



# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 16, ISSUE 4, OCT – DEC 2005

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## Public Lectures\*

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**CONSTRUCTING THE  
OPTIMAL DIET"**

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Ala Moana Beach Park

**MILTON MILLS, M.D.**

**"ARE HUMANS DESIGNED  
TO EAT MEAT?"**

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Ala Moana Beach Park

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**"PROOF POSITIVE:  
NUTRITION & MENTAL  
PERFORMANCE"**

Sat., Dec. 10, 7 p.m.

McCoy Pavilion,

Ala Moana Beach Park

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

# Thanksgiving Eve Dinner 2005

## Compassionate holiday tradition continues

by Karl Seff, Ph.D.

VSH Board member

We are once again approaching that magical time of year filled with bright city lights, festive parties, family and friends, ballets and the symphony, decadent food, and of course, the Vegetarian Society's annual Thanksgiving Eve Dinner. Our hosts for this wonderful holiday celebration are, again this year, our friends at Govinda's Restaurant.

This event is well known for bringing together the diverse arms of the vegetarian community, including animal rights activists, environmentalists, health vegetarians, ethical vegetarians, and people of various religious groups. We are the Honolulu vegetarian family.

Vegans, vegetarians, their friends and families, and anyone else interested in a healthy holiday meal are welcome. The cooks at Govinda's never disappoint, and, with their family-style table arrangements, you are likely to make some new friends.

As always, the buffet meal will be cruelty-free, healthy, low-fat, and vegan.

The cost is only \$13 for adults and \$9 for children under 12, the same as last year. Seatings will be at 5 and 7 p.m. on Wednesday, November 23<sup>rd</sup>. Govinda's is located in the Hare Krishna Temple at 51 Coelho Way off the Honolulu-bound side of the Pali Highway, just before the Nuuanu Ave. exit.

Please call Teja at 595-5301 for reservations. If you get a recording, just leave your name, phone number, the number of people in your party, and the seating time you prefer on the recorded message line. Any questions about the meal should be directed to the friendly folks at Govinda's.

We hope to see you there!

## Menu

Green Salad

Tofu Turkey

Faux Ham

Mashed Potatoes

Stuffing

Fresh Cranberry Sauce

Baked Yams

Green Beans Almandine

Dinner Rolls

Fresh Pumpkin Pie

Baked Apples

Herbal Tea

Call 595-5301



# PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.



## The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii  
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Visit our website for restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Mahalo to all our volunteers.

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

Greetings. We begin this quarter by expressing our condolences and best wishes to the victims and survivors of the recent Hurricane Katrina. If you would like to help relieve some of their suffering with a donation as many have from around the world, we suggest that you contact the American Red Cross, the Salvation Army, or Oxfam America, among others.

I have been asked to remind our members about the "rules" for use of the VSH membership card when it is used to obtain discounts from local merchants. While the vast majority of us are aware of these, some may need a reminder. Basically, actually, VSH does *not* establish rules; it is the merchant, who voluntarily, in a spirit of good will and community service, determines under what circumstances the discount will be given. If a merchant informs you of a particular requirement, please cooperate cheerfully. It is important that we be aware that the discounts we have enjoyed over the years are not guaranteed and are not an entitlement of membership — they are given at the discretion of the merchant, who sets the rules and who may rescind the privilege from an individual member or from our membership as a whole. Mahalo for helping to protect one of our important member benefits.

On a happier note I am delighted to tell you that VSH now has a sister organization in St. George, Utah. Thanks to the great and tireless work being done by our founders Elaine French and Jerry Smith at their vegan deli there (more



Vegetarian Society of Utah members, back row from left: Jerry Smith, Robin Wall (Treasurer), Wes Craig (President), Joe Cowdell; front row: Kristi Jackson (Member), Elaine French, Stephanie Bay (Secretary) April Ashcroft (Vice President), Patricia Butts

on that in a future newsletter issue), Dr. Wes Craig, a regular customer at the Health Deli, was inspired not only to adopt the vegan diet, but also to found the Vegetarian Society of Utah (VSU). We were asked to provide ideas and materials for setting up the organization, and we have done this. Already Wes has a board of directors,

and activities have been planned for the fourth quarter of this year. Membership applications are coming in, and the first newsletter has been printed. Their fledgling website may be found at vsutah.org. Please welcome Wes and VSU to our vegetarian family.

*Alida*



# Atkins bankrupt

by William Harris, MD  
VSH founding Board member  
[www.vegsource.com/harris/](http://www.vegsource.com/harris/)



Robert C. Atkins, M.D. (1930 - 2003) founded Atkins Nutritionals, Inc. in 1989 to “promote good health by changing the way the world eats and to help people enjoy healthier lives.” In spite of an explosion of Atkins logos in national and local grocery stores, on July 31, 2005 the company filed for bankruptcy, owing \$300 million in outstanding principal and interest. It reached an agreement with the majority of its lenders to give them equity in exchange for lowered debt.

A 1951 graduate of the University of Michigan, Dr. Atkins received his medical degree from Cornell University Medical School in 1955. An apparent disciple of Willie Sutton, he subsequently went straight to the bank without doing any scientific studies, finding a publisher (Bantam Books) for Dr. Atkins’ Diet Revolution (1972) that introduced the Atkins Nutritional Approach.

Dr. Atkins’ New Diet Revolution (1992, 1999) has sold in excess of 10 million copies worldwide, is one of the top 50 best-selling books of all time, has remained on The New York Times bestseller list for five years, and made Atkins a millionaire. It also generated a storm of disapproval:

The Chair of Harvard’s nutrition department stated before a 1973 U.S. Senate Select Committee investigating fad diets: “The Atkins Diet is nonsense... Any book that recommends unlimited amounts of meat, butter, and eggs, as this one does, is

dangerous. The author who makes the suggestion is guilty of malpractice.”

The American College of Nutrition said, “Of all the bizarre diets that have been proposed in the past 50 years, this is the most dangerous to the public if followed for any length of time.”

The American Medical Association’s Council on Food and Nutrition formally published an official condemnation of the Atkins Diet: “... the diet as recommended poses a serious threat to health.”

Atkins, not without a sense of

“...[T]he Atkins diet is so remarkably heart-healthy.”  
—*Dr. Atkins’ New Diet Revolution*

“All the lab tests clearly showed that I didn’t have blockages.”  
—Robert Atkins

“Of course, Atkins did have blockage. In 2001, his coronary arteries were perhaps 30 to 40 percent blocked, according to Patrick Fratellone, his cardiologist and employee.”  
—*New York Magazine*, March 15, 2004

humor, dismissed such criticism as “dietitian talk” and added, “My English Sheepdog will figure out nutrition before the dieticians do.”

However, the criticisms continued: “People need to wake up to the reality,” former U.S. Surgeon General C. Everett Koop wrote, that the Atkins Diet is “unhealthy and can be dangerous.”

The American Dietetic Association elaborated: “The Atkins Diet and its ilk — any eating regimen that encourages gorging on bacon, cream,

and butter while shunning apples, all in the name of weight loss, is a dietitian’s nightmare.”

In 2003 the Journal of the American College of Nutrition concluded: “When properly evaluated, the theories and arguments of popular low carbohydrate diet books...rely on poorly controlled, non-peer-reviewed studies, anecdotes, and non-science rhetoric. This review illustrates the complexity of nutrition misinformation perpetrated by some popular press diet books. A closer look at the science behind the claims made for [these books] reveals nothing more than a modern twist on an antique food fad.”

The “antique fad” was that of an English undertaker and coffin maker by the name of William Banting who wrote a book in 1864 called *Letter on Corpulence*. Based on what we know now about these diets, Banting’s book may very well have added to his undertaking business.

But did we in the vegetarian movement put Atkins on the road to fame with our high-carbohydrate low-fat mantra?

VSH started off in 1990 recommending a 10/10/80 ratio of Calories from fat/protein/carbohydrate. While that may work well for some, it doesn’t work for people who find themselves hungry and gaining weight, because carbohydrate, in common parlance, means to most people

See **Bankrupt** on page 19)

# ANIMAL RIGHTS CORNER



Help save animals from the devastation of Hurricane Katrina. Please make an emergency donation today at [FarmSanctuary.org](http://FarmSanctuary.org), call 607-583-2225, ext. 221, or mail a check to Farm Sanctuary, PO Box 150, Watkins Glen, NY 14891.

## Big corporations slaughter family farmer

by Laurelee Blanchard  
Maui Meeting Planner

Until the mid-1980s pigs were raised by small farmers. Then large corporations stepped in and started vertically integrating the industry and controlling most or all of the process from breeding to slaughtering. The percentage of family-owned pig farm operations plummeted from 33% seven years ago to just 1%



Pigs are very clean animals who take to the mud primarily to cool off and evade flies. They are more intelligent than dogs and are friendly and gregarious.

in 2005. Hog companies are able to get around laws against corporate ownership of farmland by hiring farmers to raise their pigs. The companies own the animals, while the farmers, as servants of the huge corporation, raise the pigs on their own premises.

Such concentration of pig farming in the hands of a few large companies comes with a host of potential animal welfare, environmental, and

**“The welfare of the animal loses out to the financial interest of the corporation.”**

sustainability problems. As factory farms confine greater numbers of animals, the toll of such industrial practices weighs heavily on the environment, depleting resources and contaminating

habitat. Toxins, gasses, and uncontrollable amounts of manure from these facilities pollute the soil, water, and air, causing environmental degradation and deteriorating public health. The welfare of the animal loses out to the interest of factory farmers, who can make larger profits by intensively confining animals and breeding them for rapid growth without regard for their suffering.

One way for consumers to end this tragedy is by substituting pork products with healthy plant-based vegetarian foods. Any reduction in the amount of animal products consumed will help life on Earth.



## Vegetarian dogs and cats?

by Sabina De Giacomo, D.V.M.  
VSH member and President of the Animal Care Foundation

While we choose a vegan or vegetarian lifestyle for ourselves, many of us still feed the family cats and dogs dead animal-based diets, which, interestingly enough, are frequently even more unhealthy than the standard animal-based hu-

**“The “pet” food industry consistently lobbies for an increase in ingredients such as fur, feet, and feathers.”**

man diets. Animal foods, especially pet grade foods, include not only hormone-saturated, antibiotic-laden meats, but also the dead, diseased, rotting portions of slaughtered animals that are labeled unfit for human consumption. Add in murdered shelter animals, the chemicals that killed them, and the flea and tick collars they might have been wearing at the time. Then add in the high levels of

*(Continued on page 5)*

(Continued from page 4)

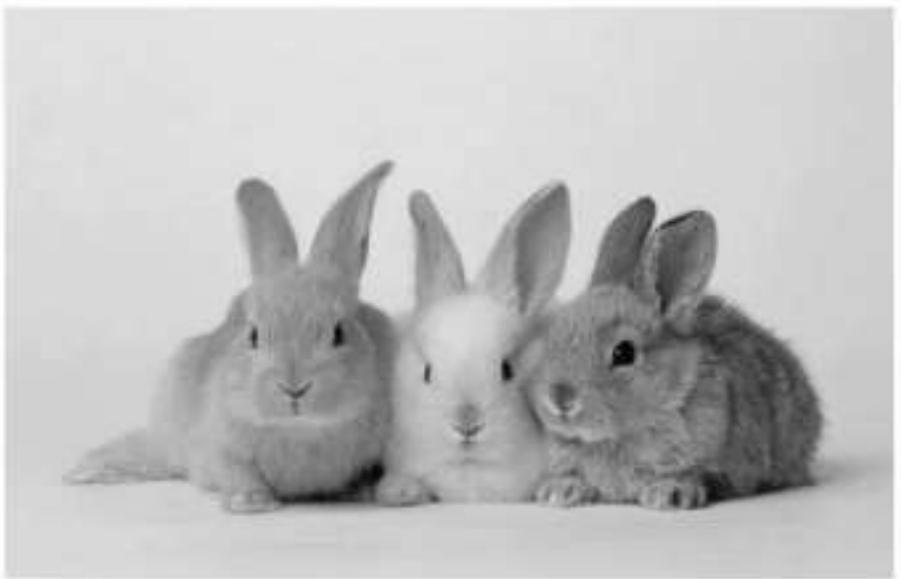
heavy metal poisons from ocean fish remnants and you have a recipe for ill health. Further, when you realize that the “pet” food industry consistently lobbies for items such as fur, feet, and feathers to be included in the “protein” category, you have to wonder what part of that bowl of kibble or canned “food” is really food.

From a veterinarian’s perspective it comes as no surprise that our animal companions are suffering exponentially more from chronic diseases in recent years. Dogs and cats just aren’t as healthy since the advent of mass-produced, cheap, dead animal-based dog and cat foods.

With the advent of nutritionally sound vegan dog and cat foods there is no longer any justifiable reason to feed animal-based foods to our family companions. And, whether you cook or not, there is something available for your cat or dog that is healthy and complete and doesn’t negatively impact the *non-companion* species and the environment. The more you as a consumer demand these products, the more readily available and affordable they will become. So it’s time to do your part as a responsible animal guardian and community member. Buy vegan dog and cat foods. On Oahu, Down To Earth Natural Foods and Animal CARE Foundation carry several brands of these foods. Online, these sites are a good start: [www.VegePets.info](http://www.VegePets.info) and [www.VeganCats.com](http://www.VeganCats.com).

Why not start today? Every day you wait kills animals, hurts the environment, and poisons your own family dog or cat.

*Dr. Sabina De Giacomo is President and Chief Veterinarian of Animal Care Foundation, a non-profit organization dedicated to animal rights and rescue. The foundation clinic in Hawaii Kai offers low-cost spay/neuter surgery, veterinary care, and vegan dog and cat products. 6650 Hawaii Kai Drive, Suite 105, 808-396-3333. [www.AnimalCareFoundation.org](http://www.AnimalCareFoundation.org)*



**Please help these chickens**

## Rabbits renamed “poultry” by the USDA

You may think you’re looking at rabbits. But according to the United States Department of Agriculture (USDA), you’re looking at chickens. And chickens, says the USDA, are not really animals.

USDA officials have a well-established pattern of playing word games to avoid compliance with federal laws. And they’re at it again. This time they’re doing it to avoid enforcing the federal Humane Slaughter Act, the law that requires animals to be rendered unconscious before they’re butchered.

Species that the USDA deems to be “poultry,” including the nine billion chickens and turkeys slaughtered each year, are excluded from the 1958 Humane Methods of Slaughter Act. **Amazingly, the USDA has arbitrarily decided to classify rabbits as “poultry.”**

## What Can I Do?

Please contact the USDA today and voice your dismay at this new classification of rabbits. While expressing your concern about rabbits, please urge the USDA to include *all* farmed animals, including chickens, turkeys, and ducks, under the Humane Methods of Slaughter Act.

Write to:

Mike Johanns, Secretary of Agriculture  
U.S. Department of Agriculture  
1400 Independence Ave. SW  
Room 200-A  
Washington, DC 20250  
Phone: 202-720-3631  
Fax: 202-720-2166  
E-mail: [agsec@usda.gov](mailto:agsec@usda.gov)

The photo above was included in a full-page ad placed in the July 28<sup>th</sup> edition of The New York Times. The ad was sponsored by The Humane Farming Association, Animal Rights International, and the Animal Welfare Institute. For more information, see the full ad as a PDF file (60k) at: <http://www.hfa.org/about/rabbits.pdf>.

# Un-American about animals

by Peter Singer

What country has the most advanced animal protection legislation in the world? If you guessed the United States, go to the bottom of the class. The United States lags far behind all 25 nations of the European Union and most other developed nations as well, such as Switzerland, Australia, New Zealand, and Canada. To gauge just how far behind the United States is, consider these three facts:

- Around 10 billion farm animals are killed every year by U.S. meat, egg, and dairy industries; the estimated number of animals killed for research every year is 20 to 30 million, a mere 0.3% of that number.
- In the United States there is no federal law governing the welfare of animals on the farm. Federal law begins only at the slaughterhouse.
- Most states with major animal industries have written into their anti-cruelty laws exemptions for “common farming practices.” If something is a common farming practice, it is, according to these states, not cruel, and you can’t prosecute anyone for engaging in it.

Together these last two points mean that any common farming practice is legal. If factory farm lobbyists tell you that there is no problem in the United States because unhappy animals would not be productive, ask them how it can be good for a hen to be kept with four or five other hens in a cage so small she couldn’t stretch her wings even if she had the whole cage to herself.

To measure how far ahead other countries are, we can first look at British animal protection legislation. British law makes it illegal to keep breed-

ing sows in crates that prevent them from walking or turning around — the way in which about four out of every five U.S. sows are kept. In Britain, law does not allow denial of adequate roughage and iron to veal calves, a common practice in the United States that results in the gourmet veal often served in restaurants.

Nevertheless, it is not Britain but Austria that has the most advanced animal protection legislation. In May 2004, a proposed law banning the chicken “battery cage” was put to a vote in the Austrian Parliament. It passed without a single member of Parliament opposing it. Austria has banned fur farming and prohibited the use of wild animals in circuses. It has also made it illegal to trade in living cats and dogs in stores and deems killing an animal for no good reason a criminal offense. Most important, every Austrian province must appoint an “animal lawyer” who can initiate court procedures on behalf of animals.

Why are Europeans so far ahead of Americans in protecting animal welfare? I doubt that it is because Americans are more tolerant of cruelty. In 2002, when the citizens of Florida were given a chance to vote on whether sows should be confined for months without ever having room to turn around, they voted by a clear majority to ban sow crates. Most Americans, though, have never had the chance to cast that vote. The animal movement in the United States has not succeeded in turning animal rights into electoral issues about which voters seek their candidates’ views.

As a result, the American animal movement has shifted toward targeting corporations rather than the legisla-

tures. For example, in 2001 the organization Viva! launched a campaign accusing Whole Foods of selling inhumanely raised duck meat. Whole Foods responded by exploring the issue and setting new companywide standards

for raising ducks.

Other sets of standards will follow. By 2008 Whole Foods plans to have in place a set of standards for all the species of farm animals it sells. By addressing an individual corporation, animal rights activ-

ists are hoping that other retailers will follow suit and that this pressure will influence legislation changes in the United States.

Judged by the standards of other developed countries, over recent decades the United States has done little to improve the protection of the vast majority of animals. We should direct our energies to reducing the suffering of farm animals and put pressure on our corporations and our legislatures, both state and federal, to bring the United States at least up to the standards of the European Union in our treatment of animals.

*Peter Singer’s most recent book is In Defense of Animals: The Second Wave.*

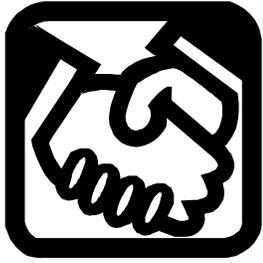
*This article first appeared in the August 20, 2005 issue of The Boston Globe. It is reprinted with the permission of the author.*

*Peter Singer, Ph.D. is the Ira W. DeCamp*



*Professor of Bioethics at the University Center of Human Values at Princeton University. In September 2001 Professor Singer was the guest speaker at VSH meetings on Oahu and Maui.*

“Why are Europeans so far ahead of Americans in protecting animal welfare?”



# MEET OUR MEMBERS

## MARIS ABLESON



**M**aris Abelson grew up in Greenwich Village, New York City. She was raised Jewish, Buddhist, Catholic, Wiccan, and Atheist. She danced as a student and professionally for 14 years. When she was a child, her parents, professors of philosophy, took her to protests in Washington, DC that called for the end to U.S. intervention in El Salvador. She has fond memories of those demonstrations - getting up before the sun, the bus rides with interesting, new people, the colorful costumes and banners, and *how nice everyone was!*

When she was 19, some rabbits approached her in the woods of Upstate New York. It was hunting season, and she was so touched by their vulnerability that she decided never to eat meat again.

At 21 she was the youngest participant in nutritionist Gary Null's first "Reverse the Aging Process" study group, which involved cutting out sugar, caffeine, dairy, and meat, and, instead, juicing organic dark green vegetables four to six times a day, getting regular exercise, and ingesting cleansing herbs. Maris reports that she went from feeling 80 years old (too much college partying) to feeling 14 and that her allergies went away.

She became an activist in college when City University of New York students went on a hunger strike to protest budget cuts and tuition hikes. It was then that she discovered that changing the world could be fun. She and a fellow student started a public access TV show that documented physical abuses of students by police at protests and secret surveillance and blacklists of politically active students.

For many years she was also a volunteer assistant to students' rights lawyer Ron McGuire.

Maris has been working on the issue of genetically modified foods for nine years. One of her battles in New York was to get rBGH (recombinant Bovine Growth Hormone) out of the



VSH member Maris Abelson moved to Hawaii from New York to continue her anti-GMO activism — and to paraglide.

public school milk. A highlight of the campaign was a spontaneous milk dump by students of one Brooklyn school.

Maris was a member of the coordinating council of Green Party U.S.A. and traveled to Europe as a U.S. delegate to the European Federation of Green Parties' Fourth Congress in 1999. She worked with the No-Spray Coalition when helicopters sprayed the controversial insecticide Malathion on public parks and on parents and children in playgrounds after the first outbreak of West Nile Virus hit New York City.

She moved to Hawaii to learn to paraglide (which she does with her fiancé, who was her instructor) and, especially, because *Hawaii has more*

*permitted field trial sites for experimental genetically engineered crops than any other place in the world.*

She is a founding member of GMO-Free Oahu and GMO-Free Hawaii and is working on campaigns to stop the introduction into Hawaii of genetically engineered pineapple, algae, and the sacred kalo (taro) plant. She is concerned about the antibiotic-resistant genes that are put into virtually every genetically modified crop because they have been shown to create antibiotic resistance in humans. She is also trying to stop UH departments from granting to biotech corporations the intellectual property rights to Hawaiian native flora and fauna. She hopes that Hawaii will become a center for organic agriculture and alternative energy and that people will learn to live with trees and plants again. She is a strong supporter of traditional Hawaiian environmental stewardship and agriculture.

Maris has been working with the sustainable community group IKOH (Invisible Kingdom of Humanity) for the past two years and helped found the IKOH Organic Garden in Waimanalo.

Maris taught high school in Manhattan for two years and is now tutoring and working on her doctorate in environmental education at the International University Asia/Pacific on Oahu. She received three degrees from New York University; a B.A. in comparative literature and M.A.s in Politics and Education.

Inspired by its guest lecturers and cooking presentations, Maris joined VSH a few years ago and has provided articles for this newsletter.

# When is fiber too much of a good thing?

by William Harris, M.D.  
VSH founding Board member

*"Vegetarians are filled with wind and self righteousness."*  
—Walter C. Alvarez, M.D. (1884 - 1978)

No vegetarian he, Alvarez was a syndicated medical writer and a mouthpiece for the American Medical Association just slightly below the pontificating Morris Fishbein, M.D. This witty double entendre skewered a common vegetarian complaint, intestinal gas. Gas was also a complaint for Dr. Alvarez, who wrote many articles about it, including a discussion of one issue — flatulence — that remains medically unsolved to this day; however, studies you may not want to hear about reveal that even the most demure woman must pass about half a liter of it daily.

Health scientists have focused on the beneficial effects of fiber, including its ability to shorten intestinal transit time and thus reduce the risk for heart disease and cancer by interfering with the absorption of cholesterol, saturated fat, and food-borne carcinogens. Although the average omnivore is prone to all the diseases caused by inadequate fiber intake, some vegetarians and vegans get more of the stuff than they can handle.

Fiber is composed mostly of cellulose, a long chain polymer of glucose that forms the protective outer wall of plant cells, within which are found all the essential nutrients required by humans. Because animals, including humans, lack the enzyme cellulase that breaks off glucose molecules from the ends of the polymer, there can be a problem getting the nutrients out of the cell. However, the human colon is the happy hunting ground for numerous species of bacteria that *do* synthesize cellulase, so every time the ileocecal valve opens and a fresh load of undigested fiber enters the colon, those bacteria process the glucose and release smelly gases and organic waste. (<http://www.elmhurst.edu/~chm/vchembook/547cellulose.html>)

There are various ways around the gas problem. One, popularized by Horace Fletcher (1849-1919), whose slogan was "Nature will castigate those who do not masticate," was to chew each mouthful until it "swallowed itself."

This takes a lot of time and may not be all that good for the teeth, but most likely it is the best solution because of the combination of extensive mechanical breakdown of the food and its mixture with salivary enzymes.

Another option is to use a Vita-

Mix, Champ juicer, or equivalent blender (department store blenders will not do). All food requires specific digestive enzymes to break it down to elemental amino acids, carbohydrates, and fats prior to absorption, but if a large, spherical food particle arrives in the stomach intact,

**“A blender is also helpful in feeding infants and the elderly, whose digestive enzymes are limited to begin with and who also often share an absence of teeth.”**

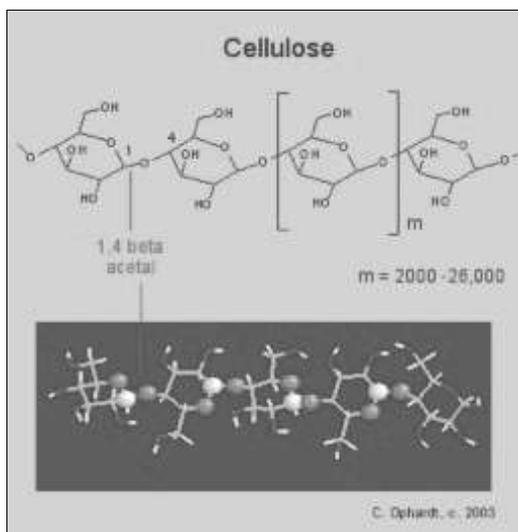
the enzymes don't have any contact with its interior and only a limited surface area with which to interact. If the particle is broken into 1000 spherical particles with the same total mass, however, either by chewing or blenderizing, geometrical analysis shows that the surface area for enzyme interaction goes up about 10 times. If it's broken into a million particles, the area goes up 100 times, for a billion, 1000 times, and further as the cube root of the number of particles. Each increase in surface area increases the chance that nutrients will be absorbed, decreases the amount of food needed, and thereby decreases the amount of indigestible fiber that will nourish both the colon bacterial population and the

Walter C. Alvarez dictum about vegetarians.

There are two very nutritious, not to mention delicious, blenderized smoothies up on the VSH website at: <http://www.vsh.org/smoothies.htm> and [http://www.vsh.org/Fruit\\_Smoothie4.htm](http://www.vsh.org/Fruit_Smoothie4.htm) so if you would like to pursue this, go there. Both recipes can be modified to suit personal taste.

A blender is also helpful in feeding infants and the elderly, whose digestive enzymes are limited to begin with and who also often share an absence of teeth.

*(Continued on page 9)*



(Continued from page 8)

## Will Beano or other enzyme supplement help?

Beano contains alpha-galactosidase enzyme, derived from the mold *Aspergillus niger*, that hydrolyzes raffinose, stachyose, and verbascose into



their digestible sugar components: glucose, galactose, sucrose, and fructose. Nature's Plus "Yes to

Beans," another digestive aid, contains *Saccharomyces cerevisiae* and *Aspergillus* enzyme complex that targets the same indigestible bean components. Both may be of some aid in reducing the olfactory properties of beans (abjured by Pythagoras, the first vegetarian).

However they don't seem effective against the many components of indigestible dietary fiber that can only be dealt with by the enzyme cellulase, usually derived from the fungus *Trichoderma reesei*. Data at <http://www.worthington-biochem.com/BA/default.html> indicates that cellulase splits off glucose from cellulose about 1000 times more slowly than amylase can split maltose from starch. So a possible reason that animals don't synthesize cellulase themselves is that cellulose is digested so slowly compared with other nutrients that it's through the intestine and back out into the great outdoors before the animal can utilize it.

Ruminant animals have cellulase bacteria that apparently do the job OK, but humans do not.



## Movie Review

### Madagascar

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

We caught this Dreamworks feature at Restaurant Row for the surprising price of \$1.00, but that's because it was on its way out of town. Most reviewers gave it high marks for brilliant computer animation, truly inventive sight gags, and hip, funny dialogue; we think it deserves the ★★★★★ rating found in The Honolulu Advertiser. However, what sets it apart from *Shrek*, *Little Mermaid*, *Toy Story*, and similar *tours de force* is the ethical dilemma built into the plot.

Four stir-crazy quadrupeds from the Central Park zoo make a break for it with the assistance of some rogue penguins who hijack a freighter and head for Antarctica. But the four wash up instead, boxed, on the shores of Madagascar. There they encounter a tribe of Calypso-dancing lemurs whose only care in life is a threatening party of slinking carnivores (the fossa) who live on the other side of a forest clearly derived from the works of the French painter Henri Rousseau (1844-1910).

Somewhere around the middle of the show it became evident that screenwriter/director Eric Darnell was setting up a conflict between best buddies Alex the lion (voiced by Ben Stiller) and his natural prey Marty the zebra (voiced by Chris Rock). The giraffe, hippo, and zebra were doing just fine on plant food, but Alex, an obligate carnivore, was beginning to view his friends as lunch.

What? Hollywood bringing up diet ethics? And with the hot dog concessions right outside? As the story progressed, it appeared that we were headed for a showdown. Would there be veggie burgers for Alex? Would there be references to Elsa the Lioness (1956-1961), who lived out her short span as a lacto-vegetarian?



How about we forget the whole thing and change the plot? Finally the penguins bring in a "sort-of" happy ending: sashimi, and after a few gulps Alex decides fish is OK after all.

Fish really isn't OK if you're concerned with the suffering that a rather dull but graceful marine vertebrate with a rudimentary brain might experience, but what the hey, 160 million mammals were killed and eaten in the U.S. last year, so an hilarious movie that even raises the question that *that* might not be so OK is a big step forward. Go see it.



# Vegetarian Society of Hawaii

## Calendar of Events: October—December 2005



**BRENDA DAVIS, R.D.**

**“EATING FOR LIFE...  
CONSTRUCTING THE  
OPTIMAL DIET”**

**Sat., Oct. 22, 7 p.m.**

**McCoy Pavilion, Ala Moana Beach Park**

This presentation discusses the consequences of our food choices to human health and beyond. It addresses current knowledge about diet and disease and practical ways to modify our diets to minimize disease risk and maximize our protection. Dietary components that pose the greatest threat to health are discussed and the greatest protectors highlighted. Specific guidelines for health are provided for both.

Brenda Davis, registered dietitian/nutritionist, is a leader in her field and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant, and academic nutrition instructor and is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. She is the author of five books – the best sellers *Becoming Vegetarian* and *Becoming Vegan, Dairy-free and Delicious, Defeating Diabetes*, and *The New Becoming Vegetarian*.

**Ms. Davis will give two additional talks in Hawaii:**

- **Wed., Oct. 19, 7 p.m., “Eating for Life,”** Cameron Center, 95 Mahalani St., Wailuku, Maui
- **Thurs., Oct. 20, 7 p.m., “Defeating Diabetes,”** Castle Medical Center, Kailua. Call Castle at 263-5400 to register.



**MILTON MILLS, M.D.**

**“ARE HUMANS DESIGNED  
TO EAT MEAT?”**

**Sat., Nov. 12, 7 p.m.**

**McCoy Pavilion, Ala Moana  
Beach Park**

The major causes of death in Western countries are cardiovascular diseases and cancers. Abundant medical research linking these diseases to dietary and lifestyle factors, guidelines advanced by the American Heart Association, the American Cancer Society, and the Surgeon General, among others, counsel Americans to sharply reduce animal foods consumed and replace them with fruits, vegetables, and whole grains. In effect, they're recommending a more plant-based diet, which begs the question: Are humans designed to eat meat?

Milton Mills, M.D. has an extensive background in nutrition research, focusing on the role nutrition plays in the development of chronic diseases. A graduate of the Stanford University School of Medicine, he is a practicing physician in the Washington D.C. area where he also serves as the Associate Director of Preventive Medicine for the Physicians Committee for Responsible Medicine (PCRM). He has lectured extensively and is a spokesperson for the Discovery Health Channel.

**Dr. Mills will give two additional talks in Hawaii:**

- **Wed., Nov. 9, 7 p.m., “Are Humans Designed to Eat Meat?”** Cameron Center, 95 Mahalani St., Wailuku, Maui
- **Thur., Nov. 10, 7 p.m., “Treat & Cure Diabetes,”** Castle Medical Center, Kailua. Call Castle at 263-5400 to register.

**NEIL NEDLEY, M.D.**

**“PROOF POSITIVE: NUTRITION & MENTAL PERFORMANCE”**

**Sat., Dec. 10, 7 p.m., McCoy Pavilion, Ala Moana Beach Park**

What we eat has a profound effect on our mental well-being. Food is used for energy, but it is also turned into neurotransmitters, impacting the way we feel, think, sleep, work, and experience life overall. **Learn the foods and dietary constituents that can lower stress, combat depression, reduce anxiety, and raise mental performance while increasing emotional intelligence.**

Neil Nedley, M.D., is a full-time practicing physician in Internal Medicine with emphasis in Cardiology, Gastroenterology, Preventive Medicine, Mental Health, and the difficult-to-diagnose patient. Dr. Nedley has lectured extensively in the United States, Canada, Europe, South America, and Russia on nutrition, lifestyle, and physical and mental health. He has been a guest on numerous national television programs and radio stations throughout the United States. He authored the widely acclaimed book on the relationship between nutrition, lifestyle, and health entitled *Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health through Nutrition and Lifestyle*, now in its fourth printing.

**Dr. Nedley will give two additional talks in Hawaii:**

- **Thurs., Dec. 8, 7 p.m.,** Castle Medical Center, Kailua, “Cancer Prevention and Treatment” Call 263-5400 to register.
- **Mon., Dec. 12, 7 p.m.,** Cameron Center, 95 Mahalani St., Wailuku, Maui, “Proof Positive”



Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Visit [VSH.org](http://VSH.org) or call-944-VEGI for more info.



Dr. Steve Blake's "Defensive Medicine" presentation was well received at the VSH meetings on Maui and Oahu in July.



The film about two people who wouldn't say McSorry was seen by SRO audiences on Oahu and Maui in September. This photo was taken at the McLibel screening at the Ala Wai Golf Course Ballroom.



## McLibel encore Oct. 7 at UH-M

If you missed the VSH screenings of McLibel in September you'll have one last chance to see it at UH Manoa in October. The film will be shown on Friday, October 7<sup>th</sup> at 2 p.m. in the Kuykendall Auditorium (Kuy 101). Prior to the movie, an Earth Day event (every day is Earth Day) will be held in the Sustainability Courtyard (adjacent to Kuykendall) from 10 a.m. to 2 p.m. presented by the campus Office of Sustainability.

This screening is co-sponsored by the Vegetarian Club at UH Manoa (VCUHM) and VSH.

### 3Q2005 VHS Events



Historian Rynn Berry with his *Vegan Guide to New York City* co-author Chris Suzuki. Rynn and Chris put on a mini one-act play about Leonardo da Vinci and the Mona Lisa prior to his "Famous Vegetarians" lectures on Oahu and Maui in August.

# 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.                         |
| <input type="checkbox"/> \$20                                       | <input type="checkbox"/> \$38 | <input type="checkbox"/> \$54 | <input type="checkbox"/> \$68  | <input type="checkbox"/> \$80  |
| <u>Regular</u>  |                               |                               |                                |                                |
| <input type="checkbox"/> \$12                                       | <input type="checkbox"/> \$24 | <input type="checkbox"/> \$36 | <input type="checkbox"/> \$48  | <input type="checkbox"/> \$60  |
| <u>Full-time student</u>  |                               |                               |                                |                                |
| <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 |
| <input type="checkbox"/> Life membership \$400                      |                               |                               |                                |                                |
| <input type="checkbox"/> \$_____ additional tax deductible donation |                               |                               |                                |                                |

Please check one:

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

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

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

# Harsh realities

by Hesh Goldstein  
VSH member and  
host of Health Talk

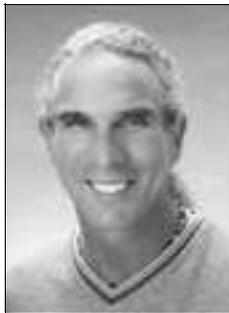
The good ol' U. S. of A. The richest! The most powerful! The most diseased! Scary, isn't it, that the most influential nation leads the world in arthritis, cancer, constipation, diabetes, gout, heart disease, high blood pressure, high cholesterol, and obesity? Did you ever wonder why our doctors treat symptoms, and rather than cure, only "control" these diseases? Think about this: most research done in medical schools and virtually all the curriculum is "funded" (a euphemism for "controlled") by the pharmaceutical industry. Drugs for this and that along with surgeries for this and that make the pharmaceutical/medical alliance the biggest money makers in the world.

So people graduate from medical school, where they learned what the drug companies wanted them to learn, and then they go into practice and thereafter are continually wooed by these companies so that they don't lose the "take a pill" mentality. Meanwhile, their patients get fatter and sicker. They go to their doctors for checkups to make sure that their illnesses are "under control" and spend thousands treating symptoms without ever getting to the causes.

Please allow me to give you some information that could change your life, improve your health, and save you money. The underlying cause of most illness is SAD — the Standard Ameri-

can Diet — a diet filled with saturated fat (that hardens at room temperature and in your arteries), rancid oils, and enormous quantities of sugar — a diet that will put you in an early grave.

Switching from a flesh and blood diet to a plant-based one will lower your blood pressure and cholesterol, remove plaque and clear your arteries, and get rid of constipation. On the other hand, the nature of a dead body is to rot — whether inside or outside of your body. The dead animal in your body, that rotting, putrefied, decomposing matter, stays there and fills you with poison. Flesh foods are also full of antibiotics. Seventy-five percent of all antibiotics produced are fed to "food animals" to promote their growth and control diseases that are otherwise passed on to the humans who eat the animals. Chickens are the worst. Did you ever wonder why we're advised to cook chicken with a flame thrower and to boil all



**“Seventy-five percent of all antibiotics produced are fed to “food animals” to promote their growth and control disease.”**

surfaces that the dead chicken has come into contact with? It is because chickens, because of the way they are raised, are covered with doodoo, and our dear friends at the U.S. Department of Agriculture say that it's ok to sell doodoo-covered chicken as long as the doodoo can't be seen through the clear wrap. You see, the government constantly protects the interests not of the people, but of the businesses that make the large campaign contributions.

Another interesting fact about "food animals" is that their diets are poor. Yes, they are fed grains, but in order to save costs, the ground-up remains of the dead, dying, diseased, and decaying animals that cannot be processed for "food," road kill, blood, and

the feathers are mixed in. Yummy.

What about fish? The government is now saying that fish consumption should be limited because of high mercury contamination that has been linked to Alzheimer's and other neurological disorders.

Then where do I get my protein? From the same place that the animals and fish do — the plants, the grains, and the sea vegetables. If you go to the same source as the creatures do, you will get protein without saturated fat and all the diseases that come from eating higher up on the food chain.

Your lives and well being are in your hands. At least now you are in a better position to be able to make a choice. We all have free will. If you are content with treating your symptoms, go see your doctor. If, however, you want to cure your illnesses, change your diet.

The choice is yours. Aloha!

*Hesh Goldstein is the host of Health Talk on K108 radio (AM 1080) on Saturdays, 8-9 a.m. (808) 258-1177; fax: (808) 377-1986, heshgoldstein@hotmail.com*

## Seven simple steps



by Brenda Davis, R.D.

Here are seven simple steps to a healthy vegetarian diet:

1. Reduce refined carbohydrates.
2. Eliminate trans-fatty acids.
3. Ensure a reliable source of Vitamin B<sub>12</sub>.
4. Include a healthy balance and intake of essential fatty acids.
5. Mind your minerals (calcium, iron, zinc, and iodine).
6. Don't overeat.
7. Make whole plant foods the foundation of your diet.

# When you can't be an active activist

by Helen Wells, M.A.  
former VSH Board member

Greetings to everyone in Hawaii! I relocated to South Carolina last year to help care for my father. Although I was happy to be "home" again, I was saddened to have to leave my friends and the wonderful vegetarian movement in Hawaii.



My father has been in the hospital off and on for months at a time over the past year. This has been emotionally and physically draining to me, but I have kept my strength up by eating a diet heavy in B vitamins and fresh, raw, vegan foods. When I was working last year, my coworkers (about 50 of them sitting in low-walled cubicles) were amazed that I never once caught the flu or rampant colds that went around. So, I knock on wood but also acknowledge that a healthy diet is a huge factor.

When I arrived in Charleston, I was surprised by how the awareness of

vegetarian issues had grown since I was here last. Although this pleased me, the level of participation still wasn't close to what I had experienced in Hawaii. I began to donate Why Vegan? and other veg brochures, buttons, stickers, and bumper stickers to receptive health food stores, yoga centers, and bookstores. I actually encouraged the bookstores to charge a small fee for the stickers even though I supplied these for free. I hoped this fee would discourage those who would just take the materials in order to trash them (unfortunately, there are some militantly pro-meat people around here. Usually, however, this is not a problem).

Eventually I saw results. Within a few months I overheard more talk of vegetarianism and veganism in the health food stores. Then I detected actual enthusiasm whenever I set out some new or interesting materials. After six months one of the bookstores was asking me to keep them supplied with buttons and stickers, as these had become very popular.

My point in relating all these experiences to you is to let you know that you don't have to always be an "activist" in order to help start positive changes. In Hawaii I was thankful for the opportunity to protest KFC and ham stores and to engage in other similar activities. Here, my free time has been limited, but I am still able to donate flyers, buttons, and stickers at the places that I frequent.

If circumstances do not allow you to be an activist right now, here is a list of subtle and easy things you might consider doing:

1. Donate vegetarian flyers, buttons, and stickers to health food stores, book stores, nature clubs, places of worship, and college ethics professors (for distribution to students). Vegan Outreach or PETA, for example, are happy to ship the materials to you. It really doesn't take a lot of time. In Hawaii you could sponsor x-amount of materials to

the vegetarian club at UH.

2. Give veg magazines as gifts to relatives and friends for various occasions. Vegetarian Journal and Veg News are two good ones. I particularly like giving magazine subscriptions because they arrive at intervals during the year, they are interesting, and they have current information.
3. Continue to "vote with your dollars" by shopping at a store with veg and organic products.
4. Continue to educate yourself by surfing the many veg websites.

I look forward to visiting Hawaii within the next 12 months. Perhaps I will be lucky enough to attend a VSH meeting. Until then, thank you for all your kind thoughts and any work you do on behalf of your health, the health of other people, animals, and the planet.

## Get involved

PETA activist liaison Megan Hartman will be happy to answer any questions you may have about getting and distributing literature, setting up a display, talking to the media, and more. Feel free to contact her at:

MeganH@peta.org or call 757-622-PETA (7382).



Visit [VeganOutreach.org](http://VeganOutreach.org) to order "Why Vegan?," "Try Vegetarian," and other vegan materials.



**Josh Hartnett**

"I gave up meat when I was twelve ... One day I was cutting up a chicken for my mom and I hit a tumor with the knife. There was [pus] and blood all over the place. That was enough for me." (*Cineman Syndicate*)

# A strong case for raw foods

## Retired Hawaii physician Bill Harris thrives on 'raw' food

The Honolulu Advertiser  
July 26, 2005  
Edited by VSH

When Bill Harris was a kid, he was plagued by asthma and hay fever. "Sometimes it was so bad I should have been admitted to a pediatric ICU, but that hadn't been invented in St. Cloud, Minnesota, circa 1942," recalls Harris, 74, a retired emergency room physician with Kaiser Permanente's Honolulu Clinic.

The conditions persisted throughout his youth. In 1950 at the age of 19 Harris became a lacto-vegetarian, initially not for health reasons but on ethical grounds. "I think it's wrong to kill animals—unless one attacks you first," he explains.

In 1964 he became a vegan. When dairy products were eliminated from his life, so were asthma and hay fever.

"My mother was constantly feeding me dairy products because of all the hype that said that you couldn't raise a healthy child without them," he says. "I now know that I got sick because of an allergic reaction to a dietary base of dairy products."

A few years ago Harris noticed that his blood pressure was rising, and he was experiencing swelling of his lower extremities. "Salt causes problems as you get older because sodium pumps in the cells fail," he says. "The cells swell up and you get edema. That in turn translates into high blood pressure and leg and ankle swelling." He didn't want to take pills to ease the swelling, and he couldn't imagine eating cooked food without salt, so he decided to try a raw food diet, and he's been big on it ever since. "I found that the natural

taste of vegetables is so remarkable that I didn't need to put salt on them," he says.

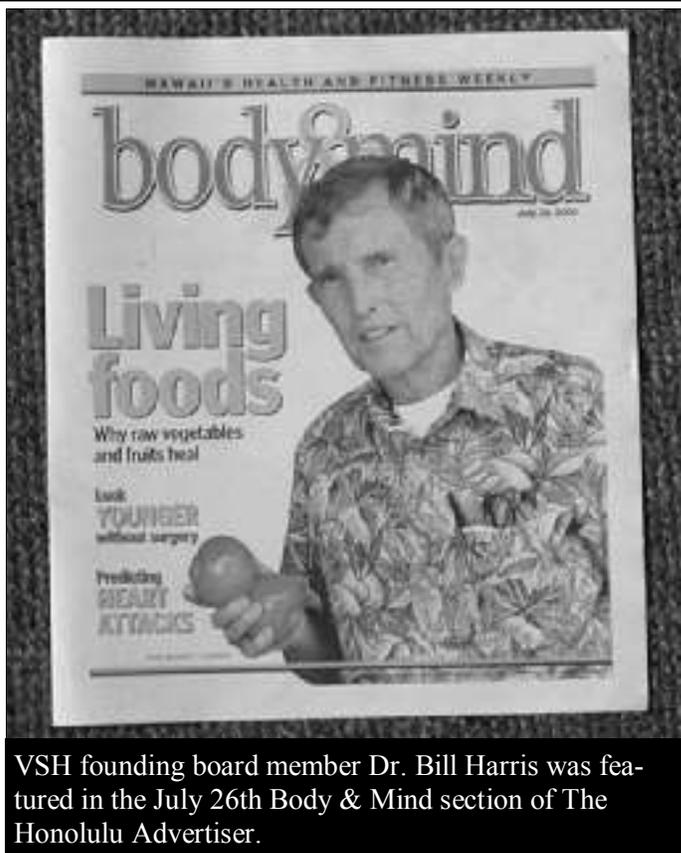
Like vegetarian and vegan diets, the raw food diet that Harris has adopted is plant-based. The difference is that raw foods are organic, unprocessed, and in a natural, unheated (uncooked) state.

"If 75% of your diet is raw, you're arbitrarily considered a raw foodist," Harris says. He primarily eats fresh fruits and vegetables, raw seeds and nuts, sprouts, seaweeds, and fresh juices.

While some may regard this diet as extreme, raw foods proponents point to the fact that prior to learning how to make weapons to snare animals and fire to cook them, humans thrived for [thousands of millennia] on fruits, vegetables, nuts, and berries.

Raw foods purportedly have healing powers that can alleviate an array of maladies, ranging from fatigue and allergies to obesity and digestive disorders. Heating food at temperatures higher than 116 degrees Fahrenheit changes its molecular structure into forms that are difficult for the body to utilize and destroys important vitamins.

Harris is a prime example of the benefits of a raw food diet. Carrying 145 lean pounds on his five-foot-eleven-inch frame, he has no serious health concerns. The American Heart Association considers a cholesterol count below 200 desirable; his ranges from 120 to 165. Normal blood pressure is 120/80; his is 115/60 after swimming, skydiving, weight lifting, acrobatic trampoline, and running up 18 flights of stairs to his Waikiki pent-



VSH founding board member Dr. Bill Harris was featured in the July 26th Body & Mind section of The Honolulu Advertiser.

house apartment twice a day.

Harris proves in his 1996 book *The Scientific Basis of Vegetarianism*, which cites 523 reports, surveys, research papers, and other clinical data, that a vegetarian diet is a complete diet.

One popular misconception is that a vegetarian diet doesn't contain enough protein, which some believe can only be obtained by eating meat. "I studied 97 vegetables and found that on average, 25% of their calories come from protein," says Harris. "Only about 10% of your daily caloric intake needs to be protein, so you get plenty of it from vegetables without the saturated fat, cholesterol, antibiotics, and hormones that animal foods contain."

Another widely accepted belief is that dairy products are our main source of calcium. "But if you look at the calcium-per-calorie ratio," Harris says, "two dozen leafy greens come in ahead of the first dairy product. Examples of

*(Continued on next page)*

(Continued from page 14)

these are watercress, Chinese cabbage (bok choy), arugula, and collard greens. Whey, the first dairy product, is number 45 on the list.”

increased by raw foods so that nutrients and oxygen are delivered to cells, and toxins are carried away more efficiently.

2. Rich in fiber, raw foods give the body a sensation of being full faster, thus preventing overeating and promoting weight loss.
3. “Eating raw” is environmentally sound. Trees and oil reserves could be saved if the need for the paper and plastics used in packaging processed foods were eliminated. Also, less cooking means that less carbon dioxide would be released into the atmosphere and that more oxygen would be produced if people planted organic orchards and gardens.
4. The plant foods that can be

www.eatraw.com  
www.rawfoodsupport.com  
www.livingnutrition.com

The Vegetarian Society of Hawaii (VSH) is another good resource. The public is invited to VSH’s free monthly presentations, usually held on a Wednesday at 7 p.m. at the Ala Wai Golf Course Clubhouse or on a Saturday at the McCoy Pavilion at Ala Moana Beach Park. Members receive the quarterly newsletter, *The Island Vegetarian*, as well as discounts at veg-friendly restaurants and health food stores.

If you’d like to become a member of VSH, you can download an application form on the website [VSH.org](http://VSH.org), complete it, and mail it with your check, payable to VSH, to P.O. Box 23208, Honolulu, HI 96823. A regular one-year membership costs \$20. Call 944-8344 for more information.



Harris’ favorite foods are berries, broccoli, kale, mixed greens, and raw, whole sesame and sunflower seeds. His food preparations are simple but satisfying. For example, it takes him just a few minutes to prepare a vegetable smoothie of kale, tomato, arugula, onion, garlic, and sunflower and sesame seeds seasoned with a little balsamic vinegar and mixed in a Vita-Mix or Champ juicer.

eaten raw such as leafy greens, fruit, nuts, and seeds have much higher nutrient values than the foods that usually are eaten cooked, such as potatoes, pasta, grains, and bread. See [www.vegsources.com/harris/raw\\_vs\\_cooked.htm](http://www.vegsources.com/harris/raw_vs_cooked.htm).

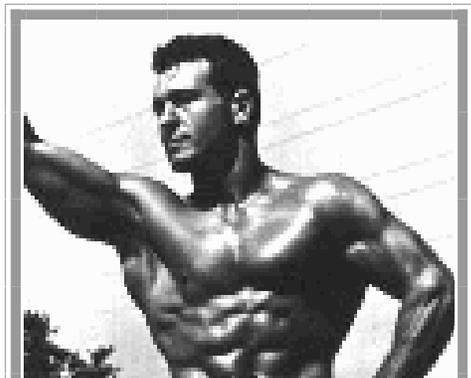
## Why raw foods are healing

1. Fresh produce is high in fiber and water content, which help prevent constipation. Blood flow is also

## Where to find more food facts

Following is a sampling of websites offering helpful information about raw foods:

[www.living-foods.com](http://www.living-foods.com)  
[www.vegsources.com](http://www.vegsources.com)



## Jack La Lanne

On *Dateline NBC*, Jack La Lanne was questioned about his refusal to drink milk:

Jack La Lanne: “You name me one creature on this Earth that uses milk after they’re weaned.”

Keith Morrison: “But milk’s good for you.”

Jack La Lanne: “It’s not good for you. It’s good for a suckling calf. Are you a suckling calf?”

(Photo of 91-year-old Jack La Lanne from the 1940s — [jacklalanne.com](http://jacklalanne.com))



## Pupule paniolo

by Pam Davis, VSH Member

Recently I produced a film of an interview with Howard Lyman talking about issues close to his heart: exposing the cruelty of factory farming, the devastating environmental damage caused by modern factory farming techniques, the political corruption where governmental agencies turn a blind eye to the cruelty of the large agribusinesses, and the detrimental health effects of a meat-based diet on our population. He also talks about being sued along with Oprah Winfrey by the National Cattlemen's Beef Association for "defamation" of their product on Oprah's show. Howard is an expert on Mad Cow Disease, and he speaks at length about the threat posed by this disease.

Howard also comments about our situation here in Hawaii. He talks about the slaughterhouse under construction in Ewa and why this is a waste of taxpayer's money. He also explains that all manure lagoons will leak down into our aquifers. In fact, he says the only thing worse than a slaughterhouse in this pristine location, only yards from the ocean, would be a nuclear power plant.

The 43-minute video was filmed by e-Studios and features original music by Marty Regan. It premiered on Oahu's Oceanic Cable Channel 52 on August 24 and will run periodically for the next several months — check your local listings.

## ADA cites many benefits of plant-based diet

by Laurelee Blanchard  
VSH Board Member and Maui Meeting Planner

News of a study showing improvement in prostate cancer patients who switched to a low fat vegetarian diet comes as no surprise. This is the same diet that well respected doctor Dean Ornish, M.D. has for many years prescribed to reverse heart disease. Just a few months ago another study suggested that low-fat diets might help women avoid a recurrence of breast cancer.



The American Dietetic Association, the leading nutrition authority in the United States, states that "appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases. Vegetarians have been reported to have lower body mass indices than non-vegetarians as well as lower rates of death from ischemic heart disease; vegetarians also show lower blood cholesterol levels, lower blood pressure, and lower rates of hypertension, type 2 diabetes, and colon cancer."

The foods highest in cholesterol and saturated fats are meats, dairy products, and eggs, so vegetarians enjoy a significant health advantage

## World's sexiest vegetarians

The veggie voters have spoken, and *American Idol* winner **Carrie Underwood** and Cold-



play front-man **Chris Martin** have been selected as PETA's 2005 "World's Sexiest Vegetarians," narrowly edging out a host of other veggie Valentinos and Venuses such as David Duchovny, Reese Witherspoon, Joss Stone, Avril Lavi-

gne, Joaquin Phoenix, and Prince as well as previous winners Tobey Maguire, Andre 3000, Josh Hartnett, Alicia Silverstone, Natalie Portman, and Shania Twain.



Source: PETA.org

when it comes to protection from the leading killers and disablers of Americans. Non-animal-based diets are also healthier for our planet and the rest of its inhabitants.

# HELP WANTED

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

Call 944-VEGI (8344) or e-mail [info@VSH.org](mailto:info@VSH.org).



## Your tax dollars at work

by Elaine Johnson, MBA  
VSH member

Did you ever wonder why various health groups such as the VSH and a myriad of other groups with important health messages seem to have such a difficult time getting their messages to resonate with the general public? At least a partial answer lies below; our own government continues to take an active role in promoting certain industries, arguably to the detriment of the public. I ask those of you who are skeptical about how much of this really goes on to read the following job opening announcement. If you don't like the idea of your taxes paying for a government dairy lobbyist while schools and highway budgets are slashed, please write to your congressmen and tell them how you feel about the Department of Agriculture having funding available to fill positions like this one. The playing field will never approach being even while we are forced to fund the opposition with our own dollars. The vegetarian movement is growing

despite this formidable opponent, but we could do so much better without tax-funded Dairy Products Marketing Specialists to contend with.

POSITION: Dairy Products Marketing Specialist (Agreements and Orders)

ANNOUNCEMENT NUMBER: 939-2005-0015

SERIES & GRADE: GS-1146-13

SALARY RANGE: \$74,782 - \$97,213

PROMOTION POTENTIAL: 13

OPENING DATE: 07/19/2005

CLOSING DATE: 08/02/2005

The incumbent serves as a senior specialist responsible for leading and/or carrying out a variety of complex duties and projects related to the activities of Dairy Producer Promotion Program. Serves as technical expert in the area of nutrition and consumer education for the Branch and may act in absence of the Branch Chief. Plans, develops, implements, and coordinates the implementation of the entire Dairy Producer Promotion Program and related promotion programs, which include regulations, procedures, and government-wide policies. Leads the review and evaluation of projects for advertisement and promotion of fluid milk, cheese, and other dairy products for research projects for advertisement and promotion of fluid milk, for research projects related thereto, for nutrition and consumer education projects and related budgets submitted by the National Dairy Promotion and Research Board prior to Departmental action. Coordinates and leads the preparation of the mandatory annual report to Congress on dairy promotion in general and the producer promotion program in particular. Analyzes the need for and effects of recommended rules and regulation on the industries, reviews alternatives, and leads the development of producer promotion programs rulemaking actions, when appropriate.



## “Vegetarian” Broadcast on Four Islands

Founding Board member and VSH TV coordinator Dr. Bill Harris reports that with the recent additions of Kauai and the Big Island, the “Vegetarian” TV series has reached all four main Hawaiian islands. More than 400 thousand Hawaii cable TV subscribers can now view the lectures given by the guest speakers at the monthly VSH meetings. Show times are below. Programming schedules are available on the VSH.org website or by e-mail. To subscribe, send a message to:

VSH-News-Group-Subscribe  
@yahoo.groups.com.

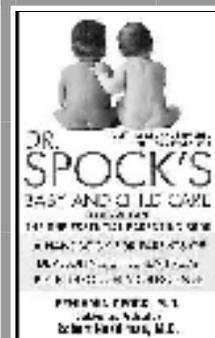
Dr. Harris recommends setting your VCR to record each week's show. Keep the ones you like and tape over the others.

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

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

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

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



No one needs dairy products in order to be strong and healthy. The former director of pediatrics at Johns Hopkins University Dr. Frank Oski says, “There is no reason to drink cow's milk at any time in your life. It was designed for calves, it was not designed for humans, and we should all stop drinking it today, this afternoon.” Dr. Benjamin Spock agreed, saying, “[T]here was a time when cow's milk was considered very desirable. But research, along with clinical experience, has forced doctors and nutritionists to rethink this recommendation.”

# On the Menu...

## “Garlic soup for the soul?”

by Mary Arakaki, R.D.  
VSH Board secretary

This ancient herb has more going for it than its unmatched flavor. It is an effective infection fighter, and it even discourages irritating and potentially dangerous mosquitoes and ticks. It is a pain killer and it stimulates the immune system. Population studies indicate an inverse relationship between the amount of garlic consumed and the number of cancer deaths in a given population. Garlic stories abound. It is said that Egyptian slaves building the pyramids attributed their vigor to the garlic they ate and refused to work when their ration was reduced. Many people believe that eating extra garlic



in late fall and early winter can help to ward off colds and viruses during the flu season.

Garlic enhances most dishes. With the exception of salt, it's by far the most frequently listed ingredient in recipes around the world. It's hard to go wrong with garlic. And there are countless ways to go right.

### Garlic soup

- 2 garlic bulbs, separated into cloves, peeled, and chopped
- 1 large onion, minced
- 1 Tbsp. olive oil or water
- 2 tsp. fresh basil, minced
- ½ tsp. fresh tarragon, minced
- 4 cups fresh tomatoes, peeled and chopped
- 4 cups vegetable broth

Sauté garlic and onion in oil or water in a soup pot over medium heat, being careful not to brown them. When translucent, add the chopped tomato, basil and tarragon, then stir for two minutes. Add the vegetable broth, bring to a boil, and then reduce to a simmer. Cook for about 45 minutes. Add salt and pepper to taste (optional). Serves 5 to 6.

This soup can be made more substantial by the addition of cooked grain or pasta just before serving.

Recipe adapted from: *The Whole Organic Food Book: Safe, Healthy Harvest from Your Garden to Your Plate* by Dan Jason

## Vegan Meetups

Honolulu Macrobiotic and Vegan Meetup Groups are organized through [meetup.com](http://meetup.com), a web-based system of e-mail. Monthly potlucks are held to bring together people who enjoy vegan and macrobiotic lifestyles and to encourage a system of support, a social network, and an opportunity for fun. The next meeting is Oct. 15<sup>th</sup> at 6 p.m. at the Church of the Crossroads, 1212 University Avenue, near Varsity Theater. All are welcome: kids, adults,

students. A one dollar donation per person is suggested to cover the organizing fees. Bring a vegan or vegan-macrobiotic dish to share. More details and information on joining the groups may be found at <http://macrobiotic.meetup.com/41/> and <http://vegan.meetup.com/187/>. Or contact Meetup organizer (and VSH member) Leslie Ashburn at 398-2695.



Leslie Ashburn

On TV...



### “Vegetarian”

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

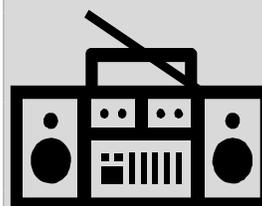
View recent VSH lectures.  
See [VSH.org](http://VSH.org) for program schedules for all four major islands.

### “Tasty & Meatless”

Oceanic Cable Channel 16  
Sat. 9 a.m., 6:30 p.m.  
Sun. 11:30 a.m.  
Mon. 10 a.m.  
Tues. 8 a.m.  
Wed. 11:30 a.m.  
Thurs. 11:30 a.m.

### “McDougall, M.D.”

Tuesdays 8:30—9 a.m.  
Oceanic Cable Channel 26



...and Radio

### “Nutrition & You”

Ruth Heidrich, Ph.D.  
Terry Shintani, M.D.  
John Westerdahl, 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

## Butterbur extract effective against hay fever

by Karl Seff, Ph.D.  
VSH Board member

It was recently established in a clinical study that an herbal extract is as effective at treating hay fever as the antihistamine fexo-fenadine (Allegra or Telfast). The finding could boost the fledgling “phytopharmaceutical” industry, which scrutinizes natural remedies for efficacy and safety and hopes to develop them at lower cost than traditional pharmaceuticals. In the study, led by Andreas Schapowal at the Allergy Clinic in Landquart, Switzerland, patients took a placebo, Telfast, or Telfastin, a prescription drug prepared from an extract of the butterbur plant (*Petasites hybridus*) by the Swiss company Zeller AG (*Phytotherapy Res.* 2005, 19, 530). Butterbur roots have been used in herbal remedies for centuries. Zeller has patented a special cultivar and uses CO<sub>2</sub> to extract active ingredients from the leaves. The most prevalent compound, petasine, and its isomers are thought to inhibit the synthesis of leukotrienes, which along with histamine and other compounds are synthesized as part of the immune response to an allergen.

*Ed. note: Butterbur extract is normally supplied in soft gel capsules that are typically made with gelatin. “Gelatin, or animal jelly, (is) obtained from connective tissue (found in hoofs, bones, tendons, ligaments, and cartilage) of vertebrate animals by the action of boiling water or dilute acid.” (Answers.com, Columbia University Press) Some manufacturers, such as Solaray, produce capsules made from vegetable cellulose.*

*In addition to his service with VSH, Dr. Seff is a professor of chemistry at the University of Hawaii at Manoa.*



## Ask Hawaiian Airlines to restore veg meal option

Hawaiian Airlines has discontinued offering vegetarian meal options. The HA website lists the first class and coach menus, which consist of mostly meat (including fish), cheese, and eggs entrees with a few pasta with cheese options. Some flights don't have a meatless choice at all and no vegan options were found. Please contact:

Hawaiian Airlines  
Consumer Affairs Office  
P.O. Box 30008  
Honolulu, HI 96820

Customer advocate telephone:  
838-5300 (Oahu)  
Toll free 1-888-246-8526  
Available Monday through Friday between 8:00 a.m. - 4:30 p.m.  
Hawaii Standard Time  
Fax: 808-838-6777

“The Consumer Affairs Dept. does not conduct business via e-mail.”



Aloha Airlines offers vegetarian meals on its transpacific flights. You should request a special meal when making your reservations or at least 48 hours prior to your flight. Positive and negative comments can be addressed to:

Aloha Airlines Customer Care Department, P.O. Box 30028, Honolulu, HI 96820 or by calling (888) 771-2855 or by faxing (808) 539-5999.



## Zippy's to drop Shintani Cuisine

After a 5-year run, Zippy's Restaurants plans to discontinue offering Shintani Cuisine menu options at the end of October. There may still be hope, however. If sales increase, the company may reconsider ending this line of healthful, vegan foods. The Shintani Cuisine is available at the fast-food/take-out counters and in the restaurants.

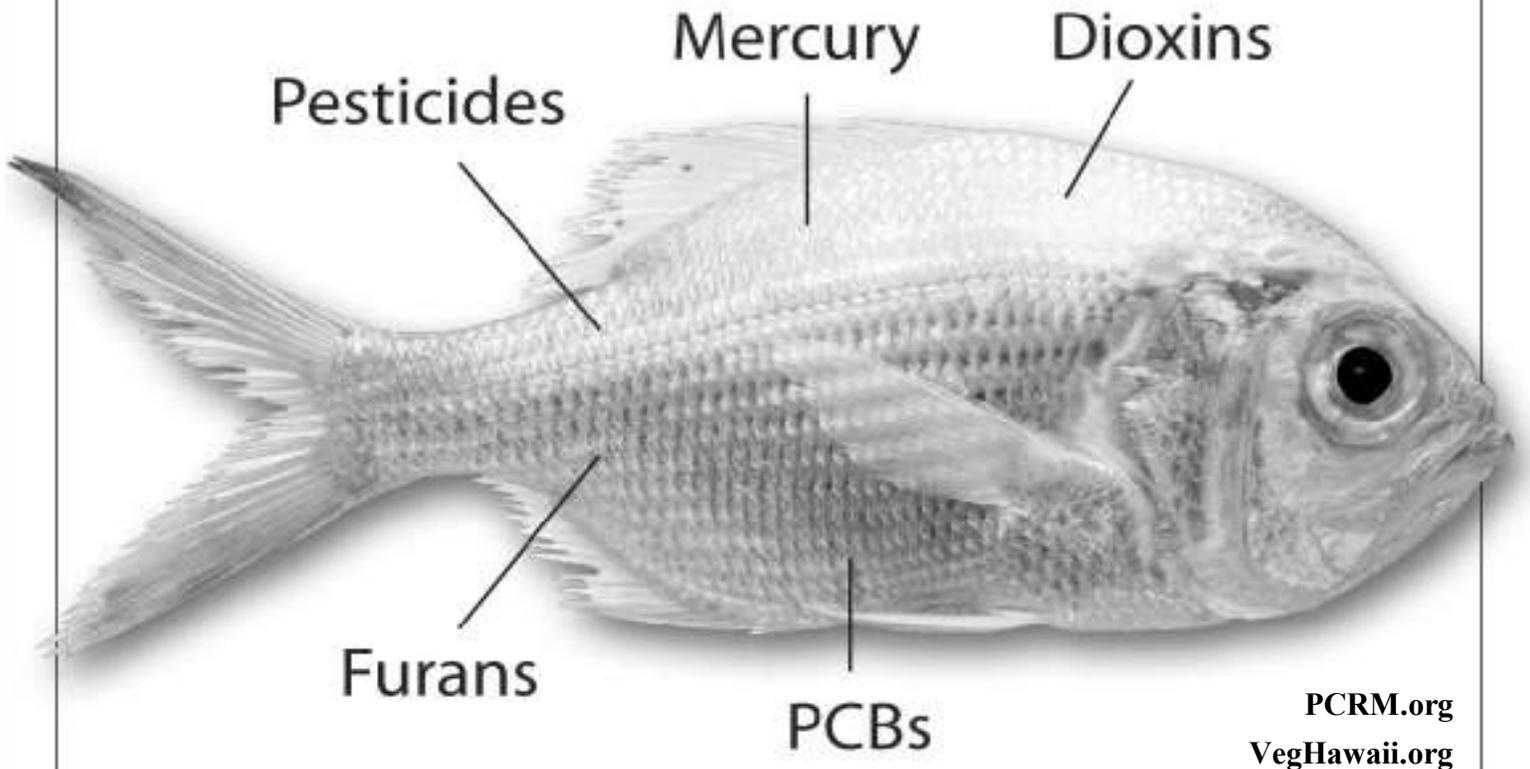
## (Bankrupt *from page 3*)

bread, grains, pasta, and potatoes, not leafy greens and fruits, which also have plenty of carbohydrate as well as an overall higher nutrient content. It is primarily carbs from fruits and vegetables, however, that VSH is recommending.

It is well known that the refined sugar in candy, pastry, and soda pop should be applied to your teeth only in places where you desire holes to appear and that it will also put fat on otherwise desirable body parts. However, as we showed in *The Island Vegetarian* v15-3 <http://www.vsh.org/newsletter-2004-09.pdf>, many complex carbohydrates also have relatively high glycemic indices, and that means a high potential for weight gain, elevated tri-glycerides, and disturbed serum lipids.

Add to that our notion that all fats, whether natural, refined, animal, or plant should be shunned with religious fervor and we have provided an almost perfect springboard for the takeoff of Dr. Atkins' high-fat low-carb aerial fandango. Fortunately, it ended in a belly flop.

# Brane Fude?



## Mercury is such a potent neurotoxin

that even small doses can cause irreversible brain and heart damage. Our single biggest source of mercury exposure is fish consumption.

 **Vegetarian Society of Hawaii**

P.O. Box 23208  
Honolulu, Hawaii USA  
96823-3208

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