



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 18, ISSUE 1, JAN – MAR 2007

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& REBECCA WOODLAND**

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OF LIVING CUISINE”**

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McCoy Pavilion**

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**“HOW TO STAY
HEART HEALTHY”**

**Sat., February 10, 7 p.m.
McCoy Pavilion**

KARL SEFF, Ph.D.

**“OUR HUNGER
FOR ANTIOXIDANTS”**

**Sat., March 10, 7 p.m.
McCoy Pavilion**

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for more information
and for Maui meeting dates.**

Contagions

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

“The natural immunity of the host trumps the virulence of the invading microbe.” Max Marshall Ph.D. Chairman UCSF microbiology department, addressing my freshman medical class, circa 1958.

In his superb lecture, “Bird Flu: a Virus of Our Own Hatching,” at Castle Medical Center on December 7, 2006 Michael Greger, M.D. claimed that most human contagious diseases originated in domesticated food animals.

I decided to check this out, starting with the references in his book of the same name, now on line *in toto* at <http://birdflubook.com/>. The origins of contagious disease are a bit speculative since the ancients kept poor records. However, scientists generally agree that microorganisms have short reproductive times and hence can adapt to changed host environments. Most bugs live harmlessly and even beneficially in their hosts, but they can also mutate rapidly and jump from one species to another, exploiting the unhygienic conditions induced by host overcrowding. In the new species they may then cause serious disease until natural selection kills off the susceptible hosts and the resistant survivors sign an uneasy truce with the bugs. When those survivors go abroad and come in contact with previously unexposed peoples, however, the results are catastrophic; witness the effect of smallpox on native Americans, Hawaiians, and Mayans when the Europeans reached them.

Most all scientists now agree that the 1918 influenza epidemic was the result of a gastrointestinal virus, harmless in domestic fowl, that had jumped the species barrier into humans. It was then amplified by human overcrowding in the WWI trenches, where it changed its MO from fecal to aerosol transmission. The chickens came home to roost when Johnny came coughing home, thus passing the virus into the civilian population. (1)

That’s similar to the problem we’re looking at if Bird Flu H5N1 really hits, this time with an added virulence incubated in the crowded flesh markets of southeast Asia, where the virus jumped from ducks to pigs (2) to humans. Disaster looms if it gets into the factory farms of the U.S., whose proprietors are talking big about “biosecurity” while admitting that there isn’t much. So far the human H5N1 cases have been under 300, but mortality has been 55% in the cases we know about, and since the human death toll in 1918 was 50-100 million, the worst case scenario this time could be a billion.

(See Contagions on page 14)



PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.

The Island Vegetarian

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

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Mahalo
to all our volunteers!

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

Greetings. This year we had another delightful pre-Thanksgiving dinner at Govinda's. I heard several people say that the food and menu were the best that we've had there, and I agree. If you haven't attended, I recommend that you do so in '07. The event seems really to have become a VSH tradition.

I write this president's message the day after our December VSH meeting. Last night we were very low on volunteers. People who had significant other responsibilities were serving the food, greeting, and setting up chairs. How can it be that after 16 years and hugely increased membership, now at 2056, we still have only a handful of volunteers—and that they are for the most part the same ones from our organization's beginnings? We know that many appreciate the quarterly newsletter, the monthly speakers, and the discounts at the health food stores. How to impress upon them that these might not continue if there is no one to make them happen? I mentioned earlier that the average age of Board members is about 62. We are still committed, plan to continue what we're doing, and actually feel grateful for the opportunity to do this work, but clearly replacements and a broader volunteer base will soon be necessary. We're pleased to have a few new volunteers—Grant, for example, a UH student who has been picking up the refreshments at Down to Earth and helping to serve them after the meeting, and Denise, who has sat at the reception table—mahalo! We are not a closed group. Please consider getting more involved in order to ensure the future viability of our organization.

Some more good news about increasing awareness in the general population of the relationship between our lifestyle choices and our health: Heart Hope newsletter has reported that obesity is a major factor in breast cancer, that the fat cells in obese women release an excess of estradiol, a form of estrogen. Also in a recent Kapiolani Woman publication we are advised that the likelihood of breast cancer is reduced by exercising, not overeating, and having a lower body-mass index. Although a specific way of eating was not mentioned in either case, these are huge steps forward from the usual attribution of the causes of disease to forces outside of ourselves (air pollution is a favorite) or within ourselves over which we have no control, such as heredity. Whenever I hear from a friend or acquaintance about a medical condition that has arisen in him or someone close to him, I ask innocently, "What causes that, I wonder?" Almost invariably the response is something to do with the genes—"It runs in my family," "Her mother and aunt both died of this," etc. I also sometimes hear, "I have to watch my diet now." This sounds hopeful, but when I follow up with, "What changes are you planning to make?" the conversation usually begins to trail off. Discouraging, but we could also look at this as a glass half full—it's job security for all of us nutrition educators—which I believe we all can and should be—even if only to those around us who will actually listen.

Alida



Ask Dr. Bill

by William Harris, M.D.

Q: Is it true that a vegetarian diet causes iron deficiency?

A: It's true that the heme iron from meat is about twice as absorbable as the non-heme iron from plants. The flip side is that leafy greens have about twice the iron/Calorie ratio of animal foods. The graph on page 15 (Iron Content), derived from USDA data and Nutritionist IV, shows that parsley, the highest plant source, has roughly twice the iron per Calorie as pork liver, the highest animal source. I'm told that no one can eat enough parsley to make a difference (iron-wise), but with the aid of a juicer or blender, a carrot, celery, and a tomato I regularly put away a whole bunch of the stuff (1).

If vegans are, in fact, at increased risk for iron deficiency relative to omnivores, it may be the result of the prevailing vegan nutritional advice (with which I disagree) to base the diet on grains (poor iron source) and starches (not much better).

As for lacto-vegetarians, the third column in the table at the right shows that dairy foods are quite iron deficient (2). A lacto-vegetarian diet may be the easiest transition to a vegan diet, but in my opinion offers no health, environmental, or ethical advantages over an omnivorous diet.

Clearly the best iron sources for vegetarians would be beans, assorted vegetables, V-4 juice, and, in particular, collards, dandelion greens, kale, romaine, and parsley, the 5 Greens at the top, which average out at ~859% of the RDA/Calorie for iron. Grains and grain products are not very good iron sources, and they contain phytates, which interfere with iron absorption

(3,4).

Grains, however, are relatively cheap, so U.S. food manufacturers favor their use, and third world countries are dependent on them for population/historical reasons. Dairy is cheap and readily available in this country only because of relentless USDA bailouts (5) and fraudulent advertising, but it too is a poor iron source; further, its calcium (6) and proteins both interfere with iron absorption (7). In addition, vitamin C is an important facilitator of iron absorption, but both dairy and grains are C deficient (8).

The question of iron deficiency in veg*ns is somewhat hypothetical, but I append below some of the pertinent citations. (9, 10, 11, 12, 13, 14, 15) I

believe that most of the references pertain to poverty-line vegetarian cultures that cannot afford the more expensive iron-rich leafy greens (16), lacto-

“T here is a severe historical distortion underlying vegetarian food recommendations.”

vegetarians who consume milk, one of the poorest iron sources of all (17), and *a fortiori* to individuals influenced by the founder of Macrobiotics, George Ohsawa, who recommended in 1958 that the optimal diet should be nothing

but brown rice. (18) As you can see, brown rice has only 58% of the RDA/Calorie for iron.

There is a severe historical distortion underlying vegetarian food recommendations. In addition to the disastrous metaphysics of Ohsawa, which carried away a large segment of the vegetarian population in the 1960s, there are recommendations from more informed authors who also place an exaggerated value on starches and grains. These foods underlie all agriculture because they can be stored for long periods, are as a result cheap, and hence have always supported large populations worldwide. However, inferring that they thereby constitute optimal nutrition makes no more sense than the theories of the Price-Pottenger crowd (19) who observed in the 1930s that primitive peoples eating bone marrow and as much animal food as they could get were in better health than Westerners. Of course they were, but it was the sedentary lives and the sugary processed foods of the Westerners, not the bone marrow of the primitives, that made the difference.

Similarly, Filipino plantation workers on the Big Island subsisting

(See Iron on page 15)

Iron in Some Food Categories

	Rough Cost (\$) per 2200 Calories	Iron % RDA per Calorie
5 Greens	12.45	859
V-4 Juice(1)	11.96	645
97 Vegetables	11.35	369
12 Beans	2.54	292
11 Poultry	4.71	277
45 Fish	17.25	223
27 Meats	4.28	181
Potato	1.40	166
6 Eggs	2.12	163
9 Grains	0.87	161
18 Breads	12.42	139
20 Nuts	4.50	119
59 Fruits	18.52	115
Brown rice	1.05	58
40 Dairy	6.05	18
Whole Milk	2.39	11

ANIMAL RIGHTS CORNER



USDA Neglects to announce changes to “28-hour law”

Thousands, perhaps millions, of animals, suffer because of this lapse in oversight

by Cathy Goeggel
VSH member

Animal Rights Hawaii has investigated the journeys of thousands of pigs who are brought from factory farms in Canada to Hawaii in an eight-day miserable trek that often results in the death of at least one animal per voyage in order to cater to the local preference for “hot pork,” the freshly slaughtered flesh of pigs.

Animals’ Angels, an international NGO that monitors livestock transport, produced a video that documented this horror. The video led to a 2004 petition to the USDA by a consortium of animal rights groups that asked for an amendment to the 28-hour law of 1873. This law mandates that farm animals may not be transported for more than 28 hours without food, water, and rest. It addresses only rail transport, however, while modern livestock transport is done mostly by truck.

When questioned, the USDA’s astonishing response was that yes, in

2003, the agency did decide to include trucked animals in the protection of federal law but had made no public statement about this momentous decision, nor did it inform its field staff! WHY?

I telephoned the USDA district office in Olympia, Washington in October and spoke with the supervisor, who hadn’t heard that he was now responsible for enforcing federal law! Calls to other USDA agencies resulted in a similar response. Why is USDA not protecting millions of animals in transport? Could it possibly be influence from the livestock industry? Sadly, I fear the answer is yes.

Animals have a hard enough time in our human-dominated world without government agencies suppressing decisions to provide some protection for them.

We urge concerned people to contact Secretary of Agriculture Johanns at:

Mr. Mike Johanns
Secretary of Agriculture, USDA
Mike.Johanns@usda.gov

and request that he ensure that any and all protections afforded to animals by law and departmental regulation be enforced fully and in a timely manner, as mandated by congressional legislation.

Although ARH is an abolitionist organization, we vigorously support enforcement of legislation that man-

dates recognition of animal suffering and takes steps to ensure protection of animals, and we vigorously demand enforcement of the 28-hour

The USDA decided to include trucked animals under federal law but had made no public statement about this momentous decision, nor did it inform its field staff.

law by ALL USDA agencies. Failing that, we call for an immediate and permanent cessation of all livestock transport destined for slaughter.

Also, please contact our congressional delegation and demand enforcement of the “28-Hour Law” at:

Senator Danial Akaka:
<http://akaka.senate.gov/public/index.cfm?FuseAction=Contact.Home>

Senator Daniel Inouye:
<http://inouye.senate.gov/abtform.html>

Representative Neil Abercrombie:
Neil.Abercrombie@mail.house.gov

Representative Mazie Hirono:
Julie@mazieforcongress.com (Rep. Hirono has not yet been sworn in as congressperson, but this address will reach her.

Cathy Goeggel is Director of Research and Investigations for Animal Rights Hawaii.

Animal Rights Hawaii

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AnimalRightsHawaii.org
info@AnimalRightsHawaii.org



U.S. annual farmed animal death toll levels off

The total number of land-based animals killed for food in the U.S. in 2006 is projected to reach 10.45 billion, according to an extrapolation of data published by the U.S. Department of Agriculture's National Agricultural Statistics Service (USDA/NASS). This represents only a 0.6% increase over the 2005 figure of 10.39 billion—well under the 0.9% annual U.S. population growth.

The number of fish and other aquatic organisms killed for human and animal consumption is not reported by any agency, but is likely to exceed that number.

The 2006 total of 10,452 million includes 40 million cattle and calves (up 7% from 37.5 million in 2005), 123 million pigs (up 1% from 122 million), 4 million sheep and goats, 290 million turkeys (up 5% from 276), 31 million ducks (up 4% from 30 million), 9,575 million "broilers" (up 1% from 9,480 million) and 389 million laying hens (down 11% from 437 million).

The total number of mammals and birds killed for food in 2005 reflects both the 9,417 million animals slaughtered under federal inspection as well as another 970 million, or 9.3% of the total, who suffered lingering deaths from disease, malnutrition, injury, suffocation, stress, or other deadly factory farming practices. The more egregious examples are the 218 million male counterparts of laying hens suffocated in plastic garbage bags upon hatching, turkeys who die before placement on a farm, and piglets who die before weaning.

In more personal terms, during a 75-year life span, a typical U.S. resident is responsible for the suffering

and death of 11 cows, 32 pigs and sheep, 2,600 turkeys, chickens, and ducks, and uncounted numbers of fish and other aquatic animals.

The 10,452 million animals raised and killed for food account for 98% of land-based animals abused and killed annually in the U.S. Another 130 million animals are killed for "sport," 60 million are used in biomedical research and testing, and 5 million are put down in animal shelters.

The number of land-based animals killed for food in 2005 world-wide was approximately 55 billion, according to the U.N. Food and Agriculture Organization. This conservative figure does not account for non-slaughter deaths and under-reporting by developing nations. And, again, the many billions of fish and other aquatic animals killed for food are not reported at all.

The following USDA/NASS publications were used in compiling this report:

- a.. "Hatchery Production, 2005 Summary" - April 2006
- b.. "Turkey Hatchery" - September 13, 2006
- c.. "Poultry Slaughter, 2005 Annual Summary" - February 2006
- d.. "Poultry Production and Value, 2005 Summary" - April 2006
- e.. "Quarterly Hogs and Pigs" - September 29, 2006
- f.. "Sheep and Goats" - January 27, 2006
- g.. "Livestock Slaughter, 2005 Summary" - March 2006
- h.. "Livestock Slaughter" - September 22, 2006
- i.. "Meat Animals Production, Disposition, and Income" - April 2006

Source: FARM—farmusa.org



SAGA: A website for teens

SAGA (Student's Animal Guardian Alliance) is a website that assists high school students and clubs in their efforts to promote a more animal-friendly society.

On clubsaga.org you can do things such as:

- Chat with other teens around the U.S. through a forum
- Get links to tons of resources on everything from factory farming to wildlife to humane eating choices
- Apply for grants for special projects
- Enter contests

Visit clubsaga.org for more information!



Be a part of one of the largest and fastest growing vegetarian societies in the country and help spread a healthful and compassionate message throughout our islands. Volunteers are vital to our work.

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

How carbs can make you slim in the new year

by Terry Shintani, M.D.
VSH member

I want to tell you a startling fact about how we may be dieting in the wrong way. Here it is, another brand new year and it's time to start in on



our New Year's resolution. It's no secret that one of the most common New Year's resolutions is to lose weight and get healthy. Excess holiday celebration often turns to excess weight. While there is some question about how *much* weight is gained, it is clear that it is not good for us. One survey, conducted in 2003 by the Foodfit Company, reported that 75% of respondents gained up to ten pounds during the holidays with an average of five pounds gained. In another report, a tightly administered study conducted by Dr. Jack Yanovski, the study's principal investigator and head of NICHD's Unit on Growth and Obesity, it was found that average weight gain was just 1.36 pounds. However, Dr. Yanovski emphasized that on average this weight was not lost during the rest of the year, meaning that these additional pounds posed an increasing risk for the average person.

So we know that it is important to put some effort into losing the weight gained over the holidays so that it doesn't add to our risk of heart disease, diabetes, stroke, cancer, etc. that is associated with obesity. Otherwise, we tend not to lose the weight.

How do we do this? One of the most important aspects of weight loss is motivation. If you are reading this article, you probably have some motivation to lose weight right now, so read

on.

A second aspect is diet. What I'm going to say about diet may surprise many people but it is something that I think we all need to understand. Eating MORE carbs (not less) can actually help you lose weight.

We've all been propagandized by these high protein diet gurus who tell us that carbs make you fat and that you should eat more meat and fat in order to make you lose weight. Let me tell you that I have an important question that protein promoters, in my experience, have never answered. If it's true that carbs make you fat, then why is it that the slimmest populations in the

world eat the most carbs? If it is true that eating meat and fat will make you slim, then why is it that the slimmest populations in the world eat a primarily plant-based diet?

Think of it.

The people in rural China, for example, consume a diet that is over 70% carbohydrate but they have very little obesity. Chinese people come to Hawaii and do what high protein promoters recommend, that is, eat fewer carbs and more fat and meat. What do you suppose happens? If the carb bashers were correct, these people would lose weight. In truth exactly the opposite happens. If you think China is a bad example because they are rural and do more exercise, look at Japan, which is every bit as industrialized as the U.S. The Japanese consume about 60% of their Calories as carbs (mostly rice) and they remain slim. They move to the U.S. and eat fewer carbs and more meat and fat. According to the carb bashers, they should lose weight. But in reality they gain weight, and their diabetes rate increases by 300%.

Part of the problem is that the high

protein promoters' theory is flawed. Barry Sears, author of *The Zone Diet*, says in essence that fat is not what makes people fat. He says it is insulin that makes people fat because insulin is "lipogenic"—in other words, induces the body to produce fat. Therefore, because carbs raise insulin, carbs cause obesity. One of his books suggests that people shouldn't eat pasta because of its insulin-raising carbohydrate content. He and others go on to say that you should eat meat and fat instead. The truth is that in studies that compared the insulin-raising properties of different foods, beef turned out to raise insulin levels more than pasta did.

Eating MORE carbs (not less) can actually help you lose weight.

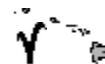
So where does he come off recommending meat instead of pasta if he is saying that insulin causes obesity? He and probably most protein promoters did not check to see how much insulin levels are elevated by eating protein.

The reality is that amino acids, the building blocks of protein, raise insulin just as carbohydrates do. Only processed carbohydrates, such as those found in white bread or sugar, raise insulin levels. One of the keys to losing weight is eating unprocessed carbohydrates, the way the slimmest populations in the world have done for millennia. And the best source of these carbs are unprocessed whole plant-based foods. For more information about this and other weight loss tips, visit amdiet.com and get a free report on "the one most neglected factor in dieting that causes most diets to fail."

Aloha and Happy New Year.

Reference:

Yanovski J, NEJM 342:12:861-867 2000.



10,000 years is enough

Time To Shut Down Campus Slaughterhouses

by David Cantor

In 1991 I received a phone call from a pre-veterinary student at University of Florida-Gainesville, a land-grant university (LGU). An animal lover, she had taken an “agriculture-track” animal-anatomy course without knowing that she would be required to kill members of four animal species at the campus slaughterhouse. Campus slaughterhouse?! I didn’t know of a quick fix for her predicament, but she got me wondering how animal rights could succeed if big universities—from Florida to Hawaii, from Maine to Alaska—were providing billions of dollars’ worth of training, research, and promotions for the flesh, milk, egg, and feed-crop industries each year. After years of research on this issue, I launched Responsible Policies for Animals’ (RPA’s) “10,000 Years Is Enough” campaign, the first organized effort to end our LGUs’ service to the flesh, milk, and egg industries.

Fighting Mis-Education

Called “land grant” because an 1862 act of Congress and other legislation provided public land for the states to build colleges of agriculture, the LGUs were to serve the public interest by serving farmers. LGUs now number 105: more than one in

most states and others in Guam, Puerto Rico, and elsewhere. Most LGUs teach “animal science”—slaughtering, breeding, and raising animals for food.

In Spring 2003 RPA began writing to top administrators of the largest LGUs in all 50 states—including the University of Hawaii. We explained that teaching animal science mocks the marketplace of ideas by rejecting out of hand the basic case for animal rights, fully explained by scholars and attorneys and never re-

Animal science serves industries that promote and sell unhealthful foods, contaminate water and topsoil, waste water, topsoil, and oil, produce dead zones in the oceans with toxic feed-crop runoff, and increase the likelihood of armed conflict.

futed—and that animal science serves industries that promote and sell unhealthful foods, contaminate water and topsoil, waste water, topsoil, and oil, produce dead zones in the oceans with toxic feed-crop runoff, and increase the likelihood of armed conflict.

Our early campaign mailings included more than 200 letters, 150 factsheets, and 50 books, including Jeffrey Moussaieff Masson’s *The Pig Who Sang to the Moon: The Emotional World of Farm Animals*.

In It for the Long Haul

Early results of the 10,000 Years Is Enough campaign include at least one reply from 30 of the 50 schools we contacted, articles and letters in many LGU newspapers, warnings about the campaign in flesh, milk, egg, and feed-crop industry publications and conferences, and more.

Since the fourth mailing was done in Spring 2005, RPA has held a banner and leafleting event at a large annual state university conference in Washington, D.C., enlisted activists to campaign in the states where they live, contacted legislative committees and experts, published additional ar-

ticles, and explained the campaign in presentations to animal advocacy, health care, and other audiences. We are planning additional activities, and countless opportunities exist.

10,000 Years Is Enough is a long-term effort striking at the root of animal use—a true animal rights campaign—rather than a short-term effort to help animals, which has been the approach of the animal-welfare system. Hearing the campaign’s demands, people see implications for their own lives but don’t get defensive: we’re talking about big institutions’ doing the wrong thing with taxpayer dollars, not what people regard as their personal food choices.

Toward Political Vegetarianism

Vegetarians often think of themselves as health vegetarians or as ethical vegetarians, believing that animals should not be exploited by humans. Both are excellent reasons to go vegetarian, but there is also a need for *political vegetarianism*. RPA’s campaign is one example of this, but there are many other possibilities. The defining component is challenging the use of public funds and institutions to serve the flesh, milk, egg, and feed-crop industries—getting to the root of the problem rather than hacking at the branches. Isn’t 10,000 years enough?!

David Cantor is executive director of Responsible Policies for Animals.

You Can Help!

- Write to Peter Englert, Chancellor, University of Hawaii at Manoa, 2444 Dole Street, Honolulu, HI 96822, reminding him of the basic reasons he should cooperate in eliminating “animal science.”
- Support RPA: RPAforAll.org / P.O. Box 891, Glenside, PA



Vegetarian Society of Hawaii

Calendar of Events: January—March 2007



SYLVIA THOMPSON & REBECCA WOODLAND

“The Vibrant Flavors of Living Cuisine”

Saturday, January 13, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park



Does the mention of raw foods conjure pictures of boring veggie sticks and salads? Witness—taste—then, think again! Chefs Sylvia Thompson and Rebecca Woodland will show you how to prepare:

- Lemony Zucchini Bisque with Fennel Shavings
- Broccoli-Pesto Stuffed Mushrooms
- Tatsoi Salad with Marinated Red Onions, Mint and Olives

Sylvia Thompson (753-0050, sylvia@sunriserealtyhawaii.com) is the chef-owner of Licious Dishes, a prepared meals service. Rebecca Woodland (an affiliate of Licious Dishes, 282-9866, Becky@e-liciousdishes.com) and Thompson both attended the Living Light Culinary Arts Institute in California and are Certified Chef/Instructors. Chef Woodland has written two cookbooks—*The Blonde Vegetarian* and *Candida Combat Cookbook*—with a third one on the way for diabetics.

Chef Thompson will also be “un-cooking” on Maui: Monday, January 15, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

JOHN KRISTOFICH, M.D.



“HOW TO STAY HEART HEALTHY”

Saturday, February 10, 7 p.m.

McCoy Pavilion,
Ala Moana Beach Park

This talk will focus on the number one cause of death in the country: cardiovascular disease—specifically, what one can do to prevent heart disease through proper diet, nutrition, exercise, and treatment of risk factors. Also, warning signs and tests to identify individuals at risk will be discussed.

John P. Kristofich, M.D., F.A.C.C. is board certified in cardiology and internal medicine and leads the Heart C-H-E-C-K Program at Straub Medical Center in Honolulu. His special interests include preventative cardiology and early detection of cardiovascular disease. He received his medical degree from the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, Piscataway, NJ. He completed his residency at Lehigh Valley Hospital in Allentown, PA and his fellowship at Geisinger Medical Center in Danville, PA.

Dr. Kristofich will also be speaking on Maui: Tues., Feb. 13, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.



How's your heart?
February is
American Heart
Month.

KARL SEFF, Ph.D.



“OUR HUNGER FOR ANTIOXIDANTS”

Saturday, March 10, 7 p.m.

McCoy Pavilion,
Ala Moana Beach Park

In all plants and animals the chemical reactions of life are a little tricky. Dangerous mistakes happen at a steady rate, and the very reactive molecules that are produced, mostly free radicals, need to be pacified as quickly as possible before they do serious damage. This happens at the cellular level, and, unfortunately, like most defenses, the processes are not foolproof. The best defenses that nature has managed to muster are the antioxidants, in place in each living cell, ready to react. Among the antioxidants that will be discussed are vitamins C and E, the carotenoids, including lutein and lycopene, and the polyphenols and flavonoids. These are readily available in plant foods. Plants manufacture antioxidants because they need them much more than animals do. Plants are in the sun all day and must catch the rays, which arrive as bullets of energy.

Karl Seff earned his Ph.D. from M.I.T. and has been a professor of chemistry at U.H., Manoa for 39 years. He has authored more than 240 scientific papers that have appeared in leading chemistry journals. He has been on the Board of Directors of the VSH since 1992.

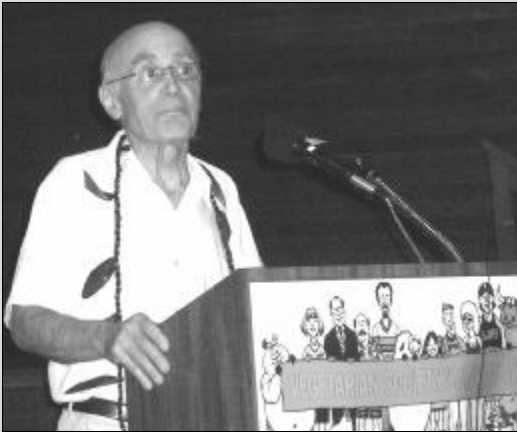
Dr. Seff will also be speaking on Maui: Tuesday, March 13, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

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



Ruth Heidrich, Ph.D. discussed the practical aspects of a raw food diet at the VSH meetings in October.

VHS Events 4Q2006



The environmental impact of a meat-based diet was examined by Vermont Sierra Club director **Steven Boyan, Ph.D.** in November.



Kauai was among the lecture venues of December speaker **Michael Greger, M.D.** Dr. Greger also gave two lectures on Oahu and one on Maui.

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: () _____

Work Phone: () _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.

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

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

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

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

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

Life membership \$400

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Why are health care costs so high?

by Hesh Goldstein
VSH member

USA Today has been running an interesting series of articles on our ridiculous health care system—or should I say our “disease care” system. While more and more



Americans are concerned with the increasing costs of medical care, hawked as the best in the world, the problem is that the number of people who cannot afford it is steadily increasing. A poll found that eighty percent of those who responded were not thrilled with the \$2.2 TRILLION (\$7,129 a person) being spent on health care this year in the

U.S. and that medical company profits and mal-practice lawsuits were the biggest causes of the spending. Actually, of the \$2.2 trillion, 660 billion is spent on hospital care, 462 billion on doctors, and 220 billion on drugs. (See complete breakdown at the end of this article.)

For the most part this medical inflation is perpetuated by Big Pharma’s drug hype as the solution to everything, waste, inefficiency, and the growing number of chronic diseases caused by our epidemic of obesity. The crossroad we are at is believing the propaganda that we have the best health care system in the world or realizing that this is myth built on deception and lies. The reality is that we have the best *disease-care* system in the world designed to take as much

money as possible from consumers and taxpayers with the illusion of getting “miracle” quick and easy pill solutions for our illnesses without our having to give up anything.

The real way to drop medical costs is to take responsibility for our own health and emphasize preventive care, not disease treatment. Drugs, doctors, surgery, and hospitals rarely solve chronic health problems. What will have a more profound effect on your health is a) switching to an organic plant-based, whole (not refined) foods diet, eliminating ALL flesh and dairy products, which are laden with antibiotics, hormones, growth enhancers, and smell reducers (after all, the nature of a dead body is to rot), eliminating processed foods that contain MSG and preservatives, hydrogenated oils (aka cancer-causing trans fats), soda, diet drinks containing aspartame (which converts to formaldehyde at 86 degrees

Medical inflation is perpetuated by Big Pharma’s drug hype as the solution to everything.

F—the body’s temperature is 98.6 F), and sugary juices and b) getting plenty of exercise and sunlight. According to Randall Fitzgerald, author of *The Hundred Year Lie*, we have no idea of the effect on our health when all the chemicals we consume through food and industrial pollutants mix together in our bodies. If you think you do not ingest chemicals, read the labels on the food that you buy from your trusted supermarket. One rule of thumb is that if you have trouble pronouncing the ingredient, do not eat it.

Here is your choice: if you want to be as healthy as possible and not have to worry about degenerative diseases or being hooked on drugs for life, you must make these life-saving changes. If you don’t care or think that this is nonsense, then carry on. But, someday, when the words “I hate to be an I told

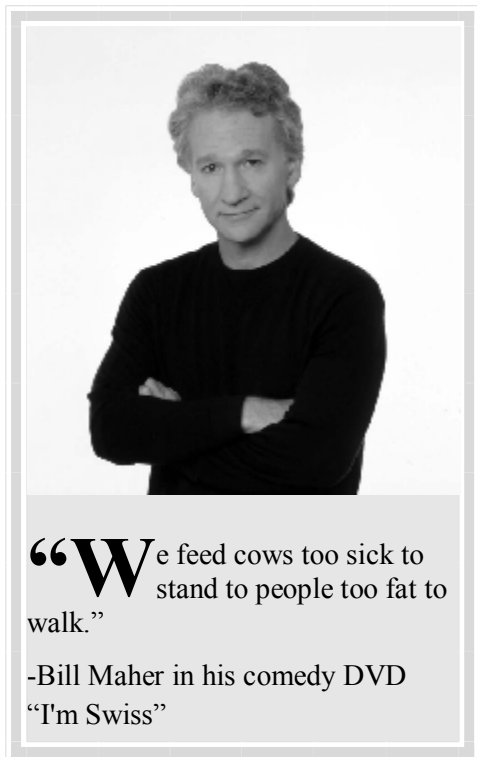
you so” come back to bite you in the okole, look in the mirror and realize that the person you see is the cause of your problems. Not your spouse, not your doctor, not the fact that no one told you. YOU are the cause. Don’t be afraid. Change is good. Aloha!

Health care expenditures in the U.S.

Hospital care	\$660 Billion	30%
Doctors	462 Billion	21%
Rx Drugs	220 Billion	10%
Dental	220 Billion	10%
Administration	154 Billion	7%
Investment	154 Billion	7%
Nursing home	132 Billion	6%
Gov’t public health activities	66 Billion	3%
Other medical products	66 Billion	3%
Home health care	44 Billion	2%
Total	\$2.112 Trillion	99%

Note that rounding throws the numbers off.

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.



“We feed cows too sick to stand to people too fat to walk.”

-Bill Maher in his comedy DVD “I’m Swiss”

Dogs can be Vegan, too

by M. Butterflies Katz

I've been fortunate to share my life with a number of vegan dogs-Beautiful, Magic, Vegan, Miracles, Baba, Kisses, and Royal represent the pinnacle of their species and are at the helm of the vegan dog movement. Although dogs are by genus carnivore, they are metabolically omnivore and can safely be raised vegan. In fact, if attention is taken to meeting their nutritional needs, they thrive! The health of our dogs has surprised a few conventional vets.



A dog's protein requirements are greater than ours. To ensure that your dogs get enough protein, calcium, vitamin D, and all other nutrients, feed them a varied diet of legumes (tempeh, tofu, well cooked beans, lentils, sprouted/cooked chick peas or hummus, soy beans, blended sprouted lentils, etc.), well cooked whole grains (brown rice, quinoa, millet, corn grits or polenta or blended corn kernels, pasta, bread, oats, etc.), potatoes, seitan (wheat-meat; high in protein made from gluten flour) and some vegetables along with certain supplements.

Approximately a third to a half of the meal should consist of a high protein source (from the paragraph above) and the remaining can be a variety of whole grains and essential vitamins and minerals.

Non-vegan dogs generally eat one meal a day, whereas vegan dogs will eat smaller meals, twice daily, and snacks.

Oil requirements are met with avocado, a rich source of vitamins. Most dogs will love this after getting used to it. Another source is 1-2 tablespoons of tahini, a source of calcium. For the essential fatty acids include a Total EFA

oil or flax seed oil, hemp seed oil, or 1 teaspoon of ground or soaked flax seeds. Many studies confirm the powerful healing benefits of flax seed oil for dogs. I believe these oils to be especially important for senior dogs. When using nutritional supplements or nutraceuticals to reverse or treat disorders, allow 30 days or more to see improvements. I say this from experience as well as from veterinary advice. A bad-tasting supplement, in tab or V-cap form, can be given to a dog by sticking it inside a piece of a vegan hot dog, Tofurky meat analogs, or the like.

Grated raw carrots, beet root, sprouted lentils, and other sprouts and/or barley grass powder are necessary for the enzymes and fiber. The raw food additions are essential for vitality. Some authorities recommend adding the following digestive enzymes: amylase, protease, lipase, cellulase and lactase, and possibly vegan acidophilus. Wheat germ is an important addition for a healthy coat. One teaspoon of bran aids in elimination. Dogs manufacture their own vitamin C, but you can supplement with 1/2-1 teaspoon of vitamin C powder (must be Ester-C, non-acidic or buffered). Holistic vets have recommended 1,000 milligrams twice daily for healing purposes. If your dog will eat bits of fruit and/or salad with dressing, that is wonderful! Add 1/2 - 1 clove of diced raw garlic into the dinner bowl to prevent and decrease worms and intestinal parasites.

Taurine is an amino acid naturally found in meat that should be supplemented in a vegan dog's diet. Most dogs can live healthy lives without it, but there are some breeds or older, challenged dogs, that without taurine supplementation can develop cardiomyopathy. Most vegetarian dog specialists and companies that sell vegan dog food advise adding this to the list. L-carnitine, also an amino acid naturally found in meat, can be supplemented. A deficiency of this nutrient can cause dilated cardiomyopathy, where the heart becomes large and flabby and can no longer function. This

illness generally strikes middle-aged dogs who are deficient in L-carnitine or taurine because of breed, size, individual genetic makeup, or diet.

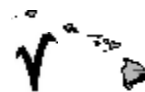
Red Star Vegetarian Support Formula nutritional yeast is also recommended. Although a sprinkle of spirulina is a very good addition to your dog's meals, don't rely on it as a source of B₁₂; it may be an analog that will interfere with real B₁₂ (Cyanocobalamin) absorption. Dogs enjoy nori, kelp, and other sea vegetable flakes, which are good replacements for salt and rich in trace minerals (or try nori sheets in bite-size pieces added to the meal).

Calcium requirements are met with tahini (sesame seed butter) and/or finely chopped raw dark greens and also by canned pure vegetarian dog food. In the United States quite a few companies (see below) produce a complete plant-based canned wet dog food that meets nutritional needs (and is superior in quality to most commercial dog foods consisting of slaughterhouse by-products and other unimaginable ingredients). My preference is to mix the plant-based commercial food with wholesome home-made meals similar to what you yourself would eat. Serve meals at room temperature or slightly warmed along with a clean bowl of water.

Note that onions (in large amounts) and chocolate (in small amounts) can be toxic to dogs.

You can feel confident that on a cruelty-free diet your dog will have a sleek and clean body, clean teeth, a healthy coat, and plenty of energy to join you for walks in the country!

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



Hot off the presses

The Bloodless Revolution

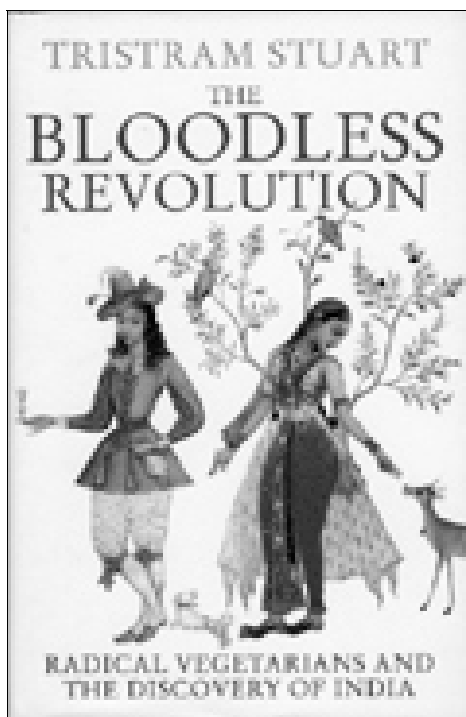
by Tristan Stuart

Hardcover: 656 pages
Publisher: W.W. Norton
January 8, 2007
ISBN: 0393052206

Publisher's Description:

The Bloodless Revolution reached every corner of European civilization. It was a crucial factor in the evolving definition of animals, and a stimulant to movements as important as animal rights and environmentalism. No European country was free from its influence, and in its story every modern European can find the origins of their current practices and perceptions.

Between the seventeenth and nine-



teenth centuries a new sensibility toward animals and the environment emerged in the West, one that often seemed to go hand-in-hand with broader radical politics and ideologies. One of the concrete manifestations of this new ethical perspective was abstinence from eating meat. Minds as great as Francis Bacon, René Descartes, and Isaac Newton turned to the question, realising that it was the key to understanding how Mankind ought to treat Nature. The writers of the Enlightenment weren't the first to espouse what we now think of as vegetarianism, however—they were preceded by centuries of mystics, philosophers, and religious thinkers from many different continents and traditions, for some of whom vege-

tarianism was not only a beneficial dietary regimen but also a means of expressing dissent from the norms of a rapacious, carnivorous consumer society.

The Bloodless Revolution surveys the history of vegetarianism, offering the first historical account of how Eastern philosophy merged with indigenous traditions of Christian ascetism and medical science to spawn the movement of Western vegetarianism. Stuart explores the figures and proponents of vegetarianism of the modern age, from Rousseau and Voltaire to Goethe and Lamartine. Interest in vegetarianism is at a peak in contemporary Western society for a variety of reasons, and this is a timely examination of the provenance and meaning of modern vegetarianism.

Vegan Lunch Box

Amazing Animal-Free Lunches that Kids and Grown-Ups Will Love!

by Jennifer McCann

Hardcover: 295 pages
Publisher: Little "s" Press
2006
ISBN: 0977821803

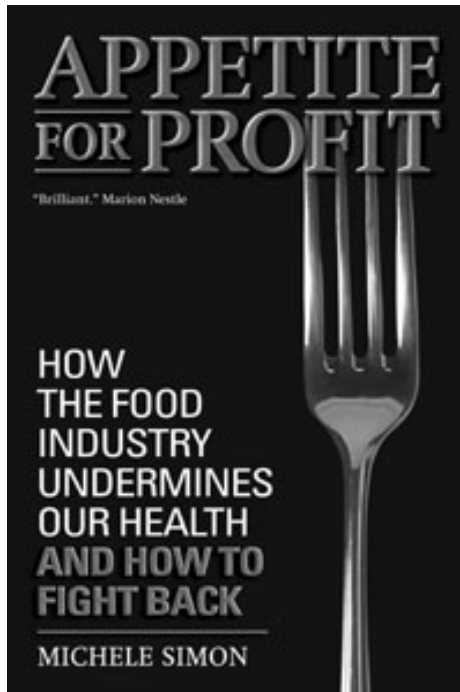
Publisher's Description:

If you think vegan lunchtime means peanut butter and jelly day after day, think again! From the simple to the sublime, Vegan Lunch Box brings you an amazing array of entirely meat-free, egg-free, and dairy-free lunches. Transform how you look at lunchtime forever, with: * Complete, well-balanced menus to help you pack nutritious, irresistible lunches. * Quick lunches that are ready in a flash. * Easy recipes that older kids can make themselves. * Exciting themed lunches for special occasions. * Adventurous lunches made with foods from around the world. Vegan Lunch Box also features: * Tips on raising and feeding happy, healthy vegan kids. * Fruits and vegetables even the pickiest eaters will love! * Product recommendations to make shopping a breeze. * An Allergen-Free Index identifying allergen-free recipes to suit your family's dietary needs. Dive into this collection of outstanding, well-balanced lunches, and soon you'll be packing your very own Vegan Lunch Box!



(Continued on next page)

(Continued from page 12)



Appetite for Profit:

How the food industry undermines our health and how to fight back

by Michele Simon

**Paperback: 416 pages
Publisher: Nation Books
September 29, 2006
ISBN: 1560259329**

Publisher's Description:

The United States is currently embroiled in a national debate over the growing public health crisis caused by poor diet. Many people are starting to ask who is to blame and how we can fix the problem, especially among children? The major food companies are responding with a massive public relations campaign. These companies, including McDonald's, Coca-Cola, Kraft, and General Mills, are increasingly on the defensive. In response,

they are pretending to sell healthier food and otherwise position themselves as "part of the solution." All the while, they continue to lobby against common sense nutrition policies. This book explains how to fight back by offering reliable resources. Readers will learn how to spot the PR, how not to be fooled, and how to organize to, for example, improve school food. *Appetite for Profit*:

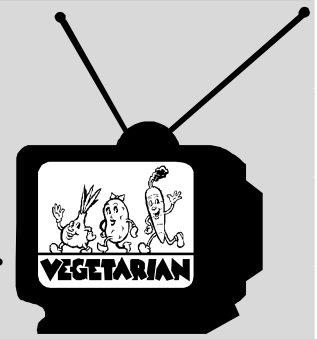
- Explains why we cannot trust food corporations to "do the right thing"
- Describes the local battles of going up against the powerful food lobbies
- Offers a comprehensive guide to the public relations, front groups, and lobbying tactics that food companies employ to trick the American public
- Provides an entertaining glossary that explains corporate rhetoric, including phrases like "better-for-you foods" and "frivolous lawsuit."



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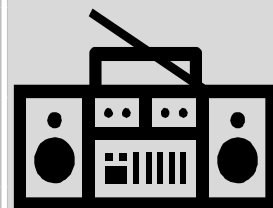
Maui—Calabash Cable Ch. 52
Tues. 8-9 p.m.
Weds. 6:30-7:30 a.m.

Big Island—Na Leo 'O Hawaii
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(Contagions *from page 1*)

However, the sky is not yet falling, and it should be recognized that even the giant plagues of medieval times were never 100% transmissible or 100% fatal; otherwise we wouldn't be here. Nor has any immunization scheme ever been 100% safe or 100% effective, and that's where Max Marshall's dictum rises and shines. Apparently I was the only person in class who was listening; many of my colleagues are now agonizing over the shortage of bird flu vaccine and Roche's Tamiflu, the treatment thought to be effective against H5N1. However, in my personal experience the only regimen capable of producing Max's "natural immunity" has been regular exercise and a vegan diet. The bugs are with us always, but as long as we take care of ourselves they leave us alone. A vegan diet isolates one from the food borne zoonoses and also clears out the animal debris and gives the immune system a clearer shot at the remaining pathogens.

But what about the others? It's a good bet that the AIDS virus got its start when African road laborers ate chimpanzees as "bush meat" ~50 years ago. Chimps are the natural host and reservoir for HIV-1, harmless in the chimps themselves but deadly in humans. After that, HIV-1 spread human-to-human *via* body fluids. (3) Over 22 million people have died from AIDS, and 74 percent of the 42 million now living with it are in sub-Saharan Africa. (4)

A particularly nasty customer, the spindle-shaped Ebola virus, is also carried by bush meat and probably entered humans *via* the same semi-cannibalistic route. (5) Its mortality is almost 90%.

In May 2003 studies found that the Severe Acute Respiratory Syndrome (SARS) coronavirus could be isolated from civet cats sold as food in the local markets in Guangdong, China. By June

2, 2003 the World Health Organization was reporting cumulative human SARS cases of 8,240 with 745 deaths. (6)

Did tuberculosis come to us from goats? Apparently one historian thinks so, although cows are also a good bet since the genome sequence of their *Mycobacterium bovis* is >99.95% identical to that of *M. tuberculosis*, the cause of TB in humans (7), and *M. bovis* has been known to jump the species barrier into humans.

A related agent, *Mycobacterium leprae*, the cause of Hansen's Disease, is an indolent organism that multiplies very slowly—once every two weeks. It's known to also make its home in armadillos, but one author proposes that humans got it from water buffalo. (8) In 2000 the world incidence of Hansen's disease was estimated to be 738,284 cases with India, Myanmar, and Nepal having 70% of cases. The water buffalo is a native of India and other parts of Asia. Generally a draft animal, it is occasionally both milked and eaten.

Smallpox (*variola*) originated as a mutant pox virus in cattle (8) who also had the kindly grace to carry the cowpox (*vaccinia*) virus, which humans used to make a protection from the smallpox. Vaccinations ended in 1977, however, when it became apparent that the vaccine was killing more people than the disease itself was, the WHO proudly announced on May 8, 1980 that smallpox had been defeated.

As I write, the media is currently agonizing over an outbreak of *E. coli* OH:157 found at Taco Bell, first thought to be in the green onions and then the lettuce, conveniently forgetting that the spinach-borne *E. coli* from the month previous was traced to contamination by feces from a nearby cattle operation. Is this a new journalistic trend? Why spotlight the plant foods when it always turns out that the bugs came from animal waste? The concentric layered structure of onions may offer passive shelter to *E. coli*, but it's

unlikely that *E. coli* can live metabolically in the onion for reasons outlined in my own book, online at http://vegsource.com/harris/book_contents.htm chapter VIII. Of the somewhat rare food-borne diseases listed, the score was animal foods 28, plant foods 5. And out of 116 laboratory culture media used to grow and isolate bacteria that cause human disease, 97 contain bile, blood, brain, eggs, heart, serum, and other animal material. (9) By contrast, only one out of nine media used to grow bacteria that cause plant disease uses animal material (beef extract). In short, humans are unlikely to get oak wilt by eating acorns, and tapeworms can't live in trees.

PS: Although not usually a food animal, the horse carries a coronavirus, which becomes the common cold in humans (10), so watch out for sneezing horses.

Dr. Greger's Bird Flu lecture will be shown multiple times in upcoming shows on "Vegetarian," the VSH weekly TV series. You can find the scheduling details in the box on page 13 and in more detail by visiting VSH.org.

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(Iron from page 3)

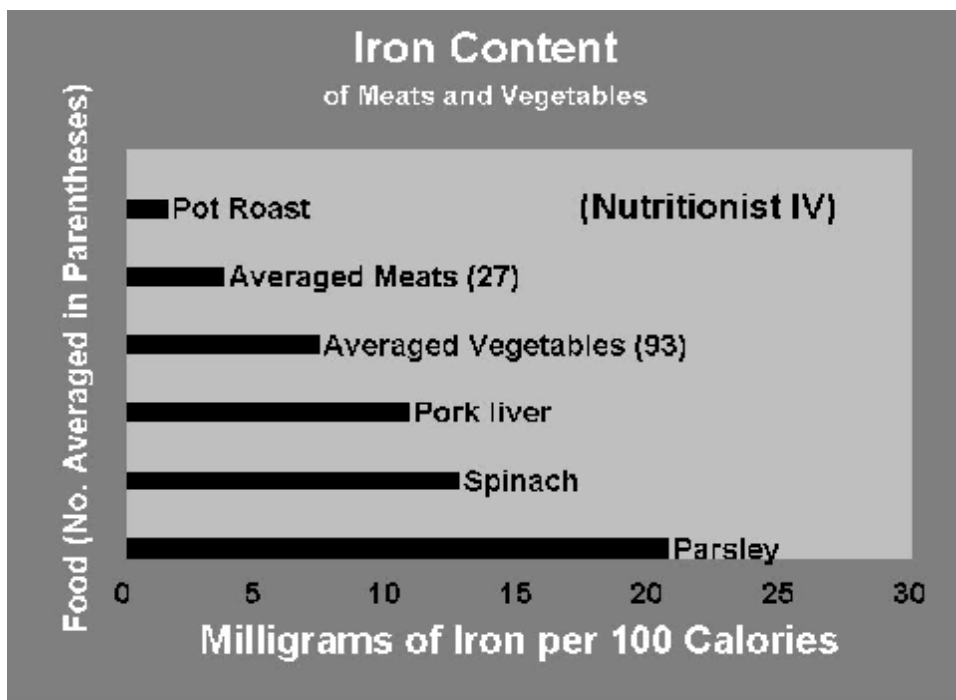
on cheap traditional foods may be healthier than overstuffed fast fooders, but that should not be taken as a basis for making grains and starches the bulk of the vegetarian diet. The nutritional status of all these groups would improve with more leafies, and perhaps raw nuts and seeds, but the leafies are more expensive than the grains so they can't support the huge populations so beloved of ancient kings and modern politicians. The nuts and seeds are also expensive, but, more importantly, eschewed by vegetarian authors for the

day (21).

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mistaken reasons outlined in my article *WHI* (Women's Health Initiative): *A dissident view* (20) on the grounds of their high fat content.

There are always options for improving the human condition. A critical look at historical dietary traditions is a good place to start. The principal effect of the grain-based agricultural revolution 12,000 years ago was a 16-fold population increase by 8000 BC and a decline in human health that continues to this

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