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 Brethauer 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, Brethauer took the job after seeing that the atmosphere at the school had changed profoundly. Today he describes the students as “calm 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 The vending machines have been replaced by water coolers.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 officer is no longer needed. What happened?

Dr. Joel Fuhrman, MD, medical director of the Appleton Central Alternative, explains what happened.

Dr. Fuhrman discovered that the students at the school were eating too much junk food and not enough vegetables. The students were having a hard time focusing on their studies and behavior problems were common.

When schools replace bad food with veg foods, kids excel

Joel Fuhrman, M.D.

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 acne 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 dramatically improved.

-- Leslie and Stuart Raymond

by Joel Fuhrman, M.D.

A s parents, what we want 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 chicken fingers or milk and cookies, and we let them. At the same time, we notice that they are frequently 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 bodies self-defending organisms with the innate ability to defend itself against microbes and prevent chronic illness. The system operates 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 children 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, we are putting them on the path to cancerdeath.

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DISEASE-PROOF PAGE 12

DISEASE-PROOF YOUR CHILD

Joel Fuhrman, M.D., author of Eat to Live

DISEASE-PROOF PAGE 7

JUNK FOOD
Addiction Recovery

Mr. Robbins, I am writing in absolute gratitude for your publication, *The Food Revolution*. I found your 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 was also led to a program which is helping me to recover from an eating disorder, something which before this I never identified 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 binging 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 schemes [sic] responsible for turning me on to years of unstoppable bingeing. What I do have is quite opposite, and that is my health, and a desire to do what is best for my own body, and to prevent the destruction of others. I 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 credit a bumper sticker with a catchy reference that I pass on to you: “Vegetarianism is an affordable health plan.” I think it’s a good slogan.

Robert Kaledofsky
Jews for Animal Rights

Oatmeal

James Howard Kunstler’s article in the Spring 2005 newsletter is a good summary of his book, *The Long Emergency*. Despite the pessimism of long-term predictions, we should do the best we can to mitigate them. America is facing four simultaneous crises/stresses— all related to the rising consumption of non-renewable resources, oil, and food (in the world’s grain production, global warming, massive foreign debt that will probably crash the dollar, 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 their intention in order to benefit from a community of mutual support and financial resources. Fundamentalist churches are the institution in the strongest position now and in the days ahead. I believe that nonreligious New Age/pagan people should begin creating community/ecology centers, possibly around veg restaurants/cafés, in order to provide alternative community gathering/support places. I can’t overstress 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.

Damilia 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 tech solution. 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. Fundamentalist religious institutions, regardless of theology in American suburban and small town places, have the most attractive community/social services center around veg restaurants/cafes, in order to promote the big changes that will be necessary.

The researchers determined that tuna and billfish are indicators of wider ocean diversity, and that these species are disappearing in many locations. Mid-size predators such as tuna and swordfish have contributed to the decline in other species, including many plants, animals, and even the sea floor itself.

Worm compared the diminishing range of species to a poorly distributed stock portfolio that is ill-equipped to respond to economic and environmental shifts. “When a market crashes, you have nothing to fall back on,” he said.

Myers said international authorities need to ban fishery subsidies, which they are not doing, but are continuing to increase. “As fishing markets change, as the climate changes, the coming debates could be the bumpy ride. We are very near the point of no return.”

Mark J Burwin
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 of Biology*. A combination of overfishing, habitat destruction and climate change has narrowed the range of fish across the globe, wrote biologists Boris Worm and Ransorn 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 live, diversity has declined precipitously.

"Where you used to catch 10 species, now you catch five species for the same money," said "The End of Oil" author Bill Mollison 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. These hot spots are 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. "In some areas, such as off northwest Australia, the diversity has declined 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."

The study revealed 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—just right."

To do the study, Worm and Myers—along with Marcel Sandow, Helke K. Lotze and Andreas Oschlies of the 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 observer data. They also used a model that simulates the impact of diversity on marine productivity.

"As fishing markets change, as the climate changes, the coming debates could be the bumpy ride," Myers said international authorities need to ban fishery subsidies, which they are not doing, but are continuing to increase. "As fishing markets change, as the climate changes, the coming debates could be the bumpy ride. We are very near the point of no return."

"It’s really important to protect them now, because 20 years from now they may not be there."
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 showed that consumers 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 least contaminated fruits and vegetables will expose a person to nearly 20 pesticides per day, on average. Eating the least contaminated will expose a person to a fraction of 2 pesticides per day. Less dramatic reductions 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 apples 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 pesticide residues 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.

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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 not remove all residues. However, other pesticide residues 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.

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)
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 the last 150 million years, and the increase is accelerating even faster than scientists had predicted. The expected rate of global warming is unprecedented, increases in extreme weather, spreading disease, and mass extinctions.

However, 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 vehicles, and minimize their use.

This is a serious miscalculation. Data presented 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 and an AI6 and often quoted by environmental organizations, who has argued against skeptics for subverting the scientific process. His views are generally accepted by global warming experts, including bigwigs like Dr. Edward T. Teller, co-chair of the International Panel on Climate Change's Working Group II.

While CO₂ is a greenhouse gas that contributes to global warming, even doubling CO₂ levels would only cause temperature increases of around 2°C. The principal greenhouse gas responsible for warming the planet is methane (CH₄).

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 much global warming as all other non-CO₂ greenhouse gases put together.CO₂ is a greenhouse gas that contributes to global warming, even doubling CO₂ levels would only cause temperature increases of around 2°C. The principal greenhouse gas responsible for warming the planet is methane (CH₄).

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 last fifty years and is still growing.

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 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.

First, there is no limit to reductions in this source of greenhouse gas that can be achieved through a vegetarian diet. In principle, even 100% reduction could be achieved with little negative impact. In contrast, similar cuts in carbon dioxide are impossible without devastating effects on the economy. Even the most ambitious carbon dioxide reduction strategies fall short of cutting emissions by half.

Second, shifts in diet lower greenhouse gas emissions much more quickly than shifts away from the fossil fuel burning technologies that emit carbon dioxide. The turnover rate for most ruminant farm animals is one or two years, so that decreases in methane consumption would result in almost immediate drops in methane emissions. The turnover rate for cars and major appliances, on the other hand, can be decades. Even if cheap, zero-emission fuel sources were available today, they would take many years to build and 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 cats 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, farmers are responsible for these methane emissions also use up most of the country’s water supply, and denude most of its wilderness for range land and growing feed. Creating range land 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.

Recommending Organizations should consider making a vegetarian diet 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 most meat products, a shift in farm subsidies to encourage plant agriculture over animal agriculture, bans on the sale of meat to vegetarians, and eliminating 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 for the most of my life. For the last six years I have been on either 150mg or 300mg of Wellbutrin 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. The migraines were severe, giving me headaches in the lower back of the head. I also would have migraine headaches rooted 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 email 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 began eating more fruits and vegetables and cutting back on meat and preparing the book and had it sent to a lady coming to Honduras a couple of weeks later.

I read “The China Study” in less than a month. I made a decision to stop eating animal protein. I also found information on how to order this book through this book. Nothing in the book indicated that there would be any help for depression. 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 would have to go wherever it carried me.

By November of that year, I had lost 45 pounds of weight is down to 193.5 pounds. My triglycerides 115. I take a daily 20 mg dosage of Lipitor and for 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.

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 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 150/90 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.

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More Evidence of Fatty Food Addiction

**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.


Essentially the study shows that rats fed a high-fat diet undergo hormonal changes and start to not 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, with their television tuned to display 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 noted public interest law professor John Banzhaf.

Banzhaf, whose law students put together the first 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 possibly 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/f1hr.html

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

At least two respected scientific publications, and at least a dozen more 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 how we view and fight food addiction. Against fast food companies, says Banzhaf, whose law students helped bring the first of six successful fat law suits, and who has emerged as a leading spokesman for the new movement. See http://banzhaf.net/obesity/links.html AND especially http://banzhaf.net/docs/f1hr.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 the finding.

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The *Washington Post* reports, in an article entitled "New View," the December 2004 issue of PSYCHOLOGY TODAY reports, after discussing how addiction "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 pamping.

Earlier, the British science magazine NEW SCIENTIST reported that "there is a growing body of evidence that high fat 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 rewards, how the brains of human addicts react the same way against fast food companies, says Banzhaf, whose law students helped bring the first of six successful fat law suits, and who has emerged as a leading spokesman for the new movement.

"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 seems a bit anachronistic, so is the 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 problems of fat addiction. In a clear indication, says Banzhaf, that the evidence is now strong enough to at least require a warning to potential consumers, 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 characterizes addiction is the compulsion: A person may consciously not want to take it anymore, but the drive is so intense the person takes it anyway," says 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 the same syndrome -- a compulsion to eat an enormous amount of food." [Tob/B03]"
researching the relationship between food and behavior for more than 20 years. He has proven that reducing the sugar and fat intake of children can lead to lower IQs and better grades in school.

When Schoenthaler supervised a study in the 1990s involving 1,830 poor kids in low-income neighborhoods in New York City, the number of students passing final exams at the end of the study surpassed the national average to five percentage above.

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

Schoenthaler's work is under fire. A committee from his own university has recommended suspending him for his allegedly inappropriate research methods. Schoenthaler didn't always use a placebo as a control measure and his group of test subjects wasn't as broad as it should have been.

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, psychologist at the University of Oxford, decided to test the anecdotal clues in the most thorough study ever. He tested 8,000 men between the ages of 18 and 21 in England's Buckinghamshire, 231 volunteers who were going to prison.

For a year, volunteers were given nutrition supplements along with their meals that contained our approximate daily needs for vitamins, minerals and fatty acids; the other group got placebo. Neither the prisoners, nor the guards, nor the researchers at the prison knew who took fake supplements and who got the real thing.

The study measured the number of times the participants violated prison rules, and compared it to the same data that had been collected leading up to the nutrition study. The prisoners given supplements for four consecutive weeks showed a 37 percent fewer violations compared to the preceding period. Those given placebos showed no marked change in behavior.

For serious breaches of conduct, particularly the use of violence, the number of violent acts was reduced by 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 that are often popular topics are popular places to conduct studies for good reason: There is a strict routine; participants sleep and exercise the same number 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 analyzed properly.

As a randomized, double-blind, placebo-controlled study, Gesch emerges with convincing scientific proof that poor nutrition plays a role in 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 a good analytical.

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Advisory committee scientists' warnings in grazing report

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

A Bush administration 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 changed made in the analysis but said they were part of the report's "normal editorial process and were based on sound science."

Critics who claim that the Bush administration has made a practice of distorting scientific reports to serve political interests to serve its political objectives. Philip Cooney, a White House staff member who worked as an oil-industry lobbyist, resigned last week amid allegations he had attempted to alter government climate reports in a way that downplayed links between greenhouse-gas emissions and global warming.

Grazing regulations, which allow ranchers and others to graze cattle on public lands in 11 Western states, set the conditions under which ranchers may access and use federal land and guide government managers in determining how much cattle may graze, where and for how long without harming resources.

The original draft of the environmental impact statement for the new rules had said the new rules would have a "significant adverse impact" on water quality and wildlife resources. The BLM now concedes that the grazing regulations "cannot" have a significant adverse impact on water quality and wildlife resources. The new rules also eliminated a requirement that BLM managers must seek public input on some grazing decisions.

Eliminated from the final draft was another conclusion that ranchers could get "demerits" for adverse impacts on wildlife and biological diversity, which they could use to offset losses if they harmed animals and ecosystems. Also removed was language saying how the rules changes could affect endangered species adversely.

"This is a whitewash; they took out the words that said the new rules would have a "significant adverse impact" on water quality and wildlife resources. The new rules now removed that," said Erin Campbell, a former BLM state biologist in Nevada and a 30-year BLM employee who retired this year. Campbell wrote science reviews for the agency that concluded new grazing regulations would have a slow, long-term adverse impact on wildlife and biological diversity.

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**Hemp Is Good for You!**

_A Brief Guide to Deliciously Nutritious Hempfoods_

**by Gail Davis**

Poring aside all of the political lunacy which prevents 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 deserved, 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 body’s nutritional needs. Hemp also contains 31% highly digestible protein, with an amino acid profile that is superior to soy or cow’s milk.

**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, but it just gets beyond the ium. I tried using hempseed oil poured over salad as a dressing, and couldn’t manage more than a single bite. So, what 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 healthy and flavorful. In fact, I learned that shelled hempseed (also referred to as hempseed) 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 hempseeds 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.

**Hemp Biscuits**

1 cup oatmeal
1/4 cup hemp seeds
1 tablespoon agave nectar or 1 tablespoon maple syrup
1 tablespoon melted Earth Balance spread
1/2 cup rice or almond milk
Combine oatmeal, 1/3 cup of the raw flaxseed, 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 to have a “knead” surface. I’ve tried firms in the rest of the raw flaxseed until the dough stiffens a little. Wrap in saran wrap and chill for one hour.

Cut into various shapes 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.

**Buddha’s Table: Thai Feasting Vegetarian Style**

Reviewed by Gail Davis

_Buddha’s Table: Thai Feasting Vegetarian Style_ by Ching Heung-Kwan.

“Vegetarian Cooking” 2005/192 pages/

The colorfully beautiful and diversity of Thai cooking is unparalleled by any other cuisine. To have savored it only once could not do justice to the culinary delights at home. It is true that Thai restaurants have become as ubiquitous as fast food restaurants. So why bother to cook this treat for your home? One reason is that many other-"

Hemp Is Good for You!

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 delectable bars come in three flavors: Hempen Cream, Hempen Mint, and Hempen Milk. The bars are made with the perfect gift for anyone who enjoys cooking and Thai food.
Dear Jo:
I have been vegan for about a month now, and I love being a vegetarian for eleven years. My boyfriend of four years eats some meat, and lives on meat and dairy products. He hates brown rice and is not fond of fresh fruits and vegetables. He particularly likes cheeses and meat substitutes but still doesn't get the "real" thing. This makes having meals together very difficult! I am planning to get your "Uncheese Cookbook" and probably signing up both of us for a vegan cooking class. Do you have any suggestions on how to bring our eating habits more in sync with each other? I have tons of recipes that can be made into 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 slow.

Jo responds:
Relationships between people with divergent lifestyles can be exhausting. It is especially hard when one person is a vegetarian and the other person is not, because eating is such a frequent and important activity. For many people, food is a comfort 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 eats plants and plant-based foods, but even then, they may not make the same food as you do about yours. If you feel confused or belittled. Provide literature and videos for him to explore when he is ready -- not for you to force him to do so in your home is intolerable, but you may want to set aside some time to discuss what prompted you to make a decision and realize that misjudging you in front of 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 devastating 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 dietary needs.

Jo Stepniak, MSED, is an author and educator who has been involved with vegetarian- and vegan-related issues for nearly four decades. She holds a master's degree in science of degree in education and an undergraduate degree in sociol- ogy and anthropology. Jo is the coauthor (along with Vesanto Melina, MS, RD) of Raising Vegetarian Children, a comprehensive guide for bringing up healthy children in today's world and maintaining family harmony, author of Compassionate Living for Healing, Wholeness & Harmony, an invaluable guide-book 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 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.vegsources.com/jo
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, nut and seed 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 Pistachio Blue Corn Crusted Tempah, That’s Amore Tofu Cacciatore, Transcendental Tropical Crusted Tempeh, 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 is that it restores balance to the planet. The foreword, written by celebrated photographer and long-time vegetarian Dr. Jane Goodall, speaks to the far-reaching consequences of our food choices 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 Principles of Vegan Food Preparation that include organic, and living foods, GMO awareness, healing teas, and world hunger. In addition there is a detailed glossary, as well as photos and short bios of the many inspirational contributors to this book and it’s inspiring, 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 a novice, I heartily recommend this cookbook, it is a treasure and an inspiration.

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

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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 particularly love the Desert Hempshake with cacao 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 pleasant 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.ruthshemp-foods.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.

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DISEASE-PROOF

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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 healthiest the way genes, but because their diets are inadequate. Medications cannot prevent these problems—only a diet of nutritional excellence can.

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