



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

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Inside

- President's Message
- William Harris, M.D.
- Ruth Heidrich, Ph.D.
- Peter Singer
- Animal Rights Corner
- Calendar of Events
- Reviews

Public Lectures*

JOHN McDOUGALL, M.D.

“TRUTH OR DAIRY”

Wed., April 12, 7 p.m.

Ala Wai Golf Course Clubhouse

PAUL ONISHI

“GETTING OFF THE FENCE & MAKING HEALTHY CHOICES”

Wed., May 10, 7 p.m.

Ala Wai Golf Course Clubhouse

PATRICK McDONNELL

“THE CREATOR OF MUTTS TALKS ABOUT BECOMING VEGETARIAN”

Wed., June 7, 7 p.m.

Ala Wai Golf Course Clubhouse

***See page 10
for more information
and for Maui meeting dates.**

Four health experts address the low-fat diet controversy

A clear case against moderation

by John McDougall, M.D.

In the early 1990s, the founders of the Women's Health Initiative (WHI) study were guests on my syndicated radio show. During these interviews, and on many other occasions, I challenged Ernst Wynder, M.D. (now deceased) and Rowan Chlebowski, M.D. to teach the women in their study a meaningful diet—specifically, a very low-fat, plant-food-based, McDougall-type diet—so that when the day comes that the results are published the real benefits of healthy eating will be shown. Both insisted that the



This study has reinforced the well-known fact that “skinning your chicken” and “drinking low fat milk” is inconsequential.

“moderate diet” they were using would be adequate. Twelve years and \$415 million later, on Wednesday, February 8, 2006, news headlines about their research findings showed them wrong. Please understand that I take no joy in being right; rather I am saddened because now we all must live with the incorrect conclusions that diet cannot prevent cancer or heart disease.

The truth is, this study of nearly 50,000 older women, ages 50 to 79 years, has only reinforced the well-known fact that “skinning your chicken” and “drinking low-fat milk” is inconsequential. The WHI was not the first, nor is it likely to be the last, study to prove that what most people consider to be a “reasonable, moderate, or prudent diet” is at best a trivial improvement over the disease-causing standard American diet.

Proof that the low-fat diet intervention used in this study was ineffective is the report of an average of one pound (0.4 Kg) of weight loss after 8 years of dieting (compared to those not dieting). Furthermore, the women's blood levels of cholesterol and triglycerides, and blood pressures hardly changed after all that effort. Their dietary histories revealed that even though the low-fat diet group received “an intensive behavior modification program that consisted of 18 group sessions in the first year and quarterly maintenance sessions thereaf-

(See WHI study on page 3)



PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.

The Island Vegetarian

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P.O. Box 23208
Honolulu, HI 96823-3208
808-944-VEGI (8344)
info@vsh.org
VSH.org
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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.

This quarter marks the completion of the Vegetarian Society's 16th year of existence and the beginning of its 9th board term. We will soon be electing a new board of directors, and we welcome your nominations (an announcement of this can be found on page 12 in this issue). Thanks to long-time Board member Dr. Karl Seff, the new and improved VSH dining guide is about to be published. While Honolulu can boast few fully vegan or vegetarian restaurants as of yet, we do have numerous establishments that include various items on their menus that are free from animal foods and/or that can be modified to our liking. Watch for the updated dining guide on our website (VSH.org or VegHawaii.org) and on the free literature table at our monthly lectures. New members will also receive this in their new member information packets. Mahalo, Karl, for your perseverance in bringing this daunting and much needed task to completion!

We are also delighted at the sudden proliferation of vegetarian activities around our islands. On Oahu we have a new raw food group that has an active email network and sponsors potlucks and cooking demonstrations. One day recently vegetarians had three separate events to choose among! We've had our first presentation on Kauai and have high hopes of expanding on that island, largely thanks to the efforts of Mark Reinfeld, one of the owners of The Blossoming Lotus gourmet-style vegan restaurant.

I am continually struck by the power of the whole food vegetarian message. More and more evidence is presented to us of the health-promoting effects of this way of eating and of the harmful effects of ingesting animal "foods." For instance, I was just reading in a fairly mainstream newsletter about the greater benefits of brown over white rice. The dietary fiber and essential fatty acids are missing in the white rice as are most of the B vitamins, magnesium, iron, and phosphorous. The larger amount of fiber in the brown rice can help us feel full for a longer time and helps control levels of sugar in the blood. Pretty persuasive, I'd say. And with regard to hydrogenated oils, it's been found that in addition to other bad effects, they not only increase levels of the bad cholesterol—the LDL variety—but also cause the particles to be smaller, thereby further increasing the risk of heart disease. This is bad news, because hydrogenated and (maybe worse) *partially* hydrogenated oils are ubiquitous in supermarket foods. Another reminder to read those labels! Natural food stores, of course, have a much greater selection of packaged foods without hydrogenated oils and many without any added oil at all. More to think about...

Until next time,

(WHI study *from page 1*)

ter,” they continued to eat nearly the same amount of fiber, protein, red meat, chicken, fish, and grains. The addition of one more serving of fruits and vegetables daily may have accounted for the 9% reduction in breast cancer observed for the low-fat group.

People worldwide have been, and are still being, betrayed by investigators who spend taxpayer’s dollars on useless dietary research—and they should not be forgiven, because they have always known better. Since the 1950s studies have shown that the more plant foods, and less processed and animal foods, populations consume, the less breast and colon cancer and heart disease they will develop. Furthermore, there is no “safe threshold”—in other words, the lower the fat intake, the less the cancer and heart disease. In fact, long before the WHI study was conceived, Dr. Wynder had published extensively on the benefits of the very low-fat (10%), almost vegetarian, Japanese diet for prevention and treatment of breast cancer. So why was a “moderate” diet, instead of the best one, tested?

My nearly 40 years of experience, working with hundreds of influential doctors and scientists, leads me to believe they have a very low opinion of patients and the public in general. They believe we are too stupid and too uninterested in our own welfare to make meaningful changes in our diet—specifically, to follow a plant-food based diet. When I suggest such powerful dietary changes, they respond with, “That’s unreasonable; no one will follow a vegetarian diet.” Even if they were correct, you and I still deserve to know the truth, so that this option for preventing illnesses and premature death is available to us.

The Women’s Health Initiative should be remembered as the study that inspired honesty in the scientific community and put an end to ineffective

research using a “sensible diet.” No longer should the excuse that people won’t follow a truly healthy diet be accepted—we who do so know better. My sentiments about “the failure of the low-fat diet” are succinctly summed up by this recent e-mail to me: “Please come out against this foolish study. I have become a low-fat vegan, and I have lost 30 lbs. or so.”

Source: The McDougall e-Newsletter. Subscribe to this free newsletter at drmcDougall.com.

Dr. McDougall will be the VSH meeting speaker in April. See page 10 for details.

WHI study flawed

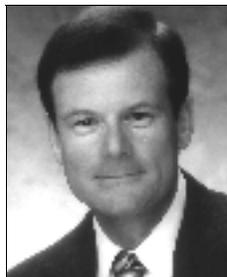
by John Westerdahl, Ph.D.
VSH member

Three recent studies that appeared in the February 8, 2006 issue of the *Journal of the American Medical Association* found that postmenopausal women who consume a so-called “low-fat” diet (29% of calories from fat) are not less likely to experience heart disease and stroke, breast cancer, or colon cancer. These findings contradict the widespread belief that reducing fat intake helps stave off these diseases. This was a Women’s Health Initiative study that was highly promoted in the media. Unfortunately, the message given by the media and even some health professionals to the general public was that “low-fat diets don’t work.” This has only confused and misled Americans.

First of all, a 29% fat diet is not low-fat. It really is a “moderate-fat diet.” The American Heart Association (AHA) has traditionally stated that a

diet of no more than 30% of calories from fat is a “low-fat diet.” However, here again, I believe this is really a “moderate-fat diet” and should not be considered low-fat at all. In fact, research done by Dean Ornish, M.D., a leading cardiovascular, showed that in heart patients who followed an AHA 30% fat diet actually got worse. The 30% heart association diet was not good enough to make a positive difference in their health status. Dr. Ornish has stated that the real lesson of the Women’s Health Initiative study is “if you don’t change much, you don’t improve much.” Dr. Ornish points out that “small changes in diet don’t have much effect on preventing coronary heart disease and cancer.” “But bigger changes in diet and lifestyle may prevent heart attacks in almost everyone,” says Dr. Ornish.

I agree with Dr. Ornish’s comments on this study. If you really want to reverse heart disease or prevent cancer, a 29% fat diet is not enough to make big changes in a person’s health. In this study, they tried to get women to consume no more than 20% of their calories from fat, which is really more reflective of a true “low-fat” diet. However, the women in the study failed to achieve this low-fat level. They could only achieve 29% calories from fat—a very modest drop in fat. I believe that if the women were able to



First of all, a 29% fat diet is not low fat.

achieve a diet of no more than 20% of calories from fat (the original goal of the study) they would have seen some significant improvements and reductions in health risk. However, I believe that a more optimal diet would

be a “very low-fat diet” consisting of 10-to-15% of calories from fat. This is similar to the amount of fat found in ancient diets and in the traditional Japanese and Okinawan diets. Dr. Dean Ornish has demonstrated that

(See Study flawed on page 4)

(Study flawed from page 3)

very low-fat vegetarian diets (of 10% or less calories coming from fat) can actually reverse heart disease. The Weimar Institute in Northern California has demonstrated that a similar very low-fat vegetarian diet can also reverse diabetes. I believe that a very low-fat vegetarian diet is optimal for longevity, losing weight, feeling and looking better, gaining health and preventing the diseases that are killing Americans today. I would like to see more research done on truly low-fat diets (no more than 20% calories from fat) and very low-fat diets (10 to 15% calories from fat) as to their effects on disease risk reduction. It is obvious that the 30% calories from fat diets advocated by most health professionals and health organizations do little or nothing in improving health status and reduction in disease risk.

John Westerdahl Ph.D., M.P.H., R.D. is the Director of Wellness & Lifestyle Medicine for Castle Medical Center in Kailua.

Shintani named Living Treasure

VSH member and recent guest speaker Terry Shintani, M.D. was designated a Living Treasure of Hawaii



for 2006 by the Honpa Hongwanji Mission of Hawaii at a banquet held February 3rd at the Sheraton Waikiki. The Buddhist mission each year recognizes individuals from the general community who contribute to preserving the culture of Hawaii. In naming Shintani, the mission said he is determined to “conquer Hawaii’s health problems, one meal at a time.”

Source: The Honolulu Advertiser

WHI study confusing

by Neal Pinckney, Ph.D.
VSH member

The recent study that brought headlines announcing “Low fat diet not good for heart disease” has the potential to do a great deal of harm to those seeking to prevent or reverse coronary artery disease. Headlines such as these could tragically confuse and discourage persons who are in dire need of lifestyle modification.



The study published in the February 8th issue of the *Journal of the American Medical Association* (JAMA) was based on the same fallacy that many other similar studies have been—that is, what they called low fat wasn’t really low at all.

For well over 20 years Dean Ornish, M.D. and his associates have shown that for reversal of heart disease a low-fat diet should not exceed 10% of calories from fat (CFF). In multiple clinical trials he, as well as Drs. McDougall, Esselstyn, Fuhman, Shintani, and others, clearly established the therapeutic effects on coronary health of a plant-based diet with 10% CFF. And while a 20% plant-based CFF diet was helpful in preventing heart disease among those who had no risk factors, people who already had arterial blockage *did not improve on the 20% diet.* (Ornish’s groups also engaged in daily aerobic exercise and stress management.)

The goal in the study reported in JAMA was only to reduce fat to 20% even though it had already been shown

that this was not low enough to decrease blockage. And as it turned out, fat consumption during the study never got below 24% and instead rose quickly to 29%. In addition, subjects did not follow a vegetarian diet, but, rather, the Standard American Diet (SAD) with slightly reduced fat.

Unfortunately, physicians may cite this study when advising their patients and tell them that rather than dietary change, powerful medications and surgery are their best choices.

The public would be well served to consider carefully before abandoning lifestyle programs that have proven effective in reversing and preventing heart disease.

Headlines such as these could tragically confuse and discourage persons who are in dire need of lifestyle modification.

First, one should read and understand the original study and not depend on headlines and brief news reports, which are often incomplete and incorrect.

Dr. Pinckney is founder and director of the Healing Heart Foundation (www.kumu.org). He was the VSH meeting speaker last June.

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WHI: A dissident view



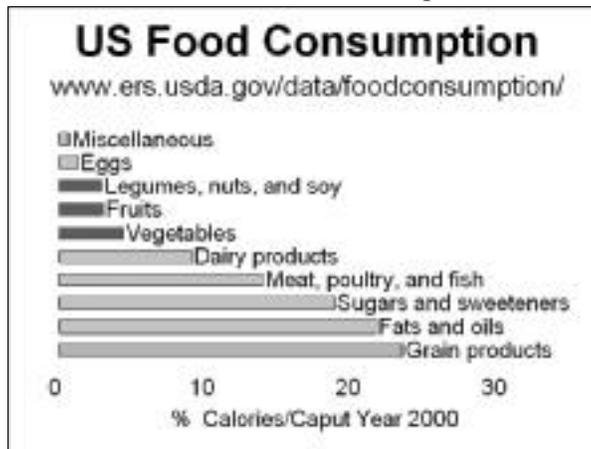
by William Harris, M.D.
VSH founding board member

As noted by the authors above, this NIH effort was not really low fat and did not include vegan women, but omnivores who were also consuming the typical adverse components of the Standard American Diet. This half billion dollar study attempted to salvage a dietary train wreck by re-railing the caboose.

The idea of low-fat diets to avoid various diseases emerged from the ecological studies of Ancel Keys (1904 - 2004) in 1956 and in 1975 by Carroll KK and Khor HT, who used Food and Agriculture Organization (FAO) data for fat intake to produce charts showing increased rates of breast, colon, and prostate cancer with increasing Calorie, fat, and protein intake, country by country. However, the FAO reports only total fat, carbohydrate, and protein intake from plant and animal sources (plus intakes of calcium, iron, and sugar). That gives us six categories of macronutrient data but it does not distinguish naturally occurring plant fat from refined vegetable oils and the damaging trans fats made from them.

A recent USDA report (www.ers.usda.gov/data/foodconsumption/spreadsheets/nutrients.xls#Foodgroups!a1) indicates that fats and oils account for 22.7% of U.S. Calorie intake. I agree that refined fats and oils have detrimental health effects since they are almost 100% of Calories from fat and contain no fiber to retard digestion and absorption. Another 18.9% of U.S. Calories comes from sugar and sweeteners, also a train wreck.

It is not easy to find consumption data for raw nuts and seeds. However, the USDA reports only 3% of yearly U.S. Calorie intake from legumes, nuts, and soy (see graph below). If that is so and we make the generous assumption that 1/3 of those Calories actually *are* from nuts and, further, that half of the nut Calories are from *raw* nuts, then their contribution to U.S. Calorie consumption is only 0.5%, which is only 2.3% of the Calorie contribution from the fats and oils. This is probably already an overestimate since most nuts are consumed as snacks according to <http://www.ers.usda.gov/publications/FoodReview/May2001/FRV24I2i.pdf>, and snack nuts are almost invariably roasted, often in oil, and frequently salted, to make the insult complete.



There is no indication that Carroll, Keys, Khor, or Wynder distinguished between oils and naturally occurring plant fats. I obtained copies of their papers of 1975 and 1980 from www.medblue.com. A text search on the word "avocado" was negative. Nuts and seeds are mentioned only when followed by the word "oil." But later writers set in granite the low fat dogma that consumption of any kind of fat is bad, and that fat consumption must be kept to a minimum at all cost.

However, every cell membrane in both plants and animals is made of fat. Because fat is insoluble in water, it's the substance that segregates the organized biochemical activities within

the cell from the chaotic ones outside, thereby allowing life to exist on Earth. There is no reason to think that human cell membranes don't need replenishment by dietary fat, which is also important for the absorption of calciferol, carotenoids, calcium, manganese, iron, and zinc.

If you are healthy and comfortable consuming a low fat vegan diet, by all means stick with it. However, if you find that 10% fat is too restrictive, be aware that at least 30 out of 32 peer-reviewed studies report only beneficial results from the consumption of avocados (88.1% fat), raw nuts, and seeds (50-90% fat).

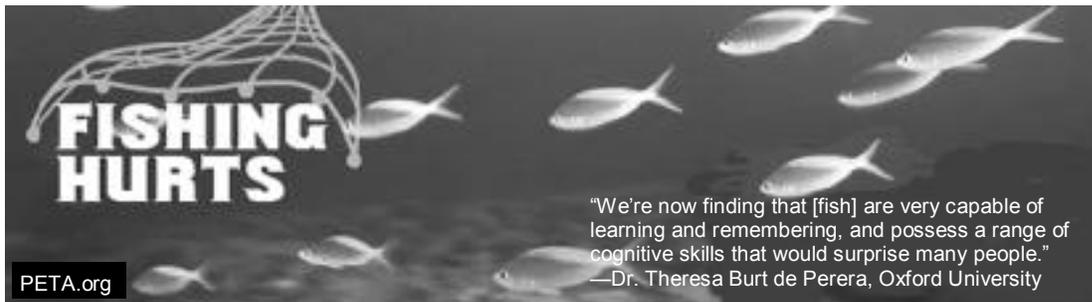
I think that the same brush that was appropriately used to tar and feather animal fat and processed plant fat was accidentally applied to naturally fat plant foods without regard to their many valuable nutrients and protective fiber content. The vegan diet is already restrictive, so universal fat limitation may have scared off some potential vegans and discouraged others who already are vegan.

At least three researchers have had great success reversing coronary heart disease with a low-fat vegan diet. But it's my suspicion they would have achieved the same results and better patient compliance by relaxing the intake of natural plant fats. In addition, one of them would not have had to include fish in his dietary advice, since avocados, nuts, and seeds are a good source of alpha-linolenic acid, the first of the omega-3 fatty acids.

In short, it's my opinion that animal source foods, processed oils, and sugar are the bad guys and that future dietary studies searching for health improvements should focus on whole food vegans without concern over fat intake as long as it's from avocados, raw nuts, and seeds.

(See References on page 19)

ANIMAL RIGHTS CORNER



Who pays for Bird Flu?

by Peter Singer

Fifty years ago American chicken farmers found that by keeping their birds in sheds they could produce chickens for the table



more cheaply and with less work than by traditional farmyard methods. The new method spread: chickens disappeared from fields into long, windowless sheds. Factory farming was born.

It isn't called "factory farming" merely because those sheds look like factories. Everything about the production method is geared towards turning live animals into machines for converting grain into meat or eggs at the lowest possible cost.



Intensive confinement is the norm on factory farms.

Walk into such a shed—if the producer will let you—and you will find up to 30,000 chickens. The National Chicken Council, the trade association for the U.S. chicken industry, recommends a stocking density of 85 square inches per bird—less than a standard sheet of typing paper. When the chickens approach market weight, they cover the floor completely. No chicken can move without having to push through other birds. In the egg industry hens can barely move at all, because they are crammed into wire cages, which makes it possible to stack them in tiers, one above the other.

Environmentalists point out that this production method is unsustainable. For a start, it relies on the use of fossil fuel energy to light and ventilate the sheds and to transport the grain eaten by the chickens. When this grain, which humans could eat directly, is fed to chickens, they use some of it to create bones and feathers and other body parts that we cannot eat. So we get less food back than we put into the birds—and less protein, too. Further, disposing of the concentrated chicken manure causes serious pollution to rivers and ground water.

Animal welfare advocates protest that crowding the chickens keeps them from forming

a natural flock, causes them stress, and, in the case of laying hens, prevents them from even stretching their wings. The air in the sheds is high in ammonia from bird feces, which are usually allowed to pile up for months—and in some cases for a

“Factory farming is passing far bigger costs – and risks – on to all of us.”

year or more—before being cleaned out. Medical experts warn that because the birds are routinely fed antibiotics to keep them growing in such crowded, filthy, and stressful conditions, antibiotic-resistant

bacteria could cause a public-health threat.

Yet despite these well-founded criticisms, over the past 20 years factory farming—not only of chickens, but also of pigs, veal calves, dairy cows, and, in outdoor feedlots, cattle—has spread rapidly in developing countries, especially in Asia. Now we are discovering that the consequences may be far more deadly than we ever imagined.

As University of Ottawa virologist Earl Brown put it after a Canadian outbreak of avian influenza, “High intensity chicken rearing is a perfect environment for generating virulent avian flu viruses.”

Other experts agree. In October 2005 a United Nations task force identified as one of the root causes of the bird flu epidemic, “farming methods that crowd huge numbers of animals into small spaces.”

(Continued on page 7)

(Continued from previous page)

Supporters of factory farming often point out that bird flu can be spread by free-range flocks or by wild ducks and other migrating birds who may join the free-range birds to feed or who may drop their feces while flying overhead. But, as Brown has pointed out, viruses found in wild birds are generally not very dangerous.

On the contrary, it is only when these viruses enter a high-density poultry operation that they mutate into something far more virulent. By contrast, birds that are reared by traditional methods are likely to have greater resistance to disease than the stressed,

genetically similar birds kept in intensive confinement systems. Moreover, factory farms are not biologically secure. They are frequently infested with mice, rats, and other animals that can bring in diseases.

So far relatively few human beings have died from the current strain of avian influenza, and it appears that they have all been in contact with infected birds. But if the virus mutates into a form that is transmissible between humans, the number of deaths could run into the hundreds of millions.

Governments are, rightly, taking action to prepare for this threat. Recently the U.S. Senate approved spending \$8 billion to stockpile vaccines and other drugs to help prevent a possible bird flu epidemic. Other governments have already spent tens of millions on vaccines and other preventive measures.

What is now clear, however, is that such government spending is really a kind of subsidy to the poultry industry. Like most subsidies, it is bad economics. Factory farming spread because it seemed to be cheaper than more traditional methods. In fact, it was cheaper only because it passed some of its costs

on to others—for example, to people who lived downstream or downwind from the factory farms who could as a result no longer enjoy clean water and air.

Now we see that these were only a small part of the total costs. Factory farming is passing far bigger costs—and risks—on to all of us. In economic terms, these costs should be internalized by the factory farmers rather than being shifted onto the rest of us.

That won't be easy to do, but we could make a start by imposing a tax on factory farm products until enough revenue is raised to pay for the precautions that governments now have to take against avian influenza. Then we might finally see that chicken from the factory farm really isn't so cheap after all.

Peter Singer is Professor of Bioethics at Princeton University. His recent books include Writings on an Ethical Life and One World. He is now completing a book on food and ethics.

Professor Singer was the VSH meeting speaker in September 2001.

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Pigs and Playstations

Think that you can outplay a pig on your Playstation? You may be surprised. According to research, pigs are much smarter than dogs, and they even do better at video games than some primates. In fact, pigs are extremely clever animals who form complex social networks and have excellent memories. Eating a pig is like eating your dog! As actor Cameron Diaz put it after hearing that pigs have the mental capacities of a three-year-old human: “[Eating bacon is] like eating my niece!”

Source: GoVeg.com



Chickens got a little help from their friend Paul McCartney, when the ex-Beatle wrote a letter to KFC that appeared as a full-page ad in the Louisville, Kentucky newspaper where KFC's headquarters are located. “If KFC suppliers treated dogs or cats the way they treat chickens, they could be charged with the crime of cruelty to animals,” wrote Sir Paul, who has been a vegetarian for more than 30 years. “These remarkable animals are deserving of at least a little kindness.” Source: Petakids.com

Is a raw food diet right for you?

by Ruth Heidrich, Ph.D.
VSH past president

Well, it certainly is for me. I've been vegan since being diagnosed with breast cancer in 1982. I was very happy with that diet, but in 1999 I'd heard about a diet consisting of primarily raw fruits and vegetables. I must admit that much of the appeal was—no cooking! And when I found that leafy greens, fruits, and vegetables were at the top of the charts for the most nutrients, I decided to give it a thirty-day trial and then decide whether to stay raw. Well, the thirty days came and went, and three months later there was no question in my mind that I was going to continue. Shopping was simplified since it was limited to just produce. Preparation was quick and easy, and there was no time wasted waiting for food to cook. My electricity bill went down. Cleaning up was almost nonexistent. There was no menu planning, as all my meals were the same basic format: cut-up fruits and veggies, and yet, there was certainly no boredom because I was eating a wide variety of foods, at least ten different fruits and more than a dozen different vegetables. I had lots of energy for my triathlon running, biking, and swimming, and I felt just great! I also lost some weight.

The Definition of a Raw Diet

The raw diet consists of at least 80% of food not heated to over 117 degrees F., so it does not eliminate



dried foods. There are some foods that can be eaten raw that surprise: for instance, broccoli, cabbage, and kale. I found that I actually prefer these veggies raw. People ask "What's wrong with steaming?" I'm not sure there's anything wrong with steaming, but I say, "Why bother?" I will say, however, that this is not a religion for me, and if I'm out somewhere and offered cooked vegan food, I've been known to eat it as a special treat. It's just that for me a raw diet is easier, faster, and probably much healthier. It's certainly more visually appealing with the bright fresh colors found in red bell peppers and tomatoes,

oranges and carrots, leafy greens, kiwi, grapes, and blueberries. And because of the high water content in raw food, I don't drink a beverage with meals.

My Typical Diet

What I eat varies with what's available and in season, so I don't necessarily have all these foods with every meal. I also go organic whenever possible. Here's a sample:

Breakfast: Organic greens, a carrot, celery, watercress, basil, banana, mango, a little blackstrap molasses, nutritional yeast with Vitamin B₁₂, cinnamon, and some freshly ground flax seed.

Snack: Carrots and apple

Supper: Organic greens, tomato, red bell pepper, broccoli, mung sprouts, Chinese cabbage, fresh ginger, and salsa as a dressing.

Dessert: Strawberries, blueberries, fresh ginger, and a handful of walnuts.

Downsides

Are there any downsides to a raw diet? Some people have complained

that they get hungry so soon after meals, and I say, "You are so lucky! You get to eat *more!*" Isn't that something the average meat-eater would *love* to hear? Another possible downside is that it's hard to fit in socially with non-raw-fooders. View this as an opportunity to show others a healthier, easier diet, a way to spend less time in the kitchen and more time to do things you might prefer doing.

Finally, just remember that it's not an all-or-nothing diet. You can incorporate as much or as little raw food as you want, but for me after more than five years on this diet, I can say I love it and plan to stay raw for the rest of my life!

Raw resources

Cookbooks

CHEF (Cheap, Healthy, Easy, and Fat-free) by Ruth Heidrich, Ph.D. now re-titled *CHEF Cook/rawbook* available at www.RuthHeidrich.com, \$5

Raw Food Real World: 100 Recipes to get the Glow by Kenny & Meingailis, Regan Books, \$34.95

Raw Food Made Easy by Cornblatt, The Book Publishing Company, \$16.95

Living In The Raw Gourmet by Calabro, The Book Publishing Company, \$19.95

Websites

RawFoodChef.com

NaturesFoodShop.com

EatRaw.com

VegSource.com also has a raw food section.

There are many more books and websites on the subject; this is just a sampling.

Protect environment by going vegan

Animal agriculture poses a greater threat to our natural environment than all other human activities combined. Shifting toward a plant-based diet is one of the most powerful ways to protect the environment. Raising animals for food is a leading cause of resource depletion and environmental degradation. Nationwide, 130 times more animal waste is produced than human waste. Because these animals are injected, fed, and sprayed with antibiotics and pesticides, their waste is filled with toxic chemicals. Much of it is washed by rains, untreated, into our waters.

We directly contribute to massive amounts of ecological destruction by eating meat, eggs, and dairy products.

“Vegetarian” broadcast on four islands

The “Vegetarian” TV series is aired on all four main Hawaiian islands. More than 400 thousand Hawaii cable TV subscribers may view lectures given by the guest speakers at the monthly VSH meetings. Show times follow and programming schedules are available on the VSH.org website and by e-mail. To subscribe, send a message to: VSH-News-Group-Subscribe@yahoo.groups.com.

Set your VCR to record each week’s show. Keep the ones you like and tape over the others.

Each of us can refuse to subsidize environmental destruction every day by boycotting animal foods.

Aliaska Brozen
Kihei, Maui

This was published as a letter to the editor in the Star-Bulletin on March 3, 2006.

More young people going veg

In a 2005 poll of the dietary habits of 8-18 year olds in the U.S., 3% of all the respondents and a whopping 11% of 13-15 year old girls said they never eat meat.

Other findings: (8-18 year olds in the U.S. in 2005)

- 6% never eat meat
- 6% never eat poultry
- 24% never eat fish/seafood

The poll was conducted by Harris Interactive for The Vegetarian Resource Group. For more information, visit VRG.org.



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.



You can thank VSH volunteers Lan Truong and Scott Snarr (with the help of VSH Board member Karl Seff), along with Down To Earth Natural Foods, for the tasty vegan refreshments provided free at the VSH monthly public lectures. Lan and Scott select and transport the food and carefully prepare the individual servings.



THE CANCER PROJECT

Finally!
A prescription with side effects you want.

Blueberries and red beans are powerful anti-cancer agents. Research shows that fruits, vegetables, and other low-fat vegetarian foods may help prevent cancer and improve survival rates. A plant-based diet can also help lower cholesterol.

For a free nutrition booklet with cancer fighting recipes, call toll-free 1-866-906-WELL or visit CancerProject.org.



Vegetarian Society of Hawaii

Calendar of Events: April—June 2006

JOHN McDougall, M.D.



“TRUTH OR DAIRY”

Wednesday, Apr. 12, 7 p.m.
Ala Wai Golf Course Clubhouse*

The dairy industry is really big business, so you might expect hard line marketing from them. But would you expect them to aggressively sell their products if they were known to be harmful to people—especially to women and children? In this presentation nutrition expert Dr. John McDougall will present the truth about the dangers of milk and other dairy products—information based on facts, not on big marketing budgets or celebrity milk mustaches.

A board-certified internist, John McDougall, M.D., is the author of 10 national best-selling books and the international on-line “McDougall Newsletter.” He hosts the nationally syndicated television show “McDougall M.D.” and is the medical director of the 10-day live-in McDougall Program in Santa Rosa, California. Other McDougall activities include seminars and health-oriented adventure vacations. His national recognition as a nutrition expert earned him a position in the Great Nutrition Debate 2000 presented by the U.S. Department of Agriculture.

Dr. McDougall will be giving two additional talks in Hawaii:

- Maui - Wed., April 5, at 7 p.m., Cameron Center, 95 Mahalani St, Wailuku (“Truth or Dairy”)
- Oahu - Tues., April 11, 7 p.m., Castle Medical Center, Kailua (“Molecules of Life”) See page 12 for details.

PAUL ONISHI



“GETTING OFF THE FENCE & MAKING HEALTHY CHOICES”

Wednesday, May 10, 7 p.m.
Ala Wai Golf Course Clubhouse*

In this entertaining cooking demonstration you will learn quick and easy ways to transition to a more healthful diet. Both raw and cooked foods will be emphasized. Kabocha (Japanese pumpkin) and soy will be primary ingredients in the entrees and dessert that will be prepared. The audience will be able to sample each dish.

Paul Onishi has been demonstrating and instructing people about food preparation and presentation for more than 20 years. He was one of the first sushi chefs trained in America, he owned and managed catering businesses in California and Hawaii, and he has taught cooking classes around the country. Well known locally for his exceptional culinary skills and as an outstanding caterer, he also teaches an alternative cooking program for at risk youth at Farrington High School.

Mr. Onishi will also give a cooking demonstration on Maui: Friday, May 5, 7 p.m., Cameron Center, 95 Mahalani St, Wailuku.

*A brief annual report by members of the VSH Board of Directors will begin at 6:45 p.m. and will be followed immediately by the cooking demonstration.

PATRICK McDONNELL



“THE CREATOR OF MUTTS TALKS ABOUT BECOMING VEGETARIAN”

Wednesday, June 7, 7 p.m., Ala Wai Golf Course Clubhouse*



With its expressive art and humorous, often philosophical, writing, *Mutts* has become a favorite among comic strip readers worldwide. Created by Patrick McDonnell in 1994, *Mutts* is currently distributed to more than 600 newspapers (including The Honolulu Advertiser), by King Features Syndicate. Unlike many other comic strips with animal characters, *Mutts*’ Earl (the dog) and Mooch (the cat) get their charm from acting much more like animals than people.

A dedicated advocate for animal protection, McDonnell is on the Boards of Directors for the Humane Society of the United States and The Fund for Animals. He has created an ongoing series of *Mutts* “Shelter Stories” strips to help raise awareness of the plight of animals in shelters and promote pet adoption. In recognition of his many contributions to animal protection, Patrick McDonnell and *Mutts* have received many awards, including the Genesis Award for Ongoing Commitment and PETA’s Humanitarian Award.

Mr. McDonnell will also be speaking on Maui: Monday, June 5, 7 p.m., Cameron Center, 95 Mahalani St, Wailuku.

*The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Ave., 0.2 miles behind the Waikiki-Kapahulu library. Lectures are FREE and open to the public. Donations are appreciated and tax-free. Call 944-VEGI or visit VSH.org for more info.



Farm Sanctuary president Gene Bauston described how violent food choices contribute to a violent world at the Maui and Oahu meetings in January.



Preventing and reversing heart disease was a popular topic at public lectures by Terry Shintani, M.D. in February. Nearly three hundred people attended the heart-health events on Oahu and Maui.



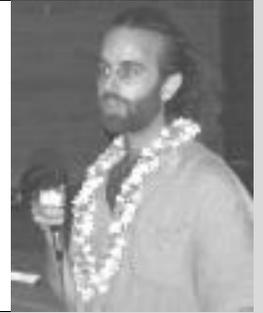
With his presentation of "Ask Dr. Bill" on Kauai in March, VSH founding director William Harris, M.D. became the first VSH speaker to give lectures on three islands. This photo was taken at his lecture on Oahu. He also spoke on Maui.

VHS Events 1Q2006



Also in January more than 200 raw foods enthusiasts attended David Wolfe's presentation of The Raw Facts at McCoy Pavilion. Close to 100 more attended his talk on goji berries and cocoa beans at Castle Medical Center. Both lectures were jointly sponsored by Down To Earth Natural Foods, Castle Medical Center, and VSH.

Mark Reinfeld, co-owner of The Blossoming Lotus restaurant on Kauai, announced his hopes to extend VSH events to the Garden Isle. Anyone interested in planning or participating in any way should call 944-8344 or send a message to info@VSH.org. Mark spoke prior to the Gene Bauston lecture on Oahu in January.



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.

Wanted: Board nominations

The current VSH Board of Directors term ends on June 30, 2006. VSH members are invited to send nominations for the new term by mailing them to VSH at P.O. Box 23208, Honolulu, HI 96823. Nominations must be postmarked by May 15th to be included on the ballot.

Board positions are: president, vice president, treasurer, secretary, and directors.

Ballots will be mailed to vegetarian members on or about June 1st and must be returned to VSH with a postmark no later than June 15th to be counted. The new board will take office on July 1st.

Thank you for participating in this process.

Annual reports by VSH Board members will be given at the May 10th public lecture, beginning at 6:45 p.m.



Can vegans be elite athletes?

“My best athletic performances were after I went vegan.” Nine Olympics gold medal winner Carl Lewis

Source: VegSource.com

McDougall lecture added at Castle MC

In addition to VSH talks on Oahu and Maui, Dr. John McDougall will give a presentation at Castle Medical Center in Kailua.



In this PowerPoint presentation entitled “Molecules of Life” Dr. McDougall will share the latest science on food chemistry and how it relates to our body chemistry. Learn about the nutrition essentials of protein, carbohydrates, fats, vitamins, minerals, and water. Discover how the molecules of life can either prevent or cause heart disease, diabetes, cancer, osteoporosis, and other diseases or illnesses. Learn how to put the right types and amounts of nutrients into the body to promote total health.

Dr. McDougall will also discuss essential amino acids and the harmful effects of fatty acids. He will describe the differences between good and bad fats and their effects on the body.

Before moving to California, Dr. McDougall was on the medical staff of Castle Medical Center.

Location

Wellness Center Auditorium
Harry and Jeanette Weinberg Medical Plaza and Wellness Center
(building to the left of the main Castle Medical Center)

Kailua

Date and Time

Tuesday, April 11, 7–8:30 p.m.

Cost

Free

Call 263-5400 to register (required).

Castle Medical Center
— Adventist Health

On TV...



“Vegetarian”

Oceanic Cable Channel 52
Thursdays: 6-7 p.m.

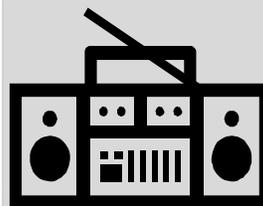
View recent VSH lectures.
See VSH.org for program schedules for all four major islands.

“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”

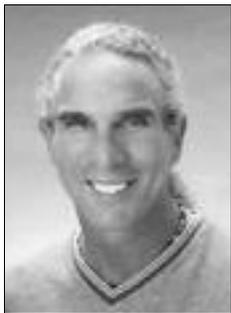
Ruth Heidrich, Ph.D.
Terry Shintani, M.D.
John Westerdahl, Ph.D.
Sundays: 8-9 p.m.
K108 — AM 1080
Call-in line: 524-1080

“Health Talk”

Hosted by Hesh
Saturdays: 8-9 a.m.
K108 — AM 1080
Call-in line: 524-1080

Death by medicine

by Hesh Goldstein
VSH member



Is modern medicine the best approach to wellness? The unexamined assumption has been yes. While medicine is able to intervene in some diseases, mend bones, and stabilize heart attacks, 20 years ago the Office of Technology Assessment stated that only 10-20% of medical and surgical procedures have been scientifically proven.

In our conscious or unconscious need as human beings to be taken care of, we have submitted to the “healing” techniques of modern medicine. In doing so we have also accepted the dark side of this paradigm. This trade-off may explain why we are quick to ignore the mounting evidence that medicine is the number one killer in America. It is apropos to quote Voltaire who said: “Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing.”

Medicine is adept at causing iatrogenic injury (caused by medical intervention). Every year for the past 20 years studies have surfaced that show a growing number of people injured by prescription drugs, including drugs used for non-life-threatening conditions such as synthetic hormone replacement therapy. Even as these studies gradually came before us, as a society we still held on to the notion that medicine was working in our best interest. No one took the trouble to compile the data or to identify the areas of medicine that cause iatrogenesis. When the different injuries and deaths were finally added up, however, the number was incredible. In a recent compilation of deaths due to properly prescribed drugs, drug errors, surgical mistakes, medical procedure mistakes, bedsores,

malnutrition in nursing homes, and hospital-based infections, it was found that iatrogenic medicine was the leading cause of death in America.

Upon research conducted by the Nutrition Institute of America under the auspices of Dr. Carolyn Dean and Gary Null it was found that the 2001 heart disease death rate was 699,697, the annual cancer death rate was 553,251, and the annual iatrogenic rate was 783,936! And that’s just the deaths. The number injured annually by prescription drugs is 2.2 million; the number of antibiotics prescribed annually for viral infections is 20 million; the number of unnecessary hospitalizations annually is 8.9 million. Also, most studies indicate that only 5% of mistakes are reported. And since about 20% of mistakes can end up in death, the undisclosed 750,000 deaths may be just the tip of the iceberg.

To add insult to injury, “drugs” and “medicine” are interchangeable in the dictionary—and in most people’s minds. With the discovery of the “germ theory,” medical scientists convinced the public that infectious organisms, rather than their lifestyle choices, were the cause of most illnesses. Finding “cures” for these infections proved more difficult than anyone imagined, however. From the beginning, drugs promised more than they delivered. But beyond not working, they have side effects that can be fatal even when properly prescribed. (The leading adverse drug reactions are from antibiotic and cardiovascular drugs, chemotherapy, analgesics, and anti-inflammatory agents). By the time this is discovered, however, the drug companies have laughed all the way to the bank, pocketing billions of dollars from an unsuspecting public and are busily market-

ing the next catastrophe.

After a year-long investigation NBC’s *Dateline* reported that because doctors can legally prescribe any drug to any patient at any time for any condition, drug companies heavily promote “off-label”—and frequently inappropriate and non-tested—uses of these medications even though the drugs are only approved for the specific indications for which they have been tested. Doctors don’t think of themselves as killers, but as long as they promote toxic drugs and don’t learn non-toxic options, they are virtually pulling the trigger.

So, how can you escape a dependence on modern medicine? Put your

“Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing.”

—Voltaire

health in your own hands. If you’re eating the flesh of rotting cows, pigs, fowl, or fish or their byproducts such as dairy, stop. If you’re eating refined grains like white flour and white rice, switch

to whole grains like whole wheat bread, brown rice, and buckwheat. If you’re eating the menstrual cycle of chickens (eggs), stop. If you’re not reading labels, start (the rule is: if you can’t pronounce it, don’t eat it; if man made it, don’t eat it.). If you’re ingesting embalming fluid *via* diet drinks containing Aspartame, stop. If you’re using “Splenda,” produced from chlorine, stop. Use whole for refined, tofu and analogs for flesh, organic for pesticide- and insecticide-laden, soy, rice, and almond for dairy milk, and eggless for mayonnaise. Get some vegetarian cookbooks, shop in natural food stores where there are free recipes, and listen to “Nutrition and You” and “Health Talk,” call-in shows whose hosts will answer your questions.

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

Book Reviews

Man the Hunted: Primates, Predators, and Human Evolution

by Donna Hart and Robert W. Sussman

Hardcover: 312 pages
Westview Press (2005)
ISBN: 0813339367

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

My old friend Henry Bailey Stevens (1891-1976) must be smiling from on high. Comes now a book somewhat in agreement with his *Recovery of Culture* (Harper and Brothers 1953 ASIN:

B000E21U30). Although Henry's anthropology was a tad off (he had man arising in Java rather than central Africa) his premise was that our Edenic fall from grace and descent into perpetual warfare and social conflict was the result of abandoning our vegetarian past in favor of animal food consumption. This is in sharp disagreement with the prevailing view of *Man*

the Hunter (Lee and DeVore. Aldine Publishing Co. 1968) and *Naked Ape* (Desmond Morris. Delta 1999 ISBN: 0385334303), in which hunting and predation have always been essential parts of the human past.

The new book, *Man the Hunted: Primates, Predators, and Human Evolution*, argues that human hunting strategies are new adaptations and that

throughout most of our 7 million-year hominid and arboreal primate past we were more often prey than hunters. Sussman and Hart, professors of anthropology in two St. Louis universities, have studied primate behavior and fossil remnants in Costa Rica, Guyana, Madagascar, and Mauritius. They conclude that early hominids were too small, weak, and slow to be effective hunters and that their emergence as Earth's dominant species was the result of social cooperation that allowed them to outwit and avoid the big cats, hyenas, and 250-pound wild canines who regarded them as lunch.

Sussman points out that the first tools didn't appear until two million years ago, and there wasn't good evidence of fire until 800,000 years ago. "In fact, some archaeologists and paleontologists don't think we had a modern, systematic method of hunting until as recently as 60,000 years ago," he says.

Six to ten percent of early humans were preyed upon, according to evidence that includes teeth marks on bones, talon marks on skulls, and holes in a fossil child's cranium into which sabertooth cat fangs fit, says Sussman. The predation rate on savannah antelope and certain ground-living monkeys today is around six to ten percent as well. Our relatives the chimpanzees, alleged to be enthusiastic meat eaters since Jane Goodall's Lake Tanganyika studies in the 60's, only average one kill every 8.5 - 17 years. So much for the assertion that chimpanzees are natural-born killers.

"One of the main defenses against predators by animals without physical defenses is living in groups," says

Sussman. "In fact, all diurnal primates (those active during the day) live in permanent social groups. In this way there are more eyes and ears to locate the predators and more individuals to mob them if attacked or to confuse them by scattering. There are a number

These early humans simply couldn't eat meat. If they couldn't eat meat, why would they hunt?

of reasons why living in groups is beneficial for animals that otherwise would be very prone to being preyed upon."

The idea of "Man the Hunter" is the generally accepted paradigm of human evolution, says Suss-

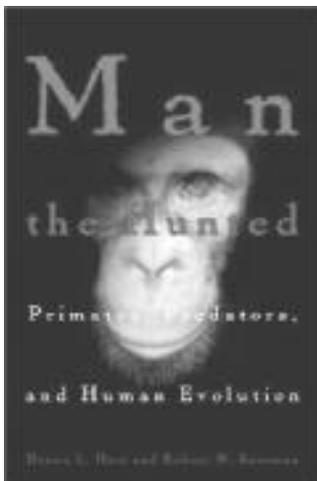
man, recently editor of *American Anthropologist*. "It developed from a basic...ideology of man being inherently evil, aggressive, and a natural killer. In fact, when you really examine the fossil and living non-human primate evidence, that is just not the case."

Sussman thinks our ancestors ranged from three to five feet in height, weighed 60-100 pounds, had small teeth very much like modern humans, and were fruit and nut eaters. "These early humans simply couldn't eat meat. If they couldn't eat meat, why would they hunt?"

It's a drastic break from contemporary theory, and you can expect to see a vigorous scientific debate about it, but at least Henry Stevens' ball is in the air again.

The new book is available at amazon.com. You can catch a glimpse of Henry Stevens and some historical American vegetarians at: <http://www.izaak.unh.edu/specoll/mancoll/hbstevens.htm> and <http://www.ivu.org/congress/1949na/> and some comments on his important but out-of-print book at <http://lemming.mahost.org/johnmoore/ecstasy-culture.htm>.

One copy of *The Recovery of Culture* is at the Hawaii State Library LLH Closed Stacks 901 S. Check ahead.



The Pacifists

Dorothy Thompson

*I listened to the dreary dull debates
By those acclaimed as erudite and wise,
About the cause of ceaseless cruel wars
The fundamental fears from which they
rise.*

*Loquaciously and long they talked; de-
plored*

*Man's mounting inhumanity to man,
Excluding every other species from
Their transcendental peace-promoting
plan.*

*Security was sought for man alone,
His heritage and hope, although he wreak
Upon the helpless, hidden horrors vile,
Too terrible for human tongue to speak.
Despised dumb creatures cannot plead
their cause.*

*Who will give their pain and peril voice,
Deliver them from those who foully trade
And torture without pity or remorse?
This is the fearful fount of all our strife
Where all the streams of human sorrows
start.*

*'Tis pity cannot find a dwelling here
To liberate the hostile human heart.
Alas! They cannot see where wars are
born*

*In abattoirs, those reeking dens of woe,
The battlefield is but a step away,
Those scarlet rivers cannot stem their flow.
When will they see the light, the living
truth,*

*That bloody wars and travail will not
cease*

*Until the breathing world is known as one,
The harmony and heart's divine release?*

Dorothy Thompson, born July 9, 1894, Lancaster, N.Y., died Jan. 30, 1961, Lisbon, Portugal. American newspaper-woman and writer, one of the most famous journalists of the 20th century. Wife of author Sinclair Lewis.

This poem was included in a 1971 Christmas card to me from Henry Nunn, founder of the Nunn-Bush shoe company, a mutual friend of H.B. Stevens, and a member of *The Millennium Guild*, a vegetarian/utopian group of which Dorothy Thompson was also a member.

—Bill Harris

\$10K scholarship awarded



For the second year in a row VSH member Mele Fernandez has been awarded \$10,000 from the Roth Vegetarian Scholarship

Fund by the Graduate Division of the University of Hawaii at Manoa.

Ms. Roth, a vegetarian who died in 1999 at the age of 100, created and endowed the scholarship fund. William Harris, M.D., a VSH founding member, worked with Ms. Roth to bring it about.

The intent of the award is to support students who are either studying human nutrition or are engaged in a course of study directly related to fostering vegetarian habits and practices. Applicants must be practicing vegetarians and full-time students.

VRG Scholarship

The Vegetarian Resource Group offers two \$5,000 college scholarships to high school seniors who have promoted vegetarianism. For information visit VRG.org.

Subscribe to the VSH E-mail News Group

You'll receive three or four messages a month — meeting reminders, the "Vegetarian" TV schedule, and notices of special events. To subscribe, send a message to:

VSH-News-Group-Subscribe
@yahoo.groups.com



VSH member Robert Kai Irwin, honorary winner of "A Vegan World is Possible" essay contest, at the Blossoming Lotus Restaurant on Kauai.

VSH members on "write" track in essay contest

Last summer the Blossoming Lotus restaurant on Kauai sponsored an essay contest around the theme, "A Vegan World is Possible." Out of nearly 1,000 national and international submissions, one of two top prizes honored VSH member Robert Kai Irwin for his work to help restore a traditional Hawaiian diet in public schools. The winner's family of four from Kailua was flown to Kauai where they met the team responsible for creating the Blossoming Lotus restaurant and the award-winning World Vegan Fusion Cuisine cookbook. They also enjoyed a world-class vegan feast at the Lotus restaurant, a gift basket from the Lotus Root bakery, and a tour of One Love farms.

VSH member and Oahu resident Pam Davis was a semifinalist in the contest. In a portion of her essay Pam wrote that it is the responsibility of each of us to work every day to achieve the ultimate goal: a vegan world. To this end she produces animal advocacy videos for Olelo Community Television.

How food choices can save the environment

by Steve Boyan, Ph.D.

The Union of Concerned Scientists says there are two things people can do to most help the environment. The first is to drive a fuel-efficient automobile (that means, not an SUV or a truck) and live near where we work. The second is to not eat beef.

I'm going to go one step farther than UCS: I suggest that you refuse to eat any animal or animal product produced on a factory farm. And I'm going to tell you why.

In 1990, when I first read that 10 people could be fed with the grain that you would feed a cow that would be turned into food for one person, I was impressed. But I was not moved. The reason: If 10 people would be fed because I gave up

meat, I'd give it up. But, I thought, if I give up meat, it won't have that impact: it probably won't have any impact on anything at all, except me.

I was wrong. If I had known that for every pound of beef I did not eat, I would save anywhere from 2,500 to 5,000 gallons of water, I would have been moved. It's a good idea to save water; we are depleting our underground aquifers faster than we are replenishing them. The largest one, the Ogallala, which covers a vast part of the country from the Midwest to the mountain states, is being depleted by 13 trillion gallons a year. It is going to run out. Northwest Texas is already dry.

John Robbins points out that in the 1980s and 1990s, to conserve water, most of us went to low-flow shower-

heads. If you take a daily seven-minute shower, he says, and you have a 2-gallon-per-minute low-flow shower-head, you use about 100 gallons of water per week, or 5,200 gallons of water per year. If you had used the old-fashioned 3-gallon-per-minute shower-head, I calculate you would have used 7,644 gallons of water per year. So by going low flow, you saved almost 2,500 gallons of water per year. Wonderful. But by giving up one pound of beef that year, you'd save maybe double that. You'd save more water than you would by not showering at all for six months! And that's just one of the environmental impacts you'd have.

The modern factory farming system is a major consumer of fossil fuel

“The modern factory farming system is a prolific consumer of fossil fuel and a prolific producer of poisonous wastes.”

and a prolific producer of poisonous wastes. Up to 100,000 animals are herded together on huge feedlots. These animals do not graze on grass as picture books tell us; they can't graze at all. Feedlots are crowded, filthy, stinking places with

open sewers, unpaved roads and choking air. The animals would not survive if they were not fed huge amounts of antibiotics. It is now conceded that the antibiotics fed to cattle are the main cause of antibiotic resistance in people, as the bacteria in these environments evolve to survive. The cattle are fed prodigious quantities of corn. At a feedlot of a mere 37,000 cows 25 tons of corn are dumped every hour. It takes 1.2 gallons of oil to make the fertilizer used for each bushel of that corn. Before a cow is slaughtered, she will eat 25 pounds of corn a day; by the time she is slaughtered she will weigh more

than 1,200 pounds. In her lifetime she will have consumed, in effect, 284 gallons of oil. Today's factory-raised cow is not a solar-powered ruminant but another fossil fuel machine.

And she will produce waste. Livestock now produces 130 times the amount of waste that people do. This waste is untreated and unsanitary. It bubbles with chemicals and disease-bearing organisms. It overpowers nature's ability to clean it up. It's poisoning rivers, killing fish, and getting into human drinking water. 65% of California's population is threatened by pollution in drinking water just from dairy cow manure. And it isn't just cows that produce this waste. Factory-raised hogs produce four times the waste in North Carolina as the 6.5 million people of that state do. Even the oceans are polluted: 7,000 square miles of the Gulf of Mexico are a dead zone.

There are more environmental impacts. Cattle don't spend their entire lives in feedlots. When they are young, they graze. Where do they graze? Well, more than two-thirds of the land area of the mountain states are used for grazing. Seventy percent of the lands in western national forests are grazed; 90% of Bureau of Land Management land is grazed. These are public lands, lands that President Clinton didn't even *try* to save. These lands are trampled by the cattle, compacting the soil. When it rains, the land doesn't absorb the water. Instead, it runs off, taking away topsoil, forming deep gullies, and damaging streambeds. The government protects the cattle by killing off any creature that might threaten the livestock. They poison, trap, snare, den, shoot, or gun down the wildlife. Denning, by the way, is the practice by federal agents of pouring kerosene into the dens of animals and setting them on fire, burning the young animals alive in their nests. According to Robbins, agents kill badgers, black bear, bobcats, coyotes, gray fox, red fox, mountain lions, opossums, raccoons,

**April 22nd is
Earth Day 2006**

(Continued on next page)

(Continued from page 16)

skunks, beavers, porcupines, prairie dogs, blackbirds, cattle egrets, and starlings using these methods. These activities take place on public lands, which were created in large part to protect the environment! Your tax dollars subsidize these activities.

I'm not done yet. We in the United States do not get all of our beef from the West. We import more than 200 million pounds of beef from Central America alone. Every second of every day, one football field of tropical rainforest is destroyed in order to produce 257 hamburgers. Every time you destroy rainforest land, you destroy rich plant and animal life, varieties of life we don't even understand, and forms of which may provide the medicines we need to cure disease. Rainforests supply us with oxygen. They moderate our climates. When rainforests are destroyed, it's only a matter of time before the land becomes desertified. Rainforests absorb some of the carbon dioxide we are spewing into the atmosphere.

We humans have increased the amount of carbon dioxide in the atmosphere by 25% compared with any other period when humans were on this planet. Most of that has taken place in the past 50 years. The Intergovernmental Panel on Climate Change, consisting of some of the best scientists in the world, says global warming is a fact. If uncontrolled, we will have ecosystem collapses, crop failures, weather disasters, coastal flooding, the spreading of previously controlled diseases, the death of coral reefs and new insect pests. Some of these things are starting to happen already. Coral reefs are dying. Insect pests are spreading out of their range and killing off new kinds of trees. Weather patterns are changing. Some places have had extreme weather



events, with billions of dollars of losses. Some island people have had to abandon their islands because rising seas have salinated their underground aquifers.

Carbon dioxide is largely produced by the burning of fossil fuels, especially coal, and especially our use of

“Some island people have had to abandon their islands because rising seas have salinated their underground aquifers.

inefficient vehicles for transportation. But not often mentioned is the fossil fuel used to raise farm animals. As I said earlier, a factory cow is a fossil fuel machine, not a solar-powered ruminant whose wastes fertil-

ize the fields to produce more grass for the cow to eat. When you eat beans, for example, you use 1/27 the amount of fossil fuel to produce a calorie of energy as you do when you eat beef. You get the same food energy producing only 4% of the carbon dioxide that a person eating beef does. Another fact we don't talk about: cattle produce almost one fifth of global methane emissions. Cattle fart. Big time. Their gas is methane. Methane is actually 24 times as potent as carbon dioxide in causing climate chaos.

You and I cannot change all this. Yet we can still have a dramatic effect: We can protect our health and protect the environment one bite at a time.

Let's review: By not eating beef—

and other farm animals as well—you:

- save massive amounts of water—2,500 to 5,000 gallons of water for every pound of beef you avoid
- avoid polluting our streams and rivers better than any other single recycling effort you do
- avoid the destruction of topsoil
- avoid the destruction of tropical forest
- avoid the production of carbon dioxide. (Your average car produces 3 kg/day of CO₂. To clear rainforest to produce beef for one hamburger produces 75 kg of CO₂.)
- reduce the amount of methane gas produced
- reduce the destruction of wildlife habitat.

That's a pretty good day's work, for just what you *don't* put in your mouth.

Prior to his retirement Steve Boyan, Ph.D. was a political science professor at the University of Maryland. He has published two books on environmental issues, including Ecology and the Politics of Scarcity Revisited: The Unraveling of the American Dream.

Professor Boyan will be the VSH meeting speaker in November.



Do you eat vegan, punk?

Clint Eastwood on his daily regimen

“I take vitamins daily, but just the bare essentials—not what you'd call supplements. I try to stick to a vegan diet—heavy on fruit, vegetables, tofu, and other soy products.”

Source: PETA.com

CHIP: by land...

VSH Founding Board member William Harris, M.D. was the keynote speaker at the graduation banquet for the CHIP (Coronary Health Improvement Project) program held at the Honolulu Central Seventh-Day Adventist Church in March. The sixteen session, four-week educational and lifestyle program is designed to dramatically reduce, and even reverse, the number one killer of Americans—heart disease. The program was jointly sponsored by Castle Medical Center, Down To Earth Natural Foods, Times Supermarkets, and the Seventh-Day Adventist Church.



Dr. Bill Harris



and efficient exercises that promotes overall fitness, heart health, reduction of risk of cancer, stroke, diabetes, osteoporosis, hypertension, obesity, reversal of depression, and more. Dr. Ruth's second presentation covered her own story, where she illustrated that fitness alone is not enough, that even as a marathoner, she got breast cancer. After surgery the most critical factor in her survival, she stated, was her change to a low-fat vegan diet.

Founded by Hans Diehl, a cardiovascular epidemiologist from the Loma Linda, California-based Lifestyle Medicine Institute, the CHIP nutrition cruise takes people with an interest in heart health to the high seas for a week of intensive workshops and lectures. His mission? To “empower people to enjoy optimum health through education and motivation.” For more information visit chipusa.org.

Happy Veggie Birthday!

Alec Baldwin — April 3, 1958
Steven Seagal — April 10, 1951
Penelope Cruz — April 28, 1974

Morrissey — May 22, 1959
Ian McKellen — May 25, 1939

Prince — June 7, 1958
Natalie Portman — June 9, 1981
Paul McCartney — June 18, 1942
Berke Breathed — June 21, 1957
Tobey Maguire — June 27, 1975



Natalie Portman

...and by sea

Ruth Heidrich, Ph.D., VSH past president and founding member, was one of the featured speakers on the CHIP Wellness cruise to Mexico in February. Her first lecture was entitled Senior Fitness: Running for Life where she pointed out that running is one of the most effective



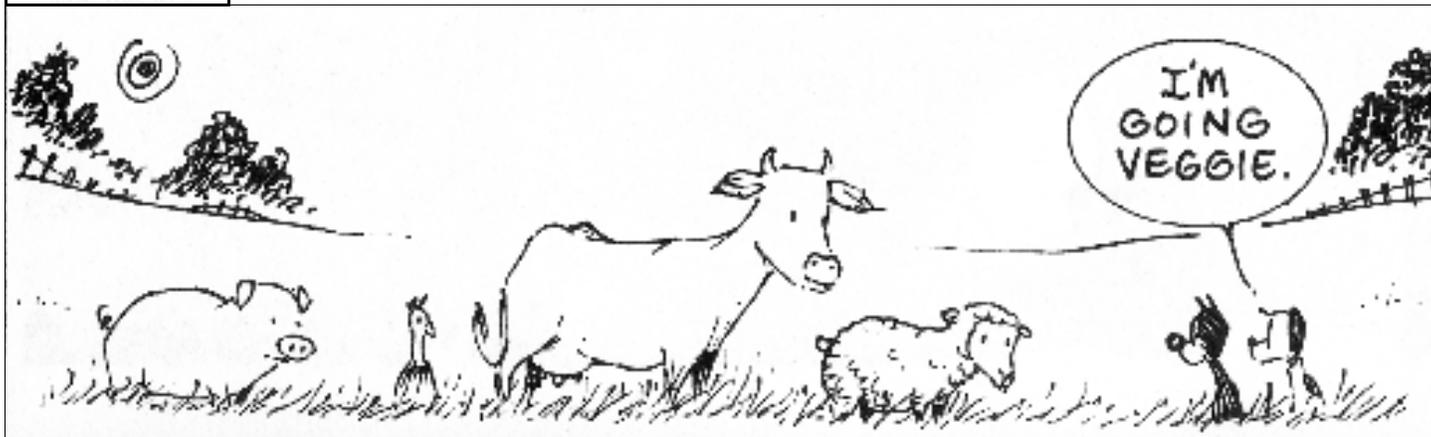
Dr. Ruth burning Calories on the deck of the CHIP cruise ship.

On the verge?

verge·tar·i·an (vurj-ĭ-tār'-ē-ĭn) *n.*

One contemplating becoming or about to become a vegetarian.

(Origin: unknown)



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This was a negative study from Spain (olive oil country).





Mutts creator Patrick McDonnell will be the guest speaker at the VSH public meetings on Oahu and Maui in June. See page 10 for details.

VegHawaii.org

My Choice...

One of the best decisions I ever made was to become vegetarian. I feel better, I think more clearly, and I can look my animal friends in the eyes. Making humane food choices is the easiest, most effective direct action we can take to reduce animal suffering. It's a step forward in the evolution of the human species.

Bon(eless) Appétit!

Patrick McDonnell

 **Vegetarian Society of Hawaii**

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

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