



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 20, Issue 2, April-June 2009

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Public Lectures:

MICHAEL GREGER, M.D.

**"THE LATEST IN
CLINICAL NUTRITION"**

Tuesday, April 21st, 7 p.m.
Ala Wai Golf Course Clubhouse

JOHN KRISTOFICH, M.D.

"HEART DISEASE: THE #1 KILLER"

Tuesday, May 12th, 7 p.m.
Ala Wai Golf Course Clubhouse

JOHN WESTERDAHL, PH.D.

**"THE POWER OF PLANT FOODS
IN ANTI-AGING
& LIFESTYLE MEDICINE"**

Tuesday, June 9th, 7 p.m.
Ala Wai Golf Course Clubhouse

See page 9 for more details
and Maui meeting times.

Diet change could save \$ trillions in fighting climate change

by Scott Snarr, Editor

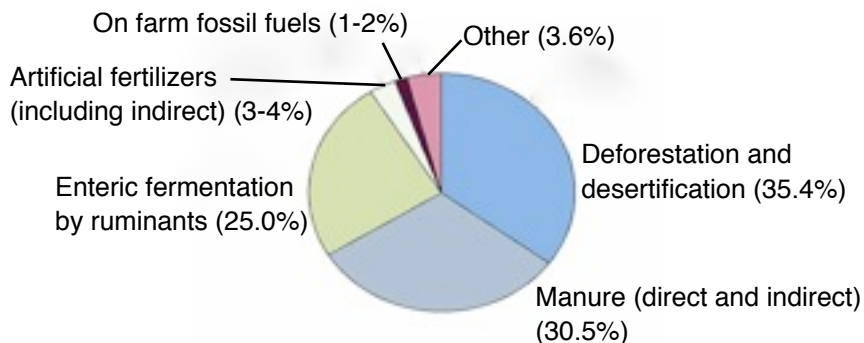
A worldwide switch to a plant-based diet could cut the cost of stabilizing greenhouse gases in the atmosphere right down the middle. The savings could top US\$20 trillion according a study by the Netherlands Environmental Assessment Agency published February 9, 2009 in *Climatic Change*.

Meat reduction on a global scale would slow greenhouse gas emissions drastically by reducing livestock numbers, a major contributor of methane and nitrous oxide. Furthermore, vast tracts of land devoted to grazing — nearly seven billion acres, or ten million square miles — would be freed up and converted to dense vegetation that would absorb large amounts of carbon dioxide from the atmosphere. Livestock production currently accounts for 80% of all land used by humans and is the number one contributor to greenhouse gases, causing 18% of total emissions.

The authors of the study note that various authorities around the world are advising the public to cut down on meat for health reasons but that the results could have enormous benefits for the environment as well. If the world is to reach its ambitious goal of stabilizing greenhouse gases in the atmosphere at 450 ppm in CO₂ equivalents by 2050, widespread adoption of a plant-based diet is critical.

Reference: *Climatic Change* (DOI:10.1007/s10584-008-9534-6)

Proportion of GHG emissions from different parts of livestock production



Source: The Lancet, 2007

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 Owen Snarr

Dear Readers,

As I scour the Internet to bring you the latest news about vegetarianism, I feel heartened by what I find. The voices for a vegan diet seem to be coming from all directions. The number of governmental and non-governmental institutions that recognize a plant-based diet as the ideal solution to health, hunger, or environmental problems continues to rise. The calls for leaving off meat and dairy are even coming from committed carnivores.

For example, Mark Bittman, a bestselling cookbook author and NY Times food columnist, seems an unlikely candidate to promote a vegan diet. And although not about to give up meat completely, he is trying to wake people up to the devastating health and environmental consequences of animal foods and the sheer magnitude of suffering in factory farms. He calculates that the nine billion animals slaughtered for food in the U.S. each year, put head to toe, would form a line stretching roughly to the moon and back five times.¹ That's something to think about next time you gaze at the moon.

A Wisconsin dairy and direct-market beef farmer might be the last person you'd expect to call for a plant-based diet. But that's what Jim Goodman suggested in a recent article he authored. "If we want a healthier diet, and I say this as a livestock producer, we must move to a diet less centered on animal products." He goes on to say that, "The grain-producing farmland that fattens our livestock, powers our cars, and sweetens the forty gallons of soda per capita we drink each year is unavailable for the healthy food we should be growing."²

Two cities synonymous with the meat industry, Chicago and Cincinnati, are promoting part-time vegetarianism as a solution to the worsening public health and climate change crises, respectively. Authorities in Singapore, Great Britain, and Germany are advising citizens to make drastic cutbacks on meat for various reasons. These are but a few examples (See **Vegan Tidbits**, page 19).

We could be witnessing a pivotal moment in history as vegetarianism and veganism transition into mainstream. If you are not already a vegetarian or vegan, now is a good time to think about making the change for the sake of your own health, the billions of animals who need your help, and the future of our planet.

-SoS

References:

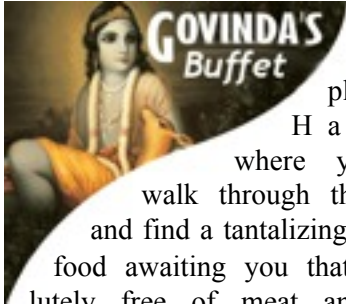
1. "What's wrong with what we eat." [video]. Mark Bittman. http://www.ted.com/index.php/talks/mark_bittman_on_what_s_wrong_with_what_we_eat.html
2. "USDA sees a problem, not the solution." Jim Goodman. February 15, 2009. <http://www.commondreams.org/view/2009/02/15-6>



Local Happenings

Govinda's opens its doors for dinner

by Scott Snarr



There are few places in Hawaii where you can walk through the doors and find a tantalizing array of food awaiting you that's absolutely free of meat and eggs. Govinda's buffet restaurant, located in the Hare Krishna temple at 51 Coelho Way in Honolulu, is one of those rare places. Conscientious — or just plain hungry — diners will be pleased to know that the business is extending its hours to include dinner beginning April 1st. The new hours of operation are 11 a.m. to 2 p.m. and 5 to 8 p.m., Monday through Friday. Food will be sold by weight and competitively priced at \$6.99/lb.

The buffet offers a daily soup, sabji (vegetable) dish, salad, and fresh brown rice. Dinner will feature

two daily entrees drawn from a vast rotating menu that includes succulent spring rolls, tender nutloaf, Chinese noodles with veggies, and vegan enchiladas. At least one entree each day will be vegan. All meals are cooked fresh right before doors open for business.

Govinda's uses 80% organic ingredients, including homegrown fruits. When mangos and avocados are in season, expect the chefs to come up with delightful ways to work them into the cuisine. An area of the property has also just been cleared to grow more organic vegetables for the restaurant.

Customers who haven't visited Govinda's recently will find an updated decor and a selection of vegetarian cookbooks for sale near the counter.

Govinda's runs a second branch at the University of Hawaii-Manoa campus in the sustainability courtyard, open for lunch only. Govindaji at 1118 Fort Street Mall in downtown Honolulu is independently operated but features exclusively Govinda's cuisine.

Leftovers from Govinda's are used to feed the needy *via* Food for Life and other social service programs. The temple has been involved in feeding the homeless for over twenty years.



Photo: Yugala Rasa

Govinda's is located inside the Hare Krishna temple manor.

On TV...



"Vegetarian" VSH lectures

Oahu—Oceanic Cable Ch. 52

Thurs. 6 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

Wed. 9:30 p.m.

Thurs. 5:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii

Cable Ch. 54, Sat. 2 p.m.

Kauai—Ho'ike 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"

Terry Shintani, M.D.

Dr. Diane Nomura

Ruth Heidrich, Ph.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

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.

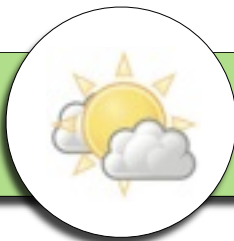
Want to try your hand at writing? We are always in need of articles by local writers about the various aspects of vegetarianism, especially those of local interest or about current events. Articles should be 300-500 words in length. We also need book reviews on current books with a pro-vegetarian message.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

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 June 1, 2009.

Please send submissions (electronically only) to:

info@vsh.org



Opinions

Pulling the plug on junk food ads

by Scott Snarr, Editor

Of all the factors that influence diet, can you name the one that's easiest to change? According to Consumers International (CI), it's television, or more specifically, TV food advertising.¹

65% of Americans are overweight or obese,² and if things don't turn around, that number could hit 86% by the year 2030.³ What does this have to do with TV?

A lot. On average Americans watch more than four hours of TV every day,⁴ where they are immersed in junk food advertising. Junk food makers spend billions of dollars targeting children every year.^{5,6} In the largest ever study of its kind the Kaiser Family Foundation found that young children, tweens, and teenagers in the U.S. respectively watch 4400, 7600, and 6000 food ads every year, accounting for half of all commercials. Researchers found that out of 8,854 ads aimed at children fast food and candy and snacks were the most frequently advertised categories of food. Not a single ad touted fruits or vegetables.⁷ Other recent studies found similar results.^{8,9}

The effects of all this junk food advertising are becoming increasingly apparent. Food ads can increase viewers' appetites by 100% or more.¹⁰ The categories that young consumers spend most money on are candy and snack foods, soft drinks, fast food, and cereal,¹¹ corresponding closely with the ads they see the most.

The effects are seen early in life. A study last year showed that preschool-aged children preferred the taste of food with a McDonald's logo to food without, even though it was the exact same food, split in half, and wrapped in otherwise identical packaging. The more TV sets there were in the home, the stronger was the child's preference for the branded food.¹²

The effects of TV food ads are also long lasting. Another study found that high school students who watched more than 5 hours of TV daily ended up eating fewer fruits, vegetables, whole grains, and more fast foods and junk foods of all kinds five years down the road into young adulthood.¹³

Food advertisements are often criticized for their negative health impact. We should also be aware that they are a major factor in driving billions of animals to slaughter each year and that raising livestock is a major contributor to catastrophic climate change.

Marketing is too sophisticated and ubiquitous to think that there's a single solution. However, a recent study indicates that a ban on fast food advertising on TV in the U.S. would reduce obesity by 18% of young children and 14% of teens.¹⁴ And think of all the animals saved.

Short of an outright ban, however, we can push for any among a wide range of restrictions. We can demand that advertising not continue to be a tax write-off. CI is currently pressuring the World Health Organization to adopt an international code for marketing food and beverages to children. The Federal Trade Commission has been charged with the

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task of evaluating marketing to minors and will report to Congress in July 2010. Now is a good time to let your voice be heard.

Meanwhile, there's an immediate, effortless way to stop the junk food ads from ever reaching your home: Unplug the TV set. Or better yet, get rid of it altogether. As the director of the American Public Health Association put it, turning off the TV is "a way to address the nation's burgeoning medical care bill that wouldn't cost any money, [w]ould involve no new government programs, or place any additional burdens on private employers."¹⁵ You can start by joining millions of other Americans this April 20-26 in National TV Turnoff Week.¹⁶

References:

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www.consumersinternational.org
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3. "Study suggests 86 percent of Americans could be overweight or obese by 2030." 28 July 2008. John Hopkins University Bloomberg School of Health. Retrieved from www.eurekalert.org
4. <http://www.csun.edu/science/health/docs/tv&health.html>
5. <http://www.fic.gov/speeches/leibowitz/080729foodmarketingtochildren.pdf>
6. http://www.broadcastingcable.com/article/108968-Food_Marketing_Debate_Heats_Up.php
7. www.kff.org/entmedia/upload/7618.pdf
8. "The Junk Food Generation." Consumers International, 5 May 2004.
www.consumersinternational.org
9. Harrison, K. & Marske, A. "Nutritional content of food advertised during the television programs children watch most." *American Journal of Public Health*. 2005; 95: 1568-1574
10. "TV food adverts increase obese children's appetite by 134%." 24 Apr. 2007. University of Liverpool. Retrieved from www.eurekalert.org
11. Quoted in Linn, S. & Novosat, C.L. "Calories for Sale: Food marketing to children in the twenty-first century." 2008; 615; 133
12. "Effects of fast food branding on young children's taste preferences." *Archives of Pediatric and Adolescent Medicine*. 2007; 161(8):792-797

13. "Too much TV linked to future fast-food intake." 29 Jan. 2009. Retrieved from www.eurekalert.org
14. "Researchers: Ban on fast food TV advertising would reverse childhood obesity trends." 19 Nov. 2008. Retrieved from www.eurekalert.org
15. <http://lists.essential.org/commercial-alert/msg00009.html>
16. See www.screentime.org for more information.

What's your heart's condition?

by Hesh Goldstein
VSH member

You'll notice that I did not ask about whether you had a "heart condition." I specifically asked about your "heart's condition." To put it another way, do you feel that you are soft hearted or hard hearted? By the time we are done with this, you will know one way or another.

Everyone I talk to says they are soft hearted and full of compassion. They have a pet dog or cat that they love to death, or some tropical fish or some type of bird, yet they have no problem eating the flesh of other creatures. Do you see a bit of hypocrisy there? If they knew the process that put that flesh on their plate, it might change their minds.

Would it bother anyone to know that little chicks are run through a conveyor belt and dropped by the thousands onto a floor the size of two footballs fields to be fattened up in less than two months so they can be eaten? What's even worse is that many of these chickens get sick or crippled and are left on the floor to be trampled by the other chickens. And they still get processed to be eaten.

What about the disease* that comes with this "product" treated with enormous quantities of antibiotics, growth hormones, color enhancers, stink reducers, and chemicals that emulate their natural smell to make them appear bright, colorful, appetizing, healthy and tasty? Do you think that sick creatures get processed as well? Food poisoning anyone?^{1,2}

Does anyone really believe that the vibrant red colored package of meat that you see in the supermarket is really that color? The nature of a dead body is to rot. As it is rotting or decomposing, it starts to turn a grayish green, putrid looking color and smell. Well, that's where the wonders of science come in. In New Jersey on Route 1 there are factories that manufacture chemicals to fix the problem. With a dash of this and a drop of that, that putrid looking, foul smelling, rotting piece of flesh is odor free, vibrant red, and ready to go to the supermarket for you to buy.

And what do these "food" animals eat? Well, cows have four stomachs because they are ruminants and need to process huge amounts of foods with cellulose content, like grass. Would it disturb you to know that the Fraud and Drug Administration allows them to eat dead pigs, horses, and poultry? Mad Cow disease, anyone? But chickens are not vegetarians, so they get fed the dead, dying, diseased, and decaying cows as their food. Yummy!

What about barbecue? Well, the fat from the flesh drips down onto the charcoals and releases a chemical called benzopyrene, which covers the flesh as the smoke rises. Benzopyrene is a chemical found in tobacco, and eating it is the equivalent of smoking 300 cigarettes at one time.³ The long range effects of a flesh-based diet are cancer, heart disease, arthritis, etc. Prescription drugs for life, anyone?

This is why a flesh- and dairy-free organic diet is not only the best and the healthiest, but also the safest. So, once again I ask, what is your heart's condition? Soft or hard? What you eat will answer that question.

Aloha!

**Salmonella, campylobacter, chlamydia, tuberculosis, E. Coli, staph, Strep, botulism, worms, fowl typhoid, lice, mites and more*

References:

1. *Earthsave*
2. *University of Mississippi School of Agriculture*
3. *National Cancer Institute, 2001*



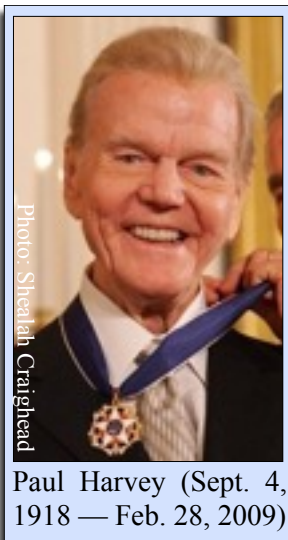
IN THE NEWS

Number of young vegetarians growing

One in every two hundred Americans under the age of 18 is a vegetarian, says a recent study by the Centers for Disease Control. Researchers gathered information by speaking with 9000 parents about their children. Concern for animals was the most common reason cited for children's decision to stop eating meat. Teens are far more likely than young children to be vegetarian, often citing graphic YouTube videos about meat production and slaughter as their impetus for kicking meat.

Paul Harvey, voice for animals, dies at 90

American journalist Paul Harvey passed away recently in Phoenix, Arizona. He was best known for a career in radio broadcasting that spanned seven decades. Less well known is that he was an ardent advocate for animals.



Paul Harvey (Sept. 4, 1918 — Feb. 28, 2009)

Heard by 22 million Americans weekly, Harvey used his voice to speak out against factory farming, puppy mills, animal fighting, and

other forms of exploitation. A close ally of The Humane Society of the United States, he was a long-time advocate of animal welfare reforms — from the Humane Slaughter Methods Act of 1956 to California's Proposition 2 in 2008. He often used his widely syndicated newspaper column to speak out against slaughterhouse cruelty.

And now, as Harvey would say, you know the rest of the story.

Boca to go egg free

The manufacturer of a popular line of meatless burgers, Boca, will stop using eggs in all of its products by the end of this year. The announcement came in March in response to pressure from a coalition of animal rights groups and consumers. Compassion Over Killing led the campaign and was joined by Mercy for Animals and the Animal Protection & Rescue League. The groups are calling the campaign a swift victory, achieved less than two months after it began.

95% of eggs in the U.S. come from chickens raised in horrendous conditions in factory farms. See Eggindustry.com to learn more.

Foie gras public health risk

A new article in the *International Journal of Food Safety, Nutrition and Public Health* implicates foie gras as a potential public health menace. The article, "Amyloid Fibrils: Potential Food Safety Implications," by Michael Greger, M.D. explores the apparent mad cow disease-like food

safety risks associated with foie gras consumption — specifically, that foie gras may trigger amyloidosis, a serious disease that can cause a multitude of major human health problems.

Foie gras is produced by purposefully inducing a state of disease in ducks and geese by force-feeding them until their livers enlarge up to 10 times their normal size. California and more than a dozen countries have taken legislative action on the issue of foie gras and cruel force-feeding practices. A 2004 Zogby poll showed that 80% of Americans believe the practice of force-feeding ducks and geese for foie gras should be banned. Even the Pope (when known as Cardinal Ratzinger) condemned it.

"Most people wouldn't want to eat any part of a diseased animal, but in the case of foie gras, it's the diseased liver itself that diners consume," stated Dr. Greger. "When you add the animal cruelty to the potential public health risks, force-feeding animals for foie gras is just too hard to swallow." Dr. Greger is The Humane Society of the United States' director of public health and animal agriculture.

Low-fat, high-fiber diet reduces breast cancer recurrence

High-fiber, low-fat diets reduce recurrence of breast cancer by 31% in women with higher estrogen levels, according to a new report from the Women's Healthy Living and Eating Lifestyle Study. Almost 3,000 breast cancer survivors were randomly assigned to either a special high-fiber

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diet including five vegetable servings, 16 ounces of vegetable juice, and three fruit servings daily or to a comparison diet based on the U.S. Department of Agriculture's five-a-day guidelines—a total of five servings of fruits and vegetables daily.

Gold EB, Pierce JP, Natarajan L, et al. *Dietary Pattern Influences Breast Cancer Prognosis in Women Without Hot Flashes: The Women's Healthy Eating and Living Trial. J Clin Oncol. Dec 15 2008.*

Factory farming to blame for environmental and health problems

Factory farming was condemned as a major threat to public health and the environment in an article in the February 2009 issue of the *American Journal of Preventive Medicine*, one of the world's most-cited general medicine journals.

The article, "Heath Professionals' Roles in Animal Agriculture, Climate Change, and Human Health," is co-authored by Michael Greger, MD, The Humane Society of the United States' director of public health and animal agriculture, and other public health professionals such as Erica Frank, M.D., president of Physicians for Social Responsibility.

The article implicates factory farming as a primary cause of environmental degradation, epidemics of chronic disease and obesity, and infectious diseases that can be passed from animals to humans. It calls on health professionals to encourage healthier and more environmentally sustainable diets.

The article concludes, "Given the animal agriculture sector's considerable role in environmental degradation, zoonotic disease emergence, and

chronic disease promotion, reducing livestock production and promoting healthy plant-based diets should be a global health priority."

Smoked, cured meat linked to leukemia

A new study shows that consumption of cured and smoked meat and fish is correlated with the risk of leukemia, the most common form of cancer in children, while higher consumption of vegetables and bean-curd is associated with reduced risk. This population-based study in Taiwan compared 145 acute leukemia cases with 370 matched controls, ages 2 to 20 years old. A suggested reason for the increased risk is the formation of carcinogenic N-nitroso compounds in the stomach upon consumption of smoked and cured meats.

Liu C, Hsu Y, Wu M, et al. *Cured meat, vegetables, and bean-curd foods in relation to childhood acute leukemia risk: A population based case-control study. BMC Cancer. 2009; 9:15. doi:10.1186/1471-2407-9-15.*

Going vegan easier than you might think

Adopting a vegan diet is not just healthy, it's surprisingly easy, according to a new study in which people with diabetes made the switch. According to the study in February's *Journal of the American Dietetic Association*, the vegan diet helped participants lose weight, lower their blood sugar, and reduce their need for medication.

Many doctors are aware that a low-fat vegetarian diet can reverse heart disease and provide other benefits, but some mistakenly think that most patients will not make the transition. Now at least five studies published in scientific journals show that

patients can and do adapt to a "strict" vegan diet that dramatically improves their health.

Researchers found that the vegan group reported a small but significant reduction in craving for fatty foods compared with the group consuming an omnivorous diet. This finding contradicts the notion that individuals adopting vegan diets have continued cravings for excluded foods. In fact, the desire for fatty foods such as meat appeared to diminish.

"A vegan diet is very healthy, but most people imagine that it's hard to stick to. We found exactly the opposite. It is less constraining than a conventional diabetes diet," says lead author Neal Barnard, M.D., a George Washington University researcher and president of Physician's Committee for Responsible Medicine. "I would encourage anyone with diabetes to talk to their physician about trying a vegan approach."

In the 74-week study 99 people with type 2 diabetes were randomly assigned to follow either a low-fat, vegan diet or a diet based on American Diabetes Association (ADA) recommendations. The vegan diet dramatically cut consumption of cholesterol, fat, and saturated fat, and increased fiber intake compared with the diet based on ADA guidelines. The vegan group reported slightly more initial effort in preparing foods, but those in the ADA group reported more discomfort with restrictions imposed by their diet.

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



VSH Events—Oahu & Maui



In January the famed cartoonist Dan Piraro kept the audience laughing with his cartoons and quick wit as he recited the story of his personal transition to veganism.



In his February presentation VSH Board Member Dr. Karl Seff showed the audience a rational no-nonsense approach to selecting and avoiding foods for health.



Drawing on 23 years of experience with Farm Sanctuary, March guest speaker Gene Baur asked us to consider the sensitivity, intelligence, and beauty of animals.

See these and other talks online at www.vsh.org.

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

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.

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

Full-time student
 \$12 \$24 \$36 \$48 \$60

Couple or Family
 \$30 \$57 \$81 \$102 \$120

Life membership \$400

\$_____ additional tax deductible donation

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/
Renewals!**

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



Calendar of Events April-June 2009



MICHAEL GREGER, M.D.

“The Latest in Clinical Nutrition”

**Tuesday, April 21st, 7 p.m.
Ala Wai Golf Course Clubhouse***

Dr. Greger introduces an engaging new interactive quiz show format that lets us test our nutrition knowledge with some surprising outcomes. He has scoured the world’s scholarly literature on human nutrition and developed this brand new talk on the latest in cutting-edge research. Focusing on studies published just over the past year in peer-reviewed scientific nutrition journals, he offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease.

A founding member of the American College of Lifestyle Medicine, Michael Greger, M.D., is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently he serves as the director of Public Health and Animal Agriculture at The Humane Society of the United States.

**Dr. Greger will also be speaking on Maui:
Thursday, April 23rd, 7 p.m.
Cameron Center, 95 Mahalani St., Wailuku**



JOHN KRISTOFICH, M.D.

“Heart Disease: The #1 Killer”

**Tuesday, May 12th, 7 p.m.
Ala Wai Golfcourse Clubhouse***

Straub cardiologist John Kristofich will describe the latest information on cardiovascular disease: who gets it and why and what you can do to dramatically reduce your risk. He will show how daily lifestyle factors, such as weight, food intake, and physical activity can help prevent heart attacks and strokes — and how the right choices can make us feel better. He will also address the problem of chronic stress and its effect on the heart as well as the importance of healthy interpersonal relationships in helping to reduce the risk of developing the number one killer in the world today — cardiovascular disease.

John P. Kristofich, M.D., F.A.C.C. is board certified in cardiology and internal medicine and leads the Heart C-H-E-C-K Program at Straub Medical Center in Honolulu. His special interests include preventive cardiology and early detection of cardiovascular disease. He received his medical degree from the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, Piscataway, N.J.

**Dr. Kristofich will also be speaking on Maui:
Friday, May 15th, 7 p.m.
Cameron Center, 95 Mahalani St., Wailuku**

JOHN WESTERDAHL, PH.D.

“The Power of Plant Foods in Anti-Aging & Lifestyle Medicine”

**Tuesday, June 9th, 7 p.m.
Ala Wai Golf Course Clubhouse***

Learn about the anti-aging, healing, and preventive properties of key plant foods, the power foods you should include in your diet every day, how a plant-based diet can effectively prevent, treat, and even reverse serious health problems, and why Hippocrates, the father of modern medicine said, “Let food be your medicine and medicine be your food.” Lifestyle Medicine, which incorporates a diet based on plant foods, is the key to the medicine of the future.

John Westerdahl, Ph.D., MPH, RD, CNS is the Director of the Bragg Health Foundation and the Director of Health Science for Bragg Live Food Products and is an internationally recognized authority in the field of nutrition and wellness. He is a nutritionist, Registered Dietician, Certified Nutrition Specialist, Master Herbalist, Board Certified Anti-Aging Practitioner, and Health Educator and is a graduate of Loma Linda University School of Public Health. He served as director of the Wellness & Lifestyle Medicine at Castle Medical Center in Kailua and as senior nutritionist with Shaklee, Inc.

**Dr. Westerdahl will also be speaking on Maui: Friday, June 12th, 7 p.m.
Cameron Center, 95 Mahalani St., Wailuku**



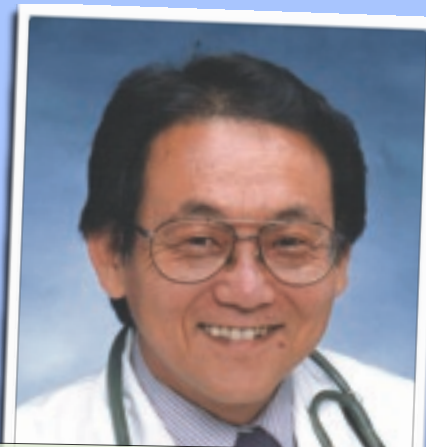
***The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Avenue
0.2 miles behind the Waikiki-Kapahulu Library across from the Chevron station.**



VSH Events— Kauai



Annaleah Atkinson (left) was the recipe winner for her hummus dish, Hum-Ole', at the February potluck. Diana LaBedz was the judge. See page 16 for recipe.



Fifty-five people came to see a video screening by Terry Shintani, M.D. entitled "How to Lose up to 10 Pounds in 10 Days" at the January luncheon and lecture.



The February luncheon featured a talk by local physician Gordon LaBedz, M.D. His topic was "Prevent and Reverse Heart Disease."



Marilyn Joy Axtell of Kapahi was the recipe winner for her Agave Oatmeal Drops at the March potluck luncheon. Mark Reinfeld, founding chef of the Blossoming Lotus restaurant, was the judge.

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.



Kimie Sadoyama demonstrated Okinawan dishes containing kale, seaweed, watercress, and miso at the March lecture.

Turning kids on to fruits and veggies

by Scott Snarr, Editor

Fruits, vegetables, and whole grains should form the basis of a healthy diet. But for most families it's a struggle to get everyone to eat the recommended intake of nine fruits and vegetables a day. Fewer than 15% of elementary-aged children¹ and 38% of teens² are eating even five or more servings daily, and french fries and juice count for much of that.³

If you've been asking yourself how to get your kids to eat more veggies, you're not alone. Researchers have been asking the same question and have come up with a few answers. Here's a handful of helpful tips based on their latest findings.

1 Share home-cooked meals. Families who dine out more often eat fewer fruits and vegetables and are likely to have fewer of them in the home.⁴ And teens who share regular family meals have a higher intake of vegetables and better eating habits than those who don't.⁵ Make it a ritual in your family to share regular home-cooked plant-based meals served with plenty of fresh fruits.

2 Eat more fruits & veggies yourself. Like parent, like child. When your kids see you eating more fruits and vegetables, they are more likely to do it themselves. Every extra serving eaten by mom or dad translates to an extra half a serving per kid.⁶ Fix healthy eating habits for yourself, and your kids will follow in your footsteps.

3 Enliven vegetables with creative names. Ever heard of dinosaur broccoli trees or X-ray vision carrots? They're just like their regular counterparts, except with names that kids love. In fact, young children will help

themselves to twice as much of them. And their interest in wacky, magical, or space-age veggies will last even after you stop using the special names.⁷

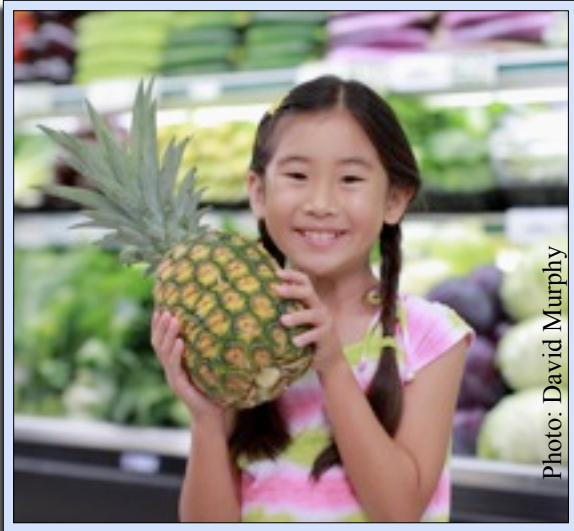
4 Grow your own. Children who are served home-grown produce enjoy it more and typically eat more of it every day.⁸ So plant a garden and get the kids involved. Tomatoes, eggplants, strawberries, cabbage, spinach, broccoli, sweet peppers, and

numerous other fruits and vegetables grow well in Hawaii, most of them year round. If you don't have a yard, don't let that stop you — many vegetables and herbs can be grown on the lanai with limited space.

5 Sneak extra veggies into their food. Kids will eat more veggies when they're mixed in with other food or when they don't even know that they're there. Although you should be helping your child acquire a taste for vegetables by serving plenty of them, you can add even more "stealth" vegetables to pastas, soups, wraps, or almost any dish you make. You can even blend vegetables into sauces and soups, and the kids won't know the difference.⁹

6 Start early. It's never too early to start training your children to like healthy foods. Acquiring a taste for them can begin as early as breastfeeding. Babies who are exposed to certain fruits and vegetables *via* mothers' milk are more accepting of those foods when they are later introduced in solid form.¹⁰

7 Teach them well. Children who know that they should be eating a lot of fruits and veggies are more likely to do it. It's as simple as that. The ones who eat the most of them know of their importance and believe in the value of good health.¹¹ Teach your



children to treasure their health, and teach them about the important role of fruits and vegetables in their lives.

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The case for a vegetarian wedding reception

by Genevieve Rice

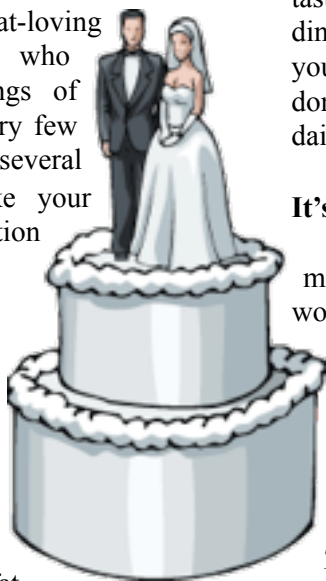


Your wedding should be a reflection of who you and your future spouse are. If you love the outdoors, you'll probably

choose a beautiful, natural setting for your nuptials. If pink is your favorite color, you'll probably have blush-colored bridesmaid dresses. And if Queen's "Fat Bottom Girls" is your favorite song, well, you're likely to dance to it at your reception simply to extol the virtues of a "heap big woman." So, if you and your future spouse are vegetarian, why would you serve the traditional chicken or fish? Except for complaints from the few meat-loving wedding guests who insist on helpings of animal flesh every few hours, there are several reasons to make your wedding reception meat-free.

It's cheaper.

In these troubled economic times everyone, including brides and grooms, are cutting out the fat, including animal fat. Typically, vegetarian receptions cost less than their meaty counterparts and can still be as elegant, if not more so.



It's an opportunity to showcase your lifestyle.

When most omnivores think vegetarian dinner, they think bricks of tofu with flavorless brown rice and steamed vegetables on the side. Not so. If it is done right, you can show the meat eaters attending your wedding that the vegetarian diet isn't all beans and brussels sprouts. Treat all your guests to an inventive, tasty menu that also happens to be meatless.

You still have plenty of options.

There are also countless appetizers, entrees, and desserts that are both vegetarian-friendly and satisfying to a wide range of tastes. You could start your reception with appetizers such as veggie-filled tartlets, fried mushrooms, and the always elegant fruit and vegetable plate with savory bean dips. For the main course you can serve such meatless crowd pleasers as vegan eggplant parmesan and roasted bell peppers with pine nuts, artichoke hearts, and kalamata olives. Ethnic fare such as Italian, Mexican, and Asian also present many ideas for tasty, animal-free entrees. Most wedding cakes are already vegetarian, but you can even find vegan cakes that don't scrap the deliciousness with the dairy.

It's easier on the earth.

Having a vegetarian wedding means that you and your guests won't be contributing to the toll the industrialized meat industry takes on our natural resources and livestock. So, you can rest easy while enjoying your wild mushroom tart.

This article originally appeared March 5, 2009 at www.examiner.com. Reprinted with permission. More of Rice's articles can be found at www.examiner.com/x-4943-Phoenix-Vegetarian-Examiner.

Vegetarian-Friendly Caterers in Hawaii

Kauai:

- **Vegan Fusion Chef Services:** 822-0820. Chefs Mark Reinfeld and Jennifer Murray.
www.veganfusion.com
info@veganfusion.com

Oahu:

- **Creative Cuisine:** 531-1929. Gourmet international vegan and vegetarian fare.
- **Govinda's:** 595-4913. Exclusively lacto-vegetarian and vegan.
rama108@bigfoot.com
- **Kathy Maddux:** 988-7374. Vegan dishes prepared according to macrobiotic principles.
- **Leslie Ashburn:** 398-2695. Vegan, macrobiotic, fun, colorful, healthy, and happy-to-be-alive food. Over 20 years experience.
macrobiotichawaii@hotmail.com
- **Licious Dishes:** 536-9680. Foods that feed the heart.
www.e-liciousdishes.com
sylvia@e-liciousdishes.com
- **Paul Onishi:** 722-9782. Gourmet catering for a change.

A vegan's meaty confession

by Catherine Capozzi

Right after discovering that the judges of American Idol selected Tatiana for the wild card slot, a Taco Bell commercial came on the screen. Their meat-filled burrito looked amazingly delicious. When my friends get nacho supremes laden with orange gooey cheese and beef, I still find my mouth watering even after not having touched a nacho in six years. What possible reason do I have for these cravings? As a logical, rational person

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I recognize that I could make a vegan (even raw) burrito four times more delicious and many times healthier. Yet to this day I like walking past the smell of a summer barbecue and the smell of sausage and gravy on the stove. And nothing smells more like the holidays to me than that of Italian classics I no longer eat. Nutty bars, taco salads, meatballs, and corned-beef cabbage all hold a very special place in my heart.

When analyzing my food cravings, I realized something: it's not the food I miss, but the memories attached to them. Taco Bell, for example, is the place my mother would take us after she had a long day at law school; it sufficed as our family time. Or my mother would make corned beef cabbage when time permitted. As a child I attended Camp Fire Girls barbecues. Every Christmas I would make meatballs from the recipe my father taught me when I was four. In junior high I enjoyed Nutty Bars and taco salads at school lunch with my best friends.

Food is a point of gathering and of memories, so it's easy to misplace nostalgia for an event for the food associated with it. To this day my brain still tricks me, but I remind myself that it's okay to miss meat because it elicits comforting memories that have little to do with the meat itself. I reassure myself that eating a burrito will not replicate those positive experiences, and I move on.

Unfortunately, many vegans are not told that it's acceptable to miss the taste of animal products. Should it be openly discussed, perhaps others would come to the same conclusion: it's okay to miss them because it's the event more than the food itself that is missed. Vegans are told to see meat as



disgusting — that missing the taste is shameful and should be suppressed. I see this reprogramming as something that divides vegans. Instead of learning how to process our feelings, we're given instructions

on how to erase them from our lives and to help others do the same. This “erasing” could be what causes many vegans to feel as though they are in a strange new world.

I have never heard a vegan confess that he misses the taste of or likes the smell of meat, though I cannot imagine I'm the only one. But many people have told me why the taste of meat should cause repulsion given the hormones, chemicals, cruel treatment, etc., and why the smell represents the wrongdoings of mankind. Pamphlets describe the smell as suffering and burning flesh.

Smell triggers memory more than any other of the five senses. So veteran vegans should weigh their words

carefully before asserting that the smell of meat is abhorrent. It's like asking someone to see his favorite childhood memories in a different light, which may not be the best approach. It involves a sense of guilt, shame, and suppression of innocent memories.

The smell and taste of meat do not justify its existence in the diet. Health concerns, animal rights awareness, and sustainability are far more important. But I don't think that our movement will get very far without addressing the role that our former diet has on our psyche. I know that doing so appears to justify the very thing we are fighting against, but without talking about it, we are using shame for a harmless situation. Shame and guilt should never be the driving force of behavior. Acceptance — and recognition that the smell of meat can trigger childhood memories and other comforting emotions — will help vegans overcome their meat cravings.

This article originally appeared March 6, 2009 at www.examiner.com. Reprinted with permission. More of Capozzi's articles can be found at <http://www.examiner.com/x-4348-Phoenix-Vegan-Examiner>.

“Instead of learning how to process our feelings, we're given instructions on how to erase them from our lives.”

An advertisement for the Animal Rights 2009 National Conference. At the top, the text "Because you care..." is written in blue. Below this is a photograph of a small, pink pig with its front paws resting on a wooden fence. Underneath the photo, the text "Join FARM in Los Angeles July 16-20 for the Animal Rights 2009 National Conference" is displayed in red and brown. At the bottom, the website "ARConference.org" and the phone number "888-FARM-USA" are listed in blue.



Book & Movie Reviews

The Engine 2 Diet

by Rip Esselstyn

\$24.99

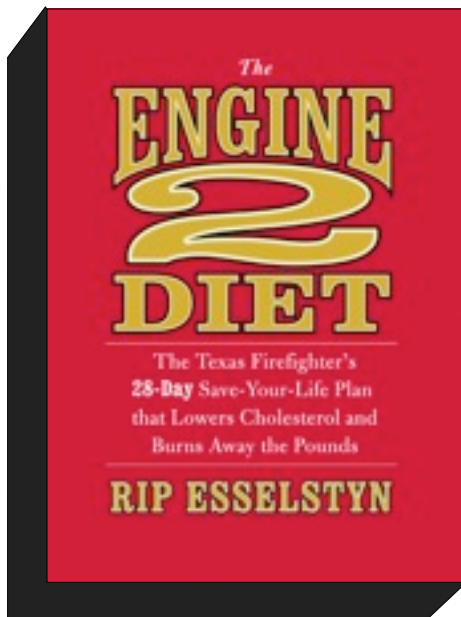
288 pages (hardcover)

Publisher: Wellness Central

(February 25, 2009)

ISBN-10: 0446506699

ISBN-13: 978-0446506694



Review by Neal Pinckney
VSH Member

Rip Esselstyn's *The Engine 2 Diet* comes with a pedigree. The author's father is Dr. Caldwell Esselstyn, world renowned for his pioneering work and book on reversing heart disease through lifestyle changes, and his mother Ann, who provides delicious recipes to support that lifestyle's diet. While some of the ideas may be chips off the old block, this book is original and inspiring in and of itself.

Rip Esselstyn was a world-class triathlete and is now a firefighter in

Austin, Texas. After becoming aware of the less-than-healthy lifestyle that many of those in his Engine 2 Station were following, Rip developed a plan that would bring about significant health improvements: lowering cholesterol, weight, and blood pressure in just one month. This book presents the outcome of that plan along with dozens of quick and simple plant-based recipes and an easy-to-follow exercise program.

Firefighters emphasize prevention — it's far better for everyone to prevent a fire than to have to fight it. That same philosophy is the foundation of the plan that is *The Engine 2 Diet*. And the results are clear, illustrated by the many comments of not just his coworkers, but of people of all professions who have seen their lives improve from following the plan.

This book is for everybody. Those who consider themselves healthy can become healthier, and those whose diet has them on the path to the emergency room but don't know it will find that it can save their lives. For more information on Rip and *The Engine 2 Diet* you can go to <http://www.theengine2diet.com>.

Thanking the Monkey: Rethinking the Way We Treat Animal

by Karen Dawn

\$19.95

400 pages (paperback)

Publisher: Harper Collins

(April 29, 2008)

ISBN-10: 0061351857

ISBN-13: 978-0061351853

Review by Eva Uran, VSH Member

This 386-page animal rights primer will help you rethink the way we treat animals. The book is alternately funny and sad. Its witty prose and clever cartoons are original and appealing. Anyone can learn from it, even the most ardent activist.

Its stated purpose is to refute the common notion that animal rights activism is radical. What is radically cruel is the plight of animals, whether they are used for entertainment, food, clothing, scientific experiments, or even ordinary household purposes.



The author reveals a litany of cruelties inflicted on research mice, rats, and monkeys, farm-raised pigs, cows, and turkeys, and circus-trained tigers, elephants, and dolphins.

Each chapter challenges the reader with thought-provoking questions and surprise answers with a twist. Dawn comes up with the most cogent and compelling arguments and rebuttals to conventional accusations laid against animal rights people.

For instance, the first question she tackles is, "Why worry about animal

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rights when there is so much human suffering in the world?" She counters with a flip question, "Why don't people ask human rights activists how they can do their work when there is so much animal suffering in the world?" She stresses that one is not more important than the other and that compassion is warranted toward all species. She exhorts us to play an active role in helping creatures that can't speak for themselves by altering our consumption habits and also by out-right political activism.

Here are some thought-provoking questions on farm animals that Dawn addresses:

- What is life like on the factory farm?
- What is the last day of life like for an animal that lived an otherwise relatively humane life?
- Is "humane" slaughter possible? Find out what happens when stunning is botched.
- What about kosher slaughter meant to "spare animals from excessive suffering?"
- What about downers? How are they treated and where do they end up?
- How is the special treat *Foie Gras* produced?
- Was Hitler truly a vegetarian? You'll be amazed to find out.

Dawn appeals to us to help create a new day for animals by making compassionate choices. Every little bit helps. It doesn't have to be an all-or-nothing approach. Even those who find it difficult to make an abrupt transition to a strict vegan diet can make progress in small steps as Dawn herself had done. For those who are inclined to scream about animal abuse, she urges them to speak "with laughter and love so others will be willing to listen."



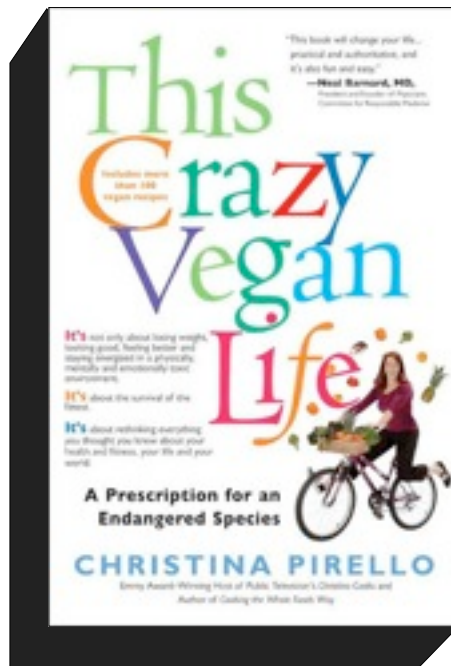
This Crazy Vegan Life: A Prescription for an Endangered Species

by Christina Pirello

\$18.95
336 pages (paperback)
Publisher: HP Trade
(December 2, 2008)
ISBN-10: 1557885389
ISBN-13: 978-1557885388

Product Description

This is a manifesto on being vegan and living healthfully from the award-winning host of public television's *Christina Cooks, Naturally!*



Being vegan is not only about eating a plant-based diet. It means taking a whole new look at health, fitness, lifestyle choices, and the world. Christina Pirello not only advocates the development of animal-free alternatives for the benefit of humans, animals, and the environment but also discusses their impact on wellness. Beyond the value of eating whole and organic foods, she explores a host of subjects from nutrition and fitness to education and emotional well-being as she helps readers take control of their lives and achieve their personal goals,

whether they want to lose weight, regain health and vitality, or simply look and feel better.

Featuring a 28-day nutrition and fitness plan, *This Crazy Vegan Life* also includes sample menus and more than 100 delicious and easy-to-prepare low-glycemic, phytonutrient-rich, high-fiber, well balanced vegan recipes that emphasize good carbs and good fat.

Earthlings

Motion picture (2005)

Running time: 95 minutes

Writer & director: Shaun Monson

What began as a series of Public Service Announcements became this feature length documentary about humanity's absolute dependence on animals (for pets, food, clothing, entertainment, and scientific research) and our complete disrespect for these so-called "non-human providers."

With an in-depth study into pet stores, puppy mills, and animals shelters as well as factory farms, the leather and fur trades, sports and entertainment industries, and finally the medical and scientific profession, "Earthlings" uses hidden cameras and never before seen footage to chronicle the day-to-day practices of some of the largest industries in the world that rely entirely on animals for profit. Powerful, informative, and thought-provoking, "Earthlings" is by far the most comprehensive documentary ever produced on the correlation between nature, animals, and human economic interests.

The film is narrated by Joaquin Phoenix and features music by Moby.

Earthlings can now be watched on line for free at <http://veg-tv.info/Earthlings>.





Consumers' Corner

Coming clean about vegan soaps

by Adam Kochanowicz

The vast majority of commercial soap is cooked from animal fat by companies that torture animals to test the properties of their product. So if you're using Dial, Dove, Palmolive, or other companies that test on animals, it's time to look into vegan soaps.

What to look for

You'll want a soap that smells nice, but you may be surprised how quickly a fragrant soap dissolves just from sitting in the shower. There are a lot of choices in vegan soaps, and I'll help you to find the right one.

Vegetable glycerine

Vegetable glycerine bars are cheap but dissolve quickly and don't provide much of a scent to the skin. These bars are usually clear with color added. While pure vegetable glycerine may not have much cleaning power, it does get soapy and is useful when included as one of many ingredients in a soap product.

Popular labels

I've personally tested a number of soap products and really like Dr. Bronner's Magic Soaps. Dr. Bronner was an eccentric character who used his soaps as a means of publishing his "Moral ABCs." His ideas don't make a heck of a lot of sense, but underneath the storm of lectures on the packaging is a fantastic soap.

Recently I've grown accustomed to Kirk's Castile. I like their attention

to people with allergies and animal lovers. Kirk's is made from coconut oil and contains no animal products or synthetic detergents. It's also certified by OneCare for being free of animal testing. Aesthetically Kirk's smells like traditional soap, but it should be kept in a dry place as it will dissolve from the steam and droplets left in the shower.

Bergamot soaps are probably the most expensive you'll ever find, but their scents are truly amazing, and the bars themselves are long-lasting. Expect to drop about seven bucks a bar.



A homemade vegan soap with added scent from real lemon.

Make your own

Making vegan soap is surprisingly easy and doesn't require a chemistry set. Using an ordinary stove, a coffee filter, and oil or glycerine, you can add flower petals and different fragrances to make some delightful soap the way you like it. Check out <http://www.wikihow.com/Make-Your-Own-Soap> to learn more.

This article originally appeared March 5, 2009 on Abolitionist Vegans.org. Reprinted with permission.

Red Lentil and Soyrizo Soup

by Leilani Farm Sanctuary

- 7 cups vegetable broth
- 1 lb. dried red lentils
- 3 cloves garlic, chopped or minced
- 2 tsp ground cumin
- ½ tsp cayenne pepper
- 1 link of crumbled Soyrizo*
- 4 cups baby spinach

Put broth, lentils, Soyrizo, garlic, cumin, and cayenne pepper into a 5-quart soup pot and bring to a boil; reduce heat to low, cover and simmer 25 minutes. Add spinach and cook 3-4 minutes longer until spinach is wilted. Makes 4-6 servings (8 cups).

Hum-Ole'

by Annaleah Atkinson

- 2 cans of garbanzo beans, one drained, the other with juice
- juice of 1 large or 2 small lemons
- 3 peeled thumb-sized garlic cloves
- 2 Tbs. tahini
- 1 avocado
- 3 dashes cayenne pepper
- about ½ tsp salt
- parsley

Put all the ingredients except parsley in a blender and blend. Adjust seasonings by adding more salt, cayenne, or lemon juice.

Use as a dip or serve over pasta or rice. Sprinkle fine leaves of parsley over the top for garnish.

Salad Dressing:

To make a salad dressing, don't rinse Hum-Ole' from the blender. Instead, add a little olive oil, balsamic vinegar, Braggs liquid aminos, and a splash of water. Blend again, adjust seasonings, and you have a nice salad dressing.

Enjoy!



The Organic Food Movement — Too Little, Too Late

by John McDougall, M.D.

Part 2 of 2, continued from previous issue.

Buyers' Tips⁷

These foods traditionally have the highest pesticide residue: apples, peaches, bell peppers, pears, celery, potatoes, cherries, raspberries, imported grapes, spinach, nectarines, and strawberries. Spending extra for organic varieties of these is wise.

These foods traditionally have the lowest pesticide residue: asparagus, kiwis, avocados, mangoes, bananas, onions, broccoli, papayas, cauliflower, pineapples, sweet corn, and sweet peas. Buying conventionally grown seems relatively safe.

Other important steps to remove chemicals would be to wash and scrub produce under streaming water (do not use soap), peel fruits and vegetables, and remove the outer leaves of leafy vegetables.

Eating Organic to Save Fossil Fuels

The harnessing of fossil fuels allowed for the world's population explosion from 1 billion people at the middle of the 19th century to 6.3 billion at the turn of the 21st century. At the same time fossil fuel dependency has led us to the verge of planetary destruction. One of the primary goals of the organic movement is to save the Earth. Organic farming of plant-foods for people will minimize environmental damage by abandoning the use of oil-derived pesticides and fertiliz-

ers. These chemicals, for example, account for half of the energy input in conventional potato and winter wheat production and up to 80% of the energy consumed in some vegetable crops.⁸

The food supply in the United States requires the use of about 530 liters of "oil equivalents" per person annually, just for the agricultural sector.⁹ However, this is just a fraction of the total fossil energy expended — processing, packaging, and distribution increase the commercial energy consumption by more than 3 times. Organic products that are transported long distances, particularly by airplane, are as environmentally damaging as conventional foods. Buying plant foods locally, especially from farmers' markets, can be very environmentally and pocketbook friendly.

Abandoning the meat and dairy foods — organically or conventionally raised — would result in the largest savings in fossil fuels. Consider just for their growing needs, the average energy input from fossil fuels is 25 Calories in order to produce 1 Calorie of animal protein. This is more than 11 times greater than the 2.2 Calories of fossil energy that are required for 1 Calorie of grain protein production.¹⁰

"Organic" Meat and Milk Are Still Meat and Milk

"Organic farming" and "environmentally friendly" will remain contradictions until the movement abandons

"organic" livestock production. According to a report, *Livestock's Long Shadow — Environmental Issues and Options*, released in November of 2006 from the United Nations Food and Agriculture Organization, livestock emerges as one of the top two or three most significant contributors to every one of the most serious environmental problems.

Livestock (beef cattle, dairy cattle, chickens, pigs, and a few other animals domesticated for food uses) produced by even the highest organic standards will still generate, from their belching, flatus, and manure, 18% of the world's greenhouse gases. The same 26% of the ice-free terrestrial surface of the planet will be required for grazing and the same 33% of the total arable land of our planet will still be dedicated to producing feed crops for these "organic" animals. Nothing saved here by going organic.

We Can Fix Our Food Supply

Environmental threats combined with energy scarcity are already causing food shortages and increasing prices — and there is every reason to expect rapid escalation of these problems. I believe we have enough time,

"Abandoning the meat and dairy foods — organically or conventionally raised — would result in the largest savings in fossil fuels."

knowledge, money, energy, and political power to make massive transformations in our food systems. Switching to organic practices of plant food production is impor-

tant for long-term sustainability. However, the one crucial step that must be taken now is the universal adoption of the same principles I teach individuals to save their lives at the McDougall Program: changing to a starch-based diet. On average, land requirements for meat-protein produc-

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tion are 10 times greater than for plant-protein production. About 40% of the world's grain harvest is fed to animals. Half of this amount of grain would be more than enough to feed all the people on our planet.¹¹ Almost overnight, the principles of the McDougall Diet will feed 7 billion inhabitants for the next generation and beyond. You may laugh, but this change will not be a matter of choice.

The full article is available from The McDougall Newsletter on line at www.drmcDougall.com.

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Well-planned vegan diets are healthful for expectant mothers

PRESS RELEASE — Well-planned vegetarian and vegan diets are healthful choices for pregnant women and their children, and vitamin B₁₂ needs can be easily met with fortified foods or any common multivitamin, say doctors and dietitians with the Physicians Committee for Responsible Medicine (PCRM). PCRM nutrition experts are available for comment in response to a new *Pediatrics* study showing that low levels of vitamin B₁₂

may increase the risk for neural tube defects.

The *Pediatrics* study is based on analysis of stored blood samples originally collected during pregnancy from three groups of Irish women between 1983 and 1990. It's not clear if any of the women were vegan, but the study clearly states that this population was deliberately chosen because vitamin supplementation and food fortification were rare at that time. The women lived in a region of traditionally high neural tube defects prevalence, suggesting a moderately high genetic predisposition.

Experts agree that pregnant women can thrive on vegan diets. The American Dietetic Association, the nation's largest organization of food and nutrition professionals, states that "well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence." Vegetarian diets offer a number of nutritional benefits, including lower levels of saturated fat and cholesterol and higher levels of fiber, folate, and cancer-fighting antioxidants and phytochemicals.

"Women who follow vegan diets not only have healthy pregnancies, but they are often healthier than moms who consume meat," says Susan Levin, M.S., R.D., staff dietitian with PCRM. "By eating a variety of fruits, vegetables, and other healthful vegetarian foods, including breakfast cereals or other foods fortified with vitamin B₁₂, mothers and their children can obtain all the nutrients they need to thrive."

Choosing a vegetarian or vegan diet can also help women avoid the unhealthy hormones and environmental toxins found in dairy products, meat, and fish. Analyses of vegetarians' breast milk show that the levels of environmental contaminants in milk are significantly lower than in non-vegetarians.

Vitamin B₁₂ needs can be met easily with fortified breakfast cereals and soy milk, which are low in fat and calories. The most convenient and reliable B₁₂ source is a daily multivitamin.

Nuts and seeds: Nature's multivitamin

by Adam Kochanowicz

There's a lot of talk about what vegans can or can't get from their diet, but I'm convinced we can find any needed nutrient from vegan sources. The outstanding nutritional properties of nuts and seeds are evidence for why we don't need fish, milk, or any other animal-derived food.

Nuts such as almonds, hazelnuts, peanuts, pecans, pine, pistachio, and walnuts are the best for vegan health as they have high levels of fiber, phytonutrients, antioxidants, and mono- and polyunsaturated fats. Substances like arginine, boron, manganese, and tryptophan found in nuts convince me that they're nature's multivitamin.

Heart disease

Several scientific studies have shown that nuts lower LDL cholesterol, which is detrimental to heart health. For treating heart-related problems, replace foods high in saturated fats with the mono- and polyunsaturated fats of nuts. An Adventist health study showed a 51% decrease in heart attacks for individuals who ate nuts more than four times a week.

Fish and pregnant mothers

Pregnant mothers need Omega-3 to efficiently produce breastmilk, but unfortunately they're often told to eat fish. While fish is high in Omega-3, it's also often laced with mercury, which deteriorates brain matter and causes birth defects.

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The effects of animal cruelty are very real as well. Fish are adapted to certain conditions of their habitat such as pressure. When the creatures are brought up from deep water, decompression sometimes occurs, causing eyes to pop out of their sockets. Fish and other sea creatures do have central nervous systems. This means fish are sentient and feel pain.

Instead, pregnant mothers can eat flax seed, which is high in omega-3 and alpha linoleic acid. Ground flax seeds can be used as an egg replacer.

Seeds

Speaking of seeds, incorporating common seeds in the diet provides a significant source of iron, vitamin E, and zinc. Seeds are naturally high in protein and low in carbohydrates. Hemp seed provides all 9 essential amino acids and is so packed with nutrients, very little is needed to gain the health benefits.

Practical benefits

Sometimes attempts to go vegan bust for the reason of convenience. New vegans end up breaking because they get a craving for the fast food across the street or leftover cheese pizza in the fridge. Nuts and seeds, especially in granola, make a great snack food. They also don't require any preparation or special storage and almost never perish. New vegans should carry nuts, seeds, and honey-free granola with them on the go and have it available in the kitchen or on the coffee table.

Allergies

If you have allergies to nuts or seeds, check with your doctor to see if you may be able to use nut-derived supplements in pill or powdered form.

This article originally appeared March 4, 2009 on Abolitionist Vegans.org. Reprinted with permission.

Vegan Tidbits

by Scott Snarr, Editor

UK hospitals to dump the meat

Looking for ways to cut carbon emissions, the United Kingdom's National Health Service (NHS) has feasted its eyes on hospital meals. Hospitals throughout the country are now about to cut down on meat and dairy items and offer meatless meals. The NHS is even considering a proposal to stop offering meat altogether.

The new menus will help the government reach its goal of an 80% reduction in greenhouse emissions by 2050. The change will also save the hospitals money. And as an added bonus, it just might improve the patients' health.

Source: www.guardian.co.uk

Foie gras ads banned

Would you believe that ducks being raised for foie gras are "hand-raised with tender care under the strictest animal standards?" Well, the Council of Better Business Bureaus doesn't believe it, either. So its National Advertising Division is forcing foie gras producer D'artagan, Inc. to remove its ads that make that claim. The company will also have to stop saying that "the livers are not diseased, simply enlarged."

Foie gras is produced by force-feeding ducks or geese with a metal pipe to induce the enlarged liver that some epicureans relish. The practice is so cruel that it has become a matter of controversy even among avowed meat eaters.

Source: www.nadreview.org/DocView.aspx?DocumentID=7156

Midwest meat hubs turning meatless

The people of Cincinnati are being asked to rethink meat and consider more plant-based meals. The recommendation took birth from the Green Cincinnati Plan, under which the city

is doing its part to fight climate change. The goal is to get all citizens to cut out meat one day a week by 2012.

Meanwhile, Chicagoans are being urged to forego meat for the entire month of January every year. Chicago Health Commissioner Dr. Terry Mason started the campaign after suffering major health problems four years ago brought on by a diet high in animal fats. He is planning to give up meat for good.

These campaigns are remarkable in light of the cities' long-standing reputations for meat production. Cincinnati was once nicknamed "Porkopolis," and Chicago used to be known as "the hog butcher for the world" for its notorious Union Stock Yards.

Sources: news.cincinnati.com, ChicagoTribune.com



America's Best Vegetarian-Friendly Large Cities

1. Portland, Oregon
2. Seattle, Washington
3. San Francisco, California
4. New York, New York
5. Atlanta, Georgia
6. Washington, D.C.
7. Minneapolis, Minnesota
8. Austin, Texas
9. Philadelphia, Pennsylvania
10. Chicago, Illinois

America's Best Vegetarian-Friendly Small Cities

1. Asheville, North Carolina
2. Eugene, Oregon
3. Salt Lake City, Utah
4. Norfolk, Virginia
5. Santa Monica, California
6. Santa Cruz, California
7. Boulder, Colorado
8. Madison, Wisconsin
9. Athens, Georgia
10. Ann Arbor, Michigan

Source: www.goveg.com/f-vegcities.asp



Stop global warming ...one bite at a time!

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- ➔ **GOING VEG** protects rainforests and wetlands from conversion to feed cropland.
- ➔ **GOING VEG** reduces pollution of waterways by animal waste and feedcrop runoff.
- ➔ **GOING VEG** conserves scarce water supplies, topsoil, fertilizer, and fossil fuel.

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