



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 17, ISSUE 4, OCT – DEC 2006

Inside

- William Harris, M.D.
- Animal Rights Corner
- Calendar of Events
- Reviews

Public Lectures*

RUTH HEIDRICH, Ph.D.

“IN THE RAW:

**PRACTICAL ADVICE ON THE
RAW FOOD DIET”**

Sat., October 21, 7 p.m.

McCoy Pavilion

STEVEN BOYAN, Ph.D.

**“HOW OUR FOOD CHOICES
CAN HELP SAVE THE
ENVIRONMENT”**

Sat., November 11, 7 p.m.

McCoy Pavilion

MICHAEL GREGER, M.D.

**“CHOOSING VEGETARIAN:
A HOW-TO GUIDE
FOR EATING HEALTHIER”**

Sat., December 9, 7 p.m.

McCoy Pavilion

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

VSH Thanksgiving tradition continues

by Karl Seff, Ph.D.
VSH Board member

We are once again approaching that magical time of year filled with bright city lights, festive parties, family and friends, ballets and the symphony, decadent food, and, of course, the Vegetarian Society's annual Thanksgiving Eve Dinner. Our hosts for this wonderful holiday celebration are, again this year, our friends at Govinda's Restaurant.

Vegans, vegetarians, their friends and families, and anyone else interested in a healthy holiday meal are welcome. The cooks at Govinda's never disappoint, and, with their family-style table arrangements, you are likely to make some new friends.

As always, the buffet meal will be cruelty-free, healthy, low-fat, and vegan. No hydrogenated oils, no MSG, no preservatives, and no artificial colors or flavors will be used. The ingredients will be mostly organic, and the products will be nearly entirely homemade.

The cost is only \$14 for adults and \$10 for children under 12. Seatings will be at 5 and 7 p.m. on Wednesday, November 22nd. Govinda's is located in the Hare Krishna Temple at 51 Coelho Way off the Ewa (Honolulu-bound) side of the Pali Highway, just before the Nuuanu Ave. exit.

Please call Teja at 595-5301 for reservations. If you get a recording, just leave your name, phone number, the number of people in your party, and the seating time you prefer on the recorded message line. Any questions about the meal should be directed to the friendly folks at Govinda's.

We hope to see you there!

Menu

Green Salad

Tofu Turkey

Faux Ham

**Mashed Potatoes & Gravy
Stuffing**

Fresh Cranberry Sauce

Baked Yams

Green Beans Almandine

Dinner Rolls

Fresh Pumpkin Pie

Cinnamon Apple Slices in Sauce

Herbal Tea

Call 595-5301

World Farm Animals Day

October 2nd

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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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.

World Farm Animals Day is a day dedicated to exposing, mourning, and memorializing the needless suffering and deaths of 50 billion innocent, feeling animals in factory farms and slaughterhouses. Observed in all 50 states and around the world, World Farm Animals Day has been organized since 1983 by FARM, a non-profit public interest organization based in Washington, DC.

The date, October 2nd, honors the birthday of Mahatma Gandhi, one of the foremost champions of humane, sustainable farming.

World Farm Animals Day activities traditionally include vigils, marches, leafleting, tabling, and exhibiting. More dramatic events include street theatre, cage-ins and video rigs. Activists will encourage governors and mayors to issue special proclamations denouncing factory farming.

The broad support for WFAD reflects a deep and widespread public concern with the excesses of animal agriculture. Rural residents suffer from pollution of their water and air by discharges and runoff from massive feedlots and factory farms. Independent producers and farm workers are displaced by the relentless encroachment of large conglomerates. Consumers are concerned about meat safety and are switching to plant-based alternatives. Nine out of ten Americans believe that as long as animals are killed for food they are owed a humane treatment during their short lives.

Source: WFAD.org



**WORLD
FARM
ANIMALS
DAY**



*“Saving billions -
one bite at a time”*

Of Wind and Waves

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

"It is a blessed thing that in every age some one has had the individuality enough and courage enough to stand by his own convictions."

—Robert G. Ingersoll (1833-1899)

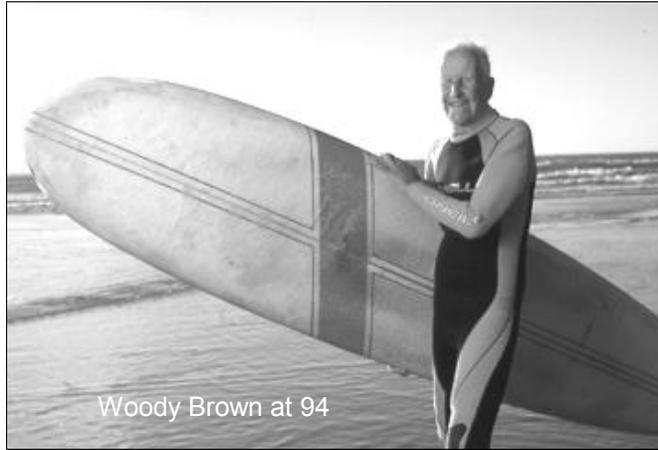
We caught up with 94-year-old Woody Brown on August 6th at Spalding Auditorium at UH. He was there in conjunction with a showing of "Of Wind and Waves," by David L. Brown Productions (no relation).

David knows a good subject when he sees it, and if anyone ever lived life to the full, Woody Brown's the guy. In the days before May 20, 1927 he helped Charles A. Lindbergh, at Roosevelt Field on Long Island prepare for his non-stop 33-hour flight to Le Bourget Field near Paris. Too young to actually service the

plane, he nevertheless was a useful grease monkey, made friends with the great aviator, and remembers sitting in the seat of The Spirit of St. Louis pondering the hazards of flying a plane with no direct forward vision that had a huge tank of flammable gas mounted right in front of the pilot.

Later, back in the 30's when gliding was just getting started in America, Woody was among the first to soar off the cliffs at the famed Torrey Pines, California. He gained national acclaim in 1939 by piloting a glider a record-setting 263 miles from Wichita Falls, Texas, to Wichita, Kansas.

A conscientious objector during WWII, he was sent for alternate service to be a surveyor on Christmas Is-



Woody Brown at 94

land. There he encountered a double-hulled canoe and from that developed a craft he called Manu Kai—the first modern-day catamaran, and at the time developed the world's fastest sailboat, which he ran as a Waikiki concession. His friend and frequent customer Hobie Alter drew on his design for his "Hobie-Cats"—the best selling catamarans from the late 1960s to the present.

About the same time slender Woody was a pioneer of big wave surfing on Oahu's North Shore, going out on 30- to 40-foot days, sometimes barely surviving and on at least one occasion losing a surf buddy when Waimea Bay closed out, making a return to shore impossible.

Woody had a privileged childhood as the son of a Wall Street broker, grandson of legislator Sue Farrell who passed national anti-vivisection legislation, and member of a pacifist family who objected to animal cruelty. Nevertheless, at age 15 Woody, on a visit to the country, got a shotgun and "Blew the guts out of a chipmunk... Then I went over to the chipmunk. He looked up, saying, 'So you're God now. What are you going to do next?'" Woody shot what was left of the munk to end its suffering but he never killed anything again and became a vegetarian, deciding that "I may not kill it, but if I

eat meat I'm making somebody else do it for me."

"I eat tomatoes, peas, string beans," says Woody, arguing that the leafy plant is going to throw them out anyway. He also eats lots of dairy food on the grounds the cow is going to do the same thing with her milk. We decided not

to explain to him the realities of the modern dairy industry or point out that his breakfast of cheese crackers with peanut butter, hot tea, and a dinner of milk, cheese, yoghurt, and Ensure could be improved upon with beneficial consequences for the cows, the planet, and himself as well.

Happy Veggie Birthday!

- Alicia Silverstone—Oct. 4, 1976
- Dick Gregory—Oct. 12, 1933
- Weird Al Yankovic—Oct. 23, 1959
- Grace Slick—Oct. 30, 1939
- k.d. lang—Nov. 2, 1961
- Bryan Adams—Nov. 5, 1959
- Kevin Nealon—Nov. 18, 1953
- Daryl Hannah—Dec. 3, 1960
- Bob Barker—Dec. 12, 1923
- Annie Lennox—Dec. 25, 1954
- Mary Tyler Moore—Dec. 29, 1936



Alicia Silverstone

Review

The Blossoming Lotus

4504 Kukui St.
Kapaa, Kauai
808-822-7678
blossominglotus.com

by Stephanie McLaughlin
VSH Public Relations Director

I first learned about The Blossoming Lotus restaurant on Kauai in the PETA newsletter last year. I was surprised to discover that PETA had given a “Proggy Award” to the chefs at The Blossoming Lotus in Kapaa for “Best New Cookbook,” entitled “Vegan World Fusion Cuisine.” Imagine that? A little restaurant in obscure Kapaa gets noticed as being one of the best vegan restaurants in the country?

What follows is a recap of the innovative and delicious dishes we tried on a recent trip to Kauai:

Sunday: The appetizer was Mama-pacha’s Pizettas with pumpkin seed-



jalapeno cheese, herbed jicama relish, avocado and arugula on flax crackers (very tasty); Sea Vegetable Salad with mixed arame, avocado, and cucumber tossed in suno mono dressing with sesame seed gomasio (fresh and flavorful); Entrees consisted of Super Shakti’s Spanikopita with marinated tofu, fresh organic island greens and phylo drizzled with sun-dried tomato sage sauce and served with herb salad and toasted pine nuts. This was the best spanikopita I have ever eaten and since I am half-Greek, I have eaten my share of spanikopita from here to Greece! I didn’t miss the feta cheese at all. The entrée ordered by my companion was the Rockin Moroccan Seared Tofu with spiced tofu, gingered adzuki bean

couscous, braised alii oyster mushrooms and sautéed greens served with a truffled, preserved lemon crème. The fusion of flavors was unbelievable! We ordered a couple of organic ales to wash it all down. Dessert was Lotus Live Fudge (creamy dark chocolate) and Crimson Carrot Cake.

Monday: I made the mistake of ordering a salad and an entrée. A mistake because the Mighty Aphrodite’s Greek Salad was a mighty huge dinner portion. It was made with organic greens with mixed Greek olives, marinated sun-dried tomatoes, “feta” cheese, cucumber, capers, and balsamic vinaigrette. Good thing my companion was there to share with me! It was the best Greek salad I have ever eaten. My entrée was Senorita Bombia’s Enchilada Casserole, which became my favorite dish of all. It consisted of Spanish marinated and baked tempeh, beans, rice, chili sauce, and cashew cheese layered between sprouted wheat tortillas and topped with carob mole, salsa, and “sour cream”—all vegan and extremely filling (two people could easily split this with a salad). The chocolaty mole sauce was bursting with rich flavor. My companion ordered Lakshmi’s Live Lasagne, which had layers of marinated zucchini, rainbow chard, Kona tomatoes, and a basiled macadamia nut ricotta stacked on a tomato crème sauce and house-cured red bell peppers. This was our first experience with “live” cooking, which involves no cooking at all. The presentation was exquisite. It had all the colors of the Italian flag, and you could see each distinct layer. It was interesting and delicious, but we decided that we still prefer cooked lasagna. Dessert was Live Pie made with a live pie crust of nuts and a filling of creamy fruit. Also interesting, but not our favorite.

Tuesday: We were now getting smart about how to order, since we knew what the generous portions were like. Our appetizer was Kaya’s Cosmic Cornbread made with Southwest spelt cornbread served with homemade apple “bruddah, bruddah” (sweet and spicy delicious). We ordered hot chai tea to drink with our cornbread. It was just the comfort food we needed after a full day of kayaking. We shared the Sengen-Sama’s Soba Noodle Salad

(Continued on page 5)



Stephanie McLaughlin with Blossoming Lotus co-owner Mark Reinfeld.

(continued from page 4)

with toasted sesame soba noodles and local greens tossed in citrus pistachio crème topped with marinated edamame, daikon radish, and toasted pistachios. We declared this our absolute favorite salad on the menu. We also shared the entrée, St. Patrick's Green Curry with coconut-lime Thai curry, fresh vegetables, and steamed organic island greens (served with either brown rice or quinoa—we got the quinoa). The curry was about medium hot to my taste, which was perfect.

Wednesday: We tried two new entrees. My favorite was Ulysses' Udon Odyssey made with kamut udon noodles in a green peppercorn crème sauce served with spiced Hawaiian pumpkin, clove caramelized onions, and rosemary oyster mushrooms with baby chioffa beets. This was true comfort food, a mixture of sweet and spicy. My companion had a Monk Bowl: You create your own personalized Monk Bowl by selecting one item from each of four categories: grains—brown rice, quinoa or lotus bread; protein—grilled tofu, grilled tempeh, or dahl soup; greens—steamed greens or veggies; sauce—sesame ginger, “sour cream,” or peanut. A simple meal but so delicious.

Thursday: Our last night, so we revisited some of our favorite dishes. The new items we tried included the Lotus Live Spring Rolls with Kaffir lime sunflower seed and basil paté with cucumber, mung bean sprouts, avocado, mint, and local rainbow chard

for wrapping served with almond-tamarind sauce. The highlight of the meal was dessert: German Chocolate Cake and Strawberry Rose ice cream. The cake stood about five inches tall and oozed fudgy frosting. It was the best vegan chocolate cake I have ever eaten. The “ice cream” was just like ice cream, but it wasn't! Fresh, creamy, fruity, and light.

Friday: This is the day we were leaving to go back to Honolulu. Our flight didn't depart until 2 p.m., so we decided to eat one more meal

at The Blossoming Lotus and arrived there at 11 a.m. when it opened for lunch. An entirely new menu of soups, wraps, and sandwiches awaited us! I had the Tempeh Reuben Sandwich, a grilled tempeh cutlet served with Rus-

sian dressing, raw unsalted sauerkraut, and island greens on homemade focaccia. My companion had Earls's BBQ Tempeh Sandwich, marinated and grilled tempeh, grilled onion, lettuce, sprouts, and homemade sauce, also on focaccia.

Temptations that I want to try on my next visit include the Lotus BLT Sandwich with tofu bacon, roasted garlic herb aioli, organic lettuce, and sprouts on focaccia or the Glory Wrap with purple potato salad, tempeh salad, live paté du jour, or hummus served with fresh veggies all wrapped in a sprouted tortilla. Dessert was their delicious Magical Mint Chocolate Chip Cookie and Goddess Bliss Cashew Cookie. Magical and blissful indeed!

Overall, my taste buds were amazed at how well balanced the many flavors were in each dish. The sauces were an innovative fusion of so many fresh ingredients. I wish they were bottled so that I could take them home. I will never look at vegan food the same way as I used to, thanks to The Blossoming Lotus. It ranks up there with one of the best restaurants I have ever experienced.

“Overall, my taste buds were amazed at how well balanced the many flavors were in each dish.”

“Vegetarian” broadcast on four islands

The “Vegetarian” TV series is aired on all four main Hawaiian islands. More than 400,000 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.



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
Tues. 5-6 p.m.

ANIMAL RIGHTS CORNER

“We can judge the heart of a man by his treatment of animals.”

Immanuel Kant (1724-1804)
German philosopher

Do plants feel pain?

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

Type *The Secret Life of Plants*¹ into your browser and you'll get back a smorgasbord of diverging opinions on everything from the alleged remote diagnostic capabilities of Edgar Cayce² to a music CD made by Stevie Wonder³ for a 1978 movie of the same name, based on the book that came out in 1973 written by Peter Tompkins and Christopher Bird. The book in turn was based on some polygraph experiments done by Cleve Backster³ in 1968, who attached electrodes to a philodendron leaf and then randomly dropped brine shrimp, one at a time,



into boiling water in the next room. Each time a shrimp died, the polygraph spiked, and from this Backster jumped to the enormous conclusion that plants are not only conscious but telepathic.

Never mind that qualified plant physiologists at Washington State⁴ and Cornell⁵ repeated Backster's setup, found nothing, and concluded that in Backster's study there had been no understanding of experimental controls, improperly equilibrated electrode connections, and a lack of statistical rigor. The book took off like a rocket, and for several years one could scarcely open a *New Yorker* without finding a cartoon lady cooing to her rosebush or a menacing flytrap preparing to dine on its human. The idea that plants are conscious passed into the realm of accepted folklore and is still occasionally applied by meatoids to demolish vegetarian arguments.

The concept seems to be long lived, and we may soon be watching a movie *Convergence* featuring the notion that not only are plants conscious, but so is the entire universe. That's a metaphysical idea subject neither to proof nor to refutation and therefore not a scientific topic. However, in the coming ruckus one should keep in mind the following:

1. No botanist or plant physiologist has ever identified a nervous system

in plants.

2. Every botanist and plant physiologist recognizes that plants respond to their environment and do so by tropisms mediated by plant hormones called auxins and abscisic acids that cause variable expansion and contraction on opposite sides, allowing them to stretch toward the sun, resist gravity, and perform a spectacular

“It's reasonable to conclude that plants lack consciousness in the sense that we apply it to ourselves, our friends, and to other animals, particularly the ones we like.”

repertoire of gyrations and adaptations best seen with a slow motion camera.

3. Plant cells have varying electrical potentials, and teasing out those that might be a response to “psychic vibrations” from ones

that simply reflect the internal business of the plant would require a larger battery of scientists than thus far has been enlisted by either side of the controversy.

4. Plants also have a complicated biochemical feedback system that allows them to compute the input and output of oxygen, CO₂, and nutrients, and one writer has likened that to a the function of a computer.⁶ However, humans and animals also have this computational ability, and it proceeds with or without consciousness.
5. All vertebrate animals have a nervous system and at least rudimentary brains that allow them to coordinate the kinetics of motion so they can move around, collect food, defend

(See **Plants** on page 19)

A table of plant and animal characteristics

| Plant Life | Animal Life |
|---------------------|---------------------|
| growth | growth |
| metabolism | metabolism |
| movement | movement |
| reproduction | reproduction |
| response to stimuli | response to stimuli |
| | nervous system |
| | consciousness |

You Are Not Alone

by M. Butterflies Katz

You are not alone in believing that non-violence toward all beings is the right way to live your life. Some of the greatest thinkers in recorded history wrote about “abstinence from eating animals and their bodily secretions” before the word “vegan” ever existed. We vegans are in the company of these revered philosophers, scientists, and statesmen.



Following are some of their thoughts on eating animals:

Leo Tolstoy, novelist and philosopher (1829-1910):

“If a man earnestly seeks a righteous life, his first act of abstinence is from animal foods.”

Albert Einstein, physicist, 1921 Nobel Prize recipient:

“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.”

Leonardo Da Vinci, Italian sculptor, artist, inventor (1425-1519):

“The time will come when men such as I will look upon the murder of animals as they now look upon the murder of men.”

Alice Walker, American author, *The Color Purple*:

“The animals of the world exist for their own reasons. They were not made for humans any more than blacks were made for whites, or women for men.”

The Buddha, Indian avatar (circa 563-483 B.C.):

“All beings tremble before violence. All fear death. All love life. See yourself in others. Then whom can you hurt? What harm can you do?”

Plutarch, Greek philosopher (46-120 A.D.):

“The obligations of law and equity reach only to mankind; but kindness and beneficence should be extended to the creatures of every species and these will flow from the breast of a true man, as streams that issue from the living fountain.”

Henry David Thoreau, American author, naturalist (1812-1862):

“Every man who has ever been earnest to preserve his higher or poetic faculties in the best condition has been particularly inclined to abstain from animal food.”

Albert Schweitzer, M.D., Alsatian philosopher and medical missionary, 1952 Nobel prize recipient (1875-1965):

“There slowly grew up in me an unshakable conviction that we have no right to inflict suffering and death on another living creature, unless there is some unavoidable necessity for it.”

Plato, Greek philosopher (circa 428-347 B.C.):

“The Gods created certain kinds of beings to replenish our bodies; they are the trees and the plants and the seeds.”

Benjamin Spock, M.D., pediatrician and author (1903-1998):

“When I was 88 years old, I gave up meat entirely and switched to a plant foods diet following a slight stroke. During the following months I not only lost 50 pounds but gained strength in my legs and picked up stamina. Now at age 93 I’m on the same plant-based diet, and I still don’t eat any meat or dairy products. I either swim, walk, or paddle a canoe daily and I feel the best I’ve felt since my heart problems began.”

Sir Thomas More, Irish author and poet (1779-1852):

“The utopians feel that slaughtering our fellow creatures gradually destroys the sense of compassion, which is the finest sentiment of which our human nature is capable.”

Rachel Carson, American author, *Silent Spring* (1907-1964):

“We cannot have peace among men whose hearts delight in killing any living creature. By every act that glorifies or even tolerates such delight in killing, we set back the progress of humanity.”

Reverend Dr. Andrew Linzey, Anglican priest, professor and author, Oxford University Chaplain:

“The Christian argument for vegetarianism is simple: since animals belong to God, have value to God, and live for God, then their needless destruction is sinful.”

Charles Darwin (1809-1882) English biologist and naturalist:

“The love for all living creatures is the most noble attribute of man.”

Ralph Waldo Emerson (1803-1882) American philosopher, poet, and essayist:

“You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.”

There is an ever-growing number of like-minded people blossoming all over our planet. Veganism is spreading. All our effort has really accomplished something. We can change the world, one step at a time. Take note of the coincidence that your mind thinks like the great minds quoted above. Great minds think alike! You’re not alone!

M. Butterflies Katz is a full time member volunteer for Gentle World, a non-profit educational organization and vegan community located on the Big Island. She is co-author of Incredibly Delicious; Recipes for a New Paradigm. gentleworld.org

Animal Rights Hawaii

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

AnimalRightsHawaii.org
info@AnimalRightsHawaii.org



The oxidizing power of oxygen

by Karl Seff, Ph.D.
Professor of Chemistry,
University of Hawaii

I was once doing an experiment. We observed that pure oxygen gas, the same gas that makes up about 20% of the atmosphere, was able to react with tiny particles of silver metal to give silver ions. This was pretty surprising, so we wrote a paper about that, and it was published in *The Journal of Physical Chemistry*.



We decided to try something more powerful to see what would happen. For our next experiment instead of oxygen, we used pure chlorine gas, one of the WWI war gases. Nothing happened. It didn't work. It didn't take too much study to realize that chlorine gas was too weak to react with our silver particles. In fact, it is much weaker at oxidation than oxygen gas.

(There are precise numbers available for that: chlorine 2.9, oxygen 3.5.) Of all the elements, only fluorine gas is a stronger oxidant: 4.1. It reacts with glass.

There is a lot of oxygen on Earth. It makes up about 50% of the weight of the Earth's crust. It has already reacted with nearly all of the other elements on earth because it has so much oxidizing power. Before man learned how to reverse things, tem-

porarily it had reacted with all of the aluminum, silicon, iron, etc., on Earth. We call the products of those reactions rocks and minerals.

We all know that oxygen is our friend. We need to breathe air. We use oxygen for metabolism, to power our bodies. We are engines: food and oxygen combine in a controlled manner in our bodies to give heat and to power our systems.

However, oxygen also can be harmful. As it undergoes its reactions, little chemical mistakes lead to the formation of free radicals—superoxide for one—which are caught and contained by antioxidants that react to fix them before they do too much damage. If an antioxidant can be provided before anything bad happens, the organism has saved itself from a little disaster. Such “saving” is done continuously. Plants have to sit out in the air and the sun all day; they especially need to protect themselves, so they produce lots of antioxidants.

Plant and animal life require antioxidants for damage control.

People need to eat plants to get their antioxidants. That is where the great storehouse of antioxidants is. Animal foods don't have much. People cannot make their own.

If you eat a thousand calories of plants, you get plenty of antioxidants.

You get what you need. You get what nature intended. If you eat a thousand calories of animal food, your belly is satisfied but your defenses will be down. Your body will have an inadequate supply of antioxidants, and the unwanted byproducts of the reactions that oxygen undergoes will damage your tissues.

Forget about portion sizes. Fill your belly with fruits and vegetables, preferably raw and fresh. When a

plant food is picked, it begins to use up its supply of antioxidants as it defends itself against the oxygen of the atmosphere. When that supply is used up, it begins to disintegrate. It stops looking and smelling nice. It is then recognizable by anyone as garbage. Stores will quickly remove it from their shelves. The great apes eat their food raw and fresh: they pick it and eat it.

OK, that was a little too simple, but for some of us, there is no such thing as too simple. However, it was not wrong. We do not make our own antioxidants. We need them continuously, from every meal.

Professor Seff is a member of the VSH Board of Directors.



VSH Dining Guide updated

The VSH Dining Guide was recently updated and is available online at VSH.org. The guide contains a list of many vegetarian-friendly restaurants and health food stores, some of which provide a discount to VSH members. Thanks go out to Karl Seff for the many hours he spent contacting each and every vendor on the list.

Costa Rica pura vida

by Ruth Heidrich, Ph.D.
VSH past president

Pura vida, or pure life, gives just a hint of the typical attitude of the warm and friendly people of Costa Rica. The country has no army, cares for its land by promoting eco-tourism, and has a love of visitors to whom they enjoy showing off their beautiful country, consisting of beautiful beaches, active volcanoes, savannas, and lots of rainforests inhabited by hundreds of species of rare and unusual wildlife. This avian Eden with its different microclimates includes the brilliantly-colored beaked toucans and macaws, tropical flowers, brilliant blue butterflies, and lots of iguanas, monkeys, caymans, and crocs.



Some of you may know that Dr. John McDougall puts together adventure trips with a different experience planned for each day. We joined him on one to Costa Rica recently. The first day included orientation and exploration of the area including the Ocotral Resort facilities: pools, Jacuzzis, a gym, our private beach, the many resident iguanas and birds, and several beautiful off-shore islands. We also got our first taste of the Costa Rican culture in the town of Coco Beach with its grocery store (not very different from ours—same logos, but the brand names were in Spanish), kayak rentals, and the obligatory souvenir shops. Spanish is the native language, but most local folks spoke English enough to get by, and they even accepted our American dollars.

On our second day we took a two-hour bus ride to the Buena Vista ranch high in the volcanic mountains. We

were treated to an acclaimed age-reversing mud pack (I'm not sure it worked on me, though) and then a cleansing soak in the hot volcanic thermal springs. The brave ones among us visited a reptile farm, where we viewed many of Costa Rica's snakes, poisonous and non. During the long bus ride we were able to see where large tracts of rain forest had been cleared for the increasing amount of cattle grazing as Costa Ricans, like most people around the world, come to crave more hamburgers and steaks.

The third day we were fitted with climbing gear for a tree-top zipline canopy ride. This was truly adrenaline-pumping as we soared at 35 mph hooked to cables high above the trees. What a feeling—flying like birds, high above the trees, which stretched as far as you could see. As soon as we regained stable land-legs, we visited a butterfly farm where we saw dozens of species of all sizes and colors flying all around and even landing on us.

The fourth day was our river rafting adventure. We were fitted with life jackets and then climbed aboard a zodiac-type rubber raft, deftly steered by a local guide who pointed out both howler and capuchin monkeys, iguanas, crocodiles, caymans, and even bats as we glided peacefully down the river. We then visited the Native Cat Park, a sanctuary for orphaned and injured bobcats and jaguars. It was exciting to see these animals close up—within inches and separated by only a chain-link fence.

Our fifth adventure was a trip by small motorboat up an estuary whose mangrove swamp and unique wildlife included more crocs and a large colony

of howler monkeys, many with babies on their backs. It was fascinating to see the jungle growth, trees with large tangled prop roots jutting into the mix of fresh and salt water.

Lastly, we were loaded into dive boats, and we headed out to sea. Schools of playful dolphins followed us, dipping and diving across our bow wave. I think the humans were as excited as the dolphins appeared to be, judging by the oohs and ahs! We then arrived at some of the smaller islands, where we did some snorkeling.

In between all these adventures we were treated to the most delicious ve-

In between all these adventures we were treated to the most delicious vegan buffets.

gan buffets, including platter after platter of exotic colorful fruits such as rambutan, mango, guava, plantain, and yellow watermelon. Corn tortillas were hand-made before our eyes, and, of course, at every meal the na-

tional dish of Costa Rica was served—pinto gallo (beans and rice flavored with garlic, onion, bay leaves, and cilantro). There were also daily lectures by Dr. McDougall covering osteoporosis, diabetes, why fish and dairy aren't health foods, how to have a healthy GI tract, and anti-aging. You could summarize each of the talks by saying that the cure or prevention of most of these diseases is a low-fat vegan diet. Guides also lectured on the mammals indigenous to the area, the geology of the country, and the pre-Columbian history and art of Costa Rica.

Between the adventures, the food (it's not often that you can go on a vacation and never have to worry about the food), the learning opportunities, and the camaraderie of like-minded folk, one could not ask for a week better spent!



Vegetarian Society of Hawaii

Calendar of Events: October—December 2006

RUTH HEIDRICH, PH.D.



“IN THE RAW: PRACTICAL ADVICE ON THE RAW FOOD DIET”

**Saturday, October 21, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

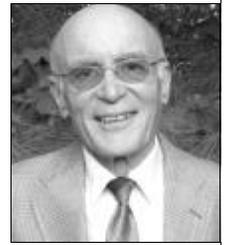
What is a raw food diet? Is it the right diet for you? In this presentation you will discover the wonderful world of raw foods. You'll also find practical advice and useful tips on not only transitioning to a raw food diet, but happily staying with it.

Ruth Heidrich, Ph.D. has been a raw foodist for more than seven years. She holds a doctorate degree in Health Management and is a certified fitness trainer. She is an eight-time Senior Olympics gold medalist and Ironman triathlete and has held two age-group world records for fitness at the renowned Cooper Clinic in Dallas. She competes in track, road races, and triathlons and has won more than 900 trophies and medals since her diagnosis of breast cancer in 1982. She is the author of *A Race For Life* book and video, *The CHEF Cook/Rawbook*, and her most recent book, *Senior Fitness*.

Dr. Heidrich is a founding member and past president of VSH.

Dr. Heidrich will also be speaking on Maui: Wed., Oct. 18, at 7 p.m., Cameron Center, 95 Mahalani St, Wailuku.

STEVEN BOYAN, PH.D.



“HOW OUR FOOD CHOICES CAN HELP SAVE THE ENVIRONMENT”

**Saturday, November 11, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

The environmental community argues, correctly, that global climate change is the most serious threat to planet Earth. Environmentalists suggest many ways that individuals can reduce their carbon emissions, from buying hybrid cars to using water-saving showerheads. But rarely do environmentalists urge people to do what would have the greatest impact on global warming: to become vegan. In this talk Dr. Stephen Boyan will explain why this is so. He will also discuss other dire consequences animal agriculture has on the planet—all of which can be fought with a green diet.

Stephen Boyan received his Ph.D. from the University of Chicago. As a professor of Political Science at the University of Maryland Baltimore County he taught courses on the environment and public policy. Today he is retired and serves on the Executive Committee of the Vermont Sierra Club. He also represents Vermont on the national Council of Club Leaders and is co-author of *Ecology and the Politics of Scarcity, Revisited*.

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

MICHAEL GREGER, M.D.



“CHOOSING VEGETARIAN: A HOW-TO GUIDE FOR EATING HEALTHIER”

Saturday, December 9, 7 p.m., McCoy Pavilion, Ala Moana Beach Park

Choosing to eat vegetarian can be fun and easy! You've decided that the “whys” of a plant-based diet make sense, and now you need the “hows.” Dr. Michael Greger gives a lively and entertaining multimedia presentation packed with practical advice on how to eat vegetarian, from meal planning to nutrition to the personal and social aspects of making the transition. Whether it's for you, your loved ones, the animals, or the Earth, Dr. Greger shows how vegetarian living is now easier than ever.

Dr. Greger is a general practitioner specializing in clinical nutrition. He is author of *Carbophobia: The Scary Truth Behind America's Low Carb Craze* and the upcoming *Bird Flu: A Virus of Our Own Hatching?* He is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.

Dr. Greger will be giving three additional talks in Hawaii:

- Oahu - Thurs, Dec. 7, 7 p.m., Castle Medical Center, “Bird Flu: A Virus of Our Own Hatching?” Call 263-5400 to register.
- Kauai - Sun., Dec. 10, 7 p.m., Seventh-Day Adventist Church, 4-1132 Kuhio Hwy, Kapaa, “Choosing Vegetarian”
- Maui - Tues., Dec. 12, 7 p.m., Cameron Center, 95 Mahalani St, Wailuku, “Choosing Vegetarian”

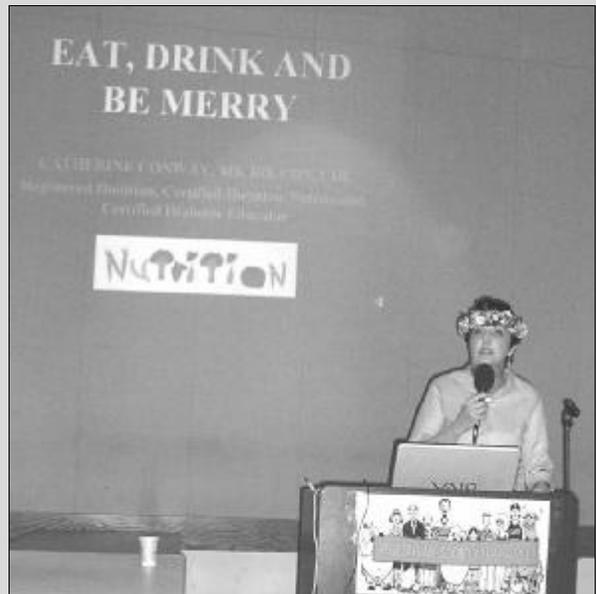
Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Visit VSH.org or call-944-8344 for more info.



Live food samples were a hit at the “uncooking” demonstrations by Kauai Chef Mark Rein-feld in July.



Cancer prevention was the topic of the talk by Paulette Chandler, M.D. in August. Dr. Chandler also spoke on the power of kindness at Castle Medical Center.



Registered dietician Catherine Conway spoke about emotional eating at the September meetings.

**VHS Events
3Q2006**

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

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Yes, please enroll me as a member.
My dues are enclosed (add \$4 per year for a foreign address):

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| 1 yr. | 2 yrs. | 3 yrs. | 4 yrs. | 5 yrs. |
| <input type="checkbox"/> \$20 | <input type="checkbox"/> \$38 | <input type="checkbox"/> \$54 | <input type="checkbox"/> \$68 | <input type="checkbox"/> \$80 |
| | | <u>Regular</u> | | |
| <input type="checkbox"/> \$12 | <input type="checkbox"/> \$24 | <input type="checkbox"/> \$36 | <input type="checkbox"/> \$48 | <input type="checkbox"/> \$60 |
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| | | <u>Couple or Family</u> | | |
| <input type="checkbox"/> \$30 | <input type="checkbox"/> \$57 | <input type="checkbox"/> \$81 | <input type="checkbox"/> \$102 | <input type="checkbox"/> \$120 |
| <input type="checkbox"/> Life membership \$400 | | | | |
| <input type="checkbox"/> \$_____ 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 vegetarian-friendly restaurants and health food stores.

Taiwan: an ideal destination for vegetarians

Part 2 of 2
by Scott Snarr
VSH member
Veg Club at UH Manoa founder

Taiwan straddles the Tropic of Cancer, and its subtropical climate makes it a great place to find fresh fruits to gorge on any time of the year.



Depending on what season you visit, you may find fire dragon fruits, lychees, longans (dragon eyes), star fruits, and rose apples, which resemble Hawaii's wild mountain apple.

A visit to a fruit market will make your mouth water. At the supermarket I bought some jumbo containers of washed, cut, and ready-to-eat fruits



Markets like this sell an amazing array of fruits.

for NT50 (US\$1.50) each. Don't leave Taiwan without trying the papaya. Almost the size of a football, it has a firmer texture and richer flavor than the watery Hawaiian varieties.

Most Taiwanese are religious people, and a number of religious traditions have played a significant role in shaping Taiwan's vegetarian movement, more so than has the small but growing secular animal rights movement. Some traditions, like the Zen and Bodhisattva branches of Buddhism,

teach that vegetarianism is consistent with the duty of not taking life. Members of Tzu Chi, renowned for their charity and disaster relief work, and Falun Gong (famed for the persecution they face in the People's Republic of China) both encourage a vegetarian lifestyle among their followers. The Seventh Day Adventists have a presence in Taiwan as well. Other religions adhere to vegetarianism more firmly, such as the Yi-Guan Daoists, who are ovo-vegetarians, and the followers of Ching-Hai. Even the Hare Krishnas, who also practice ovo-lacto vegetarianism, have a small temple hidden away in Taipei.

Speaking of a rich diversity in religious traditions, experience reverence for them all at the Museum of World Religions in Taipei. While you're there, enjoy lunch at the delicious vegetarian Muse Café located on the 6th floor, and pick up a guide to vege-

tarian restaurants in Taipei for NT50 (US \$1.50). It's printed in Chinese, however, so you may need help using it.

For reasonably priced Japanese

food, find Mei Shi Wu Sushi shop tucked away inside Le-hwa night market in Taipei's Yong-he district. This place doesn't display the characters soo-shih, but it's vegetarian. Unfortunately, some items contain mayonnaise, but vegans can still enjoy inari (cone sushi), miso soup, nabeyaki udon (a fried noodle hotpot), or mushroom curry rice.

In Taichung City visit the Ya-Ju Healthy restaurant at No. 39 Guan-guan Road, Central District, about a

20-minute walk from the train station. Here you can eat in an elegant setting before a large statue of Buddha and order from a picture menu. The owners don't speak much English, but they'll shower you with kindness and make you glad you came.

Moving further south, try Vonny's Garden in Tainan for a delicious lunch or dinner at a low cost in a Western-style atmosphere. Their cuisine is excellent, and they offer subway sandwiches as well. The menu and staff are English-friendly (tel: 06-2005600). Also in Tainan is Guan Ming Yuan Vegetarian Shop that recently opened on Guan Ming Street No. 141. You can choose from among 30 or more dishes at their buffet. In Kaohsiung there's a delicious buffet at No. 17, Bade 2nd Road, about two blocks in front of the train station. The restaurant also sells Tahitian noni juice.

On a final note, the Taiwanese have a reputation for being very hospitable to foreigners. Prepare to be totally overwhelmed by the Aloha Spirit!

Notes:

Romanization of Chinese words varies widely throughout Taiwan. Spellings you encounter in Taiwan are likely to differ from the ones given here.

Special thanks to Aiping Hamza, Flora Chuang, and Yu-Ching Liu for their help with the preparation of this two-part article.

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[@yahoo.groups.com](mailto:VSH-News-Group-Subscribe@yahoo.groups.com)

Fight Global Warming by Going Vegetarian

Global warming has been called humankind's "greatest challenge" and the world's most grave environmental threat.¹ Human activities are creating large amounts of "greenhouse gases" (gases that prevent heat from escaping from the Earth's atmosphere). These cause the air around the Earth to become hotter, which scientists say will increasingly lead to catastrophic natural disasters, such as more frequent and intense hurricanes, flooding, and drought. Many people are trying to help reduce global warming by driving more fuel-efficient cars and using less electricity, but by far the most effective thing that you can do to fight global warming is to go vegetarian.

The billions of chickens, turkeys, pigs, and cows who are crammed into factory farms each year in the U.S. produce enormous amounts of methane, both in their digestive processes and in the feces that they excrete. Scientists report that every molecule of methane is more than 20 times as effective as carbon dioxide is at trapping heat in our atmosphere.² Statistics from the Environmental Protection Agency show that animal agriculture is the single largest cause of methane emissions in the U.S.³ Raising animals for food is causing global warming.

A recent report by EarthSave International, based on the work of leading

climate scientists, shows that adopting a vegetarian diet is far more effective at reducing global warming than is reducing emissions from cars or power plants. This finding was confirmed by a groundbreaking study at the University of Chicago, which detailed the enormous environmental advantages (as well as the personal health benefits) of adopting a vegan diet.

Although methane makes a larger impact on global warming than carbon

According to University of Chicago researchers, adopting a vegan diet makes a bigger impact on reducing global warming than does switching to a Toyota Prius hybrid car.

dioxide does, curbing carbon dioxide is also important, and animal agriculture

is a major source of this gas as well. A calorie of animal protein requires more than 10 times as much fossil fuel input—releasing more

than 10 times as much carbon dioxide—than does a calorie of plant protein.⁴ Feeding massive amounts of

grain and water to farmed animals and then killing them and processing, transporting, and storing their flesh is extremely energy-intensive. In addition, carbon dioxide is released from animal manure. While driving a hybrid Toyota Prius instead of a "regular" car saves the equivalent of approximately one ton of carbon dioxide a year, a vegan diet generates at least 1.5 fewer tons of carbon dioxide than does the average American diet.⁵ Adopting a vegan diet is more important than switching to a "greener" car in the fight against global warming.⁶

The most powerful step that we can take as individuals to avert global warming is to stop eating meat, eggs, and dairy products.

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- 3 "Sources and Emissions: Methane," U.S. Environmental Protection Agency, 2 Jun. 2006.
- 4 David Pimentel and Marcia Pimentel, "Sustainability of Meat-Based and Plant-Based Diets and the Environment," *Am. J. Clin. Nutr.* 78.3 (2003): 661S-662S.
- 5 NewScientist.com, "It's Better to Green Your Diet Than Your Car," 17 Dec. 2005.
- 6 Gidon Eshel and Pamela Martin, "Diet, Energy, and Global Warming," *Earth Interactions* 10.9 (2006): 1-17.

Source: GoVeg.com



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Call 944-VEGI (8344) or e-mail info@VSH.org.

Hot off the presses

Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples

by John Robbins

Hardcover: 384 pages
Publisher: Random House
(September 12, 2006)
ISBN: 1400065216

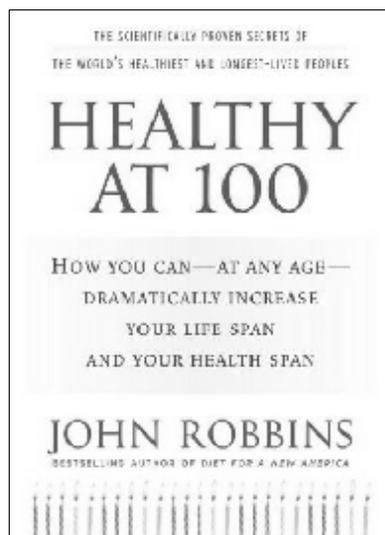
Publisher's Description:

Why do some people age in failing health and sadness, while others grow old with vitality and joy?

In this revolutionary book bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhazia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shan-

gri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own.

Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long and—most important—joyous lives. With an emphasis on simple, wholesome, but satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is Robbins' discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is



also enormously important. With startling medical evidence about the effects of our interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection.

"We all have the tools to live longer lives and to remain active, productive, and resourceful until the very end," Robbins writes. *Healthy at 100* strives to improve both the quality and the quantity of our remaining years—no matter how old or how healthy we might currently be—and to reverse the social stigma on aging. After reading this book, we will never think about age—or life—in the same way again.

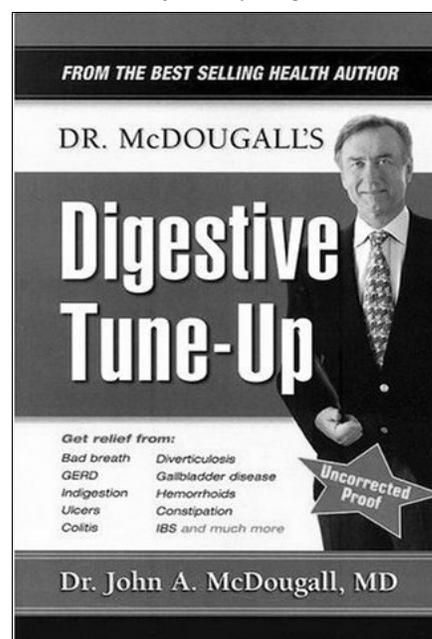
Dr. McDougall's Digestive Tune-Up

by John McDougall, M.D.

Paperback: 322 pages
Publisher: Healthy Living Publications (July 30, 2006)
ISBN: 1570671842

Publisher's Description:

Dr. McDougall breaks through cultural taboos with a candid, humorous look at how the intestines function. The journey begins at the



mouth with bad breath and ends with bad farts. In between you will learn the cause and/or cure of problems such as GERD, ulcers, hiatus hernia, gallstones, celiac disease, colitis, diverticulosis, hemorrhoids, colon cancer, polyps, and constipation. After reading this book, your bowels will no longer be a mystery, and you will know about the right foods to eat to keep them content.

Available at drmcDougall.com and Amazon.com.

(Continued on next page)

(Continued from page 14)

Six Arguments for a Greener Diet

by Michael Jacobson & CSPI

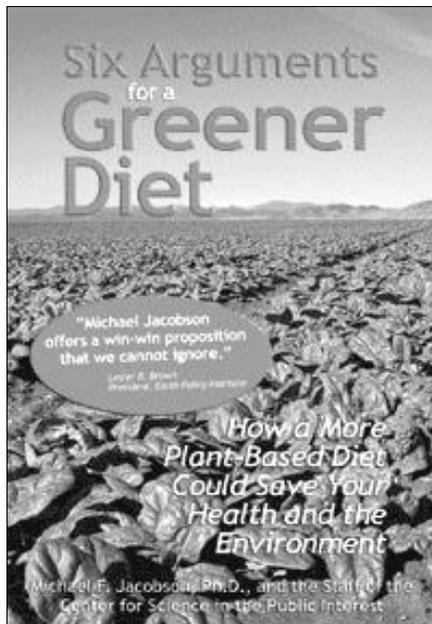
Paperback: 234 pages

Publisher: Center for Science in the Public Interest (July 30, 2006)

ISBN: 0893290491

Publisher's Description:

For 35 years the nonprofit Center for Science in the Public Interest has published hard-hitting studies exposing the dreadful nutritional content of movie theatre popcorn, fast foods, and restaurant meals.



Its latest book is *Six Arguments for a Greener Diet*—a meticulously researched examination of scientific studies that finds that eating more plant foods and fewer fatty animal products can lead to extra years of healthy living. Happily, explains lead author and CSPI executive director Michael Jacobson, that same diet also leads to much less food poisoning, water pollution, air pollution, global warming, and animal suffering.

CSPI's fact-filled but engaging book is as suited to students and professors as it is to consumers and policymakers. Jacobson and CSPI take long, even-handed looks at the academic literature on everything from chronic disease (Seventh-day Adventist vegetarians live longer than non-vegetarians) to soil science (American croplands lose two billion tons of topsoil to erosion annually) to animal welfare. It offers consumers practical advice on changing their diets and includes food pyramids for vegetarian and non-vegetarian diets.

A major difference between *Six Arguments* and other recent books about America's food system is that it not only describes the problems and offers advice to consumers, but it also proposes a menu of creative policy recommendations to improve the public's health, the environment, and the welfare of animals.



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On TV...



"Vegetarian"

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

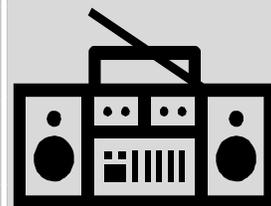
View recent VSH lectures.
See VSH.org for program schedules for all four major islands.

"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. 2:30 p.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.

Sundays: 8-9 p.m.
K108 — AM 1080
Call-in line: 524-1080

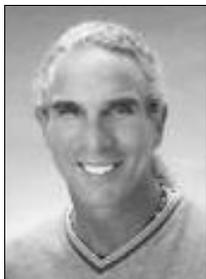
"Health Talk"

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

MSG: Where you least expect it

by Hesh Goldstein
VSH member

Recently I was shocked and dismayed by what I learned in a book called *In Bad Taste: The MSG Symptom Complex* by Dr. George Schwartz, and to various references to MSG by Dr. Russell Blaylock.



Before I get into this, please allow me to give you a bit of information to better put MSG into proper perspective.

There are two kinds of MSG—natural and synthetic. Natural MSG is known as L-glutamic acid, a harmless

amino acid found in plants and animals. In a factory, however, the natural “bound” glutamic acid in these foods is broken down and refined to a white crystal that resembles sugar. It is then mixed with salt and used as a flavor enhancer for those manufacturers too lame to put out a product with natural, harmless ingredients. This synthetic version is affectionately known as monosodium glutamate or the “Darth Vader” of the free world.

Now, let’s cut to the chase: *You must read labels!* If a product says autolyzed yeast, yeast extract, hydrolyzed vegetable protein, hydrolyzed protein, or texturized vegetable protein, it may contain MSG. If it lists maltodextrin, barley malt, whey protein, soy protein isolate (or words of that nature), it may contain MSG. Most smoke flavor or flavorings contain MSG. Pure MSG powder can be added to cheaper brands of soy sauce to enhance its flavor. I have personally confirmed with Fearn Foods that Spike contains MSG. MSG is in many vegetarian “meats” and “hot dogs,” soup broths, bouillon, and products using the words protein fortified “anything,” enzyme modified “anything,” rice syrup, brown rice syrup, citric acid, milk powder, dry milk solids, annatto, spice, carrageenan, guar gum, and lecithin (if from hydrolyzed soy products).

But wait, there’s more! Candy, drinks, gum, packaged salads with citric acid, low fat milk, stevia (if coupled with maltodextrin), Accent, Lawry’s Seasoning Salt, Torula Yeast, Adobo Salt, Chinese Seasonings, and believe it or not, enteral feeding materials and some fluids administered intravenously in hospitals may contain MSG.

So, what is one to do? Learn to cook and eat naturally, forget fast foods and animal and dairy products, and eat an organic plant-based diet. Let

your spices be natural from foods. And above all, before you buy anything packaged, *you must read labels.*

To learn more, I would encourage you to tune in to my radio show on Saturday mornings from 8 to 9 a.m. on K-108, 108, or 1080 on the AM dial. The show is called “Health Talk” and is most definitely politically incorrect.

One more thing: politicians who receive campaign contributions from large

food companies have passed legislation to not list MSG as an ingredient but to euphemistically use these other words.

“Let your spices be natural from foods. And above all, before you buy anything packaged, *you must read labels.*”

MSG intolerance

An unknown percentage of the population may react to MSG and develop MSG symptom complex, a condition characterized by one or more of the following symptoms:

- burning sensation in the back of the neck, forearms, and chest
- numbness in the back of the neck, radiating to the arms and back
- tingling, warmth, and weakness in the face, temples, upper back, neck, and arms
- facial pressure or tightness
- chest pain
- headache
- nausea
- rapid heartbeat
- weak pulse
- violent dreams
- bronchospasm (difficulty breathing) in MSG-intolerant people with asthma
- drowsiness
- weakness.

Source: Wikipedia

Four good rules of thumb

- The more salty a processed food is, the more likely it is to contain MSG or free glutamate.
- The more processed a food is, the more likely it is to contain MSG or free glutamate: powdered stuff that used to be food is likely to have added MSG because the original flavor has been degraded.
- The more ingredients in a packaged food, the more likely it is that MSG is present. Read labels carefully if a food has more than five ingredients.
- Do not trust something simply because it is in a health food store and the label states it is natural or even organic.

Source: MSGtruth.org

Britain's National Vegetarian Week

by Neal Pinckney, Ph.D.
VSH member

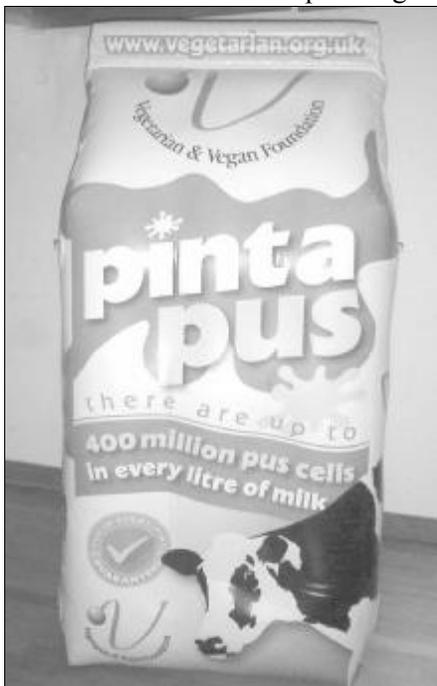
May 22nd to the 28th was National Vegetarian Week in the United Kingdom. In towns and cities all over England, Scotland, and Wales fairs, meetings, dinners, and presentations featured the many benefits of vegetarian living. I was fortunate to be there for this exciting event.



In London a packed auditorium at Guy's Hospital was the scene of an evening of speakers and information called White Out, at which the health hazards of drinking milk were addressed. T. Colin Campbell (a VSH meeting speaker in 2003) presented compelling data, and Professor Jane Plant (a vegetarian name if there ever was one) and others eloquently reinforced the dangers of dairy. Beside the speakers was a six-foot tall milk carton labeled "PINTA PUS [pint of pus]: there are up to 400 million pus cells in every liter of milk."

An hour south of London in Kingston-on-Thames, England's royal capitol in the time of Henry VIII, a Green Fair occupied dozens of acres of a riverfront park. With hundreds of vendors of vegetarian foods and ecologically oriented items and informational booths, a crowd of many thousands braved an unusually cold and rainy day.

The highlight of the week, however,



was in Newcastle on Tyne, a city on the North Sea near the Scottish border where I attended University 50 years ago. Members of the new vegetarian society, as yet small but showing the famous warmth of the area's Geordies, invited the public to join them in Britain's only 100% vegetarian pub. Nestled in a corner of the newly gentrified Quayside area, Bob Trollop's evokes the aura of a public house about the time of Charles Dickens. Huge handles that pull warm draught beer, including Newcastle's own Brown Ale, and bottles of sprits dominate the bar. But what is most amazing is the menu: A gourmet's dream from the most elaborate to the simple delights of classic vegetar-

ian fare, whole grains, brown rice, and more. Amazing and very delicious.

During National Vegetarian Week all across the UK leaflets about vegetarianism were handed out in city centers, transportation hubs, and in front of many McDonald's restaurants.

Before I left England, I revisited four of my favorite street markets. All have vegetarian

food available, some with many ethnic choices. The biggest and most amazing, and least often visited by tourists, is Camden Town's Sunday market. It

starts just outside the Camden tube (subway) station and goes to the river and the lovely locks, where an old warehouse is packed with dozens of shops and at least five vegetarian restaurants in the food court.

Spitalfield's Market will be undergoing renovations for the next year, but all their antique apparel, craft stalls, and flea market are still open.

There are four vegetarian ethnic food servers and a fantastic bakery with many whole grain products.

Pettycoat Lane remains the most famous but also the most crowded with tourists. It's still worth a visit. Be sure to go all the way down to the bottom of the hill where two vegetarian restaurants serve delicious and inexpensive foods.

Anyone planning to visit Britain should get a hold of these books: *Vegetarian London* and *Vegetarian Britain* (both available from Amazon). They give full details on where to eat (with prices, hours, directions, nearest tube station, and best choices), vegetarian and vegan bed and breakfast places, and more.

Also recommended is the list of vegetarian places to eat and to buy foods from any place in the world on the Happy Cow website.



Bird flu: A virus of our own hatching?

In addition to VSH talks on Oahu, Maui, and Kauai, Dr. Michael Greger will give a special presentation at



Castle Medical Center in Kailua entitled "Bird flu: A virus of our own hatching?"

Leading public health authorities now predict as inevitable a pandemic of influenza triggered by bird flu and expected to lead to millions of deaths around the globe. This virus has existed for millions of years as an innocuous intestinal virus of wild ducks. What turned a harmless waterborne duck virus into a killer? In a multimedia presentation Dr. Greger traces the human role in the evolution of this virus. In the face of the coming pandemic, he reveals what we can do to protect our families and what human society can do to reduce the likelihood of such potential catastrophes in the future.

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

Thursday, December 7, 7-8:30 p.m.

Cost: Free

Call 263-5400 to register (required).

Westerdahl to leave Castle MC

John Westerdahl, Ph.D., Director of Wellness and Lifestyle Medicine, will be leaving Castle Medical Center around October 1st.



He will be working with internationally renowned dermatologist and skin care specialist Howard Murad, M.D., as Director of the new Murad Inclusive Health Center, a new generation wellness center located in the South Bay beach area of Los Angeles. This new state-of-the-art center will be an expansion of the world famous Murad Medical Spa. John will assist Dr. Murad in establishing a team of innovative and wellness-focused medical doctors in the fields of dermatology, plastic surgery, internal medicine, lifestyle medicine, preventive medicine, and obstetrics/gynecology partnered with a team of complementary healthcare providers for the Murad Medical Group.

John will also be involved in research and development and will oversee clinical research studies for all nutritional supplements and skin care products developed by Murad Medical Group and the Murad Spa.

John has been a VSH member for many years and has contributed articles to this newsletter. With the Castle Wellness Center as a co-sponsor he has helped arrange numerous lectures by VSH speakers at Castle, helping to spread our healthful message to the Windward side of Oahu. He's been a good friend to VSH and will be missed.

Curves

& the vegetarian

by Leslie Sharp

Way back in 1999 Curves for Women first published its life-long eating plan called "Permanent Results without Permanent Dieting." Gary Heavin, Curves founder and CEO of the world's largest fitness franchise, shared the most innovative discoveries in the area of exercise and weight control. Diet was the missing link in helping overweight women achieve a new level of health and fitness.

In 2003 Curves presented the "6 Week Challenge," which offered weekly meetings. It showed members the power they have over food choices when they understood how to read a food label; it offered education and support that has resulted in many overweight women finally overcoming their own personal battles with food.

Heavin continues to work with his team to bring even more information to Curves members and the population in general. His new "6 Week Solution" invites non-members to join with members in the clubs. *The new program—defined in the research lab at Baylor University—brings us the best for all eaters. The eating plan introduces for the first time complete menus for lacto-ovo-vegetarians, lacto-vegetarians, and vegans. The manual gives tables that contain many vegetarian options for replacing meat products.*

Curves serves over four million women worldwide. Its mission statement is simply "Strengthening Women." It now offers even more to vegetarian women.

Curves Aina Haina
549 Halemaumau Street East, #D7
Honolulu, HI 96821
(808) 395-3867

Castle Medical Center
Adventist Health

Vegan wins ultramarathon

Scott Jurek to be VSH speaker in January

For the second year in a row vegan Scott Jurek won the Kiehl's Badwater Ultramarathon, the most demanding and extreme running race offered anywhere on the planet. The grueling trek covered 135 miles non-stop from Death Valley to Mt. Whitney on July 24-26, 2006.

The race is considered to be the most difficult ultramarathon because of temperatures that reach 130 degrees and an elevation gain of 13,000 feet. Sixty-eight men and 17 women started

this year's race.

Jurek, 32, a physical therapist and running coach from Seattle, Washington, took first place with a time of 25 hours, 41 minutes, 18 seconds. He is recognized as one of the world's greatest endurance athletes, in particular for his seven consecutive victories in the Western States 100-mile Endurance Run, a race held on remote mountain trails, as well as for his record-breaking performance at the 2005 Kiehl's Badwater Ultramarathon, which he completed in 24:36:08.

Fueled along the way by an all-vegan diet of soy protein drinks and potato and rice balls, he normally eats a high-protein vegan diet with lots of tofu, tempeh, and whole grains, nuts, and seeds.

Jurek is scheduled to speak at VSH meetings on Oahu and Maui in January.



(Plants *from page 6*)

themselves from enemies and the environment, and find reproductive mates. In contrast, plants in general are rooted to one spot, so there would be no Darwinian reward for a nervous system. In the absence of such, plants achieve survival by other means.

From this it's reasonable to conclude that plants lack consciousness in the sense that we apply it to ourselves, our friends, and to other animals, particularly the ones we like.

Now, the question of what constitutes consciousness has been an open question since before the time of Plato, but whatever it is, it's intimately connected with brain function. When we sleep, go under anesthesia, or die, the electroencephalogram changes, and consciousness disappears. Vice versa if we wake up, and numerous experiments confirm that similar changes occur in all vertebrates thus far studied.

The issue is relevant to the topic of ethics. If plants are conscious, fear death, and suffer pain as Backster alleges then there's no moral point in being a vegetarian, and the only pure ethical course is to simply starve. A less strenuous compromise is to leave the animals alone and just eat the plants, on the grounds that their sufferings, unlike those of the animals, are largely invisible to us, and thus that our transgressions toward plants will not harden us to transgressions against other humans.

My own take after 36 years of contemplation is that Backster's studies were irreproducible and technically flawed, that the Bird-Tompkins book is 415 pages of breathless flapdoodle, that the issue has been hopelessly muddled by warped semantics, and that plants, while alive, are not conscious. No doubt we err by chopping down whole forests and wasting other plant resources, but only because it harms our own environment. The plants themselves don't suffer, because there's nobody home.

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**“I wouldn't deliberately eat a grouper any more than I'd eat a cocker spaniel.”
—Sylvia Earle, former chief scientist of NOAA**

 **Vegetarian Society of Hawaii**

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