



# The Island Vegetarian

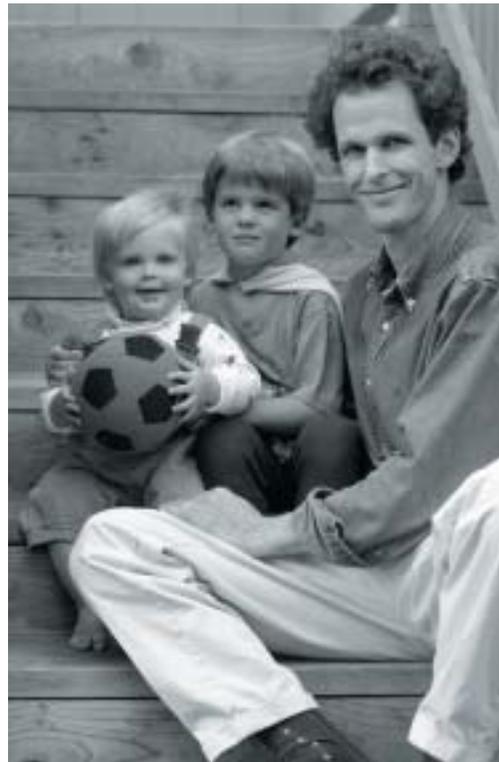
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## Ask Dr. Klaper

By Michael Klaper, M.D.

### Question:

I am raising my child on a vegan diet and breastfed successfully for the first six months of my son's life. Approximately eight months ago I stopped breastfeeding and changed to feeding him a soy-based infant formula from a bottle. He has since experienced three middle ear infections, and I'm wondering if this is a sign that he is allergic to soy. He is otherwise a healthy, happy infant of normal size and weight. Should I look for a non-soy based infant formula?  
Mrs. J.P.

## PUBLIC LECTURE

DR. EILEEN TOWATA  
DECEMBER 13



Homemade soups & heartwarming foods are on the menu.

TURN TO PAGE 5 FOR THE FULL CALENDAR

### Answer:

Although a sensitivity or allergy to soy protein is a possibility, in view of the lack of other symptoms and your son's normal rate of weight gain, I suspect soy sensitivity is not the problem. The cause of his ear infections may be in the physical relationship between the bottle and his head position.

Middle ear infections are the most common cause of children visiting the doctor and the number one reason for prescribing antibiotics for infants. This epidemic, which results in severe pain for the children, distress for the parents, and millions of dollars spent on medication, doctor visits, and time missed from work—has its roots in a mechanism that is not widely appreciated by the public and health professionals. Parents learn early that giving their toddler a bottle filled with formula or juice is a quick and apparently benign way to transform an angry, distressed child into a contented, cooing one. The child loves nursing on the sweet liquid, and it is satisfying for parents to offer their ever-growing child a bottle full of nourishment. Thus this primordial act makes both the infant and parent feel better.

Alas, many parents do not realize the high price that can be attached to this common and loving custom. A fact of anatomy is important to understand here. A small canal called

(See Ask Dr. Klaper, page 2)

**Ask Dr. Klaper**  
**continued from front page**

the eustachian tube leads from the back of the nasal cavity up into the middle ear chamber behind the eardrum. This crucial canal allows air pressure to stay equal on either side of the ear drum, as when the child is taken up and/or down a mountain or on an airplane, thus preventing rupture of the eardrum.

However, the eustachian canal on an infant is short and straight and has an opening into the nasal cavity that gapes widely. When children are given a bottle, they frequently lie on their backs and guzzle the liquid, often supporting the bottle with their hands and feet. Many parents (and pediatricians) would be shocked to realize that when children lie on their backs and nurse, whatever liquid is in the bottle—whether formula, fruit juice, or even breast milk—is filling up the back of their throat area (pharynx) and often flowing freely up into the rear of the nasal cavity. The rear of the nasal cavity is where the eustachian canals begin their journey outward to the left and right middle ear cavities. Consequently, when the infant is nursing in the supine position, the liquid



intended for swallowing into the stomach can slosh up into the rear of the nasal cavity, through the gaping opening of the eustachian canal, and directly up into the middle ear chamber.

As an adult you can imagine how irritating it would be to take a medicine dropper and squirt soy formula or apple juice up your nose four or five times each day—yet this is exactly the experience many infants endure as a result of their posture during drinking activities. The soy protein, apple juice, or other liquids are not only chemically irritating to the lining of the eustachian canal

membrane, but they also can carry the bacteria from the throat and nasal passage up into the middle ear cavity. No wonder the lining of the eustachian canal becomes inflamed and swollen, often obstructing the tiny tube completely. When the eustachian canal is blocked, any fluid normally made within the canal cannot find its usual drainage route back to the nose. Consequently, sugar-rich secretions accumulate in the middle ear cavity and are excellent culture media for bacteria. This can open the door for full-blown ear infections.

The parents bring the crying, feverish child to the physician who uses his or her otoscope to look into the middle ear. They usually find a fiery red, bulging ear drum. With great sympathy and a flash of the pen on the prescription pad, the doctor prescribes a course of an antibiotic and a eustachian tube decongestant to treat the ear infection. This may help to end the infection but, although many middle ear infections are self-limiting, rendering medication unnecessary. In addition, the

over-prescribing of antibiotics for ear infections has raised concern about fostering antibiotic-resistant bacteria, and physicians and parents are both being urged to minimize the use of these drugs.

Unless the underlying mechanism is recognized and corrected, this treatment regimen is repeated again and again—and may produce detrimental effects on the child's immune system and long-term health. It is up to the physician to determine whether a given course of antibiotics and decongestants is indicated for a particular child; however, it is up to the parents to understand the underlying mechanism of many of these infections so that these entire distressing, expensive episodes are prevented. The key to avoiding this problem is to stay attentive and to be sure that anytime the child has the bottle or sippy cup in his or her hand, he or she is sitting in an almost completely upright position. This assures that

all the liquid the child swallows goes directly into the stomach and does not slosh up into the middle ear cavity.

This is true even when infants are breastfed. As nourishing as it is, mother's breast

milk does not belong in the middle ear cavity of a nursing infant. Therefore, the mother who is breastfeeding should make the effort to assure that before putting the child to the breast she raises herself on a pillow or otherwise adjusts her posture so that the infant's head and shoulders are significantly higher than its bottom. This simple, expedient maneuver can go a long way toward avoiding one of the most frequent and painful illnesses of childhood—for vegetarian and non-vegetarian children alike.



## The Island Vegetarian

The Island Vegetarian is published quarterly for the members of the Vegetarian Society of Hawaii, Post Office Box 23208 Honolulu, Hawaii 96823-3208; (808) 944-VEGI (944-8344); Email: [iv@vsh.org](mailto:iv@vsh.org)

Call, write, or email for a free back issue. Or visit the web site at <http://vsh.org> for newsletter archives and much more.

Donovan Watts. . . . . Editor

## Thai Mixed Plate by Elaine Johnson, M.B.A.

### Thai Mixed Plate

Pearl Highlands Shopping Center  
1000 Kamehameha Highway  
Pearl City, Hawaii  
(808)455-2233

While there may be no free lunches, you can get a fast, inexpensive, and delicious lunch or dinner at Thai Mixed Plate. This is the plate lunch at its best. Owners Bill and Candy have striven to make their entrees healthy and fresh as well as flavorful, and about 1/3 of their choices are vegan. They are also open to suggestions from their customers. Among the vegan choices are an eggplant tofu, veggie pad thai noodles, stir fried long rice with tofu, green papaya salad, vegetarian spring rolls, and curry with squash. As a frequent visitor, I have tasted all of these dishes, and each is worth writing about, but I will, in the interest of space, describe my two favorites, and let you judge the rest.

My absolute favorite entree is the curry with squash. Beware, this is not a dish for those who do not embrace the spicier side of Thai cuisine. This red curry dish is robust with a compelling bouquet of flavors and also heat. Large chunks of a yellow squash and tofu are smothered in the thick, rich sauce. Ask for a beverage...

Eggplant tofu is another of my favorite dishes, and I eat it almost everywhere I go. Bill and Candy's version is a delicious mix of large chunks of long eggplant and tofu, mixed with onions, seaweed, and a variety of other fresh vegetables in a light flavorful sauce and flavored with basil, soy, and a variety of herbs.

Portions are generous. Brown, white, and sticky rice are available. The restaurant is located in the food court of the Pearl Highlands Shopping Center and opens at 10:00 A.M. daily. It closes at 9:00 P.M. Monday through Thursday, at 10:00 P.M. on Friday and Saturday, and at 7:00 P.M. on Sunday.

## President's Message by Alida Rutchick, M.Ed.

In October the Vegetarian Society held its first annual volunteer recognition dinner—and it was a great success! About 30 Board and non-Board volunteers (including spouses and other guests) were treated to a vegan Chinese dinner at the Buddhist Vegetarian Restaurant at the Chinese Cultural Plaza. We all, especially those who hadn't been there before, were surprised and delighted by the varied and delicious menu chosen for us by Dr. Karl Seff, VSH meeting planner and a "regular" of BVR. At the risk of sounding sentimental I must say that it was

heartwarming to observe and experience the bond that exists among us vegetarians. Camaraderie was very much in evidence. Many of us have worked together on this very special cause since our organization's founding in 1990 and have become loyal friends; those who are newer to our growing band of volunteers are always warmly and enthusiastically included—again, the vegetarian bond is a strong unifying force. While I didn't intend this abbreviated message to be one more call for volunteers, please know that we would welcome your participation and having you join us at next year's celebration.

## Thanks to our volunteers!



Not all volunteers are pictured.

# Vegetarian Society of Hawaii

# Calendar



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December 13

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January 12

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February 16

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**Dr. Eileen Towata**  
 “Home for the Holidays”

Homemade soups and heartwarming foods are on the menu for this holiday meeting. Eileen will demonstrate hearty fare for informal entertaining using both recipes from **From the Produce Isle** (her recent vegan cookbook) and some new creations. Dr. Towata earned her Ph.D. in Botany from the UH and she has taught biology and botany at the college level. She has worked as a program director for the American Cancer Society. Currently she is with the Castle Center for Health Promotion where she coordinates aerobics programs and teaches adults and children about exercise, arthritis, and vegetarian nutrition. Remember how good she was with “Festive Foods” December of '97? We invited her back.

**Dr. Terry Shintani**  
 “The Hawaii Diet”

To begin the millennium right, we offer a national figure from Hawaii. One of our local pillars, Dr. Terry Shintani, M.D., J.D., M.P.H. is frequently seen on TV telling the whole country about **The Hawaii Diet**. Now we have an opportunity to hear his latest thoughts in person. Dr. Shintani is Director of Preventive Medicine at the Waianae Coast Comprehensive Health Center, co-host of the K108 radio program “Nutrition and You,” and the author of two books: **Eat More, Weigh Less** and its more recent companion, **The Eat More Weigh Less Cookbook**. When he last spoke to us, in March of 1997, the Governor came. This meeting will be joint with Northwestern University’s local Alumni Association.

**Brenda Davis**  
 “Being Vegetarian...  
 for the Love of Life”

Brenda Davis, R.D, will be with us this night from Kelowna, B.C. With Vesanto Melina she is co-author of the best-selling vegan book, **Becoming Vegetarian**. An excellent and popular lecturer, she is now chair-elect of the Vegetarian Practice Group of the American Dietetic Association. Her specialties are children’s nutrition and fats and oils. On this night she will discuss the reasons people choose a vegetarian diet, with emphasis on health issues, the link between animal-centered diets and chronic disease, and the protective elements found in plants. Finally, she will briefly define “optimal intakes” for vegetarians/vegans with a discussion of the challenges in this area.



Monthly public lectures are held at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, 0.2 miles behind the Waikiki-Kapahulu Library, beginning at 7:00 P.M. All lectures are free and open to the public. Call 808-944-VEGI or visit [www.vsh.org](http://www.vsh.org) for more information.

## A MEDLINE search on the word “vegan” today turned up 120 references

from peer-reviewed journals. That’s roughly 120 more references than there were when Jay and Freya Dinshaw started the American Vegan Society back in 1960. The word “vegetarian” raised scientific hackles in those days, and the idea that humans could subsist on only plant foods was unheard of in medical journals.

Here are synopses of some recent articles. For published abstracts go to: <http://www.medportal.com/> and search on the word “vegan”

### Veganism

**Dwyer J., Convergence of plant-rich and plant-only diets. Am J Clin Nutr 1999 Sep;70(3 Suppl):620S-622S**

Discussants at the Third International Congress on Vegetarian Nutrition.... concluded that evidence for a convergence of scientific opinion on the safety and healthfulness of plant-only diets that are appropriately planned to meet all nutrient requirements compared with plant-based diets is considerable.

**Medkova IL, Manchuk VT, Mosiakina LI, Polivanova TV, Lundina TA, Koroleva-Munts LI. Data from an expedition to study a Siberian vegan settlement Vopr Pitan 1998;(3):3-7 [Article in Russian]**

Health status, way of life, and nourishment of 84 vegans in a Siberian village (Krasnoyarsk region about 300 miles North of the Mongolian border) were studied and compared with those of 26 meat eaters. It was shown that a vegetarian diet improves the serum lipid spectrum (cholesterol, etc.) and normal-

# Science Corner

By William Harris, M.D.



izes weight and cardiovascular system. The vegans had normal levels of vitamin B12 and serum iron.

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*a low calorie vegan diet and fasting may contribute to improve RA*

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**Krajcovicova-Kudlackova M, Simoncic R, Bederova A Risks and advantages of the vegetarian diet Cas Lek Cesk 1997 Dec 3;136(23):715-9. [Article in Slovak]**

General nutritional principles for the prevention of cardiovascular diseases, oncological diseases, and diabetes are fully met by the vegetarian diet... Overthreshold values of essential antioxidants in vegetarians imply a protective action against reactive metabolic oxygen products and toxic products of lipid peroxidation and may reduce the incidence of free radical diseases (e.g., cancer).

### Arthritis

**Kjeldsen-Kragh J. Rheumatoid arthritis treated with vegetarian diets. Am J Clin Nutr 1999 Sep;70(3 Suppl):594S-600S**

In a controlled, single-blind trial the effects of fasting for 7–10 days were tested and then consuming an individually adjusted, gluten-free, vegan diet for 3.5 months, and then consuming an individually adjusted lactovegetarian diet for 9 months on patients with RA (rheumatoid arthritis). For all clinical variables and most laboratory variables measured, the 27 patients in the fasting and vegetarian diet groups improved significantly compared with the 26 patients in the control group who followed their usual omnivorous diet throughout the study period. Thus, dietary treatment may be a valuable adjunct to the ordinary therapeutic armamentarium for RA.

**Fujita A, Hashimoto Y, et al. Effects of a low calorie vegan diet on disease activity and general conditions in patients with rheumatoid arthritis. Rinsho Byori 1999 Jun;47(6):554-60. [Article in Japanese]**

Fourteen patients with RA who stayed in the Koda hospital for 55 days were studied. They basically took a 1200 kcal vegan diet consisting of unpolished rice gruel, juice of raw vegetables, soya bean curd, and sesame seeds, and undertook a 3–5-day fast three times. During the 55-day stay average body weight decreased by 5.1kg... There was no change in total protein or albumin. These data suggest that this combination of a low calorie vegan diet and fasting may contribute to improve RA with little undesirable effects on the patient’s general conditions.

(See Science Corner, page 6)

## Science Corner

continued from page five

**Nononen MT, Helve TA, Rauma AL, Hanninen OO. Uncooked, lactobacilli-rich, vegan food and rheumatoid arthritis. Br J Rheumatol 1998 Mar;37(3):274-81 Department of Physiology, University of Kuopio, Finland.**

We tested the effects of an uncooked vegan diet, rich in lactobacilli, in rheumatoid patients randomized into diet and control groups. The intervention group experienced subjective relief of rheumatic symptoms during intervention. A return to an omnivorous diet aggravated symptoms... The results showed that an uncooked vegan diet, rich in lactobacilli, decreased subjective symptoms of rheumatoid arthritis. Large amounts of living lactobacilli consumed daily may also have positive effects on objective measures of rheumatoid arthritis.

## Bone Health

**Parsons TJ, van Dusseldorp M, van der Vliet M, van de Werken K, Schaafsma G, van Staveren WA. Reduced bone mass in Dutch adolescents fed a macrobiotic diet in early life. J Bone Miner Res 1997 Sep;12(9):1486-94. Department of Human Nutrition, Wageningen Agricultural University, The Netherlands.**

This study investigated the effect of a macrobiotic diet, low in calcium and vitamin D, consumed in early life, on bone mineral during adolescence. Bone mineral content (BMC) and bone area were measured in 195 adolescents (103 girls, 92 boys) aged 9-15 years, using dual-energy X-ray absorptiometry. Ninety-three adolescents (43 girls, 50 boys) had followed a macrobiotic diet in childhood, and 102 (60 girls, 42 boys) were control

subjects. After adjustment for bone area, weight, height, percent body lean, age, and puberty, BMC was significantly lower in macrobiotic subjects, in boys and girls, respectively, at the whole body. **Read on!**

## Important Comment by William Harris, M.D.:

This last study highlights a recurring misconception. A macrobiotic diet is not the same as a vegan diet and should not be confused as such. As first propounded by George Ohzawa in the late 1950's, there were seven macrobiotic ("long life") food stages. The lowest rung on the totem pole included fish, the 7th stage consisted of cooked brown rice only. In the 70s a New York coroner concluded that several individuals who reached the 7th stage died from malnutrition. This is not surprising since brown rice contains less than 100% of the RDA per Calorie for protein, vitamins A, B2, and B12, C, calcium, iron, and potassium. Vegetables generally are adequate in these nutrients, save B12. All of Ohzawa's stages excluded fruit. Recent macrobiotic writings have recommended more vegetables and allow fruit as well, but the diet still includes fish, is grain-based, still places metaphysics above nutritional science, and still states that crystalline salt and oil are essential parts of the human diet, which in fact is true only if you're trying to make it on brown rice alone.

As the Hackett article above notes, "authoritarian dogma" as a substitute for good parental judgement is likely to result in childhood malnutrition..

## References

**Kushi, Michio and Aveline. Macrobiotic Diet. Japan Publications, Inc. Tokyo and New York ISBN: 0-87040-878-X.**

# For Your Info



## "Nutrition and You"

Featuring Ruth Heidrich, Ph.D. and Terry Shintani, M.D. on Sundays 7:00 - 9:00 p.m. on K108 (AM 1080). Call in to 524-1080.



## Spring cooking classes:

Joyful, Soyful Cuisine (Saturday February 5 and 12), 8:30-11:30 am Kalaheo High School (Kailua)

Plate Lunches: Vegetarian Style! (Saturday February 26), 8:30-11:30 am Kalaheo High School (Kailua)

For information on fees and registration for these "hands-on" vegan cooking classes, contact Windward School for Adults, 254-7955.



## Organic gardening workshop

Kapiolani Community College Continuing Education. Six two hour classes on Saturday from 10 to noon in January.

## Vegetarian



VSH presents "Vegetarian," a weekly Public Access TV program. Channel 52 on Thursdays at 7:00 - 8:00 p.m.

## BOOKS

The (Almost) No Fat Cookbook (Bryanna Clark Grogan) .....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan) .....	\$12.95
Animal Connection (Agatha/Calvin Thrash, M.D.) .....	\$6.95
Cook Healthy Fast (Dick Allgire) .....	\$15.95
Cooking with Natural Foods (Muriel Beltz) .....	\$14.95
Diet for a New America book (John Robbins) .....	\$14.95
Eco-Cuisine (Ron Pickarski) .....	\$16.95
Fabulous Beans (Barb Bloomfield) .....	\$9.95
Fat-Free & Easy (Jennifer Raymond) .....	\$10.00
Garden Cuisine (Paul Wenner) SALE .....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.) .....	\$11.95
McDougall Health-Supporting Cookbook Vol. II (Mary McDougall) .....	\$9.95
Mega Health (Marc Sorenson, Ed.D.) .....	\$14.95
Most Noble Diet (George Eisman, R.D.) .....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries) .....	\$19.99
Peaceful Palate (Jennifer Raymond) .....	\$15.00
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.) .....	\$9.95
Race for Life book (Ruth Heidrich, Ph.D.) .....	\$14.95
Scientific Basis of Vegetarianism (William Harris, M.D.) .....	\$15.95
Simply Good Recipes and More (C.C.C.T.) .....	\$7.95
Uncheese Cookbook (Joanne Stepaniak) .....	\$11.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.) .....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, R.D.) .....	\$21.95
Vegetarian Secrets Atsuko Kitchen, HB (Atsuko Tsubota) .....	\$29.95
Why Do Vegetarians Eat Like That? (David A. Gabbe) .....	\$11.95

## SHIRTS

I Speak Vegetarian T-Shirt (Specify S M L XL) .....	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size) .....	\$15.62

## VIDEOS

Diet for a New America (John Robbins) .....	\$19.95
Diet for All Reasons (Michael Klaper, M.D.) .....	\$22.00
Vegetarian Chef (Elaine French) .....	\$19.95
Four Food Groups poster .....	\$6.00

# CORNER STORE

To order items from the bookstore, fill out the form below with your name and address. On a separate sheet of paper list the items you would like to purchase and add 20% to the total for shipping. Please make check payable to Vegetarian Society of Hawaii.



Send order/application to:  
**Vegetarian Society of Hawaii**  
**PO Box 23208**  
**Honolulu, Hawaii 96823**

### Vegetarian Society of Hawaii Membership Application/Order Form

<p>Please Print:</p> <p>Name(s) _____</p> <p>Street Address _____</p> <p>City, State, Zip _____</p> <p>Home Phone (     ) _____</p> <p>Work Phone (     ) _____</p> <p>Fax (     ) _____</p> <p>Email _____</p> <p># _____ D _____ Ex _____</p>	<p>Yes, please enroll me as a member.  <b>My dues are enclosed.</b></p> <p>Please check one:</p> <p><input type="checkbox"/> \$ 20 regular (1 year)</p> <p><input type="checkbox"/> \$ 12 full-time student (1 year)</p> <p><input type="checkbox"/> \$ 30 couple or family (1 year)</p> <p><input type="checkbox"/> \$400 life membership          (add \$4 if for a foreign address)</p> <p>\$ _____ additional donation</p> <p>Please check one:</p> <p><input type="checkbox"/> Vegan (no animal products at all)</p> <p><input type="checkbox"/> Vegetarian (no flesh, fish, or fowl)</p> <p><input type="checkbox"/> Associate (not yet a vegetarian)</p>
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**Vegetarian Society**  
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