

The Island Vegan

Vegan/Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 32, ISSUE 1 APRIL-MAY, 2021

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VSH Videos

WATCH VSH VIDEO LECTURES AT VSH.ORG

OR WATCH AT 11 A.M. 'OLELO CHANNEL 54, 1ST 4 SUNDAYS, AND AT 6 P.M., 3RD TUESDAY OF THE MONTH

See VSH Kauai video talks/demos also at vsh.org.

Kauai Event

Vegan Dinner Get-Together
5 p.m., Saturday
June 5, 2021
Russell's
by Eat Healthy Kauai
Outdoor courtyard
4-369 Kuhio Hwy, Kapa'a

What's In A Name? Our Name is Changing, But We're Staying the Same!

By Lorraine Sakaguchi
President

Vegan Society of Hawaii, Vegetarian Society of Hawaii

We at VSH have some exciting news to share with you! **The Vegetarian Society of Hawaii** is now also the **Vegan Society of Hawaii** (and this newsletter is now **The Island Vegan**). The VSH board believes this new name will more fully reflect our VSH core plant-based educational mission, which has remained the same since our founding in 1990. We are still legally the Vegetarian Society of Hawaii, and intend to keep Vegetarian Society of Hawaii as our other name. We're making this name change gradually, and aren't planning to make any changes to who we are.

VSH's mission continues to be to promote human health, animal rights and protection of the environment by means of whole food, plant-based vegan education. VSH has always welcomed vegans/vegetarians of all degrees, as well as those who are not yet vegetarians as members and associate members, and we'll continue to do so.

Why this name change for VSH now? When VSH was founded by four vegans and a small founding membership of enthusiastic vegans 31 years ago, the term "vegan" wasn't in common use as it is today. At that time, vegans, who are vegetarians (those who don't eat animals) who also avoid eating animal products, such as dairy and eggs, were better known as strict or pure vegetarians, so "vegetarian" seemed to be an apt part of VSH's name. Now, though, with "vegan" in our name, our name better describes the healthful, compassionate plant-based diet and lifestyle that VSH has advocated from our beginning.

Many long-time vegan-focused organizations were also founded with the term "vegetarian" in their name. As VSH has been doing up until now, some of them are continuing to keep "vegetarian" in their names, such as the North American Vegetarian Society, the Vegetarian Resource Group, and the Toronto Vegetarian Society.

Some others, though, have begun to replace "Vegetarian" with "Veg" or "Vegan" in their main names. For example, the Vegetarian Society of DC has become the Veg Society of DC, and the Vegetarian Society of Utah (founded by Elaine and Jerry Smith, two of VSH's co-founders) is now also called the Vegan Society of Utah. VSH joins with these groups to make a change to our name, as well.

We at VSH hope that you'll continue to join us on this wonderful whole food, plant-based journey that we're on, to make positive changes for ourselves, other lives, and our planet, as well!

The Island Vegan The Island Vegetarian

*The Island Vegan, aka
The Island Vegetarian* is published
by and for the members of the
**Vegetarian Society of Hawaii, aka the
Vegan Society of Hawaii.**

P.O. Box 23208
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info@vsh.org

Visit our website www.vsh.org
for online lecture

videos, restaurant guide, TV and meeting
schedules, and newsletter archives.

Also see our VSH Facebook page at

[www.facebook.com/
VegetarianSocietyOfHawaii](http://www.facebook.com/VegetarianSocietyOfHawaii)

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Mahalo to our volunteers:

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* leadership team

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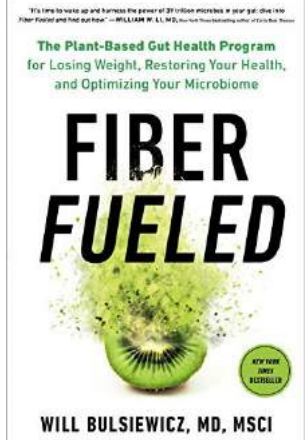


Book Review

By Ruth Heidrich, PhD

Fiber Fueled:
*The Plant-Based Gut
Health Program for
Losing Weight, Re-
storing Your Health,
and Optimizing Your
Microbiome*

By Will Bulsiewicz,
MD, MSCI
May 12, 2020
Avery, 395 pages



As I finished the first few paragraphs of *Fiber Fueled* by Dr. Will Bulsiewicz, I immediately had the feeling that the information in this book filled a much-needed gap in the nutritional knowledge that exists today.

Dr. Bulsiewicz claims that fiber is the single most important missing piece in the American diet. The study of fiber fills a niche of how complex fiber really is and how there is the resulting need for greater plant diversity. He details information of how we are “fiber fueled”, the bottom line being that “plant diversity is the best predictor of a healthy gut.”

Every plant has its unique microbiome, even different varieties of the same plant, e.g., curly kale and dinosaur kale. There are millions of types of fiber and they are all different. Further, each of our own microbiomes have different populations of their different fibers—a unique balance of gut microbiome.

We are just starting to learn about most of the bacteria, yeasts, parasites, viruses and archaea inhabiting our gut. Bacteria number about thirty-nine trillion. They procreate so quickly that the food choices you make in 24 hours will alter the evolution of 50 generations of microbes. It's not weeks or days, it's just one bite. It's a unique mix of microbes as individualized as your fingerprint. We call these healthy microbes probiotics.

But, does taking a pill containing probiotics give you that healthy diversity? Evidence says it does not, that probiotics live only 2-5 days in your gut, but they do work their magic while there, helping unleash short-chain fatty acids (SCFA) from their probiotics. They don't, however, permanently colonize your gut because you already

have a community of bacteria, and they don't like newcomers!

Probiotics were once thought to be the best way to recover from antibiotics use, but researchers showed that they actually slow recovery and impair the microbiota's ability to stabilize and return to normal. Dr. Will says it's best to focus on plant diversity, then add prebiotics which is fiber.

There is a long discussion of **FODMAPS that are foods which are, by definition, fermentable.** They are the foods which make up the acronym—fermentable oligosaccharides, disaccharides, monosaccharides, and polyols. They can be incredibly healthy for us and are prebiotics which grow and energize the healthy bacteria and form short-chain fatty acids. They are important to gut health in that the SCFAs produce butyrate which helps repair a leaky gut.

We rely on our gut enzymes to process these foods, but since they are poorly absorbed, they can cause diarrhea in some people who have damage to their microbiota, with symptoms such as maldigestion, gas, bloating discomfort, and diarrhea.

There is a detailed discussion on the “hot” topic of gluten. He says the only people who have celiac disease are those who have the genes, HLA-DQ2 or DQ8 for it, and even if you do, there is a 97% chance that you still wouldn't have celiac disease since those genes

(Continued on page 7)

Let's Support our Plant-Based Businesses!

Simple Joy Vegetarian Cuisine

Tuesday-Thursday May 11-13 and
May 18-20, 2021

lunch or dinner, 10:30-2:30 p.m. and 5-9 p.m.

1145 S. King Street, Honolulu

(makai side of King St., between Pensacola & Piikoi Streets)

Small parking lot in back or street parking



The Vegetarian Society of Hawaii has been teaming up with vegan and veg-friendly restaurants to support their plant-based efforts during this past year with scrumptious vegan safe dining take-out events. Everyone is invited, and welcome to return for more ono meals during this event!

Simple Joy is offering up 4 of their best-selling plant-based dishes, including a new creation! All 4 dishes (except for the linguine) come with your choice of brown or white rice and a summer roll (1/2 order) per meal:

Thai Curry \$17.25

Braised Eggplant w/Tofu \$16.25

Mushroom Linguine \$19.20

“Shakend Beef” \$18.25 This is Chef Sony Le’s newest creation, the “beef” is a vegan patty with pineapple and onions; and comes highly recommended by him.

You can also order off the regular menu for this event, but only these 4 dishes have a summer roll (1/2 order) included at the above listed prices (taxes not included).

To order: Call (808) 591-9919 during lunch & dinner hours or

Text your order to (808) 382-3774 during off-hours.

Please be sure to say you’re ordering for the **VSH Take-Out Dining Event**, and when you’d like to pick up your order.

No need to be a VSH member to enjoy this event, but if you are a member, please mention it when ordering to get a 5% discount.



Vegetarian Society of Hawaii
Vegan Society of Hawaii
Join us!

For more info: call (808) 445-9920 or visit www.vsh.org.



Upcoming Kaua'i Event

June 5, 2021

Russell's by Eat Healthy Kauai

4-369 Kuhio Hwy
Kapa'a, Hawai'i

ccicap@swbell.net
(214) 649-4621



We are still missing most of our Vegetable loving friends! After last month's meeting, it was agreed upon that it might be a fun to change locations, time and day to eat yummy vegan foods. It's also a good way to support a local business owner, PJ at Russell's. We can do some planning for the future of our Kauai group while we are eating, then take fun photos. (Please come through the gate, down the hill and park on the left side of the building)

For more info: call (808) 245-7674 or visit www.vsh.org

It will be interesting to see who shows up and has the best story of how they are staying healthy and well.

Recent Kaua'i Event



Gluten free, dairy free, chocolate bread.

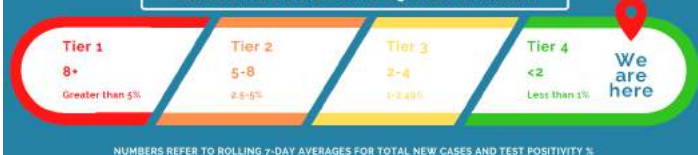


Local greens salad with local avocado, carrots, snow peas, basil, cucumber, pecan pieces with Vegenaise dressing including lentil loaf on the side..



Carol A Peacock-Williams & Susan Lau on Sunday May 2, 2021 from 1-3pm at the Coconut Marketplaces, Kapa'a for the VSH Kauai monthly meeting / lunch.

KAUAI BUSINESS & RECREATIONAL GUIDELINES FOR COVID-19 TIER TRACKER



Note about our meetings

VSH Kaua'i's March 1, 2020 meeting was our last regular one until further notice, due to COVID-19 restrictions. However, Kaua'i so far has been fortunate, and by following Kauai's County guidelines, since August 2020, VSH has been able to host small, socially-distanced, outdoor monthly vegan meals (from local restaurants/food trucks). Kaua'i graduated to Tier 4, which has the lowest level of restrictions, in October, but we've continued to dine outdoors. We hope to resume our regular monthly meetings when it's safe to do so. (Note that attendees were photographed unmasked when dining.)



Heart Healthy Recipes

By Neal Pinckney, PhD

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

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

Healthy Hearts Around the World — Vietnam

Mì Quảng Chay

I've been formulating a series which I'm calling *Healthy Hearts Around the World*. We've had exotic recipes from Japan, Russia, Greece, Lebanon, the Balkans, Brazil, Cameroon, Portugal, Canada, and Ukraine. Here's a hearty traditional dish from Vietnam.

Mì Quảng Chay — serves 2 or 3

Mì Quảng (pronounced 'Me Wang') Chay is a noodle dish or soup that originated from Quảng Nam Province in central Vietnam. One of the most popular meals in the region and nationally recognized, it is popular at family parties, anniversaries, and Tết, the lunar New Year. It traditionally contains shrimp, pork, chicken or a combination of these, but vegan versions are also common, as the region was mainly Buddhist.

- 4 C water
 - 1 t turmeric powder
 - 1-1/2 T low sodium soy sauce or tamari
 - 2 T sweetener
(Sucanat, agave nectar, coconut sugar)
 - 2 carrots, diced
 - 1 tomato, diced
or 5 cherry tomatoes, halved (optional)
 - 5 red radishes, cut in half (optional)
 - 1 sweet red apple, cut into 8 sections
 - 2 T peanut butter (see hint)
 - 1/2 C canned pineapple chunks or pineapple juice
 - 1 C fresh greens (lettuce,* choy sum, ung choy, etc)
 - 1 pkg rice noodles
- Toppings:
- green onions, scallions or chives, chopped
 - cilantro (Chinese parsley)
 - sprouts
 - peanuts, crushed
 - sesame rice crackers, crushed



Boil the water in a 5 quart pot. Add soy sauce/tamari and turmeric and the remaining ingredients (except the peanut butter, pineapple, fresh greens, noodles and toppings) to the pot. Continue cooking over high heat for 10 minutes, then turn to low heat for another 15 minutes. Add the fresh greens for the last 5 minutes of cooking.

Cook the rice noodles according to package instructions. Drain well and place in a large serving bowl. Pour the broth mixture over the noodles. Then add pineapple and peanut butter and mix well. Let cool, add whatever toppings you'd like.

Hints:

For a nearly fat-free dish, use a powdered fat-reduced peanut butter. PBfit is available in many markets. Radishes and tomatoes are often added, but are not required for the basic recipe. Pineapple chunks or juice is essential for authentic flavor. The turmeric creates the traditional color of this dish. * Lettuce substitutes for a Vietnamese veggie hard to find elsewhere.

Key: C=cup; t=teaspoon; T=tablespoon

William Arthur Harris, MD, Memorial Fund

Please consider making a donation to the Vegetarian Society of Hawaii in support of our plant-based educational mis-

sion. If you wish your donation to be in memory of Dr. Bill Harris, VSH co-founder and animal activist, let us know at the time of donation. <http://www.vsh.org/donate/>

VSH Member Discounts

Newest
VSH
member
discounts



Pho & Rolls—Vegan Plus: Opened May 3. Veg-friendly w/ same large vegan Vietnamese menu as at The Ripple of Smiles. Phin-brewed coffee (Le Café Phin). At Ewa Pointe Marketplace.



Yoga Under the Palms: Large open-air rooftop lanai studio in Kailua. Includes Plant-Based Café serving vegan foods & drinks & Boutique. Experienced yoga instructors.

Oahu

Natural Food Stores

- ☞ Celestial Natural Foods (66-443 Kam. Hwy., Haleiwa) 5%
- ☞ Down to Earth (Kailua, Kapolei, Kakaako, Honolulu, Pearlridge) 10% w/ member disc. coupon; pick up at VSH mtg.**

Restaurants

- ☞ 'Ai Love Nalo (41-1025 Kalaniana'ole Hwy.) 5%
- ☞ Banán (University Ave, Waikiki, Kahala Mall, Kailua Town Center) 10%
- ☞ Bluetree Café (600 Ala Moana Blvd. and 1009 Kapiolani Blvd.) 10%
- ☞ Down to Earth deli (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli
- ☞ Ganesh Dosa (Ohana Hale Mktplace, 333 Ward Ave) 10%
- ☞ Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
- ☞ Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- ☞ Keiki and the Pineapple (909 Kapiolani Blvd) 10%
- ☞ Loving Hut (1614 South King St.) 5%
- ☞ 'Oléna Cafe (1631 Kapiolani Blvd., Ste #2) 10%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ **Pho & Rolls—Vegan Plus** (91-1001 Kaimalie St., Ewa Beach) 10%
- ☞ Phuket Thai (401 Kamakee St., #102) 10%
- ☞ QQ Tea House (931 University Ave) fill provided card to get 8th meal free
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ The Ripple of Smiles (3040 Wai'alae Ave, Kaimuki) 10%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Wing Shave Ice & Ice Cream (1145 Maunakea St #4, fronts Pauahi Street) 5%

Bakeries

- ☞ Down to Earth deli (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli yummy tummy (call Van at (808) 306-7786) 5%

Other

- ☞ Aloha 'Aina Farms (alohaainafarms.com) 10% off microgreens subscription, code VEGSOC at checkout
- ☞ Aloha Tofu Factory (961 Akepo Ln) 5%
- ☞ Copy Hut (2503 S. King) 10% on posters & banners
- ☞ Good Clean Food Hawaii (<https://www.qcfhawaii.com/>) 10% code: VegLife
- ☞ HNL Tool Library (200 Keawe St) 10%
- ☞ Igloo Air Conditioning ((808) 797-0039) \$250 discount
- ☞ Town & Country Builders LLC, remodeling & home improvements, license #BC-26340. ((808)358-6667) \$250 discount
- ☞ **Yoga Under the Palms**, 167 Hamakua Dr., Kailua 10%

Hawaii (Big Island)

- ☞ Harry's Pet and Home Care ((808) 321-0665) 20%
- ☞ Herbivores (75-5722 Hanama Pl, Kailua-Kona) 10%

☞ = Vegan or Vegetarian Business

Maui (* food truck)

- ☞ a'a Roots (5095 Napili Hau St, #103, Lahaina) 10%
- ☞ Aloha Thai Fusion (77 Alanui Ke'ali'i St.,* 225 Piikea Ave., #96, Kihei) 10%
- ☞ Bio-Beetle ECO Car Rental (55 Amala Place, Kahului) 10% (some restrictions)
- ☞ Down to Earth (305 Dairy Road, Kahului) deli 5%, DTE 10% w/ disc. coupon; pick up at VSH mtg.**
- ☞ Earth Aloha Eats* (1 Piikea Ave, Kihei) 10%
- ☞ Fork and Salad (1279 S Kihei Rd, #204, Kihei) 10%
- ☞ Maui Burgers (225 Piikea Ave, #100, Kihei) 10%
- ☞ Moku Roots (335 Keawe St., Lahaina) 10%

Kauai (* food truck)

- ☞ Al Pastor Tacos* (4-1602 Kuhio Hwy Kapaa) Free Drink
- ☞ Aloha Aina Juice Cafe (4495 Puhii Rd, Lihue) 10%
- ☞ Café Turmeric* (5-5100 Kuhio Hwy Hanalei) 5%
- ☞ Chalupa's Authentic Mexican Food* (Old Koloa Town or Lihue Town) 10%
- ☞ Craving Thai* (3477 Weliweli Rd, Koloa) 5%
- ☞ Harvest Market (5-5161 Kuhio Highway, Hanalei) 10%
- ☞ Island Soap and Candle Works (Kilauea, Princeville, Koloa) 15%
- ☞ Kilauea Fish Market (4270 Kilauea Lighthouse Rd., Kilauea) 10%
- ☞ Papalani Gelato (Kiahuna Plantation Rd., Lihue. Anchor Cove Shopping Center, Poipu) 10%
- ☞ Shivalik Indian Cuisine (4-771 Kuhio Hwy, Kapaa) 10%
- ☞ So Thai (2827 Poipu Rd, Koloa) 10%
- ☞ Tortilla Republic (2829 Ala Kalanikaumaka, Poipu) 10%
- ☞ Verde Restaurant (4-1105 Kuhio Hwy, Kapaa) 5%
- ☞ Vim and Vigor (3-3122 Kuhio Hwy, Lihue) 10%

Anywhere

- ☞ Hawaii Veggie Farm. Big Island purple sweet potatoes (hawaiiveggiefarm.com) 5%, code: VSH5 (808) 430-2519, CustomerService@hawaiiveggiefarm.com
- ☞ Pono Home Essentials (ponohomeessentials.com) 5% (code VSH). Organic, zero waste, locally made personal care & cleaning products, www.ponohome.com Free home energy audit.
- ☞ Veg Voyages (vegvoyages.com) Asian adventure tours, 5%
- ☞ Vegan Essentials (<http://store.veganessentials.com/>) Food, Clothing and more, 5% code: VSH
- ☞ Vegetarian Journal (www.vrg.org/groupmember/) \$10 off \$25 subscription - \$15

See details & any updates at www.vsh.org/discounts.

Boldface: newest discount

Revised May 13, 2021

** Coupons are donated by DTE.

Your VSH membership is valuable and can save you many times the cost of dues. At the same time, your dues and donations support VSH's educational mission, Thank you for your support!

Donate, Join, or Renew today!

Please Print

Name(s): _____
 Street: _____
 City: _____
 State, Zip: _____
 Home Phone: _____
 Work Phone: _____
 Email: _____

New Renewal

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

You may also join or renew online
 at <http://www.vsh.org/join/>

1 Year 2 Years 3 Years 4 Years 5 Years Life

Individual
\$25 \$48 \$68 \$85 \$100 \$500

Full-time Student
\$15 \$30 \$45 \$60 \$75

Couple or Family
\$38 \$72 \$102 \$128 \$150

\$_____ Additional tax deductible donation

Send newsletter via full color email

I want to volunteer

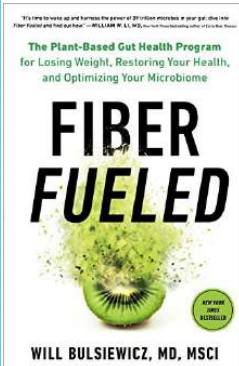
Please check one:

Vegan (no animal product at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet vegetarian)

Fiber Fueled (cont.)



(Continued from page 2)

are only activated by consuming gluten when dysbiosis exists. These are the only people, along with those who have a gluten sensitivity, that need to avoid whole wheat, barley, and

rye. Otherwise (ed: unless these grains are replaced with other whole grains and pseudocereals), we would miss an important source of SCFAs, and risk unintentionally damaging our gut and increased risk of other conditions such as coronary artery disease.

For his patients with GI problems from FODMAPS, he has a four-week diet plan complete with shopping lists, menus, and recipes. The first week starts low and each week adds more until, by the fourth week, they should be healthy and able to consume all these foods. His motto is “Go low and slow to grow.”

The good points to his diet: It definite-

ly is a 100% plant-based diet. He has a healthy vegan substitute for the wildly popular bone broth with his Biome Broth. There is also a section on fermentation of foods and how valuable they can be.

The not-so-good points: the use of oils, specifically, olive oil, sunflower seed oil, and sesame seed oil. It is also not a low-fat diet with the liberal use of nuts, seeds, avocados, chocolate, peanut butter and other nut butters, a bad way to lose weight, which happens to be listed first as a benefit of his gut health program in the title of this book. It also uses maple syrup, a refined sweetener (1 gallon of maple syrup has the sugar concentrated from 40 gallons of tree sap).

He has not gotten the “avoid SOS – salt, oil, and sugar” message that we at VSH support. Fortunately, all of his recipes could easily be modified to avoid them. He claims that no one plant food can supply complete proteins, talking about combining rice and beans for a complete protein. He states, “Hemp seeds are unique in that they are complete protein (sic), meaning they contain all of the essential amino acids.”

But, so do quinoa, soy, buckwheat,

chia seeds, and amaranth, and it should be noted that people can get complete proteins eating a variety of plant foods, because plant proteins are broken down into their constituent amino acids which circulate through the blood stream for use anywhere in the body.

Some of his recipes have as many as 14 different ingredients, although there are more than enough simple recipes for beginning cooks and even cooking hacks for the gourmet cook. Basically, he does present a complete plan that he has used on his patients and has authored more than twenty papers in medical journals on this subject.

The minor objections I’ve listed should, in no way, turn off a prospective reader as the benefits to be gained are unique and valuable. **All in all, I’d say it’s a great read and a valuable contribution to the savvy nutrition community!**

—Dr. Ruth Heidrich—

Author of *A Race For Life*, *CHEF*, *Senior Fitness*, *Lifelong Running*, *Prevent & Cure ED*; past VSH president & current VSH director.

www.RuthHeidrich.com

COVID-19 Vaccines and Vegans: Ethical Considerations— A Follow-Up

Dear Readers, We at VSH greatly appreciated the thoughtful feedback you sent to us after the set of articles we presented on our title topic in our previous issue. Much of it was positive. A couple were critical. We read them all, including and especially the critical ones, to learn from them. We promised to cover the Oxford-AstraZeneca vaccine in this issue if it was approved for use in the U.S., but that has not yet happened.



Vegetarian Society of Hawaii Vegan Society of Hawaii

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New VSH Member Discounts

Rooftop lanai classes at Yoga Under the Palms.



See page 6 for more details on these two new discounts, and the businesses offering them.

Inside the new Pho & Rolls—Vegan Plus on May 3.



Pho & Rolls—Vegan Plus opened May 3 in Ewa Beach.

Talk to Us!

Your book, movie, and restaurant reviews, news about new veg/veg-friendly businesses, letters to the editor, recipes and articles of interest to vegans are all eagerly awaited. Please note that we reserve the right to edit all submissions. Please send them to newsletter@vsh.org.

New Veg/ Veg- Friendly Businesses



Vegan City opened May 1 at 760 Kapahulu Ave., Honolulu.



Vegetarian Society of Hawaii
Vegan Society of Hawaii
Join us!

For more info: call (808) 445-9920 or visit www.vsh.org.

Photos on the right of new veg-friendly Pho & Rolls—Vegan Plus, and vegan eatery Vegan City.