even a section on “How to Say ‘I Am Vegan’” in numerous languages.

The book is also designed with the traveler in mind: it is small enough to slip into one’s pocket or purse, yet has a reinforced cover to ensure durability under the harshest conditions. Full of Sarah’s high-energy wit and verve, *Vegan a Go-Go!* makes life for vegan travelers a lot less stressful and a lot more fun.

Great Chefs Cook Vegan

by Linda Long

272 pages
Publisher: Gibbs Smith
(August 11, 2008)
ISBN-10: 142360153X
ISBN-13: 978-1423601531

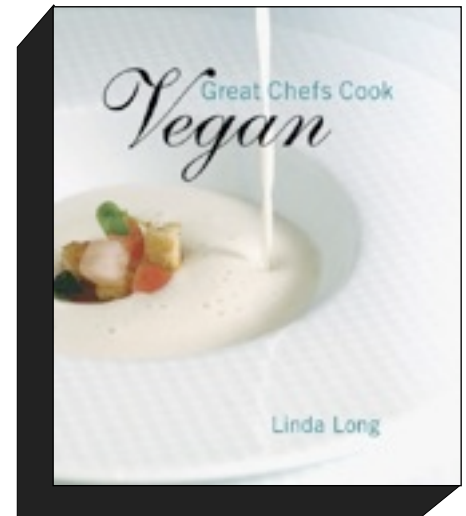
From the Inside Flap

Great Chefs Cook Vegan includes recipes from 25 of the greatest chefs, including Thomas Keller, Jean-Georges Vongerichten, Daniel Boulud, Charlie Trotter, and many other James Beard Award-winning chefs.

Each chef provides a delicious three- or four-course vegan meal, complete with beautiful photography of mouthwatering dishes like Baby Beet Salad with Pistachio Vinaigrette and Chickpea Fritters, Sweet Pea Ravioli with Sauteed Pea Leaves, and

Stuffed Baby Bell Peppers with Sunflower Seed Risotto.

Now, with instruction from the great chefs themselves, anyone can



create a delicious vegan meal that is more appetizing than the standard steamed vegetables and pasta.

The Ultimate Vegan Guide: Compassionate Living Without Sacrifice

by Erik Marcus

190 pages (paperback)
Publisher: CreateSpace
(November 18, 2008)
ISBN-10: 1440464987
ISBN-13: 978-1440464980

Product Description

YOU could be the world’s next vegan. It’s easy if you know how, and this uniquely helpful book tells you everything you need to know. Every topic related to vegan living is covered, including cooking, nutrition, food shopping, dining out, and much more. You’ll get clear and straightforward

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guidance from one of the world's most respected vegan authors. Going vegan is something you can easily accomplish; let *The Ultimate Vegan Guide* show you the way.



Deadly Dairy Deception

by Robert D. Bibb, M.D.

Publisher: Sheriar Press
(2008)
ISBN: 978-0-615-24227-9
www.deadlydairydeception.com/

Review by William Harris, M.D.

Robert Bibb is a dermatologist, but this book is about the surge in prostate cancer, which peaked in 1992 at 240 per 100,000 males/year and now runs around 190 among black men, which is about twice the rate among white men. The rate was below 100 in 1975 and Bibb's question is, what caused the increase?

His answer is unique. The dairy industry has always promoted milk as a calcium source, but without the so-called "vitamin D" (actually a hormone, not a vitamin), the calcium is

not well utilized. Cow's milk has slightly less D than human milk, so in the 30s the industry began adding ergosterol, a fungus-derived D precursor¹, to the product and then irradiating it with ultraviolet light (UV) in a device invented by Professor Harry Steenbock of the University of Wisconsin. This produced active vitamin D, so the dairy industry got credit for ending rickets, a widespread childhood bone deformity caused by D deficiency even though adding D to any other commonly used food would have done the job as well.

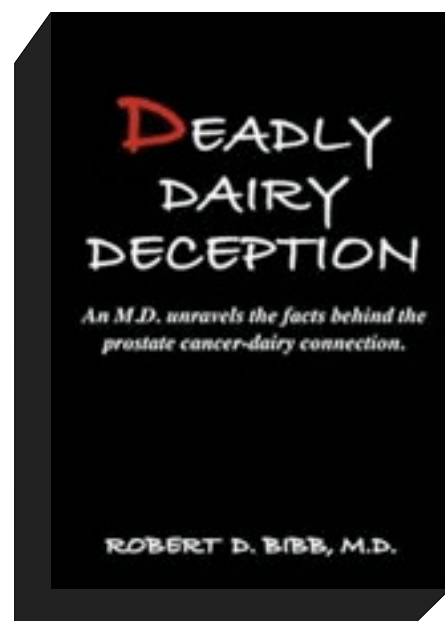
However, irradiation was phased out during the late 1940s because it became less expensive to manufacture D in the lab and add it to the milk. Bibb notes that the end of the Steenbock process appears to coincide with the start of an upward climb in the incidence of prostate and breast cancer.

Now IGF (Insulin-Like Growth Factor) is a hormone made of two strands of protein held together by disulfide bonds and existing in the milk of all mammals for the purpose of promoting infant growth. Cows must go from a birth weight of 90 lbs to 490 lbs in 260 days, a five fold increase. By contrast, a human infant experiences a ~ 2-1/2 fold increase in the same period. Ordinarily, proteins and peptides are broken down to amino acids before absorption, but clearly IGF is absorbed intact by infants or it wouldn't be there in the first place, so the question is whether it is also absorbed by milk drinking adults. Bibb thinks that it is, and since a number of studies show that human serum IGF goes up after milk consumption, the next point of interest: *IGF is also a powerful tumor promoter*. Not only does it induce rapid growth of normal tissue but cancerous tissue as well².

Bibb's thesis is that during the days of milk irradiation, not only was ergosterol activated to D, but the IGF was inactivated. Ultraviolet (uv) ra-

diation breaks up disulfide bonds in various molecules³, probably including IGF. Hence, when milk irradiation stopped in the late 40s, the human intake of intact IGF went up, and as males reached their cancer prone years 30 to 40 years later, the IGF kicked in and prostate cancer rates went through the roof.

That sex hormone-related cancers have at least something to do with cow milk intake is supported by FAO/WHO data showing that animal source calcium (dairy) intake correlates linearly with prostate, breast, and ovarian cancer rates as well.



References:

1. <http://en.wikipedia.org/wiki/Ergosterol>
2. Nutr Cancer. 2004;48(1):22-7. *Milk consumption is a risk factor for prostate cancer: meta-analysis of case-control studies*. Qin LQ, Xu JY, Wang PY, Kaneko T, Hoshi K, Sato A.
3. Protein Sci. 2006 Feb;15(2):343-51. *Photonic activation of disulfide bridges achieves oriented protein immobilization on biosensor surfaces*. Neves-Petersen MT, et. al



SIX MILLION SENTIENT BEINGS ARE KILLED FOR THEIR MEAT EVERY HOUR WORLDWIDE, NOT EVEN COUNTING SEA ANIMALS. MEAT CONSUMPTION CAUSES MORE SUFFERING AND DEATH THAN ANY OTHER HUMAN ACTIVITY AND IS COMPLETELY UNNECESSARY.

WORLD DAY FOR THE ABOLITION OF MEAT, JANUARY 31ST, IS INTENDED AS A MEANS OF PROMOTING THE IDEA OF ABOLISHING THE MURDER OF ANIMALS FOR MEAT. GROUPS AROUND THE WORLD ARE ORGANIZING CONFERENCES, DEMONSTRATIONS, AND INFORMATION BOOTHS TO SPREAD THE IDEA THAT MEAT CONSUMPTION IS ETHICALLY UNJUSTIFIABLE AND MUST BE ABOLISHED. THEY WILL PROMOTE VEGETARIANISM AND VEGANISM AND CALL FOR AN END TO THE PRACTICE OF KILLING ANIMALS FOR FOOD. IT IS IMPORTANT TO QUESTION THE MURDER OF ANIMALS FOR MEAT SO THAT SOCIETY CAN NO LONGER AVOID A PUBLIC DEBATE ON THE LEGITIMACY OF THIS PRACTICE.

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