

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 24, ISSUE 3, JULY-SEPTEMBER 2013

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Free Public Lectures

Janice Stanger, Ph.D.

“The Dangerous Truth About Protein”

Tuesday, July 9, 2013

Ala Wai Golf Course Clubhouse

Melanie Joy, Ph.D.

“Why We Love Dogs, Eat Pigs and Wear Cows”

Tuesday, August 13, 2013

Ala Wai Golf Course Clubhouse

William Harris, M.D.

“Dr. Bill’s Never-Fail Guaranteed Weight-Loss Plan”

Tuesday, September 10, 2013

Ala Wai Golf Course Clubhouse

Please see page 16 for more details, including Maui meeting times.



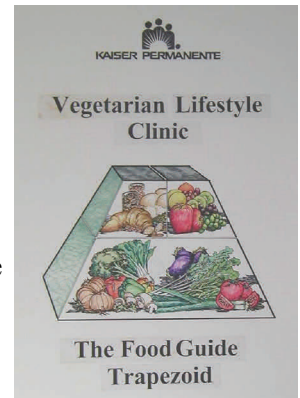
Better Late than Never

By William Harris M.D., VSH Co-Founder

If you go to <http://www.vsh.org/videos.htm> and type Ctrl-F then "VLC", almost at the bottom, you'll find four grainy old videos made at the Kaiser Permanente Vegetarian Lifestyle Clinic starting in 1997. The VLC was an unpaid volunteer effort started and run by me to handle the chronic medical illnesses I had encountered in 30

years as an emergency room physician, and that I was pretty sure were related to animal food and junk food consumption. The rules were simple: lots of whole fruits and vegetables, some grains and starches, and exercise as tolerated.

Gail Wong, R.N., volunteered her time to take vital signs at each bi-weekly clinic visit. Her artist husband created the nice food guide trapezoid on the right in which we amputated the fat, sugar, and animal foods from the apex and first level of the then current USDA Food Pyramid, then put the fruit and vegetables in the base, and the grains and starches on top of that. Georgie Yap, R.N., was an invaluable assistant at the monthly evening seminars, and then current VSH president Ruth Heidrich, Ph.D., was a guest speaker featured in two of those old videos.



The VLC attracted about 162 patients, went on for a couple of years and seemed to help the Kaiser patients who could follow the advice. I recorded drops in blood pressure, weight, cholesterol and a few participants were able to stop their medications. The clinic folded when I retired on September 1, 1998, and discovered the next day that skydiving would take most of my time for a while, but I referred all of the Kaiser VLC patients to the Vegetarian Society of Hawaii, where they would get the same advice and support that I had been giving.

Comes now an official Kaiser publication from www.thepermanentejournal.org/files/Spring2013/Nutrition.pdf that says "Physicians should .. get away from terms like vegan and vegetarian and start talking about eating healthy, whole, plant-based foods (primarily fruits and vegetables) and minimizing consumption of meat, eggs, and dairy products. Physicians should be informed about these concepts so they can teach them to staff and patients."

That's pretty much what veg*ns have been saying since Pythagoras was just a theorem in his father's eye. I'm pleased that Kaiser, one of the biggest HMOs in the country, has finally realized they can cut costs by nudging patients and staff toward a vegan diet, but sorry they still can't choke out the dreaded "V" word.

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 online lecture videos, a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Maui

Catherine Blake

~~~~~ Schools ~~~~~

Reaching Out to Our Future

By Lorraine Sakaguchi, VSH President

We have much to be proud of in our young people here in Hawaii! On the next page, two of them tell their stories about how and why they've become vegetarians, and how they are helping to make positive changes in others around them. (On the following page, see also the inspiring "88 Pounds ..." about a life transformed through adoption of a healthy vegetarian diet and lifestyle.)

VSH continues to work to provide information about a healthy, environmentally-friendly and compassionate plant-based lifestyle on campuses in the community. On Tuesday, April 9, 2013, VSH volunteers talked with students on the ethical and health benefits of a vegan diet, and gave out literature at a table at Honolulu Community College's "Be the Change" event, which was organized by HCC's Student Life & Development Office.



VSH volunteers Dr. Bill Harris, Max Gustaitis, Ayla Sarnoff and Lorraine Sakaguchi with Punahou student booth chair Savannah Demesa-Murray at the Veggie Booth on April 19.

On Friday, April 19, 2013, VSH partnered with student volunteers, led by junior Savannah Demesa-Murray, at Punahou School's annual Sustainability Fair, organized by Punahou's Luke Center for Public Service, to share information about the environmental benefits of a plant-based diet to student and adult attendees, and to serve many samples of delicious vegan foods and beverages at our aptly named Veggie Booth. VSH would like to gratefully acknowledge the generous donations of environmental educational literature and books for this booth by the Vegetarian Resource Group, part of the cost of the food samples by Down to Earth Organic and Natural, and a much-appreciated supply of fresh Hawaiian Crown Sweet Gold Pineapple chunks by senior Marissa Bowden and her family.

On Monday, April 22, 2013, VSH had a tent booth at the University of Hawaii at Manoa's Ecology Club's Earth Day event. VSH board member Ori Ann Li donated two copies of her newly published cookbook *Ori Ann Li's Vegan Paradise* as prizes for event attendees. The emphasis at this event was to inform booth visitors about the environmental advantages of a plant-based diet.



VSH volunteers Ayla Sarnoff and Lorraine Sakaguchi at HCC on April 9.



VSH volunteers Ori Ann Li, Dr. Bill Harris, Lorraine Sakaguchi and Don Hargarten at UH Manoa on April 22. Not pictured is Jake.

~~~~~ Schools ~~~~~

My Vegetarian Journey

By Devlyn Perugini

I am a recent graduate from Moanalua High School.

I have been a vegetarian for three years. I committed myself to vegetarianism because I refused to contribute to factory farming. The more I learned about slaughter houses, the more I was against them. Since this new year, I have made the switch to being a vegan. It has been a positive change, and I look forward to living this way for the rest of my life. I continue to learn something new everyday.

For my last year of high school, I started the Vegetarian Club. Our Vegetarian Club was very successful and lasted for the whole school year! It was great to have moral support through my club advisor. I hope I can continue the Vegetarian Club when I enter college. Promoting vegetarianism on a college



campus will be a new experience and beneficial for raising more awareness.

Although my vegetarian journey has been short compared to others, it still has been a blessing and a life-changing experience. I am grateful for the opportunities that I've had to learn from others, and at the same time be able to teach others. To promote a peaceful, healthy, lifestyle is what the world needs, and I am so happy that I am a part of it.

With great honor, I am happy to say that my vegetarian lifestyle has placed me as one of the eight top semi-finalists for this year's Vegetarian Resource Group Scholarship.

(Editor's note: Vegetarian high school students may go to vrg.org for more information about the VRG College Scholarships, which are awarded each year to two graduating high school seniors.)

A Life-Changing Capseeds Project

By Kelly Pang

As a senior at Punahou School, each student is required to take a class called Capseeds. This class is a capstone class which teaches economics in conjunction with a personal community service-based project (on a subject of interest).

For my project, I chose to live a vegetarian lifestyle for two weeks, and then promote vegetarianism to the public at Punahou's Sustainability Fair. Prior to this class, I had seen a very moving documentary, called *Food Inc.*, which changed my views on mass-production and animal cruelty in the meat industry. This film opened my eyes, for the first time, to the idea of eating a more vegetarian diet. During my project I watched two other documentaries called *Forks Over Knives* (which I found at my new favorite restaurant, Loving Hut), and *Earthlings*. I also went to Michael Greger, M.D.'s seminar, which generally stated that eating animal products is cancer causing, and that by eating a whole food, plant-based diet, people can save themselves from the top 15



causes of death in the U.S. This knowledge was so mind-blowing that I bought Dr. Greger's DVD, showed it to my dad (a gastroenterologist), and convinced him to begin eating a more vegetarian diet.

Through my project, I found that vegetarianism not only saves animals from horrific deaths, it can save the planet, and save your life too. At the Sustainability Fair, I wanted to share what I had found so that others could make their own informed choices.

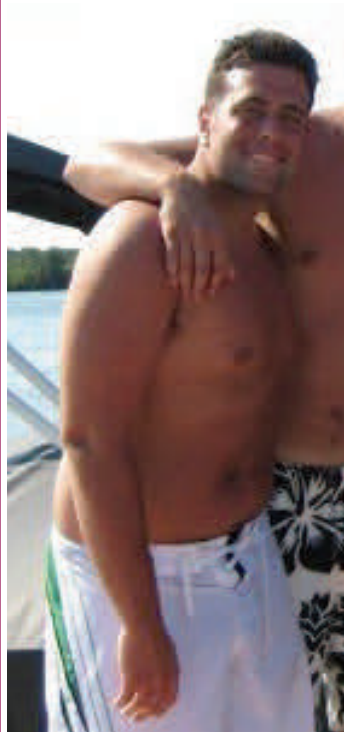
For my project, I had planned to be a vegetarian for two weeks, and now it's been nearly two months. Most of my friends give me skeptical looks when I say, "Do you wanna try some vegan...(insert yummy dessert)... I made?" Most cringe on their first bite, expecting some horrible "vegetarian taste", but after that first bite, most respond that it tastes like a regular cookie. I have found that being a vegetarian isn't some extreme way of life, it is easy, accessible, and can be just as affordable as an omnivore diet. Now I feel more energetic, light, and healthy than I ever have in my life. And because of this project and all that I've learned from it, I plan to continue to be a vegetarian through my college years, and hopefully longer.

88 Pounds ... The Short Version of An Incredible Story From 250 Pounds to 162 Pounds and Vegetarian

By Nicholas Wayde, Miller

One particular crisp Chicago spring afternoon was the day I was saved from my own Armageddon. As the winter snow of the windy city started to melt with the temperature rising from -40° F to 37° F, the sun started to reappear. Metaphor or not, this was the official point on my time-line of life that I will always remember.

Sitting in the doctor's office for a physical, I just knew whatever the doctor told me was not going to be good, but I never could have imagined how harsh it was going to be. After covering the classic vital checks, and the turn your head and cough test, the doctor gave me the news that I had been dreading. Very bluntly, she said I was extremely overweight for my age and height. Standing 5'10" with my shoes on, and 250 pounds with my shoes off, there was no arguing with her.



Nicholas before making changes watch what you eat or go on blood pressure medication, which you will probably have to stay on for life, and who knows what side effects you will encounter over time.

You could say that, after leaving the doctor's office, I was reborn. Still fat and still depressed, but reborn, and I knew

When I asked the doctor what my options were, she let me know that, in my current condition, I would need to start taking blood pressure medication. However, she admitted that a 23-year-old on blood pressure medication would not be her best recommendation. She then asked me about my lifestyle. With shame, I filled her in on the details of a serving of beer every night tossed in with whatever was delivered. After the humiliating speech, she summed it up with two options: Get your *BEEP* together, start exercising, and

watch what you eat or go on blood pressure medication,

it was time to make some life-long changes. Starting with my eating habits, I decided to give up French fries and potato chips for life. It was a very difficult task at first.

You would be surprised how often you can eat fried potatoes still dripping with cheap oil and laced with salt.

Next came the exercise element, which I was not looking forward to. Once a talented high school athlete, who at that time would get out of breath just from tying my shoes, I could hardly run one mile. But I kept going, finding more entertaining ways to burn calories: tennis, a gym steam room, walking the dog, basketball, push ups, etc. After a few months of misery, the exercising started to become bearable, and a few pounds started to fall.

At this point, I wasn't getting the results I expected from the amount of exercising I was doing, losing only 20 pounds in 4 months. With a little research, I learned meat wasn't the best food for people. So I started what was called in my office, "No Meat Mondays." With my decrease in meat consumption and extensive daily exercise, I sweated off 40 pounds in five months, and thought I was looking good.

This mild confidence allowed me the courage to hang up my suit and tie, and jump to a new job that seemed perfect, but was far from it. That said, this new job was a true blessing in disguise. It allowed me to meet the LOVE of my life and soul mate, Liat. She is truly the yang to my yin. Liat came from a country where salads were eaten more than once a day, and were not covered in ranch

(Continued on page 13)



Nicholas and Liat on April 8, 2013



Some Healthy Foods May Contribute Toward Weight Gain

by Dr. Fred Foster

People often ask me for diet advice, confused as to why they're not losing weight even though they don't eat a lot...and even when they are eating "healthy." The truth is that while eating healthily, quantity does matter. Yes, even when choosing certain healthy types of foods, it is still possible to over-consume calories.

Some foods, even though they're considered to be very healthy, carry loads of calories when eaten beyond portion sizes. We all know that juices and processed food items carry a heavy amount of calories in very small quantities. Some healthy unprocessed foods also carry extra calories when consumed above and beyond a "portion size." Some of us call these "calorically dense foods", and if your daily diet is comprised of several of them, you can easily gain weight even without eating "a lot" of food.

Below are some examples of calorically dense healthy foods:

Avocado — an excellent source of vitamin A, vitamin C, vitamin E, vitamin K, folic acid, protein, calcium, and potassium (almost twice as much potassium as a banana). One serving is an awesome source of monounsaturated fat when eaten within a single portion size, no more than 1/4 of a medium-sized avocado. A whole medium-sized avocado is well over 300 calories and 30 grams of fat.

Dried Fruit — Dried fruits have been drained of their water content, dramatically decreasing their volume. What is left is high in sugar (fructose) and very calorically dense.

Coconut — highly nutritious and rich in fiber. It comes fresh, dried, and as a milk or oil. Coconut is said to be anti-viral, anti-bacterial, and anti-fungal. Its antimicrobial property assists in dealing with various bacteria, fungi, and parasites that cause indigestion and irritable bowel syndrome (IBS). The oil in coconut assists in the absorption of nutrients such as amino acids, vitamins and minerals. However, one ounce by weight (serving size) packs 187 calories.

Fruit Juice and Smoothies — all fruit juices are loaded with sugar (fructose) and calories, and so are commercially purchased smoothies. Some even have hidden extra high sugar and calorie additives. Make your own fruit juices and smoothies, remembering that some fruits are more loaded with sugar than others, and not to consume a week's amount at one time.

Granola — especially varieties mixed with nuts and sweeteners (such as honey) can pack as many as 500 calories per cup. Remember, nuts and sweeteners even in small amounts, contain high amounts of calories. Think portion sizes and limit the number of these food items per day, especially when trying to reduce or maintain weight.

Nuts, Nut Butters and Seeds — nuts and seeds are healthy. However, they are some of the most calorically dense foods, even when eaten in a single portion size (one ounce or one tablespoon). I don't know about you, but I have been known to consume several handfuls when eating nuts and/or seeds as a snack.

Think of nuts as a condiment, as a few ounces (tablespoons) can easily pack 468 or more calories. One serving of cashews is 157

calories (with 5.2 grams of protein and 12.4 grams of fat) and one serving of macadamia nuts runs 204 calories (with 2.2 grams of protein and 21.6 grams of fat). Most nuts fall somewhere within this range. Four to six ounces (tablespoons or servings) can easily add 468 to 1,224 calories when eaten as a snack. This is also true when applying any kind of nut butter. Nuts are an awesome source of fat, protein and minerals when eaten in a portion size amount. In fact, nuts assist with absorption of fat soluble vitamins (A, D, E, and K).

Seeds are also a healthy choice; but are also calorically dense. Think of them as a condiment, as flaxseeds contain 140 calories (with 5.5 grams of protein and 9.7 grams of fat) per one ounce (tablespoon) while sunflower seeds pack up to 165 calories (with 5.5 grams of protein with 14.1 grams of fat) per serving size of a level tablespoon or one ounce. Seeds range from 140 to 165 calories (with 9.7 to 14.1 grams of fat) per ounce. Seeds are a good source of protein and essential fat in a plant-based diet. They vary in nutritional properties, as: 1) flaxseeds contain the essential omega-3 fatty acid; 2) pumpkin seeds are a rich source of protein (7 grams per ounce), zinc and phosphorous; 3) sesame seeds provide protein and calcium; and 4) sunflower seeds are a good source of potassium and phosphorous.

Pasta — is a processed food. 1-1/2 cups of pasta yields 60 or more grams of carbohydrates, and around 350 calories (without any sauce or other additives).

Whole Grain Bagels, Breads, and Muffins — these are also processed food items.

An average whole grain bagel is densely packed with carbohydrates and calories. Most contain well over 400 calories prior to applying anything on them. Consuming a single bagel a day can prevent weight loss and contribute toward gaining weight.

A slice of bread — another processed food, even 100% whole wheat varieties, are loaded with calories and will raise your blood sugar level. Think about choosing sprouted whole grain bagels, breads, muffins and pasta when you just have to have some, as sprouted grains and sourdough breads tend not to raise your blood sugar level as much as other choices. Note, especially if you're diabetic, that adding jams, jellies and spreads will also add additional calories and sugar.

A muffin usually contains extra oil (fat and calories) to give it a moist texture. A small muffin made with vegetable oil can contain 400 to 600 calories. Adding cocoa, coconut, dried fruits, frostings, and/or nuts also adds higher fat and calorie content.

Although avocado, dried fruits, fruit smoothies, nuts, and whole grains are thought to be healthy, they must be limited to portion/serving sizes to maintain weight and only be used on occasion, or not at all, when trying to lose added pounds. Any calories/fats added in excess will increase your weight. Calorically dense foods require that you limit your intake of them. A few tablespoons of nuts and/or nut butters, or an avocado, may not seem like a lot, but if you eat several servings of them a day, you'll be getting 500 to 1,000 extra calories daily. Back to what we all know: **fresh, unprocessed whole grains, vegetables, and legumes, coupled with fruits, nuts and seeds in recommended portion-sizes daily will help you maintain your weight and your health.**

Good Nutrition for Healthy Vegan Dogs

by GENTLE WORLD (gentleworld.org)

This is an abridged version. The full article contains much more detailed information about the finer points of vegan dog nutrition. You can read the original here:

<http://gentleworld.org/good-nutrition-for-healthy-vegan-dogs/>

Many people are surprised to learn that not only can dogs enjoy vibrant health on a vegan diet, but just like people, their physical condition can actually improve as a result of eliminating animal foods.

By genus, dogs are classified as carnivorous, but metabolically, they are actually omnivorous. This means that their nutritional requirements can be adequately met with a plant-based diet – as they can source or synthesize all the nutrients they require from plant foods with supplementation.

Skeptical? Check out the story of [Bramble](#), a vegan dog who lived to the age of 27 – making her one of the world’s longest-living dogs. Or how about the story of [Piggy](#):

“When we first found him on the streets of the Dominican Republic, Piggy was just a pup – he had no hair, he was skin hanging over a skeleton, and he could barely walk a couple of blocks,” Tod recalls. *“After a few months recovering on his vegetarian diet, he literally tripled in size to 45 pounds, gained a foot in height, exploded with healthy, soft fur ... and he runs for miles on his three legs.”*

Still not sure? Consider [this story](#) from CNN, where six veterinarians agreed that the nutritional requirements of dogs can be adequately met with a vegan diet.

“The important thing is that you use a diet that has been shown to be nutritionally adequate for whatever stage of life you’re feeding, and it is absolutely possible to find a good quality commercial pet food that doesn’t have animal products in it,” states veterinarian Kathryn E. Michel, an associate professor of nutrition at the University of Pennsylvania’s School of Veterinary Medicine.

Michel recommends using commercial pet food that has gone through the Association of American Feed Control Officials feeding trials. *“Or, if you prefer to cook meals from scratch, consult a credentialed expert in dog nutrition to ensure a*

proper balance of essential nutrients.” (See resources at the end of this article for more information.)

Sandy Anderson, owner and founder of [Veganpet](#) in Australia, explains the philosophy behind the development of her products:

“The National Research Council Committee on Animal Nutrition (NRC) and the Association of American Feed Control Officials (AAFCO) have published guidelines of the minimum dietary requirements for dogs and cats... [Since 2005,] I have been working on making a dog and cat food using vegan alternatives. This food meets the NRC and AAFCO

standards and, in some instances, exceeds them. The body’s basic building, energizing and replacing materials can come from a meat or chicken source or from a soybean and seaweed source. It doesn’t matter. What matters is that the basic cellular structure is the same from either source. I have now found all the vegan alternatives and am able to produce nutritionally-balanced food for both



cats and dogs.”

In addition, there is evidence demonstrating that vegan diets might actually offer benefits to dogs who suffer from various health problems. As stated on the [Harbingers of a New Age](#) website:

“Studies and numerous case reports have shown that nutritionally sound vegetarian companion animal diets appear to be associated with the following health benefits: increased overall health and vitality, decreased incidences of cancer, infections, hypothyroidism, ectoparasites (fleas, ticks, lice and mites), improved coat condition, allergy control, weight control, arthritis regression, diabetes regression and cataract resolution.”

Over decades of experience of caring for rescued dogs in Gentle World, we’ve learned a number of things along the way that we feel are important for caregivers to know about.

As stated in the CNN article, because a dog has certain important nutritional requirements that are different from our own, it is necessary to pay careful attention to their needs, as you are making their decisions for them. But with a well-supplemented, balanced diet that is based on whole foods, your canine companions can easily thrive as vegans. The health and vitality of our four-legged friends has actually surprised a few conventional vets!

If your dog is currently eating an animal-based diet, it’s wise

Animals

to be gentle and careful when switching to plant-based foods, as any change in diet has the potential to cause digestive disorders. Many dogs (especially young dogs who don't have ingrained carnivorous habits) will take to it right away, but for some, it may take a few days before they are even willing to try this new, meat-free fare.

During the transition time, it's a good idea to offer them foods that they find particularly irresistible (read on for suggestions). Once they realize how delicious their new food can be, we find that they tend to adjust pretty easily!

There are some important differences to be aware of. Non-vegetarian dogs generally eat one meal a day, whereas vegan dogs should get two smaller meals daily, plus snacks. A healthy snack would be several dog biscuits or a handful or two (depending on the size of your dog) of dry kibble.

For those who want the convenience or reassurance of ready-made foods that are nutritionally complete, there are a number of [100% vegetarian dog foods and snacks](#) that meet canine nutrient standards. But to make it more affordable, and to incorporate more whole foods, we usually mix in home-made foods (explained below), along with some of the pre-made kibble, canned food or [Vege-Dog](#) supplement to help meet nutritional requirements.

Other simple points to take note of:

- Meals should be served at room temperature or slightly warmed, along with **a clean bowl of water**.
- Dogs cannot process excess salt, so be aware of giving them too much, especially if you're adding some of your own dinner or leftovers to their meals.
- Taking your dog on daily walks in the sunshine is as important for their intake of Vitamin D as it is for the physical exercise.

NB: There are some common human foods that cause toxic reactions in dogs. Onions, raw garlic, chocolate, nutmeg, raisins, and macadamia nuts are all known to be toxic to dogs. The ASPCA has [a good list of foods that should remain 'people foods'](#).

At least a third to a half of your dog's meal should consist of a quality protein source. The remaining portion can be made up of a variety of whole grains, raw and cooked vegetables, as well as certain supplemental items. The following pages contain more specifics.

The Vegan Dog Nutrition Association recommends that the base of the meal be comprised of soybeans, lentils, rice, oats and sweet potatoes. Our favorite vegan vet tells us that pinto beans are the most non-allergenic food for vegan dogs, and that (along with sweet potatoes and carrots) they provide a good basis for the diet. Pinto beans and sweet potatoes can also be used exclusively for up to

6 to 8 weeks to determine whether your dog is suffering from food allergies.

NB: All legumes should be well-cooked (until very soft) and preferably mashed or puréed in a food processor.

Adding a sprinkling of sea vegetable flakes, such as kelp or dulse, helps to ensure a dietary source of minerals.

Dogs can enjoy fruit in small amounts – if they will eat it. Our dogs have enjoyed a variety of fruits, ranging from bananas, apples and orange, to watermelon! Just make sure that you don't feed your dog fruit too close to a high-protein meal. The enzymes are different and can cause digestive discomfort.

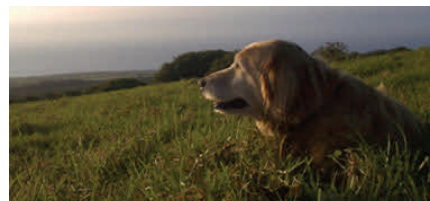
A dog's protein requirements are greater than ours. To ensure that your dog gets enough, make sure that approximately a third to a half of their meal consists of a high-quality protein source (such as well-cooked legumes – pintos, chick peas, soy beans, lentils, and split peas are all good). Other high-protein foods include tempeh, tofu, TVP, hummus, sprouted lentils/garbanzo beans (ground/blended).

Being a responsible guardian for any animal means making an effort to ensure that his or her diet is nutritionally complete, just as you would for yourself. The best thing you can do for your animal friends is to continue to keep yourself informed, as there is new research being released all the time. To feel secure in your decisions, we suggest that you do some personal research as to the nutritional requirements of your dog's specific breed.

Having said that, we have found that most vegans agree that it's easy to feed dogs a plant-based diet. Even dogs who turn their noses up at vegan food when it is initially offered, will often change their mind the next day when they get hungry! And within days, they eat with gusto, as if they had always been vegan!

The change in temperament that occurs as a result is remarkable. As dogs lose their taste for flesh and blood, their desire to hunt and kill tends to lessen, making them less aggressive and more gentle. We've actually watched our dogs evolve from killing small animals to protecting and gently playing with our rescued rabbits!

Our dogs have all made remarkable transformations on the vegan diet, both in physical health and in temperament. And for the committed vegan, it's a beautiful way to get even closer with your canine friends.



VSH Events on Oahu and Maui

April: Michael Greger, M.D. presented “The Role of Diet in Preventing, Treating, and Reversing the 15 Leading Causes of Death”



Dr. Greger gave his talk at the Ala Wai Golf Course Clubhouse on April 9.



Eileen Towata, Mele Fernandez, Nicole Kerr and Ruby Hayasaka of Castle Medical Center with Dr. Greger at his VSH dine-out at CMC’s The Bistro on April 8. Ruby, CMC’s Nutritional Services Director, had presented a fabulous vegan feast for attendees. Dr. Greger, afterwards, gave a well-attended free public lecture, as well as a CME lecture at CMC.



Dr. Greger with VSH Maui coordinator Dr. Steve Blake and wife Cat, who had prepared ono vegan refreshments, as usual, for attendees at Dr. Greger’s talk at Cameron Center on April 11.

May: Steve Blake, Sc.D. presented “Arthritis: A Natural Approach”



Dr. Steve Blake lectured at the Ala Wai Golf Course Clubhouse on May 14.



Dr. Steve Blake and wife Rev. Catherine Blake enjoying a vegan Thai dinner at his VSH dine-out at Govinda’s Vegetarian Buffet .



Dr. Steve Blake with Castle’s Wellness and Lifestyle Medicine Center’s director Nicole Kerr when he spoke there on May 15.

June: Mary Clifton, M.D. presented “Waist Away: How to Lose Weight Joyfully & Supercharge Your Life”



Dr. Clifton lectured at the Ala Wai Golf Course Clubhouse on June 11, 2013.



Dr. Clifton with daughter Anna at Greens & Vines Raw Vegan Restaurant for her VSH dine-out on June 12, 2013. Attendees filled the restaurant, enjoying gourmet raw vegan dishes.



Dr. Clifton gave her presentation at Cameron Center in Wailuku on Maui on June 13, 2013.

If you missed any of these informative and entertaining lectures, watch them online at:

www.vsh.org or on Public Access Cable TV statewide: ‘Olelo CH 55 on O’ahu,

Na Leo ‘O Hawai’i Ch 54 on the Big Island, Ho’ike Ch 52 on Kaua’i, Akaku Ch 55 on Maui

VSH Events on Kauai



Janie Eisendrath was the winner of the recipe contest in April for her Janie's Tofu Scramble. and won the June recipe contest for her Ginger Miso Dressing.



Chef Hollan Hamid gave a cooking demonstration at the June potluck entitled "Delicious Vegan Baking",

GINGER MISO DRESSING Recipe

- 1/2 C Eden Genmai Miso (organic)
- 1/3 C agave nectar
- 2/3 C lemon Juice
- 1/4 C sesame oil
- 1-1/4 C chopped fresh ginger

Adapted from Matthew Kenney's recipe in *Everyday Raw*.

Kelly Ball was the winner of the recipe contest in May for his seeded rice dish.



Gordon LaBedz, M.D., presented "Ask the Doctor" at the April potluck and lecture.



"How To Be an Organic Vegan" was the topic of Karin Medigovich's presentation at the May potluck and lecture.

RICE KELLY Recipe

- 1 cup basmati rice cooked in 2 cups water
- 7 cloves garlic minced
- 1/4 cup toasted minced pumpkin
- 1/4 cup toasted sunflowers seeds
- 15 Spanish olives sliced
- 2 to 3 heaping T nutritional yeast
- 2 T lemon Juice
- Olive Oil
- Cayenne to taste

When rice is finished cooking and still steaming, add all the other ingredients and drizzle with olive oil. Let steam for 5 - 10 minutes. Serve on a bed of fresh lettuce and arugula.

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



A Kalo Smoothie

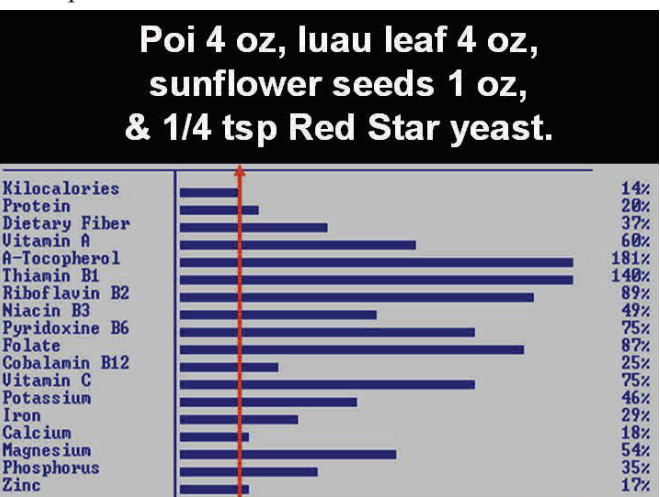
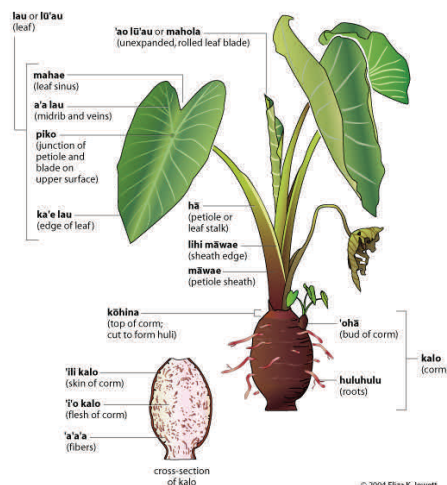
by William Harris, M.D.

The entire kalo or taro plant (*Colocasia esculenta* L.) sustained the ancient Hawaiians in good health. However, in spite of its alleged health benefits, which suggests that it acts as a probiotic (a substance that enhances favorable gut bacteria), a 2005 study done at UH failed to confirm this and concluded that gut bacteria remain unchanged:

www.ncbi.nlm.nih.gov/pubmed/15712767.

However, a writer at the Weston Price Foundation, not usually a vegetarian ally, was ecstatic over poi's lifesaving qualities www.westonaprice.org/food-features/poi, and there were more poi miracle stories at www.poico.com/artman/publish/article_3.php.

Wikipedia has a nice article on starch which mentions that the starch granules in poi are small, and therefore more easily digested: wikipedia.org/wiki/Starch. Finally, a peer-reviewed table (from 2006, same author) at www.ncbi.nlm.nih.gov/pmc/articles/PMC1482315 alleges that poi helps with AIDS, allergies, cancer, cachexia, diarrhea, failure to thrive, GU infections, helicobacter pylori (ulcers), hepatic diseases, hyperlipidemia, immune function, inflammatory bowel disease, lactase deficiency, pancreatitis/cystic fibrosis, ulcerative colitis, and weight gain/loss. The authors state that the predominant bacteria in poi are lactococcus lactis (95%) and lactobacilli (5%), both of which are lactic acid producers. The investigators also report that poi contains significantly more of these bacteria per gram than yogurt, and that this probiotic mix starts spontaneously from yeast and lactic acid bacteria naturally found on the plant's surface, eventually leading to "sour" poi after two to three days.



According to Nutritionist IV v2, poi is no perfect food and, like most starches, is deficient in vitamins A, E, and B12. The taro (luau) leaf is more nutritionally complete than poi (its root) but it turns out to be short in vitamin E (alpha tocopherol) and, of course, vitamin B12.

So we put 4 oz. of poi, 4 oz. of luau leaf (after 10 minutes of steaming), one oz. of hulled sunflower seeds (the USDA champ for alpha-tocopherol) and a quarter tsp of Red Star nutritional yeast (for vitamin B12) into a Vitamix blender, added a clove of garlic and 2 tsp. of balsamic vinegar for flavor and with a little added water blended up a tasty and nutritious kalo smoothie in which 18 nutrients met or exceeded their RDA per Calorie.

Caveats: Although luau leaf only contains about half as much oxalic acid (OA) as spinach, the OA interferes with calcium absorption, may contribute to kidney stone formation, and raphides (needle-shaped crystals of calcium oxalate) in luau leaf wikipedia.org/wiki/Raphide cause a prickly sensation in the throat, so you should first determine how much steaming the leaf requires for you personally (10-25 minutes for most people). If you can't find the right steaming time, you'll get about the same nutrient value by substituting 4 oz. of most any other dark leafy vegetable (e.g. broccoli) in place of the luau leaf.



New York Public School Goes Vegetarian!

PS 244, with 400 students from pre-kindergarten through grade three, switched to all-vegetarian cafeteria meals in January. The meals include tofu vegetable wraps and vegetarian chili with brown rice. Each meal meets the same USDA protein requirements as other schools' non-vegetarian meals.

Nutrition News

from



Does a Drink Of Water Make Children Smarter?

Most children don't drink water from when they wake till when they go off to school. Interventional trials show this mild state of dehydration may negatively affect scholastic performance.

nutritionfacts.org/video/does-a-drink-of-water-make-children-smarter/

Flaxseed vs. Diabetes

A tablespoon of ground flax seeds daily for a month appears to improve fasting blood sugars, triglycerides, cholesterol, and hemoglobin A1c levels in diabetics.

nutritionfacts.org/video/flaxseed-vs-diabetes/

Do Fruit & Nut Bars Cause Weight Gain?

Despite the caloric density of both nuts and dried fruit, they do not appear to lead to the expected weight gain.

nutritionfacts.org/video/do-fruit-nut-bars-cause-weight-gain/

Don't Eat Too Much Nutmeg

The spice nutmeg may have a relatively narrow margin of safety.

nutritionfacts.org/video/dont-eat-too-much-nutmeg/

Lavender for Migraine Headaches

A placebo-controlled clinical trial of lavender essential oil aromatherapy shows it to be an effective migraine therapy.

nutritionfacts.org/video/lavender-for-migraine-headaches/

Strawberries versus Esophageal Cancer

A randomized phase 2 clinical trial on the ability of strawberries to reverse the progression to esophageal cancer showed positive results.

nutritionfacts.org/video/strawberries-versus-esophageal-cancer/

You can get The Island Vegetarian electronically in full color, and save trees and postage, too! To switch from the paper to the electronic edition, send an email with your name and email address: support@vsh.org

Book Review

Power Foods for the Brain

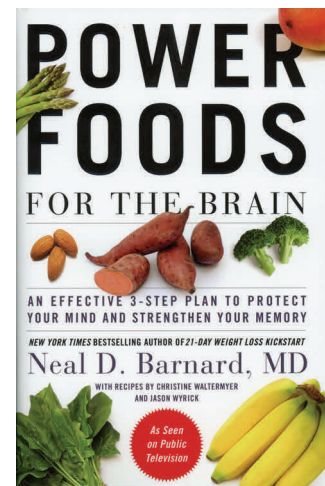
Neal D. Barnard, M.D., 320 pp.
\$26.99

by Ruth Heidrich, Ph.D.

www.ruthheidrich.com



Dr. Barnard has done it gain! *Power Foods For The Brain* offers a blueprint for all who want to keep all their marbles as they age, because, after all, what good is a body without a functioning brain?



As research is showing clearly, simple lifestyle factors such as the foods you eat will determine the health of your brain, how well it functions as you age, and how well it preserves all your memories, and enable your brain to keep making new memories.

Dr. Barnard proposes a three-step program with Step I covering how to protect the brain from toxic minerals (excess iron, zinc, and copper), how to keep out the "bad" fats and cholesterol, and how to shift from a diet based on animal products which cause many of the problems. You might guess that there are certain key vitamins that play a critical role here -- and you'd be right.

Step II covers ways to strengthen your brain by developing what is called "cognitive reserve," a system of getting around "senior moments" with more "alternative routes" and a larger varieties of "Plan B." There are suggested strategies for developing stronger memories such as linking and anything else that contributes to getting your neurons firing, such as computer brain games.

Step III helps you defeat threats to your memory and covers the importance of sleep, how to build greater memory power, and how to exert some control over your brain's amyloid plaques, an important factor in Alzheimer's Disease. Find out the role of coffee, alcohol, protein, and lack of exercise on your memory. Lastly, and very importantly, there's a discussion on how to get a better sleep and the effects of different medications.

Summing it all up, there are menus and recipes to put the power plan for the brain into practice. With the rocketing rates of dementia and Alzheimer's, we all need to pay attention!

Recipes

Two Heart Healthy Recipes

by Neal Pinckney, Ph.D.

Heart.kumu.org "If it takes longer to make it than it does to eat it; forget it."



Spicy Veggie Milk Nabe (one-pot dish) with Vegetables

When we think of sumo wrestlers, we usually think of 'fat'. But, surprisingly, aside from lots of white rice and beer, they mostly consume an amazingly nutritious diet. One of their favorite dishes (albeit with dead animals) is a kind of a stew called *nabe*, sometimes prepared as a milk stew. This vegan *nabe* is very low in fat and sodium, is gluten-free, quick to cook and easy to clean up.

Ingredients (serves 4):

- ½ head won bok/Napa cabbage/Chinese cabbage
- 3 stalks of green onions
- 1 large bunch of leeks, Welsh onions or Japanese *negi* (most authentic)
- 2 stalks celery
- 1 C broccoli, cauliflower, zucchini or combo in bite-size pieces
- 1 small potato, diced and cooked
- 1 C mushrooms (button, shiitake, oyster, or as many different kinds as you like)
- 1 block of firm lowfat tofu (Mori-Nu Lite) cut in 1" squares, optional
- 1 large carrot, diced, optional



Veggie Milk Soup

- 2½ cup soy, rice or nut milk, unflavored
- 1 C veggie soup stock
- 4 T miso
 - 1 to 2 T chili paste (*see Hint below*)
- 2 T sake (or dry white wine)

- 1 T soy sauce
- 1 to 2 t grated garlic or dried granulated garlic

Cooking Directions:

Cut the Napa cabbage coarsely into about 2-inch lengths. Slice the onions/leeks, celery and carrots at an angle into several 1½ inch-long pieces.

In a large ceramic pot or a stew pot, combine all the ingredients for soy milk soup and bring to a boil. Once the soup has reached a boil, add the vegetables. Simmer for 7 minutes. Add the green onions just before serving.



Hints:

All kinds of veggies go well in this dish: long beans, diced sweet potato, lotus root, burdock, water chestnuts, for example.

If you don't like things spicy and hot, make this without the chili paste, or just add a teaspoon of Sriracha (Rooster) chili sauce. You can put the hot sauce on the table to allow for individual preferences.

To make a totally different dish with the same ingredients, add curry powder to taste (start with 1 T).

Excellent with brown rice added to the soup.



Over 250 more easy, low-fat vegan recipes are available on Dr. Pinckney's website: heart.kumu.org

(Continued from page 4)

88 Pounds ... an Incredible Story

dressing, and she showed me the light of healthy eating. She also introduced me to this amazing drink called water, which can also be a great pairing with our night-cuisine instead of alcohol. Both curious about nutrition, we came across a book called *The China Study*. The most comprehensive study either of us ever saw on nutrition was enough “food for thought”. We decided to become vegetarian.

In less than three months of eating a vegetable-based diet and increased water consumption, I trimmed off 28 pounds. The hilarious part is that we did not exercise nearly as hard as I used to before becoming vegetarian.

In less than two years from that miserable day in Chicago, I was healthier than ever, sexy according to Liat, and lighter than the 6th grade version of myself.

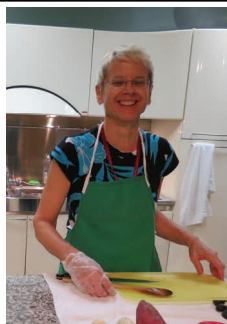
Now, going on three years of a healthy life, I am happier each day I wake up. Like any normal human, I fluctuate 3 to 7 pounds from my magic number, depending on the week. Liat and I are 100% vegetarian and doing our best to help others realize how much happiness you can achieve by being healthy. No one is perfect, and there is always another level to strive for.

Liat and I are close to reaching the next level of great health and happiness through veganism, thanks to the wonderful research from nutritionfacts.org and other sources. Veganism for us is the next step in becoming truly healthy, civilized humans embracing love for all living things. Eliminating all animal products from our diet has taught us to be more compassionate to others, as well as to stabilize our health.

Yes, I am still French fry and potato chip free, and will be for life. This one promise was an oath to myself, never forgetting about true health and happiness. Life is too beautiful that no one, including a clown in a yellow jumpsuit, a guy named Jack who lives in a box, a girl with red hair, a king, a cow, or some old guy with a white suit to match his hair, should be able to take that away from you.

Warmest Aloha,

Nicholas Wayde, Miller



Salad Adventures

by Eileen Towata

Catching Up with the Crucifers

With the rise in popularity of kale over the past several years, at least one member of the Cruciferae plant family seems to be making its way into the salad bowls and onto the plates of many consumers. This important plant family, also known as the Brassicaceae, includes many other edible plants which are also of high nutritional value. The National Cancer Institute¹ points out that cruciferous vegetables contain important carotenoids (good for eye health), vitamins, minerals, and phytochemicals of interest to researchers for their possible cancer risk reduction potential. Local markets and farmer's markets usually carry a wide array of these vegetables, such as broccoli, Brussels sprouts, radishes, cauliflower, collard greens, bok choy, arugula, watercress, and cabbage. The flowers produced by these plants all bear four petals, forming a cross-like shape that gives the family its most widely used family name (Cruciferae). Most cruciferous vegetables are grown and sold for their edible leaves (cabbage, kale, collards), edible taproots (radishes, daikon) or edible flowering heads (broccoli, cauliflower) picked before the buds open.

A visually striking cruciferous vegetable is red cabbage (scientific name = *Brassica oleracea* var. *capitata*). Cabbages, in general, are among the oldest known vegetables and today's head cabbages were bred from wild cabbages which appeared more like kale or collards. Fortunately for today's consumers, cabbages continue to be reasonably priced and readily available. Red cabbage tastes similar to green, but has leaves that are usually thicker. It makes a great addition to salads. Try this simple recipe that pairs pungent, crisp cruciferous vegetables with sweet, juicy fruits. For brain health, add sunflower seeds just before serving. Creamy avocado replaces the need for oily salad dressing and brings another layer of color to the plate.

Refreshing Cabbage Salad

(Quantities may be adjusted, as desired).

- 1 cup red cabbage, in thin slivers
- 1 cup green cabbage, in thin slivers (OR 1 cup watercress, chopped OR 1 cup kale pieces)
- 1 mango, cubed
- 1 cup seedless red grapes, halved
- 2 Tablespoons Concord grape juice
- Optional: pinch of salt and/or black pepper
- 1 avocado, halved and sliced or cubed
- Several tablespoons of sunflower seeds

Combine cabbages, mango and grapes. Add grape juice and combine; taste and add salt/pepper, if desired. Plate, then add avocado and sunflower seeds to each serving. Makes 3 side salads.

¹www.cancer.gov/cancertopics/factsheet/diet/cruciferous-vegetables



Ducks Saved from Decapitation

by *Leilani Farm Sanctuary Founder*
Laurelee Blanchard



One quiet Sunday afternoon at Leilani Farm Sanctuary, we heard a loud knock on the door of our farmhouse. Standing on the porch was a man who was furious because his tenant had skipped out on his lease and left him with eight male Muscovy ducks, taking the egg-laying females. The man wanted to be rid of the male ducks and gave us an ultimatum: “Either you keep these ducks, or I’ll chop their heads off and eat them.”

The Sanctuary’s duck population was already at its maximum capacity, but those eight helpless ducks needed our mercy. We simply couldn’t turn our backs on them.

The decision was made, and a few minutes later, the ducks were transferred from a dog kennel in the back of the man’s truck to our duck pasture, where they became acquainted with our existing flock of ducks. It was the first time in their lives that they were free from cages and able to roam around. They seemed to know they were safe with us. We watched these big friendly birds begin to spread their wings and enjoy their spacious new environment. Muscovy ducks are native South American ducks, easily distinguished from other breeds by their faces, which are devoid of feathers. Their heads are bright red, flashy and carunculated (lumpy). They don’t quack like other ducks, but instead make hissing sounds. They have a lifespan of seven to eight years.

The ducks are now settled and happy with their flock-mates at Leilani Farm Sanctuary, but sponsors are needed to help us provide them feed and veterinary care. If you would like to sponsor a duck, please visit our duck sponsor page at www.leilanifarmsanctuary.org/lfs-ducks.html

Our expanded duck family also needs a place to swim. We’re now raising funds to build a pond. To make a tax-deductible contribution toward this vital project, please visit us online at www.leilanifarmsanctuary.org , or mail a check to: **Leilani Farm Sanctuary**, 260 E. Kuiaha Road, Haiku, HI 96708

Leilani Farm Sanctuary is home to over a hundred rescued animals like Johnny, and many more have been placed in happy homes. Visitors are welcome, including school groups for educational tours.

For more information, visit: www.LeilaniFarmSanctuary.org.



Results of the Recent Special Election

The recent election, to change the way the VSH board is elected, passed with 87% of the votes cast in favor of the proposal. Thank you to all of you who voted, to those of you who also took the time to write to us with your well-reasoned suggestions, which were all read and considered, and to those of you who sent us your encouraging comments, as well. They were all very much appreciated!

Annual Meeting Notice

Annual reports from the Board will be made to the membership prior to our featured speaker on July 9, 2013.

Please attend and learn the status of your organization. Mahalo!

Talk to Us!

Your letters to the Editor, book, movie, and restaurant reviews, recipes and articles of interest to vegetarians are all eagerly awaited. We reserve the right to edit all submissions. Our submission deadlines are March 1, June 1, September 1, and December 1.

newsletter@vsh.org

The opinions expressed in this newsletter are those of the writers and not necessarily those of the Vegetarian Society of Hawaii. The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.

Upcoming VSH Events

VSH speaker at Castle Medical Center

Thursday, September 19, 2013
7-8:30 p.m. Free. "Dr. Bill's Never-Fail Guaranteed Weight-Loss Plan" by William Harris, MD.

Register at castlemed.org or call (808)263-5400.

Wellness Auditorium
Castle Medical Center
640 'Ulukahiki Street
Kailua, Hawai'i 96734

You're Invited to our VSH Dine-Outs!

Wednesday, July 10, 2013: Dine out with Janice Stanger, Ph.D.

6:00 to 8:00 p.m. (last meal service at 7:30 p.m.)
Church of the Crossroads, 1212 University Ave.

Gourmet Vegan Dinner by Chefs Kathy Maddux & Alyssa Moreau:

Curry Sweet Potato Bisque
with Toasted Pumpkin Seeds

Summer "Sliders" with Tamarind
Ketchup & Collard Wraps

Cool Quinoa with Mango & Cumin/Lime Vinaigrette
Rainbow Slaw

Hibiscus-Infused Cherry Kanten

Hot Tea *(all dishes vegan and gluten-free)*

Cost: \$20 (\$18 for VSH members) \$2 more for walk-ins

RSVP and prepayment requested by July 7

Email macrocommhi@hawaii.rr.com or call 845-2873.

Wednesday, August 14, 2013: Dine out with Melanie Joy, Ph.D.

5:30 p.m. to 8:30 p.m., Govinda's Vegetarian Buffet, 51 Coelho Way
"Carnival in Rio" Brazilian Cuisine vegan, gluten-free menu:

Tabletop Appetizer, Feijao de Coco coconut bean soup, creamy and rich in flavor, Feijoada the national dish of Brazil: slow simmered black beans w/traditional herbs and spices served over a warm polenta, Almondegas ao Molho de Tomate, veggie balls cooked in a spiced tomato sauce, Arroz Brasileiro, savory Brazilian herb and tomato rice, Legumes Cozidos, Brazilian vegetable dish made with sweet potatoes, spinach, potato and chayote, Green Garden Salad with Herb Dressing. Desserts: Doce de Banana, sweet bananas cooked in a caramel sauce, Docinhos de Abobora pumpkin candy, Broinhas sweet corn cookies, Cashew Cookies. Served with a refreshing Pineapple Mint Tea.

Cost: \$18 age 13 and up, \$10 age 8-12, free age 0-7.

To RSVP and pay by August 13 (some walk-ins possible)

Call (808)595-4913 or email govindas108@hotmail.com.

Thursday, September 19, 2013: Dine out with William Harris, M.D.

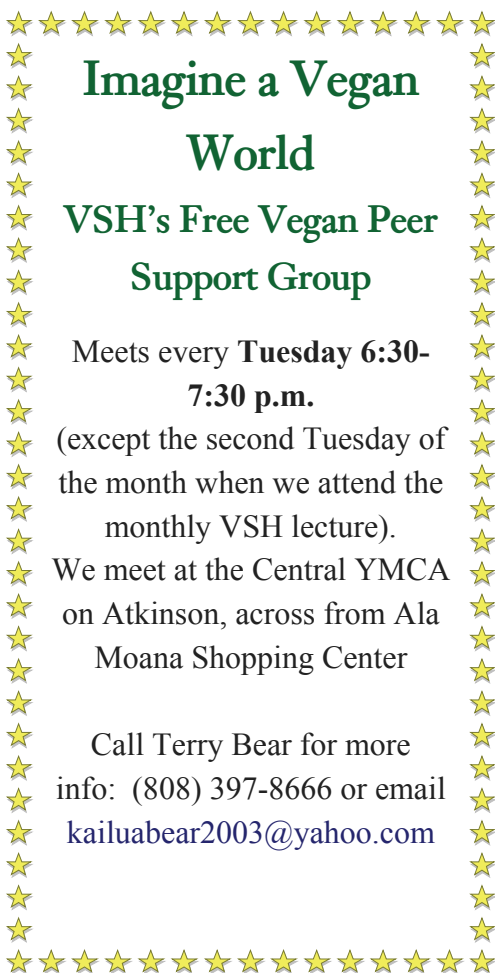
5 p.m. to 6:30 p.m., The Bistro at Castle Medical Center's lower level, 640 'Ulukahiki Street, Kailua

Vegan buffet featuring fresh greens from the CMC garden, soup, a salad bar, and a variety of hot and cold dishes.

Cost: \$10, please pay at the event. Beverages and desserts extra.

To RSVP, please email info@vsh.org or call (808)944-8344.

Note: RSVP is for the dine-out only. If you'd also like to attend Dr. Harris's free lecture at CMC's Wellness Auditorium right after the dinner, see registration information on this page.


Imagine a Vegan World
VSH's Free Vegan Peer Support Group
 Meets every **Tuesday 6:30-7:30 p.m.**
 (except the second Tuesday of the month when we attend the monthly VSH lecture).
 We meet at the Central YMCA on Atkinson, across from Ala Moana Shopping Center
 Call Terry Bear for more info: (808) 397-8666 or email kailuabear2003@yahoo.com

Vegetarian Society of Hawaii Lectures

JULY

AUGUST

SEPTEMBER

JANICE STANGER, PH.D.



The Dangerous Truth about Protein

Protein is the most misunderstood and overhyped nutrient.

Popular myths hide basic facts: what protein is made of, how many kinds of protein there are, what happens to excess protein when you eat too much.

This presentation will transform your understanding of protein with must-know information on three dangers of consuming too much and the wrong kinds of protein. You'll also learn the truth behind three commonplace fallacies that keep you eating foods that can wreck your health. Discover the secret of the whole foods, plant-based diet that will get you an optimal amount of protein and all the other nutrients as well. And you don't have to count grams of protein!

Janice Stanger, Ph.D. is a nutrition expert, educator, speaker, and author of *The Perfect Formula Diet: How To Lose Weight and Get Healthy Now With Six Kinds of Whole Foods*. Her mission is to provide you solid, yet little-known, information on whole foods, plant-based diets so you can choose your diet based on facts, not myths.

Honolulu: July 9, 7 p.m. at the Ala Wai Golf Course Clubhouse, 404 Kapahulu Ave.

Maui: July 11, 7 p.m. Cameron Center, 95 Mahalani St., Wailuku

MELANIE JOY, PH.D., ED.M



Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism

In her captivating slide show, Melanie Joy explains carnism, the invisible belief system that shapes our perception of the meat we eat, so that we love some animals and eat others without knowing why.

Dr. Joy, a longtime activist for social and environmental justice and animal protection, describes how carnism is sustained by complex, hidden social and psychological mechanisms, and it is most harmful when unrecognized. Using powerful imagery, thought-provoking analyses, and a compelling narrative, Dr. Joy elucidates how, although unjust belief systems (racism, sexism, ableism, etc.) all are unique, the mentality that enables such systems is strikingly similar. When unnoticed, these "isms" can cause us to act against our core values, our own interests, and the interests of others

By illuminating carnism, Dr. Joy helps us become more empowered citizens and more active social witnesses. Audiences appreciate her accessible, engaging and levelheaded approach, regardless of their dietary choices. Parental/guardian discretion is advised for younger attendees.

Honolulu: August 13, 7 p.m. at the Ala Wai Golf Course Clubhouse, 404 Kapahulu Ave.

Maui: August 15, 7 p.m. Kaunoa Senior Center, 401 Alakapa Pl., Paia

WILLIAM HARRIS, M.D.



Dr. Bill's Never-Fail Guaranteed Weight-Loss Plan

The American Medical Association has recently declared obesity to be a "US Disease". Dr. Harris suggests that it should be called, instead, the "USDA-sease" since the US government, by giving 14 billion dollars of annual price supports to the animal and junk food industries and IRS tax deductions for their advertising expenses is responsible for much of it.

In this presentation, Dr. Harris explains how to avoid this newly proclaimed "disease" with two simple basic rules and a few not-so-simple ones. He will also take questions from the audience on a wide spectrum of diet-related issues.

A vegetarian since 1950, and a vegan since 1964, William Harris, M.D. is a founding and current board member of the Vegetarian Society of Hawaii.

Prior to his retirement he was an emergency physician and director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He is the author of *The Scientific Basis of Vegetarianism*, now available for free at http://www.vegsources.com/harris/book_contents.htm.

Honolulu: September 10, 7 p.m. at the Ala Wai Golf Course Clubhouse, 404 Kapahulu Ave.

Maui: September 12, 7 p.m. at Cameron Center, 95 Mahalani St., Wailuku

Local Vegetarian Community Events

Vegan Benefit Dinner Govinda's Vegetarian Buffet

A Midsummer Night's Dream Dinner
5:30 to 8:30 p.m., Friday July 19, 2013

Creamy Tropical Cole Slaw
Herb Roasted Potatoes/Sweet Potatoes
Summer Grilled Corn on the Cob
Maple BBQ Tofu
Mom's Potato Salad
Boston Style Baked Beans
Fresh Summer Vegetable Salad
With Herbal Dressing
Southern Style Corn Bread
Hot Apple Crisp
Watermelon
Strawberry Mint Lemonade



Autumn Harvest Celebration

5:30 to 8:30 p.m., Friday, September 6, 2013

Tabletop appetizer
Minestrone, chunky vegetables and beans in a rich tomato broth
Corn Chowder, creamy & sweet with assorted vegetables
Hearty Split Pea Soup with savory croutons
Curry Pumpkin Coconut Soup, warmly spiced & silky smooth
Quinoa Salad with pecans and dried fruit, sweet & savory
Lentil Salad with fresh herbs and vegetables
Curry Rice Salad, sweet, spicy & with a crunch of fresh veggies
Warm Roasted Root Vegetable Salad
Desserts: Warm Fruit Cobbler, Pumpkin Bars
Mulled cider

All dishes are vegan and gluten-free. Proceeds go to promoting and serving healthy vegan/vegetarian foods to students and faculty/staff at the University of Hawaii at Manoa.

51 Coelho Way, Honolulu, HI 96817

\$18, ages 8-12, \$10, ages 0-7 free. To RSVP & prepay: Call (808)595-4913 or email govindas108@hotmail.com.

The Oahu Vegan Meetup Group

The Oahu Vegan Meetup group is dedicated to creating a strong community here on Oahu around the lifestyle and many philosophies of veganism. The group hosts fun vegan events and provides information to anyone who seeks to transition to a plant-based diet or eat more plant-based meals. Events include restaurant meals, potlucks, hikes, movie screenings, and more. Enjoy the company of like-minded people, get advice and support, and eat delicious vegan food! Events are listed at www.veganoahu.org.

Eat Well for Life Cooking Demonstrations at Castle Medical Center

Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life.

These are demonstration classes with instructor Eileen Towata, and do not include hands-on food preparation by participants.

All foods are made with non-animal food products. Tasty samples are provided.



Celebrating Salads

Thursday, July 25, 6:00-7:00 PM

These colorful salads will satisfy your eyes and your appetite. Get great ideas on adding beans and grains to make salad the star of your meal.

Chill Out with Cool Foods

Thursday, August 22, 6:00-7:00 PM

Just in time for hot days, learn recipes to keep your kitchen – and you – cool. A refreshing chilled soup will be one of our menu ideas tonight.

One Pot Meals

Thursday, September 26, 6:00-7:00 PM

Stovetop and oven ideas for one pot/one pan dishes will help you pull together main dishes with ease. Turn “clean-up time” into “take a walk” time!

Price: \$15 general, \$10 for Castle Medical Center employees, volunteers, students (with ID) and seniors (age 65+), or \$20 per couple. Advance registration required. To register, call 263-5400, or go to <http://castlemed.org/wellness.htm>,

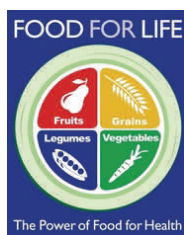
Wellness & Lifestyle Medicine Center
642 'Ulukahiki Street, Suite 105
Kailua, Hawai'i 96734
(808) 263-5050 CMCWellness@ah.org

“Healing & You” Radio Show

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

Sundays: 8 - 9 p.m. K108 AM 1080
Call-in line: (808) 524-1080

Local Vegetarian Community Events



Food for Life Hawaii

Ayla Sarnoff

www.foodforlifehawaii.org



Ed Otsuji and Ayla Sarnoff

Farm to Table! Take a Tour of Otsuji Farm July 6, 2013 9:30 am

Come take a tour of Otsuji Farm in Hawaii Kai! Enjoy lush green landscapes, cool mountain air, ocean views, and good company on Saturday, July 6. Learn about natural farming practices that emphasize the interrelationship of soil, plants, and animals as one holistic system. After the tour, enjoy lunch prepared for you using delicious, fresh, Otsuji produce. Space is limited to 12 people. Reserve your seat today!

Surfing the Nations

Nutrition for Surfers Hilo, HI June 25-30, 2013

Surfing The Nations, is a non-profit, humanitarian organization based in Wahiawa, Hawaii, who live by the motto of "Surfers Giving Back."

Their desire is to see lives changed inside and outside of

the organization. They are a community made up of people who believe in using their talents and passions – from surfing and beyond – to give back and bring the message of love and hope. Food for Life Hawaii is excited to provide healthy cooking classes on the Big Island for Surfing the Nations!

Natural Cooking and Healing with a Plant-Based Diet: Women's Mini Retreat

August 6, 7, 8, & 9, 2013 5:30pm to 7:30 pm

Are you ready to transform your body into its optimal state of being? Learn how to use the natural healing power of food to rejuvenate yourself from the inside out. This interactive four-class series teaches a proven, practical and delicious way to fight and protect against obesity, diabetes, heart disease, autoimmune disorders and cancer. The Food for Life classes offer a unique opportunity to acquire knowledge about the link between diet and disease, experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. In this four-class series, attendees do all of this, while enjoying a cooking demonstration and tasting delicious, healthful dishes.

Register for classes at www.foodforlifehawaii.org
Or email Ayla: aylasarnoff@gmail.com

Castle Medical Center 50th Anniversary 1 to 5 p.m., Sunday, July 14, 2013

Castle Medical Center in Kailua will be marking its 50th anniversary, and the completion of extensive renovations. Join us for tours, health screenings, entertainment, keiki activities, and vegan cooking demonstrations at the Wellness Center! For more details, please go to castlemed.org.

Gourmet Vegan Community Dinner at Church of the Crossroads

6 to 8 p.m., Wednesday, September 25, 2013

Enjoy a gourmet gluten-free vegan meal prepared by Macrobiotic Vegan Chef Kathy Maddux and Vegetarian/Gluten-Free Chef Alyssa Moreau!

Butternut Squash Soup with Caramelized Walnuts, Chickpea Taro Croquettes with Pesto, Crispy Green Salad with Hibiscus Vinaigrette, Vibrant Beet and Quinoa Pilaf, Cookie Sampler, Hot Tea

\$20 (VSH Member price \$18), \$2 more for walk-ins
Please RSVP to macrocommhi@hawaii.rr.com

Free Vegetarian Cooking Classes at Down to Earth



Honolulu • Kahului • Kailua •
Kapolei • Pearlridge
No reservations required

Honolulu: 1st Saturday monthly,
11 a.m. - 12 p.m.

Kailua: 1st and 3rd Tuesdays,
4:30 - 5:30 p.m.

Pearlridge: 1st and 3rd Mondays,
5:30 - 6:30 p.m.

Kapolei: Wednesdays, 4 - 5 p.m., 5:30 - 6:30 p.m.

Kahului: Tuesdays, 5:30 - 6:30 p.m.

www.downtoearth.org/free-cooking-classes
or call 808-947-3249 for more information.



Chef Leslie Ashburn offers
vegan cooking classes and vegan
popup dinners.
www.macrobiotichawaii.com

The Benefits of VSH Membership

- ◆ Local Discounts
- ◆ Social Activities
- ◆ Quarterly Newsletter
- ◆ Monthly Educational Lectures

5% Discounts

Down to Earth (Oahu and Maui)
Canton Seafood Restaurant (923 Keeaumoku St.)
Celestial Natural Foods (Haleiwa)
Greens & Vines/Licious Dishes (909 Kapiolani Blvd.)
Healthy Hut Kauai (Kauai)
Loving Hut (only at 1614 South King St.)
Peace Café (2239 S. King St.)
Simple Joy Vegetarian Cuisine (1145 S. King St.)
Thai Mixed Plate (Pearl City)
Veg Voyages (Asian adventure tours vegvoyages.com)
yummy tummy (Bakery, call Van at 808-306-7786)

10% Discounts

Downbeat Diner and Lounge (42 North Hotel St.)
Food For Life Hawaii Classes (www.foodforlifehawaii.com)
Gourmet Vegan Dinner (macrocommhi@hawaii.rr.com)
Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way)
GRYLT (Manoa, Ala Moana, & Kahala Mall)
Himalayan Kitchen (1137 11th Ave., Kaimuki)
India Cafe (600 Kailua Road, Kailua)
Mocha Java Cafe (Ward Center)
Nasturtium Café (Kealakekua, Big Island)
Sapphires & Sequins Cakery (661-406-9185, Oahu)
Thai Kitchen (Waipahu, 94-300 Farrington Hwy)

If you have comments or suggestions,
please send them to: info@VSH.org

Membership dues and member donations support the educational mission of The Vegetarian Society of Hawaii and go towards bringing in speakers for our monthly lecture series, maintaining our website, and publishing our quarterly newsletter. Thank you for your support!

Donate, Join, or Renew today!

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Make checks payable to: Vegetarian Society of Hawaii, P.O. Box 23208, Honolulu, HI 96823

Join or renew online: www.vsh.org/renew



Vegetarian Society of Hawaii

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Happy Independence Day!

YES, I AM VEGAN

EVOLVE! Campaigns

Would you like to discuss with me where I get my protein?