

# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 25, ISSUE 3, JULY-SEPTEMBER 2014

## Inside This Issue

How Nine People Became Vegans	1
VSH at Community Events	2
Lifelong Running — Part 3	3-5
Nutrition News	5
A Vegan World, Imagine That!	6,5
China Study Reviews & Recipes	7-8
Oahu and Maui VSH Events	9
Kauai VSH Events	10
Vegan Diet & Heart Disease Risk	11
Recipes	12-13
Visit Leilani Farm Sanctuary	14
Upcoming Events	15-18
Membership Benefits	19

## Free Public Lectures

**Chef Catherine Blake**

**“Cooking For Brain Power”**

Tuesday, July 8, 2014

Ala Wai Golf Course Clubhouse

**Ankur Jain, MD**

**“Veganism: What A Body Wants, What A Body Needs”**

Tuesday, August 12, 2014

Ala Wai Golf Course Clubhouse

**Home Le’amohala**

**“Environmental Benefits of a Plant-Based Diet”**

Tuesday, September 9, 2014

Ala Wai Golf Course Clubhouse

Please see page 15 for more details, and page 16 for Maui-only presentations.



Sharon Stewart, one of the nine, Michael Greger, MD, and Joanne Holmberg, after Dr. Greger’s CMC/VSH lecture on *Combating Common Diseases with Plants* at Castle Medical Center’s Wellness Auditorium on June 9, 2014.

## How I Got Nine People (Including Me!) to Become Vegans After One Talk by Dr. Greger

By Joanne Holmberg

Last year, in April of 2013, while working as a volunteer at the Castle Wellness and Lifestyle Medicine Center, I had the life-changing experience of hearing Dr. Michael Greger deliver his 2012 year in review, *Uprooting the Leading Causes of Death* (editor: also called *The Role of Diet In Preventing, Treating, and Reversing the 15 Leading Causes of Death*). It had such a powerful impact on me that I knew my world was going to change from that moment forward. Changing the world of eight other people has come as an unexpected surprise.

How did I get so many people to become vegan? Simply told, I think that most people my age have something they are concerned about, health-wise, and believe me, Dr. Greger did not leave anyone’s health concerns out of his lineup!

I did three simple things: 1) I cooked vegan dishes for them. 2) I shared the information I was learning, and I asked them to watch Dr. Greger’s talk (editor: his VSH lecture videos are available at [www.vsh.org](http://www.vsh.org)). Amazingly, they asked more questions, and I shared more information. This time, I asked them to watch *Forks Over Knives*, the documentary film about the work of T. Colin Campbell, PhD (*The China Study*), whose landmark study showed the relationship of a plant-based diet to good health, as well as the groundbreaking work of Caldwell Esselstyn, MD, (*Prevent and Reverse Heart Disease*), and others. Did I mention that I cooked for them? 3) Finally, I asked them to make a 3 week commitment to eating vegan. They did, and the rest is history. And yes, I still lovingly cook for them. Thank you, Dr. Greger!

## The Island Vegetarian

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

P.O. Box 23208  
Honolulu, HI 96823-3208  
808-944-VEGI (8344)

[info@vsh.org](mailto:info@vsh.org)  
[www.VSH.org](http://www.VSH.org)

Visit our website for online lecture videos, a restaurant guide, TV and meeting schedules, newsletter archives, as well as our Facebook page:

<https://www.facebook.com/VegetarianSocietyOfHawaii>

### Directors

President: Lorraine Sakaguchi  
Vice President: Jim Brown  
Secretary: William Harris, MD  
Treasurer: James H. Thompson  
Directors: Karl Seff, PhD  
Patrick Moore  
Steve Blake, ScD  
Ori Ann Li  
Ruth Heidrich, PhD

### Advisory Board

Mark Fergusson

### Newsletter Committee

William Harris, MD  
James H. Thompson  
Lorraine Sakaguchi

### Mahalo to our volunteers:

#### Oahu

Terry Bear	Don Hargarten
Elizabeth Buff	Nancy Ikeda
Lulu Cey	Jake
Randall Chun	Matt Jisa
Patrick Connair	Sirilak Moore
William diGiorgio	James Richart
Phyllis Fong	Georgie Yap
Dr. Fred Foster	

#### Kauai

Vigil Alkana  
Karin Medigovich  
Thomas Eisendrath (also, *Oahu*)  
Gordon LaBedz, MD

#### Maui

Catherine Blake  
Laurelee Blanchard  
Brook and Home Le'amohala

## VSH Volunteers at Community Events

VSH volunteers Bill Harris, MD, Lorraine Sakaguchi and Karl Seff, PhD, at Kapiolani Community College's Health-E Fair on April 4.



VSH volunteers Lorraine Sakaguchi and Elizabeth Buff give the shaka sign in photo on the left, and Ori Ann Li gives out samples of her homemade vegan kim chee at the VSH table at Kapiolani Community College's Earth Day Celebration on April 22.



Dr. Karl Seff, Lorraine Sakaguchi, Dr. Bill Harris, and Don Hargarten at University of Hawaii at Manoa's Earth Day Festival on April 24. At right, Don is ready to serve a VSH table visitor his wife Denise's irresistible peanut butter power balls.



Sirilak and Patrick Moore, Don Hargarten and Lorraine Sakaguchi at University of Hawaii at Manoa's Wellness Across Diverse Cultures Fair on April 29.



Bill Harris, MD, speaking on eating a healthy vegan diet to employees at the First Insurance Company of Hawaii on June 26.





# Lifelong Running

By Ruth Heidrich, PhD

*Ruth Heidrich's remarkable story of her triumph over breast cancer is featured in her book A Race For Life, as well as the film Forks Over Knives, and continues to inspire many. In this issue of The Island Vegetarian, VSH presents the final of three installments of a chapter from her new book, Lifelong Running.*

*In Part One, she told how, even while following what she then thought to be the best possible diet by literally going by the book, her college text on nutrition, and being fit to the point where she'd already started running marathons, she still came down with metastatic breast cancer. After surgery, she was about to undergo standard cancer therapy when she met John McDougall, MD, who was conducting a clinical study on the effect of diet on breast cancer, and who told her, "If you want to save your life, change your diet!"*

*In Part Two, Ruth gave details about the low-fat vegan foods she learned to choose and prepare that helped her to successfully fight cancer, and answered the question, "Where do you get your protein?" The answer: "from fruits and veggies, since all plants have protein. And the amount of protein you get from plants just happens to be the 'right amount.'"*

— Lorraine Sakaguchi, VSH President

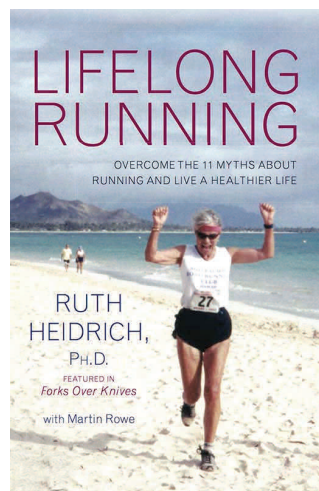
## Myth #5 — You Need to Change Your Diet to Run (Part Three)

### Not Your Typical Daily Diet

Diet is critical to overall good health, and any athlete will tell you that what you eat is extremely important. You've got to have the proper fuel on board or you'll never feel like running—or much else, for that matter.

Since I adopted a low-fat vegan diet more than thirty years ago, and a mostly raw diet more than ten years ago, I've had lots of chances to modify and fine-tune it over time. I have never found any plant foods that didn't work, but I did find that some offered much more nutrition than others. It was my goal to eat a daily diet that was easy to shop for, easy to prepare, and, most importantly, offered the biggest nutritional "bang" for each calorie "buck." And it turned out that this was the most delicious diet as well.

When I first get up, I make a cup of cocoa-tea, my own version of a delicious and healthy morning beverage. It consists of a mug of hot water to which I add a green tea bag; a rounded teaspoon of 100 percent pure, unsweetened cocoa powder; and sweeten it with a bit of stevia. Green tea and pure cocoa are loaded with antioxidants, low in calories, and have just a bit of caffeine. I sip on this while



## Lifelong Running: Overcome the 11 Myths About Running and Live a Healthier Life

Ruth Heidrich, PhD  
With Martin Rowe  
Lantern Books  
188 pages, 2013

[www.ruthheidrich.com](http://www.ruthheidrich.com)

doing my calisthenics and stretches.

Then, after my usual morning mini-triathlon (run, bike, and swim—plus weight-lifting three times a week), I'm ready for my breakfast, which consists of a large bowl of mixed leafy greens—usually including my favorite leafy green, kale—a sliced banana, a sliced-up mango, about a half-inch of fresh ginger cut into small pieces, and a large sprinkle of cinnamon. Over this, I pour the "dregs" of my cocoa-tea, which adds a nice touch of flavoring and is my substitute for a dressing. Because I don't eat breakfast until I've completed my mini-triathlon workout, usually around 10 or 11 a.m., I don't eat lunch.

I don't always snack, since my breakfast is so late. But when I do, the snack consists of raw carrots, an apple, or some other fruit. Because most everything I eat is raw, the water content is very high, and I find I don't need to drink a lot of fluids. (The real test for hydration is not the number of glasses of water one drinks or even the feeling of thirst but, rather, that the urine is clear, colorless, and copious.)

My supper consists of the same large bowl of mixed leafy greens, to which I add a tomato, half of a red bell pepper, a small-to-medium broccoli crown, a handful of mung bean sprouts that I always have growing in my kitchen, some seaweed (usually sushi nori), and more fresh ginger, all topped with a rounded teaspoon of curry powder (my own mix of turmeric, cumin, and chili powder). For a dressing, I use balsamic vinegar and prepared mustard or salsa, sometimes both. Variations from time to time consist of adding dried shiitake mushrooms and raw sweet potato or yam.

My dessert is almost always the same: a cup of blueberries and nine or ten dried plums (prunes to us old-timers) with more ginger and cinnamon. After that, I have a large bowl of air-popped popcorn, no salt or anything else—just plain.

As for supplements, I take none with the exception of vitamin B12, since it is most commonly found in animal products and is actually made by bacteria. I also have never used any of the gels, goos, energy bars, or the so-called "sports drinks." These refined products have all had

(Continued on page 4)

(Continued from page 3)

## Lifelong Running

### Myth #5 — You Need to Change Your Diet to Run (Part Three)

nutrients modified and/or electrolytes added, whereas “real” food has your needed nutrients naturally. And I believe natural is better!

There’s not a lot of variation in my diet, making it simple to maintain, and I never tire of those meals. In fact, I really look forward to each of them, and my theory is that this is what my body wants and needs, and is therefore satisfied. I don’t count calories and rely on my appetite to tell me how much to eat. Since there’s no cooking involved, there’s no cleaning up to speak of. Preparation is fast and easy, usually about ten minutes for each meal, and totally filling.

What follows is a list of each of my foods, which all have lots of fiber, are high in nutrient density, and are commonly available. I highlight just a few of the many nutrients and other benefits they provide:

- **Green tea** has a high content of flavonoids, plant-derived compounds that are a kind of antioxidant. Antioxidants fight against damaging free radicals and are therefore protective of your heart. Green tea is also a good source of catechins, which slow oxidative damage to cells and help protect against cancer.

- \* **Cocoa** contains flavonoids and phytosterols, which are compounds that reduce cholesterol, and increase endothelial cell function, also helpful for reversing heart disease. The cacao bean from which cocoa is made has an ORAC (Oxygen Radical Absorbance Capacity) rating of more than 50,000 per 100 grams.

- **Stevia** is widely grown for its leaves, which are used as a sweetener. It’s up to 300 times sweeter than sugar, therefore requiring less use, and has negligible effect on blood sugar.

- **Leafy greens** are loaded with fiber, along with vitamins A, C, K, and folate; minerals such as calcium, iron, magnesium, and potassium; and phytosterols that help protect from heart disease, diabetes, and cancer.

- **Bananas** are high in potassium and manganese and, surprising to most people, one banana provides about five percent of your daily protein needs.

- **Mangos** are high in antioxidants, vitamins, and minerals. Called “the king of fruit,” but unlike many fruits, mangos are rich in vitamin E as well as vitamins A (beta-carotene), B6, C, and K.

- **Ginger** is a rhizome—an underground stem—and

contains phytochemicals that reduce inflammation and nausea.

- **Cinnamon** is high in ORAC values, which means it’s a powerful antioxidant, plus it has carotenoids such as carotenes, zeaxanthin, lutein, and cryptoxanthins. It’s also said to normalize blood sugar levels.

- **Tomatoes** contain lycopene, a flavonoid that together with carotenoids, another antioxidant compound, has the ability to protect cells and other structures in the body from harmful oxygen free radicals. Lycopene also helps prevent skin damage from ultra-violet rays and offers protection from skin cancer.

- **Bell peppers**—especially red, orange, and yellow ones—are high in the flavonoids luteolin, quercetin, and hesperidin; and the carotenoids alpha-carotene, beta-carotene, cryptoxanthin, lutein, and zeaxanthin. These last two you might recognize as being touted as supplements for eye health.

- **Seaweed** is rich in potassium, iron, calcium, iodine, and magnesium, which are the minerals concentrated in seawater.

- **Turmeric** contains curcumin, a polyphenolic compound that provides its deep orange color and is thought to have anti-tumor, antioxidant, anti-arthritis, anti-amyloid (think plaques), anti-ischemic (think blood clots), and anti-inflammatory (think of any of the “-itis” afflictions) properties.

- **Cumin** and its abundance of vitamins C, A, and essential oils helps fight infections and has stimulating, anti-microbial, and anti-fungal properties.

- **Chili** powder helps the stomach to create hydrochloric acid for proper digestion and assimilation of nutrients. It can also relieve constipation by stimulating peristalsis.

- **Mustard** is an excellent source of selenium (which helps prevent cancer), a good source of magnesium (which helps lower blood pressure and restore normal sleep patterns), and a good source of omega-3 fatty acids, manganese, and phosphorus.

- **Salsa**, because it contains tomatoes, is a good source of lycopenes and carotenoids.

**Blueberries** contain anthocyanins and proanthocyanidins, which are thought to improve memory, learning, and general cognitive function. Some research shows they could slow age-related decline in mental function.

- **Prunes** have been shown to slow resorption of old bone, increase bone density, and help prevent osteoporosis, just



(Continued on page 5)

(Continued from page 4)

## Lifelong Running

### Myth #5 — You Need to Change Your Diet to Run (Part Three)

from a daily consumption of eight or nine.

- **Popcorn**—plain, air-popped—is loaded with more polyphenols than vegetables and fruit, with the hulls having the highest concentration. It's also high in fiber.

**By the way**, remember the heart attack that Dr. McDougall mentioned I was at risk of dying from because of my high cholesterol reading of 236? After fewer than three weeks on my new diet, my cholesterol had dropped down to 160 and the next test reading a few months later showed it was 129. It continues to run at that very healthy level, along with healthy readings in all other tests.

————— *The End* —————

Ruth E. Heidrich, PhD, Ironman Triathlete  
[www.RuthHeidrich.com](http://www.RuthHeidrich.com)

Author of *A Race For Life*, *CHEF*, *Senior Fitness*, & *Lifelong Running*

(Continued from page 6)

## A Vegan World-Imagine That!

holds its lecture meetings.

Recently, Imagine a Vegan World has begun to hold vegan potlucks on the last Tuesday of each month, and it's common for members to bring fruit or vegan snacks to share at other meetings, as well. Feel free to bring your own dinner with you anytime – just as long as it's vegan!

**So whether you're an experienced vegan, or just taking the first steps to becoming one, whether or not you have supportive family/friends, a group like Imagine A Vegan World is a wonderful way to make new friends and support the growth of veganism in your community.**

If you're in Honolulu – even for a visit – you're always welcome to attend Imagine a Vegan World. If you live elsewhere, why not consider starting an Imagine A Vegan World group in your area?



June 24 potluck dishes



Jan Weber, Fidel Castrati, and Doug Weber at the potluck

# Nutrition News

from



## Preventing Asthma With Fruits and Vegetables

A study involving more than a million kids suggests the striking worldwide variation in childhood rates of allergies, asthma, and eczema is related to diet.

<http://nutritionfacts.org/video/preventing-asthma-with-fruits-and-vegetables/>

## Treating Asthma With Fruits and Vegetables

Increasing fruit and vegetable consumption to seven servings a day appears to cut asthma exacerbation rates in half, whereas restricting consumption to Standard American Diet levels leads to a significant worsening of lung function and asthma control.

<http://nutritionfacts.org/video/treating-asthma-with-fruits-and-vegetables/>

## Cholesterol Feeds Breast Cancer Cells

Cholesterol appears to stimulate the growth of human breast cancer cells, which may explain why phytosterol-rich foods such as pumpkin seeds are associated with reduced breast cancer risk.

<http://nutritionfacts.org/video/cholesterol-feeds-breast-cancer-cells/>

## Walnuts and Artery Function

Not eating walnuts may double our risk of dying from heart disease (compared to at least one serving a week), perhaps because nuts appear to improve endothelial function, allowing our arteries to better relax normally.

<http://nutritionfacts.org/video/walnuts-and-artery-function/>

## Watermelon for Sore Muscle Relief

Watermelon has been found to reduce muscle soreness after an intense workout without the gut leakiness that occurs within hours of taking anti-inflammatory drugs like ibuprofen.

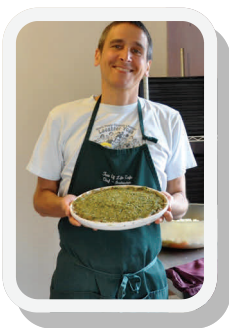
<http://nutritionfacts.org/video/watermelon-for-sore-muscle-relief/>

## Longer Life Within Walking Distance

Researchers find exercise often works just as well as drugs for the treatment of heart disease and stroke, and the prevention of diabetes. Exercise is medicine.

<http://nutritionfacts.org/video/longer-life-within-walking-distance/>





## A Vegan World-Imagine That!

By William diGiorgio

<http://vegandietguy.com/>

I recall when the Vegetarian Society of Hawaii's "Imagine a Vegan World" Support Group began meeting last year in Honolulu. I loved the 'Vegan World' part, but I'd been vegan 8 years and didn't feel like I needed support as such.

"Why attend?" I thought! It's held during supper time but nowhere near any vegan eateries! Whose brilliant idea was that?! Looking back, I realize I was being selfish.

Imagine a Vegan World was started by Terry Bear in early 2013. The group's founder and visionary went vegan 3 years ago, influenced by her vegan daughter.

Terry considers everyone a vegan or on the way to becoming one. "First I was vegan for "the health of it," says Terry, "but after reading Will Tuttle's ['The World Peace Diet,'](#) I was completely transformed to a passionately compassionate, ethical vegan."



Terry Bear and Will diGiorgio with "IV" (I Vegan), Imagine A Vegan World's Mascot

Terry's dedication to the group's mission "To share and support each person's grander vision of a happy, healthy, whole plant-based lifestyle and compassionate world for all beings" inspired me to get involved during my most recent visit to Oahu.

**I've been attending the Imagine a Vegan World meetings regularly and finally came to understand the concept of "paying it forward."**

You see – while many committed vegans no longer feel we need help staying vegan,

most of us would have appreciated help while becoming vegan. Long-term vegans can take much for granted, but there is always so much more we can learn to support our vegan lifestyles and grow the vegan community.

Below are just a few of the topics discussed at Imagine a Vegan World ...

### Social Life

One of the greatest challenges of becoming vegan are family members who are not supportive of your choices. For me, I am fortunate to live apart from my family (those who seemingly can't go a single meal without eating animal products — or anyone who tries calling my nut cheese 'wet nuts'!) and

make a point to seek out like-minded friends. However, nobody wants to throw all their relationships out with the vegan bathwater.

### Nutrition

How do you respond when your physician or other professional tells you to eat meat, dairy or fish? Once you realize that most MDs don't understand vegan nutrition, many vegans begin to take more responsibility for healing their own bodies by learning about nutrition and alternative medicine. Eating with health in mind doesn't mean giving up taste, and will prevent and even cure many illnesses in the long term.

### Food!!!

Recipes, shopping and dining tips are perhaps the most exciting part of Imagine a Vegan World. This is one place where vegans are free to talk about what they eat for breakfast (or whatever is our favorite meal) without listeners making grimaces and heading for the doors!

In case you were wondering, my regular breakfast (photo right) is a mana bowl — raw porridge made of oats, chia seeds, apples, bananas, berries, grated ginger and cinnamon, almond milk, walnuts, and coconut oil.



Cooking demos are another popular feature at Imagine a Vegan World meetings. Recently, I demonstrated making [almond milk](#) and a raw chocolate avocado mousse. These two recipes are so easy, I hardly consider them recipes. But it's exciting to see how they switch on the light for others in the group that didn't realize it was so easy and tasted so good! Needless to say, I had them at "chocolate"!

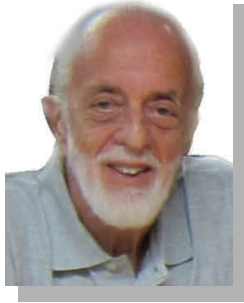
**Vegan food preparation isn't complicated. Making homemade almond milk takes about five minutes and requires only two ingredients: almonds and water!**

One question that came up during the demo was about the [ceramic knife](#) I used. Unlike steel-bladed knives that soon become dull and are difficult to sharpen, ceramic knives are sharp and stay that way a long time. Another benefit of ceramic knives is that they don't cause fruits and vegetables to oxidize and turn brown as a steel knife would, hence maintaining their nutrients and appearance.

### Weekly Format

Imagine a Vegan World's weekly schedule is another part of its appeal for those who need a boost between monthly [Vegetarian Society of Hawaii](#) meetings or may prefer a more intimate gathering (about 10 people on average attend). IVW meets every Tuesday from 6:30-7:30pm at the Central YMCA (401 Atkinson Drive), except Tuesdays, when VSH

*(Continued on page 5)*



# Book Review

By Neal Pinckney, PhD, [Heart.kumu.org](http://Heart.kumu.org)

There are two books reviewed here, but the bulk of the review, and the recipes, are for the newer *All Star Collection* (May 2014).

If you've read Dr. T. Colin Campbell's 2005 *The China Study*, which by 2013, had sold more than one million copies, you'll have learned the value of a low-fat, low-salt plant-based diet. But it wasn't until 2013 that a cookbook came out that was dedicated to the diet it espoused, *The China Study Cookbook*.

In 2013, Dr. Campbell's daughter, LeAnne Campbell, PhD, a working mother of two teenagers who grew up on that diet, gave us over 120 recipes she had tested over many years on her own family. *The China Study Cookbook* includes some popular standards and many new, original delights. With just this cookbook, one could eat for pleasure, good health and weight control for years.

As good as *The China Study Cookbook* is, this month, an all new collection of vegan recipes that goes a quantum leap beyond it, has arrived. In *The China Study All-Star Collection*, LeAnne Campbell has collected over 145 recipes, many of which we've never seen before, from 11 famous vegan chefs and pioneers, including the McDougalls, Christina Ross, Chef AJ, Del Sroufe, Laura Theodore and others. Both books are attractively presented with color photographs and are divided into sections including Bread & Muffins, Breakfast Dishes, Appetizers & Salads, Soups and Chilis, Burgers, Sandwiches & Tacos, Entrees, Side Dishes and Desserts.

While many of the vegan recipe books in the last few years have called themselves "low fat," when carefully analyzed, they had dishes that were as high as 75% fat, and most were nothing near low fat. In keeping with the China Study findings, in both of these books, almost all the dishes are very low in fat, with only a few that use nuts in the moderate range. All of the recipes are also very sparing in sodium, but the creative use of spices and herbs makes them tasty and interesting.

These books rate as among the best vegan recipe collections in print. Instructions are clear and concise, ingredients are available off-the-shelf in most large markets and natural food stores, and the dishes are nutritious and colorful.

Both books can be found below \$13 online.

## SAVORY MUSHROOM STROGANOFF

Recipe by Laura Theodore

Makes 4 servings

Thanks to meaty-tasting portobello mushrooms, this satisfying stroganoff has the rich flavor of the traditional version without all of the extra fat and calories.

*1 medium sweet onion, chopped*

*3-4 cups vegetable stock, divided, plus more as needed*

*8 ounces Portobello mushrooms, thinly sliced*

*1 teaspoon dried basil*

*1 teaspoon reduced-sodium tamari*

*Pinch of cayenne pepper*

*8 ounces cremini or white button mushrooms, sliced*

*1 tablespoon whole-wheat flour, plus more as needed (see Tip)*

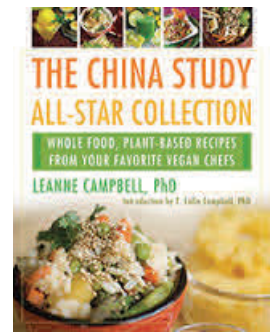
*½ cup water, plus more as needed*

*Sea salt to taste*

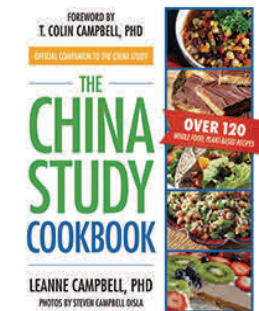
*Freshly ground pepper to taste*

*8 ounces whole-grain rotini, fusilli, or other pasta of your choice, cooked and drained*

*½ cup chopped fresh flat-leaf parsley for garnish*



**The China Study Cookbook**  
by LeAnne Campbell  
BenBella Books 2013  
284pp.



**The China Study All-Star Collection**  
by LeAnne Campbell and  
11 guest authors  
BenBella Books, 2014  
314 pp.

(Continued on page 8)



# ❧ Book Review ❧

Continued from page 7)

## The China Study Cookbooks

### SAVORY MUSHROOM STROGANOFF (continued)

1. Put the onion and 2 tablespoons vegetable stock in a large skillet.
2. Cook over medium-low heat, stirring occasionally, until slightly softened, about 5 minutes. Add more stock, 1 tablespoon at a time, if the onion becomes dry.
3. Add the portobello mushrooms, basil, tamari, and cayenne pepper, and cook, stirring occasionally, about 5 minutes, adding more stock 1 tablespoon at a time as needed to prevent sticking.
4. Add the cremini mushrooms and cook, stirring occasionally, until browned, about 8 minutes.
5. Stir in 1½ cups stock. Cover and let simmer, stirring occasionally, for 15–20 minutes, adding more stock as needed.
6. Put the flour and ½ cup water in a blender and process until smooth.
7. Briskly whisk the flour-water mixture into the mushrooms.
8. Cook, stirring constantly, until the liquid has thickened to form a gravy.
9. Season with salt and pepper. Serve immediately over pasta and garnish with parsley.

TIP: If the gravy is too thick, thin with additional stock to achieve the desired consistency. If the gravy is too thin, thicken with additional flour to achieve the desired consistency



cremini, portobello and white button mushrooms

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 to: [support@vsh.org](mailto:support@vsh.org)

## LAND AND SEA SOBA SALAD

Recipe by Christy Morgan

Makes 4-6 Servings

This delicious summer salad was inspired by Barb Jurecki-Humphrey's cooking class at the 2009 French Meadows Macro Summer Camp.

### FOR THE SALAD

*1 8-ounce package soba noodles (yam or mugwort kinds have more protein)*

*1 carrot, julienned*

*3 leaves Napa cabbage, sliced*

*4 leaves kale, chopped, or 1 cup broccoli*

*¼ cup hiziki (or arame if not available), soaked in ¾ cup water*

*1 cup tofu, steamed or fried*

*2 teaspoons soy sauce or tamari*

*Toasted sesame seeds for garnish*

### FOR THE DRESSING

*1/3 cup soy sauce or tamari*

*¼ cup brown rice vinegar*

*2 teaspoons fresh ginger or ginger juice*

*Pinch of smoked sea salt*

*2 tablespoons maple syrup*



1. Cook soba according to directions on package.
2. Whisk dressing ingredients together.
3. Remove noodles from water, toss with dressing, and set aside.
4. Keep water boiling for blanching vegetables. Blanch veggies, except hiziki, until lightly cooked and vibrant in color. Remove with skimmer and toss veggies with noodles.
5. In a small pot, simmer hiziki with new water and soy sauce or tamari until all liquid is absorbed.
6. Steam or fry tofu in a skillet until lightly browned on both sides.
7. Toss all ingredients with noodles and veggies. Sprinkle toasted sesame seeds on top and serve immediately.



# VSH Events on Oahu and Maui

**April: Chef Sylvia Thompson presented “Sustainable Meat? Nope!”**



Sylvia Thompson spoke at the Ala Wai Golf Course Clubhouse on April 8.



In front, Pete and Sylvia Thompson at their Greens & Vines Restaurant for Sylvia’s VSH dine-out on April 16. Behind them are Dr. Bill Harris and Lorraine Sakaguchi .



A slice of raw vegan mango cheesecake that was served at Greens & Vines on April 16.



Sylvia Thompson lectured at at Cameron Center in Wailuku on April 10.

**May: Steve Blake, ScD presented “No More Heart Attacks”**



Steve Blake, ScD, lectured at the Ala Wai Golf Course Clubhouse on May 13.



At the VSH dine-out on May 14 at the Church of the Crossroads, Chef Kathy Maddux, Jackie Wah, Ruth Kase, Catherine Blake, Maile Kamisugi, Chef Alyssa Moreau, Dr. Steve Blake, Lorraine Sakaguchi and Melanie Dagenais.



Dr. Steve Blake spoke at Cameron Center in Wailuku on Maui on May 8. Front photos show vegan refreshments and Catherine Blake preparing the vegan dishes served.

**June: Michael Greger, MD presented “Combating Common Diseases with Plants”**



Dr. Greger gave his VSH talk at the Ala Wai Golf Course Clubhouse on June 10.



Dr Greger’s VSH dine-out at the Bistro in Castle Medical Center on June 9. Erin Green and Caroline Kuo are seated closest to the camera at the Oahu Vegan Meetup Group table. Dr. Greger spoke at CMC’s Wellness Auditorium after dinner.



Dr Greger lectured at Cameron Center on June 12 in Wailuku. Shown are Catherine Blake, Dr. Greger, Jennifer Drost, Steve Blake, and Home Le’amohala.

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

**[www.vsh.org](http://www.vsh.org) or on Public Access Cable TV statewide: ‘Olelo CH 53 on O’ahu, Na Leo ‘O Hawai’i Ch 54 on the Big Island, Ho’ike Ch 54 on Kaua’i, or Akaku Ch 55 on Maui.**

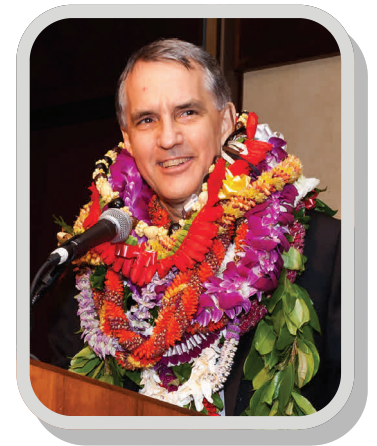
# VSH Events on Kauai



In April, Brenda Davis, RD's VSH lecture "[Plant-based Diets in the Prevention and Treatment of Chronic Disease: Recent Findings](#)" (February video) was presented.



In May, Gordon LaBedz, MD, continued his "Ask the Doctor" series concentrating on diet and lifestyle.



At the June potluck, John Houk, MD's VSH lecture on "[Plant-Based Whole Foods: A Doctor's Journey](#)" (January video) was presented



**What's a typical VSH Kauai event like?** VSH Kauai coordinator, Jim Brown, (photo on left taken with VSH president Lorraine Sakaguchi on March 22) together with volunteers such as Dr. Gordon LaBedz (top center photo), organizes monthly vegan potlucks/lectures, which are held at the beautiful oceanfront location of the Kapa'a Neighborhood Center (photo below left of Jim with potluck recipe judge Karin Medigovich. Attendees help themselves (below center photo) to a delicious potluck luncheon buffet (VSH provides some of the dishes, too), then settle back, afterwards, to the current month's informative lecture or video program (below right photo). They are invited to take home helpful booklets, stickers, recipes, etc., from the free literature table (bottom right of lecture photo). A monthly potluck dish contest may be held, and a winner announced, as well!



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.



# Choosing a Plant-based Diet Lowers Heart Disease Risk

By Emma Pepper

You may have read about the recent research that suggests the link between saturated fat and heart disease is questionable.<sup>1</sup> Researchers concluded that saturated fat affects heart disease risk little more than polyunsaturated or monounsaturated fats, and it is trans fats that have an adverse impact. Their conclusion's validity is being questioned, but this news is probably of little consequence to you, as many whole foods vegan diets are naturally low in saturated and trans fats, anyway.<sup>2</sup>



Another benefit of following a whole foods plant-based diet low in fat is that it helps you to include more complex carbohydrates in your diet. Diets high in complex carbohydrates are beneficial to heart health, while those high in added sugars are linked to heart disease,<sup>3</sup> with simple sugars associated with high triglycerides, a type of fat that may narrow the arteries. Again, this is probably not an issue for you, as the chances are you avoid sugar-laden products, whether due to concerns about the refining processes, about the health implications, or that the sugar is not necessarily organic and workers are often exposed to poor conditions. A plant-based diet therefore offers significant benefits towards heart health.

## Plant-based diets and weight control

Carrying excess weight is a risk factor for heart disease, as being overweight not only places a strain on the heart, but it also raises blood pressure, harmful LDL cholesterol and triglycerides, and makes your blood more likely to clot, all of which are risk factors for heart disease.<sup>4</sup> Although a wide range of diets exist for weight loss, a comprehensive review of the evidence shows that a plant-based diet provides an effective way to lose weight and likely explains why people following a vegan diet have a lower body weight.<sup>5</sup>

A plant-based diet may promote weight loss through various mechanisms. Firstly, as healthy vegan diets are generally lower in fat, they are also lower in calories. Secondly, by choosing largely whole foods, you also limit your intake of added sugars, which are linked to weight gain.<sup>6</sup> Thirdly, diets based on plant produce are higher in fiber, promoting satiety, helping to reduce portion sizes and snacking between meals. Finally, they are also more nutrient-dense,<sup>7</sup> so not only do they avoid compromising nutritional intake unlike many diets for weight loss, but this aspect may also help to promote feelings of fullness.

## Plant-based diets and blood pressure

High blood pressure is a major risk factor for heart disease, as it weakens your blood vessels and makes them more likely to narrow, restricting blood flow to the heart. Research shows that there is a link between following a vegetarian diet and lower blood pressure.<sup>8</sup> Following a largely unprocessed diet helps to lower sodium intake, with sodium associated with raised blood pressure. However, plant-based foods are also richer in potassium, which has a positive impact on blood pressure.

## Plant-based diets and heart disease

Heart attacks are 80% less common among residents of Okinawa Island in Japan than they are among Americans, and those who experience a heart attack in Okinawa have a higher survival rate.<sup>9</sup> Although a range of factors contribute to heart disease

risk, the traditional Okinawan diet may well explain the low incidence of cardiovascular problems within its population, along with their longevity. Although their traditional diet includes seafood, it is also rich in vegetables, fruit, pulses (legumes), whole grains, nuts and seeds, while limiting added sugars.

As a result they consume a diet that is high in complex carbohydrates and low in fat, which is ideal for promoting a healthy body weight, cholesterol and triglyceride levels. However, consuming at least seven portions of vegetables daily (with an emphasis on dark leafy varieties) and good amounts of pulses, whole grains and other plant-based foods means that their diet is also nutrient-dense. These foods provide antioxidants and B vitamins in good supply and both groups of micronutrients are linked to better heart health. Antioxidants help to neutralize reactive particles known as free radicals, which may otherwise damage the arteries and contribute to the development of heart disease.<sup>10</sup> Meanwhile, folate and vitamin B6 help to lower levels of homocysteine, a byproduct of metabolism that contributes to the development of arterial plaques and narrowing.<sup>11</sup>

Although you can't change heart disease risk factors such as your age and family history, following a whole foods plant-based diet alongside a healthy lifestyle that includes regular exercise, measures to manage stress, and avoidance of tobacco can offer a favorable way to reduce the likelihood of future heart problems.

## Resources:

- 1 Rajiv Chowdhury et al, "Association of dietary, circulating and supplement fatty acids with coronary risk," *Annals of Internal Medicine*, 160 (2014):398, accessed April 25, 2014.
- 2 "Getting Started," Vegetarian Society of Hawaii, accessed April 25, 2014.
- 3 "Eating too much added sugar increases the risk of dying with heart disease," Harvard Medical School, accessed April, 25 2014.
- 4 "Heart disease risk factors," The Mayo Clinic, accessed April 25, 2014.
- 5 Susan Berkow & Neal Barnard, "Vegetarian diets and weight status," *Nutrition Reviews*, 64(2008):175, accessed April 25, 2014.
- 6 "Dangers of sugary foods," KwikMed, accessed April 25, 2014.
- 7 Bonnie Farmer et al, "A vegetarian dietary pattern as a nutrient-dense approach to weight management," *Journal of the Academy of Nutrition and Dietetics*, 111(2010):819, accessed April 25, 2014.
- 8 "Report of the Dietary Guidelines Advisory Committee on the dietary guidelines for Americans 2010," USDA, accessed April 25, 2014.
- 9 "Eat like an Okinawan," University of California, accessed April 25, 2014.
- 10 "Good sources of antioxidants," University of Rochester, accessed April, 25 2014.
- 11 "Elevated homocysteine," Dr. Andrew Weil, accessed April 25, 2014.



# Delicious Daucus

By Eileen Towata, PhD

Who doesn't love *Daucus carota* subsp. *Sativus*, known commonly as the carrot? As we choose our

vegetables and fruits each day, we are likely to include some high in carotenoids. This important group of plant pigments, or colored substances, was first identified in carrots and hence the name carotenoids. Carrots do, indeed, contain plenty of beta-carotene – all packed into a versatile, crunchy, sweet, and caloric bargain package.

It's interesting to look at the ethnobotanical history of carrots. Carrots are probably the most recognized and most used members of the Apiaceae (also referred to as Umbelliferae) plant family. But carrots, as we know them today, look different from their ancestors, which were mostly yellow and purple in color. It has been reported that our common bright orange carrot –



really a tap root or storage root – derived from selected yellow carrots from Afghanistan. Over the course of time, travel, and selection, the modern carrot appeared in the 17th century or thereabouts. (If you wish to read the history, look for Vaughn & Geissler's account in *The New Oxford Book of Food Plants*, 1997, or check out an online account at <http://hawaii-agriculture.com/whats-up-with-carrots/>.) But wait a minute – what's that yellow carrot-looking vegetable in the produce section? Check out grocery stores around town these days and you may see more than just orange! Within the past few years, carrots of different colors have been making an appearance in limited quantities. Perhaps just as in fashion, what's old becomes new again.

Carrots have so many culinary uses and are relatively inexpensive. That's good news for budget-conscious cooks and healthy snackers. Raw carrot sticks are quick and easy. They can stand alone or be accompanied by other favorite vegetables and fruits, along with a dip/spread such as hummus, for an always welcome pupu platter. Tossed

into salad, roasted, or cooked in soup, chili, stews, and sauces, carrots provide a pleasing flavor and a nutritional boost. Two of carrot's well-known cousins, parsnip (*Pastinaca sativa*) and celeriac (*Apium graveolens* var. *rapaceum*), are worth trying as well; if these are new to you, start with roasting them. Try adding carrot baby food in some of your favorite recipes. Here's how I added fiber and flavor with carrots to make a variation of cornbread. It makes a nice side for soup or salad, or a replacement for muffins or bread for breakfast.

## Carroty Cornbread

Yield = 11" x 7" pan or 8" round layer cake pan

1 ½ cups yellow cornmeal

½ cup whole wheat pastry flour

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

½ teaspoon dried/powdered ginger

3.5 ounces carrot baby food

About 1 cup unsweetened non-dairy milk (see instructions below)

1 tablespoon cider vinegar

¼ cup canola oil

2 tablespoons agave nectar

¼ cup peeled/shredded carrot\*

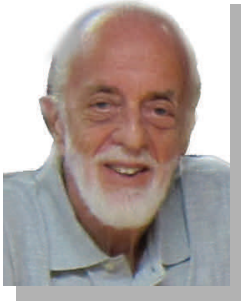
¼ cup raisins

Preheat oven to 350 degrees and prepare baking pan by spraying with cooking oil or lightly oiling to prevent sticking. Combine all dry ingredients in a large bowl. Put the carrot baby food into a 2-cup liquid measuring cup and add in enough non-dairy milk (I use almond milk) to reach 1 ¼ cups total. Add in the cider vinegar, oil and agave nectar. Combine with a fork to mix well. Stir the liquid mixture into the dry ingredients a little at a time. When all liquid has been added, stir in the carrots and raisins. Pour batter into prepared pan and bake for 20 to 25 minutes. Top should be golden and edges starting to pull away from sides of the pan. Set on a rack to cool.

\* The shredder blade of a food processor makes this a quick job. Shred some extra to toss into salad for dinner!







## A Heart Healthy Recipe

By Neal Pinckney, PhD, [Heart.kumu.org](http://heart.kumu.org)

"If it takes longer to make it than it does to eat it, forget it."

As the weather turns hot, here are two famous restaurant recipes that will keep you and your kitchen cool; they require no cooking, and are fast and easy to prepare.



### Chipotle's Corn Salsa

On the mainland (they're even in Great Britain), you'll find over 1600 Chipotle Mexican Grills with fast food that has many vegetarian and low fat items. But not one in Paradise. Now you can have one of their four types of salsa:

*12 ounce bag of frozen corn, defrosted and drained (or two ears of fresh corn off the cob)*

*2 medium-sized jalapeños, seeded and chopped*

*¼ cup fresh cilantro (Chinese parsley), torn or chopped*

*2 limes squeezed for juice*

*½ teaspoon salt*

*½ teaspoon pepper*

Combine all ingredients in a bowl and mix well. Season with additional salt and pepper if desired. Makes about 3 cups of salsa. Can be refrigerated for one week or frozen for later use.



Over 250 more easy, low-fat vegan recipes are available on Dr. Pinckney's website: [heart.kumu.org](http://heart.kumu.org).

### Vegan Orange Julius

Growing up in the '40s and '50s, there were few of the ubiquitous fast food chains that we see today, but one that seemed to be popular everywhere was Orange Julius. The famous drink is just as delicious today as it was when it first arrived - over 90 years ago, and it can be easily made vegan.

*1 6 ounce can frozen orange juice concentrate, partially thawed\**

*1 cup soy, almond or rice milk*

*1 teaspoon vanilla extract*

*¼ cup agave syrup (or other sweetener)*

*1 cup chopped ice or ice cubes*

Pour the orange juice and 1 cup of ice cold water into a blender. Add the milk, vanilla, sweetener and ice, and blend until smooth and frothy. Pour into chilled glasses. Makes 4 servings.

\* If frozen juice is not available, 1 ¾ cups of orange juice will work, but taste won't be as real as the original.

### 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. Please send them to [newsletter@vsh.org](mailto:newsletter@vsh.org).

### Annual Meeting Notice

Annual reports from the Board will be made to the membership prior to our featured speaker on September 9, 2014. Please attend and learn the status of your organization. Mahalo!



# Reasons to Visit Leilani Farm Sanctuary

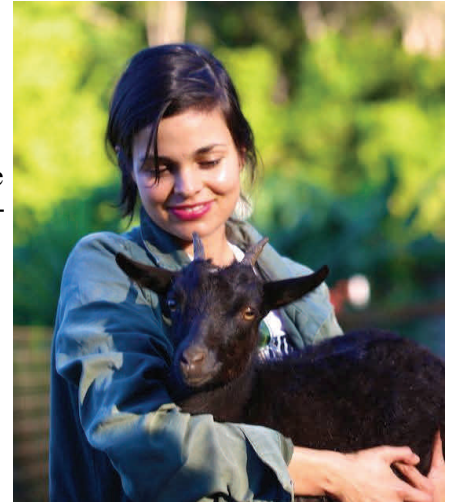
By Barry Sultanoff, MD

Leilani Farm Sanctuary of Maui provides care for rescued animals, humane education to the community, and a model of compassionate living.

Vern, the Chinese Goose, eagerly awaits your presence – up close and personal. If you have never embraced a goose, this could be your chance. Vern and his sister Verna are King and Queen of the duck-and-geese yard at Leilani Farm Sanctuary and they announce this fact jubi-

lantly. You will hear their “Model-T-Ford” honking voices as you begin your tour. And you’ll also meet Pete, a Swedish Blue duck. With just one foot, he has a comical gait, but holds his own among his mates.

As the fable goes, the tortoise outwits the hare by practicing “Slow and steady wins the race!” At Leilani Farm Sanctuary, the rabbits and tortoises don’t compete, they cooperate. See the maze of tunnels that the rabbits have dug—and that the African Tortoises love to play in.



We like to say, “Just hold the chicken!” (as Jack Nicholson did in the film *Five Easy Pieces*.) Chickens are cuddly and soft; and you will have the chance to cuddle Akachan, Avi, Kenny, or one of the other friendly hens and roosters—hands on!

You will learn about the land itself, and the twelve species of animals who live there. This will be a fun, low-key education in how to walk gently upon the earth, in harmony with all life.

Your visit will give you about an hour of gentle exercise, as you visit all the animals, including our charming and playful goats. As our bumper sticker says, “My Kid is a Goat!” You can even take one home, if you like. [*Not a goat, a bumper sticker!* :-)]

At the end of your visit, you’ll receive reading materials that can help you shift your diet toward a more plant-based style of eating. Changing your diet can be one of the most powerful choices you make in support of the well-being of Planet Earth. You and your

family will become a lot healthier, too.

Leilani Farm Sanctuary is named after the Sanctuary’s first resident donkey, Leilani. On your tour, you will meet the two personable donkeys who currently reside here – Lehua, who loves to be kissed; and Jenny, who loves to be hugged.

George arrived at Leilani Farm Sanctuary grossly overweight from being fed restaurant garbage for many years. After several months on a weight-loss diet, George’s health improved, and he now lives happily in his artfully hand-painted house. You will also meet Kea and Berney, the Sanctuary’s other two engaging porcine residents.

We here at Leilani Farm Sanctuary invite you to come experience the magic!



*Leilani Farm Sanctuary is home to over two hundred rescued animals like these, 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](http://www.LeilaniFarmSanctuary.org) or phone: 808-298-8544  
Email: [info@leilanifarmsanctuary.org](mailto:info@leilanifarmsanctuary.org) <https://www.facebook.com/leilanifarmsanctuary>



# Vegetarian Society of Hawaii Lectures

JULY

AUGUST

SEPTEMBER

**CHEF CATHERINE BLAKE**



## Cooking for Brain Power

Can foods enhance our brain power? Chef Catherine Blake will present a five-step program that can help you keep a sharp mind for years to come. Learn how to prepare easy, delicious wraps topped with antioxidant-rich delights. Find out which restaurant foods will best protect your brain power. Discover the importance of Vitamin E and plant polyphenols in protecting the brain and where to find them in your diet. Learn how and why to replace dairy milk with almond milk—and you can quickly and easily make it at home. How to “Make One Change” that will protect your brain power.

Chef Catherine Blake, BA, BD, has been studying nutrition and health for over 30 years, and has been creating delicious, plant-based meals for 25 years. She holds a certificate in micro-nutrition (2008) and is currently studying the role of lipids in health. She has taught many classes in California, New York, at UH Maui, Castle Wellness Center in Kailua, and elsewhere.

She is the author of *Healthy Recipes for Friends* and has made two videos, *Aloha Sauces* and *The Maui Light Diet*. A Skidmore College graduate (1977), she is also an interfaith minister. She lives on Maui with her husband Steve and many happy animals of the rainforest.

**Honolulu: July 8, 7 p.m.** at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

**Maui: July 2, 7 p.m.** at **Cameron Center**, 95 Mahalani Street, Wailuku

**Dine-Out with Catherine Blake on July 10, 5:30-8 p.m., Simple Joy Vegetarian Cuisine**, 1145 S. King St. (details on p. 16)

**ANKUR JAIN, MD**



## Veganism: What a Body Wants, What a Body Needs

Our bodies, and especially our digestive tracts, are best suited for a plant-based diet, both anatomically and physiologically. It has been proven that people who don't consume animal products have a better quality of life due to lower blood pressure and cholesterol, and decreased incidence of heart disease, diabetes, arthritis, gastrointestinal disorders, and liver disease, as well as various cancers. Besides being healthy, a vegan diet is also economical and safe for the environment. Ethically and morally, every being has a right to live, and vegetarians treat all animals with compassion and respect.

A life-long vegetarian, Ankur Jain, MD, FACG, is a Board Certified Gastroenterologist and Assistant Clinical Professor of Medicine at the University of Hawaii at Manoa John A. Burns School of Medicine.

Dr. Jain grew up in Hawaii and graduated from Punahou School. He attended Northwestern University in Chicago, Illinois, for both college and medical school. He completed an internal medicine residency at Loma Linda University Medical Center where he was later selected as chief resident, and a gastroenterology fellowship at Kaiser Permanente Medical Center in Los Angeles, California.

After practicing in Southern California for four years, Dr. Jain returned to Hawaii in August 2013, and started a practice with his wife Dr. Shilpa Jain, also a gastroenterologist, who had recently completed her fellowship at the University of Southern California. He has a special interest in colon cancer prevention, and has published several papers on colorectal screening.

**Honolulu: August 12, 7 p.m.** at **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

**Dine-Out with Dr. Jain: August 14, 5-6:30 p.m., Loving Hut Restaurant**, 1614 S. King Street. (details on p. 16)

**HOME LE'AMOHALA**



## Environmental Benefits of a Plant-Based Diet

Some of the potential solutions for our environmental dilemmas are found on our dinner plate. Our modern and complex world tends to develop complicated technological solutions to solve our problems. Many of these technological solutions tend to reveal themselves more as complications than as actual solutions. Global warming and fresh water pollution are two such environmental dilemmas that can be best addressed with dietary changes. Wholesome lifestyles that leave a light footprint on the earth benefit the environment and our future generations. Comparing these modern adaptations to our more “primitive” behavior of the past may grant us insights into potential solutions for our contemporary conundrums.

Home Le'Amohala has been an ocean reef lecturer and whale watch naturalist, a snorkel and hiking guide, cruise director on the Navatek II, and educational director for Leilani Farm Sanctuary. He also served a five-year internship with a vegan community dedicated to promoting planetary integrity. He is the president of OLA, the Optimum Living Alliance, a nonprofit dedicated to promoting personal and planetary vitality. He is also the curator of Onipa'a Sustainability Center, a project of OLA dedicated to sharing the facets and benefits of sustainably directed lifestyle options. Presently, he is developing several books focused on evolving the human character.

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

**Dine-Out with Home Le'Amohala: September 10, 5-7 p.m., Greens & Vines Restaurant** (details on p. 16)

## VSH Maui Events



### **Defeating Diabetes** **STEVE BLAKE, ScD**

Learn how to defeat diabetes with diet and lifestyle changes. See how a successful program resulted in weight loss, freedom from insulin, and reversal of diabetes. In addition to weight loss, noticeably improved levels of pain, blood sugar, and cholesterol began appearing in just two weeks! Learn to rate foods for blood sugar control. Sample meal menus and shopping tips help you to choose healthful foods to reverse diabetes.

Steve Blake, ScD, is the author of McGraw-Hill's *Vitamins and Minerals Demystified*, and *A Nutritional Approach to Alzheimer's Disease*. His latest book is *Arthritis Relief*. He's also written a pilot study for Hawaii Pacific Neuroscience to use nutrition to reduce the prevalence of Alzheimer's disease.

**7 P.M., August 14, 2014, Cameron Center,**  
95 Mahalani Street, Wailuku

### **Nutrition for an Active Lifestyle** **DANA NAYLOR**

Learn how to take your nutrition to the next level whether you're an athlete in training, a yogi, ready to start a fitness program, or want to enjoy more physical activity with ease. Learn to optimize micro-nutrients, and the key nutrients to fuel fitness. Learn how to get the most nutritional bang for your buck. You will discover how a healthy plant-based diet changes everything — fuel for activity, quicker recovery, mental clarity, better sleep, and less stress to name a few.

Dana Naylor is a holistic health coach and nutrition counselor, certified through the well-respected Institute for Integrative Nutrition in New York, as well as the Association for Drug Free Practitioners. She has competed in several Triathlons and enjoys swimming, cycling and running on the beautiful island of Maui

**7 P.M., Thursday, September 11, Cameron Center,**  
95 Mahalani Street, Wailuku



## You're Invited to our VSH Dine-Outs!

### **Dine Out with Chef Catherine Blake**

**5:30-8 p.m. Thursday, July 10, 2014**

Simple Joy Vegetarian Cuisine Restaurant  
1145 S. King Street, Honolulu

#### ***Vegan Menu includes:***

*1/2 order summer roll plus choice of one entrée:*

- 1) 'Shrim' Vegetables with Rice Noodles,
- 2) Curry Noodle Soup,
- 3) Sizzling Pancake, or
- 4) Eggplant with Tofu and Brown Rice

*\$15, including tax & tip*

To RSVP & prepay, call (808)591-9919

### **Dine Out with Ankur Jain, MD**

**5-6:30 p.m., Thursday, August 14, 2014**

Loving Hut, 1614 S. King St., Honolulu

#### ***Vegan Sampling Menu***

*Summer Roll, Heavenly Salad, Brown Rice, Healthy Stir Fry,*  
*Guru Curry*

\$17 including tax; gratuity extra. To RSVP & prepay:

Email [lovinghut.honolulu@gmail.com](mailto:lovinghut.honolulu@gmail.com) with subject "VSH August 2014 Reservation", and give your name, phone number and number of diners. PayPal invoice will be sent to you, please pay online and take copy of paid receipt with you to the dine-out.

### **Dine Out with Home Le'amohala**

**5-7 p.m., Wednesday, September 10, 2014**

Greens & Vines Restaurant  
909 Kapiolani Blvd., Honolulu

Corner of Ward Avenue & Kapiolani Boulevard  
Free Parking on Ground Floor Behind Restaurant

#### ***Raw vegan menu:***

- 1) *Lemony Zucchini Bisque, topped with Shaved Fennel.*
- 2) *Spicy Kale Salad tossed with White Wine Vinegar, Sesame Oil, Ginger and Chili.*  
*Topped with Maple Candied Pecans and Red Onions.*
- 3) *Crimini Escargot. Sprouted Sunflower Seed Crouton Skewers with a Mac-Nut Garlic "Butter."*  
*Shallots, Parsley and Micro Greens.*
- 4) *Zucchini Gnocchi, White Truffle Sauce, topped with Sundried Tomatoes, Parsley and Black Pepper*
- 5) *Tropical Fruit "Cheesecake"*

\$24 (tax & tip included), To RSVP & prepay: (808)536-9680

All dine-out menus above are gluten-free.

Seating at dine-outs are limited, so please reserve places early.



# Local Vegetarian Community Events

## Get Cultured

### Vegetable Fermentation Workshop

Saturday July 12 @ Cookspace Hawaii 1:30-3:30pm

Better health and more fun by eating kimchi and sauerkraut? Vegetable fermentation expert Ryan Peters will lead a class on how to make these common fermented foods easily at home. Participants will make their own kimchi or sauerkraut while also learning the history and health benefits of these "functional foods".

**\$49. For more info or to register contact Ryan at 808 728 7309 or at FermentToBe@gmail.com**



## Imagine a Vegan World

### VSH's Free Vegan Peer Support Group

Every Tuesday, 6:30-7:30 p.m.

(except the second Tuesday of the month, when we attend the monthly VSH lecture)

Lively, open discussions that share and support each person's grander vegan visions.

Third Tuesday: Anyone may feature a topic of interest by way of a demonstration, video, speaker, etc. Highlight an interesting nutritional report, recipe or YouTube video, or suggest a topic for us to bring to life for you! No need to be elaborate or technical! Let Terry know if you need assistance with making recipe copies, or the use of small appliances or a laptop.

Last Tuesday: Potluck! Bring a vegan dish and ingredient list or recipe, or fruit from your backyard!

We meet at the Central YMCA at 401 Atkinson Drive, across from Ala Moana Shopping Center.

For more info: Call Terry Bear at (808) 397-8666 or email [kailubear2003@yahoo.com](mailto:kailubear2003@yahoo.com)

## 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, PhD, and do not include hands-on food preparation by participants.

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

### Eat Well for Life

#### Upcoming Cooking Demonstration Classes

##### Thursday, July 24: Salad Season!

Although salads are perfect for any day of the year, they're especially tasty on warm summer days. Enjoy new ideas for using leafy greens and other fresh ingredients in tonight's class.

##### Thursday, August 28: Quality Carbs

Learn how to choose carbohydrates with nutritional value and good taste! Whether you are trying to manage your weight, manage diabetes, or simply eat healthier, come and enjoy a carbohydrate controlled meal and learn portion control.

##### Thursday, September 25: Breakfast, Lunch, and Dinner – Vegan Style

Wondering what to eat when doing without meat? Learn quick and easy ways to pull together plant-based meals.

All classes are from 6:00 to 7:15 p.m. at the Castle Medical Center Wellness & Lifestyle Medicine Center and include generous samples and printed recipes. Additional class information and registration details are available at [www.castlemed.org](http://www.castlemed.org).

Price: \$10 per person per session.

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](mailto:CMCWellness@ah.org)

## Create Your Own Dinner Bowl

**July 11, 6 to 9 p.m. @ Kokua Market's  
Friday Night Pop-Up Event**

Chefs Kathy Maddux and Alyssa Moreau provide fresh, healthy ingredients, you make the choices!

Cost from \$7 - 11

Bring your own bowl for a 50¢ discount.

Eat healthy, eat sustainably.

Kokua Market, 2643 S. King Street.

## Vegan Cooking Class

**July 30, 5:30-8:30 p.m. in Manoa**

Chefs Kathy Maddux and Alyssa Moreau

present the following recipes: Avocado Dill

Cucumber Bisque, Deconstructed Pinto & Kidney

Bean Tamale Pie with Cilantro-Cashew-Lime "Sour

Cream" & Quinoa and Kiawe Flour Cornbread,

Cooling Mango Parfait. Cost: \$35

Class size is limited, reserve your place early!

Please RSVP to [macrocommhi@hawaii.rr.com](mailto:macrocommhi@hawaii.rr.com)

## "Healing & You" Radio Show

Terry Shintani, MD, Dr. Diane Nomura  
Ruth Heidrich, PhD

**Sundays: 8 to 9 p.m. K108 AM 1080**

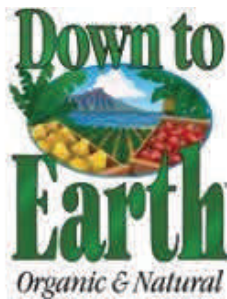
Call-in line: (808)524-1080

## 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](http://www.veganoahu.org).

## Free Vegetarian Cooking Classes at Down to Earth



Honolulu • Kahului • Kailua •  
Kapolei • (no classes currently  
at Pearlridge)

*No reservations required*

**Honolulu:** 1st Saturday  
monthly, 11 a.m. - noon

**Kailua:** 1st and 4th  
Tuesday monthly, 4:30 - 5:30 p.m.

**Kapolei:** 1st Wednesday monthly, 4 - 5 p.m.

**Kahului:** 1st and 3rd Thursdays, 5:30 - 6:30 p.m.

[www.downtoearth.org/free-cooking-classes](http://www.downtoearth.org/free-cooking-classes)

or call (808) 947-3249 for more information.

## Gourmet Vegan Community Dinner at Church of the Crossroads

Enjoy a vegan gluten-free meal lovingly prepared by  
Chefs Kathy Maddux and Alyssa Moreau

**July 16, 2014**

*Cool Pea & Mint Soup*

*Vegetable Stir-Fry with Tofu*

*& Citrus Orange Sauce*

*Short Grain Brown Rice with Sweet Brown Rice*

*& Toasted Black Sesame Seeds*

*Dilly Cole Slaw*

*Sweet Corn Pudding*

*Hot Tea*

**6-8 p.m., last service at 7:30 p.m.,**

**1212 University Ave., enter parking lot via Bingham St.**

**\$20 (VSH Member price \$18)**

**\$2 more for walk-ins (availability not guaranteed)**

Please RSVP to [macrocommhi@hawaii.rr.com](mailto:macrocommhi@hawaii.rr.com)

**Reservations requested by July 9th.**

*VSH does not ask for payment for event announcements, or mentions of businesses, services, publications, programs and products, which are included as an informational service for readers. If you have a vegan/vegetarian or veggie-friendly event you'd like to have announced in the quarterly The Island Vegetarian, please contact us at [newsletter@vsh.org](mailto: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.*



# The Benefits of VSH Membership

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

## 5% Discount

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](http://vegvoyages.com))  
yummy tummy (bakery, call Van at (808)306-7786)

## 10% Discount

Downbeat Diner and Lounge (42 North Hotel St.)  
Gourmet Vegan Dinner ([macrocommhi@hawaii.rr.com](mailto:macrocommhi@hawaii.rr.com))  
Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way)  
GRYLT (Manoa, Ala Moana, & Kahala Mall)  
Hawaii Nutrition Co (Herbologie Studio, 318 Kamani)  
Himalayan Kitchen (1137 11th Ave., Kaimuki)  
Mocha Java Cafe (Ward Center)  
Nasturtium Café (Kealakekua, Big Island)  
Poi Dogs Day Care & Boarding (942 Kawaihao St.)  
Sapphires & Sequins Cakery (661-406-9185, Oahu)  
Thai Kitchen (Waipahu, 94-300 Farrington Hwy)

## 50% Discount

Vegetarian Journal ([www.vrg.org/groupmember/](http://www.vrg.org/groupmember/))

Send comments or suggestions  
to: [info@VSH.org](mailto:info@VSH.org)

Membership dues and 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!

Please Print	1 Year	2 Years	3 Years	4 Years	5 Years
Name(s): _____	Regular				
Street: _____	<input type="checkbox"/> \$25	<input type="checkbox"/> \$48	<input type="checkbox"/> \$68	<input type="checkbox"/> \$85	<input type="checkbox"/> \$100
City: _____	Full-time Student				
State, Zip: _____	<input type="checkbox"/> \$15	<input type="checkbox"/> \$30	<input type="checkbox"/> \$45	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75
Home Phone: _____	Couple or Family				
Work Phone: _____	<input type="checkbox"/> \$38	<input type="checkbox"/> \$72	<input type="checkbox"/> \$102	<input type="checkbox"/> \$128	<input type="checkbox"/> \$150
Email: _____	<input type="checkbox"/> \$500 Lifetime regular membership				
<input type="checkbox"/> New <input type="checkbox"/> Renewal	<input type="checkbox"/> \$7 International mailing per year				
D _____ Ex _____	<input type="checkbox"/> \$_____ Additional tax deductible donation				
	<input type="checkbox"/> Send newsletter via full color email				
	<input type="checkbox"/> I want to volunteer				
	Please check one:				
	<input type="checkbox"/> Vegan (no animal product at all)				
	<input type="checkbox"/> Vegetarian (no flesh, fish, or fowl)				
	<input type="checkbox"/> Associate (not yet vegetarian)				

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

Join or renew online: [www.vsh.org/renew](http://www.vsh.org/renew)



**Vegetarian Society of Hawaii**

P.O. Box 23208  
Honolulu, Hawaii USA  
96823-3208

Address Service Requested

NONPROFIT  
U.S. POSTAGE PAID  
HONOLULU, HI  
PERMIT NO. 645

Which do you hug? Which do you eat?



Why?

[www.evolvecampaigns.org.uk](http://www.evolvecampaigns.org.uk)