



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 16, ISSUE 3, JUL – SEP 2005

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Public Lectures*

STEVE BLAKE, D.Sc.

“Defensive Medicine:

How to Beat the Medical System through Better Health”

Wed., July 13, 7 p.m.

Ala Wai Golf Course Clubhouse

RYNN BERRY

“Famous Vegetarians: From Buddha to the Beatles”

Wed., Aug. 10, 7 p.m.

Ala Wai Golf Course Clubhouse

McLIBEL MOVIE

“The Story of Two People Who Wouldn't Say McSorry”

Wed., Sept. 14, 7 p.m.

Ala Wai Golf Course Clubhouse

***See page 10**

**for more information
and for Maui meeting dates.**

The Big Lie of “Island Fresh”

by Cathy Goeggel, VSH member and
Animal Rights Hawaii Director of Research and Investigations

Each week 400 Canadian pigs are exported from Alberta to California, then to the Hawaii Livestock Cooperative on Oahu under conditions that violate Canadian law. Animals' Angels (AA), an international animal rights organization and Animal Rights Hawaii, with support from the Canadian Coalition for Farm Animals (CCFA), submitted extensive proof of violations to the Canadian Food Inspection Agency (CFIA) and the USDA.

Hawaii regulations allow pigs who arrive alive on Hawaiian soil to be considered “local.” This allows the Hawaii Livestock Cooperative to market thousands of Canadian pigs as “island fresh.”

The animals' suffering begins even before the long-distance transport to Hawaii. Animals' Angels documented dead pigs at collection and loading points in Lethbridge, Alberta. No veterinarian was present to check the pigs' condition and health or to certify their fitness to travel.

Trucks are driven by one driver the entire route without a break for man or beast. “The Alberta-Oakland route cannot be done in less than 42 hours under proper conditions. Nevertheless, drivers reach their destination in 28 hours, despite requirements for eight hours rest after 13 hours of driving,” says Lesley Moffatt of AA.

Once the trucks reach California, the animals are not unloaded as required, but moved to partially broken-down ship containers where they sit for 36 hours in the blazing sun without adequate ventilation.

The pigs are then reloaded to newer containers and transported to the Port of Oakland, where they wait for approximately six hours surrounded by other containers, noisy cranes, and transport vehicles. Rough seas cause further suffering. AA documented more animal deaths after five days at sea from stress compounded by inadequate feed, which ran out a

(See Big Lie on page 6)



PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.

The Island Vegetarian

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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.

Greetings. Here is a suggestion by VSH member Eva Uran that I wholeheartedly endorse:

“Many periodicals contain a Letters to the Editor section. Why not ours? It would liven up the paper and draw more of the community to its pages. Variety of opinion adds spice to life. It would be interesting to hear member feedback on topics such as the latest VSH lectures — what impressed or inspired us, what aspects we disagreed or objected to — what legislation we should support or protest, what newspaper article drew our ire, etc. I wrote a reaction to the newly proposed ban on the slaughter of dogs and cats since a few letters to the editor had claimed it was “discriminatory” against cultural practices of various groups, and the Star Bulletin printed it. Letters should be up to 300 words; anything longer can be a separate article. To jump start the new column, here’s letter of my own — not a whole article, just a brief letter:

‘Issue of (*The Island Vegetarian*): a real whopper! I would like to comment on the last newsletter after hearing rave reviews from different people, because of its theme of the triumph of vegetarian athletes and activists. The cover page announced the gold medal winner in the Punahou speech contest. What a victory that non-vegetarians selected a vegetarian! Three cheers for Rad Fournier! A review of *Senior Fitness* by Ruth Heidrich, a multiple triathlon champion, fit in well with my review of Johnny Appleseed’s legendary feats of walking thousands of miles on a meatless diet and outrunning the most fleet-footed Indians. Both books drive home the physical merits and the triumphant aspects of a vegetarian diet.’”

This is a great letter by Eva, and we thank her for it. We can include this new feature in our newsletter if *you* participate by sending in your thoughts and comments to info@VSH.org. Please mention Letter to the Editor. We welcome everyone’s participation!

On a more sober note, I hear that we’re spending nearly \$75 billion a year to treat obesity-related disease in the U.S. Rates of obesity are increasing in all age groups, and type II diabetes, a fat-related condition in the past found only in adults, is occurring in teens. But there is also cause to feel hopeful. Perhaps in response to this grim reality, vegetarianism has become more mainstream than even a few years ago. Indeed, the Honolulu Advertiser had an article recently entitled, “Vegetarian dishes abound at local eateries” that featured some of the more well known restaurants and delis as well as a few that are less well known for veggie fare. Not all of the food featured was vegan, but it’s nevertheless a sign that awareness of the value of a healthy diet is increasing.

Alida

Ask Dr. Bill

by William Harris, M.D.
VSH founding Board member
www.vegsources.com/harris/

Q: "I'm having a hard time grasping the idea of a recommended daily allowance (RDA) of a substance in relation to a unit of heat. Why do you always talk about nutrient/Calorie ratios?"

A: A calorie is the amount of thermal energy (heat) needed to raise the temperature of 1 gram of water by 1 degree centigrade. As it happens, when foods are oxidized (burned) in a laboratory calorimeter, they yield roughly the same calories per gram as when metabolized in a human. A Calorie is 1000 calories (kilocalorie or Kcal) and is the meas-



ure nutritionists use in discussing the energy requirements of humans.

Since the human body is a biochemical machine that extracts energy from food in order to run the myriad enzyme-catalyzed reactions in the body, it has been suggested that energy (Calorie) acquisition is the chief reason for eating in the first place. It's also clear that each Calorie should ideally be accompanied by all the essential vitamins and minerals needed to utilize it. While there is no RDA for weight of food, there is a Recommended Daily Allowance (RDA) for Calories, and each individual nutrient RDA is always adjusted to it proportionately.

Since the major U.S. public health problem is now obesity and overweight, it's clear that many Americans are exceeding their Calorie requirements. To the extent that the obese actually follow anyone's nutritional advice, the nutritional establishment is contributing to the problem by discussing dietary needs in complicated nutrient/weight terms rather than with logical and transparent nutrient/Calorie analysis.

Below are two food labels, the one on the left as approved by the FDA, the one on the right as designed by me to contrast the nutrient values of whole milk vs. spinach (USDA Nutrient Database SR 13, 2000). The generic FDA label requires two definitions of "serving size" in terms of weight (1 cup and 244 grams) and gives data on only 11 nutrients. In spite of a petition filed by me in 1999 (but never even acknowledged by the FDA), the FDA label fails to tell us what percent of Calories comes from fat (in this case $79/156 = 50.6\%$). There's fine print

at the bottom trying to explain the notion of Daily Values (another, but less intuitive, version of the RDA).

By contrast, the label on the right gives the nutrient values for 19 macro and micronutrients (more could be added) relative only to Calorie intake and with no half gram round-offs for the benefit of the sugar and fat industries. You can see that the milk is deficient in fiber, folate, iron, Vitamins B6, C, and E. By contrast, the spinach is deficient only in Vitamin B12. With the understanding that nutrient deficiencies will result in further eating to make up the shortfalls, ask yourself, which food is more likely to cause obesity?

FDA labels are confuse-o-grams, hiding real fat and sugar excesses and nutrient shortfalls behind a mathematical smokescreen for the financial gain of the food industry.

Have a question? Send an e-mail to "Ask Dr. Bill" at info@VSH.org or call 944-8344.

Whole Milk

Nutrition Facts

Serving Size 1 cup (244g)

Amount Per Serving

Calories 156 Calories from Fat 79

% Daily Value*

Total Fat 9g 14%

Saturated Fat 6g 28%

Cholesterol 34mg 11%

Sodium 120mg 5%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Sugars

Protein 8g

Vitamin A 7% • Vitamin C 6%

Calcium 29% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Comparison Whole Milk - Spinach

Whole milk - Spinach

% of Calories from:

Carbohydrate	28	49
Fat	51	11
Protein	21	40

Nutrient - Percent of (RDA per Calorie)

	(%)	(%)
Calcium	534	1633
Cholesterol	161	0
Fiber	0	1187
Folate	98	12737
Iron	11	3585
Magnesium	173	2978
Potassium	272	3679
Phosphorus	419	807
Riboflavin	446	1470
Thiamin	124	691
Vitamin A	169	8868
Vitamin B12	640	0
Vitamin B6	93	1297
Vitamin E	26	2429
Vitamin C	56	6172
Zinc	113	467

Dr. Greger's Newsletter

by Michael Greger, M.D.

Making the Healthiest Food on Earth Even Healthier

A quote from the May 2005 issue of the Center for Science in the Public Interest's Nutrition Action Health letter: "Get a bunch of nutrition experts in a room and the conversation will inevitably turn to dark leafy greens." [1] How true that is. And two new studies just discovered two ways to make your daily (at least!) green leafy salad even healthier.

It's not enough to eat healthy food; we also have to absorb it. Among the key components that makes dark green leafies so nutritious are the carotenoid antioxidants such as alpha-carotene, beta-carotene, and lutein. These compounds are lipophilic, though. "Lipo" is from lipos, the Greek word for fat (as in liposuction); "-philic" is from the word philia, one of the four Greek words for love (as in... well we won't get into that). So these carotenoid nutrients are fat-loving molecules, which means that our body can use ingested fat to entice out these nutrients trapped within our greens.

Researchers at Ohio State University paid about a dozen people to eat salads (this is America, you have to *pay* people to eat salad) with or without avocado, one of the healthiest sources of fat, and then measured the amount of carotenoids that made it into everyone's bloodstream. Those eating a salad that included half an avocado absorbed about ten



times more carotenoids than those eating the fat-free salad! [2]

Would the same hold true for the lycopene in salsa? Lycopene doubles as an extremely powerful carotenoid antioxidant as well as the red pigment that makes fruits and vegetables

such as watermelons and tomatoes red. Adding avocado to salsa more than quadrupled the amount of lycopene absorbed by test subjects [3]. (You wouldn't have to pay me to be in that study—yum!)

The other salad enhancement study recently took place at the Uni-

versita di Urbino in Italy. With the understanding that it's the antioxidants that give fruits and vegetables their anticancer, antiviral, and anti-inflammatory properties, scientists experimented with adding different fresh herbs to salads and measuring their resulting total antioxidant content. They found that adding just a single sprig of fresh herbs (the weight of three paper clips worth of thyme, sage, or marjoram (a kissing cousin of oregano) doubled the antioxidant power of a bowl of salad. It's almost like eating two salads for the price of one! The researchers conclude: "We stress the need to introduce aromatic herbs as a seasoning supplement in the diet of every age group." [5]

Right now at farmers' markets and plant nurseries across the country are little pots of herbs desperate for a good home. Take them in, nurture them, then rip off their limbs and eat them.

Heart Attacks, Side-effects, or a Healthy Diet

One of the laws of ecology is that you cannot do just one thing, because everything is connected to everything else. Yet when physicians put people on statin drugs to cripple the enzyme that produces cholesterol within the liver, they hope there won't be any other effects. Unfortunately, within the ecology of the body that too often is not the case. About one in six people on these cholesterol-lowering drugs experience other untoward effects [6], and

“One doesn't have to choose between the risk of getting a heart attack and the risk of suffering side-effects from life-long drug therapy.”

there is growing concern about rare but very serious life-threatening adverse reactions to this class of drugs. We've known about the potential for these drugs to cause muscle breakdown, but recently there's been increasing concern about nerve breakdown—a so-called drug-induced polyneuropathy [7]. It seems that statins may also cripple the synthesis of a

key energy-producing enzyme in nerve cells.

Thankfully, one doesn't have to choose between the risk of getting a heart attack and the risk of suffering side-effects from life-long drug therapy. That's because David Jenkins has done it again. Currently one of the world's most respected nutrition researchers (it was his team that invented the glycemic index), Dr. Jenkins has just published another study proving that a completely plant-based (vegan) diet alone can lower cholesterol levels as much as the combination of a low-fat vegetarian diet *and* a statin drug [8]. Although as drugs go, statins seem remarkably

(Continued on page 5)

(Continued from page 4)

safe, users do risk (albeit extremely rarely) being written up as case reports with unpleasant names like “Toxic Epidermal Necrolysis from Atorvastatin.” That one, published in the Journal of the AMA, described a horror story of a woman whose skin erupted in blisters and then started necrosing off. Patches of her skin started disintegrating and sloughing off after only four days on the statin drug. After two weeks on a morphine drip, thankfully, she pulled through [9]. Contrast that with the side effects of a healthy plant-based diet. What’s the worse that can happen? Maybe less reading time on the toilet because you’re not constipated anymore?

As the revered Moses Maimonides wrote in the 12th century, “No illness that can be treated by diet should be treated by any other means.”

Dairy Diet Myth

“**D**rink Milk... Lose Weight” says the ad that ran in over 30 newspapers and magazines. In October 2003 the dairy industry launched a “Healthy Weight with Milk” campaign to boost sales. Curiously, that happened to be the year that a review of the same subject was published in the Journal of Nutrition. The review found nine randomized controlled studies in the medical literature on body weight and dairy. Seven of the nine studies found no significant change in body weight compared to controls, and the last two found that those who increased their dairy consumption gained significantly more weight than the non-dairy control groups [10]. Subsequent and even larger studies published in 2004 [11] and 2005 [12] showed the exact same thing.

So, wait a second. How can the dairy industry’s ads claim that “a

clinical study shows [dairy] helps you burn more fat and lose more weight than just cutting calories alone?” Well, because there is actually one tiny study, published by Michael Zemel of the University of Tennessee, that found that the 11 study participants instructed to eat more dairy did seem to lose more weight. Yes, of course the study was bought and paid for by the dairy industry, but it goes further than that. This guy Zemel owns a patent on the claim that dairy foods aid weight loss, which is licensed to dairy food manufacturers. As the Center for Science in the Public Interest noted, “In the world of patents and PR, a little science can go a long way.” [13]

Similar maneuverings were involved in the increased dairy recommendation in the new USDA Dietary Guidelines, even though a recent World Health Organization review found no significant relationship at all between low dairy consumption and osteoporotic fracture risk [14]. Assigned to write the dairy guideline was Connie Weaver, head of nutrition at Purdue University and a fund-

Dr. Greger: A Personal Update

I am happy to announce that I have accepted a position with The Humane Society of the United States (HSUS). I am now its Director of Public Health and Animal Agriculture. After being on the road for a bit too long, it was a welcome change to move to D.C. and stay in the same time zone for more than a few days. So please note my new mailing address on my website at <http://www.DrGreger.org/bio.html>.

With HSUS’s bold new leadership and a stated mission to “create a humane and sustainable world for all animals, including people, through education, advocacy, and the promotion of respect and compassion,” I think I’ll fit right in.

ing favorite of the National Dairy Council. Walter Willet, head of nutrition at Harvard, calls the guideline committee’s report “egregious,” accusing them of ignoring the evidence linking dairy to cancer. “There is no nutritional requirement for dairy at all,” Dr. Willet told the Wall Street Journal [15].

To hopefully clear up the dairy/weight question once and for all, on June 6, 2005 Harvard researchers published what may be considered the definitive study on the subject in the Archives of Pediatrics and Adolescent Medicine, a study that followed the milk-drinking habits of not 11, not even 12, but over 12,000 kids! After following these 9- though 14-year-olds for a number of years, they found that “children who reported higher total milk intake experienced larger weight gains.” The more milk they drank, the heavier they became. Boys who drank the recommended three servings of milk a day were 35% more likely to become overweight, and girls who drank three servings were 36% more likely to become overweight over time [16].

“Given the high prevalence of lactose intolerance, the energy content and saturated fat in milk and evidence that dairy products may promote both male (prostate) and female (ovarian) cancers, we should not assume that high intakes [of dairy] are beneficial,” the researchers told reporters. “Furthermore, these cancers may be linked to consumption during adolescence.” [17]

What most surprised the researchers was that those who drank low-fat milk (skim and 1%) gained the most weight of all! The weight gain seemed tied more to the dairy *protein* intake than the dairy *fat* intake (extra whey protein is often added to low-fat milk during processing). And although there are at least four human studies that show that the

(See Dairy Myth on page 19)

Animal Rights Corner



Nightmare Journey

by Laurelee Blanchard
VSH Board Member

Animals' Angels in cooperation with Animal Rights Hawaii documented the transport of Canadian pigs to be slaughtered in Hawaii (island of Oahu). See the page one article by Cathy Goeggel that describes this horrific process. The Canadian Food Inspection Agency (CFIA) has responded by saying that the animals are not their responsibility once the pigs leave Canadian soil — even though they are Canadian animals and are being transported by a

Canadian transport company. In Europe such a practice would never be allowed. In the EU an official veterinarian must check all animals being exported and sign papers declaring that the EU laws will be abided by during the entire journey or else the animals are not allowed to go.

“It’s time Canada took responsibility for where and how they are sending their animals.”

It’s time Canada took responsibility for where and how they are sending their animals. The U.S. cannot remain silent on this issue,

either — it is U.S. highways that are in danger from exhausted drivers — and Hawaiian consumers are behind the demand.

What You Can Do

Please write polite letters asking the following Canadian and U.S. officials to monitor the transport conditions of pigs for slaughter in the U.S.

Mr. Richard B. Fadden, President
Canadian Food Inspection Agency
59 Camelot Drive
Ottawa, Ontario K1A 0Y9 Canada

Dr. Jason D. Moniz, Program Manager
Livestock Disease Control
Branch

State of Hawaii Department of
Agriculture
1428 S. King Street
Honolulu, HI 96814
jdmoniz@gte.net (808) 483-7106

(Big Lie from page 1)

day before docking in Honolulu. At unloading, many animals were weak or injured, and two were dead. Animals that can’t walk are dragged out. To speed unloading, port operators use stressful electric prods.

The surviving pigs spend their last days or weeks, depending on demand, on hard concrete flooring beside a pile of the skins of already dead pigs; their food is thrown onto the floor, where it is trampled and contaminated with feces.

Note: this is the scenario at the taxpayer-financed slaughterhouse at Kalaeloa that was supposed to provide more humane handling and slaughter.

The AA investigator was not allowed to view the slaughter.

What You Can Do

- Contact Governor Linda Lingle: Governor.Lingle@hawaii.gov or via fax at (808) 586-0006 and demand that the import of live pigs for slaughter be stopped immediately. Again, once the pigs reach Hawaii alive, they are considered “local” — it is time to stop the lie that causes so much suffering.
- Contact Secretary of Agriculture Johanns: Mike.Johanns@usda.gov and demand that the USDA enforce the 28-hour law that is clearly being violated during the miserable transport of the pigs.

Ron Reagan Rejects Cruelty to Animals

“It’s just that I have this funny objection to torturing small animals no matter how scrumptious their body parts might be.... Our food industries are equal opportunity abusers: cows, chickens, pigs, and a special mention to those little calves who for their short, miserable lives are locked into crates too small to allow movement just so we can eat veal.”



(www.msnbc.msn.com)

Twinge of Guilt Saves Goat's Life

A baby goat named Johnny was destined for slaughter. But because his mother rejected him at birth, the farmer who owned Johnny had to bottle feed him. After weeks of caring for the tiny animal and also hearing about the barbaric cultural ritual of killing goats on Maui, the thought of Johnny becoming lamb chops for a backyard barbeque was no longer very appetizing to the farmer, so he decided to give Johnny to someone who would take care of him instead of killing him for meat.

He contacted VSH Maui Meeting Coordinator Laurelee Blanchard, who just happened to have room for one more goat on her farm in Haiku. Johnny is now the newest member of



VSH Maui meeting coordinator and animal rescuer Laurelee Blanchard shows off ten week-old Johnny, the latest addition to her Maui farm. Lehua stands guard.

Laurelee's fast growing family of rescued animals.

Laurelee reports that Johnny loves to be cuddled and that Lehua, one of the family's two donkeys, apparently thinks the little goat is her baby and follows him along the fence line in the adjacent pasture.

"Father of Animal Rights" among TIME's Most Influential People

TIME magazine named Princeton University philosopher Peter Singer to its list of the 100 most influential people in the world. The "TIME 100" profiles the lives and ideas of the "people who shape our world."

Professor Singer joins an eclectic class of 2005, including the Dalai Lama, Bill Gates, Oprah Winfrey, and the Google guys.

In 1975 Professor Singer published his groundbreaking book, *Animal Liberation*, the bible of the animal rights movement. He's been a strong animal rights advocate ever since and is considered by many to be the father of the modern animal rights movement.

Among his scores of publications are books including *Practical Ethics*, *Rethinking Life and Death*, *Animal*



Professor Peter Singer at the VSH meeting at McCoy Pavilion in September 2001.

Rights and Human Obligations, and *The President of Good and Evil*.

Professor Singer is the Ira W. DeCamp Professor of Bioethics at the University Center of Human Values at Princeton University.

In September 2001 Professor Singer was the guest speaker at VSH meetings on Oahu and Maui.

Source: Time Magazine: April 18, 2005 The Lives and Ideas of the World's 100 Most Influential People

"Vegan Athletes" Theme of San Francisco Conference

In a recent interview Olympic track star Carl Lewis, who was a vegan during his best years, says he believes that "most athletes have the worst diet in the world and they compete in spite of it."

Members of OrganicAthlete's "Vegan Pro-Activist" team are out to prove that a plant-based diet is the best diet for optimal health and performance and that athletes can succeed at high levels in sports because they are vegan.

Many people are resistant to becoming vegan because of dietary myths about not getting enough protein, but elite vegan athletes and health professionals are participating in the 2005 OrganicAthlete Conference on September 24th in San Francisco to dispel these myths. The goal of the conference is to share information about the benefits of a plant-based diet.

The conference schedule includes talks from vegan bodybuilders and endurance athletes, including former VSH president Dr. Ruth Heidrich and leading nutritionists Dr. Doug Graham, Rozalind Gruben, and Dr. Rick Dina, who will explain the science of vegan nutrition. Dr. Graham, who has trained many Olympic caliber athletes, explains: "Every nutrient known to be essential for human health is available, in proper concentration, in plant foods. This is not so with animal-based foods, as there are many essential nutrients totally absent from them."

For more information about the OrganicAthlete conference, visit www.organicathlete.org/conference or call 707-360-8511.

Source: PR Web — <http://www.prweb.com/releases/2005/6/prweb253235.htm>

Fat, Fat, the Water Rat

by Hesh Goldstein
VSH member and host of
Health Talk

Americans are not just getting fatter, they are ballooning to extremely obese proportions at an alarming rate. The number of extremely obese adults, those who are at least 100 pounds overweight, has quadrupled since the 1980s to about 4 million. That works out to about 1 in every 50 adults.



Why is this? The original theory was that extreme obesity was a rare condition; this has changed, however, to a realization that obesity is becoming ever more common and that overeating and under-activity are the primary contributing factors. What's worse is that with obesity come diabetes, heart disease, high blood pressure, arthritis, and a decreased life span. Obesity is like a runaway train of ignorance, misinformation, and disease.

With "supersized" fries, Swanson's "Hungry-Man" frozen dinners complete with 1,030 calories, 570 from fat, 2090 milligrams of sodium, and enough cholesterol to kill anything that's ever lived, "Triple Meat Pizzas" with extra cheese, "Big Gulp" 500-calorie drinks that contain 46 teaspoons of sugar to keep a person up for days, greasy burgers, deep fried chicken, and shakes served at fast food places at "affordable prices," it's not rocket science to figure out why this epidemic not only plagues adults but is creating the same problem in teens and pre-teens.

We are inventing bathroom scales that go to 1000 pounds and building wider and reinforced cas-

sticks so fat people can scrub the hard-to-reach subdivisions of their bodies. We are even inventing devices to help obese people put on their socks. We are supersizing bath towels and we are redesigning car seats and pushing the steering wheel further forward to accommodate

massive girth and enormous guts. We are killing ourselves with fat, chemicals, hormones, and gluttony. The statistics are overwhelming, irrefutable, and sad -- over 50% of adults are overweight and over 30% obese; there are huge increases in fat children, cancer rates are escalating, diabetes is skyrocketing; ligation problems, organ failure, tumors, impotence, infertility, bad

breath, constipation and a thousand other related ailments are common. Couple all this with a massive wave of Prozac-slammed anxiety and depression like a never-ending sitcom from hell and you have a dream come true for the pharmaceutical industry.

We as a culture, as a country, are enormously addicted, worse than heroin, worse than coffee, to an enormous array of garbage foods and known legal poisons and industrial additives.

We must realize that people in the "food" business are in it for one reason -- to make money! As a result they must produce their product at the lowest possible cost and sell it for the highest possible price. This is nothing out of the ordinary for any business, right? But what happens when these businesses create chemicals that when added to the food make a person eat more? The bottom line then becomes, "fat, fat the water rat," increased sales and increased profits, all at the expense of your

health.

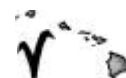
But then there's you. We can finger point all we want, but until there's a huge cultural shift and a massive change in the educational system coupled with an enormous global class action lawsuit against the impotent FDA, and McDonalds and KFC and Monsanto and ConAgra and Iowa Beef Packers and the Dairy Board and the National Cattlemen's Beef Association and all the rest who cram hormones, animal feces, and deadly bacteria into your frozen, liquefied, microwaveable, wax-coated, pre-browned, beef/chicken/cheese-nugget dinner, you have only you to account for.

All these pounds, all these diseases, all these complications, are reversible by sanity, sense control, and a change of diet. Eliminate dairy and all forms of flesh foods. Eat vegetables, fruits, whole grains, and legumes. Drink plenty of water, stay away from soda, processed foods, and fast foods and get started on a regular exercise program, no matter how simple. No one can change you except you. Take control of your life and take it out of the hands of a food industry that simply works hard to addict you and make you eat more and provides you with chemical-laden things they call food. Read labels, eat organically grown foods as much as possible, and remember, if you can't pronounce the ingredient or if man made it, don't eat it. Your life depends upon it. Aloha!

“Take control of your life and take it out of the hands of a food industry...”

program, no matter how simple. No one can change you except you. Take control of your life and take it out of the hands of a food industry that simply works hard to addict you and make you eat more and provides you with chemical-laden things they call food. Read labels, eat organically grown foods as much as possible, and remember, if you can't pronounce the ingredient or if man made it, don't eat it. Your life depends upon it. Aloha!

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



Thinking of Changing Your Lifestyle?

by Neal Pinckney, Ph.D.
VSH Member

Perhaps you've read or heard about the powerful benefits of a healthy diet, exercise, and stress management. You know that certain changes are nearly certain to prolong your life, to make it less likely that you'll suffer from many diseases that effect quality of life, and to save you a great deal of money and time lost in a hospital or in recuperation.

But you keep hearing that those changes are just too hard to make. Or perhaps you started to make some of those changes in the past but found it impossible (or at least inconvenient) to keep them up. Is it *really* that hard to make significant changes? The answer, sadly, is that for most people apparently it is. According to Dr. Edward Miller, Dean of Johns Hopkins Medical School and CEO of that university's hospital, nine out of every ten people who have open heart by-pass surgery don't make the changes necessary to prevent their arteries from plugging up again in just a few years. *Why* don't they make those changes?

It may be that many people were never informed of the changes needed to prevent their coronary arteries from filling with plaque, possibly because their doctors felt they wouldn't make the changes anyway. But what of the people who've had this surgery or who are facing it? Wouldn't these people want to make changes that will prevent them from future disaster? A good part of the answer lies in five common misconceptions about major changes:

A personal crisis is a strong motiva-

tion for change. If that were so, far more than 10% of those who had by-pass surgery would have made and maintained major changes. Facing more surgery or a heart attack certainly qualifies as a personal crisis.

Knowing the facts will lead one to change. If so, there would be no more smokers. Instead, we tend to reject facts when they don't fit our belief systems. It turns out that emotional appeals bring about change more often than facts.



Fear is a major motivator for change. Denial is not just a river in Egypt. We easily delude ourselves into believing in a future absent the problems we want to forget. Nobody wants to ask, "What tastes better, french fries or life?"

We can't change because our minds are set. Nothing is etched in stone in the brain. We've all heard of people learning to recover lost brain function with another part of the brain. People who stay active and interested can learn very complex new things no matter what their age.

Small changes are easier than big ones. Wrong. The bigger the change, the more quickly and powerfully we'll see the results, and the positive results make us more likely to maintain the changes.

Dr. Dean Ornish, in whose residential retreats I worked, has provided ample proof that radical changes can be made and that most people will keep them up for long periods of time. His research showed that a vegetarian diet of not more than 10% of calories from fat reverses acute heart blockages without surgery or powerful medications. He persuaded a major insurance company to fund a year-long trial in which people who would have undergone surgery instead changed their diet, stopped smoking, engaged in regular

exercise, yoga, and meditation, and attended support group meetings twice a week. Three years later 77% of those people were following the program and had avoided by-pass surgery or angioplasty. Their blockages were significantly reversed, as opposed to a control group who didn't follow that program and whose blockages became worse. The insurance company was highly impressed; they saved \$30,000 per patient over the cost of the program.

Ornish had them make big changes; he touched them emotionally but also gave them facts to dispel their fear; he understood that their personal crisis alone wasn't going to get them motivated, and he knew that this group of older people could change as readily as younger ones. Yet most physicians I talk with tell me that people won't make these changes so there's no point in telling them about lifestyle changes - just let them have surgery.

The reasons we can't make those changes are really only myths. Making changes takes will power, a few sacrifices, and some support. If you'd like to live longer with fewer health problems and lower costs, start changing your lifestyle today.

For an Internet source of support, go to the Healing Heart Foundation's web site at www.kumu.org.

Subscribe to the VSH E-mail News Group

You'll receive three or four messages a month — meeting reminders, the "Vegetarian" TV schedule, and notices of special events. To subscribe, send a message to:
VSH-News-Group-Subscribe
@yahoo.groups.com.



Vegetarian Society of Hawaii

Calendar of Events: July - September 2005



STEVE BLAKE, D.Sc.

**“DEFENSIVE MEDICINE:
HOW TO BEAT THE MEDI-
CAL SYSTEM THROUGH
BETTER HEALTH”**

Wed., July 13, 7 p.m.

Ala Wai Golf Course Clubhouse*

It's not difficult to steer clear of doctors and hospitals. In this presentation you will:

- Learn to prevent and improve your resistance to disease
- Uncover a deeper understanding of life habits that lead to disease
- Look beyond germs and discover more about the true causes of disease
- See how you can prevent health problems—from colds to cancer—and become your own best doctor.

Most of the true causes of disease are under your control. Take control!

Dr. Steve Blake has dedicated his life to helping people understand how easy it is to attain excellent health. Dr. Blake earned doctorate degrees in naturopathic medicine and in holistic health and is a Master Herbalist. He pioneered the computerization of herbal knowledge and also developed one of the largest databases of natural remedies in the world. Rather than practicing as a physician, he empowers people to learn natural medicine and prevent disease.

Dr. Blake will also speak on Maui on Mon., July 11 at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.

RYNN BERRY

**“FAMOUS VEGETARIANS:
FROM BUDDHA TO
THE BEATLES”**

Wed., Aug. 10, 7 p.m.

Ala Wai Golf Course Clubhouse*



Noted historian Rynn Berry will describe the fascinating lifestyles and the dietary customs of some of the world's most famous vegetarians — from the Buddha, Pythagoras, Plato, da Vinci, Gandhi, and Tolstoy to more recent proponents Paul McCartney, Woody Harrelson, and even Lisa on The Simpsons.

Mr. Berry is the historical advisor to the North American Vegetarian Society. In his lectures, articles, and books he has specialized in the study of vegetarianism from an historical perspective. At the University of Pennsylvania and Columbia, where he did his graduate and undergraduate work, he specialized in ancient history and comparative religion. In New York he teaches a college course on the history of vegetarianism.

Books he has written include *Famous Vegetarians and Their Favorite Recipes*, *Food for the Gods: Vegetarianism and the World's Religions*, and his latest release, *Hitler: Neither Vegetarian Nor Animal Lover*. A vegan for decades, Mr. Berry has been a rawfoodist since 1995.

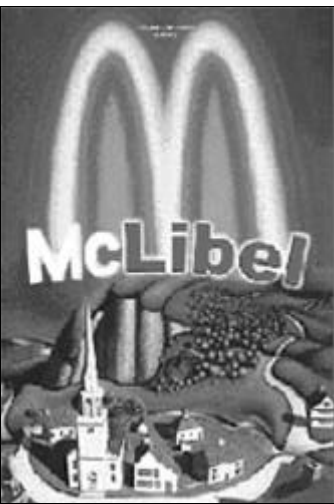
Mr. Berry will give two additional talks in Hawaii:

- **Mon., Aug. 8, Cameron Center, 95 Mahalani St., Wailuku. Maui**
- **Thur., Aug. 11, 7 p.m., “Famous Vegetarians Cooking Demo and Lecture,” Castle Medical Center, Kailua**
Call Castle at 263-5400 to register (required).

McLIBEL

A Film about Two People Who Wouldn't Say McSorry

Wed., Sept. 14, 7 p.m., Ala Wai Golf Course Clubhouse*



McLibel is the true story of a postman and a gardener who took on McDonald's in a legal battle described as “the biggest corporate PR disaster in history.” In what became the longest trial in English legal history, the “McLibel 2” represented themselves against McDonald's \$19 million legal team. Every aspect of the corporation's business was cross-examined: from junk food and McJobs, to animal cruelty, environmental damage, and the company's advertising to children.

McLibel is not about hamburgers. It is about the power multinational corporations wield over our everyday lives and two unlikely heroes who are changing the McWorld.

McLibel will also be shown on Maui on Tuesday, Sept. 13th at 7 p.m. at Cameron Center, 95 Mahalani St., Wailuku.

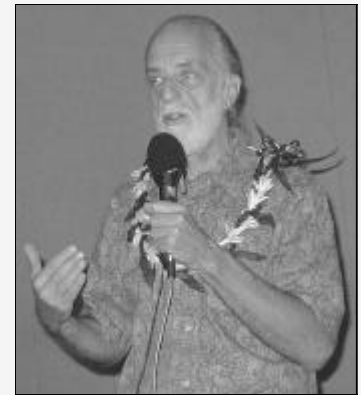
***The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Ave., .2 miles behind the Waikiki-Kapahulu library. Lectures are FREE and open to the public. Donations are appreciated and tax-free. Call 944-VEGI or visit VSH.org for more info.**



Dr. Michael Greger gave four well attended presentations in April, including a continuing education luncheon for 50 physicians at Castle Medical Center.



Food & fitness consultant and author Dr. Kerrie Saunders discussed "Diet as Disease Prevention" at the meetings in May on Maui and Oahu.



At the June meetings Dr. Neal Pinckney described ways to prevent and reverse heart disease.

2Q2005 VHS Guest Speakers



Punahou speech contest winner Rad Fournier answered questions after a tape of his talk on vegetarianism was shown at the start of the Oahu meeting in May.

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: () _____

Work Phone: () _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.

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

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

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

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

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

Life membership \$400

\$_____ additional tax deductible donation

Please check one:

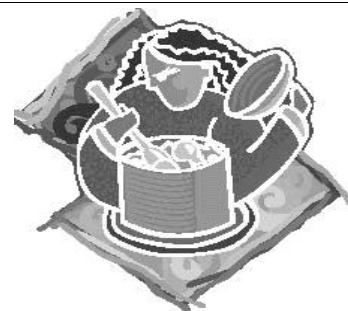
- Vegan (no animal products at all)
- Vegetarian (no flesh, fish, or fowl)
- Associate (not yet a vegetarian)

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

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

On the Menu...

Recipes from our members



Cold Soup for Hot Summer Days

by Mary Arakaki, R.D.
VSH Board Secretary

On hot summer days who wants to cook? Not me! Time for cold soups. Cold soups have lots going for them. They don't heat up an already too-hot kitchen when you get home from work. They can be made ahead and brought out of the fridge for a quick meal with a salad and some crusty bread. They travel well in a cooler to the beach or a picnic, and they're fast and easy.



Getting soup cold enough to eat as soon as it is made can present some challenges. But there are options. One is to make the soup before you leave for work. Another option is to refrigerate all the ingredients before you leave for work. That way the soup will need little or no chilling once it is made. And don't forget to chill the bowls, too. If it's still not cold enough when you finish making it, stick it in the freezer to cool down.

When making cold soups, remember that cold tends to dull flavors. So you may want to increase the seasonings.

Enjoy these cold soups:

Cold Fresh Tomato Soup

3 pounds flavorful tomatoes, quartered,
Use the ripest tomatoes possible
1 cup tomato juice, or as needed
1/4 cup chopped scallions, minced
Juice of 1/2 lemon
Salt and freshly ground pepper to taste

1. Place all the ingredients in a food processor and process to a chunky puree.
2. Transfer to a serving container and serve at once or cover and refrigerate until chilled, if desired.
(Serves 6)

Watermelon Gazpacho

7 1/2 pounds watermelon, preferably seedless
1 green bell pepper, seeded and minced
1 red bell pepper, seeded and minced
1 jalapeno pepper, seeded and minced (optional)
1 medium onion, minced
2 garlic cloves, minced
1 cucumber, peeled, seeded and minced
1/2 cup chopped parsley
1/4 cup red wine vinegar
1 tablespoon olive oil (optional)
About 1 tsp salt or to taste
Fresh-ground black pepper to taste
1 or 2 pinches cayenne

1. Cut the hard green skin and white under-flesh off the watermelon. Cut the melon into 1-inch cubes removing any seeds; you should have about 9 cups. Put into a food proc-

essor or blender, puree the melon, and transfer into a large bowl.

2. Stir into the watermelon puree the green and red pepper, the jalapeno (if using), onion, garlic, cucumber, parsley, vinegar and optional olive oil. Add salt, pepper, and cayenne. Chill before serving. It will keep for 2 days in the refrigerator but is best the day it is made. (Serves 6)

Tomato, Corn, and Black-Bean Gazpacho

3 ears corn, shucked (to save time, use 1 15-oz can corn)
1/2 cup coarsely chopped onion
7 medium round tomatoes or 14 plum tomatoes, cut into chunks
1 1/2 cups cooked black beans or 1 15-oz can black beans
3 tablespoons minced onion
3 tablespoons lime juice (from about 1 1/2 limes)
1 tablespoon olive oil (optional)
3 scallions, green part only, minced
1 teaspoon salt
1/2 teaspoon fresh-ground black pepper
1/4 cup chopped cilantro
1 1/2 cups water
1 jalapeno pepper, minced (optional)



1. Bring 3 quarts salted water to a boil in a stockpot. Drop in the corn. Boil the corn for two minutes, then drain it and rinse with cold water. Cut the kernels off the cob.
2. In a food processor or

(Continued on page 13)

(Continued from previous page)

blender combine the 1/2 cup chopped onion and tomatoes. Run the machine in short spurts until the ingredients are pureed. Transfer the puree to a large bowl.

- Put the beans into a strainer and rinse them well with cold water.
- Add the pureed ingredients, the rinsed beans, minced onion, lime juice, optional olive oil, scallions, salt, pepper, and 3 tablespoons cilantro. Add the corn kernels and the water. Stir well and taste for seasoning. Add the jalapeno if you like a little heat.
- Serve the soup well chilled, garnished with the remaining cilantro. It will keep for up to 4 days covered in the refrigerator. (Serves 6)

Adapted from: *Vegetarian Planet* by D. Emmons and *The Vegetarian 5-Ingredient Gourmet* by N. Atlas.

Quick and Easy Flat Bread Recipe

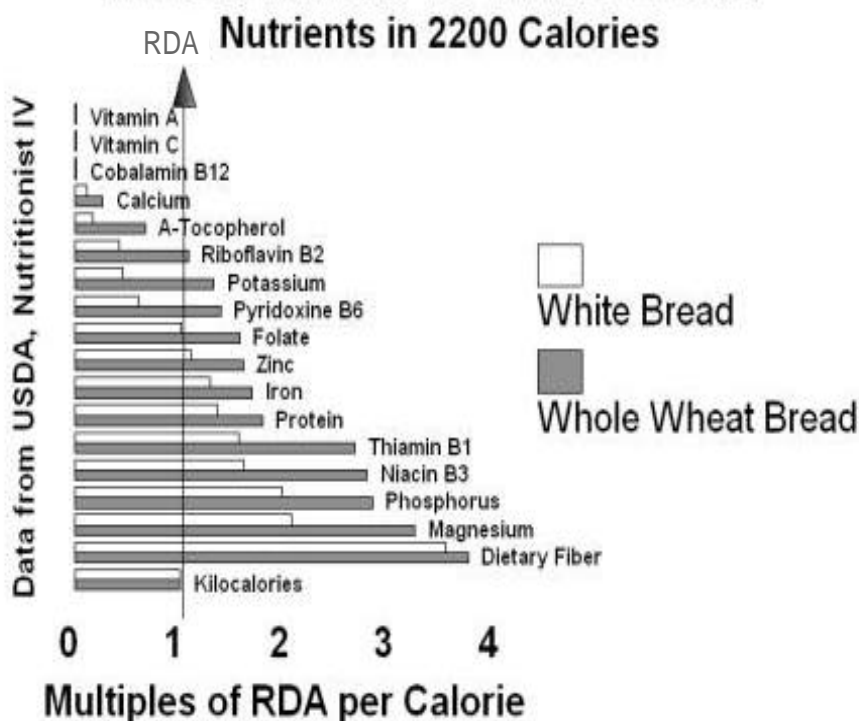
by William Harris, M.D.
VSH Founding Board Member

Ever notice how the ingredients on a commercial bread label look more like a chemical formula than food? Here's a simple way around this for bread lovers: flat bread. Take equal volumes (say half a cup) of water and whole wheat flour, mix them together, spread the dough out evenly on a baking dish, pop it in the oven at 350 degrees for 45 minutes, and voila! One has a baked grain product with all the original ingredients, a slightly better nutrient profile, and perhaps slightly less digestibility because of the unrefined gliadin and other glutinous components that will cause celiac syndrome in ~5% of the population.

However, there's a catch. You have to get the bread out of the pan, and you can't unless you've greased the pan first, in which case you get some hot degraded fat along with the bread. Alternately, you can put the dough into a Teflon bake dish, but Teflon is poly tetra fluorinated ethylene or PTFE, and it releases toxic fumes at temperatures well above baking temperature (<http://www.washingtonpost.com/wp-dyn/articles/A37628-2004-Jul8.html>).

Enter a rubbery sheet silicone bake sheet sold at Executive Chef in Ward Center (and probably other places, too) for ~\$20 under the name Le Creuset. So far nobody has put the finger on silicone bakeware and as far as releasing its grip on the bread, it works like gangbusters. You simply peel the bread and the sheet apart, cut the bread with kitchen scissors or a knife, eat it while it's still warm (it turns into concrete in about an hour), and then soak the sheet in water to remove a few remnants of whole wheat dough.

Whole Wheat vs White Bread



What's Cooking?

This quarter's
vegan cooking classes:

Kapiolani Women's Center
1907 S. Beretania St.

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

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

Classes are held monthly.

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

Book Reviews

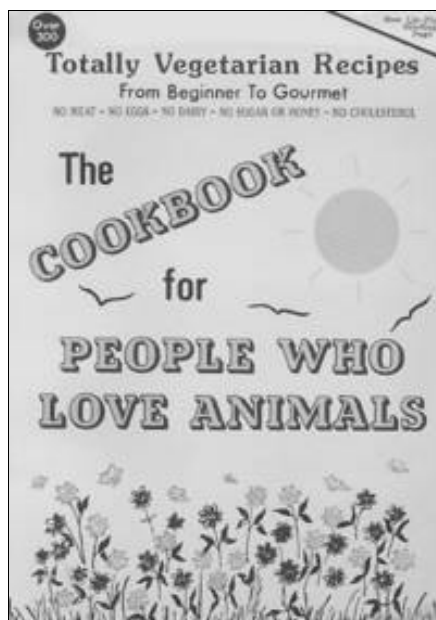
The Cookbook for People Who Love Animals

by Gentle World

Introduction by
Michael Klaper, M.D.

Reviewed by Eva Uran
VSH member

Most people proclaim a love for animals, especially for their pets. How many would be willing to give up food that kills and exploits other animals? How many could figure



out how to feed their dogs and cats without depending on the slaughterhouse? This is a comprehensive and charming book about how to feed ourselves and our carnivore pets kinder and gentler foods. This bright yellow volume contains over 300 delicious vegan recipes interspaced with flow-

ery, spiritual poetry, delightful drawings of cute animals, and excerpts from books relating to animals in pastoral scenery.

After the introduction there is a page on preparing to cook naming utensils and kitchen accessories such as grinders and juicers and a two-page glossary of ingredients that is really helpful to the newcomer. It is followed by a single page on dairy products — who needs them? (which is to say — we *don't* need them!). Finally, the march of recipes starts.

Recipes for all occasions abound: breakfast, lunch, and dinner, soups and sandwiches, salads, dressings and sauces, side dishes (beginner recipes), main dishes, and treats and beverages as well as tips for the traveling vegan. There are extra sections on natural remedies and herbs, suggested vegan menus, and an index that helps to zero in on a particular dish.

There are two pages of recipes for dogs and cats. My only reservation is that while it may be adequate for dogs, cats need something more than just tofu, dulse, kelp, and nutritional yeast substitutes. From an Internet search I came across this information: “Cats, although natural carnivores, can also thrive on a vegan diet if supplemented by pre-formed Vitamin A, arachidonic acid, and taurine, an amino acid that cats derive from meat. All vegan cat foods must contain these three ingredients.” (Sources: <http://vegan-info.com/faq.html#heading5question2>, http://possible-world.org/texts/vegan_cat_food.html, www.VeganCats.com/)

Back to the book. In short, it is an excellent source of recipes as well as food for thought. As school has closed for summer vacation, this would be an ideal time for parents and children to get together, try out some of the recipes from this book, and revel in its splendid poetry and delightful drawings while waiting for the cooking or baking to be done. It would be a nice way to spend the summer together and learn from the experience.

The Cookbook for People Who Love Animals, first published in 1981, was written by member-volunteers of Gentle World, a non-profit educational organization located on the Big Island and in New Zealand that is “dedicated to enhancing the quality of life by educating the public as to the benefits of a plant-based diet and sustainable lifestyle.”

<http://www.gentleworld.org/>

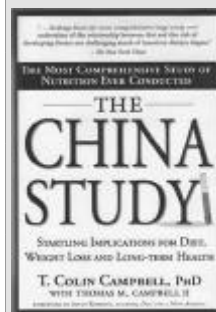
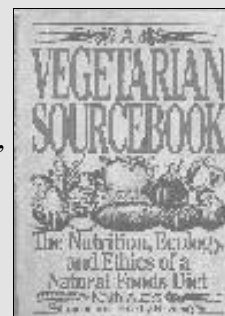
Recommended Books, Videos, and Websites

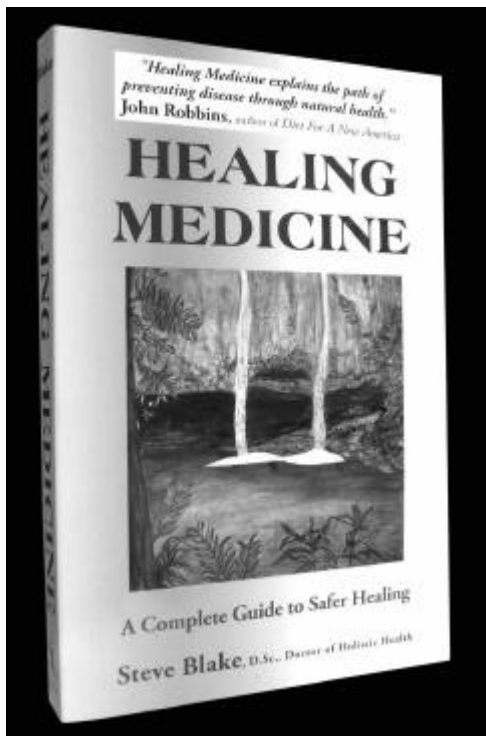
VSH is phasing out its book sales program in favor of a higher tech alternative — online ordering. Most of the books (alphabetized by author) and videos in the list found at: www.vsh.org/booklist.htm may be ordered by simply clicking on the title, which is hyperlinked to Amazon.com.

There are nearly 50 books listed, from the Keith Akers classic “Vegetarian Sourcebook” of 1990 to T. Colin Campbell’s “China Study” released this year.

VSH is an Amazon Associate, so clicking on a title on the VSH.

org website and buying it at Amazon is not only a good way to get a wider selection of books than we can bring to meetings and tabling events, but it will also earn a 5% commission to VSH.





Healing Medicine: A Complete Guide to Safer Healing

by Steve Blake, D.Sc.

The news these days is full of many new problems posed by prescription drugs. This book is just in time for us to learn how to improve our health so that we do not need these drugs. For a book of such considerable scope, *Healing Medicine* is very approachable. There are many boxes, and the sections are short and clear. This new book makes a ready reference that leads us to natural solutions. The many notes in the back of the book provide a resource for further learning.

The book shows us how to improve our modern medical system through prevention and the strategic use of natural remedies. Dr. Blake provides valuable insight into the true causes of disease and how we can defend against them. We are shown how to change our lives to enable our own innate healing power. A broader type of diagnosis is presented that looks at

the environment and lifestyle to forestall health problems before they occur.

One unique strategy outlined in this book is the systems approach. We all have systems or organs that are prone to problems. *Healing Medicine* shows us that when a problem occurs within a system, the whole system can be nourished, cleansed, and strengthened. This practical information is valuable to us all.

“For too long medicine has been missing the deeper causes of disease and drugging us to suppress our symptoms. We need to heal medicine if it is to heal us.

Disease resistance requires a powerful healthiness that is beyond the normal training of medical doctors. We can relearn how to become our own best doctors. It is not so difficult or complicated to create perfect health. Let me show you how.”

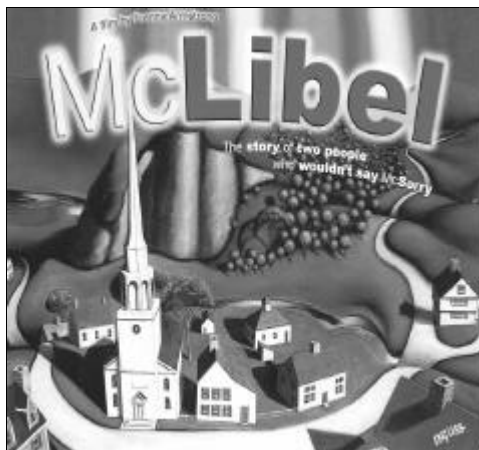
—*Healing Medicine*

Healing Medicine provides a scientific rationale for the ideal diet for humans. Many of the chronic diseases in America today are a result of poor food choices. We are shown how our health and our planet’s health can be improved when we eat a generous amount of organic produce.

Steve Blake has two doctorates in natural health and a master herbalist degree. He has been a vegetarian for 35 years.

Healing Medicine: A Complete Guide to Safer Healing. ISBN 0-9755016-7-4. 320 pages. \$22.95. Lifelong Press, 2005 (808 572-8371). Available through www.naturalhealthwizards.com.

Steve Blake, D.Sc. will be the guest speaker for the VSH meetings on Oahu and Maui in July. See page 10 for details. This synopsis was provided by the author.



Here’s What the Critics Are Saying about McLibel

“Four Stars. An intriguing, important documentary. Don’t miss it.”

—Todd David Schwartz, CBS Radio

“An alarming if ultimately inspiring David-and-Goliath parable for today.”

—Dennis Harvey, *Variety*

“A stirring and sometimes funny film.”

—John McMurtrie, *San Francisco Chronicle*

“Riveting nonfiction account of a pair of young English folks who criticized the McDonald’s chain for encouraging bad eating habits, then found themselves on the wrong side of England’s libel laws, forced either to recant their position or defend themselves at tremendous trouble and expense. Riveting, suspenseful, and a perfect antidote to the too-tricky documentary *Super-Size Me*.”

—*Christian Science Monitor*

McLibel (Not rated) 85 min.
Director: Franny Armstrong. With Helen Steel, Dave Morris, various McDonald’s executives.

See page 10 for show times.

Second Ono Pono Veggie Grinds Opens in Palolo Valley

by VSH member Maris Abelson and Joe Liska

Riding on its success at UH Manoa's Sustainability Courtyard, Ono Pono has opened its doors in Palolo Valley. The restaurant is all vegetarian and caters to the health conscious community on Oahu. The location is open, airy, and pleasant.

Ono Pono has the rare ability to make everything taste fresh and delicious. The restaurant's head chef, Jake Farrar, grew up with a vegetarian mother who managed and cooked at various health food restaurants on the Big Island and in San Diego. One of the major influences in Chef Jake's development was time spent at the Hare Krishna temple, where he was exposed to the subtle nuances and spicy flavorings of Indian cuisine. He and all of the staff at Ono Pono impart a sense of love and joyousness to the food that transcends standard vegetarian fare. This may explain why we couldn't stop laughing as we wrote our culinary notes.

The menu has plenty of vegan options and the organic greens come from the IKOH* community garden in Waimanalo. We were told that Ono Pono uses organic ingredients wherever possible.

The dishes were as colorful and flavorful as their titles suggested (among them were Summer Salad Sampler, Seitan Luau Stew, and Green Gaia Curry). We had tasted the Seitan Luau Stew at the Kokua Festival and it

was just as delicious — creamy and just spicy enough.

One of the innovative recipes that we tried was the Spicy Tempeh Stew. A hearty stew made with tomatoes, bell peppers, cauliflower, and carrots served over brown rice. It was perfect for moderate palates with an aromatic blend of cumin, coriander, and chili to tantalize the taste buds.

For a side dish we had the Tuna-Free Tempeh Salad. With chopped pickles and Veganaise it tasted better than the inhumane original.

The desserts were all vegan. We

last one had been served. Da Bomb inspired us to make the following declarations:

Joe: "Da Bomb makes you want to put the whole thing in your mouth and crunch yourself to death."

Maris: "Da Bomb should be offered as an alternative to the Republicans' 'nuclear option' in Congress."

We asked to speak to the dessert chef, Debbie Day, who explained all the intricate details of the desserts and told us that raw food desserts are often available at the restaurant, courtesy of Keani, a member of the IKOH Garden.

The trip to Ono Pono was well worth it. The warm and friendly staff made us feel right at home. There is a sense of community and purpose in the atmosphere. Take a trip to Palolo — you won't be disappointed.

Ono Pono Veggie Grinds is open from 11 a.m. to 4 p.m. Monday through Friday, and plans are underway for extended hours. It's located near the Aloha Gas station at 1829 Palolo Avenue. Call 735-7955 for more information.



began with "The Goodness and the Goodness Fudge" and were then hit by "Da Bomb." "Da Bomb" is a wonderful combination of chocolate, carob, coconut, and cashew and almond butters. This item is very popular, and we heard Chef Jake tell the staff that the

**IKOH, the Invisible Kingdom of Humanity, "...is actively engaged in raising collective awareness and action for a more peaceful, self-reliant, and sustainable Hawaii." For more information visit www.IKOH.org.*



Be a part of one of the largest and fastest growing vegetarian societies in the country and help spread a healthful and compassionate message throughout our islands. Volunteers are vital to our success.

Call 944-VEGI (8344) or e-mail info@VSH.org.

Learn to Cook by Video

From the producer of Tasty and Meatless, the TV series on Oceanic Cable 16, comes a **DVD Video Cookbook Series**. Now you can watch how how recipes are made and learn at your own pace.

These videos will make it easy for you to master cooking techniques that decrease the fat and cholesterol content of each dish, which can help to prevent disease and help you lose weight.

Discover new products that every healthy kitchen should have, see the packaging, and watch how it is used in real recipes. Not only will you learn

the cooking secrets that will save you time in the kitchen and make each dish taste terrific, you will also learn why what you are preparing will help improve your health.

Three titles are currently available: "You Won't Believe it's Tofu," "Beans and Greens," and Hawaii's Local Favorites." Each DVD contains 7 or 8 video cooking tutorials, 15

or more different recipes, pop-up bubbles of nutritional facts, comparison charts between meat and vegetarian version of dishes, color photos of finished

recipes for your TV screen, printable recipes for your computer, and nutritional content for each recipe. The videos are available for \$19.95 each. Ordering information may be found at www.TastyandMeatless.com.



"Vegetarian" Broadcast on Four Islands

The "Vegetarian" TV series is broadcast on all four main Hawaiian islands. Show times are below. Programming schedules are available on the VSH.org website and by e-mail. To subscribe, send a message to:

VSH-News-Group-Subscribe@yahoogroups.com.

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

Maui—Calabash Cable Ch. 52
Tues. 8-9 p.m. and Weds.
6:30-7:30 a.m.

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

Kauai—Hoike Cable Ch. 52
Mons. 7-8 p.m.

Free Videotapes

VSH TV coordinator Bill Harris has a large collection of videotapes (S-VSH format) that have already played on "Vegetarian," our weekly TV series. They are available for free pickup by contacting Bill at:

HARISMDW001@hawaii.rr.com.

Veg Degree Offered

Atlantic Union College in South Lancaster, Massachusetts is offering a vegetarian/vegan culinary arts degree program. The two-year Associate of Arts degree includes courses such as Edible Art and Hors D'oeuvres, Basic Raw Cuisine, Baking without Oil, and Vegan Pastries.

Atlantic Union College is a four-year accredited, liberal-arts institution established by the Seventh-day Adventist Church. For more information, call 1-800-282-2030 or visit www.atlanticuc.edu.



Heather Mills Speaks Out Against Meat and Dairy Industries

"We have to remind ourselves that meat and dairy lobbyists benefit immensely from our consumption of these products. They have no interest in our health or the fact that they are destroying the planet. Theirs is a short-term vision, motivated by profit. I applaud vegans for being the kindest people on the planet." (*Evening Standard*)



Childhood Habits Predict Adult Health

by Laurelee Blanchard
VSH Board Member

In a recent news conference Dr. Julie Gerberding, Director of the Centers for Disease Control and Prevention, noted that obesity raises the risk of heart disease, some cancers, diabetes, and arthritis and that being overweight raises blood pressure and cholesterol, which in turn increase the risk of heart disease.

The leading cause of obesity is excessive consumption of fat-laden meat and dairy products and inadequate exercise, particularly during the formative years. These early lifestyle flaws can become deeply ingrained lifelong habits. A study by the USDA showed that overweight children were twice as likely to suffer from heart disease in later years.

Animal-derived foods contain substances that scientific investigations have shown to be associated with incidence of cancer and heart disease: saturated fat, cholesterol, and arachidonic acid. All animal products are low or completely lacking in the nutrients that protect us against cancer and heart at-

tacks — fiber, antioxidants, phytochemicals, folate, Vitamin E, and plant proteins.

According to the Journal of the American Medical Association, the greater the quantity and assortment of fruits and vegetables consumed, the lower the incidence of heart attacks, strokes, and cancer.

We must act on the recommendations of leading health authorities by phasing out meat, dairy, and other fatty foods from our diet and replacing them with plant-based foods.

Vegan MeetUps

Two new vegan social groups have been established in Honolulu. The Vegan MeetUp Group and the Macrobiotic MeetUp Group are designed to bring vegan people together so they can meet, make friends, socialize, and find support and enjoyment of their diet and lifestyle. The most recent event was a potluck at The Great Life Bento/Vegan Gourmet in Manoa.

The organizers would like to expand the group to include more people and to find other events to do together. The group schedules can be found at <http://vegan.meetup.com/187/> and <http://macrobiotic.meetup.com/41/>.

For more information contact VSH member and MeetUp organizer Leslie Ashburn at 398-2695.



The Vegetarian Club at the University of Hawaii at Manoa shared a table with Animal Rights Hawaii at the 35th anniversary of Earth Day commemoration at the Sustainability Courtyard on the Manoa campus in April. From left: Melissa and Liliana Hode-maker, Scott Snarr, Ellen Hostetler, and Jason Gefroh.

On TV...



“Vegetarian”

Oceanic Cable Channel 52
Thursdays: 6-7 p.m.

Watch recent VSH lectures.

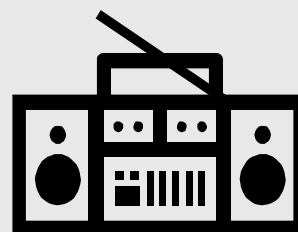
“Tasty & Meatless”

Oceanic Cable Channel 16

Sat. 9 a.m., 6:30 p.m.
Sun. 11:30 a.m.
Mon. 10 a.m.
Tues. 8 a.m.
Wed. 11:30 a.m.
Thurs. 11:30 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

(Dairy Myth *from page 5*)

dairy protein whey itself may promote weight gain, the researchers guessed that the blame lay in the growth hormones in milk, such as the sex steroid estrone found in whey. After all, milk is designed by mother nature to start an 80-pound calf on her way to 1,400 pounds by her second birthday.

This new study has serious implications for our childhood obesity epidemic, which not only has devastating health consequences but social consequences as well.

A study released the same week by researchers at the Centers for Disease Control found that teens who perceived themselves as overweight were more than twice as likely to attempt suicide [18].

Soy and Cancer: A Meta-Analysis

Some studies suggest that soy consumption prevents cancer, some studies find no association, and Internet sites such as Mercola.com suggest that ingesting soy actually causes cancer. (Joseph Mercola, who boasts the “#1 natural health website,” just received a warning letter from the FDA ordering him to stop making illegal claims about the products he sells. See <http://www.casewatch.org/fdawarning/prod/2005/mercola.shtml>). So what does the balance of evidence show? That’s where a meta-analysis comes in.

Instead of picking and choosing studies to suit one’s agenda, meta-analyses look at essentially every study ever done on a topic and pool the data all together. A meta-analysis of the effect of soy on cholesterol levels back in the ‘90s, for example, showed that the evidence of a cardio-protective role

of soy was so strong that the FDA authorized a health claim on soy products that they may reduce the risk of heart disease. Now, finally, published in a recent issue of the Journal of the American College of Nutrition, is a meta-analysis on the role of soy in cancer prevention.

Researchers looked at three types of cancer: breast cancer, prostate cancer and gastrointestinal cancer (such as colon cancer). Combining all the best published studies, they found highly significant reductions in cancer risk among consumers of soy products. Women of all ages who eat soy enjoy 22% less breast cancer (36% less for postmenopausal women!), male soy consumers are 34% less likely to get prostate cancer, and both men and women who consume soy reduce their risk of developing gastrointestinal cancer by 30% [19].

The evidence is so strong that there is now another health claim before the FDA—soon we may see labels saying that soy protects against cancer as well.

“Soon we may see labels saying that soy protects against cancer.”

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