

EarthSave NEWS



Vol. 16 No. 3

EarthSave promotes a shift toward a healthy plant-based diet.

Summer 2005

You Do What You Eat

Studies show what we already knew -- get rid of junk food and put kids on a veg diet, and their behavior problems go away.

By Marco Visscher

At first glance, there seems nothing special about the students at this high school in Appleton, Wisconsin. They appear calm, interact comfortably with one another, and are focused on their schoolwork. No apparent problems.

And yet a couple of years ago, there was a police officer patrolling the halls at this school for developmentally challenged students. Many of the students were troublemakers, there was a lot of fighting with teachers and some of the kids carried weapons.

School counsellor Greg Bretthauer remembers when he first came to Appleton Central Alternative High School back in 1997, for a job interview: "I found the students to be rude, obnoxious and ill-mannered." He had no desire to work with them, and turned down the job.

Several years later, Bretthauer took the job after seeing that the atmosphere at the school had changed profoundly. Today he describes the students as "calm and well-behaved" in a new video documentary, *Impact of Fresh, Healthy Foods on Learning and Behavior*. Fights and offensive behavior are extremely rare and the police officer is no longer needed. What happened?

A glance through the halls at Appleton Central Alternative provides the answer. The vending machines have been replaced by water coolers. The lunchroom took hamburgers and french fries off the menu, making room for fresh vegetables and fruits, whole-grain bread and a salad bar.

Is that all? Yes, that's all. Principal LuAnn Coenen is

still surprised when she speaks of the "astonishing" changes at the school since she decided to drastically alter the offering of food and drinks eight years ago: "I don't have the vandalism. I don't have the litter. I don't have the need for high security."

The Problems with 'Convenience Foods'

It is tempting to dismiss what happened at Appleton Central Alternative as the wild fantasies of health-food and vitamin-supplement fanatics. After all, scientists have never empirically investigated the changes at the school. Healthy nutrition -- especially the effects of vitamin and mineral supplements -- appears to divide people into opposing camps of fervent believers, who trust the anecdotes about diets changing people's lives, and equally fervent skeptics, who dismiss these stories as hogwash.

And yet it is not such a radical idea that food can affect the way our brains work -- and thus our behavior. The brain is an active machine: It only accounts for two percent of our body weight, but uses a whopping 20 percent of our energy. In order to generate that energy, we need a broad range of nutrients -- vitamins, minerals and unsaturated fatty acids -- that we get from nutritious meals. The question is: What are the consequences when we increasingly shovel junk food into our bodies?

It is irrefutably true that our eating habits have dramatically changed over the past 30-odd years. "Convenience food" has become a catch-all term that covers all sorts of frozen, microwaved and out-and-out junk foods. The ingredients of the average meal have been transported thousands of miles before landing on



When schools replace bad food with veg foods, kids excel

our plates; it's not hard to believe that some of the vitamins were lost in the process.

We already know obesity can result if we eat too much junk food, but there may be greater consequences of unhealthy diets than extra weight around our middles. Do examples like the high school in Wisconsin point to a direct connection between nutrition and behavior? Is it simply coincidence that the increase in aggression, crime and social incivility in Western society has paralleled a spectacular change in our diet? Could there be a link between the two?

Stephen Schoenthaler, a criminal-justice professor at California State University in Stanislaus, has been

JUNK FOOD/PAGE 7

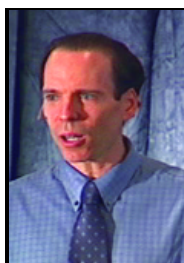
Disease-Proof Your Child

"When our son Elliot was three we already had a sickly child. He was suffering from his seventh ear infection this year and had severe eczema since his first year of life. We had been to numerous specialists for his raw itchy skin and tried many medical treatments to no avail. My search for a better solution led me to Dr. Fuhrman. In only two months after changing Elliot's diet his skin condition has disappeared. To our surprise he never suffered another ear infection. It is not merely Elliot's recovery that has moved us to write, it is our enthusiasm and gratitude for the knowledge we have gained from Dr. Fuhrman that has given us an incredible sense of freedom and control over our own and our children's health."

-- Leslie and Stuart Raymond

by Joel Furman, MD

As parents, we want what is best for our children. We would never intentionally harm them-in fact, we make sure to get them the best possible care, read to them, play with them, and ensure their safety at home, at school and at play. But when it comes to feeding them, somehow we don't know what's best. Our kids seem finicky and eat nothing but cheese or pasta or chicken fingers or milk and cookies, and we let them. At the same time, we notice that they are fre-



Joel Fuhrman, MD

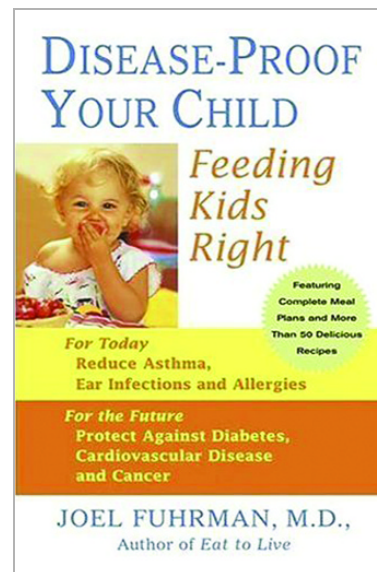
quently ill-they suffer from recurring ear infections, runny noses, stomachaches and headaches. We take them to the doctor, who prescribes yet another round of antibiotics. We assume, because we also see it happening with friends and family that it is par for the course when bringing up children. It doesn't have to be so.

This scenario may be "normal" for kids today, but it is not normal for humans or any other species of animal that eats nutrient-rich natural foods. Scientific research has demonstrated that humans have a powerful immune system, even stronger than that of other animals, that makes our body a self-repairing, self-defending organism with the innate ability to defend itself against microbes and prevent chronic illness. The system oper-

ates at its best, only if we give it the correct raw materials to work with. When a young body doesn't receive its nutritional requirements, bizarre diseases occur. Of late, there has been an increase in cancers that were unheard of in prior human history. Most of these can be linked to improper nutrition.

Despite our very best intentions, today there are health risks that well-meaning parents inflict on their children without being aware of it. Every day in small ways, we may well be causing harm to their precious little bodies through the choices we make about what we decide to feed them.

There is an issue of vital importance that most well-meaning parents are not aware of: the modern diet that most chil-



dren are eating today creates a fertile cellular environment for cancer to emerge at a later age. Trying to prevent breast, prostate, and other cancers as an adult may not be possible because most risk factors cannot be changed at this late stage. The bottom line is that in order to have a major impact to prevent cancers we must intervene much earlier, even as early as the first ten years of life. In other words, childhood diets create adult cancers. When our children eat junk food

DISEASE-PROOF/PAGE 12

INSIDE

Report Card: Pesticides in Produce
P. 3



Food Choices and Global Warming
P. 4



Fatty Foods: It's Official, They're Addictive
P. 6



I'm Vegan, He's Not Should I Stay or Go?
P. 10



Letter from the Chair

The fact that a food or drink can have an effect on your body or mood is no surprise to those who have experienced the spectacular high and even more precipitous crash after a cup of coffee and a donut. If a cuppa joe can make your heart race and your hands shake, wouldn't it also stand to reason that other foods might have an impact as well? In our cover story, "You Do What You Eat," [see page 1] the shocking role which food can play in a child's life is revealed. A sad factoid of American life is that about six million children, roughly one in eight children, will take Ritalin, Adderall, Concerta or other ADHD medications - all of which have known profound, serious side effects. Would that doctors would prescribe the kind of diet consumed by the lucky students at the Appleton Central Alternative High School featured in the aforementioned article.

As a father of three young children myself, I can testify first hand that you'll be rewarded with more pleasant behavior from your child post-banana, as opposed to post-cookie. "Oh, how can you deny your child 'normal' food!" is a refrain many of us who are trying to raise our children in a conscious manner are treated to.



John Borders and family

Well, according to Dr. Joel Fuhrman in "Disease-Proof Your Child," [see page 1] this "denial" of "normal" could be protecting your child from cancer later in life. If we truly take our responsibility as guardians of a future generation seriously, should Twinkies, Happy Meals and Cocoa Crispies be any part of a responsible diet? After serious consideration of Dr. Fuhrman's article, I would have to answer NO.

What we eat and drink not only has consequences for our bodies, it also has consequences for the planet. The incalculable misery inflicted by Hurricane Katrina in America's gulf states could very well have been the result of climate change brought on by man's oblivious footprint on this planet. Are we now beginning to see the terrible disasters predicted long ago by Earthsave founder John Robbins? Is it too late for us as a species to make a difference? On page 4 of this issue, we discuss how vegetarianism could be a critical component in slowing climate change. Your steamed broccoli and brown rice could very well help save not just your own body, but planet Earth itself.

Do we want to raise toxic children, or healthy ones? Do we want to poison the planet, or help heal it? The Earthsave message of the importance of shifting to a plant-based diet grows more urgent each day. Hurricane Katrina may be just a mild wake-up call.

John D. Borders, Jr., J.D.
Chair, EarthSave Board of Directors

Letters

Addiction Recovery

Mr. Robbins, I am writing in absolute gratitude for your publication, *The Food Revolution*. I found my way to this source just a few short months ago, and it has turned out to be a missing piece of the puzzle in my journey. Coinciding with this, I also was led to a program which is helping me to recover from an eating disorder, something which before this I never labeled as such. I am a walking example of the damage our culture's corporate food industry inflicts. At a young age I became "addicted" to sugar, and the bingeing behavior began. It would take 30 years for the awakening I had, and I am astounded, simply astounded, at the positive and rapid effects that plant-based nutrition brings.

In May of 2005 I began EarthSave's "VegPledge" and I have forever been changed.

Because I indulged uncontrollably in binge-eating behavior, I continue to work the program of addiction recovery. It takes "psychic rearrangement," even with the healthiest food available on the planet.

I am absolutely convinced that the commercial food industries know exactly what they are doing, and one by one our youth are falling victim to their schemes, creating cravings and addictions to the foods that are detrimental to their health. I have no need for anger and resentment toward such people responsible for turning me on to 30 years of unstoppable bingeing. What I do have is quite opposite, and that is my health, and a desire to do service on behalf of our dear Earth and all creatures who inhabit it. Since reading your book, and forever using it as an essential reference, I am determined to not only maintain my own health and lick this disease, but I am absolutely certain that I, as small as I am, can make a difference. You have inspired me beyond belief, and for that I am grateful. With your help I desire to bring the vegetarian/vegan message to my small community. My eyes have been opened wide and my brain is full of ideas. I believe we can help the earth and all creatures one vegetarian/vegan bite at a time!

Terri Bergstrom
Austin, MN

The Health March

Treating health as a civil rights issue (EarthSave News, Spring 2005 issue) is a great idea. I created a bumper stick with a catchphrase that I pass on to you: "Vegetarianism is an affordable health plan." I think it's a good slogan.

Roberta Kalechofsky
Jews for Animal Rights

On Peak Oil

James Howard Kunstler's article in the Spring 2005 newsletter is a good summary of his book, *The Long Emergency*. Despite the pessimism of his long-term predictions, we should do the best we can now to mitigate them. America is facing four simultaneous crises/stresses - all related to our economy's foundation in cheap oil: the peak in world oil production, global warming, massive foreign debt that will probably crash the dollar soon, and fundamentalist terrorism. Get ready for a bumpy ride.

Long-term (2025 and beyond), Kunstler's prediction that in the social and governmental breakdown the South may become a theocracy rings true to me. I would add that I believe religious institutions in many locations, as in the Middle Ages, have the most attractive community/social services center around. Many people will join religious institutions regardless of theology in order to benefit from a community of mutual support and financial resources. Fundamentalist churches are the institution in the strongest position now to expand in the days ahead. I believe that nonreligious New Age/pagan people should begin creating community/ecology centers, possibly around veg restaurants/cafes, in order to provide alternative community gathering/support places. I can't overstate the importance of this action. If we continue to behave as atoms and family nodes coming together for events we will be politically irrelevant during the Long Emergency.

Danila Oder
Los Angeles, CA

The End of Oil

I would imagine The End of Oil will be somewhere between "The Long Emergency," and "The End of Cheap Oil." I think that will probably be a low technical point. Maybe the true question is not where we will land with the End of Oil, yet rather will we have the courage to make the sacrifice necessary to implement the big change that will be needed. Granted there is ample evidence of this courage throughout the human condition, though the human condition is fraught with greed and selfishness too. This is evident by our current corporate enslavement. So along with the End of Oil must be the end of greed.

Mark J Burwinkel
Cincinnati

Oceans Have Fewer Kinds of Fish

The variety of species in the world's oceans has dropped by as much as 50 percent in the past 50 years, according to a paper published July 29 in the journal *Science*.

A combination of overfishing, habitat destruction and climate change has narrowed the range of fish across the globe, wrote biologists Boris Worm and Ransom A. Myers of Dalhousie University in Nova Scotia and three other scientists. In some areas, such as off northwest Australia where a wide variety of tuna and billfish used to thrive, diversity has declined precipitously.

"Where you used to put out a fishing line 50 years ago and catch 10 species, now you catch five species for the same amount of effort," Worm said in an interview yesterday. "That's a recipe for ecological collapse and disaster."

The study, which marks the first worldwide mapping of predatory fish diversity, identified five hot spots in the world that have a rich variety of species, two of them in U.S. waters. The hot spots are areas off the east coast of Florida, south of Hawaii, near Australia's Great Barrier Reef, near Sri Lanka and in the South Pacific north of Easter Island.

"These areas are really of global significance," Worm said. "It's really important to protect them now, because 20 years from now they may not be there."

The total catch for tuna and billfish has increased as much as tenfold over the past half-century, they found, prompting fish diversity to plummet. Overfishing is the main factor in these species' decline, Worm said, as well as for other fish caught inadvertently.



"That's what's driving the pattern," he said.

But in an example of how shifts in temperature can also affect diversity, the study found that in the Pacific, the variety of fish expanded when the weather pattern known as El Niño swept in and brought warmer surface

water but then contracted when temperatures dropped.

Predatory fish appear to like medium temperatures, around 77 degrees Fahrenheit, Myers said. "Like Goldilocks and the three bears, ocean animals don't like it too hot or too cold, they like it just right."

To do the study, Worm and Myers -- along with Marcel Sandow, Heike K. Lotze and Andreas Oschlies of Germany's Leibniz Institute for Marine Science -- used data from Japanese long-line fisheries going back to the 1950s, which they cross-referenced with U.S. and Australian scientific observer data.

The researchers determined that tuna and billfish are indicators of wider ocean diversity, and that these species are disappearing in many areas. Mid-size predators -- snake mackerel and pelagic stingrays -- are taking their place.

Worm compared the diminishing range of species to a poorly distributed stock portfolio that is ill-equipped to respond to economic and environmental shifts.

"As [fishing] markets change, as the climate changes, you have nothing to fall back on," he said.

Myers said international authorities need to ban fishing in ecologically valuable sites.

"We need protected areas in the open ocean," he said. "The open ocean is still open access."

Our Mission

EarthSave educates people about the powerful effects our food choices have on the environment, our health and all life on Earth, and encourages a shift toward a healthy, plant-based diet.

JOHN ROBBINS
FOUNDER, BOARD CHAIR EMERITUS

Board of Directors

JOHN D. BORDERS, JR., J.D.
CHAIR
JEFF NELSON
VICE-CHAIR
CARYN HARTGLASS
SECRETARY
MARK EPSTEIN
TREASURER
JULES OAKLANDER, D.O.
SANDY LAURIE

Legal Advisor

MORGAN WARD
STITES & HARRISON • LOUISVILLE, KY

Executive Director

CARYN HARTGLASS

Newsletter Contributors

DAN BALOGH, JOHN BANZHAF, JOHN D. BORDERS, JR., J.D., KENTON BROWN, GAIL DAVIS, JOEL FUHRMAN, MD, JEFF NELSON, MARIE OSER, JO STEPANIAK, MARCO VISSCHER, GARY ZIELKE

Editorial Board

JOHN BORDERS, JEFF NELSON, SABRINA NELSON

Graphic Design & Production

GREG LEMIRE

MOVING? Please make sure the address on your mailing label is current. Please contact us with updates.

MEMBERSHIP DATE

Please check your membership date on your address label -- it may be time to renew! EarthSave Magazine is published quarterly by

EarthSave International

P.O. Box 96
New York, NY 10108
Tel: 800-362-3648
Fax: 718-228-2491
information@earthsave.org

EarthSave News is distributed as a membership benefit to EarthSave members. Basic annual membership in is \$35 (tax-deductible).

COMMENTS/SUGGESTIONS

We welcome your feedback and ideas. Please write or email us.

Contributors

The deadline for articles, letters and photos for the next issue is Oct 30, 2005, for consideration in the next issue. Fax, mail, or e-mail submissions to the Editor at the office, or to information@earthsave.org.

The editor reserves the right to reject or edit all submissions. Opinions expressed by contributors are not necessarily those of EarthSave International.

EarthSave educates, inspires and empowers people to shift toward a diet centered on fruits, vegetables, grains and legumes -- food choices that are healthy for people and for the planet. Our influence and effectiveness is dependent upon our members, donors, and benefactors.

©2005 EarthSave International
Image copyrights held by the artists.

Report Card: Pesticides in Produce

Adjusting your eating habits can lower your intake of pesticides - sometimes dramatically so. Substitute organic for conventional produce that is consistently contaminated with pesticides. When organic is not available, eat fruits and vegetables with consistently low pesticide loads.

An simulation of thousands of consumers eating high and low pesticide diets shows that people can lower their pesticide exposure by 90 percent by avoiding the top twelve most contaminated fruits and vegetables and eating the least contaminated instead. Eating the 12 most contaminated fruits and vegetables will expose a person to nearly 20 pesticides per day, on average. Eating the 12 least contaminated will expose a person to a fraction over 2 pesticides per day. Less dramatic comparisons will produce less dramatic reductions, but without doubt using the Guide provides people with a way to make choices that lower pesticide exposure in the diet.

Most Contaminated: The Dirty Dozen

Consistent with two previous investigations, fruits topped the list of the consistently most contaminated fruits and vegetables, with eight of the 12 most contaminated foods. Among the top six were four fruits, with peaches leading the list, then **strawberries, apples and nectarines. Pears, cherries, red raspberries, and imported grapes** were the other four fruits in the top 12. Among these eight fruits:

Nectarines had the highest percentage of samples test positive for pesticides (97.3 percent), followed by **pears** (94.4 percent) and **peaches** (93.7 percent).

Nectarines also had the highest likelihood of multiple pesticides on a single sample — 85.3 percent had two or more pesticide residues — followed by **peaches** (79.9 percent) and **cherries** (75.8 percent).

Peaches and raspberries had the most pesticides detected on a single sample with nine pesticides on a single sample, followed by **strawberries and apples**, where eight pesticides were found on a single sample.

Peaches had the most pesticides overall with some combination of up to 45 pesticides found on the samples tested, followed by **raspberries** with 39 pesticides and **apples and strawberries**, both with 36.

Spinach, celery, potatoes, and sweet bell peppers are the vegetables most likely to expose consumers to pesticides. Among these four vegetables:

Celery had the highest of percentage of samples test positive for pesticides (94.5 percent), followed by spinach (83.4 percent) and

potatoes (79.3 percent).

Celery also had the highest likelihood of multiple pesticides on a single vegetable (78 percent of samples), followed by spinach (51.8 percent) and sweet bell peppers (48.5 percent).

Spinach was the vegetable with the most pesticides detected on a single sample (10 found on one sample), followed by celery and sweet bell peppers (both with nine).

Sweet bell peppers were the vegetable with the most pesticides overall with 39, followed by spinach at 36 and celery and potatoes, both with 29.

Least Contaminated: Consistently Clean

The vegetables least likely to have pesticides on them are **sweet corn, avocado, cauliflower, asparagus, onions, peas and broccoli**.

Nearly three-quarters (73 percent) of the pea and broccoli samples had no detectable pesticides. Among the other vegetables on the least-contaminated list, there were no detectable residues on 90 percent or more of the samples.

Multiple pesticide residues are extremely rare on any of these

least contaminated vegetables. **Broccoli** had the highest likelihood, with a 2.6 percent chance of more than one pesticide when ready to eat. **Avocado and corn** both had the lowest chance with zero samples containing more than one pesticide when eaten. The greatest number of pesticides detected on a single sample of any of these low-pesticide vegetables was three as compared to 10 found on **spinach**, the most contaminated crop with the most residues.

Broccoli and onions both had the most pesticides found on a single vegetable crop at up to 17 pesticides but far fewer than the most contaminated vegetable, sweet bell peppers, on which 39 were found.

The five fruits least likely to have pesticide residues on them are **pineapples, mangoes, bananas, kiwi and papaya**.

Fewer than 10 percent of **pineapple** and **mango** samples had detectable pesticides on them and fewer than one percent of samples had more than one pesticide residue.

Though 53 percent of bananas had detectable pesticides, multiple residues are rare with only 4.7 percent of samples containing more than one residue. **Kiwi and papaya** had residues on 23.6 percent and 21.7 percent of samples, respectively, and just 10.4 percent

and 5.6 percent of samples, respectively, had multiple pesticide residues.



12 Most Contaminated

- Apples
- Bell Peppers
- Celery
- Cherries
- Imported Grapes
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

12 Least Contaminated

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn (sweet)
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapples
- Peas (sweet)



Should I stop eating certain foods?

We recommend that you eat plenty of fruits and vegetables because they're essential to a healthy diet. But you can and should cut back on pesticides--just as you might cut back on fat, calories or cholesterol.

Right now, buying organic food is the best option to reduce your intake of pesticides if (like us) you're skeptical about government and chemical company claims that pesticides are "safe." If you want to eat conventionally produced fruits and vegetables that usually have fewer pesticides, you can change your eating habits to do so.

What about washing?

Washing will not change the rank of the fruits and vegetables in the Guide. That's because nearly all of the data used to create these lists comes from the USDA Pesticide Data Program (PDP) where the foods are washed and prepared for normal consumption prior to testing for pesticides (apples are washed and cored, bananas are peeled, etc.).

While washing fresh produce may help reduce pesticide residues, it clearly does not eliminate them. Nonetheless, produce should be washed before it is eaten because washing does reduce levels of some pesticides. However, other pesticides are taken up internally into the plant, are in the fruit, and cannot be washed off. Others are formulated to bind to the surface of the crop and do not easily wash off. Peeling reduces exposures, but valuable nutrients often go down the drain with the peel.

The best option is to eat a varied plant-based diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.

A New Global Warming Strategy: How Environmentalists are overlooking vegetarianism as the most effective tool against climate change

Global warming poses one of the most serious threats to the global environment ever faced in human history. Yet by focusing entirely on carbon dioxide emissions, major environmental organizations have failed to account for published data showing that other gases are the main culprits behind the global warming we see today. As a result, they are neglecting what might be the most effective strategy for reducing global warming in our lifetimes: advocating a vegetarian diet.

Global Warming and Carbon Dioxide

The environmental community rightly recognizes global warming as one of the gravest threats to the planet. Global temperatures are already higher than they've ever been in at least the past millennium, and the increase is accelerating even faster than scientists had predicted. The expected consequences include coastal flooding, increases in extreme weather, spreading disease, and mass extinctions.

Unfortunately, the environmental community has focused its efforts almost exclusively on abating carbon dioxide (CO₂) emissions. Domestic legislative efforts concentrate on raising fuel economy standards, capping CO₂ emissions from power plants, and investing in alternative energy sources. Recommendations to consumers also focus on CO₂: buy fuel-efficient cars and appliances, and minimize their use.

This is a serious miscalculation. Data published by Dr. James Hansen and others show that CO₂ emissions are not the main cause of observed atmospheric warming. Though this may sound like the work of global warming skeptics, it isn't: Hansen is Director of NASA's Goddard Institute for Space Studies who has been called "a grandfather of the global warming theory." He is a longtime supporter of action against global warming, cited by Al Gore and often quoted by environmental organizations, who has argued against skeptics for subverting the scientific process. His results are generally accepted by global warming experts, including bigwigs like Dr. James McCarthy, co-chair of the International Panel on Climate Change's Working Group II.

The focus solely on CO₂ is fueled in part by misconceptions. It's true that human activity produces vastly more CO₂ than all other greenhouse gases put together. However, this does not mean it is responsible for most of the earth's warming. Many other greenhouse gases trap heat far more powerfully than CO₂, some of them tens of thousands of times more powerfully. When taking into account various gases' global warming potential—defined as the amount of actual warming a gas will produce over the next one hundred years—it turns out that gases other than CO₂ make up most of the global warming problem.

Even this overstates the effect of CO₂, because the primary sources of these emissions—cars and power plants—also produce aerosols. Aerosols actually have a cooling effect on global temperatures, and the magnitude of this cooling approximately cancels out the warming effect of CO₂. The surprising result is that sources of CO₂ emissions are having roughly zero effect on global temperatures in the near-term!

This result is not widely known in the environmental community, due to a fear that polluting industries will use it to excuse their greenhouse gas emissions. For example, the Union of Concerned Scientists had the data reviewed by other climate experts, who affirmed Hansen's conclusions. However, the organization also cited climate contrarians' misuse of the data to argue against curbs in CO₂. This contrarian spin cannot be justified.

While CO₂ may have little influence in the near-term, reductions remains critical for containing climate change in the long run. Aerosols are short-lived, settling out of the air after a few months, while CO₂ continues to heat the atmosphere for decades to centuries. Moreover, we cannot assume that aerosol emissions will keep pace with increases in CO₂ emissions. If

we fail start dealing with CO₂ today, it will be too late down the road when the emissions catch up with us.

Nevertheless, the fact remains that sources of non-CO₂ greenhouse gases are responsible for virtually all the global warming we're seeing, and all the global warming we are going to see for the next fifty years. If we wish to curb global warming over the coming half century, we must look at strategies to address non-CO₂ emissions. The strategy with the most impact is vegetarianism.

Methane and Vegetarianism

By far the most important non-CO₂ greenhouse gas is methane, and the number one source of methane worldwide is animal agriculture.

Methane is responsible for nearly as

number one source of water pollution in the U.S.

The conclusion is simple: arguably the best way to reduce global warming in our lifetimes is to reduce or eliminate our consumption of animal products. Simply by going vegetarian (or, strictly speaking, vegan), we can eliminate one of the major sources of emissions of methane, the greenhouse gas responsible for almost half of the global warming impacting the planet today.

Advantages of Vegetarianism over CO₂ Reduction

In addition to having the advantage of immediately reducing global warming, a shift away from methane-emitting food sources is much easier than cutting carbon dioxide.



much global warming as all other non-CO₂ greenhouse gases put together. Methane is 21 times more powerful a greenhouse gas than CO₂. While atmospheric concentrations of CO₂ have risen by about 31% since pre-industrial times, methane concentrations have more than doubled. Whereas human sources of CO₂ amount to just 3% of natural emissions, human sources produce one and a half times as much methane as all natural sources. In fact, the effect of our methane emissions may be compounded as methane-induced warming in turn stimulates microbial decay of organic matter in wetlands—the primary natural source of methane.

With methane emissions causing nearly half of the planet's human-induced warming, methane reduction must be a priority. Methane is produced by a number of sources, including coal mining and landfills, but the number one source worldwide is animal agriculture. Animal agriculture produces more than 100 million tons of methane a year. And this source is on the rise: global meat consumption has increased fivefold in the past fifty years, and shows little sign of abating. About 85% of this methane is produced in the digestive processes of livestock, and while a single cow releases a relatively small amount of methane, the collective effect on the environment of the hundreds of millions of livestock animals worldwide is enormous. An additional 15% of animal agricultural methane emissions are released from the massive "lagoons" used to store untreated farm animal waste, and already a target of environmentalists' for their role as the

slowly replace the massive infrastructure our economy depends upon today.

Similarly, unlike carbon dioxide which can remain in the air for more than a century, methane cycles out of the atmosphere in just eight years, so that lower methane emissions quickly translate to cooling of the earth.

Third, efforts to cut carbon dioxide involve fighting powerful and wealthy business interests like the auto and oil industries. Environmental groups have been lobbying for years to make fuel-efficient SUVs available or phase out power plants that don't meet modern environmental standards without success. At the same time, vegetarian foods are readily available, and cuts in agricultural methane emissions are achievable at every meal.

Also, polls show that concern about global warming is widespread, and environmental activists often feel helpless to do anything about it. Unless they happen to be buying a car or major appliance, most people wanting to make a difference are given little to do aside from writing their legislators and turning off their lights. Reducing or eliminating meat consumption is something concerned citizens can do every day to help the planet.

Finally, it is worth noting that reductions in this source of greenhouse gas have many beneficial side effects for the environment. Less methane results in less tropospheric ozone, a pollutant damaging to human health and agriculture. Moreover, the same factory farms responsible for these methane emissions also use up most of the country's water supply, and denude most of its wilderness for rangeland and growing feed. Creating rangeland to feed western nations' growing appetite for meat has been a major source of deforestation and desertification in third world countries. Factory farm waste lagoons are a leading source of water pollution in the U.S. Indeed, because of animal agriculture's high demand for fossil fuels, the average American diet is far more CO₂-polluting than a plant-based one.

Recommendations

- Organizations should consider making advocating vegetarianism a major part of their global warming campaigns. At a minimum, environmental advocates should mention vegetarianism in any information about actions individuals can take to address global warming.

- Government policy should encourage vegetarian diets. Possible mechanisms include an environmental tax on meat similar to one already recommended on gasoline, a shift in farm subsidies to encourage plant agriculture over animal agriculture, or an increased emphasis on vegetarian foods in government-run programs like the school lunch program or food stamps.



How The China Study Changed My Life

by Kenton Brown

I am a Missionary living in Honduras. I was diagnosed with the clinical depression six years ago even though I had been struggling with it most of my life. For the last six years I have been on either 150mg or 300mg of Welbutrin daily. In the last year it had been very difficult. I struggled with daily fatigue and found it difficult to concentrate for an entire work day. I had headaches each morning six out of seven days per week. These were headaches in the lower back of the head. I also would have migraine headaches mixed in during the week.

About four months ago a friend sent me a link to a book on nutrition. Normally I would just delete an e-mail from this health nut but I mistakenly thought it came from someone else. I clicked the link and found information on "The China Study." Based on the initial information, I started eating more fruits and vegetables and cutting back on meat. I ordered the book and had it sent to a lady coming to Honduras a couple of weeks later.

I read "The China Study," and made a decision to stop eating animal protein. I also found the link to Dr. McDougall's site through this book. Nothing in the book indicated that there would be any help for depression, but my blood pressure had been creeping up over the years, and I am 5 foot 11 inches weighing 201 pounds. I had eaten for 48 years based on no scientific research. I was stuck in the river of western eating and would have to go wherever it carried me. I

figured if I could benefit my health by actually having been peer-reviewed scientific research I would jump ship and start heading the other way.

The first couple of weeks were a bit difficult; I stopped drinking all soda drinks, coffee, sugar and animal protein.

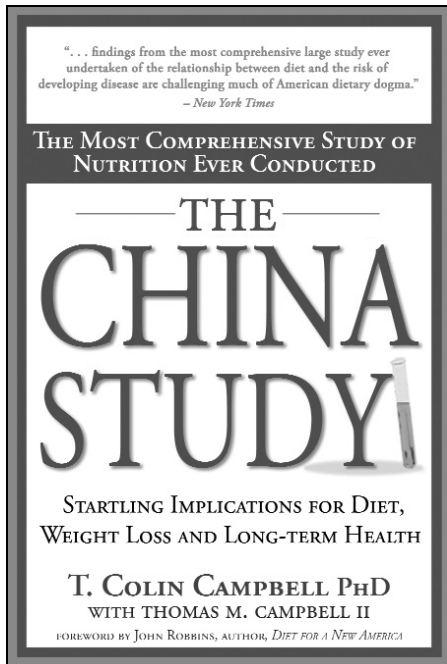
I also decided while cleaning my body out I would not take the anti-depression medication for a couple of weeks, unless the depression became too difficult to bear.

After about a week, I could tell something was going on in the area of depression. I could not feel the symptoms! I was cautiously optimistic. Another week passed and

I found myself with a smile on my face. My friends were making comments about my smile, although I was still dealing with headaches from caffeine withdraws. The most impressed person was my wife. She had been dealing with my depression for many years. She recently told me that she was not sure she knew me any more. Normally this would not be good to hear from your wife, but in this case she was well pleased.

I had tried to go off of anti-depressants several times. Within a week I would know and so would my friends. I do not know that this would work for anyone else. Depression is a complex brain chemistry issue. I would not recommend going cold-turkey off of any medication.

I am the IT Manager at a mission hospital. My friends are mostly doctors or other medical types. Two of the doctors have read my copy of "The China Study". Both have



Kenton and Sandra Brown

made drastic changes in their diet. One had been discouraged with traditional medicine and she is now searching for how she can better help people through nutrition.

There are people that are vegetarians for political or religious reason. I am a Vegan by choice. As a Christian Missionary I do not find a biblical doctrine for not eating meat. In fact a strong argument can be made for eating meat. If you believe the Garden of Eden story of the creation of man then think about the fact that man did not even kill animals until after the fall of Adam and Eve. They were at least Vegetarians if not Vegans. I have heard it said that true science is discovery. I am sure that true religion is discovery. It may be possible that God set us on a path of discovery in the area of human nutrition. This may very well be part of God's plan for man's evolution towards His likeness.

It has been four months. I have lots

of energy. I am jogging again. My weight is down to 193.5 pounds. My blood pressure has dropped from 150/89 to 143/86. The headaches are gone. I have had maybe four headaches in the last two months and none in the last two weeks. Best of all I am not on any medication and I have zero symptoms of depression.

I have set a goal to bring my blood pressure below 120/80, and my weight down to 160. I plan to run my fourth Marathon in October of next year. This time I plan to qualify for Boston by running under 3:30. I am also looking for a financially feasible way to study nutrition by distant learning so that I can help the poor people of Honduras to overcome heart disease and diabetes.

Kenton Brown
Missionary to Honduras
Hospital Loma de Luz
<http://www.crstone.org>

Dr. Pinckney Saved My Life

By Gary Zielke

September 6, 2005 marks the second anniversary of my coming to Dr. Pinckney's Discussion Board and beginning a heart disease reversal program, through a low-fat vegan diet. What brought me to Dr. Pinckney was an angiogram that revealed three coronary arteries with significant blockages: the right coronary artery was 95% blocked, the left anterior descending artery was 80% blocked and the obtuse marginal artery was 75% blocked. This was complicated by a left ventricular ejection fraction of 24%, the result of a heart attack 11 years earlier. The angiogram and echocardiogram (to measure the ejection fraction) were done after I had complained to my family doctor about chest pain brought on by mild exertion.

I was scheduled for coronary bypass surgery, but because I had what the cardiologist called "stable angina," and because I live in Canada which has socialized medicine, I was told that the wait for my surgery would be about 6 months. Rather than just wait for my chest to be cut open, I thought I would try and find out what I could do to either improve my condition or at least better my odds of making it through the surgery. That is when I discovered VegSource.com and Dr. Pinckney. I started on the program immediately. The diagnosis I had just been given was a great motivator. I told my cardiologist what I had done, and although he did not discourage me, he told me not to get my hopes up.

Within a week I noticed a small reduction in my angina. I measured this by the number of times I would have to use my Nitroglycerin spray during my daily walks. I started to lose weight and the idea of taking control of my condition rather than having it control me increased my motivation. By the time my surgery date came along I had lost 45 pounds of unwanted fat, and my exercise tolerance had improved to the point where I added jogging to my walking. I no longer needed to use my Nitroglycerin



spray and my angina was all but gone. I told the cardiac surgeon during my pre-operation consultation that I wanted to postpone my surgery to see if I would continue to get better. He reluctantly agreed on the condition that I immediately contact him if my symptoms returned. They haven't.

My cardiologist has gone from being a skeptic to being a major supporter. He now tells me that the reason he originally advised me not to be too optimistic was not because this program doesn't work, but because he has never known anyone who could stick to it. My last lipid panel was total cholesterol 128; LDL 66; HDL 39 and Triglycerides 115. I take a daily 20 mg dosage of Lipitor and for the low ejection fraction I take Coreg and Covarsyl. I am 58 years old. I recently did an exercise stress test where I doubled the time from two years ago and

had no pain or unusual electrocardiogram readings. I recounted my rather long story because I hope that it will be an encouragement to anyone struggling to stay with a low-fat vegan diet program or wondering if it really works. In my study of one the program has performed as advertised. There are no support groups where I live, and at times I have felt like the Lone Ranger because none of my family or friends eat as I do (the diet is the hardest part of the program for me). I have therefore had to rely on this site for motivation and advice. I really appreciate how quickly Dr. Pinckney responds to questions with well researched answers and I especially enjoy reading other people's questions and comments. Thanks everyone for your support and your contributions to the ongoing dialog. I hope to celebrate many more anniversaries.

To learn more about Dr. Pinckney's program, and to get online support, visit Dr. Pinckney's discussion board at <http://www.vegsource.com/talk/healing-heart/>



LET'S TALK TOFURKY!

Check out our innovative line of Meat Alternatives at www.tofurky.com All products are 100% VEGAN, are made with ORGANIC TOFU - not powders and TASTE FANTASTIC!



Tofurky Roasts
A delicious Satisfying
Roast for any occasion!



Tofurky Deli Slices

America's leading brand -
now in 6 great flavors



Tofurky Sausages
Award Winning Vegan
Grilling Sausages.



Tofurky Jurky
Smoked in Real
Smokehouse



Turtle Island Foods
POB 176 • Tillamook River, OR 97151
800-508-8100

www.tofurky.com • email: info@tofurky.com

More Evidence of Fatty Food Addiction

May Provide Basis for Fast Food Legal Liability for Failure to Warn

Editor's Note: It's sad that rats are suffering in order to demonstrate what is already patently obvious - humans are in denial about their bad diets. Neal Barnard MD of PCRM has already demonstrated much of the info below in his *Breaking the Food Seduction* book, without using animal experimentation. The food industry-funded American Dietetic Association tells us "There are no bad foods." The corporate-funded "personal responsibility" groups tell us "You can eat whatever you want, you just have to control yourself." The effectiveness of the advice corporate America gives us, through its apologist like the ADA and the federal government, is evident on every corner - a fatter and sicker America.

A new study published in August in the Journal of Nutrition provides more evidence of how eating fatty foods produces addictive effects in the brain in much the same way as nicotine. <http://washingtontimes.com/national/20050803-120357-9444r.htm> AND <http://www.nutrition.org/cgi/content/abstract/135/8/1953>

Essentially the study shows that rats fed a high-fat diet undergo hormonal changes and start not to respond to the body's signals of satiety. They then go on to eat unusual and unhealthy amounts of fattening foods which further increases the addictive effect.

"Rats fed a high-fat diet don't then continue to overeat because they suddenly lack 'personal responsibility' or rat will power, or because they become couch potatoes, watch television, or play rat video games. They continue to overeat and become obese because high-fat foods have caused a hormonal change in their body which causes a biological compulsion to overeat - virtually the definition of an addictive response," says public interest law professor John Banzhaf.

Banzhaf, whose law students put together the first of six successful fat law suits, and who served as advisor on the seventh fat law suit recently reinstated by a unanimous U.S. Court of Appeals, said that this new study brings us one step closer to the day a fast food chain will be sued for failing to disclose and warn patrons about the possible addictive effects of its products, just as cigarette companies paid dearly for failing to disclose how their products produced addictive effects on smokers.. <http://banzhaf.net/docs/fltr.html>

Banzhaf notes that an ever expanding body of evidence shows that fattening foods can have an addictive effect upon both human and animals, and that more and more scientific and respectable lay publications are reporting it. For example:

At least two respected scientific publications, and more than a dozen mainstream media outlets, have now reported that food addiction is real and plays an important role in causing obesity. This could have important implications for fat law suits against fast food companies, says Banzhaf, whose law students helped bring the first of five successful fat law suits, and who has emerged as a leading spokesman for the new movement. SEE <http://banzhaf.net/obesitylinks.html> AND especially <http://banzhaf.net/docs/fltr.html>

Fattening foods can be addictive in the same way as nicotine or even heroin, says PSYCHOLOGY TODAY magazine, citing the Director of the National Institute on Drug Abuse [NIDA], and joining many other mainstream media in reporting this finding.

Fattening foods can be addictive in the same way as nicotine or even heroin, says PSYCHOLOGY TODAY magazine, citing the Director of the National Institute on Drug Abuse [NIDA], and joining many other mainstream media in reporting this finding.

In "Addiction and Pleasure: A Radical New View," the December 2004 issue of PSYCHOLOGY TODAY reports, after discussing how addicts "enjoy the rush of addictive drugs," that "obesity may involve similar malfunctions in the dopamine systems.. Like addicts, overeaters may be compensating for a sluggish dopamine system by turning to the one thing that gets their neurons pumping."

Earlier, the British science magazine NEW SCIENTIST reported that "there is a growing body of evidence" that "fats and simple sugars can act on the brain the same way as nicotine and heroin." It reports on numerous experiments in which lab animals addicted to fattening foods suffered withdrawal symptoms, how chemicals in the brain can be altered to create or cure obesity, how the brains of human addicts react the same way to drugs as the brains of the morbidly obese, how baby rats fed fattening foods virtually always grow up to be fat adults, etc. <http://banzhaf.net/docs/newsci.html>

PSYCHOLOGY TODAY also reported: "It's a mark of changing times -- and more sophisticated science -- that the head of the National Institute on Drug Abuse is thinking about doughnuts as well as heroin. Just as blaming drug addiction on moral weakness was a short sighted and unscientific way of framing a social problem, [NIDA head] Volkow believes that focusing solely on metabolism, or blaming fat people for overindulgence and gluttony, are intellectual dead ends. 'What motivates us to eat is clearly much more than hunger,' she says. 'We need to expand the way we think about eating.'"

• PSYCHOLOGY TODAY is only the latest of many major publications to warn about the addictive effects of fast food; a clear indication, says Banzhaf, that the evidence is now strong enough to at least require a warning to potential consumers. For example:

• The WASHINGTON POST has reported: "That chance observation has led to tantalizing new insights into the underlying reasons why some people overeat and have such a hard time shedding pounds, and the provocative question of whether food can be an 'addiction.' . . . Addiction and obesity experts stress that both problems are extremely complex and in all likelihood have multiple environmental and biological causes. But many experts agree that they appear to have certain intriguing similarities. 'What char-

acterizes addiction is the compulsion: A person may consciously not want to take it any more, but the drive is so intense the person takes it anyway,' said Nora Volkow, director of the National Institute on Drug Abuse. 'That's what we see with cocaine and heroin. What's interesting is that in pathological overeating, you see the same syndrome -- a compulsion to eat an enormous amount of food.'" [10/7/03]

• In an article entitled "Are We Turning Our Children Into 'Fat' Junkies?," THE GUARDIAN states that "one in 10 British children under five is obese. Health experts blame sedentary lifestyles - and even bigger food portions - but new research suggests that a diet high in fat and sugar may trigger the same addictive cravings as tobacco or drugs." <http://observer.guardian.co.uk/foodmonthly/story/0,9950,1058656,00.html>

• REUTERS reported, in an article entitled "Chocolate Cake Addiction: It's Real," that "People who say they are addicted to chocolate or pizza may not be exaggerating, according to U.S.-based scientists. . . . The researchers scanned the brains of normal, hungry people and found their brains lit up when they saw and smelled their

favorite foods, in much the same way as the brains of cocaine addicts when they think about their next snort." It cites an article in NeuroImage, A Journal of Brain Function. SEE:

<http://www.abc.net.au/science/news/stories/s1091988.htm>

• Similarly, CNN has reported that a "brain scan study of normal, hungry people showed their brains lit up when they saw and smelled their favorite foods in much the same way as the brains of cocaine addicts when they think about their next snort "

• Even the WASHINGTON TIMES, which editorially opposes fat law suits, reported on the growing evidence for one of the key legal theories under which such legal actions will likely be brought: In "Chronic Overeating Called an Addiction," the newspaper said: "Just as federal health officials defined obesity as an illness, researchers at the University of Florida say mounting evidence suggests chronic overeating may be a substance abuse disorder and should be considered an addiction. 'What's the difference between someone who's lost control over alcohol and someone who's lost control over good food? When you look at their brains and brain responses, the differences are not very significant,' said Dr. Mark Gold, chief of addiction medicine at UF's College of Medicine."

• The WASHINGTON TIMES continued: "Food might be the substance in a substance abuse disorder that we see today as obesity,' Dr. Gold said. . . . Dr. Gold was

an early proponent of the "food-as-drug" model. The medical community considered the idea radical a decade ago, he said, but many addiction specialists give it serious consideration today. He said the change in thinking occurred as a result of advances in imaging technology, neurochemistry and other fields that have enabled researchers to map rodents' brain pathways and show how food and drugs evoke similar responses." <http://www.washingtontimes.com/national/20040815-120345-8326r.htm>

• The OBSERVER has reported: "New research suggests that a diet high in fat and sugar may trigger the same addictive cravings as tobacco or drugs."

• THE ADVERTISER says that "Snacking on junk food as addictive as heroin - food could be as addictive as cigarettes or heroin."

• THE AUSTRALIAN notes that "Scientists have found that high doses of fat and sugar in fast and processed foods can be as addictive as nicotine -- and even hard drugs. The research found that foods high in fat and sugar can cause significant changes in brain biochemistry similar to those from drugs such as heroin and cocaine. Once hooked, the researchers said, many people found it almost impossible to switch back to a healthy diet, often leading to obesity."

• THE INDEPENDENT (LONDON) said: "High doses of fat and sugar in processed food can be as addictive as hard drugs, according to scientists. Research has revealed that the consumption of fast food can trigger chemical reactions in the brain which can lead to overeating. It suggests that the biochemical changes caused by large quantities of fat and sugar are comparable to the addictive reactions caused by taking drugs such as heroin and cocaine. It means many people find it hard to revert to a healthy diet after ingesting fast or processed food which often leads to obesity, according to scientists at the Rockefeller University in New York."

• The SUNDAY TELEGRAPH of London, in an article entitled, "REVEALED: FOOD COMPANIES KNEW PRODUCTS WERE ADDICTIVE," reported that "Multinational food companies have known for years about research that suggests many of their products trigger chemical reactions in the brain which lead people to overeat, The Sunday Telegraph can reveal. Scientists working for Nestle and Unilever have been quietly investigating how certain foods, such as chocolate biscuits, burgers and snacks, make people binge-eat, thereby fueling obesity. . . . scientists working for the industry have said manufacturers fear they have created foods that undermine the body's abili-

CONTINUED NEXT PAGE -->



JUNK FOOD/FROM PAGE 1

researching the relationship between food and behavior for more than 20 years. He has proven that reducing the sugar and fat intake in our daily diets leads to higher IQs and better grades in school.

When Schoenthaler supervised a change in meals served at 803 schools in low-income neighborhoods in New York City, the number of students passing final exams rose from 11 percent below the national average to five percent above.

He is best known for his work in youth detention centers. One of his studies showed that the number of violations of house rules fell by 37 percent when vending machines were removed and canned food in the cafeteria was replaced by fresh alternatives. He summarizes his findings this way: "Having a bad diet right now is a better predictor of future violence than past violent behavior."

But Schoenthaler's work is under fire. A committee from his own university has recommended suspending him for his allegedly improper research methods: Schoenthaler didn't always use a placebo as a control measure and his group of test subjects wasn't always chosen at random. This criticism doesn't refute Schoenthaler's research that nutrition has an effect on behavior. It means most of his studies simply lack the scientific soundness needed to earn the respect of his colleagues.

The Prison Test

Recent research that -- even Schoenthaler's critics admit -- was conducted flawlessly, showed similar conclusions. Bernard Gesch, physiologist at the University of Oxford, decided to test the anecdotal clues in the most thorough study so far in this field. In a prison for men between the ages of 18 and 21 in England's Buckinghamshire, 231 volunteers were divided into two groups: One was given nutrition supplements along with their meals that contained our approximate daily needs for vitamins, minerals and fatty acids; the other group got placebos. Neither the prisoners, nor the guards, nor the researchers at the prison knew who took fake supplements and who got the real thing.

The researchers then tallied the number of times the participants violated prison rules, and compared it to the same data that had been collected in the months leading up to the nutrition study. The prisoners given supplements for four consecutive months committed an average of 26 percent fewer violations compared to the preceding period. Those given placebos showed no marked change in behaviour. For serious breaches of conduct, particularly the use of violence, the number of violations decreased 37 percent for the men given nutrition supplements, while the placebo group showed no change.

The experiment was carefully constructed, ruling out the possibility that ethnic, social, psychological or other variables could affect the outcome. Prisons are popular places to conduct studies for good reason: There is a strict routine; participants sleep and exercise the same num-

ber of hours every day and eat the same things at the same time.

Says John Copas, professor in statistical methodology at the University of Warwick: "This is the only trial I have ever been involved with from the social sciences which is designed properly and with a good analysis." As a randomized, double-blind, placebo-controlled study, Gesch emerges with convincing scientific proof that poor nutrition plays a role in triggering aggressive behavior.

Sugar's Not the Only Problem

Indeed, the study proves what every parent already knows. Serve soda and candy at a children's birthday party and you'll get loud, hyperactive behavior followed by tears and tantrums. It works like



A bad diet right is a better predictor of future violence than past violent behavior.

this: Blood-sugar levels jump suddenly after you eat sugar, which initially gives you a burst of fresh energy. But then your blood sugar falls, and you become lethargic and sleepy. In an attempt to prevent blood-sugar levels from falling too low, your body produces adrenalin, which makes you irritable and explosive.

But sugar can't be the only problem. After all, high blood-sugar levels mainly have a short-term effect on behavior, while the research of Schoenthaler and Gesch indicates changes over a longer period. They suggest it is much more important that you get the right amount of vitamins, minerals and unsaturated fatty acids because these substances directly influence the brain, and therefore behavior.

If these findings prove true -- and they do look convincing -- then we should be sounding an alarm about good nutrition. What are the long-term implications of the fact that the quality of our farmland has sharply declined in recent decades? The use of artificial fertilizer for years on end has diminished the levels of important minerals like magnesium, chromium and selenium, therefore present in much lower concentrations in our food.

The eating habits of children and young people also should be a cause for serious concern. Their diets now are rich in sugar, fats and carbohydrates, and poor in vegetables and fruit. Add to this an increasing lack of exercise among kids,

and the problem becomes even worse. The World Health Organization (WHO) talks of an epidemic of overweight among children. Obesity, the official name for serious weight problems, is said to absorb up to six percent of the total health budget -- a cautious estimate as all kinds of related diseases cannot be included in the exact calculation. Think of what this situation will look like when the current generation of overweight kids hits middle age.

The link between food and health is better understood by most people than the relationship between food and behavior, so health has become the driving force behind many public campaigns to combat overweight. A discussion has arisen in a number of countries about introducing a tax on junk food, the proceeds of which

like vitamins and minerals. Far more effort goes into pharmaceutical, rather than dietary, solutions.

The Netherlands currently is the only country where Gesch's research is being explored. Plans to test the findings about nutrition supplements and behaviour further are being set up in 14 prisons, with nearly 500 subjects. Ap Zaalberg, leading the project for the Dutch Ministry of Justice, remembers how he and his colleagues reacted when they first heard of Gesch's study. "Disbelief," he states resolutely. "This was surely not true. But when I looked into the issue more closely, I landed in a world of hard science."

Zaalberg knows diet is not the only factor that determines whether someone exhibits aggressive behavior. "Aggression is not only determined by nutrition," he states. "Background and drug use, for example, also play a role. Yet I increasingly see the introduction of vitamins and minerals as a very rational approach."

"Most criminal-justice systems assume that criminal behaviour is entirely a matter of free will," Gesch says. "But how exactly can you exercise free will without involving your brain? How exactly can the brain function without an adequate nutrient supply? Nutrition in fact could be a major player and, for sure, we have seriously underestimated its importance. I think nutrition may actually be one of the most straightforward factors to change antisocial behaviour. And we know that it's not only highly effective, it's also cheap and humane."

Cheap it is. Natural Justice, the British charity institution chaired by Gesch, which is researching "the origins of antisocial and criminal behaviour," estimates it would cost 3.5 million pounds (5.3 million euros or 6.4 million U.S. dollars) to provide supplements to all the prisoners in Great Britain. That is only a fraction of the current prison budget of 2 billion pounds (3 billion euros or 3.6 billion U.S. dollar).

Finding Safety Through the Stomach

It seems the link between nutrition and antisocial behaviour shows great promise as both political issue and human-interest story. How much longer will politicians concentrate on police and stricter surveillance as the answer to crime? When will they realize healthy food can help create a healthier society? After all, people would not only be more productive, but the cost of health care and of the criminal-justice system would decline. As is the case for a man's love, the way to safety may be through the stomach.

As Bernard Gesch notes, "Few scientists are not convinced that diet is fundamental for the development of the human brain. Is it plausible that in the last 50 years we could have made spectacular changes to the human diet without any implications for the brain? I don't think so. Now, evidence is mounting that putting poor fuel into the brain significantly affects social behaviour. We need to know more about the composition of the right nutrients. It could be the recipe for peace."

Marco Visscher is a senior editor at Ode Magazine.

More at www.OdeMagazine.com

ties to control intake and are battling to find a solution. "We have created a bio-chemical monster," one said.

"This growing evidence -- now being increasingly reported in scientific and mainstream media -- that eating some fattening foods can cause addictive reactions in the brain just like nicotine strongly suggests that there is now enough scientific evidence to warrant at least a warning about possible addictive effects," says Prof. Banzhaf.

He notes that the legal duty to warn or inform customers does not arise only when evidence of possible harm is conclusive and generally accepted by the scientific community. Rather, it occurs whenever the information might be relevant to a reasonable person making a purchasing decision. That's why, for example, we see many notices saying simply that "some evidence suggests that . . ." or that "animal studies indicate that X might cause cancer," etc.

It is also the same reason that doctors must warn patients of even a remote risk suggested by a single scientific study, even if the study hasn't yet been replicated and/or is apparently contradicted by other studies or by conventional scientific or medical wisdom. In short, such notice is required to alert customers to the mere possibility of a risk so that they can evaluate the weight of the evidence for themselves and then knowledgeably exercise their own personal responsibility.

Banzhaf says that several courts have held that cigarette manufacturers may be held liable for failing to disclose that their products might produce addictive effects, even though the general health dangers of smoking were so well known as to be regarded as common knowledge. He suggests that food companies can avoid the same legal effect by posting warnings or "health advisories" about this possibility. He notes that McDonald's is

already warning customers not to eat at McDonald's more than once a week (at least in France), and that Pepsico -- the largest manufacturer of what many call junk food -- is telling people to eat their snack foods only occasionally. <http://banzhaf.net/mcad.html>



PROFESSOR JOHN F. BANZHAF III Professor of Public Interest Law Dr. William Cahan Distinguished Professor George Washington University Law School 2000 H Street, NW, Washington, DC 20006, USA (202) 994-7229 // (703) 527-8418 <http://banzhaf.net>

Administration excised scientists' warnings in grazing report

The Bush administration altered critical portions of a scientific analysis of the environmental impact of cattle grazing on public lands before announcing relaxed grazing limits on those lands, according to scientists involved in the study.

A government biologist and a hydrologist, who both retired this year from the Bureau of Land Management, said their conclusions that the proposed rules might adversely affect water quality and wildlife, including endangered species, were excised and replaced with language justifying less-stringent regulations favored by cattle ranchers.

A BLM official acknowledged changes were made in the analysis but said they were part of a standard editing and review process and were based on "sound science."

Critics often complain that the Bush administration has made a practice of distorting scientific studies to weaken regulations to serve its political objectives. Philip Cooney, a White House official who previously worked as an oil-industry lobbyist, resigned last week amid accusation that he repeatedly edited government climate reports in a way that downplayed links between greenhouse-gas emissions and global warming.

Grazing regulations, which affect 160 million acres of public land in 11 Western states, set the conditions under which ranchers may use that land, and guide government managers in determining how many cattle may graze, where, and for how long without harming resources.

The original draft of the environmental analysis warned that the new rules would have a "significant adverse impact" on wildlife, but that phrase was removed. The BLM now concludes that the grazing regulations are "beneficial to animals."

Eliminated from the final draft was another conclusion that read: "The Proposed Action will have a slow, long-term adverse impact on wildlife and biological diversity in general."

Also removed was language saying how the rules changes could affect endangered species adversely.

"This is a whitewash; they took all of our science and reversed it 180 degrees," said Erick Campbell, a former BLM state biologist in Nevada and a 30-year BLM employee who retired this year. Campbell wrote sections of the report pertaining to impacts on wildlife and threatened and endangered species. "They rewrote everything. It's a crime," he said.

Former BLM hydrologist Bill Brookes, who assessed the rules' impact on water resources, said in the original draft that the proposed rule change is "an abrogation of (BLM's) responsibility under the Clean Water Act."

"Everything I wrote was totally rewritten and watered down," Brookes said. "Everything in the report that was purported to be negative was watered down. Instead of saying, in the long term, this will create

problems, it now says, in the long term, grazing is the best thing since sliced bread."

Campbell and Brookes were among more than a dozen BLM specialists who contributed to the environmental-impact statement (EIS). The others could not be reached or did not return calls seeking comment.

Ranchers hailed the rules.

"We're hopeful that some of the provisions will strengthen the public-lands grazing industry and give our members certainty in their business," said Jenni Beck of the National Cattlemen's Beef Association. "We are encouraged that this EIS demonstrates the benefits of grazing on public lands."

Vast acreage is needed to support a comparatively small number of livestock because topsoil is thin and grass generally is sparse in the arid West. Only 2 percent of U.S. beef is produced from cattle on public lands.

The new rules, published yesterday by the BLM, a division of the Department of Interior, ensure ranchers expanded access to public land and require federal land managers to conduct protracted studies before taking action to limit that access.

The rules reverse a long-standing agency policy that gave BLM experts the authority to determine quickly if livestock grazing is inflicting damage. The regulations also eliminate the agency's obligation to seek public input on some grazing decisions. Public comment will be allowed but not required.

Concerns about the condition of much Western grazing land have been heightened by persistent drought that has denuded pastures in some areas, causing BLM managers to close some pastures, and leading many ranchers to sell their herds.

The new rules mark a departure from grazing regulations adopted in 1995 under President Clinton and Interior Secretary Bruce Babbitt. Those regulations reflected the view of range scientists that a legacy of overgrazing in the West had degraded water resources, damaged native plant communities and imperiled wildlife.

"It's an explicit rollback," Thomas Lustig, staff attorney for the National Wildlife Federation in Boulder, Colo., said of the new rules. "What (Interior Secretary Gale Norton) did was take Babbitt's regs and found parts where they could put a hurdle in to undermine the reforms."

BLM officials said the new rules represented a step forward in improving the agency's management of livestock grazing.

Bud Cribley, the agency's manager for rangeland resources, said the report was written by specialists from different BLM offices. When it was finished, in November 2003, the agency believed it "needed a lot of work," Cribley said.

"We disagreed with the impact analysis that was originally put forward," he said. "There were definitely changes made in the area of impact analysis. We adjusted it.

Toxic Elements Found in Infant's Cord Blood

**76 chemicals that cause cancer in humans or animals.
94 that are toxic to the brain and nervous system.
79 that cause birth defects or abnormal development.**

In a benchmark study released July 14, researchers found an average of 200 industrial compounds, pollutants and other chemicals in the umbilical cord blood of newborns, including seven dangerous pesticides — some banned in the United States more than 30 years ago.

The report, *Body Burden — The Pollution in Newborns*, by the Washington, D.C.-based Environmental Working Group, detected 287 chemicals in the umbilical cord blood of 10 newborns. Of those chemicals, 76 cause cancer in humans or animals, 94 are toxic to the brain and nervous system and 79 cause birth defects or abnormal development in animal tests.

The findings are especially important in Florida, where farmers use more pesticides per acre than any other state.

"What's most startling is that we have such a wide range of compounds in us the moment we are born," said Tim Kropp, senior toxicologist for the project. "Babies don't use any consumer products, they don't work in a factory and yet they're already starting off with a load of these chemicals."

Among the most pervasive pesticides found: 4,4'-DDE a contaminant and byproduct of DDT, banned in the United States in 1972 but still used in other parts of the world to control mosquitoes; hexachlorobenzene, a fungicide widely used on wheat until 1965 when chemical giants Bayer and Dow voluntarily discontinued production of the likely carcinogen; and Dieldrin, routinely used on corn and cotton until banned in 1974 except for treatment of termites.

Scientists blame the presence of the pesticides in the babies' blood on the fact that many of the compounds take decades to break down and some are still used in foreign countries, which export produce to the United States.

For example, Mirex was used to control fire ants and as a flame retardant in plastics, rubber, paint, paper and electrical products from 1959 to 1972. It sticks to soil for years and contaminates fish and animals living near treated sites. Aldrin and Dieldrin, probable carcinogens, have not been banned or restricted in most of Central and South America. While most countries have banned imports, Brazil and Venezuela still allow the importation and restricted use of Dieldrin.

Besides the pesticides, chemicals from two widely used household products — Teflon and Scotchgard — were found in every baby tested. PFOS, the active ingredient in the stain-repellent Scotchgard, does not break down in the environment and has a strong tendency to accumulate in humans. While PFOS has not been found conclusively to be toxic to humans, lab tests have shown it can cause birth defects and deaths in laboratory animals given high doses. 3M, the sole manufacturer of Scotchgard, voluntarily agreed to phase out PFOS products in 2000 after pressure from the EPA.

PFOA, the chemical used to make such non-stick products as Teflon, is present in the blood of 95 percent of all Americans. Last month, an Environmental Protection Agency advisory panel released a report finding PFOA a likely carcinogen. The chemical has also been linked to birth defects and liver damage in lab tests.

Although the amounts of some of the chemicals detected were extremely small, the results are still troubling to experts, since no one knows how much of any given chemical — much less a mixture of chemicals — could affect a human fetus. What research exists has shown that chemical exposure in the womb can be dramatically more harmful than exposure later in life.

In 2003, the EPA updated its cancer risk guidelines, finding that carcinogens are 10 times as potent to babies and that some chemicals are up to 65 times more powerful in children.

The EPA also sets maximum exposure limits for many dangerous chemicals. However, the research behind those tolerances came from studies of

"healthy men in the middle of life" — not pregnant women and newborns, said Dr. Alan Greene, a faculty member and pediatrician at the Stanford University School of Medicine.

"We've only recently begun to consider the effects on the elderly, women and kids," Greene said. "We don't know what the safe levels are for these groups. Kids have been ignored for far too long." Greene, whose family eats only organic produce, said the study should be "alarming and reassuring" for pregnant women.

"It's alarming because there were so many chemicals found, and we don't know their health effects, but at the same time the data coming in shows that decreasing your exposure to these substances does make a difference," he said.

There have been dramatic drops in the levels of DDT and its byproducts since it was banned in 1972. A 2002 study of preschoolers in Seattle showed that children who ate a conventional diet had nine times the level of pesticides in their urine as counterparts who ate organic, Greene said.

The Environmental Working Group conducted the study in collaboration with Commonweal, a California nonprofit health and environmental research institute. EWG is a nonprofit environmental watchdog/research organization that, according to its Web site, claims to "bring to light unsettling facts that you have a right to know. It shames and shakes up polluters and their lobbyists. It rattles politicians and shapes policy. It persuades bureaucracies to rethink science and strengthen regulation. It provides practical information you can use to protect your family and community."

Critics, such as David Martosko, research director Center for Consumer Freedom, said "a typical EWG study is a pseudo-science ruse meant to scare the ordinary American to death about the food we eat and the air we breathe." CCF is a nonprofit coalition of restaurants, food companies and consumers "working together to promote personal responsibility and protect consumer choices."

"They never met a square on the periodic table of elements that they couldn't turn into a sound bite," Martosko said. EWG "represents a political movement in the U.S. that wants to dump the world's finest farming system in favor of organic agriculture, a backward scheme that threatens to build a bridge back to the 19th century," Martosko wrote on the CCF Web site.

Prior studies have tested for chemicals and pesticides in umbilical cord blood. However, the Environmental Working Group study is the first to attempt to detect so many chemicals, pollutants and pesticides — a total of 413. Of these, 307 had never been targeted in cord blood tests.

The study focused on cord blood, which mirrors the mixtures of chemicals the baby was exposed to while in the mother's womb. Before the cord is cut, the equivalent of 300 gallons of blood a day will flow through it, providing the baby with nutrition and removing waste.

In the Environmental Working Group study, the cord blood from 10 randomly selected, healthy babies born in August and September 2004 in U.S. hospitals was collected by the American National Red Cross as part of the organization's volunteer cord blood collection program. The costs of the testing — \$10,000 per sample — and the lack of laboratories equipped to perform the testing prevented the organization from testing more samples.

The organization hopes the findings will encourage the Centers for Disease Control in Atlanta to include testing of newborns in its National Exposure Report, due out later this month.

"This is the first time anyone has looked at this wide a range of chemicals, and in a way, that's kind of sad," said Kropp. "Whether it's the Food and Drug Administration or the EPA, you would think they would want to know the basic attributes of the most sensitive population. If these children are being born with these chemicals, we need to know they're safe. We shouldn't have to wait until children are harmed to do something."

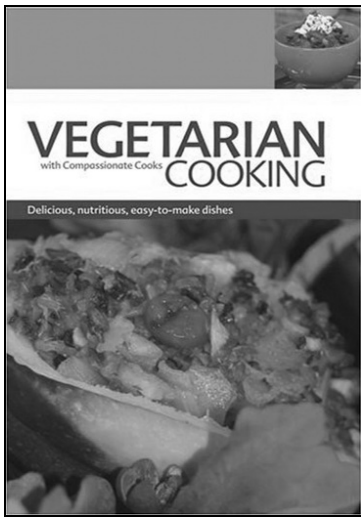


DVD Review: Vegetarian Cooking with Compassionate Cooks

Reviewed by Dan Balogh

Colleen Patrick-Goudreau is passionate about animals, about the environment, and about food - vegan food. In fact, she's so passionate that she started Compassionate Cooks, a non-profit organization that is "dedicated to empowering people to make informed food choices and to debunk myths about vegetarianism through cooking classes, nutrition workshops, and supermarket tours." For those who'd like to experiment with veganism this is awesome, right? Well yeah ... for folks who live in or near Oakland, where Compassionate Cooks is based. The rest of us are left relying on the Food Network to show us the vegan way, naively hoping that one of the dozens of carnivorous cooks on that channel will (every now and then) find it in their hearts to prepare a dish that is totally free of animal products. Get real! Isn't the Food Network one of the reasons there are so many vegetarian myths to debunk? Doesn't their constant barrage of meat-heavy meals only strengthen America's nutritional ignorance?

So what do we do? Easy - we buy the new \$20 DVD called "Vegetarian Cooking with Compassionate Cooks" which features Colleen, along with her friend Alka Chandna, preparing no less than six vegan dishes in 70 minutes flat. But with one word of warning - do not watch this video on an empty stomach! If you absolutely must, at least ensure that adequate food is within reach. Twenty minutes into this video your stomach will be growling so loud it may drown out the deafening crackle of the frying onions that become part of the Harvest Stuffed Acorn Squash; or the popping of the cumin and coriander seeds which make their way into the Hearty Three-Bean Chili; or the sizzling tofu which becomes part of the Tofu & Vegetable Stir Fry with Peanut Sauce. And now my stomach is growling so loud I can



hardly hear myself typing.

In the midst of preparing all of these dishes (as well as two desserts - Chocolate Chip Cookies and Magic Chocolate Cake), Colleen and Alka intersperse facts about nutrition; provide a survey of different types of grains; and offer a recommendation of various vegan products available at local supermarkets (like meat substitutes to use in your favorite meat-based recipes). At times, so much information is flying about that you're sure to miss something - Colleen is adding ingredients while Alka is talking about phytochemicals, then Alka begins stirring while Colleen begins talking about quinoa. It's clear that these two ladies love food (Colleen's favorite food is quinoa ... then it's mashed potatoes ... then it's stuffing), and have so much information to share that there's no time to waste. And that's what the rewind button is for.

If that wasn't enough, the DVD also contains a Frequently-Asked Questions segment (where Colleen and Alka address potential viewer concerns on everything from B-12 to free-range chickens), and a documentary on the history of Farm Sanctuary.

There are folks who learn best by taking classes and there are folks who do well on their own by reading books. If you'd like to try veganism and are looking for a vegan cooking class, this DVD is an ideal start for you. But even if prefer books, you still may want to check this out - no book can substitute for the enthusiasm of real live vegans having loads of fun in the kitchen, demonstrating how veganism is not a diet of denial, but one of passionate (and compassionate) celebration.

I sure hope this is the first in a series!

Dan Balogh is a frequent contributor to VegSource.com. He works as a systems engineer in the telecommunications industry. He and his wife have been vegans for several years; their kitty Lulu happily approves.

Buddha's Table: Thai Feasting Vegetarian Style

Reviewed by Gail Davis

Buddha's Table: Thai Feasting Vegetarian Style

By Chat Mingkwan
Book Publishing Company
2005/192 pages/\$14.95

The colorful bounty and diversity of Thai cooking is unparalleled by any other cuisine. To have savored it only once is to have a permanent culinary impression etched upon one's soul. No other cuisine combines a more sensuous variety of vegetables, herbs, and spices. Each dish catches the eye with its rainbow of colors and tempts the palate with its spicy aroma. With the flavorful recipes in Buddha's Table, Chat Mingkwan has made it possible for veg*ns everywhere to indulge in these culinary delights at home.

It is true that Thai restaurants have become as ubiquitous as fast food restaurants. So, why bother to prepare Thai food at home? One reason is that many otherwise vegan Thai dishes are made with a very un-vegetarian ingredient--fish sauce. All of the ingredients in Buddha's Table are plant-based.

At the beginning of the book, exotic ingredients like holy basil (Bai kaprow) Thai eggplant (Ma-kheau pro) and galangal (kha) are explored. While most of these ingredients can be found at any Asian grocery, many more are available online at such websites as importfood.com

Tantalizing color photographs held the promise of mouth-watering results. Since this was to be my first endeavor into Thai cooking, I began with a familiar recipe, Galangal Coconut Soup (Thom Kha). At least I'd have an idea of what it was supposed to taste like! Once I successfully procured the necessary lemongrass, kaffir lime leaves, and galangal, (a rhizome which is similar to ginger) I was ready to begin. Finding the

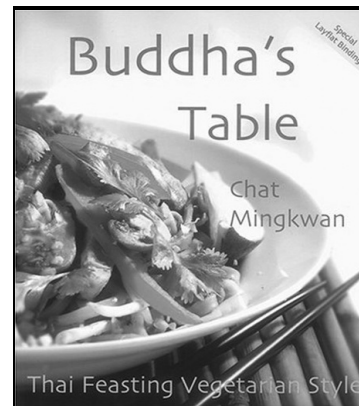
galangal was a bit tricky. My local Asian market did not carry it, but a Vietnamese market at the other end of town stocked it both fresh and frozen. It was worth the trip, as I quickly learned that while they are similar in appearance, you simply cannot substitute ginger for galangal. Galangal has a very unique taste and it is one of the ingredients that gives Thai coconut soup its distinctive flavor. The recipe allowed me to adjust the intensity to my personal liking by adding fewer or more Thai chilies. Since I like my Thai food spicy, I added a bit more. Following the recipe was made infinitely easier with the book's thoughtful lay-flat binding (ALL cookbooks should have them) and also

its compact size (7" x 8"). In little more than 30 minutes, I had an aromatic pot of soup that rivaled the flavor of any Thom Kha I'd tasted at any Thai restaurant.

There were many dishes in this book that were unfamiliar to me, so I wanted to tease my tastebuds with something totally new. The creamy-sweet freshness of my first bite of Pineapple

Coconut Noodles (Sour Nam) exploded in my mouth with an unexpected burst of flavor.

Venturing back to try my hand at a few favorite dishes like Panaeng Curry, (Gaeng Panaeng) Sweet and Sour Vegetables, (Pad Praew Wan) Sticky Rice with Mangoes, (Khao Neaw Mamoung) and of course, the infamous Pad Thai all yielded equally delicious results. And with so many more recipes yet to be explored, like Stir-Fried Eggplant with Holy Basil, (Pad Kaprow) Baked Mushroom and Asparagus (Pak Oop Pong Garee) and Floating Lotus, (Bua Loi Sawan) I don't know when I'll find the time (or desire) to eat out. With its generous bounty of recipes for soups, salads, curries, stir-fries, noodle dishes, desserts, and beverages, Buddha's Table would make the perfect gift for anyone who enjoys cooking and Thai food.



Hemp Is Good for You! A Brief Guide to Deliciously Nutritious Hempfoods

by Gail Davis

Putting aside all of the political lunacy which prohibits the present-day cultivation of industrial hemp in the United States, hemp is known by many worldwide as "nature's perfect food." Despite the fact that it is illegal to grow hemp in the U.S., it is legal to buy and sell hemp foods.

Hemp's reputation as a nutritional powerhouse is well-earned, because hempseed oil has a remarkable fatty acid profile containing 57% Omega-6 linoleic acid and 19% Omega-3 alpha-linolenic acid, in the 3:1 ratio that matches our bodies' nutritional needs. Hemp also contains 31% highly digestible protein, with an amino acid profile that is superior to soy or cow's milk.

That said, what does hempseed taste like? To be honest, hempseed oil has a rather strong, distinctive taste and a pungent odor. I've tried using shelled hempseed in smoothies, and couldn't get beyond the oily smell. I tried using hempseed oil poured over salad as a dressing, and couldn't manage more than a single biteful. So, what good is a nutritional treasure trove if you can't stand to eat it?

Happily, there are ways to utilize hemp as a food source, and to make foods from hemp that are both healthful and great tasting. First, I learned that hulled hempseed (also referred to as hempnut) is a wonderful addition to any baked goods recipe. I add about 1/4 cup when baking bread or muffins, and the end result is not only delicious and more nutritious, but whole, hulled

hempnuts add moisture and texture, too. You can also sprinkle hempseed over hot cereal. It's especially flavorful mixed into oatmeal with maple syrup and dates.

Never to leave my dog, Cicely out of the equation, she too benefits from the Omega-3 and 6 fatty acids that hemp provides. I enjoy making her all kinds of hempseed treats and she loves wolfing them down. Here is one favorite recipe that is free of the most common allergens: wheat, corn, dairy, and eggs:

Happy Hempie Biscuits

1 cup oatmeal
3/4 cup rye flour
1/4 cup hemp seeds
2 tablespoons agave nectar or 1 tablespoon maple syrup

1 tablespoon melted Earth Balance spread
1/2 cup rice or almond milk

Combine oatmeal, 3/4 cup of the rye flour, hemp seeds, agave nectar, and Earth Balance together. Slowly add the milk until a firm but slightly sticky dough forms. Scrape out dough onto a wooden board or counter. Knead in the rest of the rye flour until the dough stiffens a little. Wrap in saran wrap and chill for one hour.

Preheat oven to 350 degrees. Roll out dough to about 1/4 inch thickness. Use a cookie cutter and cut into cute shapes. (I use little hearts.) Place on lightly greased cookie sheets. Bake for 15 minutes. Turn off oven and let biscuits rest until cool in the oven with the door closed. Store in airtight container for up to 2 weeks.

A growing number of natural food companies are using their creativity and imagination to come up with hemp convenience foods you will really enjoy. Here are a few of the most inspired:

Hempen Dairy-Free Chocolate Bars

Conscious Creations Organics, Eugene, OR

These delectables come in three flavors: Hempenberry, Hempen Mint, and

Hempen Hazelnut. While all are yummy, the Hempenberry flavor propelled my tastebuds into another realm. Eating one of these bars is truly one of those manna-from-heaven experiences. And while it's tempting to eat the whole bar at one sitting, it's so intensely satisfying, that I can actually get by with just a bite or two. This all organic treat is made with cranberries, almonds, sunflower seeds, hemp and flaxseed. They call it "Food of the Goddess" and I think they got that right, but no doubt "the Gods" will surely hunger for it, too. Websites: www.foodofthegoddess.com and www.veganesentials.com.



She's Vegan, He's Not

Ask Jo Stepaniak

Workplace Woes

Dear Jo:

I have been vegan for about a month, after being a lacto-ovo vegetarian for eleven years. My boyfriend of four years eats some meat, and loves cheese, cream sauces, etc. He hates brown rice and is not fond of fresh fruits and vegetables. He has eaten soy cheeses and meat substitutes but still prefers the "real" thing. This makes having meals together very difficult! I am planning to get your "Uncheese Cookbook" and possibly signing up both of us for a vegan cooking class. Do you have any suggestions on how to bring our eating habits more in synch with each other? I have tons of recipes, but I'm tired of suggesting meals that don't appeal to him, and it doesn't feel right for us to eat separately. Even though he is making some effort to be tolerant, he's still skeptical.

Jo responds:

Relationships between people with divergent lifestyles can be extremely frustrating. It is especially hard when one person is a vegetarian and the other one is not, because eating is such a frequent and important activity. For many people, sharing food with those we love is an act of nurturing and an expression of unity and harmony. It can be devastating when someone you love and care about rejects the food you painstakingly prepare. On the other hand, food choices are very personal. Everyone's preferences differ, and what excites one person may be unpalatable to another.

Being vegan is different from being a vegetarian, not only with regard to food options but in terms of all aspects of living. A total vegetarian is someone who eats no animal products whatsoever. A vegan, as you define yourself, is someone who has made a conscious, ethical decision to lead a fully compassionate life. This means that vegans not only avoid products of suffering in their diet, they also refrain from contributing to other forms of suffering, directly or indirectly, through their relationships, activities, and purchases. For many practitioners, veganism becomes a core value system and a beacon for guiding all aspects of their lives. As a result, relationships between vegans and non-vegans parallel the challenges of interfaith couples.

Most relationships endure because of a shared value system. When fundamental values between people drastically change, the relationship can be put in peril. Frequently love, trust, and the heartfelt desire to please the other person can help weather the distance created by differing beliefs. Sometimes, however, this is not enough. If vegans believe that eating animals is wrong and there is never a time when it is acceptable, watching a partner consume meat can be disconcerting and painful. Nevertheless, vegans in mixed relationships often feel guilty about causing their loved one grief, and may be torn between their principles and their partner.

Vegan values extend beyond the palate and plate. Vegans who do not like particular foods will seek out alternatives to meet their nutritional needs and satisfy their tastes. For vegans, eliminating the products of animal suffering from their diet and lives is a matter of con-

science, not an issue of denial or inconvenience. This is what can make living with a non-vegan so exasperating.

There are many compelling reasons for becoming vegan. Nonetheless, when people are pressured to change, they tend to rebel rather than embrace new ideas. Even when people understand a subject intellectually, it doesn't necessarily follow that they will open their hearts to it. And opening one's heart to the suffering of animals, people, and the Earth is the only real motivating force there is toward lasting veganism. However, no one can open our hearts for us. This is something each of us must do in our own way and in our own time.

Your partner may not fully understand what prompted you to adopt a vegan lifestyle. You may want to set aside some time to explain what inspired you to make this change and why it is so important to you. Your boyfriend may be more willing to listen if he does not feel threatened, berated, or intimidated. Let him know that you would like to be able to share this part of your life with him because it is so significant to you, but don't bulldoze him in the process. Allow him time to speak and to share his side of things. Lend an empathetic ear and listen nonjudgmentally. He is hurting, just as you are, and may feel confused or belittled. Provide literature and videos for him to explore when he is ready -- not for the purpose of transforming him, but for him to more fully understand where you are coming from.

Because food has been such a point of contention for both of you, once you have aired your viewpoints, jointly devise some guidelines that you each can accept. For instance, you may not want to purchase or cook meat for your boyfriend, but would agree to him buying and cooking it for himself. Or, you may feel that having meat in your home is intolerable, but you would agree to him eating meat out of the house. You could decide that when you go out to eat you will select a restaurant that serves both vegetarian and non-vegetarian dishes, and so on.

Attending a cooking class is a great suggestion, but don't insist that he attend with you. Let him make his own decision, and if he chooses not to go, let him decline with dignity. Using recipes from "The Uncheese Cookbook" is also a good idea. These recipes are rich-tasting and creamy, and should appeal to his fondness for cheese and dairy products. You may also want to check out my book "Vegan Vittles." It contains lots of recipes for meatless meats and satisfying traditional dishes that taste incredibly like the "real" thing. Because you can prepare these foods easily at home, you can adjust the seasonings to make them exactly the way your boyfriend prefers.

Bear in mind that transitioning to new flavors and textures in food can be emotionally taxing, and giving up foods that one has known and loved since childhood can feel like a tangible loss. Try preparing foods that are commonplace but not considered strictly vegetarian. For example, bean burritos or tostadas with all the trimmings, spaghetti with mushroom or marinara sauce, baked potatoes, baked beans, stir-fried vegetables with

Jo Stepaniak, MEd, is an author and educator who has been involved with vegetarian- and vegan-related issues for nearly four decades. She holds a master of science degree in education and an undergraduate degree in sociology and anthropology. Jo is the coauthor (along with Vesanto Melina, MS, RD) of *Raising Vegetarian Children*, a comprehensive guide for bringing up healthy vegetarian children and maintaining family harmony, author of *Compassionate Living for Healing, Wholeness & Harmony*, an invaluable guidebook for restoring inner and outer peace and inspiring kinship and harmony with all life, *The Vegan Sourcebook*, the definitive resource for compassionate vegan living, and *Being Vegan*, a question-and-answer guide to the essentials of vegan philosophy and ethics, with practical, down-to-earth advice on how to incorporate



Jo Stepaniak, MEd

these principles into everyday life. She also is the author and coauthor of over a dozen additional books and has been a contributing author to many other books, pamphlets, national publications, and magazines. Visit her online at www.vegsource.com/jo



rice (if he doesn't like brown rice, try fragrant basmati or jasmine rice), curried vegetables or dal with chapatis, a hearty soup or stew, vegan pancakes and french toast, or vinaigrette potato salad and coleslaw. If you make dishes that are familiar and delicious in their own right, and are not "substitutes" for anything, your boyfriend may find them more appealing because he's not comparing them with their meat counterpart.

Acknowledge that you may never come to a full agreement on

the issue of veganism, and realize that employing tolerance and acceptance may be the only way to preserve your relationship. We all feel that our opinions and perspectives are the "right" ones, and it is very tempting to foist them on others. Your boyfriend probably feels just as strongly about his position as you do about yours. If you extend your love and compassion to him, without coercion, reproach, or condemnation, you may one day find his heart opening in directions you never imagined.



Mail-order the healthiest, pure, raw, vegan, dry whole foods and non-toxic personal care products

available at:

www.Pamí.WholeFoodPharmacy.com

(502) 314-3254 / e-mail pami@pami.us

Dear Jo:

I am having difficulty with my boss at work. He routinely makes fun of my vegan beliefs and values in front of my peers. This almost always takes place when we are at a restaurant. I eventually become defensive and very angry with him. Is there anything I can say to him to make him stop? I am considering not going out to lunch with him and my coworkers anymore. The solitude and peace that I have when I eat my vegan lunch alone at the park is much more satisfying and serene. Any advice would be very appreciated!

Jo responds:

Office environments typically are comprised of people with assorted backgrounds, including spiritual beliefs, political perspectives, age, marital status, sexual orientation, ethnicity, hobbies, health, abilities, education, and interests. Because of this diversity, we have antidiscrimination laws in place, so employers cannot hire, promote, demote, or fire people based on personal prejudices or assumptions. Turning the workplace into a hostile environment for an employee is unethical, and it might also be illegal.

Supervisors want their personnel to be successful. A happy, cohesive workforce tends to be a productive workforce, which not only enhances the company's bottom line, it makes the boss look good, too. There is no reward in having miserable employees, except for those few sadists who get pleasure simply by watching someone squirm.

If your boss is embarrassing and demeaning you in front of your peers, he needs to be made aware of this. Some people are so thick-headed that they are unable to discern the subtle cues of discomfort. While you may think you are responding defensively or angrily, he may be misperceiving your reactions. He might think you enjoy his verbal sparring, or he might believe you take pleasure in being the center of his attention. Perhaps it is his feeble attempt at humor or a way for him to feel more comfortable around you by breaking down barriers. Just as he may be misinterpreting your responses, you might be misreading his cues, too.

There is no point in second-guessing his behavior, and it is fruitless for you to continue to join your coworkers on outings if you feel singled out and picked on by your boss. The only solution is to discuss your concerns in private and let your boss know just how distasteful and off-putting his comments have been. When confronted with honesty and openness, and the realization that misunderstandings are rarely caused by one side alone, most supervisors are willing to concede and accommodate an employee's requests.

Supervisors have every incentive to respect their staff, and employees have every right to insist on that respect. When discussed in an atmosphere of concern and sincerity, such conversations often lead to improved working relationships and greater admiration all around.

Do you have questions about being vegetarian or vegan? Send them to us at AskJo@earthsave.org and we'll forward them to bestselling author, Jo Stepaniak. Jo can address individual concerns as well as general inquiries about vegan ethics, vegetarian philosophy, practical applications, and living compassionately.

Review: Vegan World Fusion Cuisine

Reviewed by Marie Oser

Vegan World Fusion Cuisine
The Cookbook and Wisdom Work from the
Chefs of the Blossoming Lotus Restaurant --
With a Special Foreword by Dr. Jane Goodall
 Thousand Petals Publishing
 November 2004, \$24.95 Hardcover
 Second Edition by Mark Reinfeld, Bo Rinaldi

Vegan World Fusion Cuisine is a beautifully illustrated work of art that showcases over 200 scrumptious international dishes, from the kitchen of the world-renowned Blossoming Lotus restaurant in Kaua'i, Hawaii. The gourmet vegan and live food cuisine is created with pure, simple, and natural whole foods, such as fresh fruits and vegetables, nuts and seeds, unprocessed grains, unbleached flours, and unrefined oils and sweeteners. This must have cookbook features fun recipes such as, Surya's Fire Roasted Gazpacho, Super Shakti's Spanikopita, Noanda's Pistachio Blue Corn Crusted Tempeh, That's Amore Tofu Cacciatore, Transcendental Tropical Ratatouille, Green God Smoothie, Bananananda Bread, and Eternal Bliss Balls.



More than a cookbook, Vegan World Fusion Cuisine is a guide to peaceful and loving food preparation that can take the reader on a spiritual odyssey enriching the body, mind and spirit. What I loved most about this book, and what makes this a truly unique work are the inspirational wisdom quotes, stunning

sacred site photography, and original art.

Mark Reinfeld & Bo Rinaldi, authors of Vegan World Fusion Cuisine along with their partners in the award winning Blossoming Lotus Restaurant, advocate conscious and wise food choices that can heal our bodies and restore balance to the planet. The foreword, written by celebrated primatologist and long-time vegetarian Dr. Jane Goodall, speaks to the far-reaching consequences of our food choices; and recommends Vegan World Fusion Cuisine as a manual for sustainable, and non-violent living.

Well-organized, the ten chapters of recipes from appetizer to dessert, are preceded by a comprehensive section devoted to the General Principals of Vegan Food Preparation that include organic, and living foods, GMO awareness, healing teas, and more. The authors have compiled a wide-ranging Resource Guide with over 50 organizations devoted to vegan education, and issues of organic farming and permaculture, animal rights, and world hunger. In addition there is a detailed glossary, as well as photos and short bios of the many contributors to this book and it's inspiration, the Blossoming Lotus Restaurant.

Vegan World Fusion Cuisine has been nominated for four book awards and has won the prestigious 2005 Nautilus Award, "Best Book by a Small Press," endorsed by Martha Stewart, Omni Media. Whether you are an experienced cook, longtime vegan, or novice, I heartily recommend this cookbook, it is a treasure and an inspiration.

To order your copy, go to: <http://www.veganfusion.com/>

HEMP/ FROM PAGE 9

Hempshake Natural Food Seasonings

Legend Foods, Sandpoint, ID
 I admit it; I like to sprinkle stuff on my food. So, what better way to add nutrition to a meal, than with a little Hempshake? They're made with organic hemp, herbs, and spices, and without any artificial flavors, ingredients, or preservatives. You'll have trouble deciding which of the six flavors you like best. I'm particularly fond of Dessert Hempshake with cocoa and vanilla. It tastes fabulous on everything from waffles to Purely Decadent Soy Delicious frozen desserts! Once you start Hempshaking, you won't want to stop. Get yours at: www.hempshake.com.



Ruth's Raw Hemp Protein Power

Ruth's Hemp Foods, Toronto, CANADA
 As I said earlier, adding hulled hempseed to my blended smoothies did not work very well. But, Ruth's Raw Protein Hemp Power adds a most pleasing taste and texture to any smoothie recipe. These awesome blends provide all of hemp's nutrition, (as well as flax and maca's) are 100% organic, and they're totally raw. Substitute up to 15% of the flour in any recipe with these powders, or stir some into soy yogurt, or hot or cold cereal. Now, I would never dream of using any other kind of protein powder, and I am totally hooked on these blends. Ruth's also makes a variety of other imaginative hempfoods like hemp tortilla chips, hemp salsa, and hemp salad dressing. Check them out at: Website: www.ruthshempfoods.com.



Nature's Path Organic Hemp Plus Granola

Nature's Path Foods, Blaine, WA
 Maybe I've watched one too many Seinfeld episodes, but a bowl of cereal is still one of my favorite comfort foods. The problem is that so many cereals are made from wheat (which I've lately been trying to avoid.) Does it come in a cardboard box? Yes. Is it sweetened with sugar? Sure. But, Organic Hemp Plus Granola is made with oats, hemp, and flaxseed providing lots of naturally nutritious goodness. Drenched in soymilk, Hemp Plus Granola's sweet and crunchy golden clusters are a delicious way to start the day, or you can grab a handful for a tasty snack on the run. It's also great when mixed with a bowl of fresh berries, or sprinkled over your favorite frozen dessert. Website: www.naturespath.com.



P
l
e
a
s
e

s
u
p
p
o
r
t

o
u
r

s
u
p
p
o
r
t
e
r
s

M*A*S*H COMPUTER SOLUTIONS
 Computer & Printer Solutions
 We Make House Calls / Reasonable Rates
 Free Anti-Virus, Firewall & AntiSpyware Software

Robert F. Rainer, MA, CNE, A+, MCP, HPC
 Computer Repair / Home Networking
 Phone: 516-208-9203
www.mishcomputerolutions.com
 Email: rfrcne@optonline.net

SAN FRANCISCO HERB & NATURAL FOOD CO.
 Since 1969

Grower, Importer,
 Wholesaler & Manufacturer:

- * Loose Herbs & Tea Bags
- * Bulk Botanicals, Bulk Teas
- * Culinary Spice Blends
- * Capsules, Extracts, Tinctures and Essential Oils.

Private Label Packaging Available

47444 KATO RD. FREMONT, CA 94538
 TEL: 800-227-2830 FAX: 510-770-9021
WWW.HERBSPICETEAL.COM

Finally It's Here!

Solve your Health Care Crisis With The Health Benefits You Want

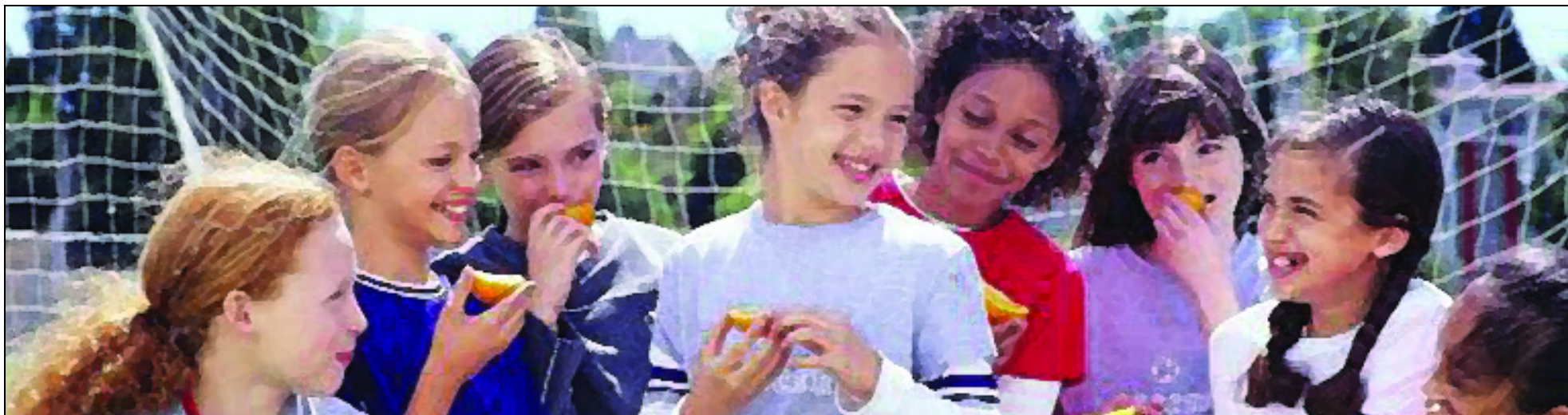
Get All The **REAL BENEFITS** You Need From Top-Rated Carriers In One Easy To Afford Nationwide Program & **Everyone's Accepted**

The Health Benefits You Need At A Price You Will Love

Doctors + Hospitals + Dental + RX Card + Life Insurance Disability + Critical Illness + Accident + So Much More

GREAT FOR FAMILIES, SINGLES & EMPLOYERS

Visit www.icanbenefit.com/465265
 Watch the video - review the site & sign up or call
1-800 530-ICAN (4226)
 To speak to a licensed benefit counselor



DISEASE-PROOF/FROM PAGE 1

instead of fruits and vegetables, the groundwork is being laid for cancer and other diseases to occur down the road.

Additionally, many children today are very often recurrently sick with ear infections, allergies, and then, later in life, may develop autoimmune illnesses such as lupus, ulcerative colitis and rheumatoid arthritis. Kids become ill, not because they just naturally pass around germs or have bad genes, but because their diets are inadequate. Medications cannot prevent these problems-only a diet of nutritional excellence can.

The most recent scientific evidence is both overwhelming and shocking-what we feed (or don't feed) our children as they grow from birth to early adulthood has a greater total contributory effect on the dietary contribution to cancers than dietary intake over the next fifty years. American children and most children in developed countries eat less than two percent of their diet from natural plant foods such as fruits and vegetables. American children move into adulthood eating ninety percent of their caloric intake from

dairy products, white flour, sugar and oil. Amazingly, about twenty-five percent of toddlers between ages one and two eat no fruits and vegetables at all. By fifteen months, French fries are the most common vegetable consumed in America!

Childhood diets are unhealthy, but the issue goes beyond simple nutrition. Recent, compelling, scientific evidence over the past two decades has shown links with precise dietary factors and autoimmune illnesses, such as Crohn's Disease and lupus, as well as later-life cancers. This means that we now know what helps to create an environment in our bodies which is favorable for cancers to emerge later in life and we understand how what they eat now can prevent cancer in our children's future. While the scientific evidence is in, parents haven't been informed that what their children eat during their growth years has such a profound effects on their later health and the first ten years may be the most critical. Unfortunately, many parents are unwittingly feeding their children dangerous, cancer-provoking diets. My goal is to inform parents, so that they can give their children the greatest gift of all: the opportunity for a long

and healthy life.

Disease-Proof Your Child reviews the scientific evidence and explains that the vast majority of adult cancers are avoidable if an excellent diet is began and maintained from early childhood. Unfortunately, pediatricians and family physicians rarely discuss diet with parents, encouraging the perception that what a child eats does not matter. Parents also are uninformed that following an anti-cancer diet-style can free their children from repeated trips to the doctor, endless courses of antibiotics, and the curtailed living that comes from being frequently sick.

While the science may be alarming, the solutions are simple. Eating to prevent common illnesses as well as to prevent life-threatening illnesses of the future can be easy and taste good. You and your family will discover that the right foods can protect against obesity, autoimmune disease, diabetes, heart disease and cancer. It is my mission and my passion to get this vital information out to all parents, and I am not going to sugarcoat the message. The truth is too important. This book will show you the science and the

solution-and you won't believe how easy and tasty it can be.

This book has the answers. Not only will it explain what a healthy diet is, it will show you how to implement the best diet for your children in such a way that they will love it, eat it, and adopt a healthy approach to nutrition that will last a lifetime.

Combining what I know as a physician and what I've learned as a parent Disease-Proof Your Child brings you up-to-date medical and scientific information along with practical advise on how to use the best of that information in your own home. Being a father to my four children is the most meaningful and pleasurable part of my life. Our children are our most important and loved part of our world. Giving them the potential for a happy and healthy life is one of our greatest gifts to them.

Joel Fuhrman M.D. is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods, and author of several bestsellers.

Learn more at www.DrFuhrman.com

Are you eating the healthiest diet possible?

Are you getting enough of the right type of exercise?

How does your state of mind influence your health?

Come to the Healthy Lifestyle Expo and find out the answers!

Healthy Lifestyle Expo 2005

Inspiring, enlightening, life-affirming weekend!

Friday, Oct 14 through Sunday, Oct 16, 2005 * Burbank Hilton, Burbank California

FREE ENTRANCE to visit scores of booths -- with samples to try and goodies to buy -- food, clothing, jewelry, shoes, handbags, skincare, haircare, top vegan products!

For just a few dollars, a blood test will reveal your total cholesterol, HDL and glucose levels -- in just 10 minutes! Then learn what your numbers say about your diet -- do you need to tweak yours in order to avoid heart disease?

Listen to top experts in fitness and psychology tell you how to keep your mind, body and spirit in tip-top condition! The Expo focuses on food, fitness, and fun -- but no fads. The weekend features health, lifestyle and exercise advice, cooking demos, and product samples galore in enormous exhibitor ballrooms.

More info, www.HealthyLifestyleExpo.com or call (818) 349-5600

This year's invited speakers include:

- Neal Barnard MD
- Francine Kaufman MD
- Michael Besancon
- John McDougall, MD
- T. Colin Campbell, PhD
- Joel Fuhrman, MD
- Caldwell Esselstyn, MD
- Alex Jamieson
- Rev. Heng Sure PhD
- Chef Tanya of Native Foods
- Mary McDougall
- Marie Oser
- Sabrina Nelson
- Special panel discussion with all experts answering audience questions



JOIN EARTHSAVE TODAY! WITH MORE LOCAL CHAPTERS AND BRANCHES ACROSS THE U.S., THERE'S A GROUP OF FRIENDLY PEOPLE OUT THERE HOPING TO HEAR FROM YOU. FOR A COMPLETE LIST OF OUR LOCAL CHAPTERS, CONTACT OUR HOME OFFICE AT 800-362-3648 OR CHECK US OUT ON THE WEB AT [HTTP://WWW.EARTHSAVE.ORG](http://WWW.EARTHSAVE.ORG)

✂ Clip & send

Yes! I want to support EarthSave! Enclosed is my tax-deductible donation.

12 Month Membership

- \$20 Student/Senior \$35 Individual
- \$50 Family \$100 Patron
- \$500 Sustainer \$1,000 Lifetime Membership
- Other: \$ _____

Monthly Giving

- Pledge: \$ _____/per month
- I authorize monthly charges to my credit card (use signature line at right).
- Send me an authorization for automatic payments from my checking account.
- I'll ask my place of work to match my gift.
- Contact me with info about volunteer opportunities in my area.

HELP US SAVE THE EARTH ONE BITE AT A TIME.

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 DAY PHONE: _____
 EVE PHONE: _____
 E-MAIL: _____
 MC/VISA/AMEX _____ EXP: _____
 SIGNATURE _____ DATE: _____

Make checks payable in U.S.funds to **EarthSave International** and return completed form to:
 EarthSave International, PO Box 96 New York, NY 10108