

EarthSave NEWS

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

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Type-2 Diabetes: the expected adaptation to overnutrition

by John McDougall, M.D.

Sixteen million people in the United States have type-2 diabetes, which shortens lifespan by up to 15 years, leads to almost 300,000 deaths annually, and costs about \$100 billion annually. Since 1980 the incidence has increased by 30%. Born in the year 2000, your male child's lifetime risk of developing type-2 diabetes is nearly 33%, and a female's risk



John McDougall, M.D.

will be 39% when following the Western diet.¹ Worldwide, 135 million people have type-2 diabetes and by 2025 the incidence is predicted to reach 300 million people worldwide. This form of diabetes was once referred to as "adult-type diabetes" because in the past, type-2 diabetes was rare in children. However, over the last two decades, there has been a 10-fold increase in incidence of type-2 diabetes in children, because of the rapidly growing numbers with obesity from an escalating exposure to rich foods, compounded by a lack of exercise.²

The general state of poor health of Westerners, as reflected by diabetes, escalates unchecked for 3 important reasons:

1) This growing epidemic of type-2 diabetes and obesity is fueled by huge profits generated by a food industry super-sizing everything by stuffing their irresistible morsels with fat, sugar, refined flour, and calories.

2) Medical doctors continue to prescribe remedies that have never cured a single case of diabetes. Furthermore, the usual "poly-pharmacology" of medications they rely upon promotes weight gain, heart disease, and hypoglycemia, along with other serious adverse effects. From all these expensive medications there is a small reduction in complications, such as kidney and eye damage, which still fails to offset the tremendous harm done by their efforts.

3) The American Dietetic Association has remained steadfast in their recommendation of a portion-controlled version of the Western (American) diet - an impossible diet to follow (because of its complex rules and semi-starvation nature) - made up of ingredients, like fat, sugars, refined foods, and cholesterol, that caused the patients' problems in the first place.

In 1927 Dr. E. P. Joslin, founder of the famous Joslin Diabetic Center in Boston, suspected a high-fat, high-cholesterol diet might favor the development of diabetes and its major complication, atherosclerosis.³ He prophetically wrote: "I believe the chief cause of premature atherosclerosis in diabetes, save for advancing age, is an excess of fat, an excess of fat in the body (obesity), an excess of fat in the diet, and an excess of fat in the blood. With an excess of fat diabetes begins and from an excess of fat diabetics die, formerly of coma, recently of atherosclerosis." And now, 75 years after Joslin's far-sighted message, diabetes is the fastest growing disease in the world.

Type-2 Diabetes: A Runaway Epidemic Caused by Rich Foods

The cause of this skyrocketing health tragedy is easily seen by observing everyday people striving

DIABETES/PAGE 8

Tension at the table

We are desperate for help to keep our family together and loving each other. My grandson has been a vegetarian since he was about thirteen. He is now twenty-five and currently lives with us. His continual anger at our eating meat causes much unhappiness

ASK JO STEPANIAK

and division within our family. We are supportive of his lifestyle and cook veggie food for him when we are together, but more and more he won't join family celebrations and is highly critical of the rest of us. Surely vegetarianism isn't supposed to be a source of conflict in families. It is hurting us all badly. What do other families do? How do most vegetarians feel about this? Certainly he will never convince anyone to become a vegetarian through his angry ways. Please give a concerned granny some direction. I don't want to lose my

grandson, and I don't know where to turn.

Jo Stepaniak responds:

Many vegetarians, especially teens and young adults, are incensed about the abominable cruelties heaped on animals raised for food and their rampant and needless deaths. It can be difficult for these committed young people to understand why friends and relatives don't "see the light," particularly when the solution seems so clear, at least to them. Sometimes those who are closest to them turn into "the enemy" because they continue to eat meat even after they have been presented with myriad valid reasons to become vegetarian. As with any social cause, vegetarians can be self-righteous and may behave indignantly when

ASK JO/PAGE 2

Is soy safe?

by Brenda Davis, RD

Soy has enjoyed considerable favourable press over the past decade. We have seen reports of soy reducing risk of heart disease, cancer, osteoporosis, and reducing symptoms of menopause. Just when soy seemed to be on top of

the world, articles and websites began to appear claiming that this new-found health hero was really a villain in disguise. Soy bashers said all the hype about soy was really just propaganda, and

that in truth, soy was not a health food, but rather a dangerous substance that should be carefully avoided by humans. In fact, anti-soy advocates claim that eating soy raises risk of cancer, osteoporosis, thyroid problems, birth defects, reproductive problems, nutritional deficiencies and Alzheimer's disease. This has left consumer wondering if soy is really a saint or a sinner.

First, it is important to understand that soy is not something new. The soybean has been used for food for centuries, particularly in the Orient. Traditional forms of soy foods included fresh or frozen beans from the soy pod (called

edamame), soy milk, tofu, and fermented foods, such as tempeh, miso and soy sauce. More recently soy has become a huge hit in North America, with all of the traditional forms of soy widely available in addition to numerous others, such as soy nuts, soy-based meat analogues, soy-based protein beverages, soy chips, soy ice cream, soy yogurt, and the list goes on. These products have become staples for many vegetarians and vegans. So, the question of the safety of soy is one that

certainly deserves serious consideration.

Soy and Breast Cancer

Claim: Soy increases risk of breast cancer.

Among the very first health claims made for soy is that it may reduce incidence of breast cancer. It seemed so obvious when one compared the very low rates of breast cancer in Asian countries using large amounts of soy with rates in North American countries that used comparatively small amounts of soy. The risk reduction

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Ask Jo Stepaniak

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.

Ask Jo/FROM PAGE 1

others disagree with them. They also can feel betrayed by their loved ones when their family's actions collude with the very industries they vehemently and steadfastly oppose.

For those whose motivation for being vegetarian is rooted in a sincere ethic of reverence for life, the matter presents a sense of urgency. Every plate of meat represents an unnecessary, violent death—one that could have been prevented had other choices been made by the diner. At the same time, some young people often forget that their nonvegetarian friends and family fall under the same umbrella of life as other animals and are equally deserving of respect and loving-kindness. It's a delicate balancing act that can be hard for some people to negotiate.

An alternate possibility is that your grandson simply is an angry person, and if he wasn't angry that the world isn't vegetarian, he likely wouldn't select another target for his resentment. Just because a cause espouses compassion doesn't mean that all the supporters of that cause are compassionate individuals. People are drawn to social causes for a variety of reasons, some of which may not necessarily entail selflessness.

Although you prepare vegetarian meals for your grandson, it sounds as though he will not be satisfied until the entire family is eating vegetarian meals along with him. One of the joys of dining with other people is sharing the same dishes. Perhaps you could begin bridging the gulf by making vegetarian meals the whole family could enjoy on the nights he has dinner at home. Making an effort to meet him halfway—not by merely serving him vegetarian foods but by showing a willingness to sit down and dig your fork into them, too—will demonstrate that you not only want to comply with his wishes but that you also support him.

Having a totally plant-based meal now and then, and even for celebrations, is not such a big sacrifice, especially when you can cook meat at any other time you like. In fact, it's a healthful choice that could expand the family's dining repertoire. Eating vegetarian meals is not a compromise of a meat-eater's ethics. On the other hand, to vegetarians, having family members or other loved ones eating meat in their presence can feel like an affront to their most deeply held beliefs.

Participating in vegetarian meals together will enable your grandson to feel included in the

family, rather than being treated like an outsider. Instead of offering lip service or providing something "special," sharing the same dishes would be a tangible demonstration of your concern and support.

The answer seems to lie in your (and the other family members') willingness to compromise about the food that is served when your grandson is home for meals. It is essential that you talk with your grandson openly about your concerns and feelings. While you may not wish to become a vegetarian, it is critical that you weigh the concessions you are prepared to make in order to salvage the relationship and demonstrate your respect for and ability to honor your grandson's decision. At the same time, you must ask him what you can do (short of becoming a vegetarian yourself) to make him more comfortable at mealtimes and restore your bond. He needs to know how you are feeling in specific words and through direct conversation, rather than a show of exasperation. You will feel a sense of relief by communicating instead of keeping your emotions about this bottled up. You both need to establish your limitations as well as expand your boundaries with each other. A little bit of "give" can go a very long way.

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



Joanne 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

Compassion for all?

Dear Jo: I am keenly aware of your views on compassion for all living things -- even humans who think it is acceptable to eat meat, or humans who think they were put on this earth to dominate animals and eat their flesh, or humans who use animals for entertainment, or humans who think that war is necessary or that hunting is valuable. I find myself unable to reach such levels of empathy. I am not even charitable enough to excuse them simply because they do not know how animals suffer for trivial human purposes. How do you find it in your heart to be open to such people? Why do you allow them such latitude?

Jo responds: The fundamental, underlying tenet of vegan philosophy is "reverence for life." This principle does not confine "reverence" to those with whom we agree or identify, nor does it restrict it to those for whom we feel empathy. It also does not limit reverence to specific life forms. Although this straightforward precept is all-encompassing, do not be fooled by its simplicity. The phrase "reverence for life" is succinct and melodious, but putting it into practice is more complex than may first appear.

When people regard their viewpoints as the sole proper and moral ones, they become critical of and combative toward those who do not see eye to eye with them. Self-righteousness snowballs. It makes us hardhearted and obstinate, and it sabotages any attempt to sway others to our position. It is naive to assume our views will be respected when we are unwilling to hear and respect opposing perspectives.

Acknowledging opinions that are at odds with our own does not indicate approval of them. It merely signifies that we are willing to grant our opposition the same degree of respect we would like to receive. Among the most demanding hurdles for contemporary humans is learning tolerance, understanding, and humility. Knowing how and when to apologize and admit our shortcomings and mistakes is paramount if we are ever to advance as a species.

It is convenient to blame the sorry state of the world on everyone who disagrees with us, while denying our own contributions. When we convey an attitude of moral superiority, we add to the

pool of cynicism and contempt that marginalizes rather than unites.

As activists, we must consider what it is we want to accomplish and how to best attain these goals. Hostility and hatred breed hostility and hatred. Therefore, it is senseless to perpetuate this type of negativity if our true aim is peace and compassion. Turning opponents into objects of antipathy will not persuade them we are right or draw them to our side.

Compassion is not the exclusive domain of vegans. There are omnivores who are among the most kind and caring people on earth, and there are vegans who are selfish and self-absorbed. If we profess to be compassionate but share our compassion selectively, we in effect are identical to those we condemn. We cannot have it both ways. Mahatma Gandhi said: "Be the change you wish to see in the world." If we are not charitable toward all life, we have no justification to petition the sympathy and support of others. If we do not exemplify the ideals we claim to embrace, our appeals will be hollow and insincere.

The point of veganism is to epitomize compassion, not to prove ourselves correct. When we are judgmental, we may feel a momentary rush of righteousness, but at what cost? Getting to know, empathize with, and even befriend those whose opinions clash with our own helps foster the peaceful and caring world we envision. Through tolerance we build bridges rather than burn them. By developing an appreciation of the opposition, we learn what is important to them and can recognize the values and hopes we share. Establishing common ground and encouraging mutual respect leads to greater understanding and a willingness to hear what each has to say. We have far more in common with our adversaries than differences. Our humanity alone is an inseparable bond of reciprocal emotions and experiences.

Putting our compassion to the test can be painful and frightening, which is perhaps why so few people have the courage to do it. At the same time, it is heartening and liberating to cease seeing people with divergent views as "the enemy." When we recognize the seamless aspects of life, we can stop hating and start loving. Only when our hearts open fully will the ideals of veganism take hold.

Will Vegetarianism Make A Difference?

Dear Jo: An acquaintance of mine recently found out that my boyfriend and I are vegetarians, and, of course, was curious to know why. He said that he hoped it wasn't to "save the cows" because it won't work -- one person not eating animal products isn't going to change anything. I explained to him that I wasn't the only one and that there are quite a few vegetarians around the world. He still insisted that it wouldn't work because our food habits are so ingrained into our society and that people are basically addicted to animal products. I told him that there have been many examples in the past where something that was once an integral part of a society was abolished because we eventually concluded that it was wrong. He claimed that this was different and that our society is not going to change the way it eats.

I'm going to be a vegetarian no matter what. I don't want to support this part of society even if it is going to be around forever, but perhaps more people would be willing to try it if they actually thought it would do some good. Can vegetarianism alone bring about large-scale change in today's world?

Jo responds: There are countless choices we make every day of our lives that are based on the simple reason that we

believe them to be the right choices for us. We don't necessarily have to believe that the outcome of our decisions will be earth-shattering or momentous. In fact, in most instances, the end results are fairly inconsequential. Even if someone points out that our behavior is not going to have an impact on anyone else, chances are we will continue to make the same choices regardless.

For instance, as a society, we believe that stealing is unethical. Most individuals in our society believe this as well, so the majority of people do not steal. Because of this belief, we teach our children not to steal and we punish them if they do. There are material benefits that thieves derive from their actions, so they may continue to steal in spite of the harsh consequences they could face if they get caught. Nevertheless, few of us would say we do not steal merely because it is a crime and we are afraid we will get in trouble.

We don't expect people to congratulate us for not stealing. We also do not say that we hope our non-stealing will encourage others not to steal. On the contrary, we generally say we do not steal because we think it is wrong. Even though we may be surrounded by tempting items, we typically don't even entertain the idea of stealing them. This is because the ethic of non-stealing is an essential thread in the moral fabric of our culture and us as individuals.

For those who do not eat animals because we believe it is wrong, the inability to convince the masses of our belief would be a sorry excuse for abandoning it. We do not give up on other moral imperatives, such as stealing, simply because there will always be thieves. Why should vegetarianism be any different? It would be the same as saying, "If I can't stop all the evils of the world, I may as well give up and engage in them myself." Doing what you feel is right through practicing an ethic of compassion should not be contingent on a particular outcome. The world will follow when it is ready. A life based on truth, love, and caring will always bring about a future filled with more of these wonderful qualities, even if we don't live long enough to see it happen.

Certainly, being a healthy, thriving example of vegetarianism could potentially influence those around us without any attempt at persuasion or even uttering a word about it. When enough people are open to the idea of vegetarianism, it will take hold. In the meantime, all we can do is take care to heed our conscience. By doing so, we are planting seeds for the future. But, more importantly, we are listening to our hearts right now. A life well lived doesn't need to concern itself with its legacy. The right means will always bring about the right ends.

Is Macular Degeneration a Dietary Deficiency Disease?

By William Harris, M.D.

The incidence of Age Related Macular Degeneration (ARMD) appears to have gone up over the past fifty years. It's not clear whether there has been an absolute increase or whether it's just because the US population is growing older, but ARMD was not a common problem when I was in training 40 years ago, and my General Ophthalmology text from 1983 barely mentions it.

The choroidal neovascular "wet" form of the disease (CNV) is responsible for ~90% of the severe loss of vision in ARMD. It is caused by a growth of abnormal blood vessels under the macula (central part of the retina). These vessels leak fluid, lift the macula off its Bruch=s membrane, and cause scar tissue that attacks central vision over a period that can range from a few months to three years. It is now the leading cause of blindness in the United States with 200,000 new cases in the United States each year, usually people in their mid 70s.

Most of the research money seems directed toward drugs, genetics, laser treatment, retinal transplants, and possible autoimmune factors. However, numerous journal articles point to the role of nutrients in preventing the disease in the first place. Vitamin E appears to be concentrated in the normal macula and reduced in the abnormal. Beta-carotene (BC) not only splits to form retinal, a part of rhodopsin, the light detecting trigger of the eye, but has antioxidant properties as well. Vitamin C may also be a protective antioxidant while lutein and zeaxanthin, barely distinguishable from BC, become photo-protective elements in the

Retinal Pigment Epithelium (RPE) in the back of the retina.

To the right is a list of the USDA SR-13 top scorers for lutein & zeaxanthin (L&Z). Most of these are also good vitamin C, E, and BC sources but with the exception of wheat germ (vitamin E) no grain product had any at all. The first animal food, egg, came in # 50 with 55 mcg/100gm.

According to the National 5-A-Day Committee, only 36% of the U.S. public is aware they should be consuming the recommended 5 servings of fruits and vegetables daily. USDA figures show that the actual food consumption of the American public looks more like the food pyramid turned upside down with ~ 66% of Calories coming from animal foods and grains, and only 34% from vegetables and fruit. U.S. and world agriculture has always been heavily based on grains, either consumed directly, or fed to animals that are then consumed, but neither grains nor any animal food contain more than a trace of vitamins C, E, BC, lutein, or zeaxanthin. Perhaps this is the real reason that AMD is on the rise.

References:

1. Dietary carotenoids, vitamins A, C, and E, and advanced age related macular degeneration. Eye Disease Case Control Study Group. JAMA Nov 9 1994; 272 (18) p1413 20, ISSN 0098 7484

Seddon JM; Ajani UA; Sperduto RD; et al.

A.. Adjusting for other risk factors for AMD, we found that those in the highest quintile of carotenoid intake had a 43% lower risk for AMD compared with those in the lowest quintile (odds ratio, 0.57; 95% confidence interval, 0.35 to 0.92; P for trend = .02). Among the specific carotenoids, lutein and zeaxanthin, which are primarily obtained from dark green, leafy vegetables, were most strongly associated with a

reduced risk for AMD (P for trend = .001).@

2.For an excellent 65 slide description of ARMD go to: http://www.eyesight.org/Pictorials/PicSlide_Show/pic_slide_show.html

3. Goodwin and Mercer. Introduction to Plant Biochemistry. Pergamon Press. Oxford, 1983. p99 (for the subtle differences in carotenoid molecular structures).

Food description	L&Z
	(mcg)/100 gm
1 Turnip grns,ckd,bld,drnd,wo/salt	8440
2 Collards,ckd,bld,drnd,wo/salt	8091
3 Spinach,ckd,bld,drnd,wo/salt	7043
4 Kale,raw	3955
5 Babyfood,veg,squash,str	3527
6 Lettuce,cos or romaine,raw	2635
7 Broccoli,raw	2445
8 Broccoli,ckd,bld,drnd,wo/salt	2226
9 Squash,smmr,zucchini,incl skn,raw	2125
10 Corn,swt,yel,ckd,bld,drnd,wo/salt	1800
11 Brussels sp routs,raw	1590
12 Kale,ckd,bld,drnd,wo/salt	1579
13 Cornmeal,degermed,enr,yel	1355
14 Peas,grn,cnd,reg pk,drnd sol	1350
15 Brussels sp routs,ckd,bld,drnd,wo/salt	1290
16 Spinach,raw	1193
17 Corn,swt,yel,cnd,whl kernel,drnd sol	884
18 Persimmons,japanese,raw	834
19 Broccoli,frz,chopd,ckd,bld,drnd,wo/salt	830
20 Beans,snap,grn,ckd,bld,drnd,wo/salt	700
21 Beans,snap,grn,cnd,reg pk,drnd sol	660
22 Beans,snap,green,raw	640
23 Okra,ckd,bld,drnd,wo/salt	390
24 Orange juice,raw	365
25 Carrots,baby,raw	358
26 Lettuce,iceberg (incl crisphead types),raw	352
27 Cabbage,raw	310
28 Squash,smmr,crookneck&straightneck,raw	290
29 Celery,ckd,bld,drnd,wo/salt	250
30 Tangerines,(mandarin oranges),raw	243
31 Celery,raw	232
32 Oranges,raw,all comm var	187
33 Tomato products,cnd,paste,w/salt	170
34 Tangerine juice,raw	166
35 Soup,vegetarian veg,cnd,cond,comm	160
36 Sauce,pasta,spaghetti/marinara,rts	160
37 Soup,minestrone,cnd,cond,comm	150
38 Tomatoes,red,ripe,ckd,bld,wo/salt	150
39 Fiddlehead ferns,frz,unprep	142
40 Orange juc,frz conc,unswtnd	138
41 Tomatoes,red,ripe,raw,year rnd average	130
42 Soup,veg bf,cnd,cond,comm	92
43 Soup,tomato,cnd,cond,comm	90
44 Tomato products,cnd,puree,w/salt	90
45 Vegetable juc cocktail,cnd	80
46 Papayas,raw	75
47 Squash,wnttr,acorn,ckd,bld,mshd,wo/salt	66
48 Tomato juc,cnd,wo/salt	60
49 Peaches,raw	57
50 Egg,whole,raw,fresh	55
51 Melons,cantaloupe,raw	40
52 Tomatoes,red,ripe,cnd,whl,reg pk	40
53 Squash,winter,acorn,raw	38
54 Watermelon,raw	17
55 Grapefruit,raw,pink&red,all areas	13
56 Tomato products,cnd,sau	12
57 Milk,human,mature,fluid	11
58 Carrots,cnd,reg pk,drnd sol	2
59 Catsup	2
60 Butter,with salt	1
61 Cheese,cheddar	1

Dr. Greger's health updates

Flax Seeds and the Stress Response

A study was just published in the Journal of the American College of Nutrition on the effects of flax seed consumption on cardiovascular responses to mental and psychological stress.[JACN 22(6):494] How your body reacts to stress--like how much your blood pressure goes up when you're anxious--is an important predictor of heart disease risk. So Canadian researchers had people sprinkle 3 tablespoons of ground flax seed onto whatever they were eating every day for a few months. Then the researchers exposed the research subjects to a variety of stressors and measured their stress response. And those eating flax had significantly healthier physiological reactions to stressful conditions. Their blood pressure, for example, stayed much more stable.

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



Michael Greger M.D.

Greens May Prevent Colon Cancer

Japanese researchers recently investigated the relation between the consumption of vegetables and gastrointestinal cancers in a multicenter, hospital-based case control study.[Nutrition and Cancer 46(2):138] They found that cruciferous vegetables, and broccoli in particular, to be associated with significantly reduced risk of cancers of the digestive tract, especially colon cancer. People eating broccoli three or more times a week seemed to cut their risk of certain cancers almost 95%! Stated another way, this means that compared to people who regularly ate broccoli, those that rarely ate it seemed to be ten times more likely to develop certain types of cancer.

Scientists suspect that the powerful anti-cancer properties of the cruciferous vegetable family (which also contains brussel sprouts, kale, collards, mustard and beet

greens) may lie in a unique class of compounds called glucosinolates that greatly enhance your own body's ability to detoxify carcinogens. Because we've so polluted our environment, even vegans can't escape exposure to a wide array of carcinogens. By eating greens every day we can boost our liver's ability to neutralize these toxins and reduce our risk of developing cancer.

In this election season, vote for the greens party...!

Poop Happens - frequently!

With a title like "Nutrition and Lifestyle in Relation to Bowel Movement Frequency," I knew it just had to be good.[20] In the biggest study of it's kind ever, British researchers compared the reported bowel habits of about 15,000 meateaters to 5000 vegetarians and about 1000 vegans.

The study was peppered with memorable quotes like "That non meat-eaters have

a higher frequency of defecation is well documented" and "Our finding of a very clear trend towards an increasing number of bowel movements with a more rigorous degree of vegetarianism could be a field for further investigation."

Constipation is the most common gastrointestinal complaint in the United States, leading to millions of doctor visits every year. Constipation can increase one's risk for a hiatal hernia, varicose veins, hemorrhoids, and painful conditions with names like "anal fissure."

The researchers conclude "Being vegetarian and especially vegan is strongly associated with a higher frequency of bowel movements." Vegans, for example, were three times more likely to have daily BMs.

It's like we've always said: vegans are just regular people!

Visit Dr. Greger on the web at <http://www.VeganMD.org>

A word from the Chair Happy New World

2003 ended with a bang when mad cow disease was discovered in Washington state. This Winter issue of EarthSave News we present a number of interesting perspectives on the subject, including an article from Michael Greger, MD looking at a controversy now gaining increasing attention -- whether a US version of mad cow disease has already been here for years, perhaps killing thousands annually (see page 5).

EarthSave's prescient Test Cows Now initiative has taken some important steps forward. In April of last year, John Robbins presented Presidential hopeful Dennis Kucinich (D-OH) with thousands of signatures collected by EarthSave from people demanding more mad cow testing. Rep. Kucinich has responded with a promise (along with Rep. George Miller (D-CA)) to introduce legislation which would mandate increased testing for mad cow (see page 5).

You might ask, why is an organization which promotes a shift away from a meat-based diet and toward plant-based eating interested in testing cattle for mad cow? Because if there is widespread mad cow in the US herd -- as many experts believe -- this is a fact consumers have a right to know so that they can make informed choices about their diets. And making diet choices based on accurate and honest information is what EarthSave promotes.

The past Fall also saw a celebration of the 15th anniversary of the publication of *Diet for a New America*. This is, of course, the seminal work that brought EarthSave International into existence. Its author -- our founder, John Robbins -- continues to inspire people to live healthier, saner and more compassionate lives. He and his work were honored in October at an event at Roxanne's, a fabulous gourmet raw foods restaurant in Larkspur, CA (see pages 6 and 7).

We have been heartened by the outpouring of positive comments in response to last issue's article on restructuring EarthSave, and have selected a few to print in the Letters section, below. Thanks so much for your support in this transition. And please consider using the form at the bottom of page 12 to make a donation to help EarthSave continue our critical work. Our planet and our health are depending on it.

Yours for a happy, healthy and well-informed New Year,
John D. Borders, Jr., JD
CHAIR, EARTHSAVE BOARD OF DIRECTORS



John Borders and family.

Serious about saving the rainforest? Stop eating it

Booming Brazilian beef exports could be the main culprit behind a sharp rise in deforestation of the Amazon jungle as cattle farmers cut deeper into the forests, a leading research institute reported in March.

The report, "Hamburger connection Fuels Amazon Destruction," by the Indonesia-based Center for International Forestry Research was released as environmentalists feared the latest Amazon destruction rates could be the highest ever.

The deforestation rate in the world's largest jungle jumped 40 percent in the 12 months to the middle of 2002 and the authors of the report along with other environmentalists are bracing for figures for the subsequent year which could be yet higher. The latest data should be released in coming weeks.

At around 9,840 square miles, the deforestation figure for 2001/2002 was the second highest on record and represented an area slightly smaller than Haiti.

David Kaimowitz, director-general of the center, said the report showed this surge was being fueled by a steep rise in cattle farming in the Amazon, helped by Brazilian beef exports and the eradication of foot-and-mouth disease in the Amazon.

While environmentalists have feared that the spread of soybeans in the Amazon posed

the greatest threat, the report showed that the amount of deforested land dedicated to cattle pasture is six times as large as land with cultivated crops.

Brazil has the world's largest commercial cattle herd.

"In a nutshell, cattle ranchers are making mincemeat out of Brazil's Amazon rainforests," said Kaimowitz. "This is the threat that in the long-term is overwhelmingly the most dangerous."

"LUNGS OF THE WORLD"

The Amazon, an area of continuous tropical forest just under half the size of the continental United States, has been described as the "lungs of the world" because of its vast capacity to produce oxygen. Environmentalists also fear its destruction as it is home to up to 30 percent of the planet's animal and plant species.

The report showed that

Brazil's cattle herd doubled in the last decade to 175 million head in 2002 and that the Amazon accounted for 80 percent of that rise, with 57 million cows.

Meanwhile, Brazil's beef exports soared to a record \$1.5 billion last year, three times as much as in 1995, and the country is expected to become the world's top beef exporter this year. Exports are mainly high quality beef from Brazil's south, but as large parts of the Amazon were declared foot-and-mouth free in recent years, Amazon cattle has increasingly stepped in to feed domestic beef demand.

"Brazil's success in combating foot-and-mouth disease may be good news for the cows, but it is bad news for the forest," said Kaimowitz.

Kaimowitz said the fact that Amazon beef is not exported makes no difference because it is filling the gap created by rising exports in the domestic market.

The report recommended urgent action to stop land-grabbing by large-scale cattle farmers, who have been drawn to the Amazon because of the rising prices for the region's cattle, and for the government to rethink road projects in the Amazon.

"Our concern is that is that next year and after that deforestation could mushroom," said Kaimowitz.



Letters

Night to remember

What a joy it was to read the spectacular remarks of Jeff Nelson ["An Evening Honoring John Robbins"] in the Winter 2004 EarthSave News! For me it was the highlight of the issue.

It is interesting how different people view "normalcy." It is hard to fathom how some people consider it "normal" to participate in and help perpetuate mass murder, slow suicide, and environmental rape. Thank you for the powerful writing.

Karen Marcus
Palm Desert, CA

Think About It...

- Most common problem for which people go to doctors in the U.S.: High blood pressure
- Ideal blood pressure (without medication): 110/70 or less
- Average blood pressure of vegetarians: 112/69
- Average blood pressure of non-vegetarians: 121/77
- Incidence of high blood pressure in meat eaters compared to vegetarians: Nearly triple
- Patients with high blood pressure who achieve substantial improvement after switching to a vegetarian diet: 30%-70%
- Incidence of high blood pressure among senior citizens in the U.S.: More than 50%
- Incidence of high blood pressure among senior citizens in countries eating traditional, low-fat plant-based diets: Virtually none
- Annual medical costs in the United States directly attributable to smoking: \$65 billion
- Annual medical costs in the United States directly attributable to meat consumption: \$60-120 billion
- Most common cause of cancer mortality worldwide: lung cancer
- Number of lives lost in the U.S. to lung cancer annually: 150,000
- Impact on risk of lung cancer for people who frequently eat green, orange and yellow vegetables: 20%-60% reduction
- Impact on risk of lung cancer among people who consume a lot of apples, bananas and grapes: 40% reduction

Read John Robbins' *The Food Revolution* for these and many other important facts about the impact of diet choices on the environment, our health, and all life on earth.

EarthSave NEWS

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.

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COMMENTS/SUGGESTIONS

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

Contributors

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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.

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The Pig Who Sang to the Moon: The Emotional World of Farm Animals

by Jeffrey Moussaieff Masson

Reviewed by Dan Balogh

Jeff Masson must be getting grief from all sides. After Masson co-wrote his best-selling "When Elephants Weep: The Emotional Lives of Animals," circus enthusiasts, hunters, and all those who make a living or derive pleasure from animals in confinement, must have been up in arms, resentful of the guilt pangs Masson was helping bring to the surface. The release of "The Emperor's Embrace: Reflections on Animal Families and Fatherhood" must have added to that.

One could assume, however, that his books on dogs ("Dogs Never Lie About Love: The Emotional World of Dogs") and cats ("The Nine Emotional Lives of Cats: A Journey Into the Feline Heart") were much more palatable to most people. After all, we love our pets like family members - so we know they have feelings, right? That's a no-brainer.

But after lulling his audience into a false sense of security, Masson is back with what might turn out to be his most cathartic book yet - "The Pig Who Sang to the Moon: The Emotional World of Farm Animals." Why so cathartic? Because this one hits the reader on the gut level (literally). It deals not with the animals we glimpse in circuses or zoos, or the animals that sleep in our laps. Far from it. This book deals with the emotional lives of animals we know much more intimately - the ones we kill, then put into our mouths, chomp on, and swallow.

Basically, all animals (including us) have evolved in a given natural environment over millions of years to the point where we developed very specific instinctual behaviors that helped our species survive. Masson spends lots of time describing, in obvious loving detail, many of those behaviors, including the incredible love mothers have for their children, no matter what the species. Performing these behaviors makes us all feel good, which indicates to us that we're on the right track (furthermore, when something doesn't feel good, we know we're off track). The problem is, today's farm animals live in completely perverted environments than those in which they evolved. And because of this, they are routinely denied the opportunity to exercise those urges (like chickens unable to take dust baths, or cows unable to nurse their young). Consequently, they are denied the pleasure and happiness that accompany those behaviors. And this continues throughout their entire lives.

Why haven't farm animals adapted to domestication? Because, according to Masson, evolutionary changes in animals occur on the order of hundreds of thousands of years. But their environment, through domestication on farms, has changed much more swiftly - on the order of only thousands of years. Evolution simply hasn't had time to catch up. Pigs, cows and chickens in the year 200,000 A.D. (!) might be adjusted to current conditions, but until then these animals continue to suffer, their evolutionary needs continually ignored simply for our gustatory pleasure. And while the worst offenders are the factory farms, any animal kept outside its natural environment is subject to the same problems.

The final irony is that even those animals who are allowed a life as natural as possible on the more enlightened farms, are killed much sooner than they would have died naturally - simply because we like how they taste. As Masson says, it's disingenuous to claim that these animals were well cared for when we all know the ultimate goal is their exploitation (no one would bother otherwise). Imagine the same argument being used for our beloved cat or dog - "Well, yeah, I did end up killing Snuggles 12 years before she would have died in order to make this cat stew, but at least I

allowed her a very good 1-year life." I don't think so. So why the difference in the way we think of cats versus pigs? Are cats smarter? Not at all. And even if they were, is intelligence the standard by which we choose to eat or not to eat? Do we eat only dumb animals?

Masson ponders these questions and many more in the 250 pages of this powerful book. Each animal (pig, chicken, cow, goat/sheep, duck) is given its own chapter where facts, history and anecdotes are powerfully balanced. For instance, we learn the following about pigs: they're cleaner than dogs and easier to housetrain, of all animals their flesh is most like ours (something to think about when we bite into our next ham sandwich), they are incredibly friendly and will curiously follow us all day. But how does Masson describe a pig on a factory farm? "The pig's life has been distorted, perverted, deformed, contorted beyond recognition. They are not allowed to live any part of their lives in the natural world outside. They never see the sun." And, unfortunately, the assessment

is basically the same for the other animals whose emotional lives are explored so poignantly in this book - all sentient beings who have wonderful characteristics all their own, many identical to ours, like the love we have for our children. The discussion, at times, can be brutal because the truth can be that way, but Masson, who is optimistic about current trends toward animals, does a superb job of balancing the good with the bad.

Some of this material has been covered elsewhere. For instance, Karen Davis's superb "Poisoned Chickens Poisoned Eggs: An Inside Look at the Modern Poultry Industry" will teach you more about the extraordinary life of chickens (and the cruelty inflicted upon them) than this book. But Masson's book might be the only

one available that provides a comprehensive view of all farm animals. In fact, the reason Masson wrote the book was his impatience with being sent to the children's section whenever he asked a bookstore employee where he could find books on farm animals!

It's easy to remain despondent when one considers the fact that 10 billion animals (not counting fish or other aquatic creatures) are killed for human consumption in just the United States every year - especially when it's been clear for hundreds of years that we don't need to eat animals to survive (vegetarians and vegans have lived long healthy lives throughout recorded history). And mounting evidence shows that vegans live longer and healthier than others (just don't expect the cow, pig, chicken and dairy industries to agree). As Gandhi said - first they ignore you, then they laugh at you, then they fight with you, then you win. Currently, almost no one is ignoring the fact that animals have emotions. Most folks are no longer laughing. Many folks are fighting over it, with some battles being won and some being lost. Clearly, however, the cycle is closer to the end than the beginning. Surely there's room for optimism, and Masson shows his own by closing the book with many ways the reader can help the plight of farm animals - beyond becoming a vegetarian or a vegan.

At one point, Masson quotes W. H. Hudson, author of the celebrated "Green Mansions" and one of the world's great writers on birds. Hudson tells the story of another lover of birds who left behind the bustle of English society to settle down on the dreary eastern coast of England because "it was the only spot in England in which, sitting in his own room, he could listen to the cry of the pink-footed goose." Said Hudson in response to hearing this, "Only those who have lost their souls will fail to understand." The same can be said of the lessons Masson teaches us in this book.

Hitler: Goose Stepper and Goose Eater

A review of Rynn Berry's *Hitler: Neither Vegetarian Nor Animal Lover*

Reviewed by Dan Balogh

When DC-area serial sniper suspects John Muhammad and Lee Malvo were arrested back in 2002, news sources reported that Muhammad was, among other things, a vegetarian. One non-vegetarian friend playfully teased me, asking how it felt to have a serial killer in my "club." I asked him how it felt to have every other serial killer that ever lived, in his club. We both laughed and moved on to more important things. But I still wondered why the dietary preference of Muhammad was important enough to make the news. Is it because vegetarians are still viewed with suspicion, like members of secret societies where, between meals, we flay ourselves with bamboo shoots and then submerge ourselves in tanks of ice water to purify our bodies while plotting our next sniper attack? Or is something else at work here?

It's not just the dietary habits of serial snipers that make the news. History seems intent on reminding us that one of the world's greatest criminals was also a vegetarian - some even allege that he was a raw

foodist. Or was he? Historian Rynn Berry, historical advisor to the North American Vegetarian Society and author of several books on vegetarianism, examines the historical accuracy of Adolph Hitler's vegetarianism in his new book "Hitler: Neither Vegetarian Nor Animal Lover."

The conclusion is right there in the title itself, so it's no surprise that Berry presents evidence, mostly by quoting at length from secondary sources, that demonstrates beyond a doubt that Hitler was neither a vegetarian nor an animal lover - not even close. One of the problems is how loosely the word "vegetarian" has been interpreted by writers throughout history. After all, is a lacto-ovo-pescopollo-bovine-porcine vegetarian one who eats eggs and dairy, and occasionally fish, sometimes chicken, sometimes beef, and sometimes pork? The word loses all meaning when accompanied by so many qualifications.

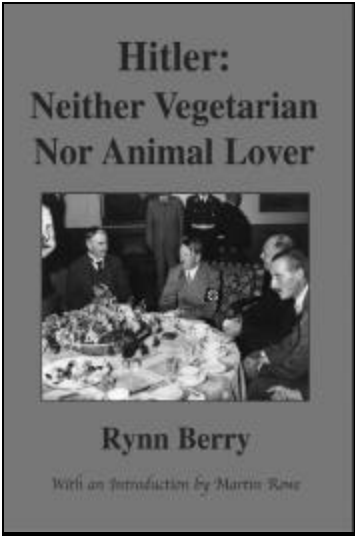
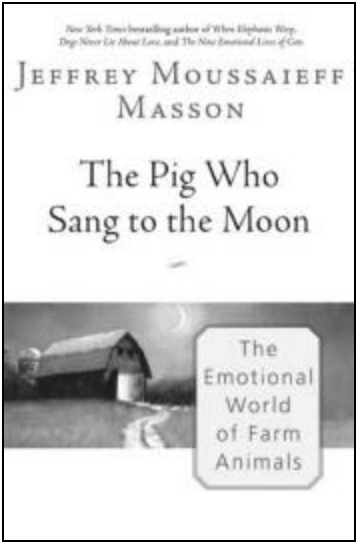
Does it really matter, though, whether the world erroneously thinks Hitler was a vegetarian?

Perhaps an equally important question is why the association is being made with such relish (by non-vegetarians, of course) in the first place. Martin Rowe, founding publisher of Lantern Books, explores this question in the book's introduction, which is itself a third of the book's length. Often the Hitler vegetarian claim is an implication, via guilt through association, that vegetarian compassion doesn't guarantee anything - after all, the murderer of twelve million people was a vegetarian, so vegetarians should get off their high horses! After Rowe explains why it's important to attack the erroneous claim, Berry proceeds to do so.

It's a quick, but eye-opening, read. In under fifty pages Berry, with laser beam focus, paints a very unattractive picture of an insecure man who was cursed with health problems throughout his life, was probably a closet homosexual who did everything in his power to hide it (read the book if you're wondering what this has to do with vegetarianism), and who might have occasion-

ally gone on vegetarian binges so that his chronic excessive flatulence was less noxious. It boggles the mind, reading the passages that Berry has expertly isolated from so many disparate sources, that Hitler was able to reach such a position of power. The book is actually an expansion of an earlier monograph of Berry's entitled "Why Hitler Was Not a Vegetarian" (1994) which was the cover story of the first issue of Rowe's "Satya" magazine. This may explain some of its repetition (for example, an entertaining quote from chef Dione Lucas describing Hitler's favorite dish, stuffed squab, appears word-for-word in two separate chapters).

Will this book put to rest the myth that Hitler was a vegetarian? I doubt it. As long as vegetarians and meat eaters spar, Hitler's vegetarianism will be a favorite topic of contention, facts notwithstanding. But now vegetarians can cite this book next time they are goaded into another thankless debate on this topic.



Book reviewer Dan Balogh is a frequent contributor to EarthSave News and a member of EarthSave® New York City. He works as a systems engineer in the telecommunications industry.

Best diet for health?

Dear Dr. Harris:

I am 45 years old, 5' 5" and weigh 130. It seems that each author I read claims that according to "research", his or her diet is the best approach.

I have read so many books on diet and nutrition -- especially books by cardiologists. Among

them are books by Drs. Robert Superko, Lance Gould, John P.Cooke, Stephen Sinatra, William Castelli, et al.

Each of the above prescribes diets which include some animal foods and some include whole eggs and olive oil.

While respecting your work

and others who advocate vegan approaches, I am totally confused.

Each of the above doctors seems quite convincing. What does one do? I would appreciate your comments.

Dr. Harris Responds:

According to the figures you provided, your body mass index is 21.7 (normal is between 18.4

and 25) so you're OK in that department.

I agree it is very confusing with all the books out there, and you haven't even mentioned Robert Atkins, John Mc Dougall, and Dean Ornish.

With the exception of Castelli I haven't even heard of the ones you mention.

Schlock diet books are a dime a dozen, so in making your

decision look first for programs touting magic money making supplements and expensive seminar programs -- and cross them off your list.

The best dietary advice is too simple for profit. The prime determinants of health are regular exercise and a whole food, preferably largely raw, vegan diet.

William Harris, M.D.

CAN GMOs HELP FEED THE HUNGRY?

Isn't the uncertain, undocumented potential risk of GM foods preferable to the very certain and imminent danger of starvation of millions of the world's people? How can you and other over-zealous environmentalists stand in the way of the hungry being fed?

John Robbins responds:

You are not alone in hoping that genetically modified (GM) foods might bring solutions to malnutrition and world hunger.

These hopes were never more dramatically illustrated than in 2000, when Time magazine ran a cover story titled "Grains of Hope." The article joyfully announced the development of a genetically engineered "golden rice." This new strain of GM rice has had genes from viruses and daffodils spliced into its genetic instructions. The result is a form of rice that is a golden-yellow color (much like daffodil flowers), and that produces beta-carotene, which the human body normally converts into vitamin A.

Nearly a million children die every year because they are weakened by vitamin A deficiencies, and an additional 350,000 go blind. Golden rice, said Time, will be a godsend for the half of humanity that depends on rice for its major staple. Merely eating this rice could prevent blindness and death.

The development of golden rice was, it seemed, compelling and inspiring evidence that GM crops are the answer to malnutrition and hunger. Time quoted former U.S. President Jimmy Carter: "Responsible biotechnology is not the enemy, starvation is."

Shortly after the Time cover story, Monsanto and other biotechnology companies launched a \$50 million marketing campaign, including \$32 million in TV and print advertising. The ads, complete with soft focus fields and smiling children, said that "biotech foods could help end world hunger."

Other ad campaigns have followed. One Monsanto ad tells the public: "Biotechnology is one of tomorrow's tools in our hands today. Slowing its acceptance is a luxury our hungry world cannot afford."

Within a few months, the biotech industry had spent far more on these ads than it had on developing golden rice. Their purpose? "Unless I'm missing something," wrote Michael Pollan in the New York Times Magazine, "the aim of this audacious new advertising campaign is to impale people like me—well-off first-worlders dubious about genetically engineered food—on the horns of a moral dilemma... If we don't get over our queasiness about eating genetically modified food, kids in the third world will go blind."

The implication of the ads is that lifesaving food is being held hostage by anti-science activists.

In the years since Time proclaimed the promises of golden rice, however, we've learned a few things you might bear in mind the next time you see one of these commercials.

For one thing, we've learned that golden rice will not grow in the kinds of soil that it must to be of value to the world's hungry. To grow properly, it requires heavy use of fertilizers and pesticides—expensive inputs unaffordable to the very people the variety is supposed to help. And we've also learned that golden rice requires large amounts of water—water that might not be available in precisely those areas where vitamin A deficiency is a problem, and where farmers cannot afford expensive irrigation projects.

And one more thing—it turns out that golden rice doesn't work, even in theory. Malnourished people are not able to absorb vitamin A in this form. And even if they could, they'd have to eat an awful lot of the stuff. In order to satisfy his minimum requirement for the vitamin, an eleven-year-old boy would have to eat 27 bowls of golden rice a day.

I'm sure that given enough time and enough money, some viable genetically modified (GM) crops could be developed that contain more nutrients or have higher yields. But I'm not sure that even if that happens, it will benefit the world's poor. Monsanto and the other biotech companies aren't developing these seeds with the intention of giving them away. If people can't afford to buy

GM seeds, or if they can't afford the fertilizers and pesticides the seeds require, they'll be left out.

Poverty is at the root of the problem of hunger. As Peter Rosset, director of Food First, reminds us, "People do not have vitamin A deficiency because rice contains too little vitamin A, but because their diet has been reduced to rice and almost nothing else."

And what, pray tell, has reduced these people to such poverty and their diets to such meager fare? In the words of the British writer George Monbiot, "The world has a surplus of food, but still people go hungry. They go hungry because they cannot afford to buy it. They cannot afford to buy it because the sources of wealth and the means of production have been captured and in some cases monopolized by landowners and corporations. The purpose of the biotech industry is to capture and monopolize the sources of wealth and the means of production..."

"GM technology permits companies to ensure that everything we eat is owned by them. They can patent the seeds and the processes which give rise to them. They can make sure that crops can't be grown without their patented chemicals. They can prevent seeds from reproducing themselves. By buying up competing seed companies and closing them down, they can capture the food market, the biggest and most diverse market of all."

"No one in her right mind would welcome this, so the corporations must persuade us to focus on something else... We are told that...by refusing to eat GM products, we are threatening the developing world with starvation, an argument that is, shall we say, imaginative..."

With rare exceptions, genetically engineered crops are being created not because they're productive or because they address real human needs, but because they're patentable. They are not being developed to help subsistence farmers feed themselves.

The biotech companies have invested billions of dollars because they sense in this technology the potential for enormous profit, and the means to gain control over the world's food supply. It is increasingly obvious that if they succeed, the poor will not benefit, and those who are hungry will not find themselves fed.

If you doubt this, consider this reality. For countless centuries farmers have fed humanity by saving the seed from one year's crop to plant the following year. But Monsanto, the company that claims its motives are to help feed the hungry, has developed what it calls a "Technology Protection System" that renders seeds sterile. Commonly known as "terminator technology," and developed with taxpayer funding by the USDA and Delta & Pine Land Company (an affiliate of Monsanto), the process genetically alters seeds so that their offspring will be sterile for all time. If employed, this technology would ensure that farmers cannot save their own seeds, but would have to come back to Monsanto year after year to purchase new ones.

Critics refer to these genetically engineered seeds as suicide seeds, and they are none too happy with them. "By peddling suicide seeds, the biotechnology multinationals will lock the world's poorest farmers into a new form of genetic serfdom," says Emma Must of the World Development Movement. "Currently 80 percent of crops in developing countries are grown using farm-saved seed. Being unable to save seeds from sterile crops could mean the difference between surviving and going under."

To these companies, the terminator and other seed sterilizing technologies are simply business ventures that have been designed to produce profit. In this case, there is not even the implication of benefit to consumers. "Monsanto's goal," says Rachel's Environment and Health Weekly, "is effective control of many of the staple crops that presently feed the world."

I wish I could speak more highly of GM foods and their potential. But the technology is now held tightly in the hands of corporations whose motives are, I'm afraid, very different from what they would have us believe.

Don't buy the hype.



Ask John Robbins

EarthSave Founder, bestselling author & humanitarian

John Robbins is the founder and Board Chair Emeritus of EarthSave International. He is the author of *The Food Revolution -- How Your Diet Can Help Save Your Life and Our World*.

He is also author of the international bestseller *Diet for a New America -- How Your Food Choices Affect Your Health, Happiness, and the Future of Life on Earth*, *The Awakened Heart -- Meditations on Finding Harmony in a Changing World*, and the widely acclaimed *Reclaiming Our Health -- Exploding the Medical Myth and Embracing the Source of True Healing*.

The only son of the founder of the Baskin-Robbins ice cream empire, John Robbins was groomed to follow in his father's footsteps, but chose to walk away from Baskin-Robbins and the immense wealth it represented to "...pursue the deeper



John Robbins

American Dream...the dream of a society at peace with its conscience because it respects and lives in harmony with all life forms. A dream of a society that is truly healthy, practicing a wise and compassionate stewardship of a balanced ecosystem." Submit your questions or messages to John on his website: www.FoodRevolution.org

Environmentalists at risk from "anti-terrorist" laws

I heard your speech at a major conference recently, and while I admire your integrity, I take exception to something you said. You seem to believe that non-violent environmentalists are at risk from anti-terrorist legislation. Please, stop exaggerating. Have you become paranoid? Or are you now supporting the people who burn SUVs at car dealerships?

John Robbins responds:

Thanks for your question.

I was specifically referring to legislation introduced into the Washington state legislature by State Senator Val Stevens of Olympia (R-39), called the "Animal and Ecological Terrorism Act."

The bill invokes the specter of terrorism to restrict long-standing political rights to non-violent protest. Specifically, it defines terrorist "eco-terrorist organizations" as "two or more persons organized for the purpose of supporting any politically motivated activity intended to obstruct or deter any persons from participating in an activity involving animals or...natural resources."

Under the cover of targeting people who spike trees slated for logging, or burn SUVs at car dealerships, the legislation's definition of "eco-terrorist" is so broad that it would include citizens signing a petition to save old-growth forests, passing out vegetarian literature, or simply joining a group like the Sierra Club or EarthSave.

According to Ralph G. Neas, President of People for the American Way, "This dangerously broad definition of 'terrorist' would catch anybody who's ever sent in \$10 to save the pandas. It's a thinly disguised effort to squash environmental activism and intimidate citizens who want to speak out."

The bill would create a law enforcement database of "eco-terrorists." As of this writing, the bill has not yet passed, but the Senate has passed a budget bill that includes \$50,000 for the database.

Washington is not the only state where this is happening. The

Washington legislation was drafted by the American Legislative Exchange Council (ALEC), which has drafted virtually identical bills that have been introduced in New York, Texas, Hawaii, Arizona, and South Carolina. Furthermore, U.S. Congresswoman Darlene Hooley of Oregon has introduced a federal version in the U.S. House of Representatives.

I don't believe it's paranoid to see that these bills are intended to limit the first amendment rights of environmental and animal welfare organizations and activists. And I fail to see how they would do anything at all to prevent real terrorism. If our elected officials can't tell the difference between the Sierra Club and Al Qaeda, we're in big trouble.

No, I don't support people who burn SUVs at car dealerships. That's not really what this legislation is about. If ALEC gets its way and bills are passed that criminalize dissent, the people who want to burn SUVs will continue to do so. But what will change, and what to me is of immense importance, is that it will become increasingly dangerous to speak your conscience, and to advocate for a sane, healthy, and sustainable way of life.

I don't believe it's paranoid to recognize the threat posed by groups such as ALEC. Based in Washington, DC, ALEC is funded by right-wing foundations and by more than 300 corporations and trade associations.

Corporations fund ALEC because they want to re-write the laws which regulate their activities. Although ALEC refers to itself as a membership organization for state legislators (and pays for state legislators to travel to its meetings), its primary function is to enable strip-mining and chemical companies to write environmental laws, drug companies to write prescription drug laws, insurance companies and HMO executives to write health care laws, and fast food chains that pay low wages to write laws that would abolish the minimum wage and

EarthSave Marin's Cancer Forum

by Patti Breitman

On March 25 EarthSave Marin hosted a free community forum on How to Reduce Your Risk of Cancer. A panel of experts spoke and answered questions on how what we eat affects our risk for cancers of the breast, prostate and colon. More 80 people attended this panel discussion, most of whom either have had cancer or loved someone who has. EarthSave Marin co-chair Patti Breitman moderated the panel.

The panelists were Natalie Ledesma, M.S., R.D. from the UCSF Cancer Resource Center, Meredith McCarty, founder of Healing Cuisine, and Joseph Keon, Ph.D., author of *The Truth About Breast Cancer*.

All three panelists agreed on the big picture: To reduce our risk of cancer, we should be eating a primarily plant-based diet. We should minimize or eliminate animal fats and minimize processed foods, sugar, salt, and alcohol.

All the panelists agreed also that there is no "magic bullet." There is no single food that we should focus on, and too much of anything is not a good idea. But you cannot eat too many vegetables, they insisted, and whole foods in great variety from the plant kingdom are our best defense against cancer. When organically grown foods are available, these are preferred.

Natalie Ledesma emphasized the importance of color in the diet, noting that the different colors in different fruits and vegetables indicate the different nutritive properties of each. She also pointed out that if we are going to eat fish, we should be careful to distinguish between farmed and wild salmon, and choose only wild salmon. Joe Keon focused on the fact that the protein, natural and synthetic growth hormones, and fat in dairy products, along with the hundreds of chemicals we are exposed to every day disrupt the hormone balance in humans, and predispose us to a high risk for cancer. He mentioned that all fish, even wild salmon, are laden with a variety of toxins, many of which were found to be present in the

breast milk of women who ate fish. Meredith McCarty reminded us that whole grains, sea vegetables, and small quantities of soybeans, tofu, and tempeh have been an important part of the diet in cultures known for their longevity today and throughout history. Unlike fish, she told us, which store toxins in their tissue, plants from the sea retain far fewer toxins and are a safe food that offer a wide variety of important minerals.

Moderator Patti Breitman called on everyone to bring this information to the many groups that say they are fighting cancer, but still serve wine and cheese at their events. She singled out The American Cancer Society for their misguided Beef Barons' Balls - fund raising events where ribs and barbecued beef are featured on the menu. (To urge the ACS to stop this campaign, write to John Seffrin, CEO, American Cancer Society, 1599 Clifton Rd. NE, Atlanta, GA 30329; fax: 404-329-7530).

EarthSave Marin could offer this event free to the public thanks in part to the generosity of local businesses that offered prizes for a raffle: Millennium Restaurant, VeganUnlimited.com, Burrous Brothers Carpet and Upholstery Cleaning, Donna's Tamales, Whole Foods Markets, Ten Speed Press, Organic Bouquet.com and VegNews magazine. Panelists Meredith McCarty and Joseph Keon also contributed signed copies of their books as prizes.

Creative and generous EarthSave members contributed snacks for guests. Delicious bean dips, tofu dips, cashew dips, smoked tofu and fresh veggies were available alongside fruit platters donated by Whole Foods Markets. For the two dozen or so EarthSave members in attendance, this food and information were familiar. But the event offered new perspectives and new taste treats for the scores of people who hadn't been familiar with EarthSave before, and heard that night, for the first time, about the powerful effects our food choices have on our health.



A big turnout for the evening.



Joe Keon (seated) listens to Natalie Ledesma. Patti Breitman, right.



Joe Keon



Meredith McCarty

Marin photos by Stan Rosenfeld and Frank Burrous



EarthSave Louisville's Taste of Health

Sunday, April 25th, 2004 11am - 5pm

Bellarmine University, Frazier Hall (2005 Newburg Road)

EarthSave Louisville's annual festival of delicious food and great fun designed to teach visitors why, how, and where to choose foods that are healthy for people and for the planet. Includes a restaurant sampling fair (15 area restaurants), educational activities, cooking demonstrations, children's activities, bookstore and yoga classes. Speakers will include Dr. Michael Gregor on "Mad Cow Disease - Learn How to Safeguard Yourself and Your Family", Stephen Bartlett on "Healthy Food, Peace and Economic Justice". Nationally renowned vegan Chef Ken Bergeron will teach participants techniques for making delicious plant-based meals at home. For more information, visit www.tasteofhealth.org, email louisville@earthsave.org or call us at 502-458-8515.

EarthSave Louisville puts Healthy Beginnings into action

by Jennifer Rubenstein

The Louisville chapter is offering **EarthSave's Healthy Beginnings** classes this spring. The above photo shows a few class participants on the "Guided Shopping Tour" at Rainbow Blossom, a local health food store..

Healthy Beginnings classes were designed to aid people in making the shift to a plant-based diet. Let's face it, it can be a challenge! Most of us were raised eat-



ing a meat-centered diet, and the change can be a shocker. Many people have questions about meeting their nutritional needs and what to replace familiar comfort foods with. Shopping becomes a new experience, with a host of fresh ingredients and products forming the basis of your new diet. And getting a vegetarian meal at a restaurant can seem intimidating.

That's why EarthSave created "Healthy Beginnings: A Course in Plant-Based Eating." This fun and informative six-session course fea-

tures discussions and demonstrations on everything from planning a healthy diet to shopping for new ingredients to cooking delicious (and sometimes decadent!) meals. By the time you graduate, you'll have the information, skills and confidence necessary to make a successful, permanent change in your diet. Louisville's next six-week class session begins in September. For more information, visit www.louisville.earthsave.org, email louisville@earthsave.org or call us at 502-458-8515.

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for the "good life."4-6 Feasting from the king's table brings on the diseases of royalty, like obesity, gout, and diabetes. Worldwide, the incidence of type-2 diabetes increases in direct proportion to the consumption of meat, dairy products, sugars, fats, and calories by the residents. Type-2 diabetes has taken the greatest toll on "minority" populations brought to the Western diet by migration to cities and giant industries providing cheap fast food.

Native Americans, for example the Pima Indians of Arizona, introduced to the Western diet over the past 75 years, are now afflicted so severely that as many as one-half of them has diabetes.7 However, their genetic cousins, the Tarahumara Indians of Mexico, following a diet consisting of 90% corn and pinto beans (chili), and vegetables (like squash), are free of type-2 diabetes - as well as obesity and heart disease.8,9 Similar dramatic rises - from immunity to epidemic proportions - of type-2 diabetes have been seen in other people like Africans, African-Americans, Mexicans, Chinese, and Polynesians, as they adopt the Western diet with enthusiasm.10-12 There are no exceptions to this observation that when populations of people following a starch-based diet (rice, corn, potatoes, sweet potatoes, etc.), switch to a diet of rich foods - meats, dairy products, added oils, and refined foods - they become overweight and diabetic, and develop heart disease, breast, prostate and colon cancers, gallbladder disease, arthritis, multiple sclerosis, and bowel problems. No exceptions!


Diabetes Is an Adaptive Response to Overnutrition

The malnutrition caused by the high-fat, low-fiber Western diet places serious burdens on the body and requires it to make adaptations in order to survive under adverse conditions. The calories consumed in excess of our needs cause us to gain fat - this is a natural, expected change. Soon a point is reached when this accumulation becomes counterproductive - a point when any further excess body weight is likely to cause serious physical harm. When this hazardous excess is reached, the body puts "the brakes on" in order to slow the rate of gain. This is accomplished by a variety of changes that cause the hormone insulin to become less potent. 13,14 In other words, our cells become resistant to the actions of the fat-gaining hormone, insulin - a state referred to as "insulin resistance."

One of insulin's primary jobs is to push fat into the fat cells - thus saving fat for the day when no food is available (which for Westerners never comes). If it were not for the adaptive mechanisms which allow for the development of "insulin resistance," people would commonly expand until they became so large that they could not get out of bed or fit through a doorway - a very rare condition that does occur in 1000-pound sized people who need a forklift to move them to the hospital. (They make headlines in the newspaper.)

One of insulin's other important jobs is

Without the protective effects of "insulin resistance," you might never stop enlarging.



"Insulin resistance" has been treated like a disease, but actually can be a lifesaver for those who eat large amounts of unhealthy foods.

to let sugar into the body's cells - with a state of "insulin resistance" the sugar cannot get into the cells easily - so it rises in the blood. The hallmark of the diagnosis of diabetes is an elevated blood sugar above normal (usually normal is below 115 mg/dl fasting). With impotent insulin, the calories of fat and sugar we consume cannot easily enter the cells; the body is essentially starving itself from the inside in a desperate attempt to compensate for the overfeeding coming from the outside. To further reduce the burden of obesity, the body eliminates

First of all, no matter how hard the patient and the doctor work at their goal, the blood sugar readings are all over the place - one test shows 60 mg/dl and the next 260 mg/dl. Soon it becomes obvious to the patient that the short-term goal of "normalizing" the blood sugar levels is impossible using medications.

The next carrot held out is for long-term benefits: preventing complications later in life. In truth, studies have shown there is some benefit for the eyes and the kidneys with better control of blood sugar (especial-

Type-1 vs. Type-2 Diabetes

Type-2 diabetes is often referred to as "adult-type" diabetes because it usually develops later in life (as people gain weight from more rich food and less exercise) - however, this nomenclature is now less relevant as more children in Western societies become overweight and diabetic. This form is also referred to as "non-insulin-dependent diabetes" because insulin injections (or diabetic pills) are not required to stay alive. The pancreas of a person with type-2 diabetes produces a plentiful supply of insulin, but the insulin is relatively ineffective in this condition. In other words, the body becomes resistant to the effects of insulin - a condition commonly called "insulin resistance."13

Usually type-2 diabetics are overweight; however, when they are of trim body weight, I usually find these people have actually lost some of their ability to produce insulin (their pancreas has been damaged), and therefore, they would be better classified as "a partial type-1 diabetic."

Type-1 diabetes is also referred to as "childhood-type" diabetes because it has traditionally been the form of diabetes seen most often in young people. However, half of those with this disease are diagnosed after the age of 19 years - so "childhood" is also a somewhat misleading term for this disease. In this form of diabetes the insulin-producing cells of the pancreas have been damaged or destroyed and insulin production is insufficient for blood sugar control. Because insulin injections are required for survival, this type is referred to as "insulin-dependent diabetes." (Allergic reactions to cow-milk proteins are usually the cause of type-1 diabetes - see my July 2002 Newsletter article, "The Pancreas - Under Attack by Cow-Milk," for more information.)

Diabetics have a metabolic handicap which impairs the body's ability to defend and repair itself from injuries caused by the Western diet. As a result of this deficiency, diabetics of both types have an even higher risk than the general public of diseases like heart attacks, kidney failure, vision loss, strokes, cancer, and osteoporosis.

calories by allowing sugar to spill over into the urine, like water falling over a dam. At this stage sugar is found with a urine test - another common way to diagnosis diabetes. Most doctors and patients view the elevated blood sugar as the enemy to be beaten down with medications - the result is a fat, sickly patient with a slightly lower blood sugar.

The Reason Medical Therapy Should Be Your Last Choice

Diabetic medications have never cured anyone of diabetes and actually compound the patients' problems. The patient goes to the doctor, is diagnosed with diabetes, placed on medication, and told to lose weight. Unfortunately, these medications make insulin more effective, causing more fat to be stored in the fat cells. The average initial weight gain when diabetic medications are started is 8 to 20 pounds - due to partially counteracting the protective effects of "insulin resistance." Thus the well-behaved patient takes the medications as directed, but then gains weight, and as a result of the added weight his diabetes becomes worse. The patient returns to the doctor, is given a firm scolding for gaining weight, and then more medications are prescribed because his sugars are even higher than before - this additional medication makes the patient even fatter and the diabetes more out of control. The vicious cycle continues - and the patient and doctor are left guilt-ridden and confused about their obvious medical failure. After all, they followed the pharmaceutical company's instructions exactly. Worse yet, the patients are not one bit healthier from all this effort and expense.

More than 30 years ago, when I was in medical school, I remember doctors arguing about the benefits from aggressive use of medication to make the blood sugars lower, a practice referred to as "tight control." Ideally, keeping the blood sugars close to normal makes sense, but in real life more harm than good is done for type-2 diabetics.

ly for type-1 diabetics).15-17 However, the major threat to the life of a diabetic is from heart attacks and strokes - diseases of the large blood vessels. Intensive medical therapy using the most high-tech drugs to lower blood sugars has failed to reduce the risk for, and improve survival from, these two major killers. In fact, the medications used to combat sugar will actually create more sickness and death from heart disease.

Since the early 1970s every single edition of the Physician's Desk Reference, found in every doctor's office, has carried this warning in heavy back print for their diabetic medications: "SPECIAL WARNING ON INCREASED RISK OF CARDIOVASCULAR MORTALITY." The most commonly prescribed diabetic medications, known as sulfonylureas,* cause fundamental changes in the function of cells that increase the risk of heart attacks.18 These drugs, which are called "antidiabetic agents" by the pharmaceutical companies, have recently been shown to more than double the risk of heart attacks and almost triple the risk of early death in patients after an angioplasty.19 I never prescribe this type of diabetic pills, and always ask my patients to stop them. All diabetics should be actively looking for a better approach - and so should any doctor interested in his patients' welfare.

The Treatment of Type-2 Diabetes with a Low-Fat, Plant-Food Diet

Multiple studies dating as far back as the

1920s have shown the benefits of a high-carbohydrate, low-fat diet in the treatment of type-2 diabetes.23 For example, studies from the University of Kentucky Medical School reported as many as two-thirds of diabetics were able to discontinue insulin and almost all stopped oral agents.24 A recent thorough review of the use of a vegetarian diet in the treatment of type-2 diabetes was published in the September 2003 issue of the American Journal of Clinical Nutrition. In this review article Dr. David Jenkins reported on research showing improvements in blood sugars in diabetics with 39% stopping insulin and 71% stopping diabetic pills after three weeks of therapy.25 Relief of diabetic neuropathy pains, reduced lipids (cholesterol and triglycerides), and weight loss have also been reported with a low-fat, pure-vegetarian diet. Another recent research paper has reported similar findings with a low-fat vegetarian diet.26 Many of these people with type-2 diabetes are cured of their disease within three weeks, and most will be cured of their diabetes over time as they adhere to a low-fat, high carbohydrate diet, exercise, and lose all of their excess body fat.

This same kind of diet (in large part because of the restriction of animal protein) has been shown to dramatically improve the health of the kidneys of diabetics (protein in the urine, a sign of diabetic kidney damage, decreases and disappears).27,28 Research has also shown diabetic damage found in the eyes (retinopathy) can be reversed with a low-fat diet.29,30 It's interesting how kidney and eye damage, the two purported benefits from drug therapy, are actually better treated with diet than with medications, at no cost and no side effects. A low-fat vegetarian diet has also been shown to reverse heart disease (atherosclerosis), the number one killer of diabetics.31 Many other researchers have praised a low-fat vegetarian diet as the best approach to prevent and treat most diseases that plague people in modern societies, including people with diabetes.32-35 Possibly the most important effect of this dietary approach (combined with exercise) is the scientifically established fact that this is the easiest and most effective way to lose weight permanently.36-39 Obesity is the underlying cause of diabetes.40

Practical Steps to Cure Type-2 Diabetes

If you are one of the millions of diabetic patients facing a hopeless future of worsening diabetes, obesity, loss of vision, kidney failure, heart attacks, strokes, gangrene, and early death and disability - even though you have visited your doctors regularly, and taken your medications faithfully - then it is time to break this downhill spiral by changing your diet and exercise program. At the same time ask your doctor to provide you with sensible, conservative, care. I do the following with my patients:

1) Stop diabetic pills and reduce or eliminate insulin. In most cases, I have my patients stop all of their diabetic pills the day they start the McDougall diet and exercise program and/or at least half of their insulin. If this reduction is not made in a timely manner, then they run a real risk of developing hypoglycemia (too low blood sugar). I increase or reduce medications based on the patient's response and as a general guideline I

try to keep their blood sugars between 150 to 250 mg/dl while I am trying to adjust their medication needs. Stopping and/or reducing the medications reverses the weight gain immediately. (Insulin cannot be stopped in type-1 diabetes, but the dosage is often reduced.)

2) Change them to a low-fat, high-fiber, plant-based diet: the McDougall diet. The diet should be based around starches

Diabetic Medications I Never Prescribe

The Sulfonylureas:

Glucovance
Metaglip
Amaryl
DiaBeta
Diabinese
Glucotrol

The Sweet and Lowdown on Sugar

By Kelly D. Brownell and Marion Nestle

To lose weight, people must eat less, be more active, or both. The first part of that prescription, of course, raises the question, "Eat less of what?" For the World Health Organization and most nutritionists, one obvious answer is sugars. But the United States and American food companies seem to have a different idea.

Last spring, the W.H.O. and another United Nations group, the Food and Agriculture Organization, issued a report called "The Expert Consultation on Diet, Nutrition and the Prevention of Chronic Diseases." It suggested a strategy of dietary changes for individuals, including limits on sugar consumption, as well as policies that might make it easier for people to eat more healthfully.

The United States Department of Health and Human Services should have applauded, but instead it produced a 28-page, line-by-line critique centered on, of all things, what it called the report's lack of transparency in the scientific and peer-review process. Although the department framed the critique as a principled defense of scientific integrity, much evidence argues for another interpretation — blatant pandering to American food companies that produce much of the world's high-calorie, high-profit sodas and snacks, especially the makers of sugars, the main ingredients in many of these products.

The critique was sent to the W.H.O. in the hope that its executive board would reject its report when it met in January 2004. Instead, the board decided to send the strategy to its full membership for a vote in May, but, under pressure from some member states, it gave dissenters an extra month to comment before a final draft is issued. If accepted in May, the strategy won't be binding, but it would provide guidelines to countries seeking to reduce obesity.

To understand the significance of this battle, it is crucial to know that Americans are not alone in gaining weight. Obesity is now a global epidemic, with the International Obesity Task Force estimating that one billion people are overweight or obese. In all but the poorest countries, obesity and its consequences — rising rates of heart disease, Type 2 diabetes, and so on — are overtaking malnutrition as major health problems. Modern society, with its overabundance of high-calorie food, makes healthful eating difficult.

That the food industry is disputing the W.H.O.'s science is all the more astonishing because the report is notable for the stunning banality of its dietary recommendations: eat more fruits and vegetables, and limit intake of foods high in fats and sugars. Such recommendations are no different from those issued by governments and health organizations since the late 1950's and are thoroughly supported by both science and common sense.

One recommendation in the report raised particular ire — that people should limit "free" sugars. "Free" refers to sugars added to foods that aren't thought of as sweet — mayonnaise and peanut butter, for example — as well as the more obvious soft drinks, snack foods, pastries and candy. The report suggests an upper limit of 10 percent of calories from added sugars — about the amount recommended by our own Department of Agriculture's food pyramid. According to the Agriculture Department, if you eat 2,200 calories a day, you should limit added sugars to 12 teaspoons. The typical American consumes 20. Added sugars made up 11 percent of calories in American diets in the late 1970's; they now are 16 percent overall and 20 percent for teenagers. By itself, that 20-ounce Coke or Pepsi in a school vending machine provides 15 teaspoons of sugars.

Understandably, industry lobbyists are uneasy about calls to cut consumption of sugars. One trade group, the Sugar Association, demanded that the W.H.O. remove an early draft of the report from its Web site and conduct another scientific review. It also vowed to use "every avenue available to expose the dubious

Tough love for the obesity lobby

by Jonathan Rowe & Gary Ruskin

The Bush Administration has a problem with personal responsibility. They make a big deal about it for nearly everyone -- except themselves and the corporate big shots who finance their campaigns.

A case in point is the recent World Health Organization's proposal to combat the spread of obesity, diabetes and related illnesses throughout the world. The WHO proposal -- called officially the Global Strategy on Diet, Physical Activity and Health -- would encourage governments to adopt a number of common-sense steps, from better food labeling and limits on junk food advertising to the promotion of healthful diets with more fruits and vegetables, and less sugar. It also urges governments to make sure that schools promote such diets, not junk food and soda pop.

Hardly radical stuff, and long overdue. WHO's own studies show that unhealthy diets and physical inactivity have become the leading causes of cardiovascular disease, type 2 diabetes and some types of cancer throughout the world.

One would think the U.S. would be eager to sign on. We know this problem first-hand: some two-thirds of us are overweight, plus, the President himself is a fitness buff. And let's face it. Much of the crescendo in global lard comes from the junk food diet that U.S. companies such as Coca-Cola, PepsiCo, McDonald's and Kraft have exported.

On top of all this, two years ago, President Bush called for a new ethos that says "we're responsible for our decisions." So you'd think he'd be the first to take some responsibility for the consequences of the actions of the country he leads. Fat chance. Instead, the Bush Administration has blocked the WHO anti-obesity plan, and re-opened it for weakening amendments. The Administration has hauled out its focus-group-tested slogans to pass the buck -- and ensure lots of them for its friends in the junk food industry.

First, "science." Whenever the Administration wants to muddy the waters it invokes the experts in the white coats. So here, William R. Steiger, a top aide at the Department of Health and Human Services (and George Bush Sr.'s godson), wrote to WHO that there are "numerous instances" where its food policies "are not supported with sufficient scientific evidence." Come on. Maybe the scientists employed by the junk food industry can't figure this one out, but our grandmothers did and their grandmothers before them. Dr. Walter Tsou, president-elect of the American Public Health Association, observed "Any mother with any common sense knows that you don't feed your kids cookies and ice cream every day unless you want to see them gain weight."

Is that really so hard? Is it really so hard to figure out that a Big Mac and a large shake, with 1600 calories combined, might cause some problems on the obesity front?

As it happens there is no shortage of science that confirms this common sense. Take fast food. One study published in the International Journal of Obesity found that boys and girls who ate fast food three times in the previous week had far higher calorie intakes: 40 and 37 percent, respectively - than did those who did not eat fast food. Another study, published in this month's issue of Pediatrics, estimates that the consumption of fast food could account for an additional six pounds of weight gain per child per year. But this research is not paid for by the junk food industry. So in the interesting logic of the Administration, that apparently makes it "junk science." Kaare R. Norum, the Norwegian professor who chaired the scientific panel that advised WHO, notes that the attacks on the WHO's scientific evidence "have not come from scientists. They have come only from industry."

Next the administration invokes "personal responsibility." Steiger, the top HHS aide, wrote to WHO that the Administration "supports personal responsibility to choose a diet conducive to individual energy balance, weight control and health." Steiger similarly told the Washington Post that "what's lacking" in the WHO approach "is the notion of personal responsibility as opposed to what the government can do." This echoes the spokesman for the Grocery Manufacturers of America, who said: "There is no mention [in the WHO strategy] of what we consider to be the fundamentally important issue of individual responsibility."

The echo is not coincidental. Note that the Bush Administration is not demanding some personal responsibility from junk food bigwigs such as sugar magnate Jose "Pepe" Fanjul, Safeway CEO Steven Burd, and Richard F. Hohlt, a lobbyist for Altria (formerly Philip Morris), which is majority owner of Kraft. It is not asking them to take responsibility for the billions of dollars they and other junk food



marketers spend seducing our kids with saturation ads, nor for the obvious and predictable consequences of these actions - i.e. the diseases associated with the consumption of junk food.

Each of these fat cats has purchased an indulgence in the form of bundled \$200,000 contributions to the 2004 Bush campaign. So the Administration points the finger instead at parents and their children. The finger comes no less from the Department of Health and Human Services, which probably should be renamed the Department of Junk Food Marketing and Corporate Services.

The sugar industry has wanted to hobble WHO since the organization said that free sugars should comprise less than 10% of total daily calories. Last April, the Sugar Association actually threatened WHO that it would sic its allies in Congress on the U.S.'s annual \$406 million contributions. Now, we agree that people do need to take more responsibility for the junk they put into their mouths, and for their failure to get off their behinds. But the global obesity lobby has to take some responsibility too, for its nonstop propaganda campaign, especially when it is aimed at children. That includes Henry Kravis, founding partner of Kohlberg Kravis Roberts, which is majority owner of Channel One, an in-school marketing service that bombards schoolchildren with ads for soda pop and junk food. True, Mr. Kravis has bundled \$100,000 to the Bush 2004 campaign. But surely President Bush understands that sometimes, we just have to say "No."

Executives such as Mr. Kravis seem to have a hard time grasping another Administration nostrum -- that parents are the proper guides to their children's behavior. They persist in injecting themselves into the relationship between parents and children. They seduce kids with ads crafted by psychologists to turn the kids into relentless nags for junk food that many parents do not want their kids to have. These executives have got to take some responsibility for the way they disrupt the home. The President should remind them of this.

And it's time for the U.S. government to take some responsibility itself, and stop hindering parents' efforts to instill healthful eating habits in their kids. Forgotten in the daily barrage of junk food ads is the way the government actually encourages these very corporations. Under U.S. tax law, for example, most corporate advertising is tax deductible. So next time your kid throws a tantrum because you don't want to buy her another Big Mac, you might recall that your tax dollars are helping to pay for the ads that induced your child's snit.

The obesity lobby has developed a welfare mentality, and it's past time for the Bush people to show some tough love. It should stop -- right now -- the tax break for advertising of junk food, and advertising to children generally. No more taxpayer-subsidized meddling in the American family. No more corporate welfare to goad kids to throw tantrums for Whoppers, Cokes, M&Ms and the rest.

The President himself should take some personal responsibility for this step. He should call Lanny Griffith and Rob Leebern, lobbyists for the Grocery Manufacturers of America and Coke, into his office. He should tell them that even though they each have bundled \$100,000 to the Bush 2004 campaign, the time has come for them to decide whether they are going to be part of the problem or part of the solution -- and that the government isn't going to help them anymore if they persist in the former.

Then the President should get on the phone to Director-General J.W. Lee of WHO and apologize for the moral relativists at his Department of Health and Human Services who lack the courage to stand up to the junk food lobby.

Eighteen months ago, President Bush himself said "when I talk about personal responsibility in America, I expect there to be corporate responsibility as well, and we will hold those to account who do not uphold those high standards in America."

It's time for the President to walk his talk. He should hold junk food and advertising executives accountable for their role in promoting obesity and disease throughout the globe. Literally millions of lives are at stake across the planet. The world needs a coalition of the willing in the cause of global health and freedom from unchecked corporate influence on children. Who better than America to lead?

Jonathan Rowe is a writer, contributing editor to The Washington Monthly, and a founder of the Tomales Bay Institute. Gary Ruskin is a founder of Commercial Alert. For more information, visit www.commercialalert.org.

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nature" of the report, including asking members of Congress to challenge the United States' \$406 million in contributions to the W.H.O.

When food industry executives or government officials complain about the lack of "sound science," self-interest is generally at work. Internationally known scientists drafted the W.H.O. report. The report comes to obvious conclusions. Threatened by such conclusions, food companies and their friends in government try to pick apart the science, ridicule the process, and delay action, just as the cigarette industry did for so many years. Senators Larry Craig and John Breaux, co-chairmen of the Senate Sweetener Caucus, asked Health and Human Services Secretary Tommy Thompson to call on the W.H.O. to "cease further promotion" of the report, while trade associations for the sugar, corn refining and snack food industries questioned the report's legitimacy and asked for Mr. Thompson's personal intervention. They got it.

By making its position on the W.H.O. indistinguishable from that of the food industry, the Bush administration undermines the efforts of more forward-thinking food companies and threatens public health. Its action underscores the need for government to create a wall between itself and the food industry when establishing nutrition and public health policy. Recommendations to cut back on sugars may not please food companies, but it's time to stop trading calories for dollars.

Kelly D. Brownell, professor of psychology at Yale, is author of "Food Fight: The Inside Story of the Food Industry, America's Obesity Crisis, and What We Can Do About It." Marion Nestle, professor of public health at New York University, is author of "Food Politics: How the Food Industry Influences Nutrition and Health."

Veni, vidi, veggie... Roman gladiators were vegetarian

Roman gladiators were overweight vegetarians who lived on barley and beans, according to a scientific study of the largest gladiator graveyard discovered.

Analysis of the bones of more than 70 gladiators recently found near Ephesus, the Roman capital of Asia Minor, disproves the traditional Hollywood images of macho carnivores with the physique of boxers.

The dietary findings are from scientists from the University of Vienna. The mass autopsy at the graveyard site on the western coast of Turkey has challenged assumptions that gladiator training was almost as brutal as the contests.

Ancient Roman mosaics depict gladiators as stocky, heavy men but historians have tended to assume this was a tribute to their macho image rather than a literal depiction of their size.

Meanwhile, experts have been puzzled by contemporary references to gladiators as "barley crunchers". Karl Grossschmidt, a forensic anthropologist at Vienna University, used chemical testing on the bones to reveal that gladiators stuck to a diet of barley and beans to bulk out.



"They got enough of this food every day to make them very fat and strong," he said. He concluded that they devised the diet primarily to protect themselves from slashing wounds and damage to nerves and blood vessels, with the layer of fat supplementing their scant armor.

Bone samples subjected to chemical analysis confirmed that the gladiator's vegetarian diet. The bone density was also significantly higher than normal, as is found in modern athletes as well as in many individuals who eat a diet low in animal products.

Gladiators share their dietary preferences with that of another legendary fighter of the period -- the Roman soldier. Romain soldiers, it has long been known, ate a largely vegetarian diet in order to have a physical advantage over their omniverous adversaries. Historian Will Durant has documented this interesting fact from multiple sources. In his *Caesar and Christ: The Story of Civilization*, Durant wrote:

Food in camp was simple: bread or porridge, some vegetable, sour wine, rarely flesh: the Roman army conquered the world on a vegetarian diet: Caesar's troops complained when corn ran out and they had to eat meat.

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with the addition of fruits and vegetables - there are no added vegetable oils. Sample foods are: oatmeal, whole wheat pancakes or potatoes for breakfast. Lunch can be soups, salads, and sandwiches. And dinner may be thought of in terms of ethnic dishes, like Mexican burritos, Chinese Mu Shu vegetables, Thai curried rice, or Italian whole grain pasta.

3) Ask them to exercise. Start at a comfortable level and gradually build up. Exercise should be increased to the equivalent of at least a half hour of walking a day.

4) Check their other risk factors for indications of serious disease, such as cholesterol, triglycerides, and blood pressure. Then make diet and lifestyle modifications to correct these (for example, fewer fruits and juices with high triglycerides and cholesterol, and less salt with high blood pressure).

5) Have them take appropriate medications only. For example, I prescribe:

Small doses of insulin for too much weight loss or if my patient develops symptoms of diabetes, like too frequent urination or excessive thirst.

Cholesterol (and triglyceride) lowering medications in order to reach ideal levels of 150 mg/dl, especially for patients at high risk for a stroke or heart attack. (See my September 2002 and June 2003 Newsletters.)

Blood pressure lowering medications, are sometimes indicated in high-risk patients whose blood pressure remains at 160/100 mm Hg or greater for months. (See my August 2002 Newsletter.)

A prescription of a low-fat diet and exercise can be taught by any interested physician or dietitian. Most diabetics respond within days - and with continued weight loss, most can be expected to stop all diabetic medications - and

regain lost health and appearance. The most difficult task for people with diabetes is to break from tradition - the following words may help. "The diet recommended by the American Diabetic Association virtually guarantees all diabetics will remain diabetic," claimed the pioneer nutritionist, Nathan Pritikin, 30 years ago. His experiences from treating thousands of people with this disease convinced him that type-2 diabetes is largely curable by following a healthy diet and moderate exercise. Obviously the failure of modern diabetic management has been known long before most diabetics developed their disease - yet nothing changes for the better. Your only chance is to rebel against commonly accepted advice. Don't you think a revolt is long overdue based on the poor results you have experienced so far?

Subscribe to Dr McDougall's free newsletter at <http://www.drmcDougall.com>

Diabetic Treatments Increase Heart Disease

Unfortunately for the patient, the doctors, and the drug companies "antidiabetic treatments" -- pills and injectable insulin -- are actually "anti-diabetic-patient" in the sense that they commonly hurt the customer. Consider the results of these major studies:

m The Diabetes Control and Complications Trial (DCCT) is the largest study done to show the effects of drug therapy on diabetics.²⁰ Six and a half years of treatment with intensive insulin therapy for type-1 diabetics resulted in more weight gain, as well as higher cholesterol, LDL (bad) cholesterol, triglycerides and blood pressure compared to people treated less aggressively. As expected from the rise in cholesterol, there was an increase in the risk of heart disease and stroke for the treated patients.

m The Veterans Affairs Cooperative Study in Glycemia Control and Complications in NIDDM study showed an increase in cardiovascular events in those receiving intensive therapy.²¹ In this research paper diabetic patients with a history of a heart attack were studied, and those treated with insulin or diabetic medications had an increased risk of death.

m In a large European The TRACE Study Group, investigators found diabetic patients with a history of heart attacks treated with diabetic pills and/or insulin had almost twice the death rate as those diabetics treated with diet alone.²² Diabetics treated without medications (diet only) had the same death rate as people without diabetes.

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Widespread Infection with Leukemia Virus from Meat and Milk

by John McDougall MD

One little Holstein dairy cow from a Yakima, Washington farm introduced mad cow into America’s food supply and changed the world forever. Can you imagine the response when consumers discover 9 out of 10 of the herds in the US (89%) are infected with leukemia virus?1 This means millions of cows presently have live, infectious, leukemia viruses – bovine leukemia virus – living inside them. These viruses are known to cause cancers of the immune system, called leukemias and lymphomas, in these cows. More startling will be the reaction when they learn that consuming tainted beef has already infected as many as 74% of people living in the US.1

Hopefully, this will be a wake-up call that turns people from sausages to sweet potatoes and porterhouse to potatoes. A revolution is long overdue, especially since scientists have known about this health hazard for more than 35 years. Yet, you have heard little or nothing about leukemia viruses infecting your food supply because of the spin placed on this information by the cattle industry and the United States Department of Agriculture. They have taken the position: “until proven guilty beyond any doubt, eating live leukemia viruses is perfectly safe.” Crude testing methods available during the past two decades have failed to find evidence of widespread infection in humans from this cancer-causing virus.

Now however, that excuse for keeping the public in the dark is gone forever. Using state-of-the-art detection methods, in December of 2003 researchers from the University of California, Berkeley published their findings that three-fourths (74%) of people from their community – a study population of 257 humans – have been infected with bovine leukemia viruses. This conclusion was based on the discovery of antibodies against this infectious agent in the people’s blood.1 The investigators hedged on the relevance of their conclusions by taking the position that this common presence of antibody could have been from dead, thoroughly cooked, viruses, as well as live, highly infectious ones. Anyone who remembers eating burgers or steaks “pink on the inside” knows exposure to live viruses is universal. The virus resides in white blood cells (blood lymphocytes) where circulating antibodies are unable to neutralize it. Therefore, once an animal is infected with the virus, it is infected for life. (This is the case with humans, too.)

Disregard for the importance of this widespread problem is not universal. Many European countries have conducted programs to eliminate infected herds. For example, in 1996, after thirty years of effort, Finland completely eradicated the infection from its cattle.2 Obviously, the Finns take eating live leukemia viruses seriously. However, in other countries, where the beef and dairy industries make up a large part of the economy, there has been no effort to clean up this cesspool of infection; for example 84% of herds in Argentina and 70% in Canada are found to harbor the bovine leukemia virus.3-5

The spread of infection in cattle arises from accepted practices in the cattle industry, such as feeding blood from slaughtered cows as a formula and feeding pooled colostrum (early milk) to calves – and the use of syringes, tattooing, and de-horning instruments on

multiple animals without proper sterilization between uses.6 BLV is also passed directly from mother to calf through her milk. Most infected cattle do not live long enough to develop actual disease – they remain “healthy” and therefore, are not separated from the herd. Approximately 1% to 5% of infected cattle do develop leukemia or lymphoma – many of these obviously diseased animals still become part of our food supply. This virus is easily spread from cow’s milk to other species of animals, and once infected they can become ill with leukemia. For example, in 1974 it was reported that when 6 infant chimpanzees were fed infected cow’s milk 2 died of leukemia within a year.7 So what more evidence could there be that these well-known animal infections are a threat to you and your family (who, by the way, are also animals)?

In the laboratory this virus can infect the cells of many species of animals, including humans.8 The bovine leukemia virus has been classified in the same group as the Human T-cell Leukemia/Lymphotropic virus type 1 (HTLV-1), which is known to cause leukemia and lymphomas in humans (Adult T-cell leukemia/lymphoma). 9 Nationwide and worldwide, leukemia is more common in higher dairy- and beef consuming populations.10,11 An increased incidence of leukemia has been found among dairy farmers in multiple studies.12-15 A recent study of Canadian workers found that those individuals working in occupations associated with cattle have approximately twice the risk of developing leukemia and lymphoma.16

In addition to infecting white blood cells, these viruses also attack other cells in the body, such as cells of the breast and the lymph nodes. Leukemia viruses infect the cells of a cow’s mammary gland (udder).17 One recent worrisome study found the virus in the breast tissues of 10 of 23 human breast cancer patients.18,19 Beef and dairy product consumption in various populations has been found to correlate directly with an increasing incidence of another cancer of the immune system called lymphoma.20-24

Meat from a thousand beef cattle often makes up a single hamburger patty, because many body parts from many different cows are processed at a single meat packer. Most milk, cheese, and other dairy products are infected with these viruses, since the milk from many dairy farms is mixed in large vats at the dairy factory before processing and packaging. Pasteurization of milk kills many types of microorganisms, but it is not foolproof. There is also concern that pasteurization may break the viruses into fragments that may become even more dangerous.25

If you live in the United States, Canada, Argentina or any other country whose government is indifferent to this problem, you can be pretty sure you will be consuming beef with live whole viruses, and dairy products containing whole viruses or fragments. Avoiding meat and dairy products is the most effective means to prevent future infection. You are maybe thinking that the smart move is to switch to chicken and other poultry. Unfortunately, they are also infected with cancer causing viruses.26 Your only safe choice is a pure vegetarian diet.

Each year about 30,000 new cases of leukemia and 70,000 new cases of lymphoma occur for

“unknown reasons” in the USA. I find it hard to believe that none of these are due to infection with bovine leukemia viruses. Viruses causing leukemia should not surprise people – after all, you take your cat to the veterinarian for feline leukemia virus vaccinations in order to prevent leukemia in your cat. As always, the burden of proof of safety of a product lies with those selling the food to you and your family. It has not been proved safe to eat leukemia viruses – and the evidence is even more damning now that we know these viruses infect the vast majority of people who eat meat and milk products.

Don’t despair. If you live in a country where people follow the Western diet, your risk of developing leukemia or lymphoma each year is only one in 3000. Plus, these are primarily diseases of children and the elderly, suggesting the strength of our immune system largely determines whether or not we will develop this kind of cancer. Our diet is the major controllable asset we have for strengthening this defense system. Even if you are infected with bovine leukemia viruses already, a change to a plant food based diet, like the McDougall diet, will still reduce your risk of developing leukemia. 27 Preventing infections in the first place is the most sensible action parents can take with their children by never feeding these tainted foods – meats and dairy products – to their children. Clearly, there is sufficient evidence to take action; furthermore, there are no negative nutritional consequences from removing these hazardous foods from your diet.

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SOY/FROM PAGE 1

was thought to be due to the isoflavones (mainly genestein and daidzen) in soy. Isoflavones are a type of phytoestrogen (plant estrogen) that has been thought to interfere with the ability of the potent human form of estrogen to increase cell proliferation and, therefore, cancer risk. However, studies have been mixed. While some do indeed show soy acting as an anti-estrogen, others suggest soy may act as a weak estrogen itself, increasing cancer risk. Interestingly, some studies have shown that while small amounts of genestein increase cell growth, large amounts inhibit it. Finally, there is some evidence that women eating soy from an early age (especially during puberty) do reduce their breast cancer risk, while there seems to be less protection for those who begin to eat soy later in life.

Conclusion: We still do not know all the answers where soy and breast cancer are concerned. However, the evidence is sufficient to say that soy consumption does not increase risk of breast cancer and may reduce risk in some people, especially if soy is consumed from an early age. For those who have estrogen-positive breast cancer, it also appears safe to use soy in moderation.

Soy and Thyroid

Claim: Soy contains natural chemicals known as goitrogens that interfere with thyroid function. These can cause an enlargement of the thyroid gland (a "goiter") and symptoms of hypothyroidism, such as lethargy, dullness, coldness, and depression.

It is true that soy contains goitrogens, as do many other foods such as cruciferous vegetables (cabbage, cauliflower, broccoli, and brussel sprouts), sweet potatoes, lima beans, and millet. However, these foods have been found only to cause problems when iodine intake is low, because goitrogens do their damage by interfering with the thyroid gland's

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ability to utilize iodine. Between 1951 and 1961, several cases of goiter were diagnosed in infants who had been fed infant formula made from soy flour. These cases are frequently cited by the anti-soy lobbyists to prove soy damages thyroid function (especially in infants). But not a single case of goiter in infants has been caused by soy formula since the 1960s. At that time the soy formula base was changed from soy flour to soy protein isolates, which are low in goitrogens, and manufacturers began fortifying soy formula with iodine.

Soy does not cause thyroid problems in healthy, well-nourished people who are not deficient in iodine. However, people who do not have a reliable source of iodine could increase their risk of thyroid problems if they eat a lot of soy and/or other foods rich in goitrogens. Iodized salt, dairy products, and fish are the main dietary sources of iodine, and most multivitamin/mineral supplements provide the recommended daily allowance. So the answer is not to avoid soy or cruciferous vegetables, but to get enough iodine.

Conclusion: There is no evidence that eating soy foods regularly causes thyroid problems in healthy people who include sufficient iodine in the diet.

Soy and Cognitive Function

Claim: Soyfoods, especially tofu, can cause mental deterioration and accelerate aging.

One study done in Hawaii (the Honolulu Heart Study) found that Japanese-American men who ate the most tofu in middle age had the greatest mental deterioration and dementia as seniors. This study is widely cited as evidence that tofu may cause a reduction in cognitive function. Interestingly, there have been at least three other studies that have suggested that soy provides significant beneficial effects on cognitive function. In addition populations with relatively high soy intake (about a serving a day), including people in Asia and Seventh-day Adventists, experience lower rates of dementia than those populations who eat little if any soy. While this does not prove that soy is beneficial, it does suggest that moderate soy consumption is likely not detrimental.

Conclusion: The weight of the evidence suggests that soy may offer some benefits to cognitive function, although more research is needed before firm conclusions can be made on this issue.

What about soy versus rice milk? It all depends. If you are sensitive to soy or use a lot of soy products, you may wish to use fortified rice milk. However, my preference is for soy - especially for children. Soy is a much richer source of high quality protein, vitamins and minerals. It also contains isoflavones, which are protective for heart health and against osteoporosis. I think it tastes better too.

For more detailed information about each of these issues, the following websites are most helpful: www.llu.edu/llu/vegetarian/soy2.html www.foodrevolution.org/what_about_soy.htm www.soybean.com/drsuz.htm

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Restoring Scientific Integrity in Policymaking

On February 18, 2004, over 60 leading scientists -- Nobel laureates, leading medical experts, former federal agency directors, and university chairs and presidents -- voiced their concern over the misuse of science by the Bush administration. UCS is seeking the signatures of thousands of additional U.S. scientists in support of this effort.

Successful application of science has played a large part in the policies that have made the United States of America the world's most powerful nation and its citizens increasingly prosperous and healthy. Although scientific input to the government is rarely the only factor in public policy decisions, this input should always be weighed from an objective and impartial perspective to avoid perilous consequences. Indeed, this principle has long been adhered to by presidents and administrations of both parties in forming and implementing policies. The administration of George W. Bush has, however, disregarded this principle.

When scientific knowledge has been found to be in conflict with its political goals, the administration has often manipulated the process through which science enters into its decisions. This has been done by placing people who are professionally unqualified or who have clear conflicts of interest in official posts and on scientific advisory committees; by disbanding existing advisory committees; by censoring and suppressing reports by the government's own scientists; and by simply not seeking independent scientific advice. Other administrations have, on occasion, engaged in such prac-

tices, but not so systematically nor on so wide a front. Furthermore, in advocating policies that are not scientifically sound, the administration has sometimes misrepresented scientific knowledge and misled the public about the implications of its policies.

For example, in support of the president's decision to avoid regulating emissions that cause climate change, the administration has consistently misrepresented the findings of the National Academy of Sciences, government scientists, and the expert community at large. Thus in June 2003, the White House demanded extensive changes in the treatment of climate change in a major report by the Environmental Protection Agency (EPA). To avoid issuing a scientifically indefensible report, EPA officials eviscerated the discussion of climate change and its consequences.

The administration also suppressed a study by the EPA that found that a bipartisan Senate clean air proposal would yield greater health benefits than the administration's proposed Clear Skies Act, which the administration is portraying as an improvement of the existing Clean Air Act. "Clear Skies" would, however, be less effective in cleaning up the nation's air and reducing mercury contamination of fish than proper enforcement of the existing Clean Air Act.

Misrepresenting and suppress-

ing scientific knowledge for political purposes can have serious consequences. Had Richard Nixon also based his decisions on such calculations he would not have supported the Clean Air Act of 1970, which in the following 20 years prevented more than 200,000 premature deaths and millions of cases of respiratory and cardiovascular disease. Similarly, George H.W. Bush would not have supported the Clean Air Act Amendments of 1990 and additional benefits of comparable proportions would have been lost.

The behavior of the White House on these issues is part of a pattern that has led Russell Train, the EPA administrator under Presidents Nixon and Ford, to observe, "How radically we have moved away from regulation based on independent findings and professional analysis of scientific, health and economic data by the responsible agency to regulation controlled by the White House and driven primarily by political considerations."

Across a broad range of policy areas, the administration has undermined the quality and independence of the scientific advisory system and the morale of the government's outstanding scientifi-

ic personnel:

▲ Highly qualified scientists have been dropped from advisory committees dealing with childhood lead poisoning, environmental and reproductive health, and drug abuse, while individuals associated with or working for industries subject to regulation have been appointed to these bodies.

▲ Censorship and political oversight of government scientists is not restricted to the EPA, but has also occurred at the Departments of Health and Human Services, Agriculture, and Interior, when scientific findings are in conflict with the administration's policies or with the views of its political supporters.

▲ The administration is supporting revisions to the Endangered Species Act that would greatly constrain scientific input into the process of identifying endangered species and critical habitats for their protection.

▲ Existing scientific advisory committees to the Department of Energy on nuclear weapons, and to the State Department on arms control, have been disbanded.

▲ In making the invalid claim that Iraq had sought to acquire aluminum tubes for uranium enrichment centrifuges, the administration disregarded the contrary assessment by experts at Livermore, Los Alamos and Oak Ridge National Laboratories.

The distortion of scientific

knowledge for partisan political ends must cease if the public is to be properly informed about issues central to its well being, and the nation is to benefit fully from its heavy investment in scientific research and education. To elevate the ethic that governs the relationship between science and government, Congress and the Executive should establish legislation and regulations that would:

▲ Forbid censorship of scientific studies unless there is a reasonable national security concern;

▲ Require all scientists on scientific advisory panels to meet high professional standards; and

▲ Ensure public access to government studies and the findings of scientific advisory panels.

To maintain public trust in the credibility of the scientific, engineering and medical professions, and to restore scientific integrity in the formation and implementation of public policy, we call on our colleagues to:

▲ Bring the current situation to public attention;

▲ * Request that the government return to the ethic and code of conduct which once fostered independent and objective scientific input into policy formation; and

▲ * Advocate legislative, regulatory and administrative reforms that would ensure the acquisition and dissemination of independent and objective scientific analysis and advice.

To join in signing the statement, go online to:
<http://www.ucsusa.org/form/rsimembers.php>

TERRORIST/FROM PAGE 6

worker safety laws.

ALEC has produced hundreds of bills designed to enhance corporate special interests. These bills support the increased use of fossil fuels, and expanded drilling and mining on public lands. And they limit the role of scientific evidence in policy decisions, especially those regarding global climate change. ALEC is vehemently opposed to efforts to control greenhouse gasses such as carbon dioxide.

ALEC's "Animal and Ecological Terrorism Act" is one example of the group's efforts. Another of their bills that has also been introduced into state legislatures is called "The Environmental Literacy Improvement Act." It creates an "Environmental Education Council" that would approve "acceptable environmental

education materials" for schools. The bill states that text materials must "not be designed to change student behavior, attitudes or values" nor "include instruction in political action skills nor encourage political action activities." So much for a vibrant democracy.

Another bill, the "Pesticide Preemption Act," would eliminate a local government's ability to control pesticide "registration, notification of use, advertising and marketing, distribution, applicator training and certification, storage, transportation, disposal, disclosure of confidential information or product composition." In other words, it renders communities defenseless to the risks of toxic pesticide exposure from unsafe application methods, poisonous ingredients. And characteristically of ALEC's bills, it would limit a community's rights to know about such risks.

I wish our world was such that only paranoid people feared that our precious freedoms and environment were under attack. I wish I were exaggerating, and my concerns for our future were not based in reality. It would be comforting if these threats were only imagined. Regrettably, however, this is not the case. ALEC is extraordinarily well funded, and has written bills to roll back environmental protection, dismantle public education, eliminate advances in civil rights laws, and undermine working families. The threats of which I speak are quite real, as are ALEC's efforts to see them enacted into law. We must not allow them to succeed.


It may seem naïve to speak of love when talking about groups like ALEC, but I believe that who we are and who we become are dependent in large part on the quality and the force of the love we can bring to

bear on behalf of life. We are better able to fight such groups if we draw strength from our love of our Earth, our love of democratic principles, and our commitment to free speech.

There is a lot of darkness in our world and country today. One of my mentors, Martin Luther King, Jr., once said something that I believe speaks to our current moment as much as when he said it:

"Difficult and painful as it is, we must walk on in the days ahead with an audacious faith in the future... When our days become dreary with low-hovering clouds of despair, and when our nights become darker than a thousand midnights, let us remember that there is a creative force in this universe, working to pull down the gigantic mountains of evil, a power that is able to make a way out of no way and transform dark yesterdays into bright tomorrows."

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