



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 15, ISSUE 4, OCT – DEC 2004

Inside

- President's Message
- Animal Rights Corner
- Calendar of Events
- Reviews
- Recipes

Public Lectures*

JOHN WESTERDAHL, PhD

**“Herbs & Supplements in
Health & Wellness”**

Sat., Oct. 23, 7 p.m.

McCoy Pavilion

Ala Moana Beach Park

GEORGE EISMAN, RD

“Basic Nutrition:

What Diet Is Right for You?”

Sat., Nov. 13, 7 p.m.

McCoy Pavilion

Ala Moana Beach Park

WILLIAM HARRIS, MD

**“Beyond Fad Diets: Putting
Science into Nutrition”**

Sat., Dec. 11, 7 p.m.

McCoy Pavilion

Ala Moana Beach Park

*See page 10 for descriptions
and Maui meeting dates.

\$10,000 Scholarship Awarded

by Karl Seff, VSH Meeting Planner

Maybelle Roth, a vegetarian who passed away five years ago at the age of 100, created and endowed the Roth Vegetarian Scholarship Fund at the University of Hawaii at Manoa. William Harris, M.D., a founding member of this Society, worked with her to bring it about. “The intent of the award is to support students who are either studying human nutrition or are engaged in a course of study directly related to fostering vegetarian habits and practices.” Applicants must be practicing vegetarians and full-time students.

Mele Kealoha Fernandez is the first recipient of this scholarship. She has been awarded \$10,000 by U.H.M.’s Graduate Division for the 2004-2005 academic year.

Mele has been a vegetarian since 1981. She was among the many who were affected by *Diet for a Small Planet* when it was first published. Mele teaches yoga, meditation, and vegetarianism, and she is now back at the University learning about the science of nutrition in order to enhance her vegetarian teaching. In memory of her late husband she founded in Brazil a small lacto-vegetarian preschool for which she has gathered support from various sources. Mele was born in California but raised in Hawaii, and she was a member of our Society before she ever learned about the scholarship opportunity.

Mele is now taking three units of Human Nutrition 499 (research) under the direction of Joannie Dobbs, Ph.D., who nominated her for this scholarship. She will carefully examine the vegetarian and vegan food provided by the U.H. campus food services with the goal of being able to suggest to the food service folks here as well as at such services elsewhere how it might be made more nutritious. Dr. Dobbs had found that vegetarian students who ate on campus were reporting to the Campus Health Service with health problems that were consistent with low levels of some nutrients, e.g. iron.* This work may be viewed as phase II of the struggle. (Phase I involved having vegetarian alternatives available at all meals and has already been accomplished at Manoa.)

Mele wants to meet more of us and to become more involved with VSH within the limits of her responsibilities, which include taking care of her mom and handling a 15-unit course load this semester.

Congratulations, Mele! Take the ball and run with it.

*Editor’s note: The problem may be not that insufficient nutrients are present in the food offerings but that some students are bypassing these. Mele’s work is intended to clarify this.



Mele Fernandez



PRESIDENT'S MESSAGE

by Alida Rutchick, MED

The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii
P.O. Box 23208
Honolulu, HI 96823-3208
808-944-VEGI (8344)
info@vsh.org
VSH.org
VegHawaii.org

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

Board of Directors

President: Alida Rutchick, MED
Vice Pres: Jim Brown
Secretary: Mary Arakaki, RD
Treasurer: Mel Hertz
Directors: Laurelee Blanchard
William Harris, MD
Robert Moses
Eri Okada-Berkeley
Karl Seff, PhD

Newsletter Committee

Jim Brown
Alida Rutchick, MED

Mahalo to all our volunteers.

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

Greetings, VSH members and friends,

Support for the vegetarian diet continues to mount even in mainstream media. Recently I read about the new guidelines for salt intake, which recommend no more than 2/3 of a teaspoon a day. Since Americans typically consume far more than this in processed foods and restaurant meals, we're told to increase our potassium intake in order to counter the salt. To accomplish this we're reminded to eat our five servings of fruits and vegetables a day (of course, a vegetarian would have many more "servings" than five). Foods listed as highest in potassium are spinach and other dark green leafies, cantaloupe, bananas, oranges, tomatoes, almonds, winter squash, potatoes, and beans. While we would not recommend high salt intake in the first place, the recommendations are a good start toward developing greater awareness of a healthy, sustainable, and ethical diet. Tips provided for increasing veggie intake include drinking vegetable juice, having cut veggies available to use with dips (ed. note -- or as snacks by themselves!), and adding them to soups, sandwiches, and muffins.

During this past newsletter period we again aired the VSH infomercial on the Tasty and Meatless show. This video is another of our investments in the effort to attract more people to our group and to the vegetarian way of life.

I am happy to announce the addition of two new Vegetarian Society Board members. Eri Okada-Berkeley, Board candidate for our public and media relations position, now formally holds that seat on the Board. At our July Board meeting we also elected Laurelee Blanchard to fill the newly created position of Maui Coordinator. Laurelee, a dedicated vegan and animal rights activist, is media director for Farm Sanctuary and has been actively promoting VSH and its speakers on Maui for a couple of years. With two assistants she has been organizing and advertising VSH events and facilitating all aspects of monthly lectures there, including securing meeting locations (no small feat) and arranging for the ever-popular low-fat vegan refreshments provided by Down to Earth. She even mans a table at the weekly Maui swap meet to help spread the vegetarian message. Congratulations, welcome, and mahalo, Eri and Laurelee!

We hope that others will be inspired to join us in our efforts. We have very important positions available, including literature and inventory manager (research, procure, or create educational materials), outreach coordinator (arrange for tabling and other events, such as the VSH booth at the annual Health and Fitness Expo), print manager (copy handouts for distribution), greeters and receptionists at monthly lectures, dining guide editor (communicate with restaurants, arrange for VSH member discounts), dine out coordinator, administrative assistants, and more. Please call us at 944-8344 to let us know of your interest.

Alida



Being Vegan

by William Harris, MD
VSH founding board member

Since its inception in May of 1990 the Vegetarian Society of Hawaii (VSH) has concentrated on three principal issues:

Animal Rights

The French philosopher Descartes held that animals are mere machines and that their apparent agonies and affections are only robotic imitations of the real (human) thing. In light of current knowledge of neuroscience, however, that argument is flawed; in the opinion of many vegans the brutal treatment of animals does fatal damage not only to the animals but also to the ethical foundations of human society. "The slaughter of animals is just a dress rehearsal for the slaughter of humans." -anon

Whether or not one accepts this quote, it should be considered in the light of game theory: If one assumes it to be true and rejects animal food but by some unknown future calculus the dictum is proven false, then no damage has been done; your health has probably benefited at the slight expense of limiting your food choices. On the other hand if the dictum is rejected and the future shows it to be true, then a primal ethical error has occurred and human existence has led to the unimaginable suffering of the billions of conscious creatures who yearly become human food.

Rejoinder: "Well, plants are conscious too, so it's just as wrong to kill them."

A book, *The Secret Life of Plants* published in 1963, is largely responsible for this popular belief. However, the experiments described in the book were repeated by qualified botanists at Cornell and Washington State, who found nothing to support the notion of primary perception in plants. Although a wealth of information confirms that plants respond to stimuli and share with animals the attributes of growth, metabolism, and reproduction, there is no scientific evidence of a nervous system in plants, no evolutionary reason why they should have developed one, and hence no reason to believe that plants experience suffering, pain, or death, unlike animals who quite obviously do.

Human Health

VSH follows the labeling guidelines of the International Vegetarian Union, which defines a vegetarian as one who abstains from meat, fish, and fowl.

However, an ovo-lacto-vegetarian diet may offer little health advantage over the Standard American Diet (SAD), and because of the extraordinary callousness of current U.S. farming practice, no advantage at all from the standpoint of animal welfare, since dairy cows, poultry, and their offspring appear to suffer even more than animals raised for slaughter. As for honey, it is a highly refined carbohydrate with minimal nutritional advantage over cane sugar and by definition is not vegan because bees belong to the animal kingdom.

Current VSH Board members are vegans and use no animal foods whatever, excluding not only flesh but also dairy, eggs, and honey. All of the inorganic nutrients (minerals) were synthesized in stellar nuclear

fusion reactions and transmitted passively by plants. All the essential organic nutrients are synthesized by plants and microorganisms, not by animals, so animal source food is just second hand nutrition

Virtually all scientific studies show health benefits from increased consumption of fruits and vegetables; these are the foods primarily recommended by VSH. While vegan cuisine can be elegant and complex, we think the current trend toward simple raw food is probably the healthiest way to eat. On a nutrient/Calorie basis most combinations of fruits and vegetables with or without the addition of grains, starches, nuts, and seeds will meet the recommended dietary allowances (RDAs) for most nutrients — including protein, iron, and calcium — with the exception of vitamin B12, which must be supplemented. While the current low carbohydrate craze is not based on good science, VSH agrees that starches and grain products, in the parlance "carbs," are not the most nutritious foods and that they should not be the centerpiece of a vegan diet.

The Environment

As of July 1, 2004 the world population was ~6.3 billion people. By 2050 it is predicted to be 9 billion. Feeding this exponentially growing population has been an ongoing problem since the agricultural revolution began 12,000 years ago. However, at every phase of population growth, animal agriculture magnifies the environmental damage caused even by plant agricultural systems. At each stage of the food chain there is a loss of energy and nutrients; the production of poultry, eggs, beef, lamb, and pork wastes between 74% and 95% of the Calories and protein used to feed those animals

See **Being Vegan** on page 19)

Dr. Greger's Newsletter

by Michael Greger, MD

Full-Fat Salad Dressings Healthier than Fat-Free

There is a misconception in the vegetarian movement that all fat is bad for you. In reality, there are good fats (those found in nuts), bad fats (saturated animal fat), great fats (omega-3's found in flax seeds), and killer fats (trans fats found in both animal fat and hydrogenated oils used in processed foods).

Canola oil-based salad dressings are an important source of omega-3 fatty acids in this country. For example, one tablespoon of Annie's Goddess Dressing contains about 25% of your daily recommended omega-3 intake--add a tablespoon of ground flax seeds or a handful of walnuts to your salad and you're basically set for the day.

Eating a source of fat with your salad greens (or any vegetable for that matter), also helps the absorption of critical nutrients.

Your intestines require the presence of fat to absorb carotenoid phytonutrients like beta-carotene and lycopene. A new study published in the August issue of the American Journal of Clinical Nutrition found that fat is essential. [1] Researchers at the University of Iowa gave people salads containing spinach, romaine lettuce, grated carrots, and cherry tomatoes. With the dark green leafy spinach in there, the salad was just packed with cancer-fighting antioxidant carotenoids. However, it's not only what you *eat* that matters, it's what you *absorb*. The researchers found that "essentially no absorption of carotenoids was observed when



salads with fat-free salad dressings were consumed." So be sure to include some source of fat at your meals. The healthiest sources of fat, of course, are from unrefined whole foods. So by adding nuts and seeds or avocado to your meal, you not only get all their nutritional benefit, but you enhance your absorption of other nutrients in the rest of the meal.

Don't be a fatphobe. :)

Prostate Cancer and Milk

Prostate cancer is now the single most common cancer among men in the United States and is on the rise in almost every country in the world as meat- and dairy-centered diets are adopted. [2] Does drinking cow milk really increase a man's risk for developing this killer cancer, though? Yes, according to a meta-analysis of 11 independent studies published this summer. Milk-

The healthiest sources of fat, of course, are from unrefined whole foods.

drinking men seem to have about a 70% greater chance of developing cancer of the prostate. In fact, the case against milk is so strong and consistent that even if 50 new studies came out all failing to

show any link between milk and prostate cancer, the balance of evidence would still indict milk as a significant cancer risk factor! [3]

Although the butterfat in dairy may play a role, the researchers look at the hormones in milk as the likely culprit. "Because commercial milk is mainly produced by pregnant cows in developed countries," the researchers claim, "it contains considerable amounts of estrogen." Combined with other growth hormones in the milk designed to make a calf gain 100 pounds in 50 days [4], cow milk may promote the growth of hormone-sensitive cancers.

Vegan Children: A Recent Review

Vegan babies are sprouting up all over. The Washington, DC-based Children's National Medical Center journal, "Pediatrics in Review" recently took on the topic in an article entitled "Vegan Diets in Infants, Children and Adolescents." The assessment noted: "Multiple experts have concluded independently that vegan diets can be followed safely by infants and children without compromise of nutrition or growth and with some notable health benefits." [5]

The health benefits of raising children vegan are particularly pronounced in the context of the current childhood obesity epidemic. Ever since the landmark autopsy reports on soldiers who died in the Korean [6] and Vietnam Wars [7], we have known that young adults can have advanced coronary artery disease. Now we're finding fatty cholesterol buildup in the arteries of children as young as two years old [8]! No wonder Dr. Benjamin Spock, arguably the most esteemed pediatrician of all time, recommended that all children be raised vegan in the latest edition of his world-famous *Dr. Spock's Baby and Child Care*, the best-selling book in American history after the Bible. [9]

This new review of pediatric vegan nutrition is in line with the position of the largest organization of nutrition professionals in the world, the American Dietetic Association, which declared "Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence." [10]

What is meant by well planned? Attention should be paid to vitamin

(Continued on page 5)

(Continued from page 4)

B₁₂, of course, which is especially critical during infancy, and also to adequate energy (Calorie), protein, and mineral intake. Dr. Mangels has said, "Of course it takes time and thought to feed vegan children. Shouldn't the feeding of any child require time and thought?"

For details, read Feeding Vegan Kids at <http://www.vrg.org/nutshell/kids.htm> by Reed Mangels, PhD, RD, nutrition advisor for the Vegetarian Resource Group.

Eggs and Death

Women who eat an egg a day seem significantly more likely to die prematurely than women who only eat an egg or two a week says a new study published last month in the American Journal of Clinical Nutrition that followed over 5000 women for 14 years. Given the cholesterol load in eggs, this is perhaps not surprising, but even when researchers controlled for cholesterol levels, they still found a significantly increased total mortality in daily (compared to weekly) egg eaters. The increased mortality seemed to be coming from a tendency toward more strokes, heart disease, and cancer in the egg eaters. [11]

Men in the study did not seem to be at higher risk, however. The researchers attribute this to men's higher cholesterol (meat) consumption in general, which would tend to dilute out the effect of the "eggstra" cholesterol.* Indeed the American Egg Board is quick to point out studies showing that Americans seem to eat so much meat that adding an egg on top of the mix might not bump mortality higher than it already is. [12] This new research suggests that those who tend to have low cholesterol intake (like vegetarians) would benefit most from eliminating eggs from their diet.

**Editor's note: This seems to be similar to saying that smoking 3 packs of cigarettes a day is about as harmful as smoking 3.5 packs; it does not advocate or excuse egg-eating by consumers of large amounts of meat.*

Atkins Diet Versus Vegan Diet

The Atkins diet head-to-head with a vegan diet for one year-- what did researchers find? [13]

Basically, every single cardiac risk factor measured improved on the low-fat whole foods vegan diet (those on the vegan diet lost 50 pounds and cut their bad cholesterol levels in half!) whereas every single cardiac risk factor *worsened* on the Atkins diet. The investigator concludes, "Those following high fat [Atkins] diets may have lost weight, but at the price of increased cardiovascular risk factors, including increased LDL cholesterol, increased triglycerides, increased total cholesterol, decreased HDL cholesterol, increased total/HDL cholesterol ratios, and increased homocysteine, Lp (a), and fibrinogen levels. These increased risk factors not only increase the risk of heart disease, but also the risk of strokes, peripheral vascular disease, and blood clots."

It's no wonder that in the only study to ever directly measure the effects of the Atkins diet on the heart found that it cut blood flow to the heart by 40%, whereas the vegetarian diet it was compared to opened up arterial blockages in the coronary arteries and *increased* blood flow by 40% (actual blood flow diagrams posted at http://www.atkinsfacts.org/atkins/87/Blood_Flow_on_the_Atkins_Diet.htm).

Note from Dr. Greger: As always, AtkinsFacts.org provides full-text condemnations of the Atkins diet from authorities such as the American Medical Association, the American Dietetic Association, American Heart Association,

National Cancer Institute, and the Chair of Nutrition at Harvard (and dozens of others), as well as the latest news and my own white paper on Atkins (always being updated--currently at 527 citations).

Please help me expose the low carb lies behind the Atkins diet by urging people to get the facts at <http://www.AtkinsFacts.org>. And if anyone wants to support my work on the Atkins diet, please consider donating to the Michael Greger Legal Fund to defend me from the threat I received from the Atkins Corporation's legal department. To help, click on the donate link at the bottom of <http://www.veganMD.org>.

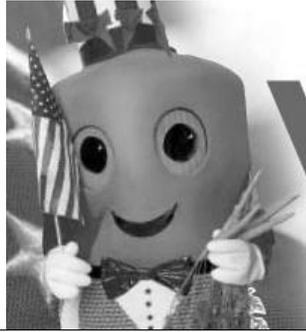
REFERENCES:

- 1 American Journal of Clinical Nutrition 80(2004):396
- 2 European Journal of Cancer 37(2001): S4
- 3 Nutrition and Cancer 48(2004):22
- 4 North East Dairy Business August 2002:24
- 5 Pediatrics in Review 25(2004):172
- 6 Journal of the American Medical Association 158(1955):912
- 7 Journal of the American Medical Association 216(1971):118
- 8 New England Journal of Medicine 4 June 1998
- 9 Spock B, Parker S. Dr. Spock's Baby and Child Care. New York, NY: Pocket Books, 1998
- 10 Journal of the American Dietetic Association 97(1997):1317
- 11 American Journal of Clinical Nutrition 80(2004):58
- 12 American Egg Board news release 28 July 2004
- 13 Read the entire article by R.M. Fleming, MD posted for the first time on <http://www.atkinsexposed.org/atkins/131/>

Michael Greger, M.D. is a general practitioner, a founding member of the American College of Lifestyle Medicine, and an internationally recognized lecturer on nutrition and food safety issues. For more information visit his website: VeganMD.org. To subscribe to his free monthly email newsletter, send a blank email to: drgregersnewsletter-subscribe@lists.riseup.net.



Animal Rights Corner



Vote Vegetarian

Carrot2004.com 

Dog & Cat Meat in Honolulu

by Pam Davis
VSH member

As vegetarians and vegans we avoid consuming animals and animal products. When we think about animals killed for food, we generally think about cows, pigs, chickens, lambs, and the like. Most people would not think about eating dog meat, and yet the truth is that this happens here daily. Many of you may have read articles or seen reports on



Koko was saved from the dinner table.

“...people can (and do) butcher and eat dogs and cats (in Hawaii).”

TV about a recent undercover investigation by local environmental and animal advocate Carroll Cox, president of Enviro-Watch, Inc. I

interviewed Carroll and would like to share this information with you.

Working on a tip, Carroll posed as a potential buyer and ultimately bought Koko (pictured above), who would otherwise have been killed and eaten. Gaining the seller's confidence, Carroll found: (1) if multiple dogs are purchased, a price discount is offered — one dog for \$150, four

dogs for \$100 each; (2) slaughtering runs about \$35; (3) people in the dog meat trade buy dogs from anyone, including drug addicts; (4) some of these dogs were family pets stolen from their homes; (5) dogs are kept in unclean pens and subjected to cruelty prior to slaughter; and (6) the meat may be sold to individuals who

sell it to restaurants, where it will be offered to customers.

Carroll, a former special agent, assembled substantial evidence of negotiations to buy dogs, butcher them, and sell the meat. There are audio and video tapes, photos, and written transcripts, and you can see some of

these by visiting EnviroWatch.org. (Note: No dogs were killed for Carroll.)

Did you know that “backyard slaughters” are not against the law in Hawaii? According to the Hawaiian Humane Society, as long as death is “painless” and “instantaneous,” people can (and do) butcher and eat dogs and cats. We have all heard stories about neighbors who must listen to the screams of companion animals as they are killed, skinned, and chopped up.

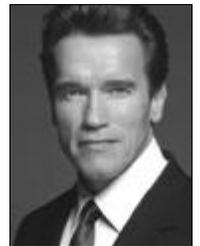
Would you like to help stop this cruel practice? Do you think it is ethically wrong? Carroll told me he wants to invite you to sign the online petition supporting legislation to ban eating, selling, buying, and possessing dog or cat meat in Hawaii. Visit EnviroWatch's website and click on

Koko's story and then the petition button. If you would like to assist in aggressively pursuing legislation, you can! We can all help put an end to the current lack of investigation and prosecution.

When I did the interview with Carroll, he said that he had already received signatures from international groups and individuals. Hopefully we can show great local support as well.

Arnold Terminates Foie Gras

On September 29 California Governor Arnold Schwarzenegger signed SB 1520 into law, a bill that bans the force feeding of ducks and geese in the production of foie gras. The bill also bans the sale of the product when made from force fed birds. Both provisions take effect in California in the year 2012.



Animal advocates hailed SB 1520 as a major victory for ducks and geese. Approximately 20,000 ducks are force fed and slaughtered every year by Sonoma Foie Gras, the sole California producer of foie gras. Moreover, the legislation is considered historic in the protection of animals, as it is one of a few times that a state has banned an inherently cruel factory farming practice.

Source: <http://www.nofoiiegras.org>

Alicia Silverstone Named World's Sexiest Vegetarian

The veggie voters have spoken, and OutKast's **Andre 3000** and actress **Alicia Silverstone** have been selected as PETA's 2004 "World's Sexiest Vegetarians, edging out a host of other veggie Valentinos and Venuses, including **Noah Wyle, Pamela Anderson, Charlotte Ross, Kim Basinger, and Moby**. Previous winners include **Tobey Maguire, Josh Hartnett, Lauren Bush, Natalie Portman, and Shania Twain**.

Celebrities cite many reasons for forgoing flesh foods, from avoiding the



cruelty to animals that is inherent in meat production to improving their health and energy levels to

helping the environment by not contributing to hog- and chicken-farm pollution.

Ms. Silverstone, who shot to fame on the big screen in *Clueless* and recently starred in the critically acclaimed TV hit *Miss Match*, has said, "Once I became vegan, my nails were stronger, my skin was glowing, I lost a lot of weight. She goes on to say, "Going vegan is the single best thing I've done in my life. I am so much happier and confident. I made a decision based on my moral beliefs."

OutKast's Andre 3000 has taken the music world by storm, landing a Grammy for Best Rap Album and multiple number one hits on the Billboard charts. When he was asked recently how he would spend his last day on Earth, he replied, "I'd probably go for



a great meal—some broccoli probably, because I'm a vegetarian."

More than 12,000 people voted in PETA's

annual "World's Sexiest Vegetarian" poll, held on PETA.org. The complete list of the more than 180 vegetarian celebs who were in the running in this year's poll may be found at <http://www.govveg.com/feat/sexyveg2004/>.



Donkey Finds New Digs

VSH Board member and Maui Coordinator Laurelee Blanchard has a new boarder at her farm in Haiku.

Saved from the livestock auction by Laurelee, Leilani once plowed fields in Lahaina and more recently was living alone in a pasture that was sold for subdivision development.

The search is now on for a donkey friend for Leilani.

Dates to Remember

October

1 **World Vegetarian Day**

2 **Mohandas Gandhi's birthday** "I hold that the more helpless a creature, the more entitled it is to protection by man from the cruelty of man."



2 **World Farm Animals Day**
22nd annual observance
(WFAD.org)

4 **St. Francis of Assisi's Feast Day** - "My opinion is well known. I do not regard flesh food as necessary for us at any stage and under any clime in which it is possible for human beings ordinarily to live. I hold flesh-food to be unsuited to our species."



15-21 **Feed the World Week**
(see <http://www.ffl.org/>)

20 & 23 **VSH Meetings, John Westerdahl, PhD**
(see page 10)



November

1 **World Vegan Day**

8-14 **36th World Vegetarian Congress, in Brazil** (www.ivu.org)

10, 11 & 13 **VSH Meetings, George Eisman, RD** (see page 10)



24 **VSH Thanksgiving Eve Dinner at Govinda's**. Call 595-7369 for reservations.

25 **Thanksgiving is Murder on Turkeys Day**

December

8 & 11 **VSH Meetings, William Harris, MD**
(see page 10)



Thanksgiving Eve Dinner 2004

by Elaine Johnson
VSH Member

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

This event is well known for bringing together the diverse arms of



the vegetarian community, including animal rights activists, environmentalists, health vegetarians, ethical vegetarians, and people of various reli-

gious groups. This can result in some stimulating and energized exchanges.

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

As always, the buffet meal will be cruelty-free, healthy, low-fat, and vegan. The planned menu includes:

Green Salad
Tofu Turkey
Faux Ham
Mashed Potatoes
Stuffing
Fresh Cranberry Sauce
Baked Yams
Green Beans Almandine
Dinner Rolls
Fresh Pumpkin Pie

Baked Apples
Herbal Tea

The cost is only \$13 for adults and \$9 for children under 12. Seatings will be at 5 and 7 p.m. on Wednesday, November 24th. Govinda's is located in the Hare Krishna Temple at 51 Coelho Way off the Honolulu-bound side of the Pali Highway, just before the Nuuanu Ave. exit.

Please call 595-6214 for reservations and leave your name, phone number, the number of people in your party, and the seating time you prefer on the recorded message line. All questions about the meal should be directed to the restaurant. We hope to see you there.

Gourmet Vegetarian Luncheon Planned

Culinary demonstrations and a gourmet vegan feast are planned to inspire harmony of body, mind, and spirit.

**Honolulu Central Seventh-Day
Adventist Church
Sunday, October 17, 2-4 p.m.
2313 Nuuanu Avenue**

- Get up close and personal with Executive Chef Paul Onishi
- Learn the latest cooking techniques and hear about innovative gourmet vegetarian ingredients
- Interact with nutritionist, master herbalist, registered dietitian, and co-author John Westerdahl, PhD, MPH, RD
- "The Millennium Cookbook" book signing by Dr. Westerdahl
- Taste incredible five course gourmet cuisine while test cooks share their unique stories and insights
- Enjoy live entertainment
- Prizes!

To purchase tickets (\$35) or for more information, please call (808) 524-1352. **RSVP by Oct. 4.**

Nutrition Pioneer To Be November Speaker

Registered Dietician George Eisman will be the speaker for the Oahu and Maui VSH public lectures in November. He will also be speaking at Castle Medical Center (see page 10 for details).



Find out why Ralph's favorite nutritionist is George Eisman, RD.

Mr. Eisman is considered one of the nation's foremost educators in the field of vegetarian nutrition. He has served as a faculty member in dietetics and nutrition at several universities and colleges and created the first accredited program in Vegetarian Studies. He has worked in a children's hospital, a nursing home, and for public health agencies in four states. He has spoken at numerous events and conferences and is the author of two books, *The Most Noble Diet* (1994) and *A Basic Course in Vegetarian and Vegan Nutrition* (2003). In 1993, he was inducted into the *Vegetarian Hall of Fame* by the North American Vegetarian Society.

For more information on Mr. Eisman's speaking tour, see the Farm Sanctuary website: vegforlife.org.



“...and for the people?”

by Hesh Goldstein
VSH Member

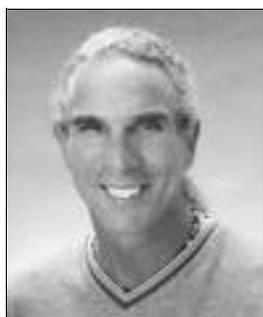
Milk, it is said, is *the* source of calcium that helps kids grow up big and strong. Milk is alleged to contain vital nutrients and to help prevent osteoporosis.

The U.S. Dept. of Agriculture, through its food dietary guidelines, says that everyone should have 2-3 servings of dairy every day. Milk is promoted by various government agencies, hoards

Six of the eleven members assigned to the U.S. Dietary Guidelines Advisory Committee have financial ties to the meat, dairy, and egg interests.

of physicians, and the dairy industry's \$200 million annual advertising budget. Can we ever forget the mustachioed faces of countless numbers of celebrities decorating everything from newspaper ads to roadside billboards? And, yes, America has a love affair with milk. So much so that the average person consumes 600 pounds of dairy products every year, including about 420 pounds of fluid milk and cream, 70 pounds of various milk-based fats and oils, 30 pounds of cheese, and 17 pounds of ice cream (obesity epidemic, anyone?). In total, the U.S. dairy farmers produce about 163 billion pounds of milk and milk products a year. It is “udderly” horrendous, if you’ll pardon the pun.

But what if the celebrities we love and trust have been lying to us? What if milk doesn't do a body good? Instead, what if milk is a major contributor to breast and prostate cancer, heart disease, asthma, diabetes, and more? What if the U.S. government and dairy industry are in bed together to hide the ill effects of dairy consumption? Nah, they wouldn't do that, would they?



Well, according to Amy Lanou, Ph.D., the nutrition director of the Physicians Committee for Responsible Medicine (PCRM), besides the above, “Milk has been linked to anemia, allergies, obesity, and ovarian cancer.” So why, then, is milk regarded as wholesome and why is the U.S. Dept. of Agriculture, according to its mission statement, being charged with “enhancing

the quality of life for the American people by supporting the production of agriculture?”

Today's USDA has the responsibility of assisting dairy farmers while promoting healthy dietary choices for Americans. Wouldn't you think that this creates a conflict of interest that puts at risk the objectivity of government farm policy and the health of the dairy-consuming public? Duh! Six of the eleven members assigned to the U.S. Dietary Guidelines Advisory Committee have financial ties to the meat, dairy, and egg interests. Prior to the PCRM winning a lawsuit that claimed that USDA had “unfairly promoted the special interests of the meat and dairy industries through its official dietary guidelines and the Food Pyramid,” the USDA had refused to disclose such conflicts of interest to the public.

Historically the USDA's dietary guidelines have consistently reflected the industry's push for greater consumption of both flesh and dairy. The USDA explains this by saying that the guidelines should be “reality-based,” arguing that what people should really be eating is moot because it doesn't fit with the American lifestyle. Whaaat? What they are saying is that the USDA doesn't even think it is reasonable to aspire to what constitutes a healthy diet.

May 13, 2002 marked the passage of the farm bill, which awarded dairy

farmers and processors an additional \$2 billion in subsidies over 3 1/2 years, largely through price supports that inflate costs for consumers. Understand that dairy subsidies are a carryover from the Depression era when survival of small dairy farmers was considered essential to maintaining a national food supply. Most of that \$2 billion, however, went to larger dairy farms in 12 northeastern states, hanging small farmers out to dry and actually encouraging the demise of family farms.

Another assertion of the suit brought by the PCRM against the USDA is that milk, as a staple in school lunch programs, unfairly discriminates against non-whites who have a high incidence of lactose intolerance. Of the 50 million lactose intolerant adults in the U.S., 15% are whites, 70% blacks, and 80 to 97% Asians, Native Americans, and Jews of European descent. These people suffer from a variety of digestive symptoms when they consume milk and other dairy products, including gas, bloating, diarrhea, constipation, and indigestion. Currently the USDA requires that every public school in the country serve milk. Some of our elected officials are even pushing to provide financial incentives for schools to install milk vending machines.

To add insult to injury, students cannot get free or subsidized alternatives to milk, like juice or soy milk, without a doctor's note. In essence, these huge dairy subsidies and broad-based promotion of milk by the government's school lunch program is a form of economic racism that isolates minorities and encourages them to ingest something they are intolerant of or allergic to.

Stay tuned for part 2. If you can believe it, it gets worse!

Hesh Goldstein is the host of Health Talk on K108 radio (AM 1080) on Saturdays, 8-9 a.m. (808) 258-1177; fax: (808) 377-1986, heshgoldstein@hotmail.com





Vegetarian Society of Hawaii

Calendar of Events: October - December 2004

JOHN WESTERDAHL, PhD

“HERBS AND SUPPLEMENTS IN HEALTH AND WELLNESS”

Sat., Oct. 23, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park

- Learn about the latest information regarding the safety and efficacy of nutritional and herbal supplements.
- Learn about the key nutritional supplements people should take for health and wellness.
- Learn how certain dietary supplements optimize health.
- Learn responsible nutritional supplementation and how to choose quality products.
- Learn about anti-aging nutritional supplements.



John Westerdahl, PhD, MPH, RD, CNS is a nutritionist, registered dietitian, certified nutrition specialist, and master herbalist. He is the Director of Wellness & Lifestyle Medicine for Castle Medical Center in Kailua. He is a former Senior Nutritionist for one of the leading international nutritional and herbal supplement companies, and his research has led to the formulation of several state of the art nutritional and herbal supplements. He is a member of the American Dietetic Association panel that is composed of leading scientific experts on dietary supplements.

Dr. Westerdahl will also be speaking on Maui on Wednesday, October 20, at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.

GEORGE EISMAN, RD

“BASIC NUTRITION: WHAT DIET IS RIGHT FOR YOU?”

Sat., Nov. 13, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park



Trying to lose weight? Unsure how to navigate food labels? Can't tell if your diet is meeting your nutritional needs? Learn to understand the foods you eat and their impact on long-term health.

George Eisman has taught nutrition at the college and university level since 1980 and created the nation's first credit program in Vegetarian Studies. He is a Registered Dietitian and has lectured at national and international nutrition conferences. He has written articles for the *Journal of Nutrition Education* and *Vegetarian Times* and now teaches the VEGEDINE Home-Study Course in Vegetarian and Vegan Nutrition. He is the author of that course's text, entitled *A Basic Course in Vegetarian and Vegan Nutrition* and also a book on ethical eating called *The Most Noble Diet*.

Mr. Eisman will be giving two more presentations in Hawaii. The first will be the “Basic Nutrition” talk on Maui on Wednesday, November 10 at 7 p.m. at the Cameron Center, 95 Mahalani St. in Wailuku.

The second talk, “What's Wrong with Atkins?,” will be held in Kailua at the Castle Health & Wellness Medicine Center on Thursday, November 11 at 7 p.m. Call 263-5400.

WILLIAM HARRIS, MD

“BEYOND FAD DIETS: PUTTING SCIENCE INTO NUTRITION”

Sat., Dec. 11, 7 p.m., McCoy Pavilion, Ala Moana Beach Park

What's wrong with the establishment's approach to nutrition? Why does it lead to obesity and degenerative disease? By sorting foods by nutrient/Calorie instead of nutrient/weight, Dr. Harris will use data from Nutritionist IV and numerous graphics to show how the system can be fixed. He'll also discuss how the vegetarian grain based diets have set the stage for Atkins, Sears, and the low carb craze.

William Harris, M.D. did his undergraduate work at the University of California at Berkeley and received his medical doctorate from the University of California at San Francisco. After stints in San Diego, Los Angeles, and Vietnam as a voluntary physician, he settled in Honolulu in the Emergency Department of the Hawaii Permanente Medical Group (HPMG). He was also director of the Kaiser Permanente Vegan Lifestyle Clinic.

A vegan for over 40 years, Dr. Harris is a founding director of the Vegetarian Society of Hawaii and has served in a variety of functions including six years as the newsletter editor. He's currently the coordinator/producer of the weekly TV series “Vegetarian.”

Dr. Harris will also be speaking on Maui on Wednesday, December 8 at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.

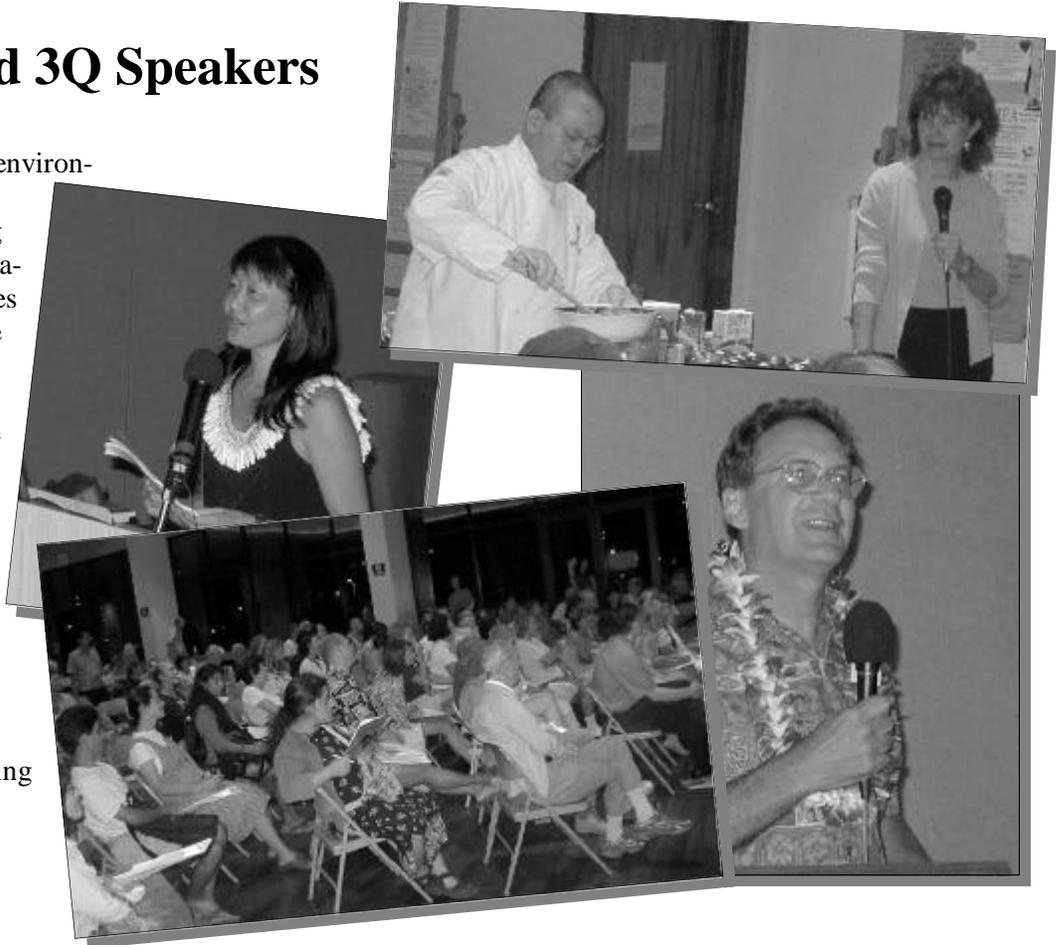


Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Visit VSH.org or call-944-VEGI for more info.

Variety Marked 3Q Speakers

Linda Day discussed the environmental hazards of meat production, Raul “the singing chef” Hayasaka and Mary Arakaki, RD demonstrated recipes and provided practical advice on vegetarian meal planning, and Ken Shapiro, PhD described the psychology of the dinner plate in the third VSH quarter. More than 100 people attended each of the events.

Attendees were attentive during the lecture and demonstration prior to sampling the delicious vegan food prepared by Mary and Raul.



Join or renew today!

Vegetarian Society of Hawaii Membership Application/Order Form

Please Print

Name(s): _____

Street: _____

City, St., Zip: _____

Home Phone: () _____

Work Phone: () _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.

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

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

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

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

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

Life membership \$400

\$_____ additional tax deductible donation

Please check one:

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

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

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

On the Menu...

Recipes from our members



Gifts from the Kitchen

by Mary Arakaki, RD
VSH Recording Secretary

This holiday season nourish the bodies and warm the hearts of those you care about with a healthful homemade food gift -- a great and subtle way to introduce them to vegetarian foods. You can find a variety of decorative jars, tins, containers, bags, boxes, and baskets at craft, discount, department, and specialty stores. Or better yet, look at some of the containers in your kitchen and think of inno-



vative recycling. For example, transform a large clear plastic container into a canister. Recycle your quart jars and dress them up with a jar topper and tie with ribbon or raffia. Here are a few ideas:

Pastabilities: a basket filled with a jar of organic spaghetti sauce, a package of whole wheat pasta, a bulb of garlic, a loaf of whole grain bread, and a bottle of sparkling cider.

Soup's On: a soup mix in a jar, a package of corn bread mix, and a sturdy wooden spoon.

Cook's Delight: a favorite vegetarian cookbook with notes written beside the best recipes and accompanied by a dish made from one of the recipes.

Breakfast Bounty: whole-grain pancake mix, a whole grain hot cereal mix, a jar of organic applesauce, granola, a bottle of pure maple syrup, and assorted fresh fruit.

Here's a great soup recipe -- Use the "Soup's On" idea and include a can of organic diced tomatoes in the basket or bag.

Soup Mix: Lentil-Barley

Alternate the lentil and barley layers in a clear jar to create an attractive gift.

1½ cups lentils
½ cup pearl barley
⅓ cup dried chopped onion
¼ cup dried celery flakes
2 Tablespoons dried parsley flakes
2 teaspoons salt
½ teaspoon oregano leaves
¼ teaspoon thyme leaves

Sort the lentils and stir in the barley. Combine the dry seasonings and place them in a small bag separate from the lentils and barley. The mix can be stored in an airtight container for up to 6 months.

Yield: About 3 cups

Nutrition Facts (1 cup serving): 160 Calories, 3 g total fat, 0 mg cholesterol, 550 mg sodium, 27 g carbohydrate, 8 g fiber, 9 g protein.

Daily Values: 6% vitamin A, 15% vitamin C, 4% calcium, 20% iron

To Prepare Lentil-Barley Soup

2¾ cups Lentil-Barley Soup Mix (1 recipe)
9 cups water
1 (14.5 oz.) can diced tomatoes

Rinse and drain the lentils and barley and place them in a 3 1/2 quart slow cooker. Add the water, tomatoes, and seasoning mix. Cover and cook on high for 8 to 10 hours, on low for 12 to 14 hours, or until the lentils and barley are tender.



Stove Top Method: Increase the water to 10 cups. Bring to a boil. Reduce the heat, cover and simmer 1½ to 2 hours.

Optional: Add 1 large carrot, thinly sliced or shredded
Add one 10-ounce package of frozen chopped spinach, or
4 cups chopped fresh spinach
Omit dried celery from the mix and cook with 1 chopped celery rib.



On
TV...



“Vegetarian”

Oceanic Cable Channel 52

Thursdays: 6-7 p.m.

VSH meetings & more

“Tasty & Meatless”

Oceanic Cable Channel 16

Sat. 6:30 p.m.

Mon. 10 a.m.

Tues. 1:30 a.m.

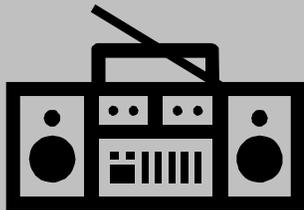
Wed. 9:30 a.m., 2:30 p.m., 5:30 p.m.

Thurs. 1:30 a.m.

“McDougall, MD”

Tuesdays 8:30—9 a.m.

Oceanic Cable Channel 26



...and
Radio

“Nutrition & You”

Ruth Heidrich, PhD

Terry Shintani, MD

John Westerdahl, PhD

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)

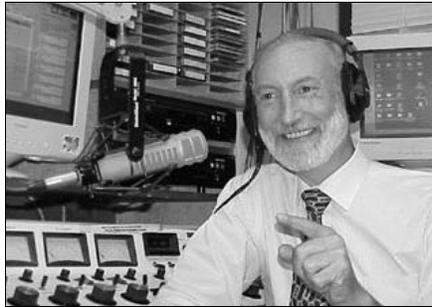
Call-in line: 524-1080

“Sounds of Healing” Coming to Oahu

Sponsorships Available

Dr. Michael Klaper’s popular radio show, which has been broadcast for many years on Maui and Kauai, is coming soon to Oahu! The show, which originates from Maui, will be heard on Oahu on Thursdays from 11 a.m. to noon on KUMU AM 1500. A start date was not available at press time.

On the show, Michael Klaper, MD shares practical health information and medical wisdom. With clear



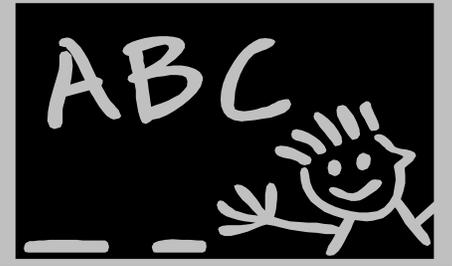
explanations and a gentle sense of humor, Dr. Klaper draws upon thirty years of medical practice to bring his listening audience news concerning the latest advances in medicine, nutrition, natural therapies, and self care. During the second half of the program, he responds to live telephone calls from the listening audience. Listeners are invited to call in between 11:30 and 11:55 a.m.: (808) 244-9533.

On Maui, the program is broadcast on KAOI 1110 AM. On Kauai, it airs on KQNG 570 AM.

Potential sponsors are encouraged to call Miriam at 808-572-2142.

See www.DrKlaper.com for information about Dr. Klaper, his radio show, and more.

Dr. Klaper has been an active VSH member for many years. He’s a popular guest speaker—most recently giving VSH-sponsored talks on Oahu and Maui in June of this year.



What’s Cooking?

This quarter’s
vegan cooking classes:

Kapiolani Women’s Center

1907 S. Beretania St.

Call for class schedule, registration, and other details. “Call-a-Nurse” at 535-7000 or visit kapiolani.org.

Castle Medical Center

Pali Hwy. at Ulukahiki St., Kailua

Classes are held monthly.

Call 263-5400 or visit CastleMed.org to register (required) and for more information.

5% Membership Discount at Mary Jane’s Kitchen

A vegan/vegetarian-friendly Korean Restaurant? Sounds like an oxymoron but it does exist in Honolulu. It’s Mary Jane’s Kitchen. It’s now offering VSH members a 5% discount on all food orders. Tell them you are vegan/vegetarian, and they will give you suggestions and modify most dishes. No MSG. The review of this restaurant can be found in the July-September 2004 VSH newsletter.

Mary Jane’s Kitchen, 1694 Kalakaua Ave., Honolulu, 943-2109, Sun-Fri: 9 a.m. ~ 9 p.m.

—Contributed by Eri Okada-Berkeley
VSH public relations director

Book Reviews

Healthy Eating For Life For Women

Physicians Committee For Responsible Medicine with Kristine Kieswer

by Eri Okada-Berkeley
VSH Public Relations Director

Every woman owes it to herself to read this book. *Healthy Eating For Life for Women* is compiled by an expert panel from Physicians Committee for Responsible Medicine (PCRM), an international nonprofit organization led by Neal Barnard, M.D. that promotes preventive medicine through innovative programs.

Many women today are busy juggling professional and family lives and as a result may experience emotional and physical stress. Some also encounter health problems, including diet and weight issues, menstrual and fertility problems, menopause, and osteoporosis. Yet women are somehow expected to look their best and stay healthy at all times! What are they to do?

This book explains how women can “age-proof” themselves from the inside, maintain optimal weight, and prevent, minimize, or even eliminate female health issues such as heart disease and cancer. This isn’t a fad diet or new miracle supplement. The experts at PCRM explain how it’s all possible by eating the new four food groups, which

are made up entirely of plant foods -- vegetables, fruits, whole grains, and legumes -- and avoiding the foods that “don’t make the cut” such as meat, poultry, and dairy products.

Another good thing is that this book won’t leave you thinking, “Well, it all sounds good, but how am I going to eat like that?” Over 80 pages of the book are dedicated to delicious, easy-to-prepare recipes for breakfast, lunch, snack, dinner, and even beverages.

I have been a vegetarian/vegan for nine years, but I’m really glad to have read this book. Now I’m eating and feeling better than ever and have a lot more appreciation for the power of the plant-based diet. As a woman who just turned 40, I now am encouraged to know that it doesn’t have to be all downhill from now on!

Here are other books in this series of “Healthy Eating for Life” published by Wiley:

Healthy Eating for Life for Children

Healthy Eating for Life to Prevent and Treat Cancer

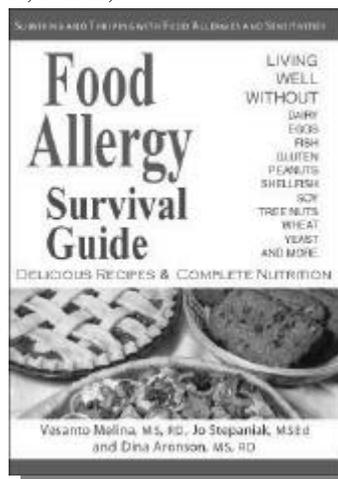
Healthy Eating for Life to Prevent and Treat Diabetes

These are available at your local bookstores and may be ordered at www.pcrm.safeshopper.com or amazon.com.

Food Allergy Survival Guide:

Surviving and Thriving with Food Allergies and Sensitivities.

by Vesanto Melina, MS, RD,
Jo Stepaniak, MSED, and
Dina Aronson, MS, RD



This book is for you if:

- You have known food allergies or intolerances
- You suspect that your symptoms are caused by food
- You want to become more informed in order to help a friend or relative with food sensitivities

- You are a nutritionist, dietitian, or other health professional and wish to learn more about identifying, diagnosing, and managing food sensitivities

- You wish to learn how to thrive and meet your nutritional requirements on a healthful diet despite food sensitivities

- You want a collection of delicious recipes, including baked goods, free of wheat, gluten, soy, eggs, dairy, fish, shellfish, peanuts, tree nuts, and yeast.

<http://www.foodallergysurvivalguide.com/index.html>

HELP WANTED

Be a part of one of the largest and fastest growing vegetarian societies in the country, and help spread our healthful and compassionate message throughout the islands. Volunteers are vital to our success and every little bit helps. Call 944-VEGI (8344) or e-mail info@VSH.org.

An open letter to former President Clinton from John McDougall, MD

President Bill Clinton entered the hospital on Friday, September 3, 2004 with chest pains and shortness of breath. Within hours he had an angiogram showing multiple blockages of his coronary (heart) arteries, and bypass surgery was recommended for the following week. My guess is that he has been treated similarly to the way most patients confronted with this common disease are treated: he has been frightened unnecessarily, been misinformed about the results of scientific research on his disease and the treatments, not been told the real risks of this surgery, not been offered realistic alternatives, and been rushed into making a potentially life-threatening decision. Hopefully, other people will learn from his misfortune and the personal letter I have written to President Clinton that follows.

William Jefferson Clinton
The William J. Clinton Foundation
55 West 125th St.
New York, NY 10027
info@clintonpresidentialcenter.com

Dear Bill:

The chance you will ask for my opinion on your pending surgery this week for blockages of your heart arteries is about the same as you escaping the heart bypass business. Regardless, for the sake of others and to clear my conscience by at least trying, I will take this opportunity to share ten challenging thoughts with you.

1) Don't be rushed into making a decision – think about it – they gave you several days already – so immediate surgery is obviously not critical – you have time to learn more.

Over 80% of men in the USA by your age (58 years) have coronary artery disease that can be found by an angiogram, and over half with your cholesterol level (233 mg/dl) have at least one coronary artery already closed by 50% or more – in other words, they are fair game for bypass surgeons. Fortunately, coronary artery disease is not very deadly – the over-all risk of death from this disease for people with affected arteries is less than 2% per year, untreated. Compare these facts with what you have been frightened into believing this past weekend.

2) Nearly four decades of scientific research show coronary artery bypass surgery fails to save lives in most cases. This is because the goal of this surgery is to go around very stable (rock hard) blockages; however, these firm, partial obstructions to heart blood flow are not the life-threatening problem – and your doctors know this well-established fact. These big blockages rarely close down the arteries and almost never cause heart attacks. However, most of the attention is focused on these pseudo-villains found on your angiogram because the result of their discovery feeds money into the heart businesses.

3) The culprit lesions are tiny – invisible to the angiogram – sores (volatile plaques) that explode inside your arteries, suddenly forming an occluding blood clot (thrombosis). Surgery does nothing to stop these lethal events. Fortunately, because the lesions have been recently formed and are still soft and active, this deadly side of heart disease is also easily amenable to simple methods.

4) These little time bombs (volatile plaques) can be quieted down quickly with a healthy diet and judicious use of cholesterol-lowering medications. In addition, a baby aspirin will immediately thin your blood and make the formation of a potentially lethal blood clot much less likely if a plaque were to burst.

5) You have a reversible disease, Bill – this is not concrete in your arteries. Living tissues heal and your body will fight to stay alive. Now is the time to talk to your friend Dr. Dean Ornish. Regardless of whether

(See Letter to Bill on page 19)

Running Around Scandinavia

by Ruth Heidrich, PhD
VSH Past President

Being part Norwegian, I'd long harbored the atavistic urge to visit the country where my ancestors came from. So when the opportunity came to visit Norway, I jumped at the chance. When the trip also included Sweden, Denmark, Finland, Estonia, and Russia, I thought of the opportunity to look at the lifestyles of people relatively unexposed to franchised fast food outlets, factory farms, and two cars in every garage.

My first stop was Copenhagen, Denmark. There we saw in a very large parking lot, not cars, but hundreds, no, thousands, of bikes! Everyone there owns a bike, and even if you didn't have one with you, you can easily "borrow" one. Dispersed all over the city are bicycles at little stations where you pay 20 kr (less than \$3), ride to wherever, drop the bike off, and get your deposit back.

On a stop at the Olympic Stadium in Helsinki we saw where the 1952 Olympics were held. I was pleased to see in front of the stadium the life-size sculpture of Paavo Nurmi, one of my running heroes.

Looking at the lifestyles of the people in the different countries, I observed that people ate a lot more fruits and vegetables than is typical in

the U.S., although animals are still very prevalent on menus. In general, though, the people are quite slim, undoubtedly as a result of their greater activity levels; the bicycles are used even in their harsh winters. Bike lanes have the highest priority for being cleared of snow in winter.

Sadly, though, all this is changing. As people can afford it, more are buying cars. In St. Petersburg, for example, the number of cars has doubled since 1990.

Eating habits are changing as well -- the "golden arches" and their ilk have penetrated this part of the world. Health statistics in these countries reflect these changes. Look at the rates of breast cancer, for example, and you will

see that they are higher over there than in the U.S. for the most part. Standing in front of a 200-year-old bakery in Tallinn, our tour guide told us that the people there could eat all the butter and "goodies" they wanted because they worked hard and burned off the calories. Even if this were so, this is changing and can only get worse as lifestyles begin to include ever more fast food and more cars.

In between stops we had several full days at sea. Life on board the ship was filled with daily sessions at the fitness center where we had access to treadmills, stationary bikes, and weights. The selection of fresh fruits and vegetables was amazing when you consider that we were in the

middle of the Baltic Sea. Fresh pineapple, papaya, watermelon, cantalope,

honeydew for breakfast, and for lunch and dinner, fresh mixed salad greens, fresh asparagus, mushrooms, Roma and cherry tomatoes, baby corn, and jicama plus all the standard fare for vegetables. For fruit there were blueberries, blackberries, strawberries, raspberries, kiwi, and even starfruit plus the usual bananas, apples, oranges, grapes, and pears. So you can see it was easy to stay vegan, even raw vegan, and to stay fit.

It was truly a land as magical as the fairy tales and trolls and as historical as the great Viking ships we saw, the trip of a lifetime!

Ruth Heidrich, PhD is the author of A Race for Life book and video and The Race for Life Cookbook. For more information, see RuthHeidrich.com.



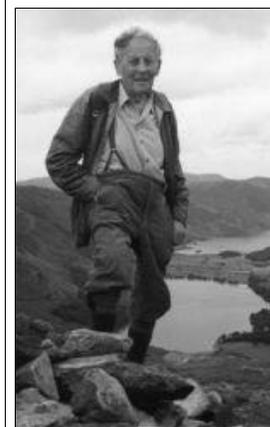
Dr. Ruth with The Little Mermaid, the national symbol of Denmark.



That's Dr. Ruth running through Copenhagen's Tivoli Gardens.

First Vegan Turns 94

On September 2nd, Donald Watson turned 94 years old. Mr. Watson was the very first vegan. How



do we know? Because he invented the term - he started all this!

Mr. Watson created the word "vegan" (from the beginning and end of "vegetarian") and founded

The Vegan Society in November 1944.

Sixty years later The Vegan Society celebrates its Diamond Jubilee in London on 4th November 2004, three days after World Vegan Day.

There are now vegans all over the world and a vast array of innovative vegan products to suit every taste. For more, visit worldveganday.org.

 *A Taste of the Valley Isle* 

Maui Veg-friendly Restaurants and Stores

Haiku

Pauwela Café

375 W. Kuiaha Rd.
Haiku, HI 96708, 575-9242

Veg Out

810 Kokomo Rd.
Haiku, HI 96708, 575-5320

Kahului

Alive & Well Natural Health

340 Hana Hwy.
Kahului, HI 96732, 877-4950

Bangkok Cuisine

395 Dairy Rd.
Kahului, HI 96732, 893-0026

Curry in a Hurry

333 Dairy Rd.
Kahului, HI 96732, 877-3328

Down to Earth Natural Foods

305 Dairy Rd.
Kahului HI 96732, 877-2661

Manana Garage

33 Lono Ave., #150
Kahului, HI 96732, 873-0220

Kihei

Beach'n Bagels Internet Café

2395 S. Kihei Rd.
Kihei, HI 96753, 875-7668

Joy's Place

1993 S Kihei Rd., #17
Kihei, HI 96753, 879-9258

Hawaiian Moons

2411 S. Kihei Rd.
Kihei, HI 96753, 875-4356

Pita Paradise

1913 #M South Kihei Rd.
Kihei, HI 96753, 875-7679

Thailand Cuisine

1819 S. Kihei Rd.
Kihei, HI 96753, 874-8961

Kula

Kula Lodge and Restaurant

15200 Haleakala Hwy.
Kula, HI 96790, 878-2517

Lahaina

Pacific'o

505 Front St., Shop #114
Lahaina, HI 96761, 667-4341

Makawao

Café O' Lei

3669 Baldwin Ave., #101
Makawao, HI 96768, 573-9065

Down to Earth Natural Foods

1169 Makawao Ave.
Makawao, Hawaii 96768, 572-1488

Polli's Mexican Restaurant

1202 Makawao Ave.
Makawao, HI 96768, 572-0080

Paia

Fresh Mint

115 Baldwin Ave.
Paia, HI 96779, 579-9144

Mana Foods

49 Baldwin Ave.
Paia, HI 96779, 579-8137

Moana Café

71 Baldwin Ave.
Paia, HI 96779, 579-9999

Wailuku

Asian Star (Korean/Vietnamese)

1764 Wili Pa Loop
Wailuku, HI 96793, 244-1833

Saeng's Thai Cuisine

2119 Vineyard St.
Wailuku, HI 96793, 244-1567

Simply Healthy Cafe

Hui No Ke Ola Pono
Cameron Center, Room 21
Wailuku, Maui, HI 96793, 244-4647



Maui Walk for Farm Animals on October 16th

Put on your walking shoes and take steps toward compassion for farm animals by participating in the Farm Sanctuary 2004 Walk for Farm Animals.

Date: Saturday, October 16

Time: Registration - 8:30 a.m.
Walk - 9 a.m.

Location: Baldwin Beach Park

Please contact Laurelee Blanchard prior to walk day at: 808-575-7694 or lblanchard@farmsanctuary.org.

For more information visit:
<http://walkforfarmanimals.org>.

Farm Sanctuary is a national, non-profit, animal protection organization. The Walk for Farm Animals helps fund its rescue and protection campaigns.

VSH Board member and Maui Coordinator Laurelee Blanchard is a campaign coordinator for Farm Sanctuary.



Stella Blue's Café

1279 S Kihei Rd., D201
Kihei, HI 96753, 874-3779

Saigon Café

1792 Main St.
Wailuku, HI 96793, 243-9566

Students R.A.V.E. about Vegan Diet

by Neal Pinckney, PhD
VSH member

In August I was invited to give a series of talks and a cooking demonstration to the staff and students of a truly amazing residential school for special needs students near Boston. Amazing not only for the enormous success with students who had not been helped in other settings, or even for the creative and colorful design and decoration of every space in the center, but even more so for the very low fat vegetarian meals served and the education the students receive regarding proper diet. The brain-child of Executive Director Matthew Israel, PhD, a behavioral psychologist, the Judge Rotenberg Education Center (1) prepares young people to learn academic and vocational skills, to behave appropriately, and to live independently when possible. Started in Providence, Rhode Island 31 years ago, the center moved to Canton, Massachusetts in 1996.

Dr. Israel's interest in the role of nutrition on health was sparked by Mike Anderson's film, *Eating (2)*, John Robbins' *Diet for a New America*, and Howard Lyman's *Mad Cowboy*. Dr. Israel believes that if a very low fat, whole food, vegetarian diet reverses heart disease and lowers risk factors such as cholesterol, blood pressure, excess weight, and risk for onset and severity of diabetes, providing a comparable diet to his students will improve their health in the present and for the rest of their lives.

The meals at the school are presently catered, but there are plans for them to be prepared in the school kitchen. A vegetarian dietician has

been employed by the school, and strict guidelines are given to the caterers to follow what Anderson characterizes as the RAVE diet (no Refined foods, no Animal foods, no Vegetable oil, and daily Exercise) as closely as possible.

But why stop with the students? Staff are provided nutritional training that uses a series of films, some of which were created by the VSH and William Harris, MD. This training has been supplemented by in-person consulting by Joel Fuhrman, MD, Harvey Zarren, MD, Caldwell Esselstyn, MD, Ann Esselstyn, Antonia Demas, PhD, Jill Nussinow, RD, Mike Anderson, and this writer.

Dr. Israel has offered a cholesterol improvement incentive program to his nearly 900 staff, offering a paid day off to anyone who reduces total cholesterol by 20% over a 13-week period by adopting the RAVE diet. After only seven weeks the 40 who joined the project showed remarkable improvement. Mean total cholesterol had been reduced by 19 mg/dL (a 10% drop), mean diastolic blood pressure had dropped by 14 points (an 18% improvement), and staff had reduced their weight (not an explicit goal of the project) by an average of nine pounds. Most important, the number of staff participants with total cholesterol below 150 doubled from five to ten. I met with these folks, and many expressed amazement at the improvement in their health in such a short period.

It was when I had a chance to talk with a large group of students that I became the person who was amazed. In 11 years of giving talks and support groups to adults I had never been asked such penetrating questions as those posed by these students. "Why," I was asked, "does the government continue to supply and require foods in school lunch programs that are known to cause health problems?" "Why does the government subsidize foods that kill people?" "How come they are allowed to advertise milk, burgers, fries,

and other foods that harm us when they know the dangers?" And the kids didn't want to be patronized; they wanted hard answers that reflected their understanding of the relationship between our health and what we eat. With this experience I've become convinced that we need more involvement with young people -- getting the facts to them before they start on a lifetime of poor choices.

- (1) More information on the Judge Rotenberg Educational Center can be found at: <http://www.judgerc.org/homeb.html>
- (2) The video tape or DVD of Michael Anderson's Diet (second edition), featuring VSH's Neal Pinckney, PhD and Ruth Heidrich, PhD can be found at: <http://www.beacondv.org/>

Note: Neal Pinckney, PhD was the speaker for the August 4, 2004 meeting of the Boston Vegetarian Society. He has put over 750 people through his free support groups. More than 50 of these were scheduled for coronary bypass surgery but after attending the group did not need it. His book, *Healing Heart Handbook*, is sold by VSH. For contact information and access to Dr. Pinckney's website and discussion group online, the web portal is: www.kumu.org.



Dr. Pinckney



Vegetarian Home Schooler Seeks Same

Vegetarian home schooling family with three children under ten looking for other vegetarian families who may be interested in play dates, field trips, etc. Please contact Lesley at: lesley_casady@yahoo.com

(Letter to Bill from page 15)

or not you have the surgery, you are going to have to change back to the low-fat, no-cholesterol diet Dr. Ornish taught you several years ago. Read my June 2003 newsletter article: Cleaning Out Your Arteries.

6) The real indications for bypass surgery are: a) incapacitating chest pain and/or b) damage to your left ventricle (heart chamber) so that you eject 50% or less of your blood with each heart beat. Every cardiologist and bypass surgeon knows this. From what I have read you have neither of these legitimate indications for surgery.

7) You are known for your wit and intellect. This surgery causes brain damage. Measurement of chemical products released into the spinal fluid during surgery shows that 100% of people suffer brain damage. In most cases the changes are subtle – like personality disorders, or you may not be able to remember names and numbers as well as you used to. A study in the February 2001 issue of the *New England Journal of Medicine* found that 42 percent of patients five years after surgery had a 20% decrease in brain function. My experience has been that doctors mislead patients into believing this is not an important problem.

8) There is a real possibility that bypass surgery could interfere with another of your well-known attributes. Erectile dysfunction has been reported to be caused by bypass surgery. (Don't you just hate it when people hit below the belt?)

9) Your most recent attempt at weight loss, the *South Beach Diet*, contributed to your present troubles. Steak, chicken, eggs, and Canadian bacon consumed without limitation are bad for your arteries, Bill. Even the author, Arthur Agatston, MD, must know this – after all he, himself, takes statin drugs to lower his cholesterol, and fish

oil and aspirin to help reduce his personal risk of a heart attack.

10) You have always been interested in better healthcare for Americans and now you have an opportunity to make a real difference – stand up to this big business and demand the truth before you make your decision to have or postpone surgery. Right now you are being lied to – mostly by omission of vital information from doctors – you can verify everything I have written to you in just a few short hours on the Internet (www.nlm.nih.gov). Your example could save more lives, more unnecessary suffering, than any action you could ever have taken while you were in office. Make the most out of this apparent setback in your health.

Sincerely,

John McDougall, MD

Dr. McDougall has been studying, writing and speaking out about the effects of nutrition on disease for over 20 years. He is a former Hawaii resident and has been a VSH speaker on several occasions. You may subscribe to his free newsletter at www.drmcDougall.com.

(Being Vegan from page 3)

(Scientific American. *Human Nutrition*. 1978. p 35).

In 2000 U.S. farm animals outnumbered U.S. humans 30-fold by 8.1 billion to 260 million, their water intake was 30 times and fecal output 130 times that of U.S. humans. The consumption of fossil fuels used to bring in feed, water, and other supplies and to transport the animals to and from market is at least 10 times that required to process equivalent plant food Calories for human consumption. In addition, the release of greenhouse gases carbon dioxide, methane, and nitrous oxide by farm animals and their waste contributes to global warming.

McDonald's Food Likely Culprit in Clinton's Health Crisis

“Obviously, it's been developing over a period of many years and is related to his genetic predisposition for coronary artery disease and environmental factors such as his heavy weight and his proclivity for McDonald's and junk food.” Dr. Robert Robins, director of the Stanford Cardiovascular Institute in Palo Alto, Calif. on former President Clinton's current health problems.

<http://www.nytimes.com/2004/09/04/national/04heart.html>



Recurrent starvation epidemics in third world countries are in part the result of the population's uncontrolled human reproduction, but animal agriculture also contributes in two ways. First, large scale animal herding leads to topsoil loss as witnessed in Mesopotamia, Ethiopia, and the Sahara, all once fertile agricultural areas that are now deserts. Second, the production of feed grain cash crops destined for developed countries and the cutting down of forested areas to produce pastureland for export cattle deprive natives of the land necessary to grow crops to feed themselves. These practices also cause habitat loss for endangered species and curb the production of the oxygen required for most life forms on Earth.



Clogged Arteries?

**Try Chelsea's Way!
Try Vegetarian!**

**A vegetarian diet
has been shown to
prevent and reverse
heart disease.**

VegHawaii.org

 **Vegetarian Society
of Hawaii**
P.O. Box 23208
Honolulu, Hawaii USA
96823-3208

Address Service Requested

NONPROFIT
U.S. POSTAGE PAID
HONOLULU, HI
PERMIT NO. 645