



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 22, Issue 4, October-December 2011

Inside this Issue

President's Message	2
Opinions	3
Local Listings	3
Local Happenings	4
In the News	8
Health Update	10
Animal Rights Arena	11
Calendar of Events	12
Oahu & Maui Events	13
Kauai Events	14
Restaurant Review	15
Consumers' Corner	16
Recipe	17
Fall Calendar	17
Book & Movie Reviews	18
Vegan Tidbits	19

Public Lectures

STEVE BLAKE, SC.D.

**"A NUTRITIONAL APPROACH
TO ALZHEIMER'S DISEASE"**

Saturday, October 15th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

DR. S. K. KAMLESH

"AYURVEDA VEGETARIAN COOKING"

Saturday, November 26th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

CHEF ORI ANN LI

"VEGAN HOLIDAY TREATS"

Saturday, December 17th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

See page 12 for more details,
including Maui meeting times.

Thanksgiving Eve dinner 2011 to be held at McCoy Pavilion

by Karl Seff, Ph.D.

VSH Board member

The year-end holidays begin with the VSH Annual Thanksgiving Eve Dinner on Wednesday, November 23rd. Govinda's Vegetarian Buffet will be hosting it again as they have many times in years past. Open to VSH members and nonmembers alike, the event is attended by 200 to 250 people annually.

The fare will be very traditional (see below), completely homemade, and vegan. Wherever possible it will be organic and free of GMOs, hydrogenated oils, MSG, preservatives, and artificial colors and flavors. The oil and salt content will be kept under control, and nut- and gluten-free alternatives will be available.

Dinner this year will be served at McCoy Pavilion at Ala Moana Beach Park, a change from recent years, although old-timers will remember that it has been held there before. With this large indoor venue, the cost of renting a

(see **Thanksgiving**, page 4)

Thanksgiving Eve Dinner Menu

Courses:

- * Mock turkey
- * Savory herb stuffing
- * Mashed potatoes
- * Home-style gravy
- * Citrus-cranberry sauce
- * Maple-glazed yams
- * Whole-grain dinner rolls
- * Melange of autumn vegetables almandine

Salad:

- * Organic mixed greens
- * Assorted dressings

Desserts:

- * Homemade pumpkin pie
- * Holiday spice cake
- * Warm fruit crisp

Drinks:

- * Hot and cold herb tea
- * Water

Reservations: 531-1929

vsthanksgiving@hotmail.com

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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VSH.org
VegHawaii.org

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Mahalo to all our volunteers!

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

The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.



President's Message

Dear Members,

In any volunteer organization the greatest need is for volunteers who can bring not only their talents but also the ability and desire to work with others toward a mutual, worthy goal. We're very fortunate at VSH to have had such wonderful people help us in our efforts, both now and in the past.

One such remarkable individual who has stepped forward is Mark Fergusson, CEO of Down to Earth. He has volunteered to contribute his expertise toward furthering VSH's mission of vegetarian education. In addition to running the largest vegetarian chain of natural food stores in the country, Mark is a CPA and a mediator who has given his personal time to worthy causes for many years. I am thrilled to welcome Mark as the very first member of the newly created VSH Advisory Board.

Two other extraordinary individuals are Ori Ann Li and Dr. Steve Blake, Sc.D. We are proud to introduce these two new members of the VSH board.

Ori Ann agreed to take over as our speaker coordinator in July 2010 from Jim Brown, who had been doing the job for a number of years. She is a trained vegan chef, an instructor in cooking and meditation, a former Mrs. Hawaii International with a humane treatment of animals platform, and a presenter on KITV's *Cook Healthy Fast* along with Dick Allgire. She has not only been bringing us excellent speakers for the past year, but she has made sure that their experiences in Hawaii have been comfortable and enjoyable.

Dr. Blake took over in June as Maui coordinator from Laurelee Blanchard, without whose help we would not have had a VSH Maui or been able to provide Maui residents with the same fine speakers that we have had on Oahu. Among his numerous accomplishments, Dr. Blake is the author of *Vitamins and Minerals Demystified* and developer of the *Diet Doctor* software. He works with his wife Catherine, who also helps with Maui VSH activities. He brings to the board a new vision for VSH on Maui and has already started arranging for new member benefits and initiating activities that will ultimately benefit the Maui community.

I am thankful that these enormously talented and accomplished people have volunteered to devote their time and efforts to VSH, and I look forward to what we can accomplish with their help.

We are also grateful both for Jim, as vice president and Kauai coordinator, and for Laurelee, who continue with their other duties on the VSH board.

Aloha,



Opinions

Be a voice of reason for the animals

by Scott Owen Snarr, Editor

The best thing you can do to help animals — besides not eating them — is to help change public opinion.

Apparently there are some vastly different ideas out there of how to do this. Some animal rights groups have got the idea that outrageous publicity stunts are the best way to spread the word — no matter how offensive. I vehemently disagree. If misused, publicity is counterproductive. It creates negative stereotypes and gives skeptics an easy scapegoat to dismiss the whole animal rights movement.

On the other hand, you can make positive changes every day — without access to mass media — through your daily interactions with the people around you. Your effectiveness is influenced by the quality of your relationships, the degree to which other people trust your judgment, and their ability to identify with you. By educating yourself and others, you can be a voice of reason for the animals, and your actions and words will carry more weight.

Here are two dozen and one simple things anyone can do that will help animals in the long run:

- Don't eat food that comes from animals — even dairy cows and layer chickens are tormented and slaughtered.
- Buy only non-animal-derived clothing, accessories, and bedding.
- Purchase only cleaning products and cosmetics that aren't tested on animals.
- Treat someone to a vegan meal.
- Let restaurant staff know that you'd like to see more vegan options.
- Cook a vegan dinner for someone.
- Cook regular vegan meals for your family — whether or not you are the family's regular chef.
- Bake vegan goodies and share them with coworkers or neighbors — and tell them why they're vegan.
- Host a vegan potluck.
- Have a conversation with someone about why you don't eat animals.
- Read a book about veganism or animal rights to increase your own knowledge.
- Buy someone a vegan-oriented book as a birthday or Christmas present.
- Lend *The Island Vegetarian* to a friend or give it away when you're finished with it.
- Attend a VSH lecture and bring a friend.
- Post videos of VSH speakers on your Facebook wall.
- Share investigative reports of factory farms and slaughterhouses via Facebook or other social media.
- Leave copies of a vegan brochure such as *Why Vegan?* at your apartment building or place of worship.
- Buy someone a gift membership to VSH.
- Make a donation to VSH or another respectable organization.
- Volunteer your time with VSH.
- Volunteer your time at Leilani Farm Sanctuary on Maui.
- Donate your birthday or Christmas to charity (see justgive.org).
- Network and build alliances with people inside and outside the animal rights movement.
- Buy *Forks Over Knives* (see page 18) and invite a friend to watch it with you.
- Be a positive role model.

Television

“Vegetarian” VSH lectures

Oahu—Oceanic Cable Ch. 52
Wednesday 11 a.m.
First and third Thursdays 6 p.m.
Go to olelo.org and click on “Oahu Channel 52.”

The shows are also on line at 6 p.m. on Thursdays.

Maui—Calabash Cable Ch. 52
Wednesday 9:30 p.m.
Thursday 5:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii
Cable Ch. 54, Saturday 2 p.m.

Kauai—Ho‘ike Cable Ch. 52
Kauai schedule is at hoike.org

Online—www.vsh.org/videos.htm

“Cook Healthy Fast”
with Dick Allgire
Short, quick, vegan recipes
Tuesdays: 5 p.m.
KITV-4

Radio & Internet

“Healing & You”
Terry Shintani, M.D.
Dr. Diane Nomura
Ruth Heidrich, Ph.D.

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

“Vegan World Radio”
Telling the story of the vegan revolution that's saving animals, the planet, and our health.
www.veganworldradio.org

Community

Vegetarian Cooking Classes
First Saturday of every month.
Down to Earth
2515 King Street, Honolulu
Call 947-3249 to register for free.



Local Happenings

Thanksgiving from page 1

big tent, as Govinda's has done at its own location, can be avoided, and thus a price increase from last year is not needed. Expect a comfortable, quiet Thanksgiving experience. Our hosts at Govinda's will as usual be trying hard to do their best.

Dinner will cost \$19 for adults and \$15 for children ages 8 to 13; children 7 and under eat free. Govinda's will provide a supervised craft and entertainment area for the kids.

Choose a seating time: 4, 4:15, 4:30, 4:45, 5, 5:15, 5:30, 5:45, 6, 6:15, 6:30, 6:45, or 7 p.m. Everyone, even late arrivals, must be out by 8 p.m. so that Govinda's has time to clean up and be out by 9 p.m. as required by this City facility. **To make a reservation, email Madana at vsthanks_giving@hotmail.com or phone her between 9 a.m. and 9 p.m. at 531-1929.** Leave a message with your name, phone number, number of peo-

ple in your party, and seating time. You will receive confirmation within a day or two.

Expect to see people there whom you have never seen before. This event attracts vegans and vegetarians who have chosen their lifestyle for one or more of these reasons: health, ethics, protection of the environment, and religion. Expect to meet activists as well as individuals who have simply chosen to live this way. Talk to the people at your table; ask them why they came; you are likely to learn something and to be impressed.

We are not alone. Millions of people across the U.S. are celebrating Thanksgiving in this way. With the use of mock meats and the omission or substitution of a few ingredients, Thanksgiving is easily made vegan. Baked yams, cranberry sauce, and veggies are whole vegan fare, and with a small change to the ingredient list, the stuffing, mashed potatoes, gravy, and pie can become vegan too. Many of us have already said goodbye to mock meats.

We hope to see you there!

Maui activists dream big

by Scott Owen Snarr, Editor

What's the first place in the world that comes to mind when you think "vegan"? If not Maui, then give it a few more years. The newly formed Maui Vegan Leadership Team plans to transform the Valley Isle into the "Vegan Capital of the World."

Started May 24th, the group meets monthly at the Spirit of Aloha Oceanside Botanical Gardens, courtesy of Frederick Honig. "We want to make this beautiful island a showplace of health and compassion," proclaims Steve Blake, who was chosen to lead the team. Blake has also assumed duties as Maui Coordinator for VSH.

The group's activists are full of ideas and visions that they have already begun to turn into reality.

Home and Brook Le'amohala host monthly vegan potlucks with music and festivities. Keith McElfresh and Strat and Doreen Goodhue hand out free vegetarian starter kits at Maui Community College.

Catherine Blake taught eight three-hour vegan cooking classes at Hale Akua Farm, Whole Foods Market, and the University of Hawaii Maui College.

Laurelee Blanchard, with the help of the World Society for the Protection of Animals, persuaded Times Supermarkets and Foodland Super Markets to pledge to stop selling "local" pork from live pigs shipped from Indiana to Maui under torturous conditions. Next, Laurelee plans to go after the

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The Maui Vegan Leadership Team aims to make Maui a vegan paradise. Left to right: Waylon Rich, Rebekah Soteris, Dan and Angel Honig, Magic Jeannie Honig, Steve Blake, Frederick Honig, Carlos Garcia, Catherine Blake, Home Le'Amohala, Sarah and Mark Taylor, Strat and Doreen Goodhue, Barry Sultanoff, Keith McElfresh, Laurelee Blanchard.

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shipping company, Matson.

Laurelee also operates Leilani Farm Sanctuary in Haiku, which not only cares for rescued animals but also teaches people the reasons for treating animals as friends, not food. She welcomed visits from the Lahaina Boys & Girls Club throughout the summer and gave each child stickers and an animal rights comic book.

Among other things, the leadership team envisions all Maui schools serving vegan food and all Maui restaurants offering at least two vegan entrees. The possibilities are limited only by the imaginations and enthusiasm of those willing to work to make them happen.

If you are a vegan on Maui who wants to promote plant-based diets and compassion for animals, contact Steve Blake at mail@naturalhealthwizards.com about being part of the team. Others can kokua simply by posting flyers on their part of the island or by visiting Leilani Farm Sanctuary in Haiku, where they will learn more about the reasons for a vegan diet.

Maui members to enjoy discount at Down to Earth

by Scott Owen Snarr, Editor

Down to Earth ALL VEGETARIAN Organic & Natural will give a 5% discount on all products at its Kahului store on Maui to VSH members beginning October 1st, 2011. Now for the first time, health-conscious shoppers on Maui can enjoy savings that were previously offered only on Oahu.

The Maui offer comes as Down to Earth is stepping up its commitment to communicating its vegetarian mission, according to Mark Fergusson, CEO of Down to Earth. "We see es-

ablishing a closer relationship with and support for VSH as an important way in which we can help educate individuals and society in general on the importance of adopting a vegetarian diet and lifestyle.

"Our commitment to a vegetarian mission is unshakeable, and we have adhered to it since our business started in 1977. It is not a marketing angle, as being a vegetarian store likely costs us significant lost sales. But we will never compromise our vegetarian principles for the sake of profits."

In addition to offering a huge selection of all vegetarian products, the company tries to engage the community with its *Love Life!* Community Outreach Team, which gives free vegetarian cooking classes and nutritional seminars and attends community fairs to promote a healthy vegetarian lifestyle. Plans are underway to add a new community room to the Kahului store next year and to make it available for VSH activities such as cooking demos.

"The new Down to Earth Maui discount will give Maui residents one more good reason to become VSH members," says Lorraine Sakaguchi, VSH president. "I'm expecting that this will help VSH on Maui to become a stronger force for vegetarian education in the Maui community. In turn, VSH on Maui will be better able to support the awareness and growth of vegetarian and vegetarian-friendly businesses."

Mark Fergusson adds, "In today's competitive environment we appreciate VSH members choosing to shop with and supporting businesses that share their values."

VSH attracts attention at UH student fair

by Lorraine Sakaguchi
VSH President

Sachin Ruikar, president of the Indian Student Association at UH (ISA), invited the Vegetarian Society of Hawaii to share a table at the UH-Manoa Fall Semester Student Involvement Fair September 1st.

VSH was pleased to be there to help sign up students interested in joining ISA and also to talk to students and other table visitors who were already vegetarian or who were interested in learning more about the subject. We gathered names of those who might be interested in Vegetarian Society of Hawaii events and passed their names on to the Vegetarian Club at UHM as well.

Partway through the event Hawaii Governor Neil Abercrombie and UHM Chancellor Dr. Virginia Hinshaw came to visit the student activity tables at the UH Campus Center, including ours. The Governor told us that his wife is vegetarian and that he is a part-time vegetarian himself. He

(continued on page 6)



Governor Neil Abercrombie (center) made several visits to the VSH table at the UH student involvement fair. The booth was staffed by VSH president Lorraine Sakaguchi (left) and volunteer Denise Snyder (right).



Photo: Lorraine Sakaguchi

VSH volunteer Denise Snyder (right) joined Sachin Ruikar (left) of the Indian Student Association at the student involvement fair in UH Campus Center.

(continued from page 5)

even signed up for our email list. He revisited our table several times during the event.

Thanks to Sachin and the UH Manoa ISA for their kind support in creating a positive experience for UHM students!

If you would like VSH to host a table or to give an informative presentation about the benefits of a plant-based diet at your next event, please contact us at info@vsh.org.

Maui vegans invade New England

by Steve Blake, Sc.D.
VSH Board member

From analytical Harvard doctors to energetic raw vegans, people all across New England heard how nutrition and disease are linked as Steve Blake, Ph.D. and his wife Catherine traveled, lectured, and networked with leaders of the vegan movement in Massachusetts, Connecticut, New Jersey, New York, and New Hampshire.

The Boston Vegetarian Society (BVS) gathered over 100 people to hear Dr. Blake discuss the scientific links between nutrition and Alzheimer's disease. Evelyn Kimber, president of BVS, organized this successful event. The slide show was followed by a Chinese vegan buffet.

The next night Steve and Catherine met with Dr. David Coleman, Chairman of the Department of Medicine at the Boston University School of Medicine, who explained the politics of why food is not being used as medicine in hospital settings and how pharmaceutical corporations influence medicine.

The next presentation was set on picnic grounds next to a lake in Mansfield Hollow, Connecticut. Rohit Mehta brought together leaders of the vegetarian societies in Connecticut to hear Dr. Blake talk about dietary fats and oils. Questions flew in all directions on this lively topic. The otherwise raw picnic was supplemented with roasted potatoes and corn on the cob.

In Montclair, New Jersey, the head of the Central Jersey Vegetarian Group, Stacey Walder, set up Steve's talk on the nutritional differences among popular diets.

Healthy Planet president Bob DiBenedetto filled an Indian restaurant in Long Island with an audience for Dr. Blake's interactive talk and slide show on boosting immune power with nutrition. Bob also invited Dr. Blake to appear on his popular radio show, *The Healthy Planet*, prior to the talk.

In a mansion next to a swimming pool in Long Island, chef and author

Catherine Blake presented a cooking class called "Food As Medicine." She showed how to make enticing and satisfying curried oat burgers, coconut garlic mashed potatoes, and a sweet berry surprise. Cooking, feasting, and socializing went on late into the night.

A few days later Dr. Blake presented his nutritional approach to Alzheimer's disease to chief psychiatric gerontologist Dr. James Ellison and staff at McLean Hospital. This imposing hospital and campus — voted the best psychiatric hospital in the world — is the teaching hospital for Harvard psychiatric doctors. The conference room quickly filled up with doctors and staff. There was lively discussion. Following the talk Dr. Blake's nutritional suggestions for Alzheimer's outpatients were implemented in the day program at McLean Hospital.

While in New England, Catherine presented three cooking shows aired on international television translated into 37 languages. She showed how to make scrumptious sauces that make vegetables irresistible and vegan meals satisfying.

Dr. Blake spoke at the Susan Bailis Assisted Living Community in Boston. A room packed with sharp-minded elders listened carefully to nutritional advice for reducing the risk of dementia. Suzanne, the event coordinator,

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Dr. David Coleman (right) of the Boston University School of Medicine tells the Blakes (left) how he tries to limit the influence of pharmaceutical companies on medicine.

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dinator, said it was the best talk that the center had ever hosted.

K. O. Bisson, who leads the Manchester Raw Food Meetup, filled a conference room in Manchester, New Hampshire with a dynamic group of raw food enthusiasts. Dr. Blake taught them how to get all of their nutrients from a raw food diet. The discussion was lively and went hours longer than expected.

The last presentation of the trip took place at the prestigious and sprawling Boston University Medical Center with a staff briefing on the latest research on nutrition as it relates to Alzheimer's disease. Dr. Blake was set to meet with Dr. Saper of the Program for Integrative Medicine and Dr. Lee Goldstein, an expert in abnormal proteins. When eight other doctors, nurses, and dietitians heard about the meeting, it was moved to a larger conference room. The meeting ended with a request for Dr. Blake to provide a nutritional protocol for early-stage Alzheimer's patients.

Dr. Blake and Catherine networked with many leaders, telling them about the Vegetarian Society of Hawaii and the Leilani Farm Sanctuary on Maui. They witnessed how others made successful outreaches. They made friends and met new ve-

gan brothers and sisters, and they are now back home on Maui.

VSH will raise dues to cover expenses

by Lorraine Sakaguchi
VSH president

Vegetarian Society of Hawaii membership dues will go up on January 1, 2012. This is the first time we've increased dues since January 1, 1997.

In the past 15 years our costs have increased enough to warrant raising yearly dues from \$20 to \$30, but thanks to your donations and the hard work of our volunteers, we've been able to continue to serve our members and the community without raising membership dues during those years. We aim to keep costs down for our members, so we are raising the one-year individual dues from \$20 to only \$25, and the one-year student membership dues from \$12 to \$15.

If you spend just \$10 per week on groceries or on eating out at establishments that offer discounts to VSH members, your membership will be saving you money. You will also be helping us to perform our mission of vegetarian education. If you want to beat the rate increase, remember that

we will still be accepting new memberships and renewals at the old rates through December 31, 2011.

Thank you for your understanding and continued support.



Vegan Children's Research Study

Participation is needed from toddlers 2 years of age

The purpose of this study is to find out if vegan toddlers today are consuming sufficient amounts of vitamin B6, folate, vitamin B12, and vitamin D compared to their consumption twenty years ago.

Seeking families with a child who:

- is total vegetarian (vegan)
- is 1.5 to 2.5 years old
- has been weaned from breast milk for at least six months
- is generally in a healthy condition

Participants' tasks:

- write down your child's diet in a 3-day food record (instructions provided)
- provide child's urine sample (instructions provided) to measure vitamin level markers

Benefits to your family:

- free nutritional assessment and follow-up nutritional counsel for your child
- a small token of appreciation when the urine sample is collected

See tinyurl.com/veganchildrenstudy or email veganchildrenstudy@llu.edu by October 28th to see if your child is eligible.

Dr. Louise Schneider
(909) 558-1000 ext. 47241
Loma Linda University



Photo: Catherine Blake

President of the American Vegan Society, Freya Dinshah (third from right), drove two hours to Montclair, New Jersey to hear Dr. Steve Blake (far right) compare popular diets from a nutritional standpoint.



IN THE NEWS

Could America be heart attack-free? CNN asks

by Scott Owen Snarr, Editor

A million Americans have cardiac events every year, and the American Heart Association predicts 33 million more cases of heart disease in the next 20 years. But according to Dr. Caldwell B. Esselstyn, Jr., the number of those that could not be prevented through proper eating is zero.

Dean Ornish, M.D. agrees: "Heart disease could be as rare as malaria today if we simply put into practice what we already know."

One man who has begun putting it into practice is former President William Clinton. CNN chief medical correspondent Sanjay Gupta interviewed Clinton as part of an hour-long documentary called "The Last Heart Attack" that aired August 28th.

Despite having access to the best health care in the country, Clinton suffered a heart attack at age 58 and underwent open-heart quadruple bypass surgery.

"I was lucky I didn't die of a heart attack," Clinton told Gupta.

He made modest changes to his diet, but six years later needed to have one of his blood vessels reopened to have stents inserted.

Then, under the care of Dr. Ornish, Clinton decided to overhaul his notorious eating habits to save his heart: he eliminated all meat, eggs, and dairy as well as all but a little oil. A year later he feels much better, has lost over 20 pounds, and is visibly thinner.

He expresses no regrets. "I like the stuff I eat. I like the vegetables, fruits, the beans."

Gupta also followed two ordinary Americans who took radically different approaches to their life-threatening heart conditions: Tom Bare and Sharon Kintz.

Bare, a 53-year-old Nebraska teacher, was told that he was at high risk for heart attack unless he had open-heart surgery immediately. He complied.

Besides a slow recovery he experienced complications that forced him to undergo surgery again: None of his arteries worked. "I was told I was going to feel like a million dollars. That hasn't happened yet. I'm still waiting for that, that payoff."

A heart attack is "a food-borne illness," explained Esselstyn, "and we're never going to end the epidemic with stents, with bypasses, with the drugs, because none of it is treating causation of the illness."

Kintz had already suffered a heart attack from a blocked coronary artery. But unlike Bare, she defied her surgeon's warning that she needed immediate open-heart surgery. Instead, she embarked on the plan that Esselstyn recommends: a low-fat, plant-based diet.

A year later she feels great. Esselstyn declared that the way she is eating now makes her immune to heart attacks.

Gupta also wanted to make himself heart-attack-proof. He was relieved to find out that he had no plaque buildup on his arterial walls despite a family history of heart disease. Dr. Arthur Agatston gave him a seven-year heart-attack-free guarantee.

"It's possible to keep everybody from having a heart attack with educa-

tion, with knowledge, with information. Now, the question becomes, are people going to do this?" says Esselstyn.

In an industry heavily dependent on advertising dollars from the food industry, Gupta's news segment was a courageous break, one that could save many lives among its millions of viewers.

He ended with a caution that if you want to make major changes in your diet to treat disease, you should consult with your doctor.

View the video: tinyurl.com/lastheartattack

Al Gore points a finger at meat

by Mercy for Animals

While President Bill Clinton espoused the benefits of healthy vegan eating on CNN, his colleague Al Gore took the stage to encourage Americans to reduce their meat consumption for the health of the planet. In a recent interview the former Vice President said that the shift toward more meat-intensive diets and the clearing of forests around the world to make room for farmed animals to graze is a big part of the problem when it comes to global warming.

Animal agriculture is an extremely inefficient and resource-intensive way to produce food for our growing human population. It pollutes our environment while consuming huge amounts of water, grain, petroleum, pesticides, and drugs.

To start on your healthy, green, cruelty-free path, please visit ChooseVeg.com for helpful eating tips and delicious vegan recipes.

Video: www.ustream.tv/recorded/16887087

Plant-based program turns lives around

by Scott Owen Snarr, Editor

Dozens of people in the Sacramento area have reversed chronic medical conditions, lost weight, reduced their cholesterol, blood sugar and blood pressure, and gotten off pills, and they've done it thanks to Meals for Health.

Created by EarthSave in partnership with the Sacramento Food Bank & Family Services, Meals for Health is a free 30-day dietary intervention program for people with low incomes. EarthSave founder John Robbins, author and firefighter Rip Esselstyn, and several health professionals including John McDougall, M.D. and Jeff Novick, R.D. teach participants the principles of a healthy vegan lifestyle. Don Forrester, M.D. provides medical supervision. In addition to better objective health measures, graduates of the program have reported increased energy, improved moods, and more satisfying relationships with loved ones.

Four days into the program Ollie McDaniel came off of her blood pressure medications that she had been taking for 22 years. Her blood pressure fell from 160/104 to 123/78 in a month. "I don't see myself ever going back to eating the way I was eating because of the fact that I'm medicine-free right now, and I'm loving it!"

Sherrie Darr got off all eight of her medications in the first month of vegan eating. She lost 31 pounds in two months. In a testimonial she proclaimed, "I'm not a Meals for Health survivor — I'm a Meals for Health lifer."

"If you could put this [program] in a pill, we'd be billionaires," said John Robbins, speaking at a fundraiser with program graduates present. "I want to see this in every major city and every minor city. I want to see this everywhere."

EarthSave is raising funds to help Meals for Health expand nationwide. To learn more or to make a donation, visit www.earthsave.org.

Dr. Greger launches nutrition website

by Scott Owen Snarr, Editor

If you want to learn the latest research on health and nutrition in plain language, try NutritionFacts.org. Physician, author, and internationally recognized speaker Michael Greger, M.D. launched the informative website on August 22nd with the goal of getting its "potentially lifesaving information to the greatest number of hands possible." The site's mission is to be a "noncommercial, strictly science-based source for the latest in clinical nutrition."

The easily searchable video vault contains over a thousand segments already, and Dr. Greger promises to upload a new one every weekday for at least the first year. Each video, several minutes in length, focuses on one nutrition-related finding from a scientific journal article. The polished graphics and stunning animations bring the concepts to life while Greger's caricatured voice and trademark humor make the videos as enjoyable to watch as they are informative. They're simple enough for the ordinary person to understand, yet even experts will find them instructive.

The videos are supplemented with links to the journal articles and other relevant information. Dr. Greger also posts frequent blog entries and breaking news.

Visitors are invited to interact with the doctor himself. "I'll take research requests, respond to comments, and answer any questions anyone has," says Dr. Greger.

NutritionFacts.org was created by the Jesse & Julie Research Foundation in partnership with Michael Greger, M.D.

One in five collegians ditching meat

by Mercy for Animals

According to a recent article in *Sustainable Food News*, foodservice marketing research firm Technomic has released a report indicating that 21% of university and college students limit their meat consumption by sticking to a vegetarian or vegan diet, cutting out certain types of meat, or eating meat only occasionally.¹

This comes as little surprise after another study by Bon Appétit Management Co., a company that manages more than 4,000 corporate, college, and university dining services, found that vegetarianism has gone up 50% and veganism has doubled on college campuses in the last four years.²

As more students choose healthy and humane plant-based alternatives to meat, dairy, and eggs to combat the destructive impact animal agriculture has on animals, the environment, and human health, school cafeterias are getting the message. This fall, a dining hall at University of North Texas is going 100% vegan,³ and Sodexo, one of the world's largest foodservice providers, is expanding its Meatless Monday campaign to its college and school cafeteria clients.⁴

References:

1. "Survey: 21% of college students limit meat consumption." *Sustainable Food News*. Sustainablefoodnews.com. 11 Aug. 2011
2. Nguyen, Ashley. "Meatless eating is hot on Philadelphia college campuses." *Philly.com*. 14 Oct. 2010.
3. Smajstria, Ann. "Maple Hall cafeteria to go vegan." *NTdaily.com*. 9 Aug. 2011.
4. "Sodexo offers meatless monday option to promote health and wellness." Sodexousa.com. 20 Jan. 2011.





Health Update

Red meat linked to type 2 diabetes

A new study by Harvard School of Public Health (HSPH) researchers finds a strong association between the consumption of red and processed meat and an increased risk of type 2 diabetes. The study also shows that replacing red meat with healthier proteins can significantly lower the risk.

The study, led by An Pan, research fellow in the HSPH Department of Nutrition, was published online in the *American Journal of Clinical Nutrition* on August 10th and appears in the October print edition.

Pan and colleagues analyzed questionnaire responses from 37,083 men followed for 20 years in the Health Professionals Follow-Up Study, 79,570 women followed for 28 years in the Nurses' Health Study I, and 87,504 women followed for 14 years in the Nurses' Health Study II. They also conducted an updated meta-analysis, combining data from their new study with data from existing studies that included a total of 442,101 participants, 28,228 of whom developed type 2 diabetes during the study.

After adjusting for age, body mass index (BMI), and other lifestyle and dietary risk factors, the researchers found that a daily 100-gram serving of unprocessed red meat was associated with a 19% increased risk of type 2 diabetes. They also found that one daily serving of half that quantity of processed meat — for example, one hot dog or sausage or two slices of bacon — was associated with a 51% increased risk. Substituting meat with one serving of nuts per day was asso-

ciated with a 21% lower risk of type 2 diabetes, and substituting with whole grains a 23% lower risk.

Pan A., Sun Q., et al. Red meat consumption and risk of type 2 diabetes: 3 cohorts of U.S. adults and an updated meta-analysis. American Journal of Clinical Nutrition, online August 10, 2011.

Vegetarian diets, fiber protect against bowel disorder

Vegetarians are a third less likely to get diverticular disease, a common bowel disorder, than their meat-eating counterparts, according to a new study published July 19th on the website of the *British Medical Journal*, *bmj.com*.

Diverticular disease affects the large bowel, or colon, and is thought to be caused by insufficient dietary fiber. Typical symptoms include painful abdominal cramps, bloating, gas, constipation, and diarrhea.

The findings are based on 47,033 generally health-conscious British adults who were taking part in the European Prospective Investigation into Cancer and Nutrition (EPIC)-Oxford study, a third of whom reported consuming a vegetarian diet. After accounting for factors such as smoking, alcohol, and body mass index (BMI), the results showed that vegetarians have a lower risk of diverticular disease than meat eaters.

Furthermore, participants with a relatively high intake of dietary fiber (around 25 grams a day) had a lower risk of being admitted to the hospital with or dying from diverticular disease compared with those who con-

sumed less than 14 grams of fiber a day.

These findings lend support to the public health recommendations that encourage the consumption of foods high in fiber such as wholemeal breads, wholegrain cereals, fruits, and vegetables.

Crowe, F.L., Appleby, P.N. et al. Diet and risk of diverticular disease in Oxford cohort of European Prospective Investigation into Cancer and Nutrition (EPIC): prospective study of British vegetarians and non-vegetarians. British Medical Journal 2011; 343:d4131

Vegetarian men at lower risk of heart disease

Vegetarian men weigh less and have a lower risk of cardiovascular disease compared with nonvegetarians, according to a new study in *Nutrition and Metabolism*. Researchers in China compared 171 vegetarians to 129 age-matched nonvegetarians and found that the vegetarian men's weight, blood pressure, triglycerides, and cholesterol levels were lower than those of the meat eaters. The vegetarians' arterial walls were healthier as well.

Researchers have known for years that Westerners adopting a vegetarian or vegan diet are healthier than meat eaters. This new study shows that even within a country where rice and other plant foods are staples, those who avoid meat completely are better off than those who include even modest amounts of meat.

Yang S.Y., Zhang H.J., Sun S.Y., et al. Relationship of carotid intima-media thickness and duration of vegetarian diet in Chinese male vegetarians. Nutrition & Metabolism. 2011; 8:63.



Animal Rights Arena

Cows have friends

by Scott Owen Snarr, Editor

A doctoral student at Northampton University believes she has found proof that cows form friendships and feel stressed when separated from those with whom they share emotional bonds.

Krista McLennan, who studies animal care and veterinary health, made the finding by confining each of several cows in one of three conditions: in isolation, with a close companion, or with a cow it did not know. She then measured their heart rates at 15-second intervals for thirty minutes.

The testing confirmed that cows have lower heart rates when penned with a familiar friend than when they are alone or with a stranger. In other words, being around loved ones reduces their stress.

Unfortunately, McLennan is putting the knowledge to the wrong ends. She hopes that this insight can be used by farmers to increase milk production. Instead, findings like this should make it evident that cows are sentient, emotionally complex creatures and that using them for human ends frustrates their fundamental needs and violates their innate feelings.

Footage shines light on abuses at pig farm

by Mercy For Animals

A new Mercy For Animals undercover investigation provides a shocking look into one of the nation's largest pork producers — Iowa Select Farms in

Kamrar, Iowa. At this factory farm mother sows and their piglets are forced to suffer brutal abuse and lives of unrelenting confinement and misery.

Between April and June of 2011 an MFA investigator documented:

- mother sows confined to barren metal crates barely larger than their own bodies
- workers ripping out the testicles of conscious piglets
- piglets suffering with herniated intestines due to botched castration
- conscious piglets having their tails sliced into and yanked off with dull clippers
- pig with large, open, pus-filled wounds and pressure sores
- sick and injured pigs left to languish and slowly die
- mother pigs suffering from distended, inflamed, bleeding, and prolapsed uteri, which are usually fatal
- managers training workers to throw piglets across the room, comparing it to a “roller-coaster ride”

Upon reviewing the undercover footage, world-renowned animal behaviorist Dr. Jonathan Balcombe denounced the facility, stating that “this video depicts scenes of unbearable suffering and inexcusable neglect. . . . This farm should be closed down at once.”

As MFA works to expose and end the exploitation of animals at the hands of the meat, egg, and dairy industries, consumers still hold the greatest power of all to prevent needless suffering of farmed animals by adopting a healthy and humane vegan diet.

www.mercyforanimals.org/pigabuse/

Pressure halts dog meat festivals in Korea, China

by Scott Owen Snarr, Editor

Thanks to mounting public pressure led by animal advocates, dog meat festivals in South Korea and China were called off this year.

The Korea Dog Farmers' Association had little choice but to cancel the festival planned for July 1st near Seoul because nobody was willing to bring on a barrage of complaints from the public by providing a venue. The association had hoped to use the event to cultivate more favorable attitudes toward the practice of eating dog meat.

The Coexistence of Animal Rights on Earth (CARE) organized the successful campaign and was prepared to do “everything and anything to stop this festival from happening.”

The sale of dog meat is technically illegal in South Korea, but enforcement is rare.

In Jinhua City, China, the local government put an end to a six-hundred-year-old tradition in which as many as 10,000 dogs are killed each October. City officials ordered the cancelation of the three-day dog meat festival after receiving a barrage of Internet messages protesting the event.

Activist Jun Changzai spearheaded the Internet campaign, calling the event “not a festival, but a massacre.” His call to action was forwarded over 100,000 times.

While some residents are upset about the loss of the tradition, a government survey found that most locals disapprove of the festival.

These victories, which spare thousands of lives, demonstrate what people can accomplish for animals when they focus their attention on a common purpose.



Calendar of Events October-December 2011



STEVE BLAKE, SC.D.

“A Nutritional Approach to Alzheimer’s Disease”

**Saturday, October 15th, 7 p.m.
McCoy Pavilion, Ala Moana Beach Park**

Alzheimer’s is the sixth leading cause of death in the United States. Care for its victims costs more than that of heart disease and cancer combined. This class is based on the latest scientific research published in leading journals worldwide. Find out which two nutrients are crucial for lowering the buildup of amyloid plaques. Learn how to lower your risk by increasing your intake of antioxidant fruits, vegetables, and seeds. Hear why lowering saturated fats in the diet can result in better blood flow to the brain. See studies that show which supplements and medical plants have been shown to be effective in reducing the risk and progression of this common dementia.

Steve Blake has doctorates in holistic health and naturopathic medicine. His area of interest is nutritional biochemistry. He offers classes at the University of Hawaii VITEC program. He is the author of the 2008 McGraw-Hill college textbook Vitamins and Minerals Demystified. He has just completed his latest book, Understanding Dietary Fats and Oils: A Scientific Guide to Their Health Effects. He is also the author of Healing Medicine, he has a huge database on medicinal plant use around the world, and he programmed Diet Doctor 2011, software for graphing dietary nutrients. He is often heard on radio and seen on television.

**Dr. Blake will also be speaking on Maui:
Thursday, October 13th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



**DR. S. K. KAMLESH,
B.A., B.M.S., AYURVEDACHARYA**

“Ayurveda Vegetarian Cooking”

**Saturday, November 26th, 7 p.m.
McCoy Pavilion, Ala Moana Beach Park**

For thousands of years the yogis of India employed holistic therapies for body, mind, and spirit. These sciences were known as Ayurveda. As the oldest documented health science on the planet, the Vedic sciences include proper vegetarian dietary practices, daily regimen, care of the body, yoga, and meditation. For the past thirty years Dr. Kamlesh has taught Ayurveda cooking worldwide. Come watch him prepare exciting dishes, including a favorite of Mahatma Gandhi, a soup he learned to make in the palace of the Dalai Lama, and the famous rice pudding that was believed to have nurtured the Buddha before he reached enlightenment.

Dr. Kamlesh is a seventh-generation Ayurvedic doctor and founder of Kamlesh Ayurveda. His physician forefathers treated the great kings of India in its golden era. Graduating from the University of Lucknow, India, he undertook a five-year degree course on Ayurvedic medicine, after which he was awarded the title Ayurvedacharya, the equivalent of a doctoral degree in the West. His search for knowledge led him throughout India and abroad and included two years with his guru in the caves of the Himalayas. He also studied under the guidance of his father, the late Dr. B. R. Rasik, and learned to determine health condition by analyzing pulse patterns and reading facial and palm characteristics. He is secretary of the International Society of Kamlesh Ayurveda and Nature Cure.

**Dr. Kamlesh will also be speaking on Maui:
Thursday, December 1st, 6:30 p.m.
Down to Earth (upstairs), 305 Dairy Road, Kahului**



CHEF ORI ANN LI

“Vegan Holiday Treats”

Saturday, December 17th, 7 p.m., McCoy Pavilion, Ala Moana Beach Park

Get festive with vegan treats this holiday season! Chef, animal advocate, and former Mrs. Hawaii, Ori Ann Li will indulge you with delicious holiday treats that will stimulate your taste buds and inspire you to make some yourself. Ori Ann traveled to different parts of the world to discover a diversity of multiethnic flavors and to learn how to integrate them into her own cooked and raw vegan cuisine. In this cooking demonstration she will prepare recipes that have the power to please the discriminating tastes of the French and delight Asian palates. She will also show how she incorporates meditative techniques into her cooking and turns the mundane task of cooking into a mind/body exercise.

Chef Ori Ann Li attended Le Cordon Bleu Culinary Arts Institute in Paris and studied at Natural Gourmet Institute in NYC and at a vegetarian cookery school in England. She was costar of a healthy cooking segment on KITV and is preparing to launch her own cooking show. She teaches vegan cooking and meditation and is a spokesmodel for various enterprises. Her passion for helping animals has motivated her to establish Oahu’s first farm animal sanctuary and to name it after her pet pig, “Peace.”

**Chef Li will also be speaking on Maui, Thursday, December 15th, 4 p.m.
Spirit of Aloha Gardens, 800 Haumana Road, Haiku**





VSH Events on Oahu & Maui

July



80-year-old vegan extreme-sports athlete William Harris, M.D. gave the audience authoritative nutritional advice on how to take charge of their own health.

August



The Island Vegetarian editor Scott Owen Snarr gave an insightful, fresh perspective on the seldom-discussed reasons why people eat meat.

September



Joseph Keon, Ph.D. unraveled seventy years of the dairy industry's propaganda in one hour, warning of the various dangers of drinking milk and giving tips for bone health.

See these and other talks online at www.vsh.org.

Donate, join, or renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Current rates valid through December 31, 2011.

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
Regular

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

\$30 \$57 \$81 \$102 \$120
Couple or Family

Life membership \$400

\$_____ additional tax deductible donation

Contact me about volunteer opportunities.

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

SAVE NOW!

Take advantage of these low rates through the end of the year.

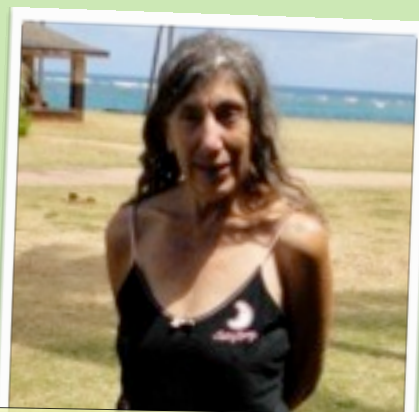
Members receive a quarterly newsletter and discounts at vegetarian-friendly restaurants and health food stores.



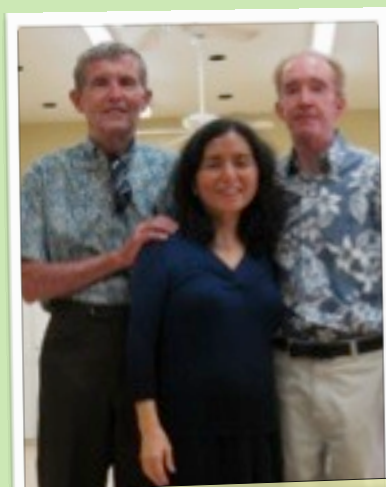
VSH Events on Kauai



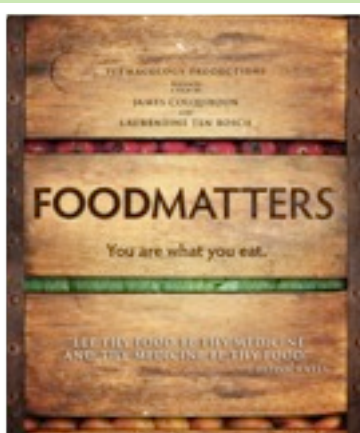
Kauai lecture attendees treat themselves to dozens of delectable vegan dishes.



The July winning recipe was earned by Hedda Schmutz for her "Hibiscus Leaves." Hedda brings a variety of edible hibiscus leaves to our potlucks regularly. They are delicious, smooth, and easy to handle, and they don't split like tortillas or flat bread.



VSH founder Bill Harris, M.D. (left) spoke at the Kauai gathering in August on how to "Be Your Own Nutritionist." VSH president Lorraine Sakaguchi (center) accompanied him, and vice president Jim Brown (right) organized the event.



Forty-two people watched July's screening of *Food Matters*, a film that focuses on the nutritional value of raw foods.



Jessyka Murray showed the September crowd how to turn any recipe into a vegan one with her presentation, "veganize it!"



Petra Sundheim's Tropical Four Rice Salad won her the recipe-of-the-month title in September.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. 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.



Restaurant Review

Zpizza

Ward Center
1200 Ala Moana Boulevard
(808) 596-0066
10 a.m. - 9:30 p.m.
Monday - Thursday
10: a.m. - 10 p.m.
Friday - Sunday
stores.zpizza.com/honolulu

by Scott Owen Snarr

There are several pizzerias on Oahu where one can get a vegan pizza by requesting no cheese, but Zpizza is one of the few places that offers whole, fresh-baked pizzas with vegan cheese (the others are natural food stores). Zpizza also boasts mostly organic ingredients.

Make no mistake — it's not a vegan or even vegetarian establishment; people put off at the sight of meat may want to think twice before eating there. But this innovative chain offers the tapioca-based Daiya as a cheese

alternative, so people of any persuasion can eat to their hearts' content. It's the perfect place to share a meal with a group of vegans or with mixed company.

For your first visit I recommend the Berkeley Vegan. It comes with marinara sauce on a whole wheat crust unless you say otherwise. Make any desired topping substitutions. My friends and I did just that, replacing the button mushrooms with artichoke hearts and requesting onions on only half. This was apparently no trouble for the cashier, who cheerfully answered all of our questions and made sure we that got everything just the way we wanted it.

The veggies tasted fresh, and they were baked to just the right softness. The "veggie burger crumbles" added succulent substance, though they were large chunks rather than the finely ground pieces that the name implies.

On future visits you can try building your own pizza by choosing the vegan cheese, any of three crusts, one of a few sauces, and several of about two dozen veggie toppings. Ask for a

vegan guide near the counter to help guide you with this task. Unfortunately, it doesn't list salad dressings, but after double-checking, the cashier assured me that the balsamic vinaigrette was a safe bet to jazz up my arugula salad sans cheese.



Photo: Scott Owen Snarr

This 18-inch whole-wheat-crust pizza could satisfy any appetite. Zpizza is one of the few places in Honolulu that offers vegan Daiya cheese as an alternative to dairy.

Now for the bill: A personal-size (10") pizza costs \$12.95, the large (14") is \$23.95, and the extra-large (18") is \$26.95. Salads run \$7.95 to \$10.95, and they are large enough for two people to share. Add two dollars for avocado.

In addition to the organic whole-wheat and regular white crusts, a gluten-free crust is available in the 10-inch size for an addition four bucks.

The restaurant interior is clean yet casual, the perfect setting for sharing a pizza and talking story with friends. A row of stools facing the window invites singles to come and enjoy the food while watching pedestrians stroll by.

To say something nice about the service would be an understatement. Although we paid in advance, we were waited on by two staff members who frequently checked on our satisfaction and refilled our drinks.

The address is 1200 Ala Moana Boulevard, but the store actually faces Auahi Street on the mauka side of Ward Center. A second location at 151 Hekili Street in Kailua closes thirty minutes earlier. Phone: 230-8400.

SUBMISSIONS

The Island Vegetarian welcomes letters to the editor. We also welcome book, movie, and restaurant reviews and articles about various aspects of vegetarianism of up to 500 words.

All submissions must be accompanied by a full name and phone number. We reserve the right to edit for accuracy, clarity, length, and relevance to the mission of our organization.

The submission deadline for the next newsletter is December 1, 2011. Please send submissions (electronically only) to:

info@vsh.org



Consumers' Corner

UH scholar finds vegetarian labels to be inaccurate

by Scott Owen Snarr, Editor

The nutrition labels on many popular vegetarian products may be misleading if not simply mistaken, according to a recent study led by Mele Kealoha Fernandez, a recent graduate of the department of Food Science and Human Nutrition at the University of Hawaii-Manoa.

Fernandez and her colleagues selected forty meat alternatives from among 245 available in Honolulu, including tofu, tempeh, and seitan as well as meat analogues like veggie dogs, burger patties, and sausages. Each of the forty selected products was analyzed for protein, lipid, fiber, mineral, and moisture content. The results showed major discrepancies between actual nutrient content and what was stated on the labels.

Nearly two-thirds of products surveyed (65%) understated total fat content, some by as much as 9.5 grams per serving. Total calories were frequently underreported. Iron, calcium, and sodium were understated as

often as they were overstated. Only protein and fiber content were found to be consistent with labels for all foods analyzed.

“Consumers depend on manufacturers to provide accurate food label information to aid them to making healthful food choices,” says Fernandez. “From this study, however, we found that labels may not be as dependable as we

would like to believe. Knowing this, the age-old recommendation to eat a variety of foods to meet your nutrient needs makes a lot of sense.

“While protein content was accurately represented on labels, nutrients such as iron and calcium were not. For healthy people eating a variety of foods this should not have a serious impact. But they should plan to obtain these important micronutrients from various sources in the diet, not only from these types of products.

“From this study we reconfirmed that calcium-set tofu

can be a good source of dietary calcium. Not only does it have a good calcium content per serving, but based on other research tofu was found to deliver calcium in a form that is readily absorbed by the body (in other words, bioavailable).”



UH graduate Mele Fernandez analyzed the chemical nutrients of forty vegetarian foods to verify the accuracy of product nutrition labels.

Nearly two-thirds of products surveyed understated total fat content, some by as much as 9.5 grams per serving.

The research was funded by a \$5000 grant from the American Dietetics Foundation with support from the American Dietetics Vegetarian Practice Group and was presented at the American Dietetics Food and Nutrition Expo on September 25th. The data will soon be available to the public in the form of a web-based vegetarian meat-alternative database.

Fernandez is a longtime VSH member and a three-time winner of the Maybelle Roth Vegetarian Scholarship.

Reference:

Fernandez, M.K., Titchenal, C.A., Stewart, M.L., & Dobbs, J. Can you trust nutrition facts from meat-alternative food products? Sept. 2011. Journal of the American Dietetic Association, 111, 9, supplement. Abstract.

Healthy ways to save in tough times

by Helen S. Wells

Yes, the economy has been bad for a few years now. Here are some ideas I'd like to share with you for saving money on food during these times:

1. Share a garden. My cousin and his wife next door have a small vegetable garden. They share some of the vegetables with me during parts of the year. In exchange I buy them organic seeds for planting. The garden vegetables will help decrease your grocery bill.

2. Add something fresh to inexpensive starches. For example, put some chopped fresh greens with baked potato bites, and the dish becomes a meal. Try adding thinly sliced green onion onto bread. Put chopped fresh tomatoes or fresh mint onto couscous. Cook soba noodles and mix in chopped bell pepper and cilantro.

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3. Add something fresh to canned foods. Start with some inexpensive veggie food — a can of beans or chickpeas, for example — and then mix it up with finely chopped fresh vegetables on hand — onions, bell peppers, carrots, zucchini, cabbage, or the like. Put one dollop of Vegemise or a dash of oil and vinegar and some dill. Add a slice of toasted Ezekiel bread on the side to make a fast, easy, inexpensive meal.

4. Make a pasta salad. Prepare the items as in #3 above, but add pasta to make it a pasta salad. This is an affordable yet healthy option that works well at veggie potlucks.

5. Don't forget chopped fruits. Bananas are still a good value. I add them to green salads and even tofu dishes. Try diced tofu soaked in Bragg Liquid Aminos with diced bananas and orange sections. Serve it over brown rice. Economic and delicious.

6. Dice vegetables. This is especially important with costly fresh vegetables. If you only have one bell pepper or one avocado, for example, dice it very finely before you mix it in with your starch or salad. This will spread the flavor of that vegetable further throughout the food.

7. Think twice about eating out. For the price of one regular sit-down lunch — \$12 to \$15 including tax and a drink — you could pay for two

days' worth of meals at home. When I am tempted to eat out, I consider the extra cost along with the potential additives in the restaurant's food. Nine times out of ten I decide that my money is better spent getting some groceries and making a meal at home.

8. Build up a good spice rack.

Collecting can be fun, so why not collect spices? Compared to many other things you could collect, spices are relatively inexpensive.

Using a variety of spices in your food will keep the food interesting and gratifying.

You might not be able to take a trip to India right now, but you can enjoy some curry leaf.

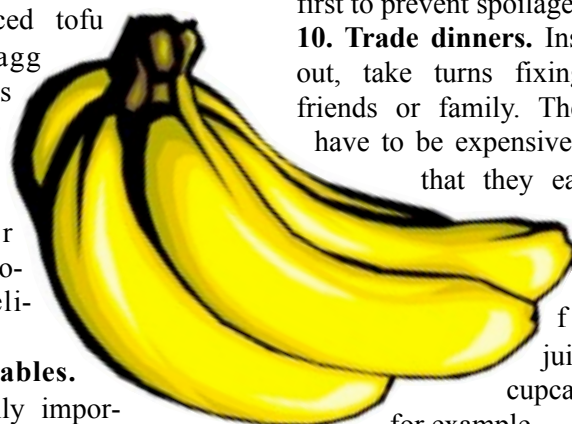
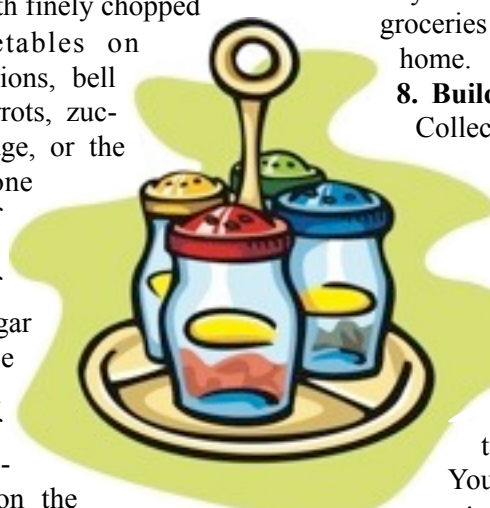
9. Be careful not to waste food. This means scraping out every bit of avocado, for example, and cutting vegetables all the way to the ends. Check what's in your refrigerator every three days; you may have forgotten about something. Rotate your packaged foods so that you use the oldest items first to prevent spoilage.

10. Trade dinners. Instead of eating out, take turns fixing dinners for friends or family. The meals don't have to be expensive, but I suggest

that they each have one interesting or different element — a fancy fresh juice or a vegan cupcake for dessert, for example.

11. Arrange with your friends to exchange only foodstuffs for birthdays and holidays. In these hard times wouldn't a fresh-fruit basket or dried fruits be better than other knickknacks and clutter that you don't really need?

Helen Wells is a former VSH Board member. She currently lives in South Carolina.



Fennel Orange Salad

by Leslie Ashburn

VSH member

- 2 navel oranges, peeled, seeded, and diced
- 1 bulb fennel, chopped, including the tops (about 1 cup)
- ¼ cup Kalamata olives, diced
- ½ Japanese cucumber, diced
- 2 to 3 heaping Tbs. Italian flat-leaf parsley
- 1 Tbs. lime juice
- 1 tsp olive oil (optional)
- dash of sea salt
- dash of pepper

Chop the oranges, olives, fennel, cucumber, and parsley and place into a bowl. Mix remaining ingredients together and toss well with the items in the bowl. Serve chilled or at room temperature.

Leslie Ashburn is a Kushi-certified personal chef and cooking teacher. She offers a range of vegan whole foods that change stereotypes about eating healthfully. Visit her website at www.macrobiotichawaii.com.

Fall Calendar

October:

- World Animal Month
- 1: World Vegetarian Day
- 1-7: World Vegetarian Week
- 2: International Day of Nonviolence (UN)
- 2: World Farm Animals Day
- 4: World Animal Day
- 24: Food Day
- 24-31: World Go Vegan Week

November:

- World Vegan Month (Animal Aid)
- 1: World Vegan Day
- 23: Thanksgiving Eve Vegan Dinner (VSH)
- 24: Gentle Thanksgiving

December:

- 10: Human Rights Day



Book & Movie Reviews

Forks Over Knives

\$24.99 (DVD)

\$29.99 (Blu-ray)

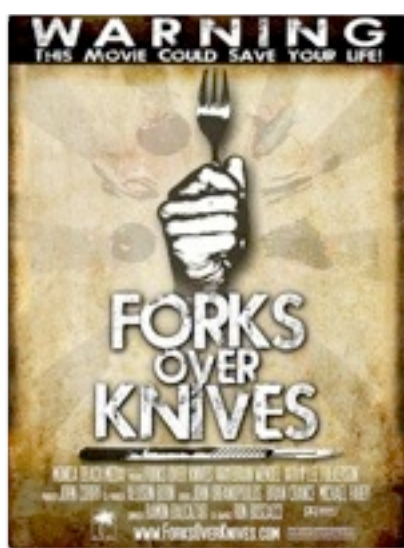
Motion Picture (2011)

Running time: 96 minutes

Writer & Director: Lee Fulkerson

Producer: John Corry

forksoverknives.com



Review by Scott Owen Snarr

This movie comes with a warning that it could save your life. And it should. However, if you'll only give up animal foods over your dead body, then so be it. If you believe that living without the fast foods, convenience foods, and high quantities of animal fats and proteins that have become the staple of American eating over the past century means not enjoying life as much, then you should hear what Joey Aucoin has to say.

Aucoin, one of the film's subjects, was enjoying a daily regimen of nine pills and two shots along with low energy, sleeplessness, ringing in the ears, sinus problems, shortness of breath, wheezing, coughing, food anxiety, and a score of other health

problems. But twenty-two weeks into plant-based eating he had lost 28 pounds, cured himself of all but one of his health complaints, and gotten rid of all his medications and shots. He says he has never felt better.

Or meet San'Dera Nation, a former diabetic who lost 45 pounds and says that she can actually taste what she eats again.

The movie's creator and narrator Lee Fulkerson thought himself a relatively healthy middle-aged man until he took himself to a doctor and found that he was at a high risk for heart attack. He reversed that risk in thirteen weeks.

The film also tells the stories of how two boys who grew up on dairy and beef farms went on to make scientific discoveries about whole food, plant-based diets, distinguishing themselves as some of the world's greatest medical scientists: Drs. T. Colin Campbell, lead researcher in The China Study, and Caldwell B. Esselstyn, Jr. of the Cleveland Clinic.

Forks Over Knives is more education than entertainment, so don't expect a thriller. But I think that Fulkerson managed to strike a nice balance; I find it more watchable than others on the same topic. It also hits harder.

It spurred movie critic Roger Ebert, unable to eat solid foods, to switch from canned nutrition to liquid fruits and vegetables. He wrote, "What every human being should do is eat a vegetarian diet based on whole foods. Period. That's it. . . . I'm convinced this message is true."

Compared to \$100,000 — the cost of an open-heart bypass surgery — this DVD seems like a pretty good value for yourself or as a gift for someone you care about. Health is priceless.

Then again, this is just information. Nothing more. It won't save anyone's life. Only what someone chooses to *do* with the information has the power to do that.

21-Day Weight Loss

Kickstart: boost metabolism, lower cholesterol, and dramatically improve your health

by Neal Barnard, M.D.

\$25.99 (Hardcover)

368 pages

Publisher: Grand Central Life & Style

February 28, 2011

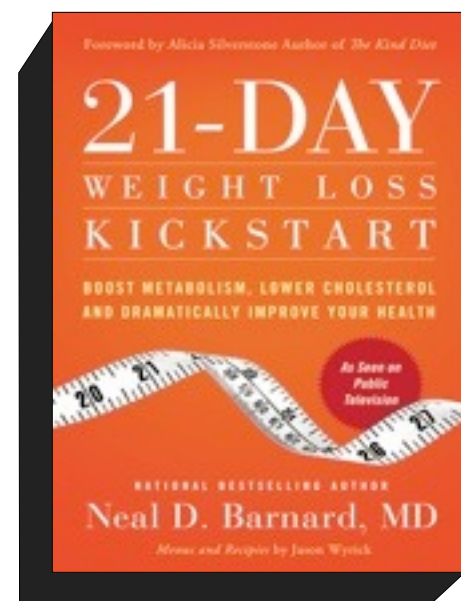
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Publisher's Description:

For years Dr. Neal D. Barnard has been at the forefront of cutting-edge research on what it really takes to lose weight and restore the body to optimal health. Now with his proven success-

(continued on next page)



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ful program, in just three short weeks you'll get fast results — drop pounds, lower cholesterol and blood pressure, improve blood sugar, and more. With Dr. Barnard's advice on how to easily start a plant-based diet, you'll learn the secrets to reprogramming your body quickly:

- **Appetite reduction:** Strategically choose the right foods to naturally and easily tame your appetite.
- **Metabolism boost:** Adjust eating patterns to burn calories faster for about three hours after each meal.
- **Cardiovascular protection:** Discover the powerful foods that in just weeks can help reduce cholesterol nearly as much as drugs do.

Whether you are one of the millions who are eager to get moving on a weight loss program or one who already knows about the benefits of a plant-based diet but aren't sure how or where to begin, this book is the kick-start you've been waiting for. Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health.

Neal Barnard, M.D. is a clinical researcher, author, health advocate, and president of Physician's Committee for Responsible Medicine.

Vegan Tidbits

by Scott Owen Snarr

Got mefenamic acid?

Why reach for the medicine cabinet when you've got painkillers, antibiotics, sex hormones, steroids, and antimalarial and antifungal drugs in every glass of milk?

A new method for testing milk detected a cocktail of twenty different synthetic chemicals that have found their way into cow's milk and, to a

lesser degree, into goat's milk and human breast milk.

The researchers say the quantities are too small to hurt milk drinkers, but they believe the new sensitive measurement techniques can help improve food quality control in milk and other foods and increase consumer awareness.

I'll just stick with soy.

Source: tinyurl.com/drugsinmilk

Love at first bite

There's something exciting and new in North Carolina, and it isn't the Love Boat. Rather, it's Veggie Love Truck, also known as Vidalia, The Veggie Bus of Bounty.

The flowery lunch wagon got its required permits in September to cruise downtown Asheville, peddling life's sweetest rewards — vegan baked goods and raw, gluten-free pizzas, tacos, superfood bars, seed cheeses, power balls, spring rolls, tostadas, kimchi, almond hummus, and living-food lasagna.

The sprout-mobile is captained by 23-year-old entrepreneur Alison Murphy, who is doing it for the love of it. She says she wants to "make sure everyone in the community is eating nutritious and healthy meals."

Google search: *Veggie Love Truck*

Butcher carves himself a niche

With three-fourths of the Dutch no longer eating meat on a daily basis, butcher shops may be on the chopping block. But there is one meat maker who is riding the trend all the way to the bank.

Niko Koffeman, the self-styled "Vegetarian Butcher" opened his first shop a year ago and has already expanded to thirty locations across The Netherlands. He specializes in meatless chicken, bacon, sausage, gyros,

and meatball sandwiches. His veggie chicken was even realistic enough to fool Ferran Adria, reputedly the world's greatest chef.

Koffeman attributes his success to a growing concern for animal rights and sustainability. Meat production is inefficient any way you slice it: "When you start food production with soy or lupin beans and you feed them to animals, 90% gets transformed into manure and body heat. Only 10% of useful proteins are generated." On the other hand, he says, we could feed the world five times over by using plant proteins for human consumption.

As meat eating trends in the country continue to fall, Koffeman has his work cut out for him.

Google search: *vegetarian butcher*

Cow bucks death, goes on lam

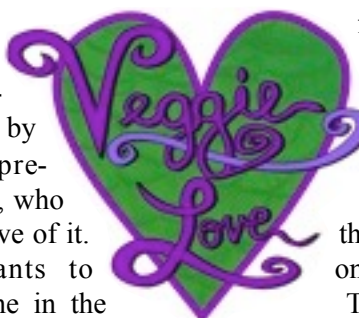
Yvonne was a six-year old German cow slated for slaughter May 24th. But on the dreaded day she took her fate into her own hooves and fled the farm, vanishing into the woods.

Police gave hunters a shoot-to-kill order but rescinded it under public pressure. A local tabloid then placed a €10,000 reward on her safe capture.

Three months later and four miles away a farmer spotted the furry fugitive gazing at the calves on his pasture, apparently longing for some bovine touch, but then she dashed back into the forest. So he took the bull by the horns, so to speak, and lured her out of hiding with the help of his herd and claimed his reward.

Yvonne was turned over to Europe's largest animal sanctuary, Gut Aiderbichl, which had purchased her along with her calf ahead of her capture. She will get to spend the rest of her natural life with her son and 400 other bovine buddies.

Google search: *Yvonne the Cow*





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