



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 20, Issue 3, July-Sept. 2009

Inside this Issue

| | |
|-----------------------|----|
| President's Message | 2 |
| Local Happenings | 3 |
| TV and Radio Listings | 3 |
| Submission Guidelines | 4 |
| In the News | 5 |
| Health Update | 6 |
| Oahu & Maui Events | 8 |
| Kauai Events | 9 |
| Calendar of Events | 10 |
| Consumers' Corner | 11 |
| Around the World | 14 |
| Restaurant Review | 15 |
| Book & Movie Reviews | 16 |
| Vegan Tidbits | 19 |

Public Lectures

WILLIAM HARRIS, M.D.

"IN SEARCH OF THE OPTIMAL DIET"

Tuesday, July 14th, 7 p.m.
Ala Wai Golf Course Clubhouse

PAULETTE CHANDLER, M.D.

"STRONG BONES FOR LIFE"

Tuesday, August 11th, 7 p.m.
Ala Wai Golf Course Clubhouse

WILL TUTTLE, PH.D.

"THE WORLD PEACE DIET"

Tuesday, September 8th, 7 p.m.
Ala Wai Golf Course Clubhouse

~NEW MAUI VENUE!~
See page 10 for details.

Undercover investigation exposes egg farms

by Scott Snarr, Editor

"If slaughterhouses had glass walls, everyone would be a vegetarian."
~Sir Paul McCartney

The egg industry is walking on eggshells after an undercover worker brought national attention to the cruelty inside a Maine battery cage operation. An animal rights advocate with Mercy for Animals took a job with Quality Egg of New England, LLC, and recorded what he saw with a hidden camera and in a journal. After six weeks of documenting all sorts of abuse, he turned over his footage to the state Department of Agriculture, which is investigating before deciding whether to file charges.

The battery operation, New England's largest, houses four million birds and supplies 65,000 cases of eggs each week. Here are a few of the things the undercover witnessed:

- Four to six hens forced to live in each 16"x20" cage, stacked in tiers
- Hens trapped in wires by their heads or feet, immobile, and left to die
- Decomposing carcasses left in cages with live hens
- A worker breaking the neck of a hen in a botched attempt to kill it
- A live hen being kicked into the manure pit to die while flapping its wings
- Other live hens in the manure pit
- Live hens being thrown into trash cans
- Live hens at the bottom of trash cans, suffocating under dead ones
- A live hen deliberately hung by her leg on a piece of cage wire

The case drew criticism from a range of experts. "There is no question that the manner in which the chickens depicted in the videotape were treated was cruel by any normal definition of the word and resulted in suffering for the birds," said Nedim Buyukmihci, Emeritus Professor of veterinary medicine at UC-Davis, in a prepared statement.

- See video footage of the Quality Egg investigation: www.mercyforanimals.org
- Visit a virtual battery cage: www.animalvisuals.org
- Learn more about eggs: www.eggindustry.com

(See Egg farm exposed, page 11)

The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii.

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

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Mahalo
to all our volunteers!

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



President's Message

by Alida Rutchick

Greetings. I am writing at this time with mixed emotions to let you know that I am resigning the presidency of VSH, effective July 16, 2009. Our new or interim president will be known by or around that date. Having been president for 12 of our organization's 19 years of existence, I feel as close as ever to our mission, activities, volunteers, and other members. The reason for my resignation is that I have recently retired from Kaiser Permanente, and in my newfound free time I plan to spend several months a year in Massachusetts with family and friends.

While I will continue to consult with VSH and assist electronically from afar, primarily with our newsletter production, my lack of roots while traveling will make it difficult to fulfill presidential duties such as helping to maintain consistency, speaking for the organization, and providing support to the Board and other volunteers who cover operations on the ground and really make our organization function.

Fortunately for all of us, however, these few dedicated people are un-failing and expert in what they do for VSH. Personally it has been a privilege to work with them for our noble cause, and they are the people I will always identify most closely with. In fact, I've noticed over the years since becoming involved with VSH and its teachings that the bond I feel with vegetarians transcends any others — whenever I am fortunate enough to run into such kindred souls.

As I have said and written before, we ask our members and other interested people to become more involved with our activities and programs. We hope that we will be able to maintain the level of service that our community has enjoyed to date, but without increased participation of our membership, it is not assured that we will be able to do so. To those who have labored with love thus far, I express my deepest gratitude and admiration. To those just becoming inspired to join the ranks, our welcome and thanks for helping to keep VSH and its message a vital force in the vegetarian community within and outside of Hawaii.

Aloha,

Alida



Local Happenings

Govinda's extends generous discount to VSH members

VSH members can take advantage of a 25% discount at Govinda's all-vegetarian buffet in Nuuanu during the month of August. Restaurant and temple president Ramananda hopes the offer will entice people to come and see the revamped store and taste the food, which he is confident people will love.

The regular price of the buffet is a reasonable \$6.99/lb. A regular 10% discount is given to all VSH card-carrying members. The restaurant, located at 51 Coelho Way in Honolulu, is open Monday through Friday, 11 a.m. to 2 p.m. for lunch and 5 p.m. to 8 p.m. for dinner. For questions, call Govinda's at 595-4913.



ANNUAL MEETING SCHEDULED

Reports from the Board will be made to the membership prior to our featured speaker on July 14, 2009. Please attend and learn the latest and current status of YOUR organization. Mahalo!



Activists to speak up for cats and dogs

Although killing dogs for food is illegal in South Korea, two million dogs are killed and eaten there each year. And they are killed in especially cruel ways because some there believe that the adrenaline created by the animals' terror will increase the virility of the consumer of the meat.

Concerned people on Oahu will be holding a peaceful educational demonstration on behalf of these animals on July 14th in conjunction with International Day of Action for Dogs and Cats in Korea. In Defense of Animals (IDA) is cosponsoring this annual worldwide event to stop the terrible suffering these animals endure when raised and slaughtered for human consumption. Building coalitions around the world, IDA is creating the network needed to put pressure on the government of the Republic of Korea to end this tragic practice.

Tuesday July 14th, 12:00 - 2:00 pm
2756 Pali Highway, Honolulu
Info: lauren_luis@yahoo.com

Down to Earth chief launches blog

Keep up on the latest in health, sustainability, and the welfare of living creatures with Mark Fergusson's new blog, "Let's Get Down to Earth." Fergusson is CEO and CFO of Down to Earth natural food stores.
<http://blog.dtehawaii.com/>

On TV...



"Vegetarian" VSH lectures

Oahu—Oceanic Cable Ch. 52

Thurs. 6 p.m.

Go to olelo.org and click on "Oahu Channel 52."

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

Maui—Calabash Cable Ch. 52

Wed. 9:30 p.m.

Thurs. 5:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii

Cable Ch. 54, Sat. 2 p.m.

Kauai—Ho'ike Cable Ch. 52

Kauai schedule is at hoike.org

Online—www.vsh.org/videos.htm

"Cook Healthy Fast"

with Dick Allgire

Short, quick, vegan recipes

Tuesdays: 5 p.m.

KITV-4



...and Radio

"Healing & You"

Terry Shintani, M.D.

Dr. Diane Nomura

Ruth Heidrich, Ph.D.

Sundays: 8-9 p.m.

K108 — AM 1080

Call-in line: 524-1080

"Health Talk"

Hosted by Hesh

Saturdays: 8-9 a.m.

K108 — AM 1080

Call-in line: 524-1080

www.healthtalkhawaii.com

SUBMISSION GUIDELINES

The Island Vegetarian welcomes submissions.

Have a comment about a current event, an article we printed, or the newsletter in general? Write a letter to our editor, 75-200 words in length and marked as "Letter to the Editor."

Have a question about health or nutrition? Mark it as "Ask Dr. Bill," and it will be answered by VSH Board Member William Harris, M.D.

Want to try your hand at writing? We welcome articles by local writers about the various aspects of vegetarianism, especially those of local interest or about current events. Articles should be 300-500 words in length. We also need book reviews on current books with a pro-vegetarian message. We can supply you with titles of some books appropriate for review.

All submissions must be accompanied by a full name and phone number so that we can verify the author. Students may wish to include their ages, grades, or schools. We reserve the right to edit for accuracy, clarity, length, and relevance to the mission of our organization.

The submission deadline for the next newsletter is September 1, 2009.

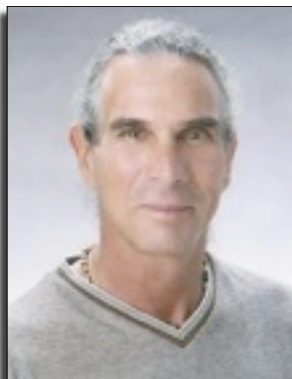
Please send submissions (electronically only) to:

info@vsh.org

Bye bye swine flu

by Hesh Goldstein

How does a flu jump from a pig to a human? Better yet, how does a flu that is actually a combination of a bird flu, two forms of human flu, and various forms of swine flu manage to circulate? Welcome to the H1N1 flu. Whatever the reasons are, it is here, and each of us has to do our utmost to avoid it.



- First and foremost you must develop a strong immune system. To do this, you should adhere to a vegan diet centered around as much organically grown foods as possible. Why organic? To minimize your ingestion of synthetic chemicals and pesticides.
- Get out in the sun. The sun, which is your best natural source of vitamin D, is an incredible immune builder.
- Avoid sugar and processed foods. Sugar decreases the function of the immune system, and processed foods contain way too many synthetic chemicals that also suppress your immune system.
- Make sure to get plenty of rest. During flu season, or any time for that matter, not being tired goes a long way toward building up your immune system. Go to bed early and get a good night's sleep.
- Try to eliminate stress the best you can. Stress is a major roadblock in fighting off the flu and other illnesses. If handling stress is a problem for you, seek out a bona fide method of meditation or relaxation and practice it faithfully.

- You must exercise. Okay, okay. We all have our excuses for our lack of exercise. But exercise will increase your circulation, and this releases endorphins that will provide you with a better chance of fighting and eliminating an illness before it consumes you.
- Get omega-3s daily. You can do this by ingesting flax seeds or flaxseed oil on a daily basis. In addition to omega-3s, taking organic sulfur crystals will build your immune system. You can learn more about this at www.healthtalkhawaii.com.
- Incorporating garlic and onions in your diet is very important because they act like antibiotics and are safe.
- Power the antioxidants, whether in natural form like berries or in supplement form like antioxidant. My regimen includes Host Defense by Fungi Perfecti, which is a combination of medicinal mushrooms.
- Finally, and probably the most important of all, is good personal hygiene. Never, ever put your hands to your mouth, eyes, nose, or ears. Wash your hands as much as possible, especially after touching anything that anyone else has touched or can touch. Especially money. There is nothing dirtier.
- Stay hydrated by drinking lots of water — not coffee, tea, or soda.
- Listen to Dr. Shintani's radio show, "Nutrition and You" or my "Health Talk" show, both on K-108, or go to my website, www.healthtalkhawaii.com, to keep abreast of the hows and whys of maintaining optimum health.

Aloha!





IN THE NEWS

8 reasons why factory farms are breeding grounds for viruses

by Michael Greger, M.D.

The genetic fingerprint of the swine flu virus was just published, and the main ancestor of this deadly virus is a triple hybrid mutant first found on factory farms in the United States in 1998. Factory farms can be considered viral breeding grounds for many reasons:

1. **The sheer number of confined animals:** With so many animals — stressed, deprived and suffering from poor welfare — overcrowded in today's factory farms, a pathogen can run rampant and mutate among so many confined "hosts."
2. **The unnatural stocking density:** Swine flu is transmitted like human flu, *via* infected nasal secretions and respiratory droplets. So when pigs are intensively confined on factory farms, the large viral loads considered necessary for the emergence of rare flu mutants can rapidly transfer from animal to animal.
3. **The stress crippling their immune systems:** Breeding sows confined in gestation crates can't even turn around, and their health can suffer immensely. According to veterinary scientists, crowding more pigs per pen "allows more opportunities for direct nose-to-nose contact or for aerosol spread of the [swine flu] virus between penmates." Furthermore, a large number of pigs per pen creates physiological stress, which in turn

can alter the immune system and predispose pigs to infection.

4. **The lack of adequate fresh air:** The dankness helps keep the virus alive.
5. **The decaying fecal waste:** The millions of gallons of excrement produced by a typical operation decompose and release ammonia, burning the pigs' respiratory tracts, which may predispose them to respiratory infection in the first place.
6. **The lack of adequate sunlight:** In factory farms there may be no sunlight. The UV rays in sunlight are quite effective in destroying the influenza virus. Thirty minutes in direct sunlight completely inactivates the flu virus, but it can last for days in the shade and weeks in moist manure.
7. **Pharmacological crutches:** Just as the U.S. pork industry jeopardizes the public through the mass feeding of human antibiotics to pigs to offset the effects of intensive confinement, the industry vaccinates its herds for swine flu. This minimizes the virus' impact on production, but may not significantly reduce viral shedding. It instead immunologically pressures the virus to mutate by acquiring novel human virus surface proteins — as has happened in Eurasia and North America — which may increase its pandemic potential.
8. **Preponderance of disease-carrying rodents, flies, and other vectors:** A 2006 study found evidence that flies may be able to pick up flu viruses from factory farms and carry them for miles.

Put all of these factors together and what you get is a "perfect storm" environment for the emergence and spread of new "superstrains" of influ-

enza, which long-distance live animal transport can then rapidly spread across the country.

We need to follow the Pew Commission's recommendations to abolish extreme confinement practices like gestation crates as they're already doing in Europe, and to follow the advice of the American Public Health Association and declare no more factory farms.

Excerpted from "What You Should Know about Swine Flu: Q & A with Dr. Michael Greger," May 3, 2009. See full article at www.hsus.org/farm/news/ournews/qa_on_swine_flu_050209.html.

Cities ban foie gras

San Francisco and Berkeley, California passed resolutions immediately banning the sale of foie gras ahead of the statewide ban that will take effect beginning 2012.

In Grand Rapid, Michigan, The Chop House, a 19-chain restaurant, announced its intention to stop serving foie gras after a yearlong effort by local resident Christine Cooper.

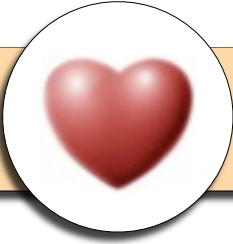
Foie gras is banned in South Africa, Israel, and a number of countries throughout Western Europe.

Veggie poll released

According to the latest poll commissioned by the Vegetarian Resource Group, 3.4% of Americans never eat meat, poultry, fish, or seafood. This appears higher than the 2.3% figure from the 2006 poll, but this result is subject to sampling limitations.

The results show that 1.3% of Americans never eat flesh, eggs, or dairy products, and 0.8% never eat flesh, eggs, dairy products, or honey.

For more detailed results and polling methodology, visit www.vrg.org/press/2009poll.htm.



Health Update

Red meat linked to early death

Another large study has shown that eating meat increases your risk of mortality. Red meat, long associated with cancer and heart disease, is now linked to increased risk of death from all causes.

In this new study National Cancer Institute researchers looked at the diets of more than half a million people aged 50 to 71 and found that those who ate 4 ounces of red meat a day — about the size of a small hamburger — were the most likely to die from heart disease, cancer, and all causes over the next 10 years. Beef, pork, bacon, sausage, cold cuts, hot dogs, and other red or processed meats all increased the odds of premature death.

The authors also noted that the increased death rates found in study participants may be “conservative estimates because red and processed meat consumption may be higher in the general population.”

White meat intake was similarly associated with increased cardiovascular disease mortality in men overall. Among both male and female non-smokers, higher white meat intake was associated with increased cardiovascular disease mortality.

While risks are, in some cases, higher for red meat consumption compared with white meat, there is no evidence that risks associated with white meat intake are outweighed by benefits.

Science continues to confirm the benefits of plant-based diets. This is a great time to start a meat-free diet —

and to bring friends and family along to enjoy good health and longevity.

Antioxidants boost male fertility

PRESS RELEASE — Scientific studies show that human seminal quality and male fertility have declined over recent decades. New research has confirmed that antioxidants, found mainly in fruits and vegetables, can play a key role in reversing that trend.

Low antioxidant intake is associated with low reproductive capacity in semen, according to a new study published in the *Journal of Fertility and Sterility*. The research was carried out in two infertility centers in Spain.

“Our previous research study, published in March, showed that men who eat large amounts of meat and full-fat dairy products have lower seminal quality than those who eat more fruit, vegetables and reduced fat dairy products,” said Jaime Mendiola, lead author of the article and a researcher at the University of Murcia. “In this study we have found that people who consume more fruits and vegetables are ingesting more antioxidants, and this is the important point.”

The experts have spent the past four years analyzing the link between dietary habits or workplace exposure to contaminants and the quality of semen among men attending fertility clinics. The study was carried out among 61 men, 30 of whom had reproductive problems, while the remaining 31 acted as controls.

“We saw that among the couples with fertility problems coming to the clinic, the men with good semen quality ate more vegetables and fruit

(more vitamins, folic acid and fiber and less proteins and fats) than those men with low seminal quality,” explains Mendiola. He added, “A healthy diet is not only a good way of avoiding illness but could also have an impact on improving seminal quality.”

Mendiola et al. A low intake of antioxidant nutrients is associated with poor semen quality in patients attending fertility clinics. Fertility and Sterility, May 2009; DOI: 10.1016/j.fertnstert.2008.10.075

Dairy hormones linked to acne

Teens who avoid milk and sugary foods may experience fewer skin blemishes, according to a new study in April’s *International Journal of Dermatology*. Hope Ferdowsian, M.D., M.P.H., and her coauthors reviewed 27 previously published scientific studies and found that the more milk young people drank, the more likely they were to develop acne. Sugary foods appear to have a similar effect.

“Setting aside milkshakes will likely do more to prevent blemishes than a drugstore full of commercial products,” says Dr. Ferdowsian, associate director of the Washington Center for Clinical Research. “Milk appears to fuel hormone imbalances that can lead to acne.”

Adolescents following a Western diet often experience the overproduction of natural hormones. Hormones or proteins found in milk may increase skin oil production, leading to pimples. Conversely, diets high in fiber-rich foods such as fruits, vegetables, and beans prevent the buildup of excess hormones in the system.

(continued on next page)

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In populations following a largely plant-based diet low in refined sugars and dairy products, such as Kitavan islanders and indigenous Peruvians, acne is rare. Scientific studies also note that as populations adopt Western diets through migration or cultural change, acne becomes commonplace.

Food—not lack of exercise—making Americans fat

In a paper presented at the European Congress on Obesity last month, researchers concluded that weight gain in the United States over the past 30 years can be attributed almost entirely to caloric intake as opposed to lack of physical activity. Scientists looked at data from previous large food and activity surveys and concluded that physical activity has changed little in recent decades, whereas caloric intake has increased significantly, accounting for virtually all the observed weight gain. A related paper appears in the June issue of *American Journal of Clinical Nutrition*.

Swinburn BA, Sacks G, Lo SK, et al. Estimating the changes in energy flux that characterize the rise in obesity prevalence. Am J Clin Nutr. 2009; 89: 1723-28.

Gluten-free vegan diet helps arthritis

PRESS RELEASE — Rheumatoid arthritis (RA) patients who eat a gluten-free vegan diet could be better protected against heart attacks and stroke.

RA is a major risk factor for these cardiovascular diseases, but a gluten-free vegan diet was shown to lower

cholesterol, low-density lipoprotein (LDL) and oxidized LDL (OxLDL) and to raise the levels of natural antibodies against the damaging compounds in the body that cause rheumatoid arthritis symptoms such as phosphorylcholine. These findings were reported in the open access journal *Arthritis Research & Therapy*.

Johan Frostegard of the Rheumatology Unit at the Karolinska University Hospital in Stockholm and colleagues divided 66 RA patients randomly into two groups. They randomly assigned 38 of the volunteers to eat a gluten-free vegan diet and the other 28 a well-balanced but non-vegan diet for one year. The researchers found that the gluten-free vegan diet not only reduced LDL and oxLDL levels and raised antiPC antibodies but also lowered the body-mass index (BMI) of the volunteers in that group. Levels of other fatty molecules, including triglycerides and high-density lipoprotein (HDL) stayed the same. In contrast, none of the indicators differed significantly in the control groups on the conventional healthy diet.

The study shows that diet could be used to improve the long-term health of people with rheumatoid arthritis. Further research will be needed to discern which particular aspects of the diet help the most.

Vegan nuns have same bone density as non-vegetarians

PRESS RELEASE — A study comparing the bone health of 105 postmenopausal vegan Buddhist nuns in Vietnam and 105 non-vegetarian women matched in every other physical respect has produced a surprising result: their bone density was identical.

The nuns' calcium intake was low — about 370 mg. a day — compared with the recommended level of 1,000 mg. Their protein intake was also very low at around 35 g. a day compared with the non-vegetarian group, which was 65 g.

“In this work we showed that although the vegans studied do indeed have lower protein and calcium intakes, their bone density is virtually identical to that of people who eat a wide variety of foods, including animal protein,” said lead researcher Professor Tuan Nguyen from Sydney's Garvan Institute of Medical Research.

“For the 5% of people in Western countries who choose to be vegetarians, this is very good news. Even vegans, who eat only plant-based foods, appear to have bones as healthy as everyone else. Bone health in vegetarians, particularly vegans, has been a concern for some time because as a group they tend to have a lower protein and calcium intake than the population at large.”

Professor Nguyen collaborated with Dr. Ho-Pham Thuc Lan from the Pham Ngoc Thach Medical University in Ho Chi Minh City, Vietnam. Their findings are now published online in *Osteoporosis International*.

Buddhist nuns were chosen for the study because their faith requires them to observe strict vegan diets.

Although Professor Nguyen and Dr. Thuc Lan do not advocate a vegan diet, they note that fruits and vegetables are likely to have positive effects on bone health.

They also note that the study did not measure Vitamin D levels (as important to healthy bone as calcium) and factors such as lifestyle and physical activity. These variables may affect the outcomes for vegetarians elsewhere.





VSH Events—Oahu & Maui

April



Michael Greger, M.D. presented the latest in nutrition research in an innovative game-show format that got all audience members participating.

May



John Kristofich, M.D. spoke about the choices we can make to greatly reduce our risk of becoming victim to the world's number one killer: heart disease.

June



John Westerdahl, M.D. outlined the scientific evidence that shows that eating more fruits and vegetables prevents sickness and disease. His advice? "Just eat them!"

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

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
Regular

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

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

Life membership \$400

\$_____ additional tax deductible donation

Contact me about volunteer opportunities.

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

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

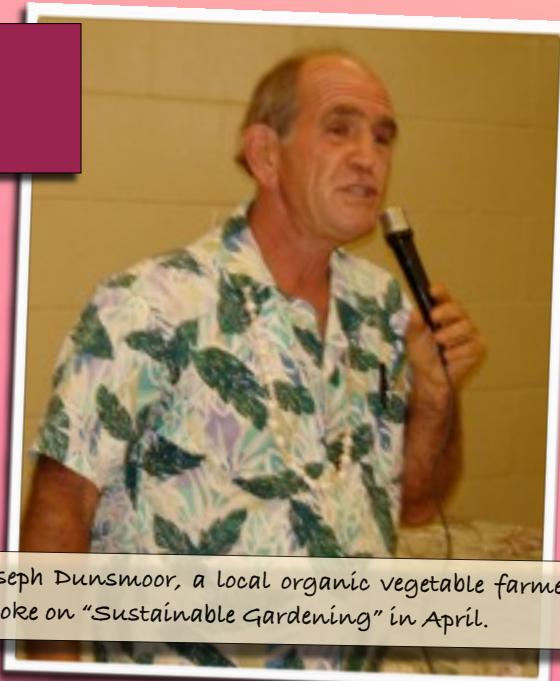
**Members receive a
quarterly newsletter
and discounts on
products at
vegetarian-friendly
restaurants and
health food stores.**



VSH Events— Kauai



Sixty-eight people attended the "Live Pie 101" demonstration by Chef Jessyka Murray at the May potluck.



Joseph Dunsmoor, a local organic vegetable farmer, spoke on "Sustainable Gardening" in April.



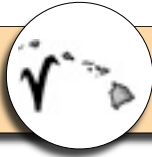
Ingrid Levy (right) was the recipe winner for her Tropical Bean Mix at the May potluck and lecture. Phyllis Jolly (left) was the judge.



Kathy Matera (right) was the June recipe winner for her Apricot Oatmeal Cookies. She is pictured with recipe judge Phyllis Jolly (left).

Dozens of people came to watch a June screening of a talk by Michael Greger, M.D.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.



Calendar of Events July-September 2009

WILLIAM HARRIS, M.D.

“In Search of the Optimal Diet”

**Tuesday, July 14th, 7 p.m.
Ala Wai Golf Course Clubhouse***

In this presentation Dr. Harris outlines the historical points where humanity and vegetarianism made nutritional mistakes and suggests simple ways to fix them, with particular emphasis on the ancient agricultural revolution and the domestication of both animals and the wrong plant foods.

A vegan for more than 44 years, William Harris, M.D., is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco and is the author of The Scientific Basis of Vegetarianism, now online at his website (www.vegsource.com/harris/).

Dr. Harris swims and does other aerobic activities daily and continues to maintain his trampoline skills. He's been a pilot for many years and is a skydiver with more than 1000 jumps.



**Dr. Harris will also be speaking on Maui:
Friday, July 17th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

PAULETTE CHANDLER, M.D.

“Strong Bones for Life”

**Tuesday, August 11th, 7 p.m.
Ala Wai Golfcourse Clubhouse***

Is continuous bone loss an inevitable outcome of aging? What can you do to reduce your risk of fractures and bone loss? Although calcium is important for good bone health, bones need more than calcium. Sunlight, Vitamin D, exercise, and a diet rich in fruits and vegetables are necessary for strong bones. A host of nutrients—Vitamins C and K, potassium, and magnesium—found abundantly in fruits, vegetables, and other plant foods, has been shown to promote bone health. Also, what's good for the bones is good for the heart. Explore the lifestyle you need to build strong bones for life.

Paulette Chandler, M.D., M.P.H. is an associate physician in Internal Medicine at Brigham and Women's Hospital in Boston and a clinical instructor in the Department of Medicine at Harvard Medical School. As founder and director of Natural Healing Pathways, a holistic lifestyle coaching organization, she educates individuals about the benefits of a plant-based diet, exercise, and other lifestyle habits that unite mind, body, and spirit to prevent disease and enhance wellness.



**Dr. Chandler will also be speaking on Maui:
Friday, August 14th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

WILL TUTTLE, PH.D.

“The World Peace Diet”

**Tuesday, September 8th, 7 p.m.
Ala Wai Golf Course Clubhouse***

Dr. Tuttle will present the main ideas in his book, *The World Peace Diet*. It has been called one of the most important books of the 21st century: the foundation of a new society based on the truth of the interconnectedness of all life. It is the first book to make explicit the invisible connections between our meals and our broad range of problems—psychological, social, and spiritual, as well as health and environmental. Dr. Tuttle offers powerful ways we can experience healing and peace and contribute to a positive transformation of human consciousness.

Dr. Will Tuttle, acclaimed pianist, composer, educator, and author, has lectured and performed widely throughout North America and Europe. His doctorate degree from the University of California, Berkeley focused on educating intuition in adults, and he has taught college courses in creativity, humanities, mythology, religion, and philosophy. He is a recipient of The Peace Abbey's Courage of Conscience Award and is a Dharma Master in the Zen tradition. See worldpeacediet.org for more details.



**Dr. Tuttle will also be speaking on Maui: Friday, September 11th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



***The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Avenue
0.2 miles behind the Waikiki-Kapahulu Library across from the Chevron station.**

Egg farm exposed, continued from page 1

No sooner did the case gain media exposure than a number of retailers stopped doing business with Quality Egg. Unfortunately they will probably get their eggs from other suppliers that are no better.

Quality Egg's website proudly states that it is Animal Welfare Certified by United Egg Producers. Most consumers don't know that the certification is a voluntary egg industry program that animal rights groups have condemned as misleading. The recent investigation shows just how meaningless the certification is.

The cruelty documented at Quality Egg is not an isolated case. It is rampant throughout the egg industry and throughout all animal food production. The egg, meat, and dairy industries have been trying to hide their inhumane methods for a long time, but the public is now becoming aware of the cruel reality of factory farms. In March HBO aired a documentary called "Death on a Factory Farm," which showed pigs being confined in tight crates for life and being hanged by tractors. Last year Americans were shocked to see footage of cows too sick to stand being forced into slaughter as revealed in an undercover investigation by The Humane Society of the United States.

The best thing a person can do to help stop animal cruelty is to go vegan, eliminating eggs and other animal products from his or her diet. Within the past year three major food brands and one hotel and resort chain have eliminated or greatly reduced the number of eggs used in their products and introduced new vegan items. With more consumer demand for egg-free foods, more companies will find it in their best interests to follow suit.



Consumers' Corner

How to substitute eggs

by Adam Kochanowicz

Making any dessert or egg-inclusive recipe vegan is delightfully easy! Here's a guide to what to use and why some attempts usually fail. Let's start with some products often used to replace eggs.

Ener-G egg replacer is lauded as the vegan hero among egg replacers. Ener-G is vegan, and it is free of gluten, wheat, casein, dairy, egg, yeast, soy, nut, and rice. However, from experience I would advise using this egg replacer in conjunction with other binding agents listed below.

Ground flaxseed, baking powder, or baking soda can be used to fluff up a baked food. The problem with emulsifiers like Ener-G and flaxseed is they may not *bind* the product, so gas fills the food but escapes and leaves the product flat. To bind the product, try mixing the emulsifier with something starchy like potato flour or bananas (which also emulsify).

For a sweet egg replacer, try applesauce. You may want to experiment with this or get a recipe, as the sauce will overcompensate with the water recommended by the recipe and your cake or muffins may come out mushy and wet.

In general, follow these egg-conversion ratios for trying out these options:

- Ener-G Egg Replacer: follow directions on box.
- 2 Tbs. cornstarch = 1 egg
- 2 Tbs. arrowroot flour = 1 egg
- 2 Tbs. potato starch = 1 egg
- 1 heaping Tbs. soy powder + 2 Tbs. water = 1 egg

- 1 Tbs. soy milk powder + 1 Tbs. cornstarch + 2 Tbs. water = 1 egg.
- 1 banana = 1 egg in cakes.
- 1 Tbs. milled flax seed + 3 Tbs. water = 1 egg for light, fluffy cakes.

If your recipe calls for cream or milk, there are plenty of vegan options available and yes, you can use soy, rice, oat, hemp, or almond milk! For creamier recipes, look for Silk brand creamer.

Adam is best known as the host of "The Vegan News" at Vegan.FM and draws inspiration from years of vegan living and education. This article first appeared on AbolitionistVegans.org. Reprinted with permission.

Summer Sorbet

by Leslie Ashburn

VSH member

- 4 cups fresh or frozen strawberries (or other fruit of your choice, such as mango)
- 2 or 3 ripe bananas
- 1 cup coconut flavored amazake (a rice beverage available in health food stores)
- 4 Tbs. brown rice syrup
- Pinch of sea salt (1/8 tsp or less)
- 1 Tbs. lemon juice

Place everything in a blender or food processor and blend until all ingredients are creamy. Place in freezer until firm and ready to serve.

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

Why I became vegetarian

by David Starsoul of Maui

Chickens are beautiful and noble creatures. They walk with a dignified strut and act with love for each other. Some people might think that love is an exclusive human emotion, but it is a universal principle. I believe that all beings can feel love.

In my nineteenth year I took a casual labor job working for a large poultry farm. A naive youth, I had no idea of the shocking revelation that was to unfold.

The first thing I noticed was a toxic odor. The venomous combination of chicken manure and death hit me as I approached the farm. After seeing the hundreds of poor emaciated, featherless, birds, which are kept in a warehouse all their lives, I started to feel nauseous. I did not want to be there but needed to earn some money.

The job was to carry the birds from their small cages in the factory to a semi-truck, which was bound for Campbell's Soup Company. This packed ride in jammed boxes was perhaps the first and only time that these animals would see the sunshine. Feeling extremely uncomfortable, I helped carry five chickens in each hand (by one leg each) to the truck where a person would then take the birds and shove them into boxes. The cage doors would swing inward only, so that their crowded bodies would lock them inside.

One poor frantic hen got loose and was panicking in a desperate flight for life. The hired hands stood in a circle around her, mocking and laughing at her mortal fear.

Suddenly there was a bloodcurdling scream! I was on my way to the soup truck, delivering ten more chickens. Shocked by the sheer emotional distress of the spine-chilling cry, I froze in my tracks. Looking around to

see what had happened and who was screaming, I saw nothing different from the usual clamor. Mystified, standing there in bewilderment, I looked down at the chickens in my hands and a miracle happened! One bird pecked my leg!

It was not a painful peck, but it pierced my soul. I knew the terrifying scream came from this chicken. I delivered the ten chickens to their fate,

prayed for them, and quit the job in disgust, saying to the boss and crew as I left, "You people act worse than animals do."

The boss said, "Well, you have to eat meat."

I responded, "I don't have to eat your meat!"

Knowing that in good conscience I could not ever eat commercial meat again, I purchased a fifty-pound recurve bow, some arrows, and other necessary hunting gear. Archery is a graceful art of marksmanship, and I found it enjoyable. On the first day of hunting with my new bow, a Fred Bear Kodiak Hunter, I had four different opportunities to take a shot, but I was afraid to shoot because I did not want to injure the animal, make it suffer, and then lose it in the brush.

My last opportunity was a long shot. I was on a hillside and the deer was below, in the Bitterroot River. While I stood there, thinking of taking a shot, the deer saw me. However, instead of running away, he stood his ground and gave me a lecture. Snorting and whistling, he was clearly upset and was trying to communicate. I had come into his domain as a criminal predator and was trying to make this innocent creature into a victim. The message was simple, and it made me feel ashamed. Human beings have

more resources, knowledge, and choices in life than other creatures do.

I realized then that I did not want to hurt or kill anything, especially such a beautiful and sensitive creature as a deer. I've heard that man has replaced other predators, like wolves

and bears. Still, hunting and killing was not for me. Therefore, if I could not eat commercial meat or kill wild animals, the only option left was to be a vegetarian. I find it easier to find love and peace as a

vegetarian, because there is not a war going on inside my body and mind.

Excerpted from the book Holy Water; Miracles and Mystical Moments. David Starsoul is a vegan and animal rights activist who rescues orphan kid goats whose mothers have been killed by hunters. He is a volunteer at Leilani Farm Sanctuary in Haiku, Maui.

Vegetarian diets and disordered eating behaviors

by Jack Norris, R.D.

Every few years another study comes out that shows vegetarian teens or young adults to have higher rates of eating disorders than non-vegetarians. The April 2009 issue of the Journal of the American Dietetic Association (JADA) has the most recent one: Adolescent and Young Adult Vegetarianism: Better Dietary Intake and Weight Outcomes but Increased Risk of Disordered Eating Behaviors.

Because eating disorders can result in serious illness, suffering, and

(continued on next page)

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death, I do not want to downplay the importance of studying them. However, given that a vegetarian diet is promoted and generally thought of as a good way to lose weight, it should come as no surprise to anyone to find that vegetarians have a higher rate of disordered eating behaviors since many young people try the diet in order to lose weight.

In this study the researchers' definition of *vegetarian* included any who had considered themselves vegetarians for over one month, whether or not they actually were vegetarians: 25% ate chicken and 46% ate fish. And to be considered someone who engages in disordered eating behavior, all someone had to do was exhibit an unhealthy weight-control behavior or binge eating one time in the previous year. It's not surprising that many people who engage in disordered eating behaviors will at some point call themselves vegetarians for at least a month. When you draw a cross section of everyone who is seriously dieting combined with everyone who has cut out at least red meat, you are bound to find some overlap between the two groups.

To appropriately study whether going vegetarian causes eating disorders, you need to start with one group of vegetarians and one of non-vegetarians who do not have such disorders and then follow them over time to see if there is a difference between the two groups in the rate of disorders.

In other news, among the older cohort in the JADA study, current vegetarians were less likely than *never vegetarians* to be overweight (17% v. 28%) or obese (6% v. 14%), and vegetarian adolescents and young adults reported the highest fruit and vegetable intake. The authors observed that current vegetarian adolescents appear to be at decreased risk

for using alcohol, cigarettes, and other drugs.

Jack Norris is a Registered Dietitian. He is president and cofounder of Vegan Outreach. This article originally appeared on his website, "News for vegan advocates and those eating plant-based diets" April 7, 2009: <http://jacknorrisrd.com>. Reprinted with permission.

Vegetarian Society shakes up Utah

by Bill Harris, M.D.
VSH founding member

Vegetarian clubs and websites are bustin' out all over, but probably nowhere more than in (of all places) Utah. That's because our two founding members Elaine French and Jerry Smith moved there in 2002 and started the vegan Health Deli in St. George. After a while Wes Craig, a professor at Brigham Young University, dropped in, concerned that he was 25 lbs. overweight and that his doctor wanted him on lipid lowering meds. Wes went vegan, dropped both his weight and lipids, and became the

first president of the Vegetarian Society of Utah (www.vsutah.org). The current vice president, April Ashcroft, who works at Dixie State College in St. George and has been vegan for 15 years, was an early member.

With initial meetings at the Deli, the membership started to grow. Then on May 7, 2007 Lisa Minelli look-alike Barbara Mathison bounced into the Deli 40 pounds overweight. After talking to Jerry and Elaine, she (with husband Duane) went vegan, dropped those extra pounds, and is now a most vivacious and exuberant replacement for Wes. Her fascinating and inspiring story is up at www.lizab.com/weightloss.php.

Elaine and Jerry also have a most expert site at www.vegan-weight-loss.com and have started a Mesquite Vegetarian Society where they now live. I had the pleasure of giving four assorted Powerpoint lectures to these groups following a presentation to the San Francisco Vegetarian Society (www.sfvvs.org) on May 9th.

Utah, full of cowboys and conservatives, seems an unlikely spot for a vegan powerhouse to emerge, but the enthusiasm and expertise of all the people I met suggest that it's happening.



Left to right: Duane, Barbara, April, Jerry, Bill, Elaine.



Around the World

Taiwanese flock to veggie fairs

by Scott Snarr, Editor

The shoulder-to-shoulder crowds that filled the recent vegetarian fairs in Taiwan's major cities are a testament to the strength of the country's vegetarian movement.

I took a weekend off in May to attend the festival in Taipei. The exhibition hall was packed with merchants selling spices, curries, sauces, cookbooks, organic produce, organic clothing, water filters, cookware, special pillows and mattresses, ten-minute massages, and religious texts. A large stage played host to a number of traditional Chinese performance arts to entertain guests. Restaurateurs cooked up plate lunches for the long lines of hungry attendees at a row of booths in the back. To my disappointment, however, the festival offered very little else, particularly in the way of vegetarian education.

Fortunately, the June event in Tai-



Photo: Scott Snarr

An intricate display made from vegetables, flowers, and noodles.

chung made up for it. It offered everything the Taipei event had and more.

One wing of the trade center showed off intricate vegetable sculptures, a traditional Taiwanese art. A delicate dragon fashioned from carrots wove in and out of castles constructed from ginger and lotus root and adorned with flowers. White and pink radish swans with chili beaks splashed softly in nests of parsley, rice noodles, and cucumber shavings.

The next room displayed cheerful drawings by child artists celebrating the virtues of a vegetarian diet. Handwritten messages about health accompanied brightly colored images of fruits and vegetables or families eating together.

The educational niche was filled by Supreme Master Ching Hai's organization and her legion of volunteers. In a large lecture room a woman delivered

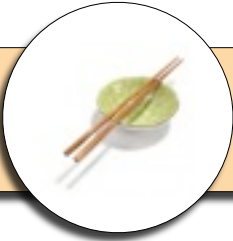
an ongoing slideshow lecture about the vegan diet, and people came and listened for as long as they liked. Detailed murals covered an entire wall, supplying graphic illustrations to the environmental, health, and humane reasons for going vegan. Friendly volunteers passed out free literature and DVDs to passersby. Across the hall they sold vegan ice cream cones and bagels.

Ching Hai's organization is at the forefront of the vegan movement in Taiwan. It's responsible for the banners that say "Be Veg. Go Green. Save the Planet" that now fly in front of thousands of vegetarian eateries across the country, including its own vegan restaurant chain, Loving Hut.

For a country where 7% of the people claim to be vegetarians, there has been surprisingly little discussion of veganism until now. It looks as though that is finally changing for the better as the vegetarian movement continues to flourish.



Volunteers hand out vegan food samples as a woman lectures in the background.



Restaurant Review

Hale

1427 Makaloa Street, Honolulu
(off Keeaumoku St.)

(808) 944-1555

11 a.m. - 3 p.m., 5:00 - 9:30 p.m.

Tuesday-Sunday

www.halemacro.com

by Alina Niemi, VSH Member

"We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons." ~Alfred E. Newman

In a world awash with fruit drinks sans fruit and whole-wheat bread without whole wheat, what a welcome find it was to stumble upon a restaurant where

actual whole foods predominate. Tucked into an inconspicuous lot behind Sam's Club, it was easy to miss. But

I spotted the large store-front sign: "Hale: Macrobiotic, Vegan, Organic."

Inside, a modern mix of curved wood, metal, and glass decorated the high ceilinged space. Uniformed women prepared food behind a tall counter. Stacks of plates glowed golden yellow from a glass backing partition, reminding me of a hip sushi bar vibe. Natural light bathed the space from the glass storefront, but it also created a stagnant, greenhouse-like heat inside. A chalkboard behind

"Crispy wheels of lotus root provided a delicate crunch, the perfect textural complement to chewy teriyaki tempeh."

the cash register displayed the neatly-written menu.

Macrobiotic food is based on whole grains and vegetables and avoids refined sweeteners, salt, artificial colors, additives, and preservatives. The restaurant's menu changes seasonally, incorporating fruits and vegetables at their peak. All but one menu item were vegetarian.

Kuruma-fu with Apple-Miso Sauce (\$11.95), one of the most popular dishes, is made with Hale's own seitan. They were out of it the day we went, so we tried Teriyaki Tempeh with Lotus Root (\$10.95) and Chickpea-Pumpkin Curry (\$9.50) to go. Other offerings included Hale Sandwich (whole wheat/barley bread with bulgur and vegetables) and Sweet and Sour Seitan with Colorful Vegetables (\$10.50). Lunch prices range from \$3 for soup to \$10-13 for meals.

Crispy wheels of lotus root provided a delicate crunch, the perfect textural complement to chewy teriyaki tempeh. The sweet, sticky sauce seemed more reminiscent of caramel than teriyaki because the ginger and garlic flavors I am used to were not obvious.

Chickpea-pumpkin curry came with a bowl-sized mound of brown rice spiked with sunflower seeds, which added an understated, light crunch. I liked the idea so much that I plan to add sunflower seeds to my rice in the future. My omnivore father enjoyed the curry, which

had a nice balance of spices with no one flavor overpowering others. Sweet kabocha nicely offset the subtle, mild heat.

Both bentos came with a small pile of undressed greens and two house-made salads. The first contained crunchy cucumber chunks in hijiki seaweed broth. Jewel-like squares of orange, red, and yellow bell peppers improved both the flavor and presentation. The other was broccoli and couscous with shira-ae, a Japanese creamy fusion of tofu and sesame.

The menu also had a maple-sweetened chocolate cake available, which (regrettably) we didn't try.

Menu items change sporadically. The staff works with seasonal and local ingredients whenever possible and are trying to determine which dishes are most popular.

Alina Niemi writes a blog on which she posts her vegetarian recipes for healthy global cuisine with innovative flavor combinations. Find her creative concoctions at <http://AlmostVeganInParadise.wordpress.com>.



Photo: Alina Niemi

Pumpkin curry bento.

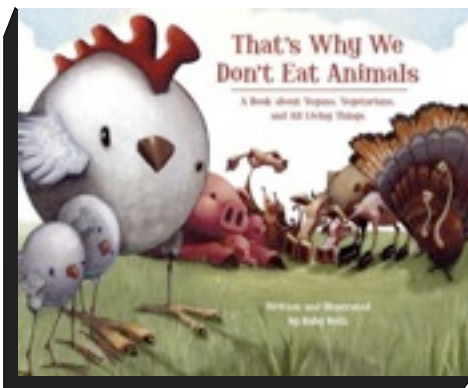


Book & Movie Reviews

That's Why We Don't Eat Animals: A book about vegans, vegetarians, and all living things.

by Ruby Roth

\$16.95
48 pages (hardcover)
Publisher: North Atlantic Books
(May 26, 2009)
ISBN-10: 1556437854
ISBN-13: 978-1556437854



Review by Eva Uran, VSH Member

Hot of the press and just in time for summer vacation, here is a simple and lovely book to share with your children and their friends. If you ever wondered how your children would explain to their friends why they don't eat animals and their products, this book would be a good start. The first part of the book focuses on the emotional connectivity with animals and the last part on the environmental impacts of a meat diet — namely, the razing of tropical forests for cattle and feed crops. There is no mention of health.

If your children favor cartoon-like illustrations of animals, they will en-

joy the pictures and their accompanying vignettes full of action verbs describing the daily activities and affectionate family relationships of farm animals, both mammals and fowl, followed by a section on fish, dolphins, and other sea creatures killed by gill nets.

Happy animal families are juxtaposed with sad and lonely caged animals of the same species on facing pages or sometimes on the following pages. Here's an example: "A hen lays eggs that will one day be her babies . . . she and her chicks coo to each other . . . and older chicks play chase, tag, and hide and seek." Contrast that with their factory farm counterparts: "There's no land to explore . . . no dirt to peck, poke, and scratch. There's barely space to spread their wings."

Since the animals look more like round and fluffy plastic toys or elongated metal sculptures, the caged versions in factory farms are relatively benign and low key, making it suitable for small and sensitive children. Jane Goodall keyed into this aspect of the book when stating that "it will not lead to nightmares, rather respect and compassion for the creatures whose well-being is in our hands."

The last page, my favorite part of the book, lists a dozen valuable tips for kids. Some are pretty original like reading books and writing a school report on the topics of veganism and vegetarianism, using sustainable and cruelty-free foods and products, adopting a pet from a pound instead of buying one from a store or breeder, feeding it vegetarian pet food, and joining an organization that helps the Earth, animals, and the environment.

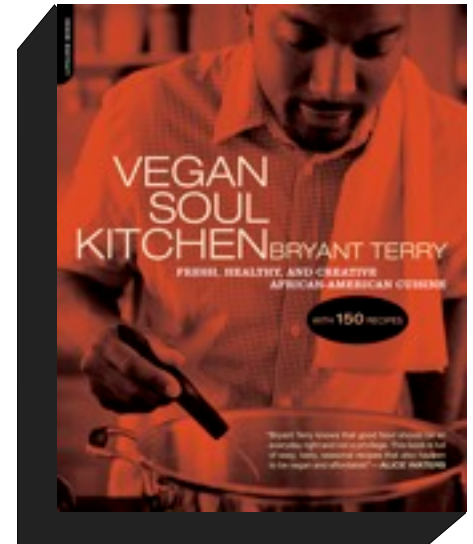
Recommended for ages 8-11.

For more information online go to www.wedonteatanimals.com.

Note: A few copies of the book are available at Barnes and Noble at Ala Moana Shopping Center.

Vegan Soul Kitchen

by Bryant Terry



\$18.95
256 pages (paperback)
Publisher: Da Capo Press/Lifelong Books
(March 2, 2009)
ISBN-10: 0738212288
ISBN-13: 978-0738212289

Review by Neal Pinckney VSH Member

With 150 recipes of vegan versions of original and new soul food on the market, Bryant Terry's *Vegan Soul Kitchen* is one of the more creative and original cookbooks to come out in recent years.

Comfort food for African-Americans is usually delicious but can be

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very unhealthy. Copious amounts of fat and red meats along with highly processed ingredients can lead to heart attacks waiting to happen, diabetes, high blood pressure, and many kinds of cancer. This book captures the flavors and textures of traditional “soul food” without those dangers and adds some original variations and innovative creations. While not truly low fat, most of the recipes are considerably lower in fat than the traditional versions.

This book is a happy jaunt through African-American favorites and what have become known as Southern dishes along with suggestions for the music to play while preparing the dishes, ways of saving time and money, and how to use the things one usually throws away. For example, there are six recipes using watermelon — every bit of it — including the rind.

Vegan Soul Kitchen includes a book list for recommended reading and a complete index. It does not, sadly, include a nutritional analysis of the recipes, with fat, carb, and protein percentages.

Prisoned Chickens, Poisoned Eggs: an inside look at the modern poultry industry

by **Karen Davis**

\$14.95

224 pages (hardcover)

Publisher: Book Publishing Company

Revised Edition (March 10, 2009)

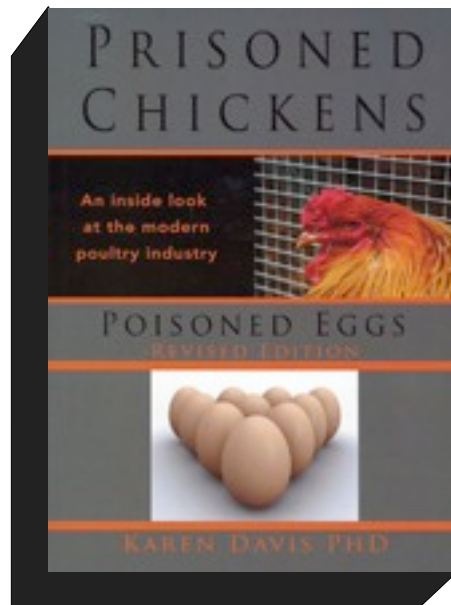
ISBN-10: 1570672296

ISBN-13: 978-1570672293

Product Description

Karen Davis wrote *Prisoned Chickens, Poisoned Eggs* in the mid-1990s to focus attention on the billions of chickens buried alive on fac-

tory farms. The book was a catalyst for animal rights activists seeking to develop effective strategies to expose and relieve the plight of chickens. A United Poultry Concerns campaign in the 1990s that revealed the U.S. egg industry’s cruel practice of starving hens to force them to molt their feathers and cut the cost of egg production was decisive in shifting advocacy attention to chickens and the hidden causes of Salmonella and Campylobacter food poisoning.



This new edition documents what has happened since the book first appeared: the waging of high-profile campaigns to get rid of battery cages for laying hens, undercover investigations exposing the appalling cruelty to chickens and turkeys by poultry industry workers, and globalization of chicken production and its effect on the environment and spread of avian influenza. It also exposes how farm animal sanctuaries have become key players in debunking industry myths with truthful accounts of the sensitive and intelligent birds being brutalized in the name of food. The author effectively explains why these birds are so ill, why eating them makes people sick, and what can be done to cure the pathology of the modern poultry industry.

Karen Davis is the director and founder of United Poultry Concerns, a nonprofit organization that promotes the compassionate and respectful treatment of domestic fowl.

A Delicate Balance

Motion Picture (2009)

Running time: 84 minutes

Writer and Director: Aaron Scheibner

Review by **Bill Harris, M.D.**

VSH TV Coordinator

A *Delicate Balance* is a masterpiece, considering that the creator did it on a shoestring budget. Aaron Scheibner crisscrossed the U.S. on his own dime to get personal interviews with Neal Barnard, T. Colin Campbell, Caldwell Esselstyn, Maneka Gandhi, Michael Greger, Howard Lyman, Tom Lyons, John McDougall, Noam Mohr, David Pimental, Peter Singer, and Walter Willett, all speaking in one voice: “Enough already with the animal food!” The reasons given are mostly health and environmental, but the film implies an ethical stance, too.

We hear from a diabetic woman who told her doctor that she wanted to

(continued on page 18)



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quit her pills and try diet and exercise. She was told, "Then you're non-compliant and will lose your med insurance." She did it anyway, went vegan, and after two months the same doctor took her off a whole drawerful of pills.

The narrator states that some plants don't have all the essential amino acids and that therefore we have to eat a wide variety of plants. The second part is true; the first is not.* But she reasonably states that our vegan diets *should* include a variety of fruits, vegetables, grains, seeds, and nuts.

The introductory visions of our globally warmed planet are of professional quality. The background music is unobtrusive and there are marvelous high definition wildlife shots. This film has scored at a few film festivals, and if there were a market for intelligently presented high quality but inconvenient truths, this one would be in movie houses everywhere.

I hope Scheibner lands a distributor, but for now he's hoping that people will find him at adelicatebalance.com.au/ where you can watch the trailer, buy the video for US\$25 plus \$3.00 for postage or see it online with a credit card for \$4.95 per viewing.

A few quotes from the authorities in the film:

- The optimal amount of red meat we should eat to avoid colorectal cancer is zero.
- 87% of milk protein is casein, a powerful cancer promoter.
- A vegan diet stops coronary heart disease (CHD) and regresses it.
- Excess dietary calcium reduces calcium absorption.
- Osteoporosis is not prevented but caused by milk because of calcium loss.
- Calcium from low oxalate greens is absorbed better than from milk.

- There's a higher risk of heart attack with fish oil capsules because fish oil breaks down and releases free radicals.
- All chemicals run to the sea, and that's why fish are the most contaminated food on the planet, storing the chemicals in their fat.
- Nitrous oxide, 70% of which comes from cow manure, is 300 times as powerful as CO₂ at trapping heat.
- 100 times more water is used for a kilo of meat than for a kilo of grain.
- 60 billion animals are slaughtered for food worldwide every year.

* 2200 calories of equal portions of 132 kinds of fruits, vegetables, grains, seeds, and nuts includes 288% of the RDA/Calorie of the limiting essential amino acid methionine, and the other essential amino acids would range from 385% to 745% of the RDA/Calorie.

Latest in Clinical Nutrition 2008 (DVD)

by Michael Greger, M.D.

**Review by Bill Harris, M.D.,
VSH TV Coordinator**

Michael Greger, M.D., our April VSH speaker, has come up with the perfect DVD format, a compilation of the year's most salient journal articles with the unreadable print splashed on the screen while Michael explains in witty audio what the scientists actually mean. For those of us who find scientific literature inscrutable and boring, this is a combination of entertainment and education rolled up on a disk. You sit in your easy chair, watch the screen and just listen, because Greger has already done the hard part: scouring the year's scientific literature for the links between diet and health. Then he adds some very nice graphics and charts, overlays them on his own subdued but often wry remarks and presents them on DVDs available for

\$20 by credit card at www.drgreger.org/DVDs/.

I watched 2008 first and thought "What, a scientific Jeopardy?" But about 10 minutes in I figured it out. "Of course, Americans love quiz shows!" So from there on I just hung on and enjoyed, learning quite a bit while guessing the answers to which food has the most of this or that healthy stuff, and which foods are most likely to give you a lot more than gas.

I give first pick to 2008, since it has the most recent information and the coolest 3D charts with food pics wrapped around the bars, but Michael's jokes are better in 2007. Either way, these DVDs are a fascinating update on the avalanche of scientific information now bearing down on the animal food industry, heralding its eventual burial.



Since all the proceeds of Michael's labor of love go to charity, he must be aiming for mass education.

Dr. Greger has also produced a most magnificent gift for vegetarian researchers, a 143 MB CD containing journal abstracts and full pdf articles entitled *Dr. Greger's Picks for the Top Nutrition Articles of 2006-2008*. I moved the whole thing to my hard drive for easier access.

Vegan Tidbits

by Scott Snarr, Editor

You're going to lose that grill

He's one of the best known voices in all of rock and roll. Now Sir Paul McCartney is using his voice to call on people around the world to cut back on their meat consumption by at least one day a week. With a little help from his friends, the former Beatle launched the Meat Free Monday campaign in June. Yoko Ono and Moby were among the host of musicians and environmentalists at his side as he kicked off the campaign.

The idea is that eating less meat or no meat is an easy thing everyone can do to help reduce global warming, pollution, animal suffering, and world hunger and to benefit their own health. "The kind of people picking up on this are kids," explained McCartney, "because they're going to inherit this planet."

A long-time animal rights activist, McCartney has recently become more vocal about the environment. He's a practicing vegetarian eight days a week.

See www.supportmfm.org

The cow comes home

A 400-lb. cow destined for the dinner plate made a last ditch run for her life last May. She hopped the fence of a New York City slaughterhouse and then led the NYPD on a wild cow chase through the streets of Queens.

Eventually she backed herself into a corner where police were able to tranquilize and capture her. But by



that time she had attracted enough attention — and sympathy — to save her life. Her legal owner agreed to relinquish her to a Long Island organic vegetable farm that also serves as an animal sanctuary. At

one year old, "Molly" has the rest of her life ahead of her.

Source: www.nydailynews.com

Germans turn back the clock on meat

Germans are being asked to go back to the days before World War II — at least when it comes to meat consumption. The environmental minister, Andreas Troge, wants citizens to cut back on meat by 90% or more.

Meat was once considered a luxury that most people could not afford to eat more than once a week. But after World War II consumption skyrocketed until it peaked in 1991. Today Germans are Europe's biggest meat consumers, with 39% of their calories derived from meat.

Meat production is the most energy-intensive form of farming. Cutting back on meat will help Germany reduce its greenhouse gas emissions. Troge reminds people that doing so "hardly means sacrificing quality of life."

Source: www.guardian.co.uk

Health & Economics 101

How to eat a healthy vegan diet on a tight budget is not a course you would find in most college catalogs. Thank Michelle Taylor for filling in that gap with her website, Vegan Break.

The 22-year-old recent college graduate is helping college students everywhere learn how to get the most bang for their buck with her series of two-minute "bite-sized" vegan videos filled with useful tips. Watch her

make a sandwich on a sprouted wheat bagel with hummus and sprouts for a \$1.31 or explain her simple rules of thumb for saving money on fruits and veggies.

Long-time, brand new, or aspiring vegans of all ages will find her videos helpful, as will anyone who simply wants to eat healthy without spending too much money.

See www.veganbreak.com

Did someone say "veggie dog?"

That's *veggiedag*, not veggie dog. It's the Belgian word for Veggie Day, which from now on will be every Thursday in Ghent, Belgium's second largest city. It's seen as a way for the city to cut its greenhouse gas emissions by 18% one day a week and to improve the health of its people.

All citizens are encouraged to participate. Elected officials are setting an example by going meatless every Veggie Day. The city is handing out free vegetarian goodie bags, veggie street maps, and vegetarian cooking brochures. Schools, restaurants, and even hospitals are participating by offering veggie-friendly or totally vegetarian menus.

Ghent is Europe's first city to take such an initiative.



Photo: Michelle Taylor

Michelle Taylor of VeganBreak.com



Vegetarian Society of Hawaii

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96823-3208

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WHAT'S INSIDE YOUR EGG CARTON?

Crack the Habit: Leave eggs out of your shopping cart.



Behind nearly every egg sold in grocery stores today is a hen confined inside a wire battery cage so restrictive, she can barely even move. To make matters worse, not only is the egg industry keeping nearly 300 million hens in such cruel conditions, it's also deceiving consumers about that abuse through false or exaggerated claims on cartons.

Learn the truth.
Demand the truth.

HardBoiledTruth.com



Egg Production Facts

Number of caged laying hens in the U.S.: approx. 280 million
Percent of eggs sold in U.S. from caged hens: approx. 95%

Amount of Living Space per Hen

| | |
|--|----------------|
| Average space provided for a caged hen | 67 sq. inches |
| Space needed to stand up straight | 75 sq. inches |
| Space needed to flap her wings | 303 sq. inches |

Total Daily Cage Provisions

| | |
|------------------------|---|
| Nesting materials | 0 |
| Outdoor access | 0 |
| Dust bathing materials | 0 |
| Natural sunlight | 0 |

* Battery cage confinement is a major source of suffering for laying hens.