



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOLUME 15, ISSUE 2, APR – JUN 2004

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- Ask Dr. Bill
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Public Lectures*

HOWARD LYMAN

“Mad Cow Disease: What You Need to Know”

Sat., April 17, 7 p.m.

Honolulu Central

Seventh-Day Adventist Church

PETER BURWASH

“Maximize Your Health Through Diet & Exercise”

Wed., April 28, Noon

Kuykendall Auditorium (#101)

UH-Manoa

PEACEABLE KINGDOM

A New Film from the Producers of *The Witness*

Wed., May 12, 7 p.m.

Ala Wai Golf Course Clubhouse

MICHAEL KLAPER, MD

“Things About Veg. Nutrition That I No Longer Believe”

Wed., June 9, 7 p.m.

Ala Wai Golf Course Clubhouse

*See page 10 for descriptions and Maui meeting dates.

Mad Cowboy to Open Elite Speaker Series

by Jim Brown
VSH Vice President



Howard Lyman

Three world-renowned speakers, the best of the best, the cream of the vegan crop, will present a variety of interesting views on the “most noble diet” at this quarter’s meetings of the Vegetarian Society of Hawaii. All are good friends and supporters of VSH and are among the most popular speakers in the society’s history.

First up, on April 17, is “Mad Cowboy” Howard Lyman. Over 600 people attended the cattleman-turned-vegetarian advocate’s remarkable talk here in March 2002. With the recent threats from mad cow disease, the avian flu epidemics, and other food-borne illnesses, his practical advice on food safety is more important than ever.

Tennis magnate Peter Burwash is up next with a special midday presentation at UH-Manoa on April 28. A former tennis champion and one of the top coaches in the world, Mr. Burwash knows well the importance of nutrition and exercise. He’ll share his highly successful secrets to achieving optimal health and fitness.

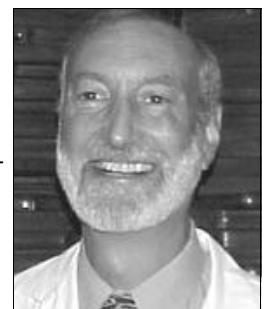


Peter Burwash

Vegetarian author Michael Klaper, MD completes this extraordinary triumvirate. Dr. Klaper lives on Maui but is well-known and respected throughout the nutrition world for his best-selling books and videos, his informative and witty speaking style, his weekly radio show, and his dedication to the causes of vegetarianism. He will present up-to-the-minute results from his clinical research investigating the long-term effects of vegan diets.

The VSH meeting in May will feature an exceptional new film by the producers of *The Witness*. *Peaceable Kingdom* is a severe indictment of animal factory farming but is also a heart-warming depiction of the efforts made and progress achieved in the pursuit of a more humane and compassionate world (see page 12 for a movie review and for more information).

See page 10 for more speaker information and for details about Maui lectures by Mr. Lyman and Dr. Klaper.



Michael Klaper, MD



PRESIDENT'S MESSAGE

by Alida Rutchick, MEd

The Island Vegetarian

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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.

Have you noticed the increased number of television spots, both commercials and news stories, that address obesity in America today? The data on this trend and its related diseases are startling and disturbing. In a publication called Hope Health Newsletter that comes across my desk at Kaiser I read that 65% of Americans are now either overweight or obese, that medical expenses are 38% higher for people who are 30 pounds or more over their ideal weight, and that that figure is twice as high among people who receive Medicare. Smoking, by contrast, increases medical costs by just 14%. Yes, obesity is more harmful even than smoking! Another issue reported on a 35% increase in gestational diabetes that has occurred since 1991, primarily among younger mothers, in whom obesity has increased the most. It's encouraging, at least, to see mainstream research and press make the connection between diabetes and body fat -- steps toward dispelling the myth that sugar is the cause of diabetes rather than excess fat. Other articles in this publication report that about 20% of deaths from cancer are attributable to overweight in American women and 14% in American men. And other conditions are linked to different aspects of the standard American diet as well: for example, increased colon cancer is linked to low fiber (remember, there is *no* fiber in animal "foods" and *high* fiber in plant foods). The low fat plant diet recommended by VSH bypasses (no pun intended) many diseases that are becoming more and more prevalent in our society. How fortunate VSH members are to have access to information and support that assists them in adopting and maintaining the dietary and other lifestyle practices that go such a long way toward preventing and curing these problems.

You may have heard that coming soon are new and improved Vegetarian Society of Hawaii t-shirts and polo shirts. Our hope is that many of our members and friends will help spread the vegetarian message by wearing these reasonably priced, attractive, high profile shirts. Watch for them at an upcoming meeting.

By the time this issue of the Island Vegetarian reaches you, we will have held our volunteer appreciation dinner at the new Volcano Joe's on University Avenue and Metcalf Street. Of our 1600+ members, approximately 50 were on the invitation list; we hope that this number is greatly increased at our next dinner (that means you!). We are also looking forward to a celebrity appearance. Our little group has come a long way since its humble beginnings.

Ask Dr. Bill

by William Harris, MD
VSH Board Member
VegSource.com/harris/



Attenuation of neurodegeneration-relevant modifications of brain proteins by dietary soy. Biofactors. 2000; 12(1-4): 243-50. Kim H, Xia H, Li L, Gewin J.: "Soy isoflavones, in particular gen-

istein .. attenuated selected AD (Alzheimer's Disease)-relevant tau phosphorylations in a primate model of menopause. The rationale is discussed for the use of soy-based foods for protection against post-menopausal neurodegeneration."

Related to this issue, do you still believe, as you reported in 1999, that it may be the aluminum in the tofu that produced the results and that some Hawaii tofu has higher levels of aluminum than some tofu processed elsewhere?

Yes. Dialysis encephalopathy in adults and encephalopathy in children with renal failure given aluminum-containing phosphate binders are reported in

Have a question? "Ask Dr. Bill" at info@VSH.org or call 944-8344.

man milk. The formulas containing the highest levels of aluminum are those with additives, such as calcium salts and soy protein, which contain aluminum as a contaminant."

Although aluminum is the third most abundant element in the Earth's crust, it is not utilized by any known biological system because it oxidizes immediately and therefore is of no further use in biochemical reactions. While small amounts are present in the soy plant, the aluminum in some soy processing equipment appears to increase the concentration.

I think, but cannot prove, that dietary aluminum triggers microscopic foreign body reactions in the brains of genetically susceptible people that lead to the neurofibrillary tangle that characterizes the Alzheimer brain.

The production of aluminum went up abruptly during WWII because it is a superb aviation material. After the war, the aluminum glut was diverted to cooking utensils and beverage containers. About 40 years later Alzheimer's had gone from being an oddity barely mentioned to pre-war medical students to its present status as a household word.

What advice do you have for vegetarians who eat a lot of soy products?

Don't eat a lot of soy products. The reason people do is because of a spectacularly effective propaganda blitz by the meat and dairy folks insinuating that anyone not eating their fine products will become protein deficient. In 35 years of medical practice I never saw a case of dietary protein deficiency. Most of the nutritionists and doctors who agonize over it have never seen it either, although protein deficiencies secondary to liver and kidney disease are common. Many of them also can't define what protein actually is (it's a copolymer of amino acids, and

(See Ask Dr. Bill on page 19)

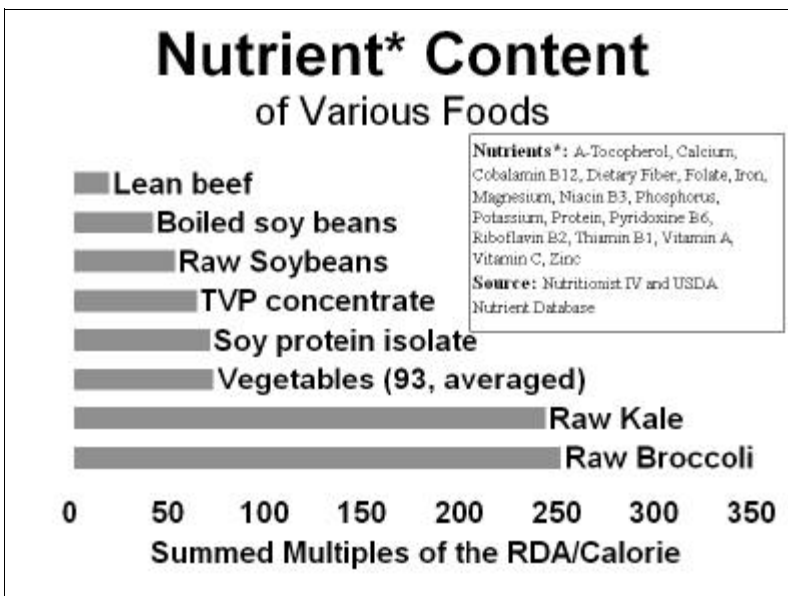
Aloha, Dr. Bill -- What is the status of the Hawaii study by Dr. Lon White that found a significant link between tofu consumption during midlife and loss of mental ability and even loss of brain weight? Has this study ever been peer-reviewed and published? D.

Dear D.,

It was published as *Brain aging and midlife tofu consumption.* White LR, Petrovitch H, Ross GW, et al. J Am Coll Nutr. 2000 Apr;19(2):242-55.

I am also curious if this study implicates soy products in general, and not just tofu?

White thought the high level of genistein in tofu was the culprit. Another researcher concluded just the opposite:



Aluminum Toxicity in Infants and Children Pediatrics Volume 97, Number 3 March, 1996, pp. 413-416. Also noted: "The aluminum levels in all infant formulas are higher than those in hu-

The Caribbean Wellness Cruise

by Ruth Heidrich, PhD

It's hard to imagine going on a seven-day cruise and ending it weighing less and being healthier and smarter than when you started! Well, for about 150 CHIP (Coronary Health Improvement Program) cruisers, that was the outcome.

On February 15th the only non-smoking cruise ship, Carnival's Paradise, pulled out of the Port of Miami and headed for Nassau, Bahamas, the Dominican Republic, and the U.S.

Virgin Islands. While at sea, the captive audience was treated to lectures by Howard Lyman, "The Mad Cowboy," Dr. T. Colin Campbell of China Diet Study fame, Dr. Ruth Heidrich (yours truly) "The Ironlady," Dr. Hans Diehl, CHIP leader, Don Alsbro ("Changing Habits"), physical therapist Heike Englert, and Larry Ulery ("Vitamin H – Humor").

Each of the speakers covered an area of wellness and made for a fascinating and challenging program – challenging for a few of those who were dragged kicking and screaming because hearing about, and eating, good vegan food, was the *last* thing they wanted to do! Others heard for the first time ever that dairy products, milk specifically, did *not* build strong bones but that running does! Dr. Campbell told how casein (a milk protein) accelerated cancer cell growth and that eating animal products causes heart disease, stroke, cancer, diabetes, and osteoporosis. Howard Lyman told how commercial cattle production ruins our health and contaminates the environment and that if anyone thinks there is only a single case of Mad Cow Disease in



this country, they must be smoking California's #1 crop! Hans Diehl told how a diet including animal foods combined with smoking and little or no exercise contributes to the major

portion of disease and medical costs in this country.

Dr. Ruth told how the change to a low-fat vegan diet reversed her breast cancer and enabled her to complete the Ironman Triathlon a number of times and to increase her bone density. Don Alsbro

talked about how to gain the motivation to change habits and the four different stages of change. Heike Englert showed us how massage relaxes muscles, how stretching keeps joints mobile, and how to exercise on the road with elastic bands. Larry Ulery, the "Good Humor Man," told us that having humor in our lives is essential to mental health, helps relationships, and helps manage stress. There were also several accomplished musicians, including Lily Diehl, who provided a concert treat for our aesthetic senses.

The stars of the show, however, were the seven vegan chefs who prepared seven days' worth of vegan

food, mouth-watering in visual appeal and titillating to the taste buds. No one would ever believe that you could eat all you want of this sumptuous buffet, have so much energy that you just couldn't keep yourself from exercising, and *still* lose weight!

Oh, yes, we did get to climb up to Fort Charlotte, the highest point on Nassau, to see where pirates roamed, run through the busy streets of La Romana, the port town of the Dominican Republic, and hike up some very steep hills that surround St. Thomas to take in stunning, tropical views. Back in Miami a few of us super-lucky ones did an air-boat tour of the Everglades where your lucky reporter got to hold a three-year-old alligator!

I can't imagine a better cruise; can you?

Note: For more information about next year's cruises, contact Don Alsbro, dealsbro@sbcglobal.net. There are two cruises in the planning stages, one in the Southern Caribbean and the other off the west coast of Mexico.

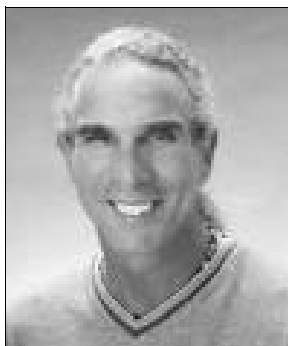


Dr. Heidrich is a past president of VSH. Visit her website RuthHeidrich.com.

Weapons of Mass Destruction

by Hesh Goldstein
VSH Member

Imagine the frustration of the weapons inspectors searching in vain throughout Iraq. All they had to do to find the true “weapons of mass destruction” would have been to look at the U.S. school lunch program. The food currently provided by the program has not kept pace with what we know to be healthy and nutritious. Rather, the foods provided under the guise of good nutrition – chili cheese dogs, pepperoni pizza, cheeseburgers, and pork chops – are there to prop up



Last year the USDA dumped 420 million pounds of pork, beef, and other unhealthy products on our kids.

farm incomes and are a part of the problem that has created a generation of overweight children. Federal policy, which is heavily influenced by the meat and dairy lobbies, literally forces the Secretary of Agriculture to favor beef, pork, and other high fat foods over healthier items when purchasing surplus commodities for federal feeding programs. As a result, in 2001 the USDA spent \$350 million on surplus beef and cheese – more than double the amount spent on fruits and vegetables. Federal policy also prohibits schools from serving soy milk or other nondairy beverages as part of a subsidized lunch unless a child brings a doctor’s note saying he or she has a medical reason not to drink cow’s milk.

What a discriminatory policy, considering the fact that so many Blacks, Hispanics, and Native and Asian Americans are lactose intolerant!

Last year the USDA dumped 420 million pounds of pork, beef, and other unhealthy products on our kids and other recipients of feeding programs. In fact, the government’s two biggest expenditures for the national School Lunch Program were \$179 million for cheese and another \$170 million for beef. Does anyone really believe that our already out-of-shape kids need more cheeseburgers?

The program provides food for more than half of all children in the U.S., and one child in ten has school breakfast -- eight million breakfasts and 27 million lunches each day. Schools that choose to participate in the program get cash subsidies, donated commodities, and free bonus shipments from the USDA for each meal they serve. In return they must serve lunches that meet federal requirements, including nutritional requirements spelled out in the Dietary Guidelines for Americans, dominated by input from the meat and dairy industries.

In 1997 the commodities program’s school lunch component spent \$436 million -- more than 70% of its money budget -- on animal products, which contain no fiber or complex carbohydrates and help clog the arteries of American children with their high fat and cholesterol content.

Nothing like selling your kid down the river for a few bucks!

Aloha!

Hesh Goldstein is the host of Health Talk on K108 radio (AM 1080) on Saturdays 8-9 a.m.



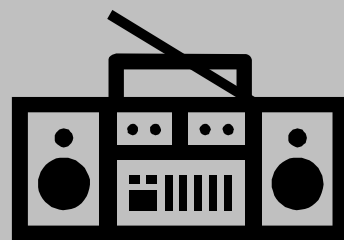
On TV...

“Vegetarian”

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

“Tasty & Meatless”

Oceanic Cable Channel 16
Mon.: 3:30 a.m., 11:30 a.m., 5:30 p.m.
Tue., Wed., Thu.: 1:30 a.m.,
9:30 a.m., 5:30 p.m.
Sat. & Sun.: 7:30 p.m.
New show on Sundays



...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

Dr. Greger's Newsletter

by Michael Greger, MD



Eat the peel? Antioxidant Power of Peels and Seeds

More and more diseases--Alzheimer's, cancer, heart disease--are being linked to what's called "oxidant stress" in the body, the tissue damage wreaked by free radicals in our diet and environment. To prevent these diseases, we rely on the superheroes and heroines of the body, the antioxidants found predominantly in whole plant foods such as fruits. Most studies measuring the antioxidant power in fruits, though, have only studied the pulp of the fruit. In the most comprehensive study of its kind ever published, a recent study out of China measured the antioxidant power of the pulp, peel, and seed fractions of 28 different fruits. [Nutrition Research 23 (2003):1719.]

Researchers found that with a few exceptions the peel and seeds of fruit have more antioxidants than the pulp. For example, the peel of kiwi fruits has about three times the antioxidants than the inside of the fruit, and the peel of fruits such as pomegranates have almost 30 times the antioxidant punch. Grape seeds have a hundred times more antioxidant power than the pulp! So grapes with seeds are healthier than seedless, but only if one actually chews the seeds.

If you do choose not to peel nutrition off your fruit, it's particularly important to wash the outsides under running water and to buy organic.

Greens May Prevent Colon Cancer

Japanese researchers recently investigated the relation between the

consumption of vegetables and gastrointestinal cancers in a multicenter, hospital-based case control study. [Nutrition and Cancer 46 (2):138] They found that cruciferous vegetables, and broccoli in particular, are associated with significantly reduced risk of cancers

of the digestive tract, especially colon cancer. People eating broccoli three or more times a week seemed to cut their risk of certain cancers by almost 95%! Stated another way, this means that compared to people who regularly ate broccoli, those who rarely ate it seemed to be ten times more likely to develop certain types of cancer.

Scientists suspect that the powerful anticancer properties of the cruciferous vegetable family (which also contains Brussels sprouts, kale, collards, and mustard and beet greens) may lie in a unique class of compounds called glucosinolates, which apparently enhance the body's ability to detoxify carcinogens. Because we've so polluted our environment, even vegans can't escape exposure to a wide array of carcinogens. By eating greens every day we can boost our liver's ability to neutralize these toxins and reduce our risk of developing cancer.

Flax Seeds and the Stress Response

A study was recently published in the Journal of the American College of Nutrition on the effects of flax seed consumption on cardiovascular responses to mental and psychological stress. [JACN 22(6):494] How your body reacts to stress, for example -- how much your blood pressure goes up when you're anxious -- is an important predictor of heart disease risk. Canadian researchers had people sprinkle 3 tablespoons of ground flax seed onto whatever they were eating every day for a few months. The researchers then

exposed these research subjects to a variety of stressors and measured their stress response. Those eating flax had significantly healthier physiological reactions to stressful conditions. Their blood pressure, for example, stayed much more stable.

The researchers attribute the heart healthy attributes of flax not only to their omega 3 content, but their unique concentration of anti-tumor antioxidant phytoestrogens called lignans. So, for anyone stressed that he or she has been feeding their family toxic fish, switching over to flax might help in more ways than one.

Fish Consumption and Breast Cancer

In general, grisly experiments on nonhuman animals have shown a protective effect of fish consumption on breast cancer risk, which is one of the reasons some authorities recommend that women eat fish. Yet there have never been any large forward-looking *human* studies. Never, that is, until now.

The results of the Diet Cancer and Health Study were finally published in November in the Journal of Nutrition. Over 20,000 women were grilled about their fish consumption by means of a detailed questionnaire and were then followed for 5 years. It was found that those eating the most fish had a 50% greater risk of developing breast cancer. The researchers estimate that women may raise their breast cancer risk 13% for every 25 grams (just a quarter of a serving) of fish eaten daily. The increased breast cancer risk from fish consumption held strong even after controlling for other risk factors such as alcohol, obesity, hormone use, etc.

It didn't matter whether it was fatty fish or lean fish. It didn't matter if the fish was fried, boiled, pickled, or

(Continued on page 7)

(Continued from page 6)

smoked, the more fish these women ate in any form, the more at risk they were for getting breast cancer. Researchers guess it may be the organochlorine pesticides like DDT contaminating the world's oceans that make fish flesh so carcinogenic. [Journal of Nutrition 133(2003): 3664.]

Update on Mad Cow Disease

The top Mad Cow story recently was the discovery of a new form of Mad Cow disease that looks just like the sporadic form of CJD, which kills hundreds of older Americans every year.

In the Proceedings of the National Academy of Sciences Italian researchers named the new strain of Mad Cow disease BASE, bovine amyloidotic spongiform encephalopathy. Because of the CJD-like pattern of brain damage and molecular "fingerprint" of the strain, researchers are concerned that this second form may be causing the form of CJD so often misdiagnosed as Alzheimer's disease in the United States. This builds on earlier evidence (documented in my latest report available for download at <http://organicconsumers.org/madcow/Greger.pdf>) that infected meat may also be to blame for this so-called "sporadic" form of Creutzfeldt-Jakob disease.

For weekly updates on the evolving Mad Cow disease crisis, visit my website <http://organicconsumers.org/madcow.htm>

Michael Greger, MD is a general practitioner specializing in vegetarian nutrition. For more information visit his website: VeganMD.org. To subscribe to his free monthly email newsletter, send a blank email to: drgregersnewsletter-subscribe@lists.riseup.net.

Former Hawaii Doctor Debunks Low-Carb Diets

Physicians Committee for Responsible Medicine News
Release / Tuesday 9 March 2004

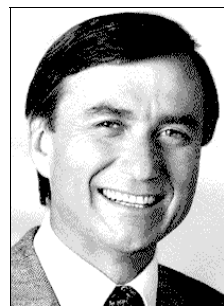
DOCTOR'S STATEMENT IN MAYO CLINIC PROCEEDINGS REVEALS DARK SIDE OF LOW-CARB DIETS

Dieters' Fatigue and Loss of Appetite Similar to Chemotherapy Side Effects

WASHINGTON- In its current issue, the Mayo Clinic Proceedings has published a letter explaining that the reason low-carb dieters often lose weight and sometimes show improvements in their cholesterol, blood sugars, and blood pressures is because they are, in essence, sickened by the diet. John McDougall, M.D., an advisory board member of Physicians Committee for Responsible Medicine (PCRM), explains in his letter that low-carb diets can throw people into a metabolic state called ketosis that also occurs during severe illness. This diet-induced con-

In all the round world of Utopia there is no meat. There used to be, but now we cannot stand the thought of slaughterhouses. And it is impossible to find anyone who will hew a dead ox or pig. I can still remember as a boy the rejoicings over the closing of the last slaughterhouse.

H.G. Wells (A Modern Utopia, 1905)



dition resembles the common side effects of cancer chemotherapy with fatigue, nausea, and loss of appetite for many people.

People on low-carb diets who become ill enough to experience loss of appetite are taking in less fat and cholesterol, since they are consuming less food overall. It is this same mechanism that results in cholesterol levels falling in cancer patients; however, no doctor brags about weight loss and lower cholesterol caused by the toxic drugs used in chemotherapy.

Numerous studies show that many high-fat, low-carbohydrate dieters risk clogged arteries, heart attack, colon cancer, and kidney failure. Studies also show that even one fatty meal can increase the risk of a cardiac event immediately following the meal.

"A better approach," states Dr. McDougall, "is to encourage people to eat foods that promote both ideal body weight and health -- those from a high-complex carbohydrate, low-fat diet. You can see this for yourself when you look at various populations worldwide. For example, people living mostly on high-carbohydrate rice and vegetable dishes in Asia are trim throughout their lives with almost no risk of heart disease, diabetes, or our common cancers."

Founded in 1985, the Physicians Committee for Responsible Medicine is a nonprofit health organization that promotes preventive medicine, especially good nutrition. PCRM also conducts clinical research studies, opposes unethical human experimentation, and promotes alternatives to animal research.

Jeanne Stuart McVey
Communications Liaison, PCRM

Submitted by VSH member John Westerdahl, PhD

Animal Rights Corner



There's only one way to be cruelty-free.

VeganEssentials.com

USDA Downed Animal Ban Under Attack

by Laurelee Blanchard
VSH Maui Coordinator

On December 30, 2003 the USDA implemented several measures to address public concern over the discovery of mad cow disease (a.k.a. bovine spongiform encephalopathy or BSE) in the United States, including a ban on the slaughter of downed cattle -- animals too sick to stand -- for human food. Alarming, agribusiness and their legislative allies in Washington, DC are lobbying the USDA to lift the downer ban. It is absolutely critical for USDA to hear from citizens who support the ban on slaughtering downed animals for human food.

The USDA is accepting public comments on its downer ban until April 12, 2004. Please write and encourage your friends, family, and others to write as well. Urge the USDA to retain its ban on downer cows, and urge this agency to expand the ban on downers to include other species, such as sheep and pigs. This public comment period provides a rare opportunity to formally express concerns about the irresponsible and inhumane marketing and slaughter of downed animals as well as the risks this poses for the health of consumers.

The USDA's recent downed cow ban represents a long overdue policy

shift, and it is imperative that we do everything in our power to maintain and expand it.

Please write today to:

FSIS Docket Clerk
Docket 03-025IF
Room 102, Cotton Annex
300 12th and C Street SW.
Washington, DC 20250-3700
Fax: 202-690-0486
FSIS.Regulations@usda.gov

Stop the Cruelty of Foie Gras

by Laurelee Blanchard
VSH Maui Coordinator

Foie gras (translated literally from French as "fatty liver," typically served as a paté), is produced by cruel and inhumane farming practices as follows: at a few months of age ducks are confined inside dark sheds and force-fed enormous amounts of food several times a day. A farm worker grabs the duck and thrusts a metal pipe down its throat as a mechanized pump shoots a mixture of corn directly into its gullet. In a matter of weeks the duck becomes grossly overweight and its liver expands to up to 10 times its normal size.

Ducks raised for foie gras have difficulty standing, walking, and breathing. Many die before the end of the force-feeding cycle; the mortality rate for ducks raised on foie gras farms is among the highest in the farming industry. Necropsies per-

formed on foie gras ducks have shown extreme obesity, impaction of undigested food in the esophagus, lacerations in the throat, and a proliferation of bacterial and fungal growth in the upper digestive tracts.

You Can Help

Unfortunately, many consumers are unaware of the cruelty with which foie gras geese and ducks are raised. Please join the effort to eliminate this cruelty. Here are some ways you can help:

Educate your family, friends, co-workers, and associates about foie gras and encourage them not to eat this inhumane product.

Write a letter to the editor of your local newspaper detailing how the foie gras birds are mistreated.

Place educational displays with posters, pictures, and literature in your local library, health club, school, church, health food store, grocery store, workplace, etc. Materials are available from Farm Sanctuary at the address and phone below.

Contact restaurants and grocery stores in your area and encourage them to pledge not to serve foie gras.

If a restaurant or store sells foie gras and refuses to remove it from its menu, organize a demonstration with other compassionate citizens in front of the establishment. Farm Sanctuary will provide materials.

For more information, contact campaign@farmsanctuary.org or call 607-583-2225, ext. 247.

Laurelee Blanchard is a Campaign Coordinator for Farm Sanctuary.

Hawaii Slaughterhouses Inhumane

by Cathy Goeggel
President, Animal Rights Hawaii

Many people are still beguiled into believing that because slaughterhouses are government inspected, the meat they eat is from animals who were killed humanely. In recent years that assumption has proved very wrong as both national and local undercover investigations of abattoirs, animal transport, and factory farms have shown the shocking truth of the cruelty of the institutionalized livestock industry.

In 1995 the State of Hawaii officially transferred inspection of all slaughterhouses to the federal government. There are 16 slaughterhouses here (3 on Oahu, 2 on Maui, 5 on Kauai, 4 on Hawaii, 1 on Lanai, and 1 on Molokai). Three of these plants, including ancillary activities (e.g., rendering), receive taxpayer support.

But what of small farms that slaughter their own animals? Are they humane?

Animal Rights Hawaii investigated several local piggeries on Oahu over the past 3 years and have discovered that several are illegally slaughtering and selling pigs. Pre-slaughter stunning is not used, facilities are filthy, garbage is strewn about, and knives and machetes are rusty and dirty. One farmer with whom we spoke takes only cash. We have reported these violations to the federal Dept. of Agriculture Food Safety Inspection Service (FSIS, the agency charged with enforcing both humane slaughter methods and sanitation), and we reported this to the State of Hawaii

Dept. of Health and to the Internal Revenue Service. We are not aware, however, of any remedial action that has been taken.

And then there are the garbage feeders... Hawaii has the largest number of garbage feeders in the US (only surpassed by the Commonwealth of Puerto Rico). The practice of feeding cooked garbage to pigs is illegal in many states, but in Hawaii it is very common. Restaurant and grocery store waste is picked up and cooked into swill to feed pigs destined for slaughter. Enforcement of the ban on this practice is shared by the state and the federal government, which translates, "It takes 3 times longer to access any information."



Wheel barrow full of intestines and other offal.

All garbage that contains or is thought to contain meat, meat by-products (meat-based gravies, milk products, blood, meat or bone meal, trimmings, etc.) is supposed to be cooked at 212 degrees F for 30 minutes minimum. Eco Feeds, a garbage processor, and its partner company J&J Livestock were cited for spilling animal waste onto public roads and violating the Clean Air and Water Acts



Unlined manure lagoon in Maili.

whilst processing garbage in 2001; fines reached over \$1 million. However, the State of Hawaii allowed Eco/J&J to negotiate the fine to one that is practically nil.

ARH investigators have observed piles of boxes of baked goods, moldy bread, rotten fruits and vegetables, and other unidentifiable food items left unrefrigerated and covered with insects and slime at a local piggery. This kind of food is not required by FSIS to be cooked.

We know that the deaths of farm animals are horrible; we are learning more and more about how sad their lives are as well.

Please share this information with friends who may still consume the flesh of murdered animals -- every person who becomes a vegetarian saves many lives! Even if compassion is not their compelling reason, logic should persuade them when they learn the dangerous practices employed by the livestock industry....think about it... BSE...brucellosis...foot and mouth... e-coli...salmonella...avian flu...swine flu...campylobacter, etc.

Animal Rights Hawaii

P.O. Box 10845
Honolulu, HI 96816
(808) 941-9476

AnimalRightsHawaii.org
info@AnimalRightsHawaii.org





Vegetarian Society of Hawaii

Calendar of Events: April - June 2004



HOWARD LYMAN

MAD COW DISEASE: WHAT YOU NEED TO KNOW

Sat., April 17, 7 p.m.

Honolulu Central
Seventh-Day Adventist
Church, 2313 Nuuanu Ave.

Learn about the risk of "Mad Cow" disease in America, the diet of mad cows, and the diet of a mad society - the plain truth from the cattle rancher who won't eat meat.

Howard Lyman has brought the issue of the dangers of eating beef to light like never before. A former cattle rancher-turned-vegetarian and food safety activist, in 1996 Lyman revealed to a national television audience how the cattle industry potentially exposed Americans to "Mad Cow" disease by feeding cows the remains of animals - including other cows. As a result of his remarks, Lyman was named a co-defendant with Oprah Winfrey in the infamous libel case brought by Texas cattlemen.

**It has just stopped
me cold from eat-
ing another burger.**

Oprah Winfrey

Mr. Lyman will also be speaking on Maui on Wednesday, April 14 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave. in Kahului.

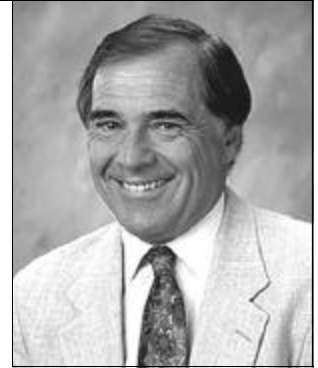
Co-sponsored by Down To Earth and Castle Medical Center.

PETER BURWASH

MAXIMIZE YOUR HEALTH THROUGH DIET AND EXERCISE

Wed., April 28, Noon

UH-Manoa, Kuykendall
Auditorium (#101)



Without good health we're not able or as motivated to do as much with our lives. This presentation will give you a practical understanding, in layperson's terms, of both nutrition and exercise.

You'll Find Out:

- Why so many people are dying of heart attacks at a young age
- Why the number of cancer patients continues to increase
- Why men and women put on weight differently
- Why the U.S. has more hospitals, doctors, and mental institutions per capita than any other country
- How to deal with stress through better nutrition and exercise

Peter Burwash is recognized as one of the top tennis coaches in the world. A Canadian and Davis Cup champion, he won 19 singles and doubles titles during his years on the tennis tour. He's the author of ten books, including *Total Health*, and is the founder and president of the world's largest tennis management company. A gifted and highly entertaining speaker, Peter has motivated audiences worldwide.

MICHAEL KLAPER, MD

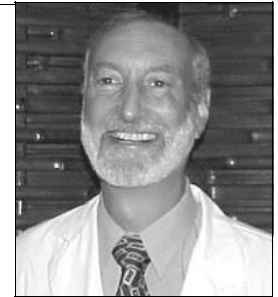
THINGS ABOUT VEGETARIAN NUTRITION THAT I DON'T BELIEVE ANYMORE

Wed., June 9, 7 p.m., Ala Wai Golf Course Clubhouse*

Knowledge of the optimal vegetarian diet continues to evolve. Vegetarian author Michael Klaper, MD will discuss the surprising results of his latest research on vegetarian nutrition. Discover the most up-to-date information on optimizing your health and preventing and reversing life-threatening disease. Simple yet vital knowledge for living a long and healthy life.

Dr. Klaper is a gifted teacher, humorous lecturer, and author of successful books and videos. He's contributed to the making of two PBS television productions, "Food for Thought," and the award winning, "Diet for a New America." He also hosts the popular radio program "Sounds of Healing." On Maui the program is broadcast on KAOI 1110 AM. On Kauai, KQNG 570 AM.

Dr. Klaper will also be speaking on Maui on Saturday, June 12 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave. in Kahului.



A new film, *Peaceable Kingdom*, will be featured at the VSH meetings in May. See page 12 for details.

*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.

Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan).....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan).....	\$12.95
Cooking with Natural Foods (Muriel Beltz).....	\$14.95
Deep Vegetarianism (Michael Allen Fox).....	\$19.95
Eco-Cuisine (Ron Pickarski).....	\$16.95
Fabulous Beans (Barb Bloomfield).....	\$9.95
Fat-Free & Easy (Jennifer Raymond).....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.).....	\$11.95
Intro. to Animal Rights: Your Child or the Dog (Francione).....	\$19.95
Luscious Low-Fat Desserts (Maria Oser).....	\$11.95
McDougall Quick & Easy Cookbook (Mary & John McDougall)	\$19.95
Most Noble Diet (George Eisman, R.D.).....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries).....	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan).....	\$14.95
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.).....	\$9.95
Race for Life (Ruth Heidrich, Ph.D.).....	\$14.95
Race for Life Cookbook (Ruth Heidrich, Ph.D.).....	\$9.95
Scientific Basis of Vegetarianism (William Harris, M.D.).....	\$15.95
Table for Two (Joanne Stepaniak).....	\$12.95
Uncheese Cookbook (Joanne Stepaniak).....	\$11.95
Vegan In Volume: Vegan Quantity Recipes for Every Occasion.....	\$19.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.).....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, RD)..	\$21.95

Miscellaneous

I Speak Vegetarian T-Shirt (Specify S M L XL).....	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size).....	\$15.62
Diet For All Reasons video (Michael Klaper, M.D.).....	\$22.00
Four Food Groups poster	\$6.00

VSH Membership Application & Bookstore

To order items from the bookstore, complete the form below, check "Books/Merchandise," circle the item(s) you wish to order, and mail this page with payment to VSH. Please add 20% to the total for shipping. Make check payable to *Vegetarian Society of Hawaii*.

Send order/application to:

Vegetarian Society of Hawaii
P.O. Box 23208
Honolulu, Hawaii 96823

Join or renew today!

Vegetarian Society of Hawaii Membership Application/Order Form

Please Print	<p>Yes, please enroll me as a member. My dues are enclosed (add \$4 per year for a foreign address):</p> <p>1 yr. 2 yrs. 3 yrs. 4 yrs. 5 yrs.</p> <p><u>Regular</u> <input type="checkbox"/>\$20 <input type="checkbox"/>\$38 <input type="checkbox"/>\$54 <input type="checkbox"/>\$68 <input type="checkbox"/>\$80</p> <p><u>Full-time student</u> <input type="checkbox"/>\$12 <input type="checkbox"/>\$24 <input type="checkbox"/>\$36 <input type="checkbox"/>\$48 <input type="checkbox"/>\$60</p> <p><u>Couple or Family</u> <input type="checkbox"/>\$30 <input type="checkbox"/>\$57 <input type="checkbox"/>\$81 <input type="checkbox"/>\$102 <input type="checkbox"/>\$120</p> <p><input type="checkbox"/>Life membership \$400 <input type="checkbox"/>\$_____ additional tax deductible donation</p> <p>Please check one: <input type="checkbox"/>Vegan (no animal products at all) <input type="checkbox"/>Vegetarian (no flesh, fish, or fowl) <input type="checkbox"/>Associate (not yet a vegetarian) <input type="checkbox"/>Books/Merchandise</p>
Name(s): _____	
Street: _____	
City, St., Zip: _____	
Home Phone: () _____	
Work Phone: () _____	
E-Mail: _____	
# _____ D _____ Ex _____	

**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.



Film to Debut at May VSH Meetings

New Film from the
Producers of *The Witness*

Peaceable Kingdom

Oahu - Wed., May 12, 7 p.m.
Ala Wai Golf Course Clubhouse
404 Kapahulu Ave., .2 miles behind
the Waikiki-Kapahulu Library.

Maui - Sat., May 8, 7 p.m.
Seventh-Day Adventist Church
261 S. Puunene Ave. in Kahului.

At a time when the public is more concerned than ever about the health and environmental problems associated with large-scale factory farming, *Peaceable Kingdom* explores another angle of this unfolding story: the interconnected life journeys of farm animals, former farmers, and animal rescuers struggling against an out of control industrial system.

Breaking generations of silence in the farm community, *Peaceable Kingdom* weaves together themes of respect, forgiveness, commitment, and healing, offering a vision of a more peaceful world that is well within our reach.

Source: tribeofheart.org

Annual Report

Prior to the start of the film VSH board members will present brief reports on VSH activities over the past year.

FILM REVIEW



Peaceable Kingdom

by Bill Harris, MD
VSH video production coordinator

Many VSH members have by now seen "The Witness," a documentary about Eddie Lama, a construction contractor from a tough Brooklyn neighborhood who feared and avoided animals for most of his life until a kitten opened his heart, inspiring him to rescue abandoned animals, become a vegetarian, and drive around in a TV truck showing jaded New Yorkers what actually happens to animals in the US.

Tribe of Heart has scored again, this time with "Peaceable Kingdom" (77 minutes 2004), which documents the heroic struggle of Gene and Laurie Bauston, founders of Farm Sanctuary (farmsanctuary.org). (Gene was the VSH speaker in June of last year.)

So, they rescue a small number of farm animals from the slaughterhouse while billions of others are being relentlessly killed. What's the big deal? The big deal is that by freeing the few (now thousands) and inviting kids and adult visitors into their sanctuaries in Watkins Glen, NY and Orland, CA, the Baustons have nudged thousands of people in the direction of vegetarian-

"I can't remember seeing a more powerful film that has moved me so deeply... The whole time I was watching, I was thinking, they need to show this film to as many people as they possibly can."

tribeofheart.org

ism.

It's hard to look a pig in the eye and then have bacon for breakfast. Who knows which of these profoundly moving documentaries will do more for humanity, but fortunately it's no longer necessary to choose. Both of them are now available in both DVD and VHS format for \$20 from tribeofheart.org.

The photography and editing are superb. Eddie, Laurie, and Gene are the kind of people who make one proud to be human.

Mayo Clinic Touts Vegetarian Diet

by Neal Pinckney, PhD
VSH Member

In their January 20th online newsletter the world famous Mayo Clinic featured an article entitled: *Vegetarian diet: A healthy alternative*.

The article gives a brief explanation of the different types of vegetarian diets and asserts their healthfulness. It includes a large graphic of a vegetarian food pyramid that is lacto-ovo. The Mayo Clinic newsletter reaches a large audience of health conscious people worldwide. Their positive inclusion of vegetarian diets should result in greater acceptance.

The URL is: <http://www.mayoclinic.com/invoke.cfm?id=HQ01596&si=2364>



concept is a discount coupon book from different markets and restaurants for fruit and vegetable items. Students will sell these coupon books, increasing their and their families' likelihood of consuming more fruits and vegetables and reducing consumption of the unhealthy foods.

For more information about the Hawaii 5-A-Day Coalition or the healthy school fundraiser project, call 586-4671, email at nutpa@mail.health.state.hi.us or visit www.hawaii5aday.com.

to obtain such a permission slip. Offering soy milk -- a nutritious, humane alternative to cow's milk -- to all school children would solve this problem for many who need or prefer non-dairy beverages.

Members of the dairy industry have vowed "to fight the soymilk encroachment head on." Soy milk supporters need to fight back with equal vigor.

What You Can Do:

Contact the following key legislators and urge them to allow soy milk to be a reimbursable school lunch and breakfast option when they reauthorize the Child Nutrition Act:

Senate Agriculture Committee:

Chairman Thad Cochran, 202-224-2035

Ranking Democrat Tom Harkin, 202-224-2035 (ask to speak with the Minority office)

House Education and the Work Force Chairman John Boehner, 202-225-4527

Ranking Democrat George Miller, 202-225-3725

Sell 5-A-Day to Reduce Obesity

by William Harris, MD
Hawaii 5-A-Day Committee

Hawaii school fundraisers of the past tended to raise money by selling not very healthful foods. Baked goods, candies, chips, cookies, hot dogs, jerky meats, and Portuguese sausage have been favorites (<http://www.fundraisingweb.org/usa/hawaii.htm>), but now that ~28% of Hawaii's kids are obese, the 5-A-Day Coalition of the Hawaii Department of Health (VSH is one of the 19 member organizations) is looking for a new approach. Only ~1/5th of the Hawaii population eats the recommended 5 servings of fruits and vegetables a day and that goes a long way toward explaining how they got fat in the first place.

How about collecting money for the football team by having the kids sell corn or watermelon? Well, right away there are big logistics problems. Unlike junk food, real food has a short shelf life. Furthermore, farm produce is seasonal and it tastes best when harvested ripe, so it may not be available when the fund raisers decide it's time to raise funds.

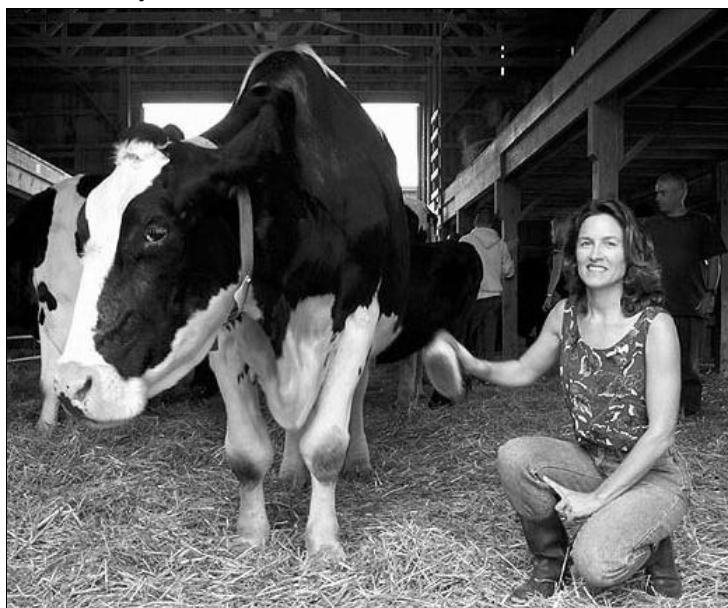
However, several local growers and supermarket chains have a financial interest in this idea. Their latest

Support Soy Milk in School Lunches

by Laurelee Blanchard
VSH Maui Coordinator

For years the U.S. government has subsidized school districts so that they can offer cow's milk to millions of economically-disadvantaged school children. As Congress addresses the Child Nutrition Act, which reauthorizes the National School Lunch and School Breakfast Programs, we have a great opportunity to call for soy milk to be included for those children who cannot drink cow's milk for religious, ethical, or health reasons.

Soy milk has only been provided to children who can produce a doctor's note explaining why they need non-dairy beverages. Yet children who are eligible for free or reduced-cost meals often lack routine access to a doctor, so they're unable



Farm Sanctuary Campaign Coordinator and VSH Maui Coordinator Laurelee Blanchard provides some TLC to Sammy, a rescued veal calf at Farm Sanctuary's Watkins Glen, N.Y. facility.

Restaurant Review

California Wok Chinese Cuisine

Ala Moana Center
1450 Ala Moana Blvd #1251
947-1332

by Helen Wells, MA
VSH Outreach Coordinator

At least two people had already phoned excitedly to report that, "There's a new Chinese restaurant at Ala Moana Shopping Center that has low-fat vegan food!" This was indeed good news, as Ala Moana Center has in the past been a bit of a disappointment for the vegan. A vegan can get a few items at California Kitchen, some takeout salads from Vim & Vigor, a couple of vegetarian sandwiches at Subway (not the one with the patty that has egg in it), and a few tofu or salad things here and there. (Yes, there is another Chinese restaurant at Ala Moana, but some of us can't stand to watch those lobsters taped up and floating in the tank by the door, a scene that destroys the appetite.)

So much for my whining. Now let me tell you the great things about the tiny but considerate new restaurant that my friends were describing: California Wok. First, it is convenient. It is located on the ocean side, ground/parking level next to the elevators and escalators that go on up to California Kitchen. It's on the Macy's end on the ground level outside. Another way to get there is to go toward the ocean through the food court, go left past the Complete Kitchen and the lobster tank restaurant, and go all the way to the

end of the shops. On the corner is California Wok. There are several outdoor tables there. It's a convenient quick stop kind of restaurant. You're shopping and need something hot and filling, something quick, so you go there and order steamed vegetables with brown rice. It's ready in about five minutes.

Second, the prices are good and the portions are large. Veggie items ranged from \$6.50 to \$8.95. One platter of food was enough for one very hungry person or two moderately hungry people. You may help yourself to sauces such as hot mustard (wow!) or sweet and sour sauce. Some of the items on the menu include Sautéed Mixed Vegetables (\$6.50), Sautéed Asparagus (the priciest item on the menu at \$8.95), Bean curd with Spinach (\$7.25), Bean curd with Mushrooms (\$7.25), and Spicy Dried String Beans (\$7.50). There are other vegetarian items in other parts of the menu such as under chow mein and fried rice.

Prices are good and portions are large.

Third, the cashiers and wait staff were very amenable about making sure that my order was vegan. I was able to get brown rice instead of white. I was able to have my order steamed vs. fried. Also, they said that upon request they will wash the cooking pot so that there is no meat residue. Also, the menu itself is amenable because it includes calories and fat grams in each item. The restaurant bills itself with "You never Imagined That Healthy Chinese Food

Could Be This Tasty! Healthy Cuisine for a Healthy Year! We use only the Finest and Freshest Ingredients to prepare all our delicious low fat and healthy dishes. Dine In, Take-Out, Free Delivery within 4 miles. 947-1332."

Don't get the "light white sauce" as it is made with chicken bullion and, of course, pass on the oyster sauce. But the manager, Dave, confirmed that the other sauces have no animal ingredients. He was also nice to inform me that vegetarians will want to pass on the few deep fried items sold there because the oil is also used to cook meat items. I thought that was very honest of him, as I had not asked about that and he volunteered the information.

Overall, however, you can't go wrong with getting your order steamed. This is the healthiest and the purist form of vegetarian food offered there. I order it every time. It's fast and inexpensive and I don't have to worry about it. I can add some hot mustard or other vegetarian sauces if I want. For a good quick bite, I recommend it.



Park Jae Oh, second from left, described the growing vegetarian movement in South Korea at the February VSH meetings in Honolulu and on Maui. He and four associates provided attendees with a variety of delicious, traditionally prepared Korean foods. Pictured from left are Kim Go Jung, Mr. Park, Park Keum Hyang, Hong Young Hui, and Kim Hui Doo.

Fitness Expo a Success

by Helen Wells, MA
VSH Outreach Coordinator

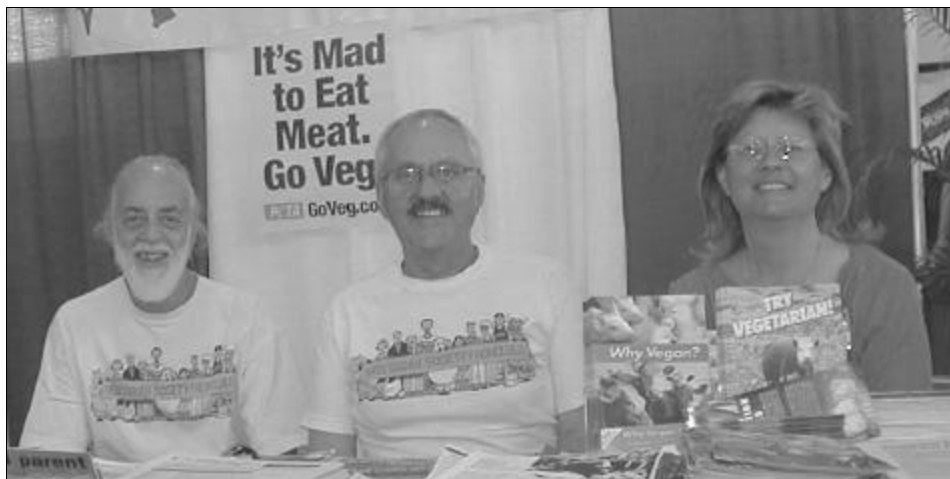
Our annual participation at The Great Aloha Run Family Fitness Expo in February was quite a success. We gave out a large quantity of free vegetarian reading materials (one of the most popular items was the colorful Vegan Outreach publication, "Try Vegetarian") and answered the many questions from the visitors to our table. We accepted new memberships and offered books for sale, too.

Thanks go to the volunteers who donated their time and energies to this event: Mary Arakaki, Dayle Bethel, David Bourgoin,

Anne Braswell, Patrick Connair, Dan Hodemaker, Andrea Lee, Diane Miller, Patrick Moore, Robert Moses, Joe Otto, Neal Pinckney, Melissa Rosenberger, Alida Rutchick, Karl Seff, Scott Snarr, Eva Uran, and Eva and Freeman Wright. Special thanks to Leila Ishiki for putting in hours of her time making photocopies and also to Patrick Moore who transported all the materials to and from the event in his van.

I am thankful for our volunteers and look forward to working with all of you and new volunteers in the future. I think we had an enjoyable -- indeed, downright fun -- time. We provided organic bananas, apples, and oranges for the volunteers. I had recently cleaned out many old vegetarian magazines from the VSH office, and we had a box of those (filled with recipes) available to the tabling staff and to visitors to the table.

VSH Outreach hopes to continue to do many tabling events in 2004.



Twenty VSH volunteers distributed veggie literature to thousands of Expo visitors at the Blaisdell Center in February. Pictured from left: Dr. Neal Pinkney and VSH board members Dr. Karl Seff and Helen Wells.

You can do your own tabling event, too. You may obtain from us a stack of materials to take to your favorite vegetarian-friendly restaurant, a place of worship, or a support group

I am thankful for our volunteers and look forward to working with all of you in the future.

that you might attend. This kind of volunteer work is important to VSH. I know that there are some health food stores even on Oahu that currently do not receive VSH flyers and materials regularly. If you could commit to keeping just one such place of your choosing supplied year-round, that would be a great help. Also, I can't explain it, but you will begin to feel attached to stocking up the veggie materials at that location and you will enjoy doing it. I always remember the first time someone told me that she had become a vegetarian because of a flyer I left at a bookstore on Young Street. That was a very powerful moment for me. Please call me at 955-9868 if you need some material, or talk to a board member at one of our meetings. We will discuss with you what you have in mind and make recommendations for what to put at that location. We have over 1600 members now. Imagine how many people

we could reach if even half that number committed to putting veg. materials at one location. Marvelous!

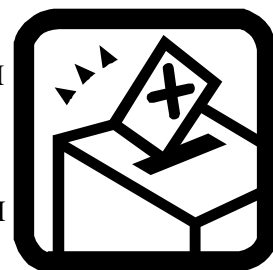
Nominations Accepted

The current VSH Board of Directors term ends on June 30, 2004. VSH members may send nominations for the new term by mailing names to VSH at P.O. Box 23208, Honolulu, HI 96823. Nominations must be postmarked by May 15, 2004 to be included on the ballot.

Board positions are president, vice president, treasurer, secretary, and four directors.

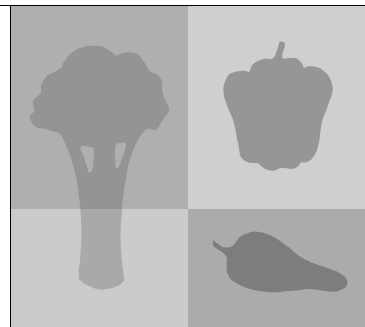
Ballots will be mailed to vegetarian members on or about June 1, 2004 and must be returned to VSH with a postmark no later than June 15, 2004 to be counted. The new board will take office on July 1, 2004.

Thank you for participating in this process.



On the Menu...

Recipes from our members



Eat to Live

by Mary Arakaki, R.D.

Many of you benefited by attending Dr. Joel Fuhrman's lecture this past February entitled the "The Greatest Diet on Earth." In Dr. Fuhrman's book, *Eat to Live*, he lays out a simple six-week plan that will help you lose your appetite for unhealthy, over-processed foods, foods that account for America having the second highest incidence of cancer and heart disease in the world. Vegetarians are not immune to falling into the trap of overdoing the convenience foods. If you are still struggling with a few extra pounds or you know that your nutrition is not optimal, maybe you need to take a look at this plan and give it a try.

Here's the plan in a nutshell:

Eat to Live – The Six-Week Plan

Unlimited

Eat as much as you want of:

All raw vegetables, including raw carrots (goal: 1 lb. daily)

Cooked green vegetables (goal: 1 lb. daily)

Beans, legumes, bean sprouts, and tofu (1 cup daily)

Fresh fruit (at least 4 daily)

Eggplant, mushrooms, peppers, onions, tomatoes

Limited

Not more than (1 cup) per day

Cooked starchy vegetables or whole grains (butternut or acorn squash, corn, potatoes, rice, cooked carrots, sweet potatoes, breads, cereals)

Raw nuts and seeds (1 oz. max per day)

Avocado (2 oz. max per day)

Ground flaxseed (1 Tablespoon per day)

Off Limits:

Dairy products

All other animal products

Between-meal snacks

Fruit juice, Dried fruit

The book includes more detailed information on the meal plan and slight modifications for those with diabetes. There are menu plans, shopping lists, and recipes. In addition, the book covers information on the effects of the American diet, phytochemicals, diet-related disease, and fad diets.

Dr. Fuhrman's Famous Anti-Cancer Soup

Serves 10

This soup is a little more labor intensive, so Dr. Fuhrman recommends making a huge batch and saving it. You will need a Vita-Mix, blender, or food processor, as well as a juicer. You can freeze the soup in individual serving sizes for a quick, healthy meal when you are pressed for time.

1 cup dried split peas and/or beans

4 medium onions

6-10 zucchini

3 stalks leek

5 lbs carrots

2 bunches celery

1 cup raw cashews

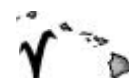
2 Tbsp dried vegetable soup mix

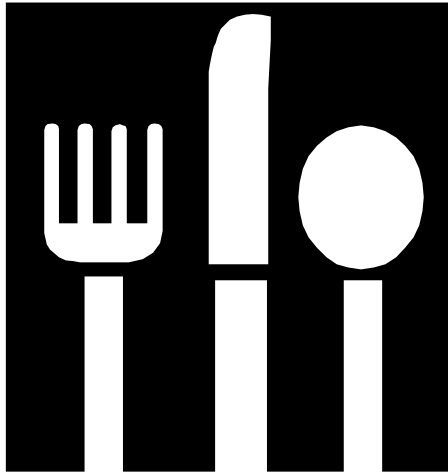
1 package mushrooms, any type, optional

6 oz. TVP (textured vegetable protein), optional

Place the beans and 4 cups of water in a very large pot and start cooking them, covered, on the lowest flame possible. Take the outer skins off the onions and place them in the covered pot. Do not cut them up — put them in whole. Add the zucchini, uncut. Cut the bottom roots of the leeks and slice them up the side so each leaf can be thoroughly washed, because leeks have lots of dirt hidden inside. Throw away the last inch at the green top. Then place the entire leek (leaves uncut) into the pot. Juice the carrots and celery in a juice extractor. Add the juice to the pot. While the soup is simmering, chop up the mushrooms (if desired). By the time you get to this stage, the zucchini, leeks, and onions should be soft.

Ladle some of the liquid from the pot into the blender, Vita-Mix, or food processor. Use tongs to remove the soft onions, zucchini, and leeks. Be careful to leave the beans in the bottom of the pot. In a few separate batches, completely blend together the onions, zucchini, and leeks. Add more soup liquid and the cashews to the mixture, and blend in. Return the blended, creamy mix back to the pot. Add the TVP and mushrooms, if desired. Simmer another 20 minutes and you have soup that is famous the world over. Dr. Fuhrman writes, "I know a doctor who makes and freezes my soup and sells it to his patients to cure everything from sinusitis to cancer. It's not really a cure, but it sure does taste great."





VSH Dine Outs

Gourmet Dinner

Place: India Café
2851-1 Kihei Place (off Kapa-
hulu across from KC Drive
Inn), 737-4600

Date: Tuesday, May 25
Time: 7:00 p.m.
Cost: \$10-12 plus tip
Dress: Casual

No reservations needed. Please try to be on time. We will order from the menu individually. It's spicy Indian food, but you can request mild. Big selection. One of Helen Wells' top five favorite local restaurants.

Snarf 'N' Go Lunch

Place: Marie's Organic Café (&
Health Foods)
On Beachwalk off Kalakaua
behind Planet Hollywood in
Waikiki, 926-3900

Date: Saturday, June 5
Time: Noon to 1 p.m.
Cost: \$5-8 plus tip
Dress: Casual

No reservations needed. Most of the seating is outdoors, café style. Choose from vegan curry or two kinds of (huge) vegan wraps. The café also

sells juices and can make very good smoothies without cow's milk. The manager is a VSH member and he is very happy that we are coming there for this dine out. After we eat, those interested might want to walk around Waikiki or the beach. This should be a really nice, pleasant time.

Reminder: Please order only vegetarian or vegan foods.



"Eat A Rainbow" was the theme of a cooking demonstration presented by VSH board secretary Mary Arakaki, RD at Castle Medical Center in March. Mary is a dietician in the Wellness Center at Castle.

TV GUIDE

The "Vegetarian" TV series airs VSH meetings on Thursdays at 6 p.m. on Olelo Channel 52. The schedule is available on the VSH.org website or by e-mail. To subscribe, send a message to:
VSH-News-Group-Subscribe
@yahoo.groups.com.



T-shirt available from
VeganEssentials.com or
phone: 866-88-VEGAN



Belly dancer "Renee" put the moves on Dustin Tang-Chung at the VSH dine out at The Pyramids restaurant on Kapahulu.

Earth Day at UH-Manoa

2004 Celebration to Feature Dedication of New Sustainability Courtyard and Other Festivities

by Linda Day, VSH member and UH-Manoa Office of Sustainability Communications Coordinator

The University of Hawaii at Manoa (UHM) will celebrate Earth Day 2004 on Thursday, April 22, at its new Sustainability Courtyard with a full day of festivities beginning at 10 a.m. that will include music, dance, health-

ful food, community empowerment activities, and a ceremony to dedicate the Courtyard.

On the agenda are creative arts performances such as "slam" poetry, drumming, didgeridoo, hula and capoeira, hands-on projects to plant gardens and install permeable ground surfaces, action-oriented discussion groups on sustainability-related topics, and prepared dishes and raw produce on sale by local restaurants and organic farmers.

A dedication ceremony at noon will officially open the Courtyard, which is located in the area bordered

by Kuykendall, HIG, MSB, Sakamaki, POST, and Holmes Halls. The Courtyard's development is a response to the Manoa campus community's request for a vibrant, open-air gathering place with attractive landscaping, delicious and nutritious food, and a stimulating atmosphere. To date, lush garden areas, tables and benches of recycled plastic, and the Ono Pono Café, which offers tasty and healthful organic, locally grown, vegetarian cuisine, have been added to the Courtyard.

The response to these and future additions has been overwhelmingly positive. The UH Office of Sustainability, which had its inception as a Hawaii Sea Grant initiative and is coordinating the development of the Courtyard, has received more than a hundred "Comments Cards" in the past month that enthusiastically approve of the changes and offer suggestions for further development.

Sustainability means using resources to meet our present needs without jeopardizing the ability of future generations to meet their needs. For example, it means being careful with our fresh water supply now, so there will be a sufficient supply later.

Future plans for the Courtyard include recycling and solar power pilot projects, a secure bicycle "hub" with more functional bike racks, and regular cultural events such as literary readings and discussions, art ex-

hibits, and musical and dance performances. More volunteers are signing on daily to help coordinate and implement these projects.

The development of the Courtyard is being funded primarily by the UHM Office of the Chancellor with additional support from Hawaii Sea Grant and the Associated Students of the

University of Hawaii (ASUH). The UHM Landscaping Section and other offices have pro-

vided major input and assistance with the project along with hundreds of campus and community volunteers.

If you would like to participate in April's Earth Day celebration in the Sustainability Courtyard or volunteer to help with its development and maintenance, contact Bruce Miller, Director of the UH Office of Sustainability, at 956-8645 or bmiller@hawaii.edu, or log on to www.sustainable-uh.hawaii.edu after April 8.

Any of You Drink Water?

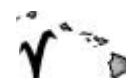
Well, has VSH got a deal for you! Menehune Water Company, the largest locally owned and operated producer of purified bottled water in Hawaii, is happy to offer reduced monthly water cooler rental rates and discounted 5-gallon purified water bottle pricing to VSH members as listed below:



	Regular Price	VSH
Water (5 gallon bottle)	\$6.50	\$5.50
Coolers		
Cold Only	\$7.50	\$5.50
Cool & Cold (room temp & cold)	\$10.35	\$7.50
Hot & Cold	\$15.50	\$12.50

In addition, all new customers who are VSH members will receive the first 2 bottles free upon sign-up, thus reducing initial start-up costs.

Menehune Water also delivers twice monthly at no charge. Call Chuck Denny at 226-6832.



Pigs Peace Sanctuary

A Safe Haven of Love for Pigs and their Friends

PigsPeace.org



Pigs Peace Sanctuary

by Wayne Johnson, PhD
VSH member

I have recently arrived in the Islands from Washington State. Amidst the terrible dairy farms, slaughterhouses, and industrial factory farms, Washington has some terrific sanctuaries for farm animals. My favorite is Pigs Peace Sanctuary in Stanwood, Washington, one hour north of Seattle (PigsPeace.org).

Pigs Peace was founded by Judy Woods in 1994 after she researched the problem of the fad pet, the miniature pig. The sanctuary has evolved into a nonprofit organization dedicated to providing a safe home for unwanted, abused, or neglected pot bellied pigs and other animals in need, including chickens, dogs, cats, horses, llamas, and turkeys.

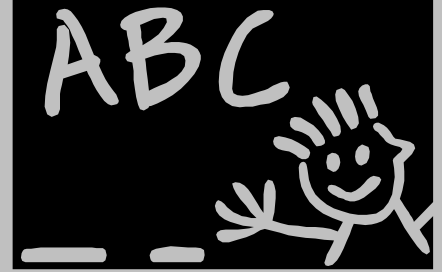
Judy does a sensational job of educating visitors, be they school children or adults, about the realities of industrial factory farming. She has an entire center devoted to literature, videos, and

pictures of life on a real farm.

Her new site in Stanwood is a work in progress. During my last visit there in August of 2003 the barns, corals, and other shelters were up and running, and the animals seemed extremely content. It is an amazing experience to see pigs rescued from auctions mingle with pot bellied guys, chickens, turkeys, horses, and some truly wonderful dogs. Above it all, at the top of the barn, sit several feral cats watching over the other creatures.

Judy depends on a core of volunteers to get the sanctuary in shape and to keep it running smoothly. Visitors are welcome every Sunday afternoon. They are encouraged to bring cantaloupes, pumpkins, fruits, and veggies of all kinds. The feeding of the pigs on Sunday is a tradition that is both raucous and fun. I have seen kids react to it with pure awe and joy.

Pigs Peace does not get free veterinary care, and as more and more animals come through, the need for donations grows. If you ever get to the great Northwest, I recommend it. The high is as great as going up the Space Needle.



What's Cooking?

This quarter's cooking classes:

Kapi'olani Women's Center

1907 S. Beretania St.

Sat., May 22, 10 a.m. to noon
"Fun with Fruits"

Fresh, baked, and dried fruits are on the plate for this class.

Vegan classes are held monthly.

For registration, fee information, and other details "Call-a-Nurse" at 535-7000 or visit kapiolani.org.

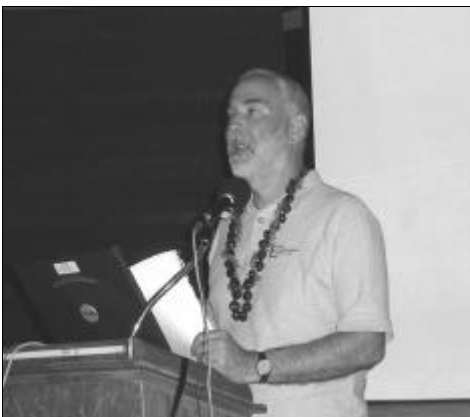
Castle Medical Center

Pali Hwy. at Ulukahiki St., Kailua

Vegan classes are held monthly.

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

All classes are vegan.



Jim Motavalli, editor of E - The Environmental Magazine, was the VSH guest speaker in January.

(Ask Dr. Bill *from page 3*)

all the essential ones are made by plants and microorganisms, not animals).

However, whether aluminum or tofu or both do or don't contribute to Alzheimer's, raw soy, like most other beans, is almost indigestible and it contains goitrogens and trypsin inhibitors. While the USDA reports soy protein isolate as 100% protein, the soybean itself is only 35% of Calories from protein, lower than many raw leafy green

vegetables (mustard greens 41%, broccoli and kale 43%, spinach 52%). The RDA for protein is only 10%. The accompanying chart shows that vegetables are a better all-around nutritional bet than many foods commonly thought of as good protein sources.

Raw nuts and seeds are also good protein sources and no adverse effects have been reported in the literature, unlike soy, which is now at the center of a storm of controversy. If you like soy products, go ahead and eat them, but don't do it thinking it's the only way to get enough protein.


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1 cup of leafy greens + 1/2 cup of raw or cooked vegetables + 1 piece of fruit + 1/2 cup of cut fruit + 3/4 cup 100% juice = 5 servings for health

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