



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOL. 18, ISSUE 3, JUL – SEP 2007

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Public Lectures*

WILLIAM HARRIS, M.D.
“THE RAW FOOD DIET”
Tue., July 10th, 7 p.m.
Ala Wai Golf Course Clubhouse

JOHN KELLY, M.D.
“WHAT’S NEW IN PLANT-
BASED NUTRITION”
Tue., August 14th, 7 p.m.
Ala Wai Golf Course Clubhouse

STEVE BLAKE, Sc.D.
“VITAMINS & MINERALS
DEMYSTIFIED”
Tue., September 11th, 7 p.m.
Ala Wai Golf Course Clubhouse

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

Hens rescued

by Laurelee Blanchard
VSH Board member

Mauï Fresh Eggs, a 100,000-hen egg factory, closed about two months ago. Before it closed, I made a plea to other animal advocates on the island to adopt as many chickens as possible and save them from being needlessly killed on the final day of operation. These creatures had pitifully miserable lives, as do all hens used in commercial egg production operations. Their



Maui activists rescued 46 hens from a defunct Maui egg factory. Photo left to right: Marta Greenleaf, Catherine Blake, Laurelee Blanchard, and Bill Greenleaf. Not pictured: Steve Blake and Brook Simmonds.

days and nights were spent crammed together inside battery cages too small for them to move freely or even to spread their wings. To prevent fighting injuries caused by stress-induced aggression, egg industry workers sliced off the tips of the birds’ beaks using hot irons. Beaks contain nerve endings, and the de-beaking procedure is extremely painful. After de-beaking some birds are

(See **Rescued** on page 19)



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 a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Mahalo
to all our volunteers!

Greetings.

A visiting friend recently brought me a selection of newspaper articles highlighting vegetarian and vegan activities in my home state of Massachusetts. One wrote of a vegan fashion consultant; it was headlined: "Vegan fashion is no longer an oxymoron..." The consultant, Ginger Burr, described as a "smashing fashion plate," works out of Lynn, MA and charges \$160 for a two-hour consultation. She refers women to sources of cruelty-free clothing such as veganunlimited.com, weekenders.com, ribkoff.com, and swornvirgins.com (which uses 100% biodegradable bamboo jersey and where it is alleged that stars Terri Hatcher and VSH speaker Alicia Silverstone shop). (Note that VSH hasn't evaluated these places—if anyone does, please let us know your findings!). Disappointingly, even this expert has difficulty finding vegan shoes. She recommends PayLess, DSW, zappos.com, and Lord & Taylor. Well, that's a start. Again, if our readers have any other tips, please pass those along to us. Other Massachusetts articles spoke of a vegan skin care line and a mainstream bakery where 20% of the menu is vegan. In Hawaii this month I read of a state-sponsored project at KTA Supermarket on the Big Island—the Community Grocery Store Project—that promotes eating more fruits and veggies. Funded in part by the USDA's food stamp program, the program is expected to be available in the future to any store that wishes to participate. In KTA stores there are signs and jingles promoting different fruits, recipes, sales on featured produce, and food demonstrations and sampling. This is a part of our Department of Health's Start Living Healthy program, which also includes encouragement to exercise and quit smoking.

If you've already skimmed through this issue of The Island Vegetarian, you may have noticed page 17, a photo record of our activities on Kauai. Thanks in large part to our incredibly creative and dedicated vice president Jim Brown, who moved to Kauai last year, we have an enthusiastic and growing program there. VSH Board members Bill Harris, M.D. and Karl Seff, Ph.D. are scheduled to speak in the near future, and we're working on making DVDs of some of the Oahu/Maui speakers available as well.

And lastly, I am happy to announce the election of long-time volunteer Patrick Moore to our Board. Patrick has served in various capacities faithfully for as long as I can remember. His duties now include internet secretary, postal liaison, literature table coordinator, and, most recently added to his portfolio, coordinator of volunteers. He has been and is an invaluable part of our team. We also welcome Lian Kwok, real estate agent, to our volunteer ranks as assistant volunteer coordinator. If you have attended the past two or so monthly VSH meetings, you will have seen Lian helping to man the reception table and coordinating the serving of refreshments after the meeting. We look forward to Lian's increasing involvement with our organization.

Alida



SCIENCE CORNER

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



Fish Story

“Data supporting the inverse correlation of fish or long-chain omega-3 fatty acid (FA) (eicosapentaenoic acid plus docosahexaenoic acid) supplement consumption and coronary heart disease are inconclusive and may be confounded by other dietary and lifestyle factors...our findings provide evidence that associations observed in studies suggesting a benefit of fish or long-chain omega-3 FAs may be due to a convergence of greater fish intakes with an overall healthier dietary pattern rather than with a specific effect of long-chain omega-3 FAs.” *Am J Cardiol.* 2007 May 1;99(9):1230-3. *Relation of omega-3 Fatty Acid intake to other dietary factors known to reduce coronary heart disease risk.* Cundiff DK, Lanou AJ, Nigg CR.

Paraphrased: Fish eaters consume more fiber-laden fruits and vegetables than do meat-eaters.

“It’s because fish-eaters aren’t eating red meat and other things that aren’t good for you,” says Claudio R. Nigg, associate professor of social behavioral

health, Public Health Sciences Department, John A. Burns School of Medicine. <http://starbulletin.com/2007/05/09/news/story03.html>

PCRM (Physicians Committee for Responsible Medicine) got into the act at [http://www.pcrm.org/news/](http://www.pcrm.org/news/release070431.html)

[release070431.html](http://www.pcrm.org/news/release070431.html) with a picture of one of the authors (Amy Lanou) and the headline, “New Study in American Journal of Cardiology Challenges Belief that Fish Consumption Reduces Risk of Coronary

There’s not much to support the widespread nutritionist’s folly that fish (and chicken) are healthy substitutes for other meats.

Heart Disease.”

Retorted IntraFish (the fishing industry media corporation), www.intrafish.no/global/news/article134659. ece, “The Earth is Flat, I Tell You,” on May 14: (requires password!). They rightly alleged that some speculation

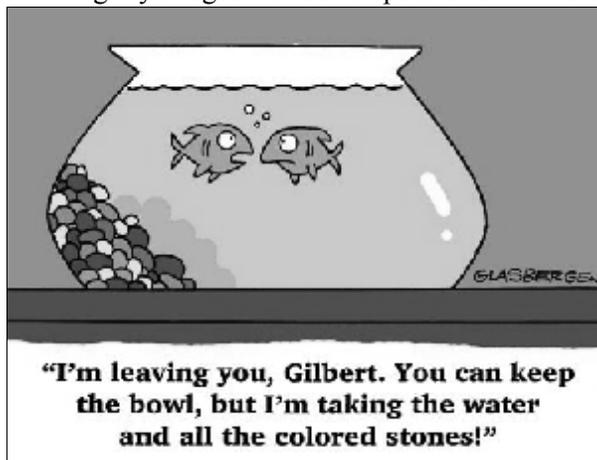
was involved in the [Am J Cardiol article], citing many [other] peer-reviewed articles recommending fish as a healthful substitute for meat, on the basis of its high omega-3 content.

However, there’s not much to support the widespread nutritionist’s folly that fish (and chicken) are healthy substitutes for other meat. All animal source foods, and no plant source foods, contain measurable amounts of cholesterol, the tough enzymatically indestructible four-carbon ring molecule that reinforces animal cell, but not plant cell, membranes and coincidentally delights in plugging up human arteries.

So what other factors indicate that the fish world, at least, really *is* flat?

Using USDA data and software (N-Squared Computing. *Nutritionist III*, v4.5 Salem OR, 1988), I determined that 45 fish averaged out at ~70% of Calories from protein. Humans only require ~10%. Fish also has the highest content of methionine and cystine of any of 10 categories of food, and these are the amino acids that metabolize to sulfate, that drags serum calcium out, as a buffer, into the urine.

The lost serum calcium is replenished by bone calcium, increasing the risk for osteoporosis. Fish also has the highest content of histidine of the 10 food categories, and this amino acid degrades by bacterial action to histamine, which probably explains why emergency physicians see so many cases of hives and other al-



(See Science corner on page 18)

Akamai shopping for healthy people

by Scott Snarr, VSH member and Han-Wen Chang

A lot of people we know avoid natural foods stores because of their reputation for higher prices. We noticed that there is often a big differ-



ence in prices from store to store, but that it was not always the natural foods stores that were the more expensive. We wanted to examine this more closely and find out who really had the best deals. So we set out on a major price shopping spree to investigate.

First we selected over a dozen items to price, mostly ones that seemed to vary from store to store. We skipped fresh produce, with the exceptions of spinach and sprouts, because of the constant price fluctuations. Then we visited about two dozen stores on Oahu, including supermarkets, variety stores, natural food stores, and independent shops, recording the lowest prices we could find. We excluded wholesale stores like Costco and Sam's Club. Altogether, we recorded about 250 prices. The table shows the lowest and highest recorded prices for each product. (See the footnotes for the locations of most of the stores.)

Of course, we don't expect you to drive from store to store in order to save pennies on an item. You can, however, use this information to com-

Price Comparison on Select Items					
Item	Lowest Price Seller	Product Description	Lowest price/lb.	Highest recorded price/lb.*	Ratio**
Brown rice	Wal-Mart	Hinode 10 lb. bag: \$5.88	\$0.59	\$ 1.20	2.04
Brown rice (organic)	Huckleberry Farms	generic short grain 1 lb. bulk: \$1.29	\$1.29	\$ 1.95	1.51
Dried mango	Times Market	World Food Product 16 oz. bag: \$3.79	\$3.79	\$15.96	4.21
Dried papaya	Lifestream	generic 1 lb. bag: \$2.35	\$2.35	\$ 9.30	3.96
Dried pineapple	Huckleberry Farms	generic 1 lb. bulk: \$2.29	\$2.29	\$ 9.57	4.18
Garbanzo beans, canned	Don Quijote	Western Family 15 oz. can: \$0.79	\$0.84	\$ 2.02	2.40
Garbanzo beans, canned (organic)	Huckleberry Farms	Westbrae 25 oz. can: \$2.49	\$1.59	\$ 2.12	1.33
Garbanzo beans, dry	Huckleberry Farms	generic 1 lb. bulk: \$1.09	\$1.09	\$ 2.79	2.56
Gojiberries	Pacific Hawaii Trading	generic 1 lb. bag: \$3.50	\$3.50	\$23.96	6.85
Hummus	Celestial Natural Foods	Oasis Classics Cuisine 8 oz. container: \$2.95	\$5.90	\$ 7.52	1.27
Peanut butter	Down to Earth	generic fresh ground 1 lb. bulk: \$1.59	\$1.59	\$ 3.97	2.50
Rolled Oats	Down to Earth	generic thick 1 lb. bulk: \$0.59	\$0.59	\$ 3.10	5.25
Soy Milk	Kokua	Mrs. Cheng's chilled 64 fl. oz.: \$2.59	\$0.65	\$ 1.45	2.23
Spaghetti	Don Quijote	Italian Chef 16 oz. pkg.: \$1.19	\$1.19	\$ 3.29	2.76
Spinach	Hong Kong Market	Ocean Mist 10 oz. bunch: \$1.39	\$2.22	\$ 8.99	4.04
Sprouts	Celestial Natural Foods	local grown 1 lb. bag: \$2.40	\$2.40	\$ 5.58	2.33
Veggie Meat, dry	Phuoc Loc Tho/ Hong's Grocery	VegeUSA 8 oz. bag: \$2.99	\$5.98	\$13.79	2.31
Yeast	Down to Earth	generic 1 lb. bulk: \$4.79	\$4.79	\$69.33	14.47

* Highest price found among all stores.

** Ratio = highest/lowest recorded prices.

All prices were recorded from May 13 to 30, 2007.

pare it with the amount that you pay. While looking at the prices, it's good to keep in mind that VSH members receive 5% and 10% discounts at Down to Earth and Huckleberry Farms, respectively. Here are some shopping tips based on the highlights of our findings:

- Buying brown rice in a 5- or 10-pound bag may be cheaper than buying it in bulk.
- Natural foods stores have the best deals on dried fruit in their bulk sections. And unlike most packaged brands, it's unsulfured and doesn't have added sugar and colors.

- How much do you pay for goji berries? We found them for as low as \$3.50/lb. in Chinatown at Pacific Hawaii Trading, Inc. Other shops in Chinatown and Palama Market also carry them for a reasonable price.
- Hummus varies not so much in price as in quality. Buy it fresh at Down to Earth or Kokua Market and avoid the nasty preservatives.
- Buy your rolled oats at the bulk bins in the natural foods stores or Foodland for a fraction of the cost

(continued on page 5)

(Continued from rom page 4)

of the round containers sold in supermarkets.

- Get freshly ground peanut butter from the machines at the natural foods stores. It's not only far cheaper than the branded containers, but it also comes without added sugars, salt, and hydrogenated oils.
- Take advantage of occasional sales on soymilk to get it at prices lower than what's reported here.
- Save about 50% on spinach by buying it by the bunch rather than by the bag. If you insist on organic, get a 12-oz. bunch at Foodland for \$3.19.
- The cheapest sprouts are found at Celestial Natural Foods, Long's Drugs, Don Quijote, and Safeway. Look for Taro brand rather than LonePalm Farm.
- Dry vegetarian meat is hard to find. Buy it at Phuoc Loc Tho or Hong's Grocery for about half the price of the competition.
- Do you do any baking? You'll be happy to know that Down to Earth and Kokua Market sell dry active yeast for \$4.79/lb. and \$5.29/lb., respectively. That works out to about 1/16 the cost of the packets sold in other stores!

Note:

Celestial Natural Foods: 66-443 Kamehameha Hwy., Haleiwa

Down To Earth Natural Foods: Honolulu, Kailua, Pearlridge, Kahului, and Makawao

Hong Kong Market: Hotel & Maunakea Sts., Honolulu

Hong's Grocery: 170 N. King St., Honolulu

Huckleberry Farms: 1613 Nuuanu Ave., Honolulu

Lifestream Natural Foods: 702 Kapahulu Ave., Honolulu

Pacific Hawaii Trading, Inc.: 925 Maunakea St. #C-1, Honolulu

Phuoc Loc Tho: 1123 Kapahulu Ave., Honolulu

Vegan tidbits

by Scott Snarr
VSH member

New Shops for Health Food Junkies

The Austin-based natural foods chain Whole Foods Market is expected to open its first Hawaii store at Kahala Mall early next year. The store will occupy the 26,000-square foot space recently vacated by Star Market. Whole Foods is also constructing a 67,000 square foot store in Ward Village Shops that should open later next year.

Source: <http://starbulletin.com/2007/05/30/news/story01.html>

Chicken Thief Unapologetic

Thirty-five-year-old vegetarian Michal Kolesar of the Czech Republic has saved the lives of at least 74 hens since August of last year by stealing them from large-scale farms. He is willing to be punished by the law, insisting that "the saved lives are more [important] than fines or prison." See www.realita.tv to watch the videos.

Source: http://launch.praguemonitor.com/en/86/czech_national_news/6609/

Unusual Place for a Vegan Meal

If you're going to have a run-in with the law, do it in Vancouver, Canada. In an attempt to be more culturally sensitive, the Vancouver jail has begun offering vegetarian, vegan, kosher, and halal meals to pre-remand prisoners.

Source: <http://www.canada.com/theprovince/news/story.html?id=b62f17c8-b2e3-4a6c-bab6-c312bd6ef8c8&k=25552>

No More Horsing Around

Domestic commercial horse meat may become a thing of the past as Illinois lawmakers force the closure of the nation's last horse slaughterhouse. This will be the third such plant to shut down this year. Last year in the U.S. over 100,000 horses were slaughtered for meat.

Source: http://www.cattlenetwork.com/meatingplace_content.asp?ContentID=130685

On TV...



"Vegetarian"

View VSH lectures.

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

*You can also watch the shows online at 6 p.m. on Thursdays by going to olelo.org and clicking on "Oahu Channel 52."

Maui—Calabash Cable Ch. 52
Tues. 8-9 p.m.

Weds. 6:30-7:30 a.m.

Maui schedule is at akaku.org

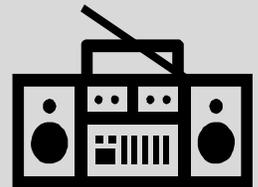
Big Island—Na Leo O Hawaii
Cable Ch. 54, Sat. 2-3 p.m.

Kauai—Hoike Cable Ch. 52
Kauai schedule is at hoike.org

"McDougall, M.D."

Check your local listings.

...and
Radio



"Healing & You"

Ruth Heidrich, Ph.D.

Dr. Diane Nomura
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

ANIMAL RIGHTS CORNER



Local slaughterhouse wastes millions of taxpayer dollars

by Cathy Goeggel
VSH member

In 1999 Animal Rights Hawaii (ARH) filed suit against the state, Farmers' Livestock Cooperative, and Palama Meat Co. in an unsuccessful attempt to stop the building of a new abattoir and a processing facility funded by a ten million dollar loan approved by the legislature and signed by then Governor Cayetano. The loan was to have been guaranteed by Palama Meat, which, after building a huge factory at Campbell Industrial Park, declared bankruptcy in 2004. The company was then sold to a mainland corporation. The transformation of the decrepit buildings at the defunct marshaling/feedlot on Olai St. lagged, and even though the abattoir is now functioning, the facility looks much as it did before the generous infusion of taxpayer dollars and is now run by the Hawaii Livestock Cooperative (HLC). The excuse provided by the state for funding the slaughterhouse was two-fold: to provide fresh hot pork for local markets and serve the need to slaughter spent dairy cows.

The slaughterhouse was built for

two reasons. One (the dairies) is defunct and the second (pigs) only survives with the infusion of mainland pigs. The following illustrates how nearsighted the legislature was in approving the \$10 million of our tax monies: Oahu's two remaining dairies will be history by summer's end, and local pig farmers cannot meet the demand for pork, so thousands of pigs are transported from Canada just to be slaughtered. Such is the vision of the bureaucrats and politicians who decide how to spend our money.

The Kalaeloa slaughterhouse is hardly thriving. Correspondence acquired by ARH under the Uniform Information Practices Act document that Sandra Kunimoto, Chair of the Board of Agriculture, has expressed concern about its viability, that it is unable to accommodate local cattle, and states that it is

Locally produced milk contains higher levels of bacteria than mainland milk.

“struggling.” Ms. Kunimoto went on to say that the future of the North Shore Cattle Company will depend on the Kalaeloa facility. This is astounding!

Not only are the swine and dairy component foundering, but this ten million dollar boondoggle is unable to adequately service the small beef cattle operations on Oahu and Maui. The Maui Cattle Company had been shipping cows for slaughter but discontinued this practice because of inadequacies at Kalaeloa. The HLC only began paying lease rent on six acres of beach front property in 2004—a whopping \$557 per month.

Even with all these monetary infusions and lease and loan breaks, HLC is foundering, but the Department of Agriculture (DoA) maintains publicly that livestock agriculture is a vital component of the state economy! Something smells—and it's not the abandoned manure lagoons. The recent report by University of Hawaii dairy extension specialist Chin Lee that locally produced milk contains higher levels of bacteria than mainland milk contradicts claims by DoA that local milk is healthier. That claim was used earlier this year when the industry, hand in hand with DoA, came to the legislature demanding money because it couldn't make a profit. The legislature, so generous with our money, in response gave away six million dollars to offset feed and transport costs. Unless the public says “enough” and demands accountability from the legislature and the administration and until members of the board of agriculture who are engaged in livestock agriculture recuse themselves from voting on issues relating to their own businesses, we shall continue to be the unwilling benefactors of the cruel, wasteful, environmentally catastrophic racket of murdering animals.

Cathy Goeggel is director of research and investigations for Animal Rights Hawaii.

Animal Rights Hawaii

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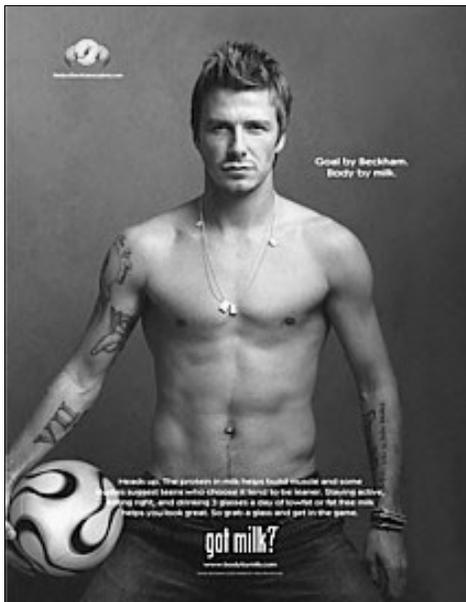
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Miscellany

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

It's back to the ol' milk mustaches! Two national dairy advertising campaigns overseen by the U.S. Department of Agriculture will stop claiming that dairy products cause weight loss, because such claims are not supported by scientific research. The decision came in response to an FTC petition filed by Physicians Committee for Responsible Medicine www.pcrm.org/newsletter/jun07/dairy.html and will end the "Milk Your Diet. Lose Weight" and "3 A Day. Burn More Fat, Lose Weight" promotions. "3 A Day" was a particularly obnoxious dairy ruse, since it was clearly lifted from the "5 A Day" promotion of fruits and vegetables.



and milk (derived from both). By comparison, the farm bill does almost nothing to support farmers growing fresh produce.

... Safeway now has a "Guide to Good Nutrition" flyer featuring Dean Ornish, M.D. extolling mostly produce.

... Joel Fuhrman, M.D., drfuhrman.com, the VSH guest speaker in February 2004 and the

only other vegan doc I know of who thinks raw nuts and seeds are okay foods and that nutritional analysis should be by nutrient/Calorie ratio rather than nutrient weight, was in town in May. He filled me in on a project supported by Bank of Hawaii that will install him as the nutritional consultant in an attempt to

lower health care costs via vegan dietary reform. If this high-end idea flies, it could make a big difference, so stay tuned.



New vegan caterer now open

Licious Dishes, a raw vegan catering company, has opened in the Dole Cannery in Honolulu.

A varying weekly menu of three or five healthy, packaged, gourmet meals is available for people to pick up.

Eating raw vegan has never been so easy.

To order:

Phone: 808-536-9680

Fax: 808-536-9683

E-mail: Sylvia@e-liciousdishes.com

Or in person at:

650 Iwilei Rd. #170 (Dole Cannery across parking lot from Costco)

... Animal shelters across Israel are preparing to take in new tenants after the Knesset passed a law outlawing all animal testing for cosmetic and cleaning products.

... An article, "You Are What You Grow," www.nytimes.com/2007/04/22/magazine/22wwlnlede.t.html?ex=1181188800&en=6504febfc4bc2997&ei=5070 explains how it is that the people with the least amount of money to spend on food are the ones most likely to be overweight. It's because the USDA farm bill creates cheap food awash in added sugars (derived from corn) and added fats (derived mainly from soy), as well as dirt cheap meat

"Can you really ask what reason Pythagoras had for abstaining from flesh? For my part I rather wonder both by what accident and in what state of soul or mind the first man did so, touched his mouth to gore and brought his lips to the flesh of a dead creature, he who set forth tables of dead, stale bodies and ventured to call food and nourishment the parts that had a little



before bellowed and cried, moved and lived. How could his eyes endure the slaughter when throats were slit and hides flayed and limbs torn from limb? How could his nose endure the stench? How was it that the pollution did not turn away his taste, which made contact with the sores of others and sucked juices and serums from mortal wounds?"

~Plutarch



McDougall Newsletter

When friends ask: “Why did you quit meat?”

by John McDougall, M.D.

In my youth I thought meat meant good health and strength. I reasoned this must be ideal food for my body because my body is made up of meat; just like the body parts of cows, pigs, and chickens; therefore, these foods must contain every nutrient I could possibly require. Logically, could anything be better for building muscle than eating muscle? This kind of faulty reasoning caused me to suffer problems as ordinary as acne and as rare as a stroke by the time I was 18 years old. I am alive and healthy today at 60 because 35 years ago I changed to primarily plants for my foods. (It is not too late for you.)

Meat is cat food—Plants are people food

Every animal has an ideal diet. Meat is an ideal food for my pointy-toothed carnivorous cats and my powerful-jawed omnivorous dog. Cows and cockatoos are herbivores and would soon sicken on a diet of meat. This is also the case with people when they consume a meat-centered diet.

Undeniable evidence that meat-centered diets are wrong: Nearly everyone who eats that way is sick

- Affluent people can afford to eat a diet with a central focus of beef, pork, and/or chicken, and almost all

do. Most also have one or more risk factors that predict premature death and illness:¹

- 1/3 have elevated cholesterol
- 1/3 have hypertension
- More than 30% are obese
- More than 65% are overweight
- 10% are diabetic

Diseases of affluence are epidemic among meat eaters:

- 1/2 die prematurely of heart disease
- 1/2 of men develop life-threatening cancer
- 1/3 of women develop life-threatening cancer
- 30% have gallbladder disease over age 60
- One in seven suffers with serious arthritis
- 60% complain of bad breath (halitosis)
- Most have GI troubles (from indigestion to constipation)

Meat is promoted for its good nutrition

According to the National Cattlemen’s Beef Association, “Red meat plays an important role in a healthful diet by providing more than 10 percent of the Recommended Daily Allowances (RDA) for protein, iron, zinc, niacin, Vitamins B₆ and B₁₂.”² These nutritional facts are accurate for people

eating the typical rich diet and will scare many of them into including generous amounts of meat—unless they consider the fact that nutritional deficiencies due to protein, iron, zinc, niacin, Vitamins B₆ and B₁₂ are essentially unheard of in people who have enough of any kind of food to eat. Do you know anyone with “deficiencies diseases” caused from lack of any of these

nutrients?

(Almost all iron deficiency in people is due to bleeding, not from dietary deficiency.)

The National Cattlemen’s Beef Association also fails to explain in its promotional materials that meat fails to provide

sufficient amounts of calcium, dietary fiber, essential fats, and Vitamin C to support the health of human beings. Nor does it mention the problems caused by the excesses in meat. Have you ever heard of illnesses due to too many Calories or too much fat, cholesterol, protein, infectious microbes, and chemical contaminants? With excess lies the problem.

People don’t like the taste of meat

Advertisements for Pizza Hut’s Meat Lovers’[®] Pizza, Arby’s Super Roast Beef Sandwich[®], Wendy’s Buffalo Crispy Chicken[®], and McDonald’s Double Quarter Pounder[®] could lead us to believe that the meat is the

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main attraction. However, it's not the slices of tasteless brown beef hidden in the center of the Arby's sandwich that people want—instead, they salivate over the “green leaf lettuce and ripe tomatoes, all topped with a zesty red sauce on a toasty sesame bun.”

The human tongue has no taste buds for the protein and fat—the ingredients in the beef—but we do have taste buds on our tongue's tip that are excited by sugar and salt—the ingredients that

make up the lettuce, tomato, sauce, and buns—these are what drive repeat sales. My cats would enjoy the meat: they have taste buds for amino acids (the building blocks of proteins) embedded on their tongues' surfaces, but the garnishes would be wasted on these carnivores.

What's meat's attraction?

If people have no senses for appreciating the taste of meat, then why is it so popular? Meat's appeal is driven by money and egos. Until recently the high cost of meat restricted it to the plates of the wealthy. This is a status symbol—meat eating enhances class distinction. Consider the beef industry's most famous slogan: Beef—Real Food for Real People. This is known as a bandwagon argument—used to appeal to a person's desire to be popular, accepted, or valued—ignoring evidence and relevant reasoning.³ The message implies that food, other than beef, is not real food, and that people who do not eat beef are not real people.³

If eating muscle turned into body muscle, most men living in affluent societies would resemble bodybuilders without a noticeable potbelly—no point in arguing the obvious. Scien-

tific research confirms that meat is viewed as a superior masculine food.⁴ If the truth were known, real men would switch to real plant foods overnight. During a man's reproductive years meat eating decreases ejaculate volume, lowers sperm count, shortens sperm life, and causes poor sperm motility, genetic

Informed people should not remain silent about senseless suffering of food animals.

damage, and infertility.^{5,6} Meat eaters are likely to become impotent because of damage caused to the artery system that supplies the penis with the blood that causes an erection.⁷ Erectile dysfunction is more

often seen in men with elevated cholesterol levels⁸ and high levels of LDL “bad” cholesterol⁹—both of which are related to habitual meat eating. Later in life men who follow a meat-centered diet face prostate enlargement (benign prostatic hyper trophy) and prostate cancer.^{10,11} Beef—Real Food for Real Sexual Dysfunction.

Meat eating characterizes a person

There are four well traveled roads to eating a meatless diet: health, personal appearance, the environment, and animal rights. As a medical doctor I have mostly traveled the roads of health and appearance for the sake of my patients. That journey would have not been possible if I had not changed my personal diet 35 years ago. People have trouble seeing beyond their own habits—ridding my dinner plate of animal foods has allowed me to become sensitive to equally important issues—the environment and animal rights.

Many people would rather die than give up their meat—and that's Okay with me. But I find it unacceptable that some of these same people

would be willing to destroy planet Earth than give up their meat. According to a report, Livestock's Long Shadow—Environmental Issues and Options, released in November of 2006 by the United Nations Food and Agriculture Organization, livestock emerges as one of the top two or three most significant contributors to every one of the most serious environmental problems.

The killing and suffering of animals for human food might be justified if meat were necessary for better human health, but the opposite is the case. Informed people should not remain silent about senseless suffering of food animals.

We stand on the brink of life-ending health and environmental catastrophes. It is time we shed our hypocrisies. Doctors interested in healing patients of dietary diseases must eat a plant food-based diet themselves. People who profess their love for animals must stop eating them. A true environmentalist will no longer contribute to the major source of planetary destruction by feeding himself and his family with products from the livestock industry. Making meat eating a social disgrace in this generation, just as we did with cigarette smoking in the last generation, is a fundamental change that must take place in order to advance our society to the next level and ensure our personal survival.

Additional information on this subject is found by clicking on Hot Topics—Protein, Meat and Poultry at drmcDougall.com:

References may be found on the drmcDougall.com website.

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Subscribe to the free McDougall e-newsletter at 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: July—September 2007

WILLIAM HARRIS, M.D.



“The Raw Food Diet”

**Tuesday, July 10th, 7 p.m.
Ala Wai Golf Course Clubhouse***

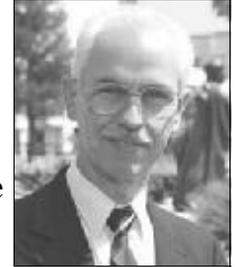
In this well-illustrated presentation Dr. Harris will discuss the virtues of raw nuts, seeds, and avocados as components of an optimally healthy raw vegan diet based on fruits and vegetables. He will also include a critique of the high-carb, low-fat dogma.

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

Retirement has allowed Dr. Harris to maintain and even increase his physical activity. He swims and does other aerobic exercise daily and continues to hone his trampoline skills. He’s been an active pilot for many years and is a skydiver with more than 800 jumps.

Dr. Harris will also be speaking on Maui: Mon., July 9th, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

JOHN KELLY, M.D.



“What’s new in plant-based nutrition?”

**Tuesday, August 14th, 7 p.m.
Ala Wai Golf Course Clubhouse**

Far from being a foolhardy fashion or far-out fad, plant-based nutrition is one of the most carefully studied subjects in the scientific literature and, increasingly, in the medical literature as well. Dr. Kelly will present the latest information on plant diets that is sure to surprise and inform us all. He will also present some of the astounding results from his own research on treating diabetes in the Marshall Islands. He will explain why the emerging fields of nutrigenomics and epigenetics are bringing plant nutrition to the forefront in nutrition science and medicine. His bringing together of cutting-edge nutrition science, lifestyle medicine, and genetic research together with a focus on veganism is sure to be both informative and entertaining.

John Kelly, M.D. received his medical and MPH degrees from Loma Linda University and holds a faculty appointment in the Department of Preventive Medicine in the Loma Linda University School of Medicine. He is the founding president of the American College of Lifestyle Medicine, the medical specialty society for clinicians emphasizing therapeutic lifestyle interventions in the treatment of disease.

Dr. Kelly will also be speaking on Maui: Wednesday, August 15th, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

STEVE BLAKE, D.Sc.

“Vitamins & Minerals Demystified”

Tuesday, September 11th, 7 p.m., Ala Wai Golf Course Clubhouse*



Dr. Blake will present fascinating facts from his new book, *Vitamins and Minerals Demystified* (McGraw-Hill 2007). Discover how vitamins and minerals work in the body. Learn which foods have nutrients crucial to enhancing energy and fat burning. Find out which four nutrients are vital for strong bones. See which five nutrients are important for a healthy pregnancy. Explore the special dietary needs of older people. An interesting slide presentation will show which foods are important sources of vitamins and minerals.

Steve Blake, D.Sc. has authored over a dozen major publications, including *Healing Medicine*. He also created the *Diet Doctor*, computer software for evaluating and graphing the nutrients in diets. He lectures nationally and internationally about how to stay healthy. He has taught anatomy, physiology, and exercise physiology. He holds doctorate degrees in naturopathic medicine and holistic health.

Dr. Blake will also be speaking on Maui: Wednesday, September 12th, 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.**



Bizarro cartoonist and stand-up comic Dan Piraro's compassionate yet amusing presentation drew large audiences on Oahu and Maui in April.

VHS Events 2Q2007



Mrs. Hawaii International Ori Ann Li performed a hula dance at the start of her presentations in May. She then discussed the humane treatment of animals and also shared gourmet vegan Chinese recipes.



Public health attorney Michele Simon discussed her new book, *Appetite for Profit: How the Food Industry Undermines Our Health* at the meetings in June.

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.

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

Full-time student
 \$12 \$24 \$36 \$48 \$60

Couple or Family
 \$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.

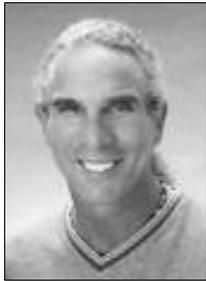
**SAVE
on Multi-Year
Memberships/
Renewals!**

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

Why vegan?

by Hesh Goldstein
VSH member

Thanks to millions of dollars in advertising we have been brain-washed to believe that we need milk. As a result of this, cow's milk and its byproducts have been accepted as an essential part of the American diet. In addition to this profit-driven advertising, federal laws mandate that all schools provide children with milk at each meal or lose federal funding. This despite the fact that 90% of blacks, 70 % of Asians, and 15% of white kids suffer from lactose intolerance and can't digest milk products.



- type-1 diabetes
- constipation
- ear infections
- sinus congestion
- skin problems such as rashes, dermatitis, eczema, hives, and acne
- asthma
- digestive problems
- arthritis and joint pain
- cancer
- obesity

In addition to the above problems there are many others. Milk proteins, besides being the leading cause of the illnesses listed above, lead to bacterial infections such as salmonella, listeria, E. coli, and staph and are the cause of most dairy product recalls. Dairy products, as do all flesh foods, hold various

Dairy products, as do all flesh foods, hold various poisons, including pesticides and other environmental contaminants.

poisons, including pesticides and other environmental contaminants. Yes, pasteurization might kill microbial organisms, but it can't kill pesticides because they were never alive in the first place.

Ignoring these stats because money is more important than health, we find that half of all dairy consumption, (per capita consumption currently exceeds 584 pounds per year), comes from cheese, much of which is a concentrated form of health-destroying saturated fat and salt. Also, we are the only creatures that regularly consume the milk products of other species. Rat's milk, anyone? Other than flesh itself, there is no other component in the "modern" diet that causes more pain and suffering, including death and disability, than dairy products. In fact, there is strong evidence linking dairy products to:

And let's not forget that in order to increase milk production, most dairy cows are injected with artificial growth hormones. With this comes the increase of insulin-like growth factors that have been shown to promote the growth of cancer cells and to make a person so big that he can blot out the sun when walking down the street. It's as if you can hear someone singing, "I feel the earth move under my feet..."

Then there's the fact that large

quantities of antibiotics are fed to most cows to keep them healthy. The downside to us of this overload of antibiotics that we ingest through the milk is that it tends to make us more resistant to combating various strains of bacteria.

Wait—there's more: dairy products can cause immunological reactions when absorbed through an inflamed intestinal tract. This absorption is affectionately known as "gut leakage," which also is associated with many of the illnesses aforementioned.

So, these are some of the adverse effects on the body. But what about the environment? Does it matter that the process of raising cattle for milk and meat is a leading contributor to both water and air pollution and very hard on the environment?

We are opposed to the slavery of people, but what about the slavery of cows? That is a question that only you can answer for yourself.

In the meantime when someone asks you why you are vegan, you will no longer be at a loss for words.

Reference: NEW: No Body Needs Milk by Alan Goldhamer, D.C., <http://www.healthpromoting.com/Articles/articles.htm>

Hesh Goldstein is the moderator of Health Talk on K-108 radio (AM 1080) on Saturdays, 8-9 a.m. (808) 258-1177, fax: (808) 848-8640, heshgoldstein@gmail.com.

Join the VSH e-mail news group

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

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

Cesar Chávez and Comprehensive Rights

by Dan Brook

Cesar Chávez (March 31, 1927 - April 23, 1993) was a great organizer and leader and a powerful advocate for farm workers, people of color, and other poor people (“We are engaged in a struggle for the freedom and dignity which poverty denies us”) as well as for unions (especially the United Farm Workers, which he co-founded with Dolores Huerta, who once quipped that half the leadership was vegetarian), unity, civil rights, environmentalism (indeed, his last public remarks were against toxic chemicals), and non-violence (“Nonviolence is the only way to peace and justice”). Less known, though no less important, he was also passionate about animal rights and vegetarianism (“I feel very deeply about vegetarianism and the animal kingdom”).

Indeed, Cesar Chávez recognized that all oppressions are connected and intertwined, and he saw these and other social issues and struggles as intimately related to each other, all being necessary for achieving comprehensive rights and complete liberation. Yet, Cesar Chávez’s beliefs in animal rights and his vegetarianism are less commonly known than his other beliefs and practices, too often excluded from his biographies and celebrations. Although he didn’t focus on the major health and environmental benefits of vegetarianism, he did discuss poisonous pesticides and viewed animal rights as an integral component in the struggle for universal justice.

In the interest of balance, here is Cesar Chávez, in his own words, on the issues of animal rights, vegetarianism, and their connections to other struggles:



Cesar Chávez

• “I became a vegetarian after realizing that animals feel afraid, cold, hungry, and unhappy like we do. I feel very deeply about vegetarianism and the animal kingdom. It was my dog Boycott who led me to question the right of humans to eat other sentient beings.”

• “Kindness and compassion towards all living beings is a mark of a civilized society. Racism, economic deprival, dog fighting and cock fighting, bullfighting, and rodeos are all cut from the same defective fabric: violence. Only when we have become nonviolent towards all life will we have learned to live well ourselves.” (in a message to Eric Mills of Action for Animals)

• “We need, in a special way, to work twice as hard to help people understand that the animals are fellow creatures, that we must protect them and love them as we love ourselves... We know we cannot be kind to animals until we stop exploiting them—exploiting animals in the name of science, exploiting animals in the name of sport, exploiting animals in the name of fashion, and, yes, exploiting animals in the name of food.” (upon acceptance of a Lifetime Achievement Award in 1992 from In Defense of Animals)

If we truly want to honor the inspirational life of Cesar Chávez, we need to carry on his vital work by continuing to make the linkages amongst various social problems while being active in the struggles to solve them. ¡Sí, se puede!

Dan Brook is a writer, speaker, activist, community mediator, and an instructor of sociology at San Jose State University. He also maintains Eco-Eating at www.brook.com/veg, The Vegetarian Mitzvah at www.brook.com/jveg, No Smoking? at www.brook.com/smoke, and welcomes comments via Brook@california.com.

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Healthy pregnancy and healthy baby possible when eating vegetarian

by Michael Greger, M.D.

For years the official position of the American Dietetic Association, the largest association of nutritional professionals in the world, has been that “[w]ell planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence.” This is based on research dating back 20 years showing that vegetarian and vegan diets can support healthy pregnancies and healthy children.

In fact, Dr. Benjamin Spock, who was perhaps the world’s most esteemed pediatrician, embraced vegan diets in his final edition of *Baby and Child Care*—described as the second best-selling book in history (second only to the Bible). Dr. Spock wrote, “Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure, and some forms of cancer.”

For more information on raising healthy children on plant-based diets from birth to adolescence, see:

Dr. Spock’s Baby and Child Care by Benjamin Spock, M.D. and Steven Parker, M.D.

Pregnancy and the Vegan Diet by Reed Mangels, Ph.D., R.D.

The New Becoming Vegetarian by Vesanto Melina, M.S., R.D. and Brenda Davis, R.D.



Book Reviews

The 7 Minute Chef

by Mark Reinfeld and Bo Rinaldi
E-book

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

Typing in “Vegetarian Cookbook” at Amazon.com will get you 1,489 hardcover and paperback titles currently for sale. However, my mostly science bookshelf maxed out several years ago, and since my culinary skills are limited to boiling water anyway, there’s no room for any more cookbooks.

Comes now *The 7 Minute Chef*, a 173-page e-book in Acrobat PDF format, downloadable at www.onedegree.com/7minutechef/index.htm for \$12.95, payable online by credit card, debit card, Paypal, or e-check. It’s by Mark Reinfeld, our VSH speaker of July 2006, a prime mover (along with Bo Rinaldi), at the Blossoming Lotus gourmet vegan restaurant in Kapaa, Kauai (reviewed in the *Island Vegetarian*, Vol. 17, Issue 4, Oct - Dec 2006), and it takes up only 6.06 MB on your hard drive.

To quote from the book, “Each chapter in *7 Minute Chef* explores a few of the quick 7 minute techniques involved in natural food preparation. It includes recipes that demonstrate these simple techniques and describes how,

by altering the recipes, you can create many delicious variations. It also highlights the health benefits of some of the ingredients and super foods used in the recipes.”

The table of contents includes Preparation Basics, Season & Spice, Fun with the Blender, Steam & Sauté, Roast & Grill, Grains, Beans & Pasta, Soup Creation, Glossary, Perfect Pantry, A Few More Things, Ingredient Log, and Index. Both the TOC and Chapter by Chapter Guide to the 86 plus recipes on page 170 are hyper-linked. Simply clicking on the link takes you to the recipe. It would have been a help to have a link from there back to the guide, but there are links from recipes to their accompanying sauces, and this is one of the advantages of well thought out electronic books: no more flipping pages. Standard Acrobat functions like search and magnify text are built in.



Cute tricks department: “Toasting spices brings out a depth of flavor that enhances dishes. Toasting can be done in a sauté pan. 1. Heat pan on medium heat. 2. When pan is heated, add spice and stir constantly until a strong aroma is released, approximately 30 seconds.”

Other pages explain simply and adequately the ethical, environmental, and health benefits of the vegan diet. Gorgeous pictures like those in *Vegan World Fusion Cuisine*, the hardcopy cookbook available at www.veganfusion.com/amazon.php, are also in there.

Our review copy had an Acrobat password protection that prevented the copy/paste of text and images from the cookbook to a word processor for those recipes you find irresistible and want to use again and again. However, Mark and Bo have agreed to remove that and replace it with a copy protect on the

entire e-book. For the honest buyer, at \$12.95 that makes *The 7 Minute Chef* an extraordinary bargain and a milestone in vegan e-publishing efforts.

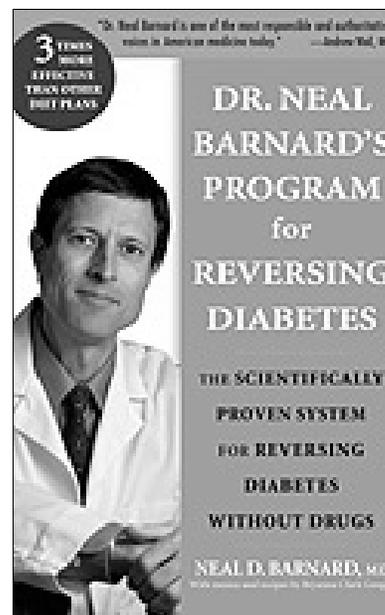
Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs

Hardcover: 288 pages
Publisher: Rodale Books
(December 26, 2006)
ISBN-10: 1594865280

Publisher's description

Offering new hope to millions, this new nutritional approach to diabetes will dramatically alter the way we think about treating the disease.

Until now, most health professionals have considered diabetes a one-way



street. Once you developed it, you were stuck with it—and you could anticipate one complication after another,

(Continued on next page)

(Continued from page 14)

from worsening eyesight and nerve symptoms to heart and kidney problems.

Enter Dr. Neal Barnard, who through a series of groundbreaking studies, the latest funded by the National Institutes for Health, has shown it doesn't have to be that way. By following the diet outlined in this book, readers can control blood sugar three times more effectively than with the American Diabetes Association's diet and, beyond that, improve their bodies' ability to respond to insulin—in effect reversing the defining symptom of the disease. And there's more. Study participants lost weight, were able to cut back on and sometimes even discontinue medications, and left behind tedious exchange plans in favor of delicious foods in generous portions.

It's a new way to treat diabetes. It's about time.



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You can help raise cash for VSH just by buying your books through the VSH.org website. And it's easy. Click a title on the "Booklist" and you will be transported to Amazon.com where any purchase will generate a commission for VSH. So, buy some books, be more informed, and support VSH.

The Thrive Diet

The whole food way to losing weight, reducing stress, and staying healthy for life

by **Brendan Brazier**

Paperback: 288 pages

Publisher: Penguin; 1st edition (2007)

ASIN: B000P0RCS8



Publisher's description

The *Thrive Diet*: reduce body fat * diminish visible signs of aging * boost energy and mental clarity * enhance mood * increase productivity * eliminate junk food cravings and hunger * build a stronger immune system * lower cholesterol * improve sleep quality * stay healthy for life.

The Thrive Diet is a long-term eating plan that will help you achieve optimal health through stress-busting plant-based whole foods. It's an easy-to-follow diet that will help you understand why some foods create nutritional stress and how other foods can help eliminate it, giving you a lean body, a sharp mind, and everlasting energy. Fully researched and developed by Brendan Brazier, professional

Ironman triathlete, *The Thrive Diet* features the best whole foods, a 12-week whole foods meal plan, and over 100 easy-to-make recipes with raw food options that are all wheat-, gluten-, soy-, corn-, refined sugar- and dairy-free, including exercise-specific recipes for pre-workout snacks, energy gels, sport drinks, and recovery foods—an easy-to-follow exercise plan that compliments *The Thrive Diet*.

Committed: A Rabble-Rouser's Memoir

by **Dan Mathews**

Hardcover: 272 pages

Publisher: Atria (April 17, 2007)

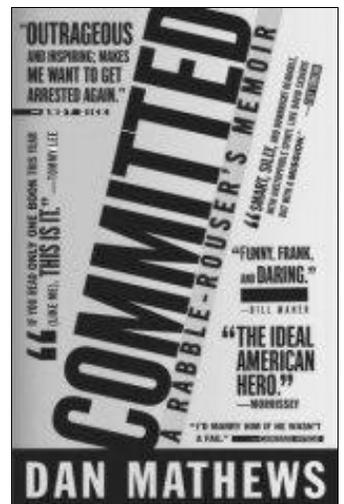
ISBN-10: 0743291875

ISBN-13: 978-0743291873

Publisher's description

In his new book PETA Senior Vice President Dan Mathews talks about his colorful crusades on behalf of animals that have landed him behind bars, nearly naked on the campus of Harvard, and even "committed" (the chapter and

experience for which the book is named) to an asylum in France. From his poor childhood as a victim of bullies to his notorious friendship with Pamela Anderson, Dan's stories, in the end, reveal his devotion to a cause that's as dear to his heart as it will be to yours.



Restaurant Review

Govinda's Vegetarian Cuisine

1118 Fort Street Mall, Honolulu
Phone: 271-4780
10:00 a.m.-2:00 p.m., Mon.-Fri.
\$4.50-\$9.00

by Scott Snarr
VSH member

Ever since the closing of Mr. Goodburger's about three years ago, it's been hard to find a quick, affordable vegetarian meal downtown. That changed on February 20th when

Govinda's opened its new location on Fort Street Mall. Just a few doors down from Taco Bell/Pizza Hut, it's conveniently within walking distance from almost anywhere downtown or Chinatown. Serving the lunch crowd from 10 a.m. to 2 p.m. weekdays, Govinda's is sure to hit the spot for anyone who works, lives, or goes to school in the downtown area.

The food is "the best on the planet," brags server Jeanette Gailloux. The chefs don't use anything with MSG, preservatives, hydrogenated oils, or artificial colors or flavors. Almost everything is organic. The all-vegetarian rotating menu features two entrées each day, at least one of which is vegan. Among my favorite dishes are the tender kofta balls with mixed

veggies in tomato sauce and walnut dumplings with sweet and sour veggie sauce. Perhaps you would prefer the Thai yellow curry with cauliflower and

The all-vegetarian rotating menu features two entrées each day, at least one of which is vegan.

tofu or baked sesame tofu squares with sautéed broccoli and cabbage? Pick up a monthly menu the next time you're there and find out ahead of time what's cookin'.

A mini-plate includes the entrée of

your choice with brown rice, a mixed green salad, and a dessert for only \$4.50 (vegans will pass on the dessert, which contains butter). If you've got a huge appetite, get the full plate for \$7.15. It includes all of the above plus a second entrée (or second helping of the first) and the soup of the day.

You can also choose from a veggie burger (\$3.75) or several *ala carte* items. I recommend the vegan samosa, a baked whole wheat pastry stuffed with potato and pea curry for \$2.65. The restaurant also serves lemon-mint-ginger and blackberry-raspberry herbal iced teas daily.

The food is already prepared, so there's no waiting time. The restaurant is immaculate and has ample seating. The décor is simple and pleasant, giving the restaurant a classy ambience that belies its modest prices. There is also outdoor seating under an umbrella for those who prefer to enjoy their meal watching passers-by.

Govinda's, which is operated by the Hare Krishna temple, also runs a kiosk in the Sustainability Courtyard at UH Manoa with all the same food and prices. This location will reopen the second week of July. Also reopening will be their all-you-can-eat buffet, located inside their temple on 51 Coelho Way in Nuuanu. For only \$5, it's a great deal if you can manage to get there during their open hours from 12:10 to 1:10 p.m. on weekdays.





Garden Island

Potluck/Lectures

Monthly vegan potluck luncheons and lectures are held at noon on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.



Mele Abrams spoke on "Raising Vegan Children" at the VSH vegan potluck/lecture held June 3rd. From left to right: Kiran, Talia, Kala'e, Mele, and Gabriel Abrams.

On Sunday, April 1st the first VSH Kauai monthly vegan potluck luncheon was held.

The prize for the best dish went to Vigil Alkana's (r) original recipe for Raw Dessert Pate'. The judges were Mark Reinfeld, cofounder of the Blossoming Lotus restaurant, and Jennifer Murray, coowner of the Blossoming Lotus.

On May 6th more than 50 people were on hand as Chef Mark Reinfeld demonstrated recipes from his new e-book, *The Seven Minute Chef, Simple Tools for a Lifetime of Health*. See a review of the book on page 14 in this newsletter. Go to www.onedegree.com/7minutechef/index.htm for more information or to purchase a copy.



The winner of the best original recipe at the May 6th potluck/lecture was John Barnett (left) for his Quinoa Salad. Chef Mark Reinfeld was the judge.

Quinoa Salad

- 2 cups uncooked quinoa
- 1/2 cup roasted sunflower seeds
- 1/4 cup chopped red onion
- 1/2 cup cilantro chopped fine
- 1/2 cup parsley chopped fine
- 1/4 cup red bell pepper chopped
- 3 T lemon juice
- 1/4 cup olive oil
- 1/2 T sea salt

Combine all ingredients and infuse with love!

Gordon LaBedz, M.D. was the first speaker at the potluck/lecture held April 1st. A family physician for Kaiser Permanente, Dr. LaBedz discussed the health benefits of vegetarianism with emphasis on reversing heart disease and diabetes and preventing cancer.



Kathy Matera, Ph.D. won a gift certificate to Papaya's Natural Foods store June 3rd for her recipe:



"Chinese Noodle Stir Fry"

(All ingredients are raw, organic, and non-dairy.)

Rinse 2 packages of kelp noodles and place in bowl. Thinly slice 1/4 cup each of broccoli, carrot, celery, and red bell pepper and toss into noodles.

Sauce: In a blender place:

- 1/4 cup of loose basil leaves
- 2 T of dry lemon grass (or 1/4 cup fresh if you can find it)
- 1 cup fresh coconut
- 1 t fresh ginger
- 4 cloves of raw garlic
- 1 t of raw onion
- 3 T Bragg's Amino Acids (or Nama Shoyu) (taste to find the right amount of salty taste)
- 2 T raw apple cider vinegar
- 1/4 cup of cold pressed olive oil
- 1 handful of raw nuts that have been germinated (soaked over night)

Add some water, if needed, to blend until smooth. Pour onto noodles and garnish with cilantro.

(Science Corner *from page 3*)

lergic reactions, including scombroid poisoning, following fish dinners.
<http://en.wikipedia.org/wiki/Scombroid>

In spite of its reputation as an omega-3 fatty acid source, 45 fish averaged only ~50% of the RDA/Cal for ALA (alpha linolenic acid), the only essential omega-3 in the human diet, while 20 nuts and seeds averaged ~195%. The putative value of fish hinges on its content of EPA

(eicosapentaenoic acid), not an essential FA, but a 20-carbon omega-3 FA that the fish make from the 18-carbon ALA they get by eating algae, a photosynthetic single cell marine plant.
www.nsc.org/ehc/glossary.htm

EPA apparently does lessen the risk for heart attack by reducing blood clots in the coronary arteries. However, all omega-3 FAs begin with ALA, synthesized only in the chloroplasts of green plants, and elongate first to EPA and then DHA, a 22-carbon omega-3 FA. Given adequate dietary ALA, adults can make their own EPA.

Infants can't synthesize EPA or DHA, but for those lucky enough to have mothers who realize the enormous importance of breast feeding and also of eating plenty of leafy greens and nuts, there's enough of both in mother's milk to ensure normal brain and retinal development. For those not so lucky, many of the new soy infant formulas have at least added DHA derived from algae.

Perhaps the last word in this fish story came from the University of Hawaii Department of Public Health Sciences and Epidemiology press release: <http://jabsom.hawaii.edu/jabsom/> stating: "Drs. Kimberly Warner and Jackie Savitz from Oceana (a Washington, DC non profit that seeks to protect the ocean) are available to discuss the implications of this study on the worldwide crisis of overfishing in the oceans: 202-833-3900."

Dermatology Department

Abstracts at: www.ncbi.nlm.nih.gov/entrez/query.fcgi
Dermatol Online J. 2006 May 30;12(4):1 *Milk consumption and acne in adolescent girls*. Adebamowo CA, Willett WC, *et.al*. Department of Nutrition, Harvard School of Public Health.

Observing "a remarkable paucity of evidence for an association between diet and acne," the authors performed a prospective cohort study to evaluate that relationship in 6,094 girls aged 9-15 years, who reported dietary intake on three food frequency questionnaires from 1996 to 1998. They concluded: "We found a positive association between intake of milk and acne. This finding supports earlier studies and suggests that the metabolic effects of milk are sufficient to elicit biological responses in consumers."

Our thanks to Scott Snarr of the Vegetarian Club at UH Manoa (VCUHM) who brought this next interesting study to our attention:

Am J Clin Nutr. 2007 May;85(5):1401-8. *Dietary pattern in association with squamous cell carcinoma of the skin: a prospective study*. Ibiebele TI, van der Pols JC, *et.al*

Synopsis: "Two major dietary patterns were identified: a meat and fat pattern and a vegetable and fruit pattern. The meat and fat pattern was positively associated with development of squamous cell carcinoma (SCC) tumors of the skin...A higher consumption of the vegetable and fruit dietary pattern appeared to decrease SCC tumor risk by 54%, but this protective

effect was mostly explained by the association with green leafy vegetables. Conclusion: A dietary pattern characterized by high meat and fat intakes increases SCC tumor risk, particularly in persons with a skin cancer history."

SCC is strongly linked to sun exposure, which causes radiation damage to DNA. As our speaker in March of this year Karl Seff, Ph.D. explained,

“We found a positive association between intake of milk and acne.”

the antioxidants that limit this damage are found almost exclusively in plants, particularly in plant leaves, which evolved these antioxidants to protect their own cells from constant bombardment by solar radiation.

The relationship between animal source food consumption and various skin disorders has been rampant in vegetarian circles for 50 years, so it's gratifying to once again see science catching up with us.

VSH lectures now online

You can now watch many of the past VSH meeting lectures online. Links to the shows may be



found on the VSH home page at VSH.org and in the drop down menu of the TV Schedule. Most of these shows were recorded at monthly VSH meetings.

We'd like to thank long time member James Thompson for his expertise and generosity in making this possible.

(Rescued *from page 1)*

unable to eat and therefore starve to death.

On closing day hens were sold in groups of four with their legs bound tightly with twine, which caused paralysis to some. Leftover hens that were not sold to the public, were killed: factory farm workers killed them by snapping their necks or burying them.

While in the neighborhood about a month after the egg factory shut down, I noticed that the factory's gates were open. I drove my car all the way inside the giant compound just to make sure that no live hens had been left behind. As I drove in, I saw dozens upon dozens of emaciated battery hens near the sheds. I also saw countless dead hens lying on the ground after apparently succumbing to starvation and dehydration over the previous month. Further into the compound I located a man working in a gigantic shed that housed battery cages and asked him whether these remaining hens were being given food or water. He told me the hens were not, and he agreed to let me come back with my cat carriers and retrieve them.

I contacted some kind hearted ve-

gan friends who live on farms in Haiku and Kula, and they offered to help rescue and provide homes for the abandoned hens. One couple had already taken in eight on the day that the factory closed.

That night six of us went to the egg factory after dark and met up with the on-site manager. The stench of manure and chicken corpses inside the long, narrow sheds was overpowering. It was pitch black, so we used head lamps and flashlights to illuminate the hellish place. We were stepping on dead hens everywhere. One poor bird had become stuck between some bars and had died a slow, miserable death.

It took a few hours to locate all the abandoned hens and rouse them from their sleep. They screamed in terror as they were plucked up and taken away. Little did they know how their lives were about to change. At the end of the night, 46 hens were saved. The manager said that we got them all.

These rescued hens are now enjoying their new homes. The people who adopted them described their joy as they experienced the rain on their backs and the sun on their feathers for the first time. Liberation takes on new meaning as these gentle hens feel the free breezes of Maui after their cruel incarceration.



Some of the rescued hens at their new home on the Blake Farm on Maui.



Is smoking like eating meat?

- A.**
- 1. There was once a time when people who opposed smoking were viewed as antisocial and unreasonable.**
 - 2. Then there was a time when they were viewed as technically correct but their cause was viewed as hopeless because nothing would ever change because smokers are addicts, young people fall into it, and the tobacco industry has the resources to protect itself fully.**
 - 3. As of now lots of things have changed.**
- B.**
- 1. There was once a time when vegetarians were viewed as odd and sickly. It was something that one would grow out of.**
 - 2. Now we are viewed as technically correct, I find, and that we are respected, but our cause is viewed as having no chance of prevailing because people will never give up meat.**

Karl Seff, Ph.D.
VSH Board member



"There's no reason to drink cow's milk at any time in your life. It was designed for calves, it was not designed for humans, and we should all stop drinking it today, this afternoon." —Dr. Frank

A. Oski, former director of pediatrics,
Johns Hopkins University

"Vegetarians have the best diet. They have the lowest rates of coronary disease of any group in the country ... they have a fraction of our heart attack rate, and they have only 40 percent of our cancer rate." —William Castelli, M.D., director, Framingham Heart Study, the longest-running clinical study in medical history

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