



# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 16, ISSUE 1, JAN – MAR 2005

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## Public Lectures\*

**DOUGLAS LISLE, PhD**  
**"The Pleasure Trap"**  
 Sat., Jan. 15, 7 p.m.  
 McCoy Pavilion  
 Ala Moana Beach Park

**JOHN KRISTOFICH, MD**  
**"Preventing Heart Disease"**  
 Sat., Feb. 12, 7 p.m.  
 McCoy Pavilion  
 Ala Moana Beach Park

**ERIK MARCUS**  
**"Meat Market:  
 Animals, Ethics, and Money"**  
 Sat., Mar. 12, 7 p.m.  
 McCoy Pavilion  
 Ala Moana Beach Park

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

# Veg Club Sprouts at UH Manoa

by Karl Seff, VSH Meeting Planner

On December 9th Scott Snarr assembled 13 people at the Campus Center Dining Room at UH Manoa to found a campus vegetarian club. The group was lively and excited, and individuals volunteered readily to do a list of tasks that were foreseen. Scott chose to keep the group at that size; he knows of another 15 to 25 potential members.

Scott stated that the purpose of the Club would be to promote a vegetarian lifestyle. He envisions it as a social club that supports people who want to go veggie but with a political or activist aspect that would involve tabling, movies, and speakers.

It was immediately clear that one big issue for the students was the need for well-rounded vegetarian meals at campus facilities or being able to opt out of the dormitory meal program, which they find inadequate. For some, this new organization was a way of working toward that goal.

Tabling happens often on campus, and students volunteered on the spot to do that. Others were eager to negotiate discounts at restaurants and health food stores near campus for members of this new organization. Other activities that were discussed included getting speakers on campus, which might include speakers that the VSH brings in for free public lectures. Students were enthused about getting a website going, designing a logo, and managing publicity for campus events.

Scott asked me if I would be its faculty advisor, and I have agreed.

Scott Snarr is a Family Resources major, but he hopes to transfer to the College of Education. He attends the VSH free public lectures regularly and has been an active member for about a year and a half.



Founding club members: (front from left) Joshua Gefich, advisor Linda Day of the UH Office of Sustainability, Carly Quisenberry-Dubay, Heidi Geil, Ellen Hostetler, Russell McIntosh, (back) faculty advisor Karl Seff, PhD, Erica Aus, Jesse Shain, founder Scott Snarr, VSH scholarship recipient Mele Fernandez. Not pictured: Michael Ullman, Louise Giuseffi, Oliver Klasovsky.



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

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Mahalo to all our volunteers.

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

# G

reetings!

Another membership milestone was reached last month, when there were well over 1800 people carrying the prestigious VSH membership card. I always have a warm feeling when I see someone presenting his or her card at the register at Down to Earth or Huckleberry Farms.

I was gratified to read in the Winter 2004 issue of the Kaiser Permanente publication *Partners in Health* a cautionary tale about the Atkins diet and other low carbohydrate regimens. An interview with one of Kaiser's dieticians covered why weight loss can occur on these diets (high protein intake causes a feeling of fullness, so people may eat less overall in the beginning) and what the dangers of such a diet are. The litany of increased risks in the article will sound familiar to us: the high fat (*animal* fat, in the case of these diets) puts stress on the kidneys, increases uric acid (and the possibility of gout), leads to thinning bones, and can cause constipation, to name a few. Atkins marketing includes the claim, we're told, that this diet will result in the same lowered levels of cholesterol that a balanced, lower fat diet will. Our Kaiser dietician warns that this is not corroborated by long-term research and thus cannot be accepted as reliable; on the other hand, it has in fact been demonstrated that a diet high in animal fat leads to clogged arteries, which can result in heart disease and cancer. We are advised that to both lose weight and become healthier, a "diet" is not the answer: regular exercise and healthy food choices are. While this is basic knowledge for experienced vegetarians, sadly, that isn't at all the case with surprisingly many Americans, who have been persuaded by slick advertising. It is exciting, though, that all of Kaiser's membership in Hawaii now has access to this information and that we're beginning to see refutation of the Atkins misinformation in mainstream literature. Once this dietary approach is thoroughly debunked, I sometimes wonder, what will become of the currently ubiquitous "low-carb" and "Atkins-friendly" labeling? Landfill?

More immediately, however, it's time to prepare for the VSH tabling at the Health and Fitness Exposition to be held this year February 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup>. To meet and greet the expected 40,000 people who will be attending the Expo, we need approximately 20 volunteers in 8 manageable shifts. If you haven't participated before (or even if you have), are vegetarian, and enjoy talking with people, I highly recommend that you give it a try this year. You'll make new friends, run into old ones, and generally have an enjoyable and rewarding experience. This year we plan to upgrade our exhibit and are hoping to attract even more people to vegetarianism. Just call VSH and leave a message to volunteer or to request more information. Mahalo!

# SCIENCE CORNER



## Vitamins: What's in a Name?

by William Harris, MD  
VSH Board Member

**“When I use a word,” Humpty Dumpty said, “it means just what I choose it to mean -- neither more nor less.”**

In 1912 Casimir Funk, a Polish-American biochemist, suggested that beriberi, rickets, and scurvy were nutritional deficiency diseases that could be prevented with “vital amines,” or “vitamines.” The new term dropped its “e,” took off like a



Casimir Funk

rocket, and, as with many neologisms, left behind a trail of scientific impedimenta and academic bumpf\*. A better term might have been “essential nutrient” but that takes longer to

say and lacks the slick Madison Avenue feel of “vitamin.” Firstly, of the ~13 recognized vitamins, four of them (A, C, E, and K) do not contain nitrogen and hence are not amines. Two more are arguably not vitamins since they can be synthesized within the body.

The U.S. Hospital Formulary defines retinol to be Vitamin A, but that's actually an essential metabolite that humans can make from beta-

carotene, which is classed by the Formulary as a drug, in a precise inversion of reality.

Vitamin D neither looks like a vitamin nor acts like one. It's derived from cholesterol, and when activated by sunlight on the skin, becomes a

thinly disguised sterol hormone. Vitamins A & D are both toxic in excess. The nutritional establishment has engaged in elaborate fandangos to justify its continued misclassification rather than abandon Funk's

buzzword in favor of “essential metabolite.” However, once invented, words like “vitamin” take on a life of their own.

Every enzyme, fat, gene, protein, etc., that takes part in the myriad biochemical reactions in the human body is an essential metabolite. Most of them have descriptive but barely pronounceable names, and they number in the tens of thousands. J. Grundl Gootgazelle, Ph.D. is the only biochemist who knows them all by heart.

Secondly, the word vitamin is a magnet for bogus nostrums whose pitchmen would like to drape them in the legitimacy of the term for financial reasons. Bioflavonoids (“vitamin P”), Laetrile (“vitamin B-17”), and pangamic acid (“vitamin B-15”) are a few examples. Arachidonic acid, carnitine, choline, coenzyme Q10, inositol, lipoic acid, para-aminobenzoic acid (PABA), and taurine still have a few pitchers warming up in the bullpen, although the evidence indicates they can be synthesized in the body and are therefore essential metabolites, not vitamins.

Thirdly, a whole new category of

over 900 different phytonutrients has now come over the horizon, found only in plant foods and known to protect against cancer. Naturally occurring antioxidants include beta-carotene (leafy greens), canthaxanthin, cryptoxanthin, ellagic acid (4-carbon ring metabolic artifacts found in berries), luteins, lycopene (tomatoes), saponins (plant sterols attached to a short chain of sugars), and zeaxanthin. All of these substances help to quench the free radical chain reactions that cause DNA damage in cells.

Other cancer and heart-protective

substances in pigmented fruits and vegetables include allium compounds (diallyl sulfide, allyl methyl trisulfide), anthocyanins, biochanin A, coumarins, d-limonene, dietary fiber, dithiolthiones, flavonoids (quercetin, kaempferol), genistein, hesperidin, indole-3-carbinol, isothiocyanates, phy-

tosterols, protease inhibitors, resveratrol, sulphoraphane, and tangeritin. (Steinmetz (1)KA, Potter JD. *Vegetables, fruit, and cancer prevention: a review*. Journal of the American Dietetic Association, Oct 1996;(10): 1027(13).

Are they vitamins? Only if you'd prefer not to get cancer and heart disease. Sooner or later nutritionists will have to scrap “vitamins” and start haggling over essential nutrients v. essential metabolites.

***So far all the essential nutrients for humans are synthesized by plants, not animals.***

*\*bumpf: Useless printed instructions and manuals. Originated in England during World War II when English soldiers were overwhelmed with unnecessary printed materials and used them as they would toilet tissue, or “bum fodder.”*

**“V**itamins are organic nutrients in food required in small quantities for normal metabolism that cannot be synthesized in adequate amounts by the human body.” Murray RK, Graner DK, Mayes PA, and Rodwell VW. *Harper's Biochemistry*. Norwalk, CT 1990 p575. ISBN 0-8385-3640-9

# Dr. Greger's Newsletter

by Michael Greger, MD

## Vegans Need to Eat More Greens, Beans, and Nuts

**L**ow fat vegetarian and vegan diets have proven remarkably successful in the treatment of heart disease,[1] diabetes,[2] and high blood pressure.[3] Many practitioners are hesitant, though, to put people on such diets, fearing their nutritional adequacy. This is ironic, given that when people switch from an omnivorous diet, their intake of many nutrients greatly improves. They tend to eat less saturated fat and cholesterol, of course, but also experience favorable increases in antioxidants such as beta carotene and vitamin C, B vitamins such as thiamin and folate, and minerals like magnesium and potassium.[4]

The Physicians Committee for Responsible Medicine (a great organization--visit [PCRM.org](http://PCRM.org)) recently published a dietary analysis of a few dozen women transitioned to a self-selected low fat vegan diet. Although the intakes of most vitamins and minerals improved or stayed the same, the consumption of some nutrients dropped. They conclude: "To increase intakes of these nutrients, people following a low-fat vegan diet should emphasize legumes (beans, lentils) and whole grains for protein; supplemental sources of vitamins D and B<sub>12</sub> such as fortified cereals and soymilk to increase vitamins D and B<sub>12</sub> intakes; leafy greens, beans, and fortified soymilks and juices to in-



crease calcium intake; and whole, unrefined grains, nuts, and seeds to increase phosphorus, selenium, and zinc intakes." [4]

There are so many wonderful vegan convenience foods out there now, but the healthiest (not

to mention often cheapest and more environmentally friendly) foods are still those that grow out of the ground.

## Raw versus Cooked Vegetables for Cancer Prevention

**W**e know that vegetables in general prevent cancer, but a researcher at the Columbia University School of Public Health recently attempted to determine whether they are more protective raw or cooked. Unfortunately, we have no studies directly comparing raw versus cooked veggies, so researchers had to review the totality of available research (published over the past decade) in an attempt to tease out the difference.

Cooking destroys some cancer-fighting nutrients but enhances the absorption of others. For example, by cooking your dark green leafy vegetables, studies show you may be destroying half of the antioxidant carotenoids.[5] At the same time, cooking may double carotenoid bioavailability, such that in the end your body might wind up with the same amount.[6]

Cooking vegetables increases the content of one type of fiber (soluble), which may help prevent cancer by

decreasing insulin levels, but cooking decreases the content of another type (insoluble), which may help prevent cancer in a different way (by binding and excreting carcinogens).[7]

Cooking may reduce cancer risk by destroying some of the pesticides present in non-organic produce,[8] but it also destroys enzymes that may have beneficial effects. Wait, though. The American Dietetic Association just reviewed raw food diets (October 2004) and concluded that one's stomach acid destroys the plant enzymes anyway, so it doesn't matter if cooking destroys them first.[9] (Yes, but digestion starts in the mouth, not in the stomach.)

Raw garlic (in homemade salsa, guacamole, pesto, etc.) may be healthier than cooked because of an enzyme called alliinase, which produces a DNA-protecting compound called allicin when chewed in your mouth. One minute's worth of microwaving, though, completely inactivates this enzyme, such that when you then chew it, you absorb little or none of the protective allicin compound.[10]

The same thing happens in broccoli. There's an enzyme (called myrosinase) that produces special compounds whenever the plant's cell walls are ruptured (i.e., when you chew) that rev up your own liver's ability to detoxify carcinogens. But cooking inactivates the enzyme, such that people chomping down on steamed broccoli only seem to get about a third as much of these special cancer-fighting compounds.[11] At the same time, cooking broccoli seems to increase the bioavailability of other cancer-fighters (called indoles), which help the body control hormone levels.

Bottom line, we should eat a combination of both cooked *and* raw vegetables, which is exactly what the Columbia researcher found: "It is

*(Continued on page 5)*

(Continued from page 4)

clear from this review that both raw and cooked vegetables are inversely related to (in other words protective against) several...cancers. Although more of the studies showed a stronger inverse (protective) relationship between raw vegetables and cancer than cooked vegetables, the literature is too varied to compare these definitively. In the meanwhile, the public should be encouraged to increase its vegetable intake and to consider eating some of them raw.”[12]

## Blocking Metastasis with Berries?

The difference between a benign tumor and a malignant one is its ability to spread. No matter how big most tumors get, as long as they don't spread to other parts of the body, you're usually pretty safe. Your body knows this and so attempts to wall off any tumors by wrapping them in scar tissue. A benign tumor turns malignant when it learns how to break free by secreting enzymes (called metalloproteinases) that can dissolve the scar tissue cage your body encased it in. There are components of our diet, though, that can inhibit this jailbreak enzyme and keep the tumor in its place.

We know there are special phytonutrients in blue-green algae, green tea, and the spice turmeric that inhibit this tumor enzyme and thus may help keep tumors at bay. For the first time, though, a new study shows that berries also seem to contain substances that powerfully inhibit these tumor enzymes. The researchers conclude: “The raspberry extracts, blackberry extracts, and muscadine (grape) extracts, or the fruits themselves

could potentially play a role in cancer prevention by blocking metastasis.”

Cranberries are one of the cheapest (and healthiest) berries but tend to only be available seasonally, so make sure to buy extra and freeze them. Frozen in an airtight container they should keep for nearly a year.

## Cancer-Fighting Cranberries

Cranberries, one of only three commonly-eaten fruits native to North America, have been shown to exert a wide variety of health benefits, including the prevention of urinary tract infections.[13] In 2002 researchers dripped a number of fruit extracts on human liver cancer cells in a Petri dish to see if any of them

“Phytonutrients in blue-green algae, green tea, and in the spice turmeric...may help keep tumors at bay.”

would slow tumor growth. Out of the nearly a dozen common fruits they tried, the most potent inhibitor of cancer growth was cranberries.[14] So the next year they pitted cran-

berries against three other types of human cancers -- breast, cervical, and prostate -- and the cranberries won again, significantly restraining cancer cell proliferation.[15] Now UCLA researchers are back, this time testing cranberries against a whole panel of nine different human cancer cell lines.

Sprinkling just a few millionths of a gram of powdered cranberries on human oral, colon, and prostate cancer cells brought their growth to a screeching halt, inhibiting their proliferation by as much as 99.6%. The researchers concluded, “The observed antiproliferative activities of cranberry phytochemicals against tumor cells provide some basic evidence for the potential anticancer effects of cranberry polyphenols and suggest that studies of cranberry ex-

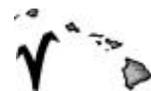
tracts should be carried out... ultimately in human cancer prevention trials.”[16]

Check out <http://vegweb.com/recipes/fruit/index-fruit-cranberries.shtml> for some healthy cranberry recipes. I'm sipping some blended into my flax smoothie as I type.

### REFERENCES:

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- 11 Nutrition and Cancer 38 (2000):168.
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- 16 Journal of Agricultural and Food Chemistry 52(2004):2512.

*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](http://VeganMD.org). To subscribe to his free monthly email newsletter, send a blank email to: [drgregersnewsletter-subscribe@lists.riseup.net](mailto:drgregersnewsletter-subscribe@lists.riseup.net).*



# Animal Rights Corner



**animal** (an • i • mal) n.  
a living being capable of feeling.

Go Vegetarian **PETA** GoVeg.com

## HI Legislation to Ban Foie Gras

by Laurelee Blanchard  
VSH Maui coordinator

**F**arm Sanctuary and compassionate citizens in Hawaii are now pushing for a bill to prohibit the force-feeding of ducks and geese in the production of *foie gras* to follow on the heels of California's Senate Bill 1520, recently signed into law by Governor Arnold Schwarzenegger.

Foie gras is produced by force-feeding confined ducks or geese massive quantities of food *via* a mechanized pump several times a day. At the end of the fattening period the birds' livers are swollen up to ten times their natural size. The birds are then slaughtered, and their livers are sold as foie gras. Some birds die from injuries caused when the metal feed-

ing tube is jammed down their throats. Others die of ruptured internal organs or asphyxiation when food becomes impacted in their throats and digestive systems. Many are so physically debilitated and in so much pain by the end of the force-feeding period that they are unable to stand or walk. The mortality rate of animals in foie gras production is among the highest in the farming industry.

A growing number of consumers are refusing to buy foie gras because of the cruelty inherent in its production. Across the U.S. and around the world, conscientious restaurants and other businesses are taking a stand against the cruelty of foie gras production, and hundreds have pledged not to serve this inhumane product.

Please contact the Chairs of both Agriculture Committees to express

(See **Ban Foie Gras** on page 19)

## Death Toll Continues to Rise

**T**he number of land-based animals killed for food in the U.S. is expected to rise by 2.5% to 10.2 billion in 2004 from just under ten billion in 2003, according to data extrapolated from USDA's National Agricultural Statistics Service (NASS). This figure does not account for fishes or other aquatic organisms that are not counted by any government or industry agency but are estimated to exceed the number of land-based animals.

Globally the number of animals slaughtered for food in 2003 was 52.7 billion according to the U.N. Food and Agriculture Organization. This conservative figure does not account for non-slaughter deaths, under-reporting by smaller countries, and many billions of aquatic animals.

Source: FARM (WFAD.org)

## Animals Killed for Food in the United States — 2003, 2004 Est. (in millions)

Animals	Total Deaths	Slaughter	Non-slaughter	% of Total	Est. '04 Total	% Change
Broiler Chickens	9,080.0	8,536.9	543.1	6.0	9,390.0	3.4
Layer Chickens	416.0	147.6	268.4	64.5	363.6	-12.6
<b>Total Chickens</b>	<b>9,496.0</b>	<b>8,684.4</b>	<b>811.6</b>	<b>8.5</b>	<b>9,753.7</b>	<b>2.7</b>
Turkeys	294.3	267.8	26.5	9.0	279.2	-5.1
Ducks	25.8	24.3	1.5	5.6	27.1	5.2
<b>All Birds</b>	<b>9,816.0</b>	<b>8,976.5</b>	<b>839.5</b>	<b>8.6</b>	<b>10,060.0</b>	<b>2.5</b>
Pigs	123.2	101.0	22.2	18.0	128.0	3.9
Cattle/Calves	42.4	36.7	5.7	13.4	38.9	-8.1
Sheep	4.0	3.0	1.0	24.5	3.9	-4.2
<b>All Mammals</b>	<b>169.6</b>	<b>140.8</b>	<b>28.8</b>	<b>17.0</b>	<b>170.8</b>	<b>0.7</b>
<b>All Animals</b>	<b>9,985.7</b>	<b>9,117.3</b>	<b>868.4</b>	<b>8.7</b>	<b>10,230.8</b>	<b>2.5</b>

Figures may not add up due to rounding.

www.WFAD.org

# Holiday Giving and New Year's Resolutions

Elaine Johnson, MBA  
VSH Member

The holiday season is a traditional time for giving to others. In Hawaii and across the globe animals can benefit from your kindness in several ways. In a previous newsletter I wrote about a number of ways in which we can help the animals. The number one way to help animals, though, is still to go vegan and give animals their lives, or if you are not yet fully vegetarian, to start by committing to being vegetarian. Although chickens who are used for laying eggs may live longer than their broiler cousins, their lives are also miserable, and they too end up in a pot of chicken soup. Dairy cows share a similar fate, so going vegan is the kindest diet. (Going vegan is also, of course, a gift to one's self; people who do not consume meat and dairy products usually have lower cholesterol, less heart disease, cancer, allergies, and other health problems than those who

do.) While large numbers of animals die yearly in labs, for entertainment, and for the benefit of the fur trade, the largest number of animal deaths each year is still the animals killed for food. No other industry is even a remotely close second at killing animals. It is wonderful to love and protect our companion animals and also to speak out for animals tortured in labs and in entertainment, but nothing is more effective than eating low on the food chain.

How does one go about eliminating animal products from one's diet? Reading Vegetarian Society of Hawaii and Animal Rights Hawaii literature on the subject helps. Also, attending VSH lectures gives invaluable information on the subject, including information regarding cooking, nutrition, and ethics. You can contact the VSH at 944-VEGI and ARH at 941-9476 for more information. Both groups also have television shows with helpful information. The "Vegetarian" TV show is listed elsewhere in this newsletter. You can also check out the VSH.org website. A list of some other animal rights and vegetarian organizations can be found on the VSH website under "Great Links."

Of course there are other ways to give during the holidays. You can give

a donation to either or both of the above groups to help them educate the public concerning vegetarian and other animal issues.

Happy New Year!

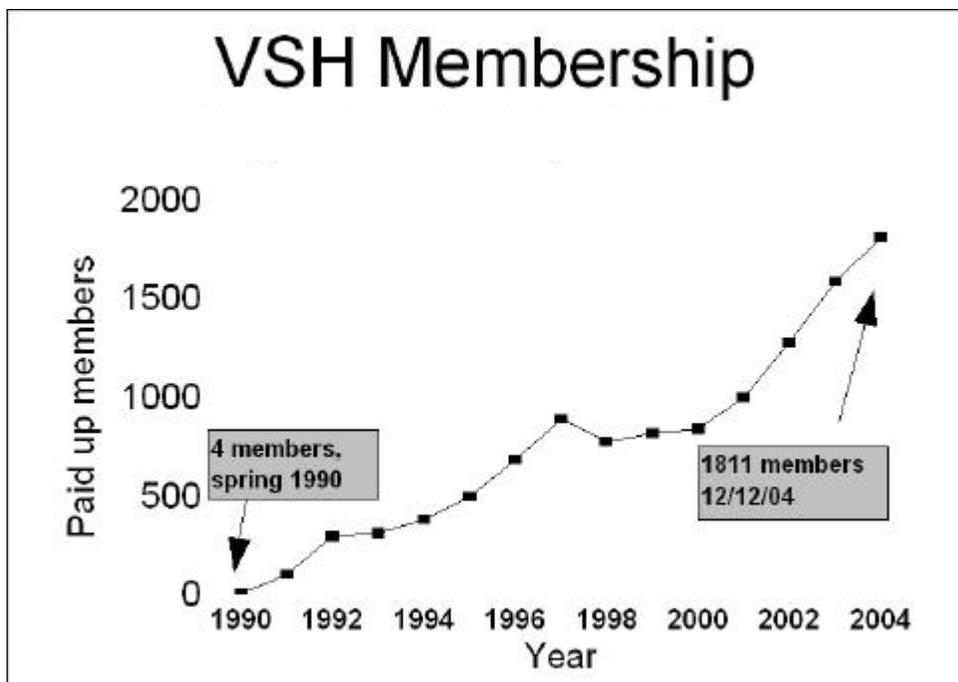
## Make a Difference in Peoples' and Animals' Lives

### Become a VSH Volunteer and Join the VSH Recreation and Hiking Group

by Robert Moses  
VSH Volunteer Coordinator

VSH has many interesting and rewarding volunteer jobs available. For instance: outreach coordinator (organizing tabling at events such as the annual Health and Fitness Expo and other smaller fairs), print manager (copying handouts for distribution as well as internal documents), greeter at monthly meetings (welcoming people, passing our information packets) dining guide editor (reviewing restaurants for inclusion in our dining guide, soliciting discounts for our members, keeping the guide up to date), dine out organizer (choosing and scheduling monthly restaurant dine outs), refreshment assistant or coordinator (helping to plan menus, serving refreshments, helping set up and clean up), membership manager (enrolling new members at the monthly meetings and other events, creatively marketing memberships, and helping to develop member services).

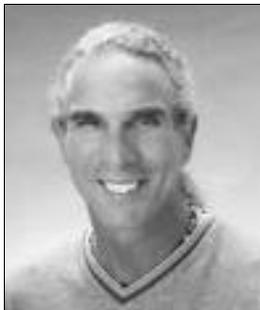
We also have a recreational group that mainly goes hiking but also does other outdoor activities. If you're interested in joining, email Robert Moses at [robert@vsh.org](mailto:robert@vsh.org) with your full name, address, phone numbers, and email address, and you'll be added to the email announcement list.



# “...and for the people?” (Part 2)

by Hesh Goldstein  
VSH Member

Girls in the U.S. are beginning to menstruate at younger and younger ages. According to the Cancer Prevention Coalition, some girls are now experiencing the effects of puberty as young as three years of age. Fifty years ago the incidence of breast cancer risk among U.S. women was one in twenty. As of 2001 that percentage had grown to one in eight.



Why is that? Bovine Growth Hormone (BGH)! BGH is a naturally occurring hormone produced by milk cows. Closely resembling the natural growth hormones in human children, the presence of BGH in milk has been shown to significantly elevate hormone levels in people, creating many growth problems. And that's not even accounting for the use of artificial hormones. Enter Recombinant BGH (rBGH), an unnaturally occurring genetically engineered hormone produced by Monsanto. As you know, Monsanto has made other fine humanitarian and ecological contributions such as Agent Orange and PCBs.

Through a series of research cover-ups and a network of conflicting interests with government policy-makers -- which we'll get to in Part 3 of this series -- Monsanto in 1994 managed to get approval for Posilac, a commercial form of rBGH that increases cow's milk production by 15-25%.

According to Monsanto, over a quarter of U.S. milk cows are now supplemented with Posilac. The ma-

jority of the country's 1,500 dairy companies mix rBGH milk with non-rBGH milk during processing to such an extent that an estimated 80-90% of the U.S. dairy supply is contaminated.

What Monsanto doesn't tell consumers is that this supplementation of additional growth hormones is causing secondary sex characteristics to appear earlier in young children, especially girls. Monsanto also doesn't tell consumers that rBGH-injected cows produce extremely high levels of Insulin Growth Factor 1 (IGF-1), a cancer promoter that occurs naturally in the human bloodstream at levels that generally do not result in tumors. Monsanto and the FDA refuse to acknowledge research directly linking elevated levels of IGF-1 to increased risk of breast and prostate cancer. To make matters worse, Monsanto and the FDA colluded in 1993 and 1994 to block labeling requirements for rBGH milk (even today Monsanto and the FDA block labeling of genetically engineered food). So, consumers typically have no idea that they are increasing their own risk of getting cancer by consuming dairy products.

“Consumers typically have no idea that they are increasing their own risk of getting cancer by consuming dairy products.”

Since 1994 every industrialized country in the world except the U.S. has banned rBGH milk. In the face of facts and the majority opinion of the global political and scientific community, Monsanto and the U.S. continue to endorse rBGH milk for general consumption and at the same time try to figure out why there is an increase in breast cancer deaths and a continually declining age of puberty for girls.

It's not rocket science to see that milk is bad for people and that money is more important for some

than the concern for the welfare of the people, but what about the effect on the cows that produce that milk? What happens as a result of adding Monsanto's Posilac to the cow's feed is that the cows suffer from mastitis, a bacterial infection of the udder, cystic ovaries, and uterus disorders. Aside from the harm to the cows, guess where these illnesses wind up? Yes, in discharges that go into the milk and ultimately to the dairy consumer.

Because dairy cows are kept pregnant so that they will produce milk, excess baby cows are born. Enter the veal industry. Since the male calves are useless to the farmers and have no economic value, an economic value had to be created. These male calves are taken away from their mothers, immobilized in small wooden crates to keep their flesh tender, and fed food that causes anemia so people can “enjoy” their soft, white flesh after they are slaughtered. In 2001 over a million veal calves were slaughtered in the U.S.

All of this boils down to a familiar story: big business and the U.S. government joining forces to dupe the American consumer. The USDA tells us to drink more milk and subsidizes large dairy farms and federally mandating dairy consumption and flesh eating for schoolchildren. The government spends billions to buy unused milk and dairy products, and the industry spends almost \$200 million every year promoting dairy consumption. Meanwhile, the FDA and Monsanto conspire to pollute the already unhealthy dairy supply with a genetically engineered hormone banned virtually everywhere else in the world. Ain't the road to profit at any cost grand?

Stay tuned for Part 3 – Monsanto's milk.

*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*



## Heart Disease Prevention Program Offered at Castle

by John Westerdahl, PhD, MS, RD and Mary Arakaki, RD, VSH Secretary

February is American Heart Month. Unfortunately, heart disease remains the number one killer in the United States, accounting for more than 40% of all deaths. Each year approximately 1.5 million Americans suffer myocardial infarction (heart attack), and nearly 500,000 of these people die. This is tragic because these heart attacks could be avoided by proper diet; however, even advice to adopt the American-style low fat diet allows heart disease to advance in the overwhelming majority of patients. And while vegetarians have much lower cholesterol levels than meat-eaters and very little heart disease, the *lacto-ovo* vegetarian diet can contain harmful amounts of saturated fat and cholesterol. According to Caldwell Esselstyn, Jr., MD, preventive cardiology consultant at the well-known Cleveland Clinic, "We must go beyond simply treating the symptoms of heart disease, because even the best and costly high tech treatment approaches have no effect on the incidence rates of this Western killer. We must attack the causes -- how we live."

We are happy to announce that a nationally renowned heart disease prevention and reversal program is going to be offered at Castle Medical Center in Kailua. The Coronary Health Improvement Project (CHIP), known for dramatically reducing and even reversing atherosclerosis (narrowing of the arteries) in thousands of people across the United States and Canada, will begin in February. This program is designed for people looking for help with weight loss, high blood pressure, diabetes, angina, and/or high cholesterol. Significant improvements can be expected by participants: in only one month typical participants in CHIP programs experience an average drop in cholesterol of 17% (some up to 40%), 8 pounds of weight loss (some up to 15 pounds), and reduction and/or elimination of the need for diabetes medication.

Participants receive the following program benefits and services:

- Two HeartScreens (a detailed computerized risk factor analysis that includes blood analysis (total cholesterol, LDL, HDL, triglycerides, and blood sugar),
- 16 informative and stimulating lifestyle classes and presentations by Hans Diehl, DrHSc, MPH, nationally recognized authority on heart disease prevention and lifestyle medicine, in a compelling video series,
- presentations by Castle Medical Center nutritionists, registered dietitians, and wellness educators,
- *Dynamic Living* text and workbook with binder and printed materials, and
- guidance on menu planning, vegan recipes, and vegan food demonstrations and samples, including four gourmet heart healthy meals.

CHIP classes will be held four days a week for four weeks at the Wellness & Lifestyle Medicine Center Auditorium of Castle Medical Center

at the Harry & Jeanette Weinberg Medical Plaza and Wellness Center. Dates are February 13, 15-17, 20, and 22-24 and March 1-3, 6, 8-10, 13 and 17. This is a wonderful opportunity to introduce your loved ones to a plant-based approach to reversing diet-related disease -- or maybe you could use some guidelines for improving your own vegetarian diet.

For more information please call Mary Arakaki at 263-5050.

Here's a sample of the delicious recipes that will be shared at the CHIP program:

### Heart Healthy Fettuccini Alfredo

**Recipe created by Dennis G. Malone, chef affiliated with Dr. Dean Ornish in the show *What to Feed Your Heart from the Oprah Winfrey Show***

A healthier way to eat this "cheesy" pasta dish!

#### Ingredients

- 2 cups well-cooked cannellinis, great northern or white beans (fill beans and cooking liquid to top of a cup)
- 2 cups soy milk (be careful not to use vanilla-flavored soy milk)
- 3/4 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/8-1/4 teaspoon freshly ground nutmeg, depending on taste
- 1 cup sun-dried tomatoes (optional, rehydrate by soaking in boiling water for 20 seconds, drained, allowed to cool, and then sliced into thin strips)
- 2 cups small broccoli florets
- 8 oz. whole wheat fettuccini — use noodles (made without eggs), prepare *al dente*.

Begin heating a large pot of water

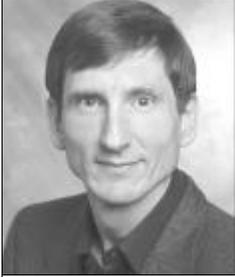
(See **CHIP** on page 19)



# Vegetarian Society of Hawaii

Calendar of Events: January - March 2005

## DOUGLAS LISLE, PhD



### “THE PLEASURE TRAP”

Sat., Jan. 15, 7 p.m.  
McCoy Pavilion,  
Ala Moana Beach Park

“There is a hidden force that has turned many smart, savvy people into unwitting saboteurs of their own well-being. When trying to make positive changes in diet and lifestyle, well-intentioned determination is, surprisingly, rarely enough. People who are chronically overweight, sick and ailing, or junk food junkies are not that way because they’re lazy, undisciplined, or stuck with bad genes. They are victims of a dilemma that harkens back to our prehistoric past...the Pleasure Trap.”

Dr. Doug Lisle, a former lecturer in psychology at Stanford University and currently the psychologist for The McDougall Program, explains a recent revolution in motivational psychology that can help people break free from the self-destructive rut. A new understanding of why we do what we do has provided a dramatic new path toward lasting and positive change. His new book, *The Pleasure Trap: Mastering the Hidden Force that Undermines Health and Happiness*, has been critically acclaimed.

**Dr. Lisle will be giving two more presentations in Hawaii. The first will be on Maui on Wed., Jan. 12 at 7 p.m. at the Cameron Center, 95 Mahalani St. in Wailuku.**

**The second will be held in Kailua at the Castle Health & Wellness Medicine Center on Thurs., Jan. 13 at 7 p.m. Call 263-5400 for Castle reservations.**

## JOHN KRISTOFICH, MD



### “PREVENTING HEART DISEASE”

Sat., Feb. 12, 7 p.m.  
McCoy Pavilion,  
Ala Moana Beach Park

Straub cardiologist John Kristofich will describe the latest information about cardiovascular disease: who gets it and why, and what you can do to dramatically reduce your risk. He will show how daily lifestyle choices — such as what and how much we eat, how heavy we are, and our level of physical activity — can help prevent heart attacks and strokes — and how the right choices can make us feel better. He also will address the problem of chronic stress and its effect on the heart as well as the importance of healthy interpersonal relationships in helping to reduce the risk of developing the number one killer in the world today, cardiovascular disease.

John P. Kristofich, M.D., F.A.C.C. is board certified in cardiology and internal medicine and leads the Heart C-H-E-C-K Program at Straub Medical Center in Honolulu. His special interests include preventative cardiology and early detection of cardiovascular disease. He received his medical degree from the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, Piscataway, NJ. He completed his residency at Lehigh Valley Hospital in Allentown, PA and his fellowship at Geisinger Medical Center in Danville, PA.

**Dr. Kristofich will also speak on Maui on Wed., Feb. 9 at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.**

## ERIK MARCUS

### “MEAT MARKET: ANIMALS, ETHICS, AND MONEY”

Sat., Mar. 12, 7 p.m., McCoy Pavilion, Ala Moana Beach Park

Every generation a book comes along that reshapes society’s attitudes toward food. *Meat Market* is such a book, and it offers the most compelling critique of animal agriculture yet set to print. In his talk Erik looks at the history of animal agriculture and charts the decline of its ethical standards. Despite the worsening plight of animals, his message is hopeful and optimistic. He offers strategies for meat-lovers and vegetarians alike to combat cruelty to animals. He also shows how easy it is to fill the diet with delicious, healthy, and humanely produced foods.

Erik Marcus is one of America’s leading writers on animal agriculture. He is the publisher of Vegan.com, a popular website devoted to animal protection and the vegan lifestyle. He also hosts “Erik’s Diner” -- a daily “podcast” talk show about food and farmed animals, available from Vegan.com. A highly regarded public speaker and author of *Vegan: The New Ethics of Eating*, Mr. Marcus lives outside of Boston, Massachusetts.

**Mr. Marcus will also be speaking on Maui on Wed., Mar. 9 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](http://VSH.org) or call-944-VEGI for more info.



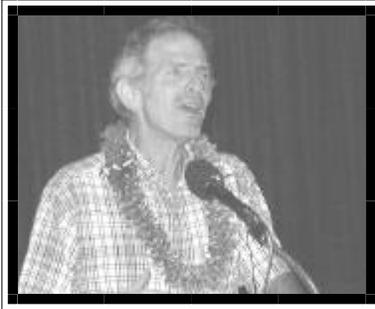
## 4Q2004 VHS Guest Speakers

In October John Westerdahl, PhD (above) described the nitty gritty of herbs and supplements.

November speaker George Eisman, RD (right) gave a fascinating presentation on basic nutrition.

William Harris, MD put science into nutrition at the December meetings.

All three of our guests spoke both in Honolulu and to our growing constituency on Maui.



## “Vegetarian” Expands to Kauai and the Big Island

Beginning in January, the VSH television series “Vegetarian” will air on NaLeo on the Big Island and on Hoike on Kauai (dates and times were not available at press time).

“Vegetarian” airs videotapes of VSH public lectures.

On Oahu the series can be seen on Thursdays at 6 p.m. on Channel 52 and on Maui at 8 p.m. on Tuesdays and at 6:30 a.m. on Wednesdays on Calabash Channel 52.

The program schedule for Oahu and Maui is available on the VSH.org website or by e-mail. To subscribe, send a message to: VSH-News-Group-Subscribe@yahoo.groups.com.

## Join or renew today!

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

Please Print

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

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

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

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

Home Phone: (     ) \_\_\_\_\_

Work Phone: (     ) \_\_\_\_\_

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

#     D     Ex     \_\_\_\_\_

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

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

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

\$20   \$38   \$54   \$68   \$80

\$12   \$24   \$36   \$48   \$60

\$30   \$57   \$81   \$102   \$120

Life membership \$400

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

Please check one:

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

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

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

# On the Menu...

## Healing Heart Recipes

from the Healing Heart Foundation website

<http://heart.kumu.org/>

by Neal Pinkney, PhD



### APPETIZER

#### Portabello Polynesian

**Portabello mushrooms in a ginger-pineapple marinade.**

4 large portabello mushrooms  
4 oz pineapple juice  
2 oz balsamic vinegar  
2 T fresh ginger, peeled and chopped  
1 T sweetener  
romaine lettuce  
fresh basil, chopped

Clean mushrooms and remove stems and put upside-down in a non-metal dish. In a separate container combine pineapple juice, vinegar and ginger and pour over mushrooms. Marinate covered for at least an hour, flipping mushrooms over after about 30 minutes. Cook on non-stick grill over medium heat, about 5 minutes on each side, turning occasionally. Serve immediately on romaine lettuce leaf surrounded by basil.

#### Nutrition Facts

4 servings, each 53 calories: 4% from fat (0.3 g), 85% from carbohydrates (12.3 g), 11% from protein (1.6 g). Sodium 75 mg, Fiber 2.3 g.

#### Healing Heart Hint

If a grill or barbeque is not available, these can be broiled (lowest rack away from flame) or sautéed in the marinade in a non-stick pan.

### SOUP

#### White Bean and Sage Soup

**A thick, quick, savory, and creamy bean soup**

2¼ C chopped onion  
2 cloves garlic, minced  
2 15 ounce cans navy beans, drained, divided  
2½ C (2 cans) low salt vegetable broth or bouillon  
½ C whole wheat pasta (elbows, fusilli, rotini)  
1½ T fresh sage, chopped  
¼ t black pepper, freshly ground

Sauté onion and garlic in ¼ C of broth until soft. Add 1 can beans. Press beans into a paste. Add remaining broth. Heat to boil. Add pasta, sage, and pepper. Boil until pasta is just tender. Add remaining can of beans. Simmer 2 minutes. Serve with whole wheat sourdough bread.

#### Nutrition Facts

5 servings, each 180 calories: 3% from fat (1 g), 73% from carbohydrates (35 g), 24% from protein (11 g). Sodium 475 mg, Fiber 8 g.

#### Healing Heart Hint

Broth can be made with bouillon cubes or powder or saved liquid from cooking vegetables.

For variation, dice a half dozen slices of vegetarian Canadian bacon or salami, add before last 2 minutes of simmering.

### MAIN COURSE

#### Quick Southwest Skillet Dinner

**A colorful dish with a wonderful aroma — delights meat lovers, too.**

1 onion, chopped  
1 green bell pepper, chopped  
2 cloves garlic, minced  
2 T chili powder\*  
½ t salt (optional)  
½ cumin  
1 can tomatoes  
1 can kidney beans  
1 can corn or 1½ C frozen corn  
8 oz whole wheat elbow macaroni or other pasta  
hot sauce to taste

Sauté onion, green pepper, garlic, chili powder, salt, and cumin until vegetables are tender. Stir in tomatoes, breaking with spoon. Add kidney beans and corn; bring to boil. Reduce heat and simmer 15 minutes, stirring occasionally. Toss with elbows.

\* The amount of chili powder does not make this dish hot, and should be added even by those who don't like spicy foods.

Regular chili powder is quite mild. It is a mix of oregano, cumin, garlic, spices, and a small amount of pepper. For those who like it hotter, add cayenne pepper or hot sauce.

#### Nutrition Facts

4 servings, each 446 calories, Fat 1.9 g (4% calories from fat), Carbohydrate 95.4 g, Protein 17.7 g.

# The Wild Vegetable: Green Purslane

by Karl Seff, PhD  
VSH meeting planner

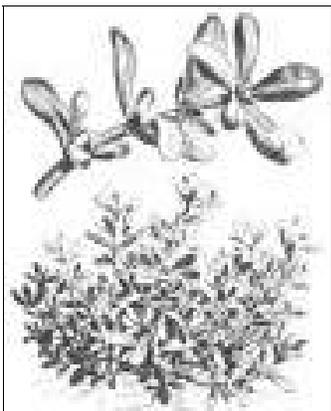
About fifteen years ago a vegan visitor pointed at a plant in a back corner of my property and said, "The French eat that in salads." I tasted it and found that it didn't taste like much, possibly slightly spicy lemon or radish. It had no fibers in it and chewed up crunchy and clean like lettuce. Perhaps it was to be eaten as a side dish or in a salad. Later I learned that it could be eaten as a cooked vegetable.

When George Eisman visited the VSH in November of 2004, he spoke of purslane. He described it as a good wild vegetable, and, according to him, a good source of the omega-3 fatty acid alpha-linolenic acid, like flaxseed. A website says that it is one of the best sources of this omega-3 fatty acid. George said that it seemed to grow everywhere, and he took pleasure in pointing it out as a weed in various places, including in cracks in the sidewalks and between paved areas and buildings. It is available in a dried form from a health food farm in Saskatchewan. Its botanical name is *Portulaca Oleracea*, so it is related to *Portulaca Molokiniensis*, a featured but delicate member of the collection at Koko Head Botanical Gardens. Hawaiian botanists are proud to say it is native to Maui. Another member of this small family, *Portulaca Afra*, commonly called "small jade" because of its fat little green leaves, is grown in many gardens in Hawaii. Of these, only *Portulaca Oleracea*, green or common purslane, is edible, leaves

and stems, buds and flowers.

Like most vegetables, purslane is also a good source of the antioxidant vitamins A, C, and E. A cup of it has 18 calories, 3.6 g of carbohydrate, 1.5 g of protein, and 0.2 g of good fat. It is 93.5% water. It does contain oxalic acid, so a few people are warned not to eat too much of it.

I have been eating it raw from my garden irregularly for many years. When it began to grow as a weed in some large pots of cacti, I let it grow. When the plants look big, I break off



some leafy branches about six inches long, sometimes eating one of them on the spot, leaving about half of each plant to grow back. One reason it does so well in Hawaii is that it is a succulent, designed by nature to survive severe dry spells. Only rarely have I seen any insect damage on a wild plant, and our birds don't eat

it. I eat only those plants that grow as weeds in my garden; they have no unwanted chemicals such as extracts from tar (black top roads), herbicides, and insecticides.

To see other pictures of this plant enter "common purslane" into an Internet search engine and you'll find numerous sites with color pictures. The plant is only a foot tall and two feet wide at most. As a weed, it is usually much smaller. My suggestion? Find some purslane weeds and plant them in your garden.



On  
TV...



## "Vegetarian"

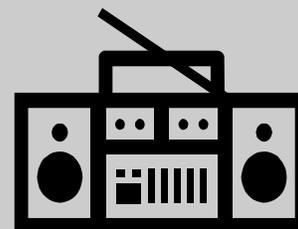
Oceanic Cable Channel 52  
Thursdays: 6-7 p.m.  
VSH meetings & more

## "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

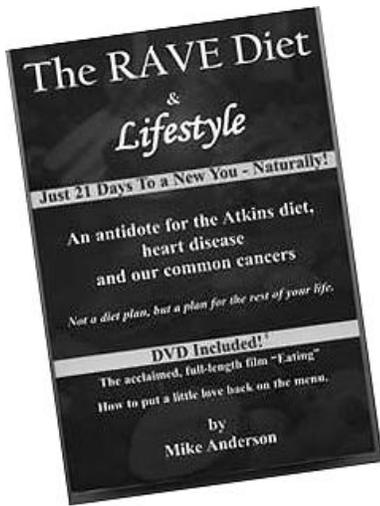
## "Nutrition & You"

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

# Book Review



## The RAVE Diet

by Mike Anderson

Reviewed by Neal Pinckney, PhD  
VSH member

The only “negatives” about Mike Anderson’s new book, *The RAVE Diet*, are the four things he advises us to avoid, the basis for his acronym RAVE: no **R**efined foods, no **A**nimal foods, no **V**egetable oils, and no **E**xceptions (the E becomes a positive when it stands for **E**xercise).

Anderson is the author of the highly successful DVD and video tape called *Eating*. The second edition of

the DVD comes with the book and includes interviews with top medical experts and VSH members Ruth Heidrich and myself.

The 224-page book is divided into two main sections: a no-nonsense discussion of the relationship between diet and disease that includes the elements of weight loss and 93 pages of recipes. All assertions are supported by references. Anderson discusses the problems with the Atkins diet and other fads and gives solid basic recommendations for a vegan lifestyle.

The book avoids technical terminology and is easy to read. Interestingly, the author avoids the term “vegetarian” and more commonly uses “plant-based foods,” hoping to attract readers who may have negative associations with vegetarianism. There’s no doubt, though, that he is fully committed to the benefits of a vegetarian diet.

For those who wonder what influence one more diet book can have, the included DVD *Eating, 2nd Edition* has the answer. This professionally presented video will go a long way toward motivating those unfamiliar with the benefits of a vegetarian lifestyle and should reinforce the resolve for those of us who are already committed to it.

The book is published by www.RAVEdiet.com, where it can be ordered online for \$19.95. The 100-minute DVD or VHS video can be ordered separately for \$12.95. Mail orders, at a slightly higher price, are available from Beacon DV, 1862 Caminito Playa, Glendale, CA 91208.

Neal Pinckney, PhD 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, visit: [www.kumu.org](http://www.kumu.org).

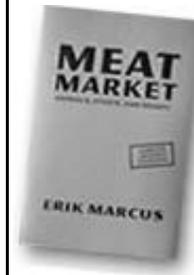
February is



**American Heart Month**

## Meat Market: Animals, Ethics, and Money

by Erik Marcus



“A handful of books have played a critical role in redefining how the public perceives agriculture. *Meat Market* admirably furthers this tradition, and...is beautifully written as well.”

John Mackey, CEO of Whole Foods Market

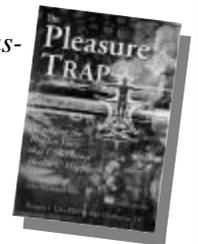
Mr. Marcus will be the VSH guest speaker in March. See page 10 for details.

## The Pleasure Trap

by Douglas Lisle, PhD

“I found *The Pleasure Trap* to be the most compelling and interesting book I have ever read.”

Howard Lyman



“I love this book: it is brilliant.”

Joel Fuhrman, MD

“The *Pleasure Trap* has helped me solve the most challenging problem of my medical practice: Why is it so difficult for people to adopt a healthful diet and lifestyle — despite the obvious and overwhelming benefits?”

John McDougall, MD

“It is a must read for anyone interested in making healthier choices...”

T. Colin Campbell, PhD

“It will change your life...”

Neal Barnard, MD

Dr. Lisle will be the VSH guest speaker in January. See page 10 for details.

# Hey, Doc! Why Are Carrots Orange?

by Bugs Bunny & Bill Harris, MD

Carrots contain enormous quantities of beta carotene (alias "Pro-Vitamin A" according to the nutritional establishment). The dietary carotenoids are precursors of the essential metabolites called retinoids and major players in cancer protection because of their anti-oxidant properties, quenching free radical chain reactions that damage cell components if left unchecked.

Beta carotene is a photosynthetic plant pigment that teams with chlorophyll in a light harvesting scheme that occurs in the chloroplasts of plant cells to drive the biochemical reactions in the rest of the cell. Chlorophyll is green because it absorbs red light. Carotene is orange because it absorbs



William I of Orange

blue light (de Duve, Christian. *A Guided Tour of the Living Cell*. Scientific American Books, Inc., 1984 ISBN 0-7167-6002-9 p 176). That said, the question arises, why is there so much of the stuff in that part of the carrot plant that grows underground where the light of the sun can't reach it?

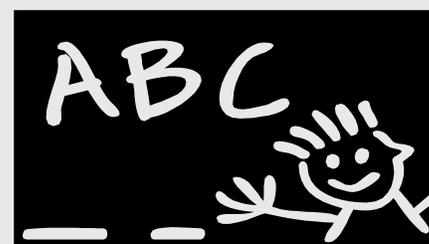
Karl Seff, PhD put this question to some colleagues in the UH botany department and got back the interesting response that the orange color of the carrot is the result of carrot breeding by Dutch patriots back in the 1500s. The Spanish had taken Holland in a (guess what?) religious dispute and the resistance was

organized by William I of the House of Orange. As a political symbol, the drab wild carrot was selectively bred until its content of carotene turned it the brilliant orange that we see today.

In the meantime, know that the dapper and discriminating Bugs Bunny is a health nut. One medium size carrot contains 250% of the RDA for Pro-Vitamin A.

Only it ain't really a pro-vitamin, Doc. It is the vitamin.- Bugs.

*There's more at:*  
<http://website.lineone.net/~stolarczyk/history2.html> and [http://en.wikipedia.org/wiki/William\\_I\\_of\\_Orange](http://en.wikipedia.org/wiki/William_I_of_Orange)



## 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](http://kapiolani.org).

**Castle Medical Center**  
Pali Hwy. at Ulukahiki St., Kailua

Classes are held monthly.

Call 263-5400 or visit [CastleMed.org](http://CastleMed.org) to register (required) and for more information.

Volunteers  
Brighten Lives



## Dining Guide Manager Wanted

by Karl Seff, PhD  
VSH Meeting Planner

Our VSH Dining Guide is currently without a manager, and it is becoming less and less current as the months go by. It is available on our VSH website and would be available at the free goodies table at our meetings if it were more current. It is often re-

quested, and we still include it in our packet of materials to new members.

The guide is currently available as a Word file. A manager would update that file regularly by accepting new information as it comes along to add or delete restaurants from the list, or to update current information using his or her own good judgment. That file would be sent to others upon request to update our website or to have printed copies made. Not only restaurants, but also the smaller categories of health food stores and catering companies are listed in this guide, together with some

general advice.

That is the main thing that needs to be done. Beyond that, if the new dining guide manager wishes to visit restaurants, write reviews for this newsletter, and/or ask about discounts for VSH members, it would be a great service to our vegetarian community.

Is this something that you would like to do? If so, please contact Karl Seff at [seff@hawaii.edu](mailto:seff@hawaii.edu).



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# Veg for Life

by Laurelee Blanchard  
VSH Maui coordinator



Every day more and more people are going vegetarian. People adopt a vegetarian lifestyle for many reasons, including the desire to treat animals with compassion, protect the environment, and achieve better overall health.

## Veg for Health

Consuming meat, dairy, and egg products increases the risk of obesity, heart disease, cancer, and other life-threatening illnesses. Vegetarians have about a 30 percent lower risk of death from heart disease than do non-vegetarians. One-third of all cancer deaths in the United States are attributable to nutrition. Every year an estimated 300,000 adults die of causes related to obesity. Vegetarian diets are typically 25 percent lower in fat than meat-based diets.

## Veg for Animals

Farmed animals are excluded from state and federal anti-cruelty laws. As a result, calves, pigs, and chickens are allowed to be confined in crates or cages so small that they cannot even turn around. Animals who are too sick or injured to walk (called “downers”) are dragged to slaughter to be sold for human food consumption. At the slaughterhouse animals are frequently killed while fully conscious. Every year in the United States millions of farmed animals suffer and die under conditions that have been banned in other countries because they are so cruel.

## Veg for Earth

Factory farms in the United States are producing 350 million tons of ma-

nure each year, polluting miles of rivers and lakes and contaminating groundwater. Every year tens of thousands of wild animals are killed in government-sponsored “predator-control” programs because the meat industry claims these animals interfere with grazing farmed animals. Valuable water and land resources are squandered for meat production while the planet’s malnourished people could be fed if these resources were used to produce plant foods.

A vegetarian diet can feed significantly more people than a meat-centered diet. More than 840 million people in the world are malnourished, yet over 70 percent of the U.S. grain harvest and 80 percent of its corn harvest is fed to farmed animals. The grain consumed by animals could feed 800 million hungry people, according to Cornell University research.

Valuable water resources are also squandered for meat production. For every pound of meat produced, grain-fed animals utilize over 13,000 gallons of water. A pound of soybeans requires only about 260 gallons of water. “The typical North American diet, with its large share of animal products, requires twice as much water to produce as the less meat-intensive diets common in many Asian and some European countries. Eating lower on the food chain would allow the same volume of water to feed two Americans instead of one, with no loss in overall nutrition.” (*Scientific American*, “Growing More Food with Less Water” by Sandra Postel, February 2001.)

Intensive animal agriculture requires a high level of fossil fuel consumption, mainly in the production of feed. “Assuming (a steer) continues to eat 25 pounds of corn a day and reaches a weight of 1,250 pounds, he will have consumed in his lifetime roughly 284 gallons of oil. We have

succeeded in industrializing the beef calf, transforming what was once a solar-powered ruminant into the very last thing we need: another fossil-fuel machine.” (*New York Times Magazine*, “Power Steer” by Michel Pollan, March 2003.)

## Making the Transition

Making the transition from an animal-dependent lifestyle to a compassionate vegan way of life has never been easier. Meat substitutes and soy “dairy” foods have turned up at virtually every supermarket. Whole foods groceries and co-operatives with even wider arrays of healthful plant, soy, and dairy-free foods are within reach of most Americans. Nearly any restaurant, from fine dining to fast food, can prepare a flavorful vegan meal.

Some people successfully transition to vegetarianism in one step. Others make the shift by eliminating one or more animal product at a time, typically dropping beef and pork first and fish and fowl later. When this approach is used, it is important not to substitute another animal product for the eliminated ones. Rather, beef and pork should be traded for grains, legumes, or meat substitutes. An emphasis on eliminating red meat has had the unfortunate effect of drastically increasing the number of chickens slaughtered; one could just as easily begin a vegetarian journey by eliminating fish and fowl first, or even dairy or eggs.

Compassionate individuals should not be led to the false conclusion that cruelty ends with the eating of flesh. It is not true that dairy and eggs are kinder because animals are not killed to obtain milk and eggs. The truth is that milk production entails cruelty, including the treatment of veal calves. Laying hens condemned to the confinement of battery cages suffer conditions arguably worse than their “broiler” cousins. All dairy cows and

(Continued on page 17)

laying hens end up at the slaughterhouse when they are no longer productive.

High fat dairy foods and eggs are present in so many foods and are typically introduced to children when they are very young, making the habit of eating these foods a difficult one to break in later life. They too can be purged from the diet in phases. You can begin by eliminating milk as a beverage and substituting soy milk or rice milk. The next step could be to cut out the cheaper, bulkier cheeses, primarily popular fast food and franchise cheeses, including cheddar, Monterey jack, and American, which is usually a "processed cheese food" that includes rennet, a product derived from cows' stomachs. To avoid Monsanto's rBGH hazard, take away all American-produced cheeses and limit consumption to European goat and sheep cheeses. With the cheese plate so limited, eliminating the remaining amounts should be easy.

Similarly, eggs can be gradually dropped by simply avoiding them as a dish or main ingredient, as in omelets or quiche. Avoiding eggs in baked goods and batters can be the next step. Substituting egg replacer or simply eliminating egg from home recipes is an easy next step, and, last, avoiding baked goods from restaurants and the kitchens of non-vegan friends would eliminate the last vestiges of egg consumption.

## Shopping

Armed with your best intentions to make peace with the animals that were once your food, off you go to the supermarket. In response to the growing consumer migration into health food stores and co-ops, the supermarket response has been the dedication of an aisle or department to health food store fare. Here, in one concentrated corner, you can find many of the whole foods and vegan items you are looking for,

such as prepared soups without meat broth and boxes of mixes for vegan convenience favorites, including hummus, falafel, couscous, and polenta.

Next stop: The produce section.

This is the easy part -- you've seen all this stuff before and you are reasonably sure none of it was formerly sentient. Get whatever you like and whatever looks good. Buy organic when possible; most major chain supermarkets now carry at least some organics. Often the price difference between the organic version and its commercial counterpart is surprisingly little. This is also your first opportunity to acquaint yourself with meat substitutes. Consider eggplant as a fillet. Portobello mushroom caps make a great "burger," or slice this meaty 'shroom and sauté for use in enchiladas, fajitas, or stir-fries.

It is likely your market found a place to stock imitation meat cold cuts, meatless breakfast fare (faux bacon and sausage), and veggie dogs in the refrigerator case along with soy or rice milk, tempeh, and tofu. Freezer sections often include ready-to-eat organic meals and vegan frozen treats, including Rice Dream, Soy Delicious, and Toffuti Cuties.

On to the canned goods: Fresher is better, but good things do come in cans, including olives, soups, organic vegetables, beans, and tomato pastes and sauces. Even in a small town with a limited market the canned section is a place you can find meat substitutes. Chili, soups, and casseroles do well in canned versions. If you have an Asian market or store in your area, you can find delicious canned wheat-meats, gluts, and seitans to use in stir fries.

If you've never looked beyond white rice before, look now. A wide array of rice and other grains await your discovery: quinoa, wild rice, short and long grain brown rice, millet, basmati rice, amaranth, and barley. Dried beans are usually nearby, ideal for big batch recipes like black bean soup or chili.

On to pasta: Pasta offerings have multiplied in most markets. Pastas made with spinach, beets, artichokes, whole grains, and grains other than wheat are common, as are pastas shaped like shells, corkscrews, wagon wheels, radiators, tubes, and twists. Check labels, since some pasta is made with eggs, although most are vegan.

In the bakery section there is good news and bad news. First, the good news: Many of the bread products you already know and love are vegan, so you can continue to enjoy some of your fresh baked, whole grain favorites. The bad news: The sweets you also adore often contain eggs, and sometimes dairy. If you're a dessert-lover, investigate the vegan offerings found at your natural food store and the health food section of your supermarket. Vegan cookies, donuts, candy bars, and Pop Tart-like treats are readily available. As with rice and soy-milks, experiment with brands and flavors and find the ones you like best.

## How did you do?

Most vegans realize immediate savings at the grocery store because meat and dairy are typically the costliest items of food shopping. If you find your new market tally is high, it is likely due to the pricey but delicious vegetarian convenience foods and treats you've added to your basket. Organic grains, sweeteners, and produce as well as some of the fancier meat and dairy substitutes can be somewhat costly. Keep in mind, however, that the inexpensive commercial cereals, cookies, packaged goods, cold cuts, and cheeses you used to eat were lacking in both quality and nutrition. Your new vegan diet is lower on the food chain, making it better for you, the animals, and the planet.

For more information, please visit [www.vegforlife.org](http://www.vegforlife.org).



# Two New Studies Sour Milk's Image

## One Study Confirms Link with Ovarian Cancer; Second Disproves Dairy Weight-Loss Claim

Two recent studies are souring milk's image among health authorities. One, published in the November issue of the *American Journal of Clinical Nutrition*, shows that

women who consume two or more glasses of milk a day have twice the risk of a certain form of ovarian cancer than those who rarely or never consume milk.

Headed by Susanna Larsson at the Karolinska Institute in Sweden, researchers conducted a prospective study of more than 60,000 women and concluded that "intakes of lactose and dairy products, particularly milk, were significantly associated with the risk of serous ovarian cancer." (Serous epithelial cancer is the most common type of ovarian cancer.)

The second study, presented last

month at the North American Association for the Study of Obesity Conference, shows that high dairy consumption does not help dieters lose weight, refuting the findings of an earlier and smaller study that the dairy industry has aggressively publicized through major advertising campaigns, including a prominent one featuring talk show host Dr. Phil. The new study was conducted by Jean Harvey-Berino, Ph.D., a professor at the University of Vermont.

The original study -- which had seemed to suggest that dairy products might help weight loss -- had only 11 participants in the dairy group and required a 500-calorie per day diet deficit. Its findings do not appear to hold in light of the new study, which used a similar method in a larger sample.

"Milk's biological purpose is to promote rapid growth in infant cows," says Amy Joy Lanou, Ph.D. "It makes biological sense that its nutrients and hormonal effects might also promote the growth of cancer cells."

As to the Harvey-Berino study, Dr. Lanou says, "It reminds us that the dairy industry's health claims are often based on thin scientific evidence." Dr. Lanou's letter challenging the dairy industry's weight-loss claims is scheduled for publication in the January issue of *Obesity Research*.

The Swedish study is one of several published in the past few years suggesting a link between dairy consumption and ovarian cancer. The Iowa Women's Health Study ([http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=9883790](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9883790)) of more than 29,000 postmenopausal women showed that the highest consumers of lactose (milk sugar) had a 60 percent increased risk of ovarian cancer compared to those who consumed the least

lactose.

In Harvard's Nurses' Health Study ([http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15069693](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15069693)) each daily glass of low-fat or skim milk was associated with a 20 percent increase in serous ovarian cancers. Researchers hypothesize that galactose, a component of the milk sugar lactose, may damage ovarian cells, making them more susceptible to cancer.

*This article was released by the Physicians Committee for Responsible Medicine.*

*Founded in 1985, PCRM is a nonprofit health organization that promotes preventive medicine, especially good nutrition. PCRM also conducts clinical research studies, opposes unethical human experimentation, and promotes alternatives to animal research ([www.PCRM.org](http://www.PCRM.org)).*

*Article submitted by VSH member John Westerdahl, PhD.*

**“Intakes of lactose and dairy products, particularly milk, were significantly associated with the risk of serous ovarian cancer.”**

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**F**olks, here's a reminder about another popular VSH activity: Hiking! We go every third weekend in the afternoon for about four hours. If you want to be on the e-mail notification list, please email your full name, address, e-mail address, and phone number to Robert Moses at [robert@VSH.org](mailto:robert@VSH.org).

Remember, we love potatoes on our plate -- not on our couch!  
No e-mail? Call 944-VEGI.

### Don't Drink Your Milk!



**“T**here's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today.”

—Frank A. Oski, MD, former director of pediatrics, Johns Hopkins University, author of *Don't Drink Your Milk*.

**(CHIP** *from page 9)*

for cooking the pasta. In the blender puree beans, soy milk, garlic powder, salt, and nutmeg until very smooth and creamy.

When boiling, add fettuccine pasta to salted water. While pasta begins to cook, in a separate, medium sized pot, bring beans and soy milk mixture to a temperature just below simmering while stirring occasionally. Remove the sauce from the burner. Adjust the seasoning of the sauce as desired. When pasta is almost finished with just a couple of minutes left, add the broccoli to the pasta. Don't overcook the

broccoli. This will ensure that the broccoli keeps its bright green color and firm texture.

When the pasta is cooked but still firm, drain the pasta and broccoli, re-

turn it to its pot, and add the sauce. Divide the Fettuccini Alfredo into individual serving bowls or put into a serving platter. Garnish pasta with minced Italian parsley for a gourmet touch.



**(Ban Foie Gras** *from page 6)*

your support for a ban on foie gras in Hawaii.

Representative Felipe Abinsay  
808-586-6010  
repabinsay@Capitol.hawaii.gov

Senator Russell Kokubun  
808-586-6760  
senkokubun@Capitol.hawaii.gov

The following restaurants in Hawaii have pledged not to serve foie gras:

**Haiku**  
Hana HOU Café

**Hilo**  
Big Island Ohana Café  
The Firehouse Restaurant  
Henri's on Kapiolani  
Maui Tacos Hilo  
Naung MAI Thai Kitchen

**Honalo**  
Teshima's

**Honolulu**  
Big City Diner  
California Wok  
Cappuccinos Cafe  
Cha Cha Cha Salsaria  
Double Eight Chinese Restaurant  
El Charro Mexican Restaurant  
Fook Yuen Seafood Restaurant  
Gourmet Express  
Helena's Hawaiian Food

Hightide Café  
Jan's Dining & Take-Out  
Kirin Restaurant  
Komakata  
La Cucaracha Mexican Bar Grill  
Laei's Cafe & Restaurant  
Laimu Grill & Bar  
Lamariana restaurant & Bar  
Leo's Taverna  
Mabuhay Cafe & Restaurant  
Magoo's Pizza  
Manoa BBQ Restaurant  
Noriko's Natural House  
Olive Tree Café  
Oliver - Deli-Wines  
Pae Thai Restaurant  
Pho Saigon, Inc.  
Restaurant Yama Chan  
Siam Palace Restaurant  
Stopwatch Sportsbar & Grill  
Super Chef Restaurant  
Tenkaippin  
Trattoria  
Tudo De Bom Brazilian BBQ  
Uptown Cafe  
Well Bento  
Won Kee Sea Food Restaurant  
Yu Chun Korean Restaurant

**Kahalui**  
Matsu Restaurant

**Kailua**  
Cinnamon's Restaurant  
Lani's Cafe & Restaurant

**Kailua Kona**  
Big Island Grill  
Vista Restaurant & Lounge

**Kamuela**  
Yong's Kalbi

**Kapaa**  
Caffe Coco  
Coconut's Island Style Bar & Grill  
Kintaro Japanese Restaurant

**Kihei**  
Pita Paradise

**Kona**  
Lulu's

**Lahaina**  
Blue Lagoon Tropical Bar & Grill  
Breakwall Café  
Kobe Japanese Steak House  
Thai Chef

**Lihue**  
Surf's Island Seafood Grill & Long-board Bar  
Winds of Beamreach

**Makawao**  
Stopwatch Sportsbar & Grill

**Mililani**  
Po's Kitchen

**Napili**  
Gazebo Restaurant

**Wailua**  
19th Hole at Wailua

Compassionate citizens are encouraged to approach restaurants and urge them to sign a pledge not to sell cruelly produced foie gras. For more information or to get involved, please visit [www.nofogiegras.org](http://www.nofogiegras.org) or email [lblanchard@farmsanctuary.org](mailto:lblanchard@farmsanctuary.org).

# The Great American Meatout

Let's save some lives!  
Yours and theirs...



[meatout.org](http://meatout.org)      [idausa.org](http://idausa.org)

**March 20, 2005 — 21st Annual Great American Meatout**



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of Hawaii**

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