



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 17, ISSUE 1, JAN – MAR 2006

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Ask Dr. Bill

by William Harris, M.D.
VSH founding Board member
www.vegsource.com/harris/



“Low” WBC counts in vegans

Q: *“I’m a long-term vegan with a consistently low white blood cell count — below the ‘normal’ range. I’ve heard that this is common among vegans. Is this true? What are the causes and implications? I’m rarely sick, so it seems that my immune system is functioning well.”*

A: A search at Pub Med turned up this reference: Haddad EH et al., Dietary intake and biochemical, hematologic, and immune status of vegans compared with nonvegetarians. American Journal of Clinical Nutrition, Vol. 70, No. 3, 586S-593S, September 1999. Twenty-five vegans (10 men, 15 women) and 20 nonvegetarians (10 men, 10 women) were studied, and table 5 shows a white blood cell (WBC) mean of 5.83 ± 1.51 (nonvegetarians) and 4.96 ± 0.912 (vegans), which is 85% of the nonvegetarian mean. This article also indicates slightly higher natural killer cell cytotoxic activity in vegetarians v. nonvegetarians, a beneficial effect.

A previous study, Malter M, et al. Natural killer cells, vitamins, and other blood components of vegetarian and omnivorous men. Nutr Cancer. 1989;12(3):271-8 concluded that “Cytotoxic activity...was significantly higher in vegetarians than in their omnivorous controls by a factor of 2. The enhanced natural cytotoxicity may be one of the factors contributing to the lower cancer risk shown by vegetarians.”

I phoned Agatha Thrash, M.D., our September 2000 VSH meeting speaker, and visited her informative websites. Dr. Thrash has no tabular data, but she estimates that over many years she has seen 2500 vegans, all with low WBCs. She feels the low WBC in vegans is normal and that it reflects a lower dietary exposure to viral and bacterial pathogens.

I also phoned Michael Klaper, M.D. He, too, sees frequent WBCs below 3000 in vegans and agrees that there is less immunogenic stimulation on raw and vegan diets.

Lastly, there is the record of my own WBCs. In August 1966, three years

(See Ask Dr. Bill on page 5)



PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.

'Tis the season for resolutions

The Island Vegetarian

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

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Mahalo
to all our volunteers!

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

Greetings. 'Tis again the season for resolutions. The most common New Year's resolutions made by people in this country, we're told, relate to diet, exercise, and other health-oriented activities. If you have already made your resolutions, chances are that some of them are in those categories as well. It seems that regardless of how conscientious we try to be, the pace and pressures of our lives interfere with our best intentions; that certainly is my own experience. How many times in 2005 did I *not* drink eight glasses of water a day, not sleep eight hours, or skip exercise for something that seemed at the moment to be more pressing? Later, of course, I regretfully acknowledge that nothing really is more pressing if it can be done at any other time, as a missed exercise session (or proper sleep or adequate hydration) is lost forever. I'm thinking that if we put our personal well being higher on our priority list, we will begin to feel better and stronger and thus be able to contribute to other worthy causes. It has recently been concluded, in fact, that being involved in a cause larger than oneself results in numerous positive changes, including a more optimistic attitude toward our own health and selves, lowered depression, having meaning in our lives, and possibly even enjoying longer lives. Talk about a win-win! In the case of VSH we welcome Kristine Roberts and Nikki Campbell to our volunteer ranks.

We wish you all a healthy and fulfilling 2006.

Alida

Donald Watson (1910-2005)

Donald Watson, co-founder of The Vegan Society in 1944 and inventor of the word "vegan," passed away on Nov. 16 at the age of 95. Watson had not eaten meat for 80 years and had been vegan for over 60 years. He celebrated his birthday last year by climbing a mountain.

Among his duties with The Vegan Society, Mr. Watson edited a quarterly magazine entitled The Vegan News. In its first edition in 1944, he wrote, "The unquestionable cruelty associated with the production of dairy produce has made it clear that



lacto-vegetarianism is but a half-way house between flesh-eating and a truly humane, civilized diet, and we think, therefore, that during our life on earth we should try to evolve sufficiently to make the full journey."

Source: BBC News

Vegan Health Study update

The following is an excerpt from the ongoing Vegan Health Study being conducted by Maui physician Michael Klaper, M.D.

Nutrition and Lifestyle Recommendations

1. Make whole plant foods the foundation of your diet.

Emphasize (non-genetically modified, organically grown) whole foods (“foods as grown”). Include a variety of fresh, colorful vegetables, including green leafy vegetables on a daily basis, fruits, legumes, nuts, seeds, and whole grains*.

*If there is any question of gluten intolerance — e.g., abdominal cramps, bloating, diarrhea, or hives after eating wheat, barley, oats, and rye, consider eliminating products made from these grains and emphasize low-gluten grains such as quinoa, millet, and buckwheat.

2. Minimize refined carbohydrates—both sugars and starches.

Refined sugars such as white sugar, brown sugar, syrups, candy, and sodas, as well as refined starches, such as white flour products and white rice products, crowd out foods that nourish and protect us and contribute to a variety of health problems. These foods cause oxidative damage to tissues and contribute to premature aging. They



Michael Klaper, M.D.

vascular diseases and gastro-intestinal disorders.

3. Include a healthful intake and balance of essential fatty acids.

Aim for 3 to 5 grams of alpha-linolenic acid per day for most adults. This can be achieved by consuming 2 T. freshly ground flax seeds or 2 tsp. of

“**M**ake whole plant foods the foundation of your diet.”

fresh flaxseed oil daily (add to gravies, cereals, smoothies, salads, etc.), or an equal amount of alpha-linolenic acid from a combination of foods such as hempseed oil, hempseeds, wal-

nuts, and organic canola oil. If taking omega-3 fats in the above forms is impractical or undesirable, consider taking an algae-derived DHA supplement (300 mg./day, in “vegi-cap”), available at natural food stores. This is particularly important for those who may have increased needs (e.g., pregnant or lactating women), or reduced ability to convert alpha-linolenic acid to EPA and DHA (e.g., people with diabetes or hypertension).

4. Assure an adequate protein intake — approximately 60 to 90 grams per day for vegan adults.

Liberally ingest protein-rich foods — lentils, chickpeas, beans, tempeh, tofu, and other legumes — as well

as nuts and seeds and products made from them. elevate blood sugar levels, adversely affect blood lipids (particularly triglycerides), and increase risk for type 2 (adult-onset) diabetes, as well as cardio-

vascular diseases and gastro-intestinal disorders.

5. Assure an adequate supply of trace minerals.

Consume ample helpings of dark green leafy vegetables, legumes, nuts, seeds, root vegetables, and fruits. It is not enough to eat the minerals — you must absorb them. So, break up the plant fibers by chewing your foods well and/or using food preparation methods that help to break up plant fibers by cooking (e.g. soups or stews), grinding, juicing, grating, or puréeing.

6. Insure a reliable source of Vitamin B₁₂.

Reliable sources of Vitamin B₁₂ include fortified foods and supplements. Fortified foods such as non-dairy beverages (rice-based and soy-based drinks), Red Star® nutritional yeast (Vegetarian Support Formula), and some cereals are good choices. Select at least two servings of these foods each day with a total of at least 3 mcg. of B₁₂.

If there is any doubt that your intake of B₁₂ may not be sufficient (as is common with many long-term vegans), then a Vitamin B₁₂ supplement is advised. Take a sublingual “microdot” of approximately 2000 mcg. Vitamin B₁₂ at least once a week. When using large amounts of B₁₂, only 0.5 to 1.0% will be absorbed — thus high intakes are required to insure sufficient absorption.

7. Keep sodium intake to not more than 2400 mg. per day, and preferably around 1800 mg. per day.

About 75% of the sodium in most diets comes from processed foods, and about 20% is added at the table. This is one more reason to limit processed foods (meat analogs, canned soups, etc.). Use flavored vinegars, lemon juice, and other low-sodium taste en-

(Continued on page 5)

(continued from page 4)

hancers rather than soy sauce and other salty seasonings.

Note: Athletes, especially those living in warm climates, may require higher amounts of sodium in their diets.

8. Eliminate trans fatty acids.

Commonly found in processed foods containing “hydrogenated vegetable oil,” “partially hydrogenated vegetable oil” or shortening (read the labels!), trans fatty acids distort the shape, flexibility, and permeability of cell membranes, thus compromising their function and increasing risk for artery disease, type 2 diabetes, and possibly some cancers. Again, minimize processed foods and emphasize fresh, whole foods.

9. Consider taking a multi-vitamin/mineral supplement.

If there is any question of adequate intake of any given vitamin, mineral or essential fat, consider taking a high-potency (vegetarian) multivitamin-mineral preparation (tablet, liquid, or powder) daily, or approximately 2-3 times per week. This supplement should contain the following nutrients in approximately these amounts:

- Iodine - 150 mcg.
- Zinc - 15 mg.
- Copper - 1-2 mg.
- Boron - 2 mg.
- Vitamin K - .5 mg.
- Vitamin D₂ - 5 mcg.

Other possibly helpful supplements to consider would be a calcium/magnesium supplement (approximately 1000 mg. of calcium and 800-1000 mg. of magnesium), as

well as 300 mg. of algae-derived DHA and 10 mcg. Vitamin B₁₂ daily or 2000 mcg. Vitamin B₁₂ weekly.

10. Be sure to get a consistent, reliable source of Vitamin D.

The best place to get your Vitamin D is from sunshine. Aim for about 20-30 minutes on your face and forearms each day, and more if you have dark skin. (Such brief exposure times will

“Make your life a reflection of your hopes, dreams, and joys.”

not damage your skin or increase cancer risk and will produce substantial benefits for your immune system.) If you live in a cooler climate, sunshine will not be intense enough to produce Vitamin D during the winter months

and you will need to rely on fortified foods such as fortified non-dairy beverages or Vitamin D supplements. (Vitamin D₃ is generally derived from animal sources, while Vitamin D₂ is plant-based.)

11. Try to get 20 to 30 minutes of active, weight-bearing exercise at least every other day.

Include a balance of cardiovascular, flexibility, and strength exercises.

12. For optimal health, a positive mental and emotional state is essential — and possibly more important than nutritional intake. Life is about more than avoiding disease and death. Get as much love, laughter, and meaningful service into your daily life as possible. Make your life a reflection of your hopes, dreams, and joys.

(Acknowledgment and appreciation is expressed to Brenda Davis, R.D. and Vesanto Melina, R.D. for their valuable contribution to these recommendations for creating health-enhancing vegan diets.)

The Vegan Health Study research program continues. In the near future we will be focusing on the dietary patterns and supplement programs of those long term vegans who are experiencing exceptionally good health, as well as those who are failing to thrive on purely vegan diets. Vegan athletes and people who have been vegan since birth are of special interest. We will distill out patterns of foods and supplements that seem to promote optimal health and communicate them to all participants as they become available.

Please feel free to complete the questionnaire at www.veganhealthstudy.org if you have not already done so — and inform others of our research efforts and encourage their participation.

Tax-deductible contributions to support our research efforts are greatly appreciated.

*Michael Klaper, M.D., Director
Institute of Nutrition Education
and Research
1601 N. Sepulveda Avenue, #342
Manhattan Beach, CA 90266*

(Ask Dr. Bill from page 1)

after I went vegan, it was 7000 (normal range 5000-10000/mm³). However, by December 1969 it had dropped to 4700, and in 33 subsequent studies between then and August 2004, done primarily because of my concern that my low WBCs might be a harbinger of some serious problem such as aleukemic leukemia, the mean value was 4433 with a low of 3000 in January 2001. There were no associated clinical symptoms, with the arguable exception of “laboratory hypochondriasis.”

So, we have one peer reviewed study and the somewhat anecdotal reports of three M.D.s that vegans run low but efficient WBCs. In the absence of more definitive studies it’s reasonable to assume that a low WBC count in a vegan should not be a cause of concern and may be a sign of lower exposure to hazardous pathogens found in typical non-vegan diets.

ANIMAL RIGHTS CORNER



JUST WHEN YOU DECIDED
TO GO VEGAN

STAY VEGAN



THE TRIPLE WHOPPER SANDWICH
MURDER

Horse, the other red meat

by Cathy Goeggel
VSH member and ARH founder

Even the most enthusiastic American carnivore would deplore the idea of barbecuing Trigger or Silver or Scout...

and yet the traffic in horse flesh flourishes in the United States, including in Hawaii.

There are three abattoirs licensed to slaughter horses in the U.S., all on the mainland. Live horses are also sent to

Europe and Asia for slaughter and then to be sold as meat in Italy, Belgium, and Japan (the "pet food" industry no longer uses horse flesh because consumers choose not to buy it). Horses suffer horribly while being transported by truck and ship: the containers are meant for cattle, and many arrive with broken legs and other injuries.

The Hawaii nexus

Animal Rights Hawaii (ARH) received a tip that horses were being sold and slaughtered at Gunstock Ranch in Kahaluu, owned by Max Smith. The whistle blower witnessed the slaughter of two horses and a cow whose corpses were then sold to a couple who were catering a funeral. The horse was named "Ehu." There

is a permanent slaughter rack at the ranch; cattle are regularly slaughtered there and sold in violation of the federal Humane Slaughter Act (HSA), which requires that livestock to be sold as meat in Hawaii be killed at a federally inspected facility.

ARH has filed a complaint about this with U.S. Secretary of Agriculture Mike Johanns and has contacted Representative Ed Case, one of the

"Horse flesh flourishes in the United States, including in Hawaii.

sponsors of federal legislation to prohibit the slaughter of horses for human consumption and the export of live horses for slaughter abroad. Congress recently passed, and President Bush signed into law, a ban on

horse slaughter for the period of March through December 2006. We hope that a permanent ban will be passed in the next session.

Who should know better?

Max Smith, who leases the land under Gunstock Ranch from the Mormon Church, is a former state veterinarian and a former state meat inspector. While violating the HSA, he was not shy about bellying up to the taxpayer-funded trough. From 2000 to 2003 he received \$27,892 from the federal government for "disaster subsidies" (source: <http://www.ewg.org/farm/persondetail.php?custnumber=011190374>).

What you can do

Contact your senators and repre-

THE TRIPLE BYPASS SANDWICH

This billboard in Los Angeles pokes fun at vegans while promoting BKs latest artery clogger. Someone evidently didn't see the humor, though, and made minor edits to the copy.

While the ad is not an endorsement of veganism, it's good to see the word "vegan" in a fast food ad, if only in a playful way. It might just give readers the little extra push needed to try a more healthful diet.

Source: laist.com

sentatives and ask them to keep fighting for a complete ban on horse slaughter for human consumption. Also contact Johanns and demand that Smith be prosecuted for his blatant and cruel contravention of federal law.

Representative Ed Case:

ed.case@mail.house.gov

Representative Neil Abercrombie:

neil.abercrombie@mail.house.gov

Senator Daniel Akaka:

senator@akaka.senate.gov

Senator Daniel Inouye:

senator@inouye.senate.gov

Secretary of Agriculture Mike

Johanns: Mike.Johanns@usda.gov

Animal Rights Hawaii

P.O. Box 10845
Honolulu, HI 96816
(808) 941-9476

AnimalRightsHawaii.org
info@AnimalRightsHawaii.org



Foie gras ban proposed for Hawaii

by Laurelee Blanchard,
VSH Board member

It is widely recognized that foie gras production is extremely cruel, and soon the practice may be illegal in Hawaii. Representative Chris Halford is sponsoring a bill that would ban the force feeding of birds for foie gras as well as the sale of any product produced in this manner.

To produce foie gras, ducks and geese are confined in small pens and force fed enormous quantities of food multiple times each day. The birds become extremely obese and have difficulty walking and breathing. Many die in the force feeding process from ruptured throats, proliferation of bacteria in their digestive tracts, or suffocation when they choke on their own vomit.



Voilà! Foie gras

To produce foie gras (fat liver), large amounts of food are pumped through a tube shoved down the throat of ducks and geese. Over time this results in grossly enlarged and diseased livers.

(Photo: Farm Sanctuary)

After weeks of such torture, the birds' diseased livers, which swell up to ten times their normal size, are sold as foie gras.

Throughout the U.S. and around the world conscientious restaurants and other businesses are taking a stand against the cruelty of foie gras production. In Hawaii 55 restaurants have pledged not to serve foie gras, California passed a bill last year, and legislation is now pending to ban foie gras in New York, Massachusetts, Oregon, and Illinois. In other countries the production of foie gras has been illegal for years.

This legislation needs your support! The foie gras industry and certain restaurants are prepared to fight this bill. Let your legislators know that force-feeding is an extremely inhumane farming practice and should not be permitted in the great state of Hawaii.

Hawaii citizens are asked to:

- Contact the chair and vice chair of the House of Representatives Agriculture Committee to urge them to support and co-sponsor Representative Halford's bill to ban foie gras production.

Chair – Rep. Felipe P. Abinsay, Jr.,
808-586-6010.
repabinsay@Capitol.hawaii.gov

Vice Chair – Rep. Clift Tsuji,
808-586-8480.
reptsuji@Capitol.hawaii.gov

- Contact the chair and vice chair of the Senate Water, Land, and Agriculture Committee to urge them to introduce a bill in the Senate.

Chair – Senator Russell S.
Kokubun, 808-586-6760.
senkokubun@Capitol.hawaii.gov

Vice Chair - Senator Gary Hooser,
808-586-6030.
senhooser@Capitol.hawaii.gov

More information about foie gras is available at NoFoieGras.org.

Joaquin walks the walk

He may be the “Man in Black,” but he’s not the man in leather. Actor Joaquin Phoenix, who stars in



the Johnny Cash biopic *Walk the Line*, insisted that his entire wardrobe be cruelty-free from head to toe, even Johnny

Cash's signature cowboy boots.

A vegan since childhood, Joaquin always makes sure that no animals were harmed in the making of any of his costumes. While filming *Gladiator*, he belied his character's ruthless image by wearing non-leather clothing. In *Quills* he clomped around the insane asylum in synthetic clogs.

Why is Joaquin so adamant about keeping skins off the set? Each year, millions of animals who are slaughtered for their skins suffer castration, branding, dehorning, and tail-docking—all without painkillers. A recent investigation into one of the nation's largest slaughterhouses revealed that cows were being trampled, dragged, jabbed in the head and mouth with electric prods, and dismembered while they were still conscious. Tanneries are notorious water polluters, and tannery workers have rates of cancer many times higher than the national average. The skins of dogs killed for meat in Korea, China, and the Philippines are often marked “cow hide” before they are exported to the West.



Wear shoes that don't “hurt.”

(Source: PETA.com)

Animal ethics course offered at to UH Manoa

by Karl Seff, Ph.D.
VSH Board member

Since about 1990 the Human Nutrition, Food, and Animal Sciences Department at the University of Hawaii at Manoa has been devoting a week or so to ethics and related issues in a senior-level course, but last semester for the first time the department offered a full three-credit course entitled, "Humans, Food, and Animals: Ethics, Issues, and Controversies." The course was taught by Prof. Dian Dooley and co-listed as FSHN 350E and ANSC 350E. Twenty-four students enrolled.

In response to a new campus-wide policy and following a nationwide trend, all university undergraduates are now required, as a condition for graduation, to take a course in their home departments about the ethical issues in their field. All sides of the current issues are presented within a solid framework of knowledge. As a result, the students are better able to develop their own personal ethical systems and to understand those of others. They are then ready to develop them even further as they learn more and encounter new situations throughout their careers.

Three textbooks are used in 350E: *Taking Sides: Clashing Views on Controversial Issues in Food and Nutrition*, *The Ethics of Food, a Reader for the 21st Century*, and *Ani-*

mal Rights and Human Morality. In the last text and in the minds of the faculty members involved, concern for animals falls under the category of animal welfare (exploit animals humanely), rather than animal rights (don't exploit animals).

This course is the result of a three-year process in which all of the



faculty of HNFAS participated, rather evenly from the Human Nutrition and the Animal Sciences sides of the department. After much collaboration and discussion, Prof. Dooley volunteered to develop a syllabus drawn from those of

several past courses and to teach this course with five cooperating instructors, four from animal science and one from food science. For those readers who are looking for conflict and tension, look elsewhere; this course is supported by all parts of the HNFAS department.

Prof. Gary Comstock, formerly at the University of Wisconsin and now at North Carolina State University,

“We scientists are beginning to think hard about what we *should* do. Before now, we were mostly driven by the emerging possibilities of what we *could* do.”

is not a scientist, but an ethicist. In his Bioethics Institute, he teaches faculty nationwide how to integrate ethics into their courses. Indicative of the time and concern that the HNFAS faculty have for this subject, five of

them, about ten altogether in the College of Tropical Agriculture and Human Resources, had chosen to attend his week-long workshops in recent years. From this solid basis, 350E was born.

Why this great interest in ethics all of a sudden? Prof. Dooley suggests, "Science is growing up. We scientists are beginning to think hard about what we *should* do. Before now, we were mostly driven by the

emerging possibilities of what we *could* do."

Courses like this one are an important step in mainstreaming an issue that has long been central to the mission of the VSH. It is heartwarming to see issues that we embrace being recognized, presented, and discussed in the classroom by faculty in the food and animal sciences departments of universities.

More ethics

by Bill Harris, M.D.
VSH Founding Board member

As a result of the new rule discussed in Karl's article above requiring that each University of Hawaii department offer an ethics course, on October 21, 2005 I was invited to participate as the sole vegetarian in a student discussion group organized by Travis Idol, Ph.D., Assistant Professor of Tropical Forestry and Agroforestry (<http://www2.hawaii.edu/~idol/>). The questions assigned to the students and my answers (*in italics*) are given below:

1) Is eating meat a "natural" part of the human diet and/or essential for good nutrition?

Natural is difficult to define, but eating meat is certainly not essential to good nutrition. All of the essential organic nutrients in the human diet are synthesized by plants and microorganisms; none are synthesized by animals.

2) In deciding whether or not to eat meat, does it matter how the animals were raised and slaughtered, e.g., wild game v. free range and organic v. confined feeding operations?

Not in my opinion, because the fundamental ethical error lies in killing

(Continued on page 9)

(Continued from page 8)

a conscious creature, not in how it's treated and killed.

3) Does the mental capacity (especially self-conscious awareness) of the animal have any ethical bearing on the decision to kill and eat it?

I'm less concerned about the ethical problems as we descend through the phyla. Eating a clam is probably less of a violation than killing a cow since the cow has a brain

“Although an ovo-lacto vegetarian diet provides the easiest transition to a vegan diet, I see no ethical, health, or ecological advantages to the ovo-lacto over an omnivorous diet.”

the use of animals for food)?

Although an ovo-lacto vegetarian diet provides the easiest transition to a vegan diet, I see no ethical, health, or ecological advantages to the ovo-lacto over an om-

analogous to our own.

4) Is there an ethical difference between an ovo-lacto vegetarian and a strict vegan lifestyle (thinking beyond

nivorous diet.

5) Is it ethically permissible to raise livestock, given the water, food, and other resources they require and the resulting environmental impact?

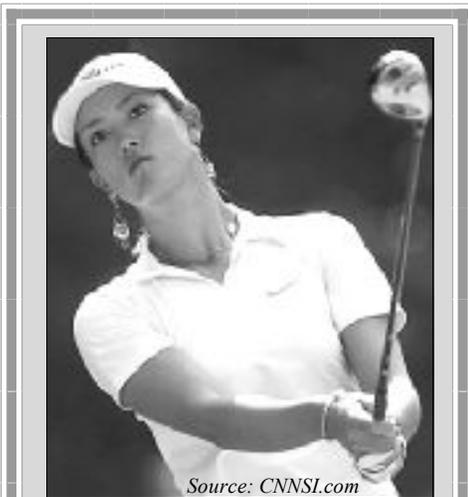
No.

6) Which of these issues is or is not applicable to poor people in developing countries?

All of them are applicable.

Other participants were Alan Titchenal and Joannie Dobbs, both Ph.D.s in the UH nutrition department who described themselves as former vegetarians and expressed their concerns about iron, protein, and DHA deficiency in vegetarians. I suggested that these problems, if real, were the result of a generation of vegetarians following the advice of several starch and grain, high-carb low-fat vegetarian diet gurus who erroneously — in my opinion — devalue higher fat plant foods such as avocados, nuts, and seeds.

Also in attendance was Douglas Vincent, Ph.D. of the UH Animal Sciences department. None of the participants or students were greatly supportive of vegetarian diets, but the hour was, as suggested in Professor Idol's original invitation, entirely collegial in spite of the divergent opinions. As I was leaving, several students expressed appreciation for my being there.



Golf whiz hits the greens

Honolulu resident and golf phenomenon Michelle Wie was recently spotted shopping at the King St. Down To Earth Natural Foods store. The 16-year-old Punahou student, who recently signed multi-million dollar endorsement deals with Nike and Sony, evidently knows that a healthful diet can help her achieve her goals.



“Vegetarian” broadcast on four islands

Founding Board member and VSH TV coordinator Dr. Bill Harris reports that the “Vegetarian” TV series has reached all four main Hawaiian islands. More than 400 thousand Hawaii cable TV subscribers can now view the lectures given by the guest speakers at the monthly VSH meetings. Show times are below. Programming schedules are available on the VSH.org website and by e-mail. To subscribe, send a message to:

VSH-News-Group-Subscribe@yahoogroups.com.

Dr. Harris recommends setting your VCR to record each week's show. Keep the ones you like and tape over the others.

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

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

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

Kauai—Hoike Cable Ch. 52
Mons. 7-8 p.m.



Vegetarian Society of Hawaii

Calendar of Events: January—March 2006



GENE BAUSTON

“HOW VIOLENT FOOD CHOICES FUEL A VIOLENT WORLD”

Sat., Jan. 14, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

Whenever we sit down to eat, we make choices that have a wide ranging impact on ourselves and others. Eating with conscience promotes compassion, justice, and good health. Failing to do so contributes to disease, degradation of the environment, and an indifference to suffering and death.

This presentation discusses how violence associated with animal food production contributes to the overall violence found in our society and throughout the world.

Gene Bauston holds a master’s degree in agricultural economics from Cornell University and is co-founder and president of Farm Sanctuary, America’s leading farm animal protection organization. He has initiated groundbreaking legal enforcement and legislative action to prevent farm animal abuse and has played an important role in passing laws in the U.S. that prohibit cruel farming practices. His efforts have been covered by leading news organizations, including The New York Times, Los Angeles Times, Chicago Tribune, Wall Street Journal, Washington Post, National Public Radio, ABC, NBC, CBS, and CNN. For more information, visit: FarmSanctuary.org.

Mr. Bauston will also be speaking on Maui: Wed., Jan. 18, 7 p.m., Cameron Center, 95 Mahalani St, Wailuku, Maui.



TERRY SHINTANI, M.D.

“HOW TO PREVENT AND REVERSE HEART DISEASE”

Sat., Feb. 11, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

Fact: The major cause of death in America is cardiovascular disease.

Fact: Nearly all cardiovascular disease is preventable.

It is no longer necessary to suffer from a progressively deteriorating vascular system characterized by angina, heart attacks, heart failure, and premature death. In this presentation preventive medicine physician Terry Shintani will show you how to not only prevent heart disease but to actually reverse it.

Terry Shintani, M.D., M.P.H., J.D. is the author of the *Eat More, Weigh Less Diet*, *The Hawaii Diet*, and *The Good Carbohydrate Revolution*. He’s been featured in Newsweek, on CNN and CBS News, on ABC national radio, and on Dateline NBC.

He received his master’s degree in nutrition from Harvard University and his medical and law degrees from the University of Hawaii. He is Board certified in preventative medicine and is the Associate Chair of Alternative & Complementary Medicine at the John A. Burns School of Medicine at the University of Hawaii at Manoa.

Dr. Shintani will also be speaking on Maui: Tues., Feb. 14, 7 p.m., Cameron Center, 95 Mahalani St, Wailuku, Maui.

WILLIAM HARRIS, M.D.

“ASK DR. BILL”

Sat., Mar. 11, 7 p.m., McCoy Pavilion, Ala Moana Beach Park



In this well-illustrated PowerPoint show Dr. Bill will answer the most frequently asked questions received through his VegSource website (www.vegsource.com/harris). He will also provide a brief explanation of why anyone can successfully follow a vegetarian diet and will describe some of the fatal flaws in establishment nutritional theory, such as the preferencing of foods by nutrient/weight ratio. He will also point out some of our own misconceptions and take additional questions from the audience.

A vegan for more than 40 years, William Harris, M.D., is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco and is the author of *The Scientific Basis of Vegetarianism*.

Retirement has allowed Dr. Harris to maintain and even increase his physical activity. He swims and does other aerobic exercise daily and continues to hone his trampoline skills. He’s been an active pilot for many years and recently took up skydiving. He completed his 500th jump last August.

Dr. Harris will also be speaking on Maui: Tues., Mar. 14, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku, Maui.

Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Visit VSH.org or call-944-8344 for more info.



Becoming Vegan author Brenda Davis, R.D. gave four talks on three different topics on Oahu and Maui in October.



Well over two hundred VSH members and others interested in a meat-free holiday feast attended the annual VSH Thanksgiving Eve Dinner at Govinda's restaurant in the Nuuanu area of Honolulu.



In November, Physicians Committee for Responsible Medicine (PCRM) advisor Milton Mills, M.D. answered the question: "Are humans designed to eat meat?" at VSH meetings on Maui and Oahu. He also gave a talk on preventing and curing diabetes at Castle Medical Center.

**VHS Events
4Q2005**



A vegan diet rich in omega-3 fatty acids found in foods such as flax seeds and walnuts can have a profound effect, not just on physical health, but on mental health. This was one of the major tenets discussed by Neil Nedley, M.D. at the December meetings on Oahu and Maui.

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: (____) _____

Work Phone: (____) _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.

My dues are enclosed (add \$4 per year for a foreign address):

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

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

\$12 \$24 \$36 \$48 \$60

\$30 \$57 \$81 \$102 \$120

Life membership \$400

\$_____ additional tax deductible donation

Please check one:

- Vegan (no animal products at all)
- Vegetarian (no flesh, fish, or fowl)
- Associate (not yet a vegetarian)

**SAVE
on Multi-Year
Memberships/
Renewals!**

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

Eat & run — around the world

by Ruth Heidrich, Ph.D.
VSH founding Board member
and past president

“**R**ound the World in 30 Days!” The itinerary sounded perfect: From the Yukon to Kyoto, Hong Kong, Ho Chi Minh City, Siem Reap (Angkor Wat), New Delhi and Agra (Taj Mahal), Dubai, Nairobi (Masai Mara safari), Cairo, Prague, and Reykjavik. Considering the possibilities — running in twelve different countries, experiencing how twelve different cultures eat, and fulfilling a life-long dream — in the words of the goddess Nike, I was going to “Just do it!” I told the tour leader that we would require vegan foods all the way, which at first seemed to present a problem in three countries: the main entrée at a dinner in Siem Reap was

“elephant ear fish” and in Dubai steak shish kabob. In Nairobi dinner was to be at a restaurant called “The Carnivore,” famous for serving the flesh of the very animals we came to the preserve to see. These challenges were resolved easily, however, by just asking the servers to serve us veggies instead of the fish and to put veggies on the shish kabob; we would just skip the meal at The Carnivore.

Our first night the entrée was reindeer! It was hard for me to understand how people could kill and eat these beautiful animals, but then I thought, how is it different from cows, pigs, chicken, and fish. My “vegan” meal was some kind of pasta that I hardly

touched because I suspected it had cheese in it. The next stop, Kyoto, was much more to my liking. The breakfast buffet had a great spread of all varieties of fruits and veggies, including sea vegetables, miso soup, and mixed baby greens.

Hong Kong was also more veg-friendly, and we had memorable meals at a “jumbo” floating restaurant in Hong Kong harbor and at the top of Victoria Peak after a thrilling ride up a

cause of the risk of contamination, but if I’d followed that rule, I’d have starved. And ironically, the only ones who got sick were those eating meat!

The site of Siem Reap is one of the seven wonders of the ancient world. The meals there were buffets served in the hotel with selections for both Western and Asian tastes. For that one meal of “elephant ear fish,” an elegant coconut dish was served. Running there was especially challenging because of very rough “sidewalks.”

People stared at me in disbelief, so I just smiled and kept my eyes on the rough terrain.

Next stop was India, where the food was primarily vegetarian, so dishes such as dahl were always available.

Then Dubai. From the moment we landed, I was aware of being in the Middle East — women were covered up and men were in sheik’s clothing. Dubai is a city in motion, as its skyline is a continuous maze of cranes. There were buffets in our five-star hotel, so, again, lots of fruits and veggies including dragon fruit,

passion fruit, dates, lychee, and mango. I got to do a beach run in the Arabian Sea topped off with a refreshing swim. One of the dinners was out in the desert in a setting imaginable only in a movie. We were escorted to a large tent, the walls of which were covered with Persian rugs and the floors all thick cushions. It was a scene out of Arabian Nights.

In Nairobi we were put in four-wheel drive vehicles and driven nearly six hours to our lodge. Lots of bumps on the road, but beautiful scenery as we looked out on the Rift Valley where

(see **Eat & Run** on page 13)



Yup, this is Dr. Ruth striking a pose with the Sphinx as a backdrop. Walk like an Egyptian.

very steep hill on the tram. The view was breathtaking and not for the faint of heart, as the restaurant seemed perched right on the edge. Dinner was a seemingly endless buffet with dozens of different salads and a variety of veggies such as snow peas, eggplant, and jicama as well as the standard fare. The dessert spread, well, let’s not even go there.

Ho Chi Minh City is an amazing place; millions are crammed into a very small area, and everyone rides a motor scooter. The meals were buffet, so it wasn’t a problem getting ample fruits and veggies. We were warned never to eat raw fruit or vegetables be-

On
TV...



“Vegetarian”

Oceanic Cable Channel 52

Thursdays: 6-7 p.m.

View recent VSH lectures.

See VSH.org for program schedules for all four major islands.

“Tasty & Meatless”

Oceanic Cable Channel 16

Sat. 9 a.m., 6:30 p.m.

Sun. 11:30 a.m.

Mon. 10 a.m.

Tues. 8 a.m.

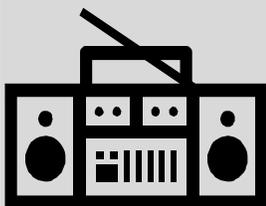
Wed. 11:30 a.m.

Thurs. 11:30 a.m.

“McDougall, M.D.”

Tuesdays 8:30-9 a.m.

Oceanic Cable Channel 26



...and
Radio

“Nutrition & You”

Ruth Heidrich, Ph.D.

Terry Shintani, M.D.

John Westerdahl, Ph.D.

Sundays: 8-9 p.m.

K108 — AM 1080

Call-in line: 524-1080

“Health Talk”

Hosted by Hesh

Saturdays: 8-9 a.m.

K108 — AM 1080

Call-in line: 524-1080

The Raw Facts

David Wolfe to give two Oahu lectures

Down To Earth Natural Foods, Castle Medical Center, and VSH have teamed up to bring raw foods guru David Wolfe to Oahu.

A leading authority on the raw food philosophy, Mr. Wolfe will be giving two presentations in early January.

“The Raw Facts” presentation at McCoy Pavilion will answer these questions:

- Which foods are best for *your* body
- Why eating raw foods help you live longer
- How raw foods boost immunity
- Where to find the best mineralized foods possible



• How to achieve exceptionally vibrant health and vitality.

Mr. Wolfe will also be giving a lecture at Castle Medical Center on Sunday, January 8th at 7 p.m. describing

the health benefits of phytochemicals and nutrients found in cocoa beans and goji berries. Call Castle at 263-5400 to register.

David Wolfe is the author of *Naked Chocolate*, *Eating for Beauty*,

The Sunfood Diet Success

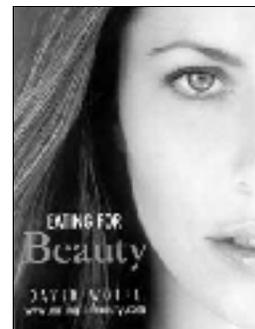
System, and *Nature's First*

Law: The Raw-Food Diet. He

conducts over 100 health lectures and seminars and hosts

five raw adventure retreats each year in the United

States, Canada, Europe, and the South Pacific.



“The Raw Facts”

Sat., Jan. 7, 7 p.m.

McCoy Pavilion

Ala Moana Beach Park

(Eat & Run *from page 12*)

not only did elephants, lions, zebra, and giraffe roam, but where archeologists uncovered bones of the first hominids!

Then came the Pyramids and the Sphinx at Cairo — another of the wonders of the ancient world. Running alongside of and then crossing the Nile River was one of my peak running moments. Thank goodness for eggplant, as that seemed to be one of the staple foods there.

From there we headed to Prague. Running on cobblestone streets there presented a challenge; I sure didn't want to trip and fall, so I ran very carefully. Food choices again were primarily buffet, so we had lots of choices of fruits and veggies at all

meals. And Iceland! Just the name inspires scenes of fire and ice, and there were plenty of both, including shooting geysers and thundering waterfalls, active volcanoes, and great miles-long rifts in the earth. One of my most memorable runs was running from 8-9 a.m. in complete darkness — the sun didn't rise until ten, and it went down again at four. Then a swim in the Blue Lagoon — warm-to-hot, truly blue thermal waters amid recent lava flows with below-freezing temps — topped off the visit to a surprisingly veg-friendly country — in fact, our tour guide was vegetarian!

It was indeed a dream come true — to see so many cultures and countries, to eat so many different foods, and to run in so many different places — truly eating and running 'round the world.

Book Reviews

101 Reasons Why I'm a Vegetarian

by Pamela Rice
<http://www.vivavegie.org/>
Paperback: 253 pages
Publisher: Lantern Books
(October 30, 2004)
ISBN: 1590560752

Reviewed by Bill Harris, M.D.
VSH founding Board member

Pam Rice is the chief cook and bottle washer for the Vegetarian Society of New York City, which has an actual physical office where veggies can comfortably hang out by appointment. The mailing address is P. O. Box 294 Prince Street Station, New York, NY 10012-0005 and the phone number is 212-242-0011, just in case you're going there anytime soon.

Pam founded the group in 1991. By day she's a writer, but her true avocation is the assembly of an accurate and exhaustive list of references supporting vegetarianism, for which she gets paid—guess what—nothing. The *101 Reasons*, plus a lot more, are accessible for free at her Viva Veggie website vivavegie.org, but this book puts it all in a portable format. The book gives solid documentation with 28 pages of references, about 50 to a page, so something like 1400 in all. Mostly the articles are from reliable media sources like AP, The New York Times, and Guardian with a sprinkling

of EPA, The Meating Place, and USDA documents thrown in. Some of the citations are accompanied by URLs, but not all, and for the benefit of readers too lazy to dig in a library, of which your humble correspondent is a splendid example, more would have been welcome.

Not that the book itself is a dry read. Pamela writes cogently and with an underlying passion for her subject, and while she admits it's a negative one, her personal attitude is positive with a hope that things will get better. She has always been good at tracking the spoor of the USDA and its financial bailouts for the meat and dairy industries, and in Chapter 44 she details 10 separate and flagrant categories, wryly suggesting we need "separation of meat and state. It is high time that

those who choose meat pay the true cost of their predilection" (i.e., cut out the subsidies, already). However, the shell game going on at the USDA and its financial arm, the Commodities Credit Corporation (CCC) changes so rapidly that it's hard to keep up with anything but the human, animal, and environmental wreckage left in its wake. That she has done very well.

This is an important book for those in need of factual backup. For those just getting into vegetarianism, a very user-friendly resource is her vivavegie.org (now linked from our site at VSH.org), where you'll find just about all you need to know, particularly if you're headed in the direction of NYC.



How it All Vegan! Irresistible Recipes for an Animal-Free Diet

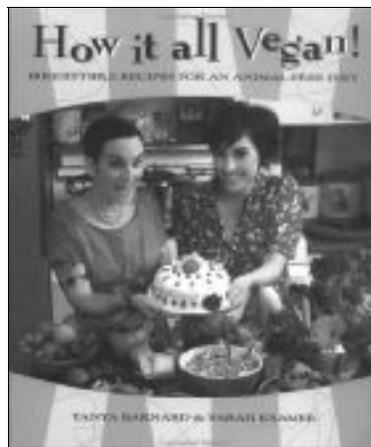
by Tanya Barnard & Sarah Kramer, Arsenal Pulp Press, Vancouver, BC, 1999
(Tenth printing, 2005)

Reviewed by Eva Uran
VSH member

This cheerful looking book with the smiling faces of two women holding an egg-free cake above a table full of fruits and appetizing dishes already looks inviting. Turn the pages and you'll see how it all *began* with these two ladies. One was a born vegetarian who dabbled with meat in her early adulthood and then converted back after developing a kinship with cats; the other was an avid meat eater who'd never even heard the term "vegan," becoming one herself later on.

The authors describe themselves as "lazy vegetarians." This fact has inspired them to concoct quick and easy recipes from different sources, books, and friends and relatives as well as to try out some of their own original ones. Little by little they compiled them into a sourcebook to help others make the

big transformation. They've exhibited empathy for the beginner who still likes her meat, milk, cheese, and eggs but is striving to make the transition not only in the food department but also in general lifestyle such as choices of clothing and household items. The authors offer judicious advice



(Continued on next page)

(Continued from page 14)

on how to maintain good relationships with conventional family and friends, exhorting the reader to be diplomatic and nonjudgmental.

The next section details a list of substitutes for milk, butter, eggs, and cheese, mostly based on soy products. (I must comment that they forgot to mention one excellent substitute for milk that helped me more than anything — carrot juice. Not just *any* carrots, for some are stale and bitter. If you can ever obtain or plant Shantanay carrots, those big, fat ones, they make the very best juice, sweeter than milk! In my opinion fresh carrot juice is far superior to any soy product.)

Back to the book. The bulk of it is a collection of recipes, written in a style as zesty as the dishes themselves. There are delectable recipes of every category — entrées, soups, sauces, breads, salads, desserts, and beverages, vegan versions of ice cream, mayonnaise, and Sloppy Joes. There are also chapters on kids' foods

and vegan recipes for cosmetics, hair products, pet treats, and household cleaners. Some of the titles of recipes are really eye- (or mouth-) catching such as: "Easy, Breezy Rice Milk," "Scrambled Eggless Eggs," "Racy Raisin Rice Pudding," "Heavenly Mushrooms," "Fabulous French Toast," "Rise 'N' Shine Granola," "Nice 'N' Spicy Avocado Dressing," "Rustic Tomato Lentil Soup," "Mighty Miso Soup," "Hearty Winter Potato Soup," "Perfect Pesto," and "Zesty Tomato Pesto," to name a few. The idea is to get happy and go vegan. One of the most light-hearted and cheerful cookbooks I've encountered.

Vegan World Fusion Cuisine

by Mark Reinefeld & Bo Rinaldi
Hardcover \$24.95, 245 pages
Thousand Petals Publishing,
(2004), ISBN: 0-9752837-1-5

Foreword by Jane Goodall

“E very once in a while a book so completely transcends its genre that it becomes one unto itself.” So begins the VegNews review in which it named *Vegan World Fusion Cuisine* the “Cookbook of the year.” (VegNews, Nov-Dec 2005)

While it has over 200 international gourmet vegan and live food cuisine recipes, it has a simple and easy to follow format. It introduces the ingredients and techniques gently guiding the reader towards a lighter, more healthful diet.

Much more than a cookbook, it is designed as a manual for nonviolent living, with a comprehensive resource guide

that lists over 50 groups and organizations working for peace and a sustainable future.

A moving foreword by Dr. Jane Goodall highlights its aim to inspire peace, unity, and understanding among individuals, cultures, and all who care about our planet.

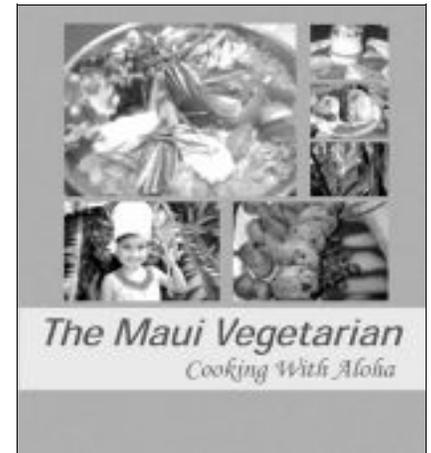
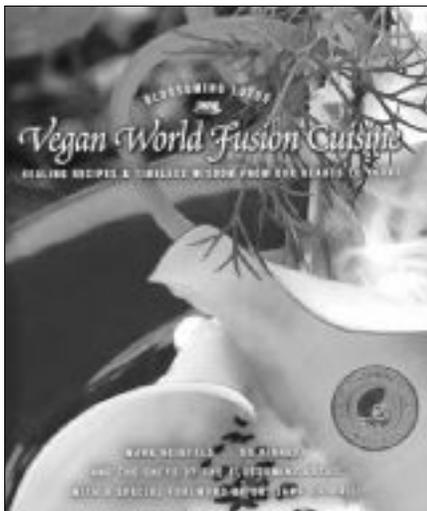
Featuring anthropologist and photographer Martin Gray's breathtaking sacred site images from around the world, beautiful photographs from Tim O'Reilly, stunning food photography, and countless wise sayings, this book is sure to be a cherished keepsake and reminder of the beauty and hope that life on our planet has to offer.

The authors believe that a vegetar-

ian diet is one of the keys to creating a peaceful world. By starting with ourselves, by cultivating and exemplifying the principles of wisdom and nonviolence within our own lives, we can help make this dream of a better world a living reality.

The authors operate the Blossoming Lotus Café on Kauai. For more information call 808-822-7678 or visit blossominglotus.com.

(Source: blossominglotus.com)



The Maui Vegetarian: Cooking with Aloha

by Brian Igarita

Recommendation
by Laurelee Blanchard,
VSH Maui meeting coordinator

T he vegan entrées, appetizers, soups, salads, and desserts are absolutely delicious! As someone who advocates the protection of animals, I greatly appreciate a cookbook that provides readers with so many simple ways to cook wonderful-tasting, cruelty-free food. Anyone who tries these recipes will surely be convinced that animal flesh, eggs, and dairy products aren't needed in the kitchen.

The cookbook is available for \$17.05 at the author's website: <http://www.themauivegetarian.com/vegetarianbook.html>.

Bird flu coming home to roost

by Michael Greger, M.D.

The deadliest plague in human history was the influenza pandemic of 1918, which killed up to 100 million people around the world. Annual flu strains tend to spare young healthy adults, but every few decades a strain arises that can kill people in the prime of life. In 1918, more than a quarter of all Americans fell ill. What started for millions around the globe as a runny nose and a sore throat ended days later with people often bleeding from their ears and nostrils and into their lungs. Many victims drowned in their own blood. Their corpses — tinged blue from suffocation — were said to have been “stacked like cordwood” outside the morgues as cities ran out of coffins. No war, no plague, no famine has ever killed so many in so short a time as the 1918 pandemic.

Where did this disease come from? Just this year, brilliant medical detective work, which included digging up corpses discovered frozen in the Alaskan permafrost for tissue samples, recently pieced together the genetic makeup of the virus. The disease came straight from bird flu.

Factory Farming and Bird Flu

Over the past few decades, meat and egg consumption has exploded in the developing world, leading to industrial-scale commercial chicken farming and mass animal transport and creating the “perfect storm” environment for the emergence of new superstrains of influenza. Though the 1918 virus managed to kill more people in 25 weeks than AIDS has killed in 25 years, it killed less than 3% of those infected. The current mutant H5N1 bird flu virus strain is unprecedented in its ferocity, officially kill-



ing more than 50% of its human victims.

We now know that bird flu is the original cause of all of these so-called human influenza “type

A” viruses. Although the viruses can affect a wide range of animals, including pigs, horses, and wild birds, the initial source seems to be domesticated fowl such as chickens and turkeys.

Cramming tens of thousands of chickens bred to be almost genetically identical into filthy sheds the size of a football field to stand and lie beak-to-beak in their own feces is a recipe for increasing the virulence and transmission of H5N1. “You have to say,” concluded University of Ottawa virologist Earl Brown, a specialist in the evolution of influenza viruses, “that high intensity chicken rearing is a perfect environment for generating virulent avian flu virus.”

In October 2005 the United Nations issued a press release: “Governments, local authorities, and international agencies need to take a greatly increased role in combating the role of factory-farming, commerce in live poultry, and wildlife markets, which provide ideal conditions for the virus to spread and mutate into a more dangerous form...” The World Health Organization’s flu expert in Asia also blames the emergence of killer viruses like H5N1 in part on intensive animal agriculture and what he called the “[o]ver-consumption of animal products.”

The Making of a Killer Virus

In nature the influenza virus has existed for millions of years as a harmless intestinal waterborne infec-

tion of aquatic birds such as ducks. The duck doesn’t get sick because the virus doesn’t need to make the duck sick in order to spread. In fact, it’s in the virus’s best interest for the bird not to get sick so that it can spread farther. After all, dead ducks don’t fly. The virus silently multiplies in the duck’s intestinal lining, is excreted into the pond water, swallowed by another duck who alights for a drink, and then continues the cycle.

While the virus is in total evolutionary stasis in aquatic birds, if infected ducks are dragged to a live poultry market and crammed into cages stacked high enough to splatter virus-laden droppings over many different species of land-based birds, the virus has a problem. It must mutate or die. Fortunately for the virus, mutate is what it does best, and in a new environment it quickly starts doing this to adapt to the new host. In the open air it must resist dehydration, for example, and must spread to other organs to find a new way to travel.

So it finds the lungs.

To hitch rides in respiratory droplets, the virus has to start attacking cells to trigger a hacking cough in its new host. It doesn’t want to start killing cells, lest it tip off the immune system to its presence. So it’s forced to find new ways to spread. The more virulent the virus becomes, the more violent the cough and the faster it can overwhelm the immune system. It can’t become too deadly, though. If the virus kills the host too quickly, there may not be enough of a chance to infect another.

Enter intensive poultry production

When the next beak is only inches away, there’s no limit to how nasty the virus can get. Scientists

(Continued on page 17)

have even done this in the lab. They start out with some harmless swan virus that wouldn't even hurt a fly. But pass the virus through enough chickens and you end up with one so deadly that it kills every chicken it comes in contact with. Unfortunately for us, through some quirk of nature the respiratory tract of a chicken seems to bear striking resemblance (on a cell receptor level) to our own.

So as the virus gets better at infecting and killing chickens overcrowded and intensively confined in filthy warehouses, the virus is getting better at infecting and killing us.

The world is now facing just such a virus that has gone full circle. It has escaped from the chicken farms and seems to have reinfected its original hosts—migratory aquatic and shore birds—who can fly this factory-farmed virus to every continent in the world. The more birds the virus infects, the more people who are exposed, the greater likelihood that the virus will acquire the means to spread easily from person to person *via* a sneeze or a handshake and the next pandemic is triggered — a pandemic that is predicted to kill between two million and a 1000 million people around the globe.

Not “if,” but “when”

What are the odds of this actually happening, though? What are the odds that a killer flu virus will spread around the world like a tidal wave killing millions?

The U.S. Secretary of Health and Human Services has answered that question: “The burning question is, will there be a human influenza pandemic,” he recently said to reporters. “On behalf of the W.H.O., I can tell

you that there will be.” The Director General of the World Health Organization agreed: “[T]here is no disagreement that this is just a matter of time.” “The world is now,” he said, “in the gravest possible danger of a pandemic.”

Dr. Irwin Redlener, director of Columbia University’s National Center for Disaster Preparedness, predicts that up to one billion people could die.

“What we are talking about is not just another health issue,” Dr. Tara O’Toole, director of University of Pittsburgh’s Center for Biosecurity, told a Congressional briefing, “it is a nation-busting issue.” Indeed, our Senate Majority leader recently called the bird flu virus an “immense potential threat to American civilization.”

Dr. Michael Osterholm is the director of the U.S. Center for Infectious Disease Research and Policy and an associate director within the U.S. Department of Homeland Security. “An influenza pandemic of even moderate impact,” he wrote, “will result in the biggest single human disaster ever—far greater than AIDS, 9/11, all wars in the 20th century, and the recent tsunami combined. It has the potential to redirect world history as the Black Death redirected European history in the 14th century.”

For humanity’s sake we hope the direction world history will take is away from raising birds by the billions under intensive confinement.

Humanity’s lust for cheap meat not only leads directly to the suffering and deaths of billions of animals every year, but also threatens the health of our planet and may threaten our health in more ways than we know.

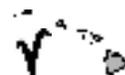
So what can we do? Pandemic Flu Awareness Week, held last October,

was organized by a group of dedicated volunteers who have started Fluwikie.com, an unprecedented collaborative approach to problem-solving in public health that has the express purpose of “help[ing] local communities prepare for and perhaps cope with a possible influenza pandemic.” We need to prepare within our families, our neighborhoods, our communities, our cities, states, and businesses. First, though, we need to educate ourselves. Here is a list of resources to get started:

- Department of Homeland Security associate director article in Foreign Affairs: <http://www.foreignaffairs.org/20050701faessay84402/michael-t-osterholm/preparing-for-pandemic.html>
- Watch Dr. Osterholm on video at the Woodrow Wilson Center for International Scholars: http://wilsoncenter.org/index.cfm?fuseaction=news.item&news_id=145329
- How a pandemic might realistically unfold: <http://www.nature.com/nature/journal/v435/n7041/pdf/435400a.pdf>
- ABC News Primetime Investigation transcript: <http://abcnews.go.com/Primetime/Investigation/story?id=1130392&page=1>
- Trust for America’s Health report: <http://healthyamericans.org/reports/flu/Flu2005.pdf>
- Senate majority leader’s Harvard Medical School Health Care Policy Seidman Lecture: http://frist.senate.gov/_files/060105manhattan.pdf

Michael Greger, M.D. is the Director of Public Health and Animal Agriculture for The Humane Society of the United States (HSUS). For more information visit his website DrGreger.org or HSUS.org. To subscribe to his free quarterly e-mail newsletter, send a blank e-mail to:

drgregersnewsletter-subscribe@lists.riseup.net.

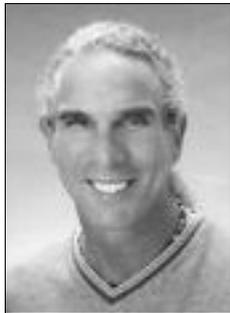


Who can you trust?

by Hesh Goldstein
VSH member

“Today we have more information and knowledge about the cure and prevention of disease than ever before in the history of mankind. The advancements that have been made in just the past few years make it safe to reach two major conclusions: 1) Even though just ten years ago we thought we knew the proper treatments of illness, we now know just how little we knew back then and 2) With these revolutionary breakthroughs in technology, virtually all illness and disease should be wiped out in America within the next ten years. We are on the verge of entering a phase where a person will never be sick. And if you do get sick, your doctor will be able to cure you of your illness in a matter of days. We have virtually reached the pinnacle of medical knowledge.” This calls for a drum roll, blaring trumpets, and people dancing in the streets. Unbelievable! We have reached the pinnacle of medical knowledge — we know all there is about the cure and prevention of disease! Whoa, baby. Not so fast. That speech was given in 1902.

When we look back at earlier times, we are amazed at how little was known. And down the road people will look back and laugh and think the same of us. The point is that there really are no actual medical facts, only opinions and speculations, and that medical science has thus far failed in the curing and prevention of disease. More people than ever before get colds and flus, diabetes, heart disease, constipation, chronic fatigue, asthma, insomnia, acne, depression, infertility, allergies, etc. More people are visiting doctors, getting X-rays and diagnostic



tests, having surgery, and taking drugs. We are losing the war on cancer even though we spend over \$2 trillion a year on health care, and we are the sickest nation on the planet. We are losers!

So who are the winners? The drug companies and the healthcare companies. The profits of the drug companies are at an all-time high. More people are on diets and more people take diet products than ever before, yet more are fatter than ever before. Again we are the losers, and again there are winners — the corporations that sell diet food, diet pills, and other weight-loss aids. The pharmaceutical companies and the big food companies are publicly traded corporations and as such have one objective: to increase profits by selling more product. So, the drug companies have a vested interest in keeping you sick and the food companies' must

sell more food. The food companies' goal is to produce food less expensively and sell it at the highest possible price in massive quantities. This is accomplished by a) genetic engineering, b) spraying chemical poisons so that crops won't be damaged by disease or bugs, and c) loading them with chemicals to make them grow faster. The food industry is so profit-driven that it's lobbying against the national campaign to “eat less, exercise more!” Remember, it's all about money. Your welfare is not the issue.

So, who can you trust? The only person you can trust is you. You must reclaim your health and take it out of the hands of the people who want you to eat more and stay sick. You must make changes. Read labels. If there's anything on the label that you can't pronounce, don't buy it. If the label has sugar, aspartame, or high fructose corn syrup on it, don't buy it. If it lists pre-

servatives, including MSG, stabilizers, artificial colors or flavors, don't buy it. If produce is not organically grown, don't buy it.

Now that I have ruined shopping in supermarkets for you, what do you do? Shop in natural food stores where the bulk of the food is chemical-free and the produce is organic. Delete from your thinking the concept of “fast food.” Slow down and take the time to prepare your food fresh, making enough for the next day. Start your day with a glass of water to get your metabolism and cleansing going. Eat a hearty breakfast free of chemicals, preservatives, and sugars, such as oatmeal with organically grown fruit, brown or red rice with organically grown vegetables, or last night's leftovers. Find time

“If there's anything on the label that you can't pronounce, don't buy it.”

each day to take a long walk. Eat no diet foods and drink no diet sodas. Eat no refined foods such as white flour or white rice; eat only whole foods. Eliminate dairy products from your diet. Eat a large salad every day and keep your

salad dressings simple. When you have that “uncontrollable” urge to eat when you're not hungry, drink water or take a bite of a carrot or apple. Find support groups like the Vegetarian Society, and listen to bona fide health talk radio shows like “Nutrition and You” with Dr. Terry Shintani, Dr. John Westerdahl, and Dr. Ruth Heidrich and “Health Talk” with yours truly.

These simple things may seem extreme to you at first, but once you do them, you'll look better, feel better, and be healthier. Put your health back in your hands and out of the hands of those who only want your money. There are people out there without the profit motivation who truly care about you and have a sincere desire to help.

Hesh Goldstein is the host of Health Talk on K108 radio (AM 1080) on Saturdays, 8-9 a.m. (808) 258-1177; fax: (808) 377-1986, heshgoldstein@hotmail.com

Emptying the ocean with a teaspoon

by Bill Harris, M.D.
VSH founding Board member

In early December Georgie and I rented a car in Seattle and dropped in on a raw vegan potluck a few miles North of SEATAC where we met hosts Orion and Jeff Rogers, a former Oahu raw fooder (www.soystache.com), plus a dozen members of a thousand-member raw food community. We shared a pleasant evening with them and enjoyed some delicious raw vegan recipes.

The next day we drove south and I got two refreshers on why I became a vegetarian in the first place back in 1950.

Farm Sanctuary (farmsanctuary.org) is located a few miles southwest of Orland, California (530-865-4617). It was founded by Gene Bauston, one of our upcoming speakers (see page 10), back in the '80s and has 300 donated acres for its 400 rescued cows, chickens, ducks, pigs, turkeys, and people. We were escorted around the premises by Rebekah Taylor, a charming young woman who went vegetarian at the age of five, when she decided that animals were too cute to eat, and who now devotes her days to helping out the ravaged survivors of animal agribiz.

Placid but friendly "spent cows," some with frantic escape stories, came up and nuzzled our fingers in an obvious gesture of interest and friendship.

Lily, a pig who bailed out of a slaughter truck at 300 pounds, now weighs 850 pounds and doesn't walk much but likes to have her belly rubbed.

Dudley, a former stud goat with stuff growing out of the top of his head that would blend with the French horn section of the Honolulu Symphony, ambles over and leans against my upper thigh. Since being butted by a goat on Maui last year, i couldn't help but think that Dudley could seriously dam-

made, "The Emotional World of Farm Animals," featuring Kim and psychoanalyst Jeffrey Masson, Ph.D. who contends that animals share most of the behaviors of people and hence deserve our protection, not our predation. Kim's favorites are the pigs (don't ask). I had always found them smelly and stupid, but those were the ones on the Minnesota farms of my youth crowded together by farmers only interested in the bottom line, thus generating a stench that made driving

through the countryside an olfactory nightmare. Kim's pigs are clean and keep their pens neat and tidy with all the poop outside. AP also has 2000 New Orleans chickens rescued in the wake of Katrina. You can visit her animals by calling 707-449-4814.

So how about the ocean and the teaspoon? FS and AP rescue a few hundred lucky animals while McDonald's, KFC, Wendy's, and their ilk kill several billion every year with the full approval of the USDA and the liberal use of our tax monies.

Animal sanctuaries used to seem like a waste of time and resources to me, but at both of these places there were many volunteers and there's a steady stream of visitors, some of whom go in as carnivores and leave as vegetarians. Seems that people have trouble eating a dinner that can look you in the eye and rub up against your leg. So maybe it works after all.

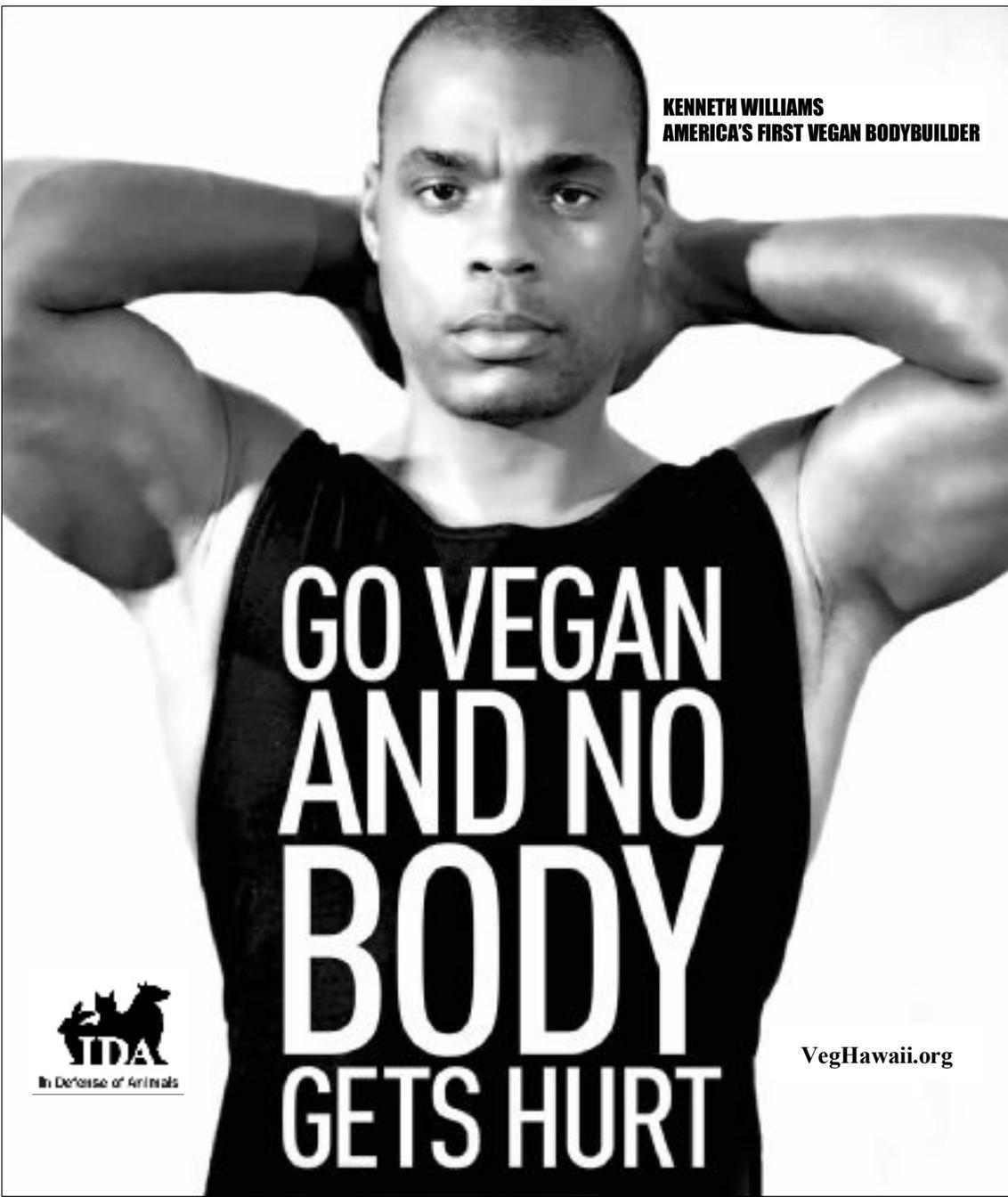


Georgie, Bill, and Nellie at Farm Sanctuary.

age parts of me that I would prefer intact. However, he was not only friendly but considerate. When people are around, he doesn't swing his head an inch.

A hundred miles south, near Vacaville, is Kim Sturla's Animal Place (animalplace.org), where one of our best "Vegetarian" TV shows was

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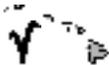
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