



# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 18, ISSUE 2, APR – JUN 2007

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## Public Lectures\*

**DAN PIRARO**

**“CARTOONS, COMEDY, & COMPASSION”**

Tue., April 10<sup>th</sup>, 7 p.m.

Ala Wai Golf Course Clubhouse

**ORI ANN LI**

**“DO WHAT YOU CAN WITH WHAT YOU HAVE WHERE YOU ARE”**

Tue., May 8<sup>th</sup>, 7 p.m.

Ala Wai Golf Course Clubhouse

**MICHELE SIMON**

**“APPETITE FOR PROFIT: HOW THE FOOD INDUSTRY UNDERMINES OUR HEALTH”**

Tue., June 12<sup>th</sup>, 7 p.m.

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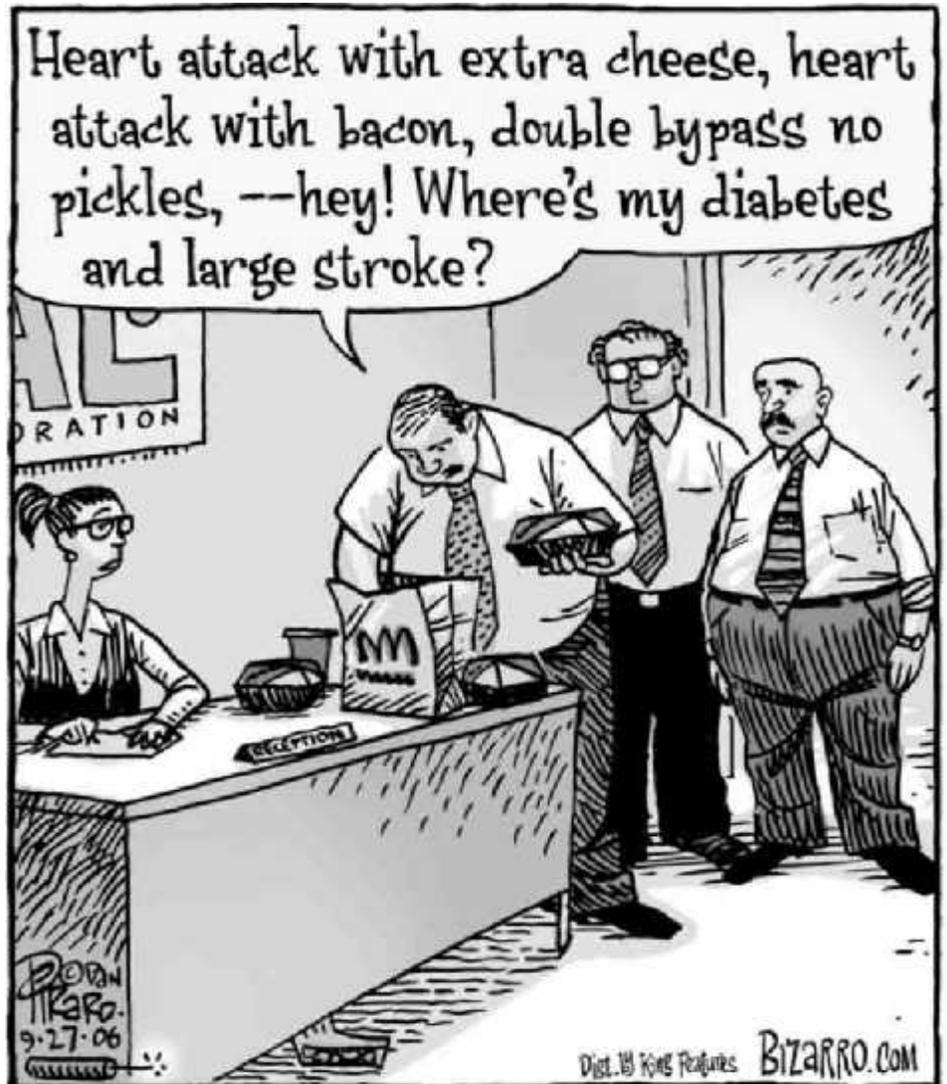
\*See page 8 for more information and for Maui meeting dates.

## Bizarro cartoonist brings his comedy act to Hawaii

**S**yndicated cartoonist and stand-up comedian Dan Piraro will be the VSH guest speaker in April. His daily cartoon feature Bizarro is published in approximately 200 markets in the U.S., Canada, Europe, Asia, and South America.

Piraro's one-man stage show, The Bizarro Baloney Show, recently played to standing-room-only houses at the New York International Fringe Festival and won the festival's Best Solo Show award.

See page 8 for more information on this event and other 2nd quarter guest speakers.





# PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.

## The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii.

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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 may not reflect those of the Vegetarian Society of Hawaii.

**G**reetings.

We extend our congratulations to Hawaii teen Alvin Park of Mililani, who recently was awarded PETA's Outstanding Activist award. According to the Honolulu Advertiser on March 22<sup>nd</sup>, Mililani teen Alvin Park has won an "Outstanding Activist" award from peta2, the youth division of international animal rights organization People for the Ethical Treatment of Animals. peta2 said Park, 15, has been organizing protests and other local action as part of the organization's international "Kentucky Fried Cruelty" campaign as well as protesting other activity. Park, who became a vegetarian at 13 after watching a PETA video called "Meet Your Meat," will receive a certificate for his efforts, peta2 said. The Hawaii teen is also featured on the organization's Web site, [peta2.com](http://peta2.com), as peta2's "Star Street Teamer." We certainly look forward to meeting Alvin soon and hope that he will be joining the Vegetarian Society leadership at some point in the future.

Further endorsement for the vegetarian diet can be found in a recent Kaiser Permanente publication that highlighted Lynn Hodgson, Ph.D., a University of Hawaii, West Oahu professor. With the help of a Kaiser weight management support group called Love Yourself Thin Effectively, or LYTE, Dr. Hodgson not only lost 25 pounds but also became a vegetarian in the process. After five years she reports that on her vegetarian diet and a regular exercise program she has been able to maintain her desired weight with ease, and she has more energy and strength.

And for all of us—"lucky we eat veg!" Recent studies that have come to my attention have found that 20% of all cancer deaths may be attributable to excess weight (not usually a concern for vegetarians) and that obesity may soon become the leading cause of death in this country, according to the University of California at Berkeley Wellness Letter. Furthermore, I read, dietary fiber and colorectal cancer are demonstrably negatively correlated—that is, the more fiber, the less likelihood of this cancer. Since the basic construction of vegetables and fruits IS fiber—and since there is ZERO fiber in all animal "foods"—guess which diet has the advantage. This also brings up the "question" (not to us, though) of low carb diets: It is explained, again by a Kaiser dietician, that the widely advertised high animal protein diets are seriously deficient in fiber; over the long term, such a diet is harmful to numerous organs and systems. So, let's continue to (gratefully) eat our veggies. Till next time.

*Alida*

# You can make a difference

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

The Vegetarian Society of Hawaii (VSH), founded in 1990, has been a shoestring operation since its inception, seldom having more than a dozen active workers and Board members. At last count, membership was up to 2076, but at this point only a half dozen people are doing all the work of lining up monthly speakers, editing/printing/ mailing the quarterly VSH newsletter, creating and sending out the weekly TV show to all four islands, maintaining the website, and keeping track of the club's finances.



For sixteen years we have been asking for volunteers to help out, but for various reasons, including frequent changes in volunteer availability, we have had little success. Now we are trying a new tack and ask for your consideration. We are putting together an e-mail list of people willing to help with essential functions on an episodic basis as opportunities arise.

Please consider becoming a VSH volunteer. You will receive an e-mail from us outlining what we need and asking that you send us back a response indicating your "yes" or "no" for the particular job at hand. If you volunteer for a job, such as tabling, that requires some knowledge of the VSH position on ecology, ethics, and health, we ask that you mouse click your way through our PowerPoint exposition at [http://www.vsh.org/tv/VSHintro2\\_files/frame.htm](http://www.vsh.org/tv/VSHintro2_files/frame.htm).

To receive the volunteer questionnaire please e-mail Bill Harris at [HARRISMDW001@hawaii.rr.com](mailto:HARRISMDW001@hawaii.rr.com).



## VSH speaker's bureau

The Vegetarian Society of Hawaii announces the formation of a speaker's bureau. If you know of a school, young business, or civic group that would be interested in hearing about the environmental, ethical, and health aspects of a vegan diet, please e-mail

[HARRISMDW001@hawaii.rr.com](mailto:HARRISMDW001@hawaii.rr.com).

We will provide a speaker at no cost, a 30-50 minute illustrated presentation, and a projector. Your job will be to organize the time and venue, which will require a room with a light colored wall for the projector, seating for 30-100 people, and an electrical outlet. So far the speaker's list includes Ruth Heidrich, Ph.D., Neal Pinckney, Ph.D., Karl Seff, Ph.D., and Bill Harris, M.D.



Sirilak and Patrick Moore were among the volunteers who manned the VSH booth at the Great Aloha Run Health and Fitness Expo in February at the Blaisdel Center in Honolulu. Patrick is the VSH Correspondence Secretary and new volunteer coordinator.

*To be a vegetarian is to disagree—to disagree with the course of things today. Starvation, world hunger, cruelty, waste, wars—we must make a statement against these things. Vegetarianism is my statement. And I think it's a strong one.*



-Isaac Bashevis Singer

# ANIMAL RIGHTS CORNER

*“If any kid realized what was involved in factory farming, they would never touch meat again. I was so moved by the intelligence, sense of fun, and personality of the animals I worked with on Babe that by the end of the film I was a vegetarian.”*  
—James Cromwell



## \$3.3 million...\$9.4 million—it’s chicken feed for the livestock industry

by Cathy Goeggel  
VSH member

Sadly, by the time you read this, it may be a done deal, and the taxpayers will once again be pouring good money after bad to prop up the foundering livestock industry in Hawaii.

It began with SB 1307. Testimony from the dairy and egg people confirmed that they can’t compete with mainland products and that feed costs make up to 70% of production, so they have appealed to the generous financial buffet that is our legislature. This bill would provide a two-year infusion of cash to these farms (there are only five dairies and nine egg farms in the state—and we have heard that Maui Fresh Eggs is closing very

soon). Worse, the \$6.6 million is just a stop gap—they want more, much more, and they want to include the cattle, chicken, and hog farmers, and they want sustained financial support. The Hawaii Farm Bureau and the Department of Agriculture spoke in favor of this.

Animal Rights Hawaii (ARH), Dr. Bill Harris, and others gave testimony in opposition, but the bill advanced with amendments, increasing the amount of money and adding new beneficiaries. Its purpose is now to create a livestock revitalization and food security program, the claim being that Hawaii would be otherwise in danger of relying solely on

**“Since the legislature considers animal products to be vital nutrition, it is opening the coffers even more...”**

mainland meat and milk. Since the legislature considers animal products to be vital nutrition, it is opening the coffers even more and creating a livestock revitalization program to administer and disburse funds to qualified dairy,

poultry, pork, and egg producers for up to fifty per cent of their feed costs. It also appropriates moneys in each year of the fiscal biennium for the Department of Agriculture to disburse to qualified producers of milk, pork, and poultry products for the costs of feed and for the administrative costs of the revitalization program.

We were, however, able to stop HB1778, which would have authorized the issuance of up to \$37 million in special purpose revenue bonds to

assist Hawaiian Dairy Farms, LLC.—which is NOT even a Hawaii company and not registered with the Department of Commerce and Consumer Affairs—it is a Wisconsin dairy company whose web site is registered with a company entitled “Perfect Privacy” in Atlanta, Georgia, a service that allows masking one’s identity.

Finally, we are investigating the financial health of the Hawaii Livestock Cooperative (HLC), which was granted a \$10 million loan by the legislature several years ago to build a new slaughterhouse at Campbell Industrial Park. The loan guarantor, Palama Meat, went bankrupt in 2004 and was bought by a mainland company. Our request for information on HLC’s lease payments have not yet been answered by the Department of Agriculture.

*Cathy Goeggel is founder of Animal Rights Hawaii.*

## Local politics not veg-friendly

by Eva Uran  
VSH member

Two recent articles in our local papers, within one day of each other, drive home the point that our politics lean heavily in favor of the meat and dairy industries.

The first one, dated February 25<sup>th</sup> entitled “Surplus fuels tax reform”

*(Continued on page 5)*

### Animal Rights Hawaii

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Honolulu, HI 96816  
(808) 941-9476

[AnimalRightsHawaii.org](http://AnimalRightsHawaii.org)  
[info@AnimalRightsHawaii.org](mailto:info@AnimalRightsHawaii.org)



(Continued from previous page)

(<http://starbulletin.com/2007/02/25/news/story04.html>), included a bottom bar listing “Where that extra money could go.” I’ll quote the one that would interest VSH members:

“Eliminating the general excise tax on essential foods, ranging from milk and eggs to poi and rice. Supported by both Lingle and some Senate Democrats.”

Note that no mention was made of fruits and vegetables. Have they deliberately excluded those items or deemed them unworthy of even being mentioned?

Far more blatant and outrageous is the second article, dated February 26<sup>th</sup> entitled “\$9.4 Million for the Livestock Industry?” (<http://www.honoluluadvertiser.com/apps/pbcs.dll/article?AID=/20070226/BUSINESS11/702260306/1071>) The first sentence reads:

“State lawmakers are considering spending up to \$9.4 million over two years to help prop up Hawaii’s ailing livestock industry.”

That is coming out of our taxes! Imagine each of you having your pockets picked to support an industry that is a total anathema to your value system! How can you remain silent after this?

I certainly have far better ideas for how that \$9.4 million could be spent – along with some of that state surplus.

For one, help cattle farmers transform their business to growing fruits and vegetables. I personally know a farmer in San Luis Obispo, California who shifted to a 100-acre avocado orchard business after his cattle venture failed, and he’s being doing very well. I used to buy avocados from him at a farmer’s market, and they were the best kind – *Haas* – so yummy and also cheaper than usually found elsewhere. For me personally that was a boon!

Now that the price of oranges has

skyrocketed as a result of the California freeze earlier this year, it would be wonderful if farmers could receive help in planting new citrus trees and setting up security systems to protect themselves from crop theft, which is so prevalent nowadays. I heard that the Kau Orange owner sold out because of losses from thefts. If we can protect farmers from this, more of them would be willing to raise crops locally, and we would save a lot of money by not having to import produce from the mainland, which is becoming more and more expensive: twice in one year Govinda’s raised its prices on juices because of the higher costs of fruits and vegetables imported from the mainland.

With a VSH membership of 2,000+, imagine our political power if we had voiced collective protests to our lawmakers. This is taxation without representation, as these people listen to only a few powerful interests! As a collective we can achieve a whole lot more than as individuals, as we heard loud and clear at a VSH lecture back in August 2003 by Wayne Pacelle, Chairman and founder of Humane USA, the non-partisan political arm of the animal protection movement. Wayne told us that politicians do listen when a considerable number of constituents who can tip the scales in the favor of their re-election speak out and present a united front—even if they might not wholeheartedly agree on the issue. Never underestimate the power of the people, even small groups. I can attest to this from personal experience. Back in California when I wrote to a local politician protesting her anti-environmental policies, she never bothered to write back to me, but when I collected 100 signatures in a petition, I heard from her fast!

My suggestion (and I’m willing to

help personally if our web designer can help out): create a web page for political activism like NRDC or the local Coalition for a Tobacco-Free Hawaii, which emails sample letters to their members asking them to edit them to their tastes and then forward them to their local representatives (which the program routes automatically). Then we could flood our representatives with protests. A well organized group can achieve wonders. Look what the

**W**ith a VSH membership of 2,000+, imagine our political power if all of us had voiced our collective protests to our lawmakers.

Coalition for a Tobacco-Free Hawaii managed to do—win an uphill battle to enact the Hawaii smoking ban and then keep it going when bar owners called for its repeal. We flooded politi-

cians with emails exhorting them not to lift the ban and it worked! That shows that we have the power to overcome special interests if we just do it!

Here are my political recommendations:

1. Abolish excise taxes on produce.
2. Instead of subsidizing the cattle industry, help them switch over to planting fruit trees, especially expensive ones in high demand like citrus and avocados.
3. Subsidize farmers in setting up security systems to protect their crops from theft.
4. Provide healthy food in schools like orange juice, nuts, dried fruits, and vegetarian sandwiches and soups.
5. Teach parents how to introduce healthy dietary alternatives.

Finally, I call upon everyone to write letters to the editor and let us know how you feel about this issue. Are you willing to participate in such a campaign to help turn the tide and create a more vegetarian-friendly political climate? It’s really up to us to get involved!



# McDougall Newsletter

## When friends ask: Where do you get your calcium?

by John McDougall, M.D.

One of the first questions concerned family and friends ask when they learn you have become vegan and now avoid all animal products, including dairy products is, “Where do you get your calcium?” Begin your dialog with them by assuming that the questioners have sincere interests in expanding their knowledge about good nutrition—rather than just trying to prove your diet is deficient, and to justify their daily eating habits.

### Misinformation Is Promoted for Profits

We have all grown up educated about proper nutrition by the food industries, and the leader in “diet schooling” is the dairy industry. You might remember, at the center of these instructional campaigns has been “a teaching cow.” In my youth, living in the Midwest, I learned about the importance of “milk for building strong bones” from Elsie, the cow. Lani Moo took over my education on “never out growing my need for milk” when I moved to Hawaii as a young doctor in the early ‘70s. In the mid ‘80s we settled in Northern California where Clo, the cow, provided dairy-friendly advice from billboards lining Highway 101. These cows are innocent participants in the enormous marketing efforts to sell products to correct a non-existent problem: dietary calcium defi-

ciency.

One nutrient stands out as especially abundant in dairy foods: calcium. You might expect marketers to exploit this feature to sell cow’s milk to customers. To do this they had to create the fear that without their products, uniquely concentrated in calcium, people will develop disease—in this case fragile bones. In the U.S., the variety of dairy industries combine into a greater than a \$50 billion-a-year business, which raises and spends \$206.5 million dollars annually to spread the myth that dairy foods are not only a healthy choice, but are also essential to avoid be-

coming sick.<sup>1</sup> They write, “To meet calcium recommendations, increased consumption of calcium-rich foods such as milk and other dairy foods, often is necessary. Unfortunately, few Americans consume sufficient calcium, thereby increasing their risk for major chronic diseases such as osteoporosis.”<sup>2</sup> And their fear mongering is working: Today, the average person consumes more than 593 pounds of dairy products annually, compared to 522 pounds in 1983.<sup>3</sup>

### Human Calcium Needs Are Surprisingly Low

A recent study of Inuit (Eskimo) children found their diet, consisting largely of meat (which has almost no calcium), provided about 120 mg of calcium daily, but because of their

physiologic adaptations these children were found to be healthy.<sup>4</sup> As long ago as 1978 Paterson wrote in the Postgraduate Medical Journal, “Many official bodies give advice on desirable intakes of calcium but no clear evidence of a calcium deficiency disease in otherwise normal people has ever been given. In Western countries the usual calcium intake is of the order of

**D**airy industries spend \$206.5 million dollars annually to spread the myth that dairy foods are not only a healthy choice, but are also essential to avoid becoming sick.

800-1000 mg/day; in many developing countries figures of 300-500 mg/day are found. There is no evidence that people with such a low intake have any problems with bones or teeth. It seems likely that normal people can adapt

to have a normal calcium balance on calcium intakes as low as 150-200 mg/day and that this adaptation is sufficient even in pregnancy and lactation. Inappropriate concern about calcium intake may divert attention and resources from more important nutritional problems.”<sup>5</sup> And that is exactly what the talented marketing people in the dairy industry have done with the help of friendly government officials in the USDA: they have placed the spotlight on the nutrient, calcium, which is easily obtained in sufficient amounts from almost any diet—and at the same time, taken the beam of truth off of the fat, cholesterol, and contamination—the life-threatening components of dairy foods. One of the ways this has

*(Continued on page 7)*

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been done is by sensationalizing rare cases of calcium deficiency in children on bizarre diets.

### **Dairy Foods Are Found Unnecessary for Children**

Contrary to the dairy industries marketing campaign, reviews of the scientific literature have concluded extra dietary calcium during childhood does not build strong bones. A review published in the March 2005 issue of the *Journal of Pediatrics* focused on the benefits of dairy products on bone health and concluded, "Scant evidence supports nutrition guidelines focused specifically on increasing milk or other dairy product intake for promoting child and adolescent bone mineralization."<sup>11</sup>

A recent metaanalysis published in the October 2006 issue of the *British Medical Journal* found, "The small effect of calcium supplementation on bone mineral density in the upper limb is unlikely to reduce the risk of fracture, either in childhood or later life, to a degree of major public health importance."<sup>12</sup> The authors state, "Our results do not support the premise that any type of supplementation is more effective than another." Their findings mean that dairy products have no real-life bone-strengthening benefits. Even studies that used intakes of 1400 mg per day of calcium showed no benefit.

An editorial accompanying this metaanalysis pointed out, "Populations that consume the most cow's milk and other dairy products have among the highest rates of osteoporosis and hip fracture in later

life."<sup>13</sup> So does this mean consuming dairy products will hurt your bones?

### **Dairy-Industry Funded Research Shows Little Benefit for Adults**

The National Dairy Council says, "Consuming an adequate intake of calcium reduces the risk of osteoporosis."<sup>2</sup> But is that

**Contrary to the dairy industries marketing campaign, reviews of the scientific literature have concluded extra dietary calcium during childhood does not build strong bones.**

true? A recent review published in the *American Journal of Clinical Nutrition* of the research on the effects of dairy products on bone health found 57 studies, and of these, 21 studies were considered to have stronger

evidence, worthy of inclusion in this review.<sup>16</sup> Of these better studies, 57% showed no significant benefit from dairy, 29% were favorable, and 14% were unfavorable. Not mentioned is the fact that most of these 57 studies were funded by the dairy industry, yet with all their influence on the research, they could not make a solid case for dairy benefiting the bones.

This review included seven randomized, controlled trials (a research design scientists consider most valuable)—six of these were identified in the papers as being funded by the dairy industry. Only one of these studies (which was funded by the National Dairy Council) looked at the effects of fluid milk on postmenopausal women.<sup>17</sup> The findings showed subjects who received the extra milk (three 8 ounce glasses of skimmed milk daily) for a year lost more bone than those who didn't drink the extra milk. The authors, Recker and Heaney, wrote, "The protein content of the milk supplement may have a negative effect on calcium balance, possibly through an increase in kidney losses of calcium or through a direct effect on bone re-

sorption. . . this may have been due to the average 30 percent increase in protein intake during milk supplementation." Because of research like this, largely funded through their own generosity, the people running the dairy industry know milk does not build strong bones and that the protein in the milk actually damages the bones.

### **They Are Just Doing Their Job—Selling Cow's Milk to People**

The worldwide observation that billions of people grow normal adult skeletons without consuming cow's milk or calcium supplements should be enough to reassure everyone of the adequacy of a plant-food-based diet, and forever erase from people's minds the question, "Where do you get your calcium on a vegan diet." This would be the case except for the billions of dollars that are at stake.

Even in the face of solid scientific evidence to the contrary, because in part of the annual \$206.5 million advertising campaign of the dairy industry, mothers, doctors, and government officials have bought the dairy industries propaganda about calcium. Misleading marketing might be forgiven if the only consequences were wasted money and efforts; but the costs deepen. The result of selling dairy foods to correct a problem that does not exist—calcium deficiency—is that consumers buy foods that actually make them sick.

Next month's newsletter will focus on the health consequences of believing the big fat lies from the dairy industry.

*References may be found on the [drmcDougall.com](http://drmcDougall.com) website.*

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*Subscribe to the free McDougall e-newsletter at [drmcDougall.com](http://drmcDougall.com).*

*Dr. McDougall has been a VSH guest speaker a number of times, most recently in April 2006.*



# Vegetarian Society of Hawaii

## Calendar of Events: April—June 2007

### BIZARRO'S DAN PIRARO

#### “Cartoons, Comedy & Compassion”

Tuesday, April 10<sup>th</sup>, 7 p.m., Ala Wai Golf Course Clubhouse



Dan Piraro is an experienced speaker and stand-up comedian, and his presentations reflect this. His subject matter typically includes a wide variety of topics—from his cartoon career to his political views and his path to animal advocacy and veganism. He uses videos, still images, cartoons, songs, stories, and the occasional onstage drawing to communicate his ideas. Audiences are brought from laughter to concern to empathy and back again in this informative and entertaining presentation.

Dan Piraro first published his internationally syndicated comic feature, *Bizarro*, in 1986. He has also published fourteen books. He has traveled the nation as a stand-up comedian and will be featured later this year in HBO's "Comic Relief." *Bizarro* has won numerous awards, including an unprecedented three consecutive "Best Panel" awards from the National Cartoonists Society. He and his wife live in New York City and are passionate vegans and animal rights/environmental activists.

Mr. Piraro will also be speaking on Maui: Wednesday, April 11<sup>th</sup>, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

### MRS. HAWAII INT'L ORI ANN LI



#### “Do What You Can with What You Have Where You Are”

Tuesday, May 8<sup>th</sup>, 7 p.m.  
Ala Wai Golf Course Clubhouse

Ori Ann Li is the current Mrs. Hawaii International. She is a vegan and an advocate for both animal rights and the health benefits of the vegetarian/vegan diet. She will discuss her platform, which is humane treatment of animals, and will share her past experience helping animals and her most recent activities and future plans. She will also reveal her "beauty secrets," how she stays healthy and fit, and, best of all, she will share her original recipes and speak about how to cook gourmet Chinese vegan food with simple ingredients. These recipes have been shown on Dick Allgire's popular television segment "Cook Healthy Fast" on KITV.

As Mrs. Hawaii International 2007 Ori Ann will represent Hawaii in the upcoming "Mrs. International" beauty pageant to be held this July in Chicago.

Ori Ann graduated from the University of Hawaii with a bachelor's degree in broadcast journalism and a master's degree in theatre studies. She taught at Chaminade University and is currently a freelance language translator.

Mrs. Li will also be speaking on Maui: Wed., May 9<sup>th</sup>, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

### MICHELE SIMON, ESQ.

#### “Appetite for Profit: How the Food Industry Undermines Our Health”

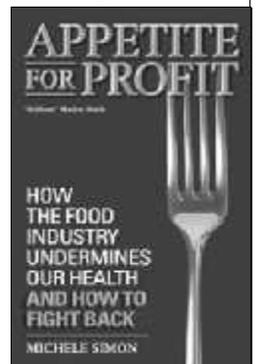
Tuesday, June 12<sup>th</sup>, 7 p.m.  
Ala Wai Golf Course Clubhouse



Michele Simon will discuss her book *Appetite for Profit: How the Food Industry Undermines Our Health*, which lays bare the disaster of industrial food, exposing the corporate greed and propaganda controlling our media and politics on critical issues of health and sustainability.

Ms. Simon is a public health lawyer who has been working as a nutrition advocate since 1996, specializing in legal strategies and food industry tactics. She has published numerous articles about such issues as the National School Lunch Program, the Dietary Guidelines, and corporate lobbying. She lectures extensively and teaches Health Policy at the University of California, Hastings College of the Law, where she also received her law degree. She earned her master's degree in public health at Yale University.

Ms. Simon will also be speaking on Maui: Monday, June 11<sup>th</sup>, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.



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



Sylvia Thompson and Rebecca Woodland of "Licious Dishes," a prepared meals service, gave a living foods demonstration at the VSH meeting on Oahu in January. Ms. Thompson also gave a demo. on Maui.



In February, American Heart Month, Straub cardiologist John Kristofich, M.D., presented "How to Stay Heart Healthy."



"Our Hunger for Antioxidants" was the topic of the March meetings, presented by UH Manoa Professor of Chemistry Karl Seff, Ph.D.

## VHS Events 1Q2007

# Donate, Join, or Renew today!

## Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_

E-Mail: \_\_\_\_\_

# \_\_\_\_\_ D \_\_\_\_\_ Ex \_\_\_\_\_

**Yes,** please enroll me as a member.

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

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

\$20    \$38    \$54    \$68    \$80

\$12    \$24    \$36    \$48    \$60

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

Life membership \$400

\$\_\_\_\_\_ additional tax deductible donation

Please check one:

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

Contact me about volunteer opportunities.

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

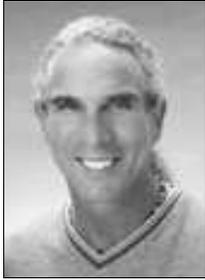
**M**embers receive a quarterly newsletter and discounts on products and services at vegetarian-friendly restaurants and health food stores.

# Let's pretend

by Hesh Goldstein  
VSH member

When I was a kid, most of my time was spent pretending.

Pretending to be Superman, pretending to be a cowboy, pretending to be a hero and, at times, pretending to be a doctor. As I grew up I realized that pretend time was growing to a close and reality



time was getting closer and closer at hand. Little did I realize that, for some, *pretend* is a way of life. How so, you ask? The following are some of my perceptions and observations into the

ongoing world of *pretend*.

The way conventional medicine is practiced today is *pretend medicine*.

The doctors and the drug companies *pretend* to make patients healthier by giving them drugs. The Fraud and Drug Administration *pretends* to protect the safety of the public. Medical journals *pretend* to print only peer-reviewed, scientifically sound research papers.

Drug companies *pretend* to care about the lives and health of patients. Non-profit disease front groups *pretend* to

be searching for the cure, while, in reality, most of them are only searching for more ways to recruit patients into

conventional medicine treatments like drugs, surgery, chemotherapy, radiation, and above all, donations.

How do we know that this is all pretend? Besides the junk science, corruption, fraud, collusion, conflicts of interest, and outright dishonesty that

## If modern medicine really worked and wasn't just pretend, wouldn't we in the U.S. be the healthiest population in the world?

characterize modern medicine, there is one more very salient factor to consider: The results! If modern medicine really worked and wasn't just pretend, wouldn't we in the U.S. be the healthiest population in the world?

We pay more for health care per person than any nation in the world. We take more drugs, undergo more surgical procedures, and have more hospital visits than any other country. If the drugs-and-surgery approach to medicine actually produced healthy human beings, we would be the "master race."

Instead, we have more disease, disorders, and illnesses than any population that has ever been observed in the history of civilization. Why? *Pretend medicine*, that's why!

So, where are we headed with all this make-believe in abundance? For openers, the U.S. of A. still *pretends* to offer the best health care in the world, yet we pay the highest drug prices on the planet, have the highest rates of chronic degenerative disease, and have earned top ranking for the most citizens without health insurance of any industrialized nation. We are also #1 in mental disorders.

The politicians *pretend* to get seri-

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ous about health care reform. These health reform proposals *pretend* to reduce health care costs through a shell game illusion that simply shifts the burden of paying for disease management services to whatever group hires the fewest lobbyists. And once the reforms are complete, the corrupt politicians take the spotlight and *pretend* to have helped the American people. Remember the recent Medicare drug benefit fiasco? That was Washington's way of *pretending* to help senior citizens save money, many of whom were left out in the cold as a result of massive failures in a government database that some highly paid consultant *pretended* would actually work.

As the plot thickens, mainstream media *pretends* to offer objective reporting on the health care crisis, relying on journalists who *pretend* to actually know something about health.

Conventional medicine exists in a dream world. While cancer groups, researchers, and drug companies promise a better quality of life and health, the reality is far different: accelerating chronic disease, skyrocketing health care costs that are putting U.S. companies like General Motors out of business, and hundreds of thousands of Americans being killed by medication side effects—an atrocity that the Fraud and Drug Administration still hasn't seemed to notice.

So, what do you think? Maybe it's time we all stopped *pretending*. Maybe it's time that conventional medicine stopped "playing doctor" and started helping patients heal by means of diet and lifestyle changes and natural therapies that are safe and effective and actually work? You see, once someone is killed by prescription drugs, we cannot *pretend* to bring them back.

Hesh Goldstein is the host of Health Talk on K108 radio (AM 1080) on Saturdays, 8-9 a.m. (808) 258-1177, fax: (808) 848-8640, [heshgoldstein@gmail.com](mailto:heshgoldstein@gmail.com).

## Food for thought on global warming

by Bruce Friedrich

Despite the wave of frigid air that swept in with the new year, 2006 was the warmest year on record in the United States. The United Nation's Intergovernmental Panel on Climate Change (IPCC), a scientific panel that met recently to discuss global warming, reported that climate change is "very likely" caused by human activities, including burning fossil fuels and cutting down forests.

The IPCC predicts that temperatures might increase by as much as 7.2 degrees and sea levels may rise by 7 to 23 inches by the end of the century. It's a stark message. We've obviously messed up our planet—scientists foresee floods, melting ice caps, devastating droughts, and stronger hurricanes and tropical storms. Wildlife will struggle to survive. It's not something to be proud of.

But then, just when it seems like the best option would be to leap off the nearest melting iceberg, the panel reassures us that global warming could be substantially blunted if people would take immediate action to reduce greenhouse gases.

Here's what they *didn't* explain: Switching to a vegan diet is a simple, effective way to shrink greenhouse gas emissions.

The digestive processes of the billions of animals raised to become sandwiches and snacks each year, as well as the 87,000 pounds of excrement that they produce every second, release enormous amounts of methane, a potent greenhouse gas.



A November 2006 report published by the UN's Food and Agriculture Organization (FAO) revealed that the livestock sector generates more greenhouse gas emissions—18%—than transportation.

The FAO also reported that the livestock industry is responsible for 37% of anthropogenic (generated by human activity) methane and 65% of anthropogenic nitrous oxide, both of which have a higher "global warming potential" than carbon dioxide.

It also blamed the livestock sector for heavy deforestation, and according to the World Resources Institute, deforestation is responsible for about 20% of all global warming emissions.

The FAO report followed an April 2006 study conducted by researchers at the University of Chicago, who compared the amount of fossil fuel necessary to produce various foods, taking into account the fuel needed to run machinery, provide food for animals, and irrigate crops. They found that the typical U.S. meat-eater is responsible for the emission of nearly 1.5 tons more carbon dioxide per person per year than a vegan (pure vegetarian), simply because of the difference in food choices.

What is the "payoff" for polluting the planet and using fossil fuels like there's no tomorrow? Greasy chicken nuggets and hamburgers. In other words, cholesterol medication, doctor visits, and Weight Watchers meetings.

I may not be a scientist, but I think the answer is obvious: Having meat to eat is not worth changing the world's climate, killing animals—both cattle and polar bears—and ourselves.

Bruce Friedrich is Director of Vegan Campaigns for People for the Ethical Treatment of Animals (PETA). He was the VSH meetings speaker in June 2002.



# Book Reviews

## Dairy, Drugs, and DXA Devices

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

### The Myth of Osteoporosis

by Gillian Sanson  
MCD Century Publications 6/1/03  
ISBN-10: 0972123342

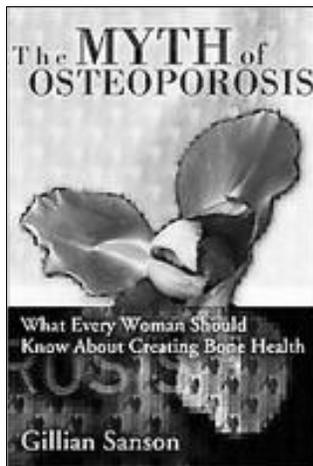
### Senior Fitness

by Ruth E. Heidrich, Ph.D.  
Lantern Books 5/5/05  
ISBN-10: 1590560744

OK, if it's a myth, then who created it—and why? Sanson, as well as Hawaii's own Ruth Heidrich in her book *Senior Fitness*, suggests it's partly about peddling drugs, dairy products, and diagnostic gadgets to panicking menopausal women who believe that their bones are diseased. Sanson's 240-page book includes 283 citations, mostly from peer-reviewed journals, and Heidrich's Chapter 10, Osteoporosis, adds another 30.

Both authors point to studies showing that machines measuring bone mineral density (BMD) with dual energy X-ray absorptiometry (DXA) are not well standardized and can give conflicting results from one study to the next, that the drugs used in the treatment of osteoporosis have side effects and that their benefits are not well established, and that milk, the food commonly recommended as the best calcium source, does not prove out as an effective treatment for thinning bones.

A dietary regimen that does seem to help is one low in the sulfur amino acid methionine, which breaks down to sulfate, which drags serum calcium out



in the urine. A vegan diet centered on vegetables has adequate but not excessive methionine and plenty of calcium. And in a sort on calcium per

Calorie in the USDA nutrient database, the first dairy product (whey) comes in below 42 leafy greens.

However, one must question the rationale of measuring BMD in the first place. Bones usually thin out with age (although Heidrich's BMD has increased, apparently as a result of her exercise routine and raw vegan diet), but not everyone with low BMD breaks bones, and some people with high BMD do. Will knowing your

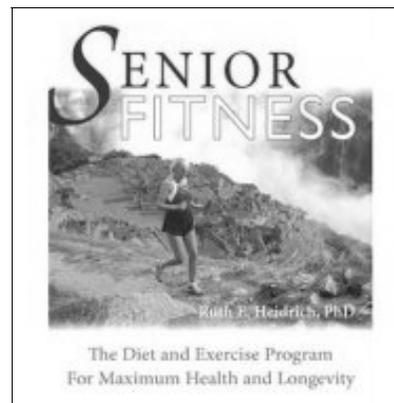


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BMD benefit *you* or only the companies making the DXA machines, the drug companies, and dairy interests? These folks seem to be working together for financial benefit, and there are a number of things that may be of more value to you.

DXA measures only the ability of bone minerals to stop x-ray photons, but it says nothing about bony architecture, so if your BMD comes back low, ask about a Singh Index. This study can be done at lower cost with a plain x-ray of the hip that shows Ward's triangle, the pattern of mineralized bony



collagen that provides strength.

Secondly, since falls are inevitable, learn how to fall in such a way that the impact load is distributed over a larger body area and a longer time interval. Judo, trampoline, and parachute landing falls all do this and were developed to reduce the risk of fracture; an uncoordinated fall on an outstretched hand may break even the strongest wrist.

Sanson and Heidrich put load bearing exercise and Vitamin D high on the list of bone strengthening strategies. However, neither mentions that the second highest source of Vitamin D in the USDA Nutrient Database, SR 13 is shiitake mushrooms, a vegan source, at 1660 IU/100 gm. Adequate intakes of other minerals beside calcium, including boron, copper, magnesium, manganese, phosphorus, potassium, silicon, strontium, and zinc are also positive factors. The authors agree that negative

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factors in bone health include alcohol, caffeine, smoking, and sodas, but those items are eschewed by most vegans, anyway.

## Prevent and Reverse Heart Disease

by Caldwell B. Esselstyn, Jr., M.D.  
Avery/Penguin Group, Feb. 2007  
ISBN: 1583332726  
\$24.95 Hardcover

Review by Neal Pinckney, Ph.D.  
VSH member

It's unusual to find a book that offers a combination of 20 years of scientific research relating nutrition to health, the experience of a distinguished medical practice, and an easy-to-understand, straightforward how-to-do-it guide to making yourself heart attack-proof. Dr. Caldwell Esselstyn's *Prevent and Reverse Heart Disease* does it all, clearly and convincingly. Dr. Esselstyn, who gave a talk at a VSH meeting a while back, is charming, assuring, and highly respected for his credibility.

This new book takes us back to the beginning of Dr. Esselstyn's groundbreaking research project yielding solid evidence that what we eat determines how free of heart disease we'll be, even more than the genes we often blame for this disease. We follow Dr. Esselstyn's earliest patients, who had been told they were going to die and

that there was nothing more that could be done for them, as they not only halt the progress of coronary artery disease but actually reverse the blocked arteries. For any doubting Thomases, the before and after graphics of those arteries are included.

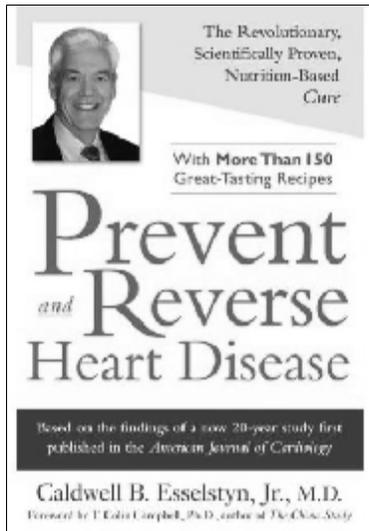
The importance of a plant-based diet without added oils and foods that are high in fat, is clearly explained. In the first half of the book Dr. Esselstyn examines the scientific studies and epidemiological evidence and draws logical and convincing conclusions in simple, understandable language. It also explains how to make the recommended lifestyle changes and tells us about the vested interests and politics that would keep us from knowing the truth about what we are told about nutrition and health.

The second half of this book is a treasure trove of more than 150 recipes, all plant-based (vegan) and all low in fat. Most of the recipes in this book are

new, interesting, and creative, starting with breakfasts and progressing to salads, sauces, soups, sandwiches, main courses, and desserts that appear decadent but are healthy and safe. The author's charming wife, Ann Crile Esselstyn, deserves credit for this bonanza. And the Esselstyns practice what they preach—the entire family follows this healthy lifestyle. As the authors' children begin their own families, a new generation is also doing so.

The book has appendices that include lists of safe foods, resources, publications and references.

*Neal Pinckney, Ph.D. is the founder of the Healing Heart Foundation. For over 250 additional recipes and a discussion board to support people following this lifestyle, please go to his website: kumu.org.*



On TV...



### "Vegetarian"

View VSH lectures.

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

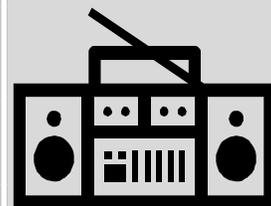
**Maui**—Calabash Cable Ch. 52  
Tues. 8-9 p.m.  
Weds. 6:30-7:30 a.m.

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

**Kauai**—Hoike Cable Ch. 52  
Check your local listings.

### "McDougall, M.D."

Check your local listings.



...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

# Restaurant Review

## Volcano Joe's Island Bistro

### A mature University diner

by Karl Seff, Ph.D.  
VSH Board member

**1810 University Avenue (at Metcalf), across from Sinclair Library. 941-8449**

**Hours: "Coffee:" 6 a.m.-8 p.m., M-F; 7 a.m.-8 p.m. on weekends.**

**Breakfast: 8 a.m.-10:30 a.m. daily.**

**Island Bistro: 11 a.m.-10 p.m. daily.**

**When the University is on break, V.J.'s has shorter hours.**

It was 6:30 p.m. on a Wednesday. I was in my office at U.H. Manoa and I was getting seriously hungry. I walked Ewa across campus, enjoying the bright sunset in front of me, stopping in a campus building to wash up. I crossed University Ave. and entered Volcano Joe's.

There at the entry, taped on the side of a white refrigerated cabinet, was a white page. It said, "DAILY VEGAN SPECIAL." Under that it said, "Daily Peace Offering \$6.45." After that, "organic yellow split

peas, organic tofu, string beans, tomatoes, beets, long squash & ginger. Today's side: sautéed broccoli & cauliflower w/herbs and olive oil. 2 scoops brown rice raisin & wheat ber-

ries OR white rice" (with something in it—I read that line no further). It ended, "w/o rice \$5.95, w/o side \$4.95."

A young lady dressed in jeans and a tee-shirt was looking at me timidly from six feet away behind a cash register. I said, "Daily Peace Offering, brown rice." With tax, it was \$6.75. My name would be called when my dinner was ready.

A big HDTV on the back wall was set on ESPN, a sports channel, and the sound was turned OFF. It stays off, according to owner/manager Les Iczkowitz, unless the Super Bowl or something is on. The place was comfortably about 1/4 full with university types: students and older people, alone or in groups, studying or conversing, and a few faculty (it seemed) working on papers. The din was soothing and comfortable, partly because of the new acoustic ceiling. In choosing a table, I had my choice of bright (to read) or dim (for romance or conversation). I helped myself to a napkin and dinnerware. Free newspapers were available. So was free wireless internet.

In less than ten minutes my name

rice wasn't hot, but everything else was. I dove in. The flavors were fine. The vegetables were crunchy to cooked. When I took my last bite, I was sorry to be finishing. My previously angry stomach was smiling up at me because dinner had been large and hadn't been oily.

On my way in I had noticed a senior (young lady) from my department (chemistry) having a happy conversation with a friend. On my way out, I saw two young lady graduate students from my department at a table, waiting for their food. On my way back to my office in the night, I passed a fresh young Ph.D. in astrochemistry on his way to V.J.'s. "Hi, Earthling," I said.

V.J.'s has a full and complex menu. In addition to the Daily Vegan Special, which many people were ordering, they serve salads, toasted sandwiches and toasted pita wraps, pizzas, smoothies, and many coffees, teas, and herbal teas. The menu asks whether you want cow's or soy milk on many items. V.J.'s is very accustomed to substitutions and omissions; if you want anything without cheese, e.g., their 9" plate-sized pizza, just say so; many customers do. A bagel or granola for breakfast? A hemp smoothie? Frozen lemonades or Italian sodas? It's all there—and more.

Unusual for the University area, plenty of parking is available behind V.J.'s. Enter from Metcalf and sign in at the cash register.

Volcano Joe's has adapted perfectly to the needs of the University community, it seems, which in turn is comfortable there. It hardly seems off campus. Prices are de-

ecidedly on the low side and you get what you need. V.J.'s is as vegetarian/vegan friendly as it can be without being entirely v/v. And the scene is cool.



was called. I picked up my big bowl of food and took it to my table. It looked like a stew, piled high, with the rice/raisins/wheat peeking out the side. The

# Plant power! IDA launches “Green Food Bank” campaign

**Get involved by organizing a vegan food drive for the homeless in your community**

In Defense of Animals (IDA) has launched a new campaign—the Green Food Bank—during March, the month during which the fewest donations are made to food banks and pantries. During this time of year many food banks even run out of food completely. IDA’s Green Food Bank campaign asks animal advocates to “adopt” a

food bank or food pantry in their local community by contacting them to assess their receptivity, current needs, and donation procedures, and then to collect and donate complete vegan meals.

On the Bill Maher talk show, hunting spokesman Ted Nugent said to an animal activist guest, “My hunting association donated over 100,000 pounds of food to the homeless this year. What did your animal organization donate?” Many animal advocates have heard the response, “What about people? Don’t you care about them?” Donating vegan food to a food bank or food pantry in your community is a great way to take action that shows you care about people, animals, and the health of the planet.

Plant-based diets are the better choice for people, animals, and the environment:

- Scientific studies prove that meat-heavy diets contribute to disease in humans and that plant-based diets can prevent and even reverse disease.
- When people eat vegan meals, animals get to live.
- Meat production is a significant contributor to global warming. The United Nations recently produced a report warning that raising cattle for meat and dairy generates more greenhouse gases than all the automobiles in the world.

## What You Can Do

Follow these five easy steps to feed people, help animals, and preserve the natural environment:

### Step 1: Select and contact a food bank or food pantry

Let food banks and food pantries know that you plan to collect and donate

vegan food. To find these resources in your community, check your local phone book, ask at local houses of worship, or search the Internet.

### Step 2: Get the word out

If you belong to an animal protection organization,

house of worship, community club, or gym, see if they will let you base your food collection drive there and publicize your efforts by hanging flyers on bulletin boards, sending a group email, or mentioning your plans at the next meeting. Local media may be interested in covering your food drive, which offers you the opportunity to educate the public about the vegan lifestyle.

### Step 3: Collect or purchase food

Local merchants may be willing to donate food as well. Be sure all the food you donate is vegan (i.e., without meat, dairy, eggs, or other animal products).

### Step 4: Document your efforts

IDA plans to track the total amount of food donated in pounds and ounces every year, so please email us your name, the amount of food you donated in pounds and ounces (there are 16 ounces in a pound), the name of the organization you donated to, and the city and state they are located in. Please also send any photos you take and any comments or thank you’s you receive to [valerie@idausa.org](mailto:valerie@idausa.org).

### Step 5: Drop off your donation and give yourself a pat on the back!



## VSH expands to Kauai

by Gordon LaBedz, M.D.  
VSH member

The Vegetarian Society of Hawaii is expanding to the Garden Island of Kauai. There will be monthly potlucks that will include a speaker. Meetings will take place at noon on the first Sunday of each month at the Kapaa Neighborhood Center. Prizes for the best vegan dish will be offered. One of the special features will be contributions of original vegan recipes from our Garden Island cooks. We are planning to seek support from local veg-friendly businesses and plan to distribute samples of the VSH newsletter. If you are interested in helping to get things rolling, please contact Gordon LaBedz, 808 337 9977, [GLaBedzMD@aol.com](mailto:GLaBedzMD@aol.com).

# LIFE ON THE FARM

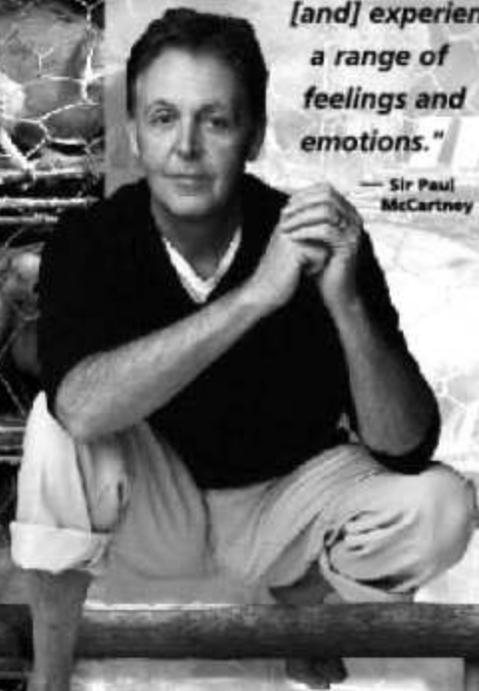
Animals on factory farms are treated like machines instead of the sensitive, sentient beings they are.

Chickens today are typically crammed by the tens of thousands into sheds, with a space smaller than a standard sheet of paper for each individual chicken. Within days of birth, chickens have their beaks seared off with a hot blade. Many of these animals, whose lives are miserable from birth, suffer lung collapse, heart failure, and crippling leg deformities.



*"I am a vegetarian because I realize that even little chickens suffer pain and fear [and] experience a range of feelings and emotions."*

— Sir Paul McCartney



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