

EarthSave

MAGAZINE

Beef: It's ^{NOT} what's for dinner.

The Food Revolution

The Dawn of a New Era
John Robbins Leads the Charge

Also: Chemicals 101
Selling Anti-environmentalism to Kids



EarthSave
Healthy People Healthy Planet

Summer 2001



From The Chair

Dear Members,

When I followed a friend's advice almost ten years ago and read *Diet For A New America*, I had no idea what I was getting into. Growing up in Kentucky, I had never really even known a vegetarian. And I certainly wasn't aware of how my food choices might affect things like the environment, the global food supply and the well being of animals. I also thought that I had been eating a very healthy diet, with lots of grilled chicken and low-fat dairy products.

But like so many others who have read John Robbins' ground-breaking book, it was clear to me after I finished the last chapter that my life—and the way I looked at food—would never again be the same. I was moved by John's eloquent words and compelling facts which made me acutely aware of how all things in this world are somehow connected—that the decisions which I make in my own world affect a host of things in other worlds. I believe that I was open to John's message not only because it made real sense, but also because he presented it in a beautiful, loving and non-judgmental way. In the book, John didn't once ask me to adopt a vegan diet. But then, he didn't really have to. He presented the facts and told the stories, and all I had to do was connect the dots.

Many things have changed since *Diet For A New America* was published in 1987. Sales of red meat have declined by a great percent. Most Americans today are now aware of the horrendous conditions for the calves of the veal industry, and veal sales have declined dramatically. Most people know that the primary dietary factor associated with heart disease—saturated fat—is found predominantly in meat and dairy products. And it's no longer considered “fringe” to eat a vegetarian diet; indeed, most understand that it is a very healthy way to live. Just before the year 2000, *Time* magazine even published an article predicting the end of the meat-based culture as we know it.

Not all of the changes since 1987 have been positive. Bovine growth hormone, mad cow disease, and genetically-engineered foods were virtually unheard of when *Diet For A New America* was published. Many doctors today promote a high-fat, high-protein diet for weight loss, contrary to the wealth of information proving that this a dangerous diet. And the U.S. government continues to spend millions of dollars to promote milk consumption—something which was spiraling downward until the Milk Moustache series of ads.

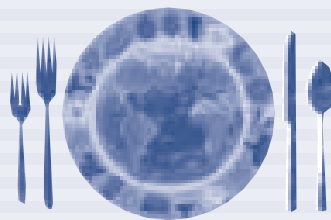
The time is right for John Robbins' new book, *The Food Revolution*. What the world needs right now is a *real* revolution. A revolution of disease prevention, where we live longer and healthier. A revolution of environmental sanity, where we're not destroying precious rainforests, water supplies, land and the very air we breathe in order to satisfy our palates. A revolution of compassion, where we recognize that farm animals feel pain, loneliness and fear, and where we respond to those feelings with a sincere level of respect and responsibility. And a revolution of economic justice, where our resources are used to feed the world's people, and where we no longer tolerate allowing 50% of the world's population to be seriously *overfed* while the other 50% is severely *underfed*.

EarthSave was founded in response to the 75,000 personal letters which John Robbins received after writing *Diet For A New America*. *The Food Revolution* has the ability to positively affect millions of lives around the world, much like *Diet For A New America* changed hundreds of thousands of lives—including mine almost 10 years ago.

Read *The Food Revolution*. Share it with anyone and everyone you care about. It's time to start a revolution. Maybe the Beatles were thinking about veggie burgers and pasta primavera when they sang to us more than 30 years ago, “Talkin’ ‘bout a Revolution. Well, you know.....we all wanna change the world.”

Sign me up for the *real* Revolution,


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



EarthSave
Healthy People Healthy Planet™

Howard Lyman,
President

Our Mission

EarthSave promotes food choices that are healthy for people and for the planet. We educate, inspire and empower people to shift toward a plant-based diet and to take compassionate action for all life on Earth.

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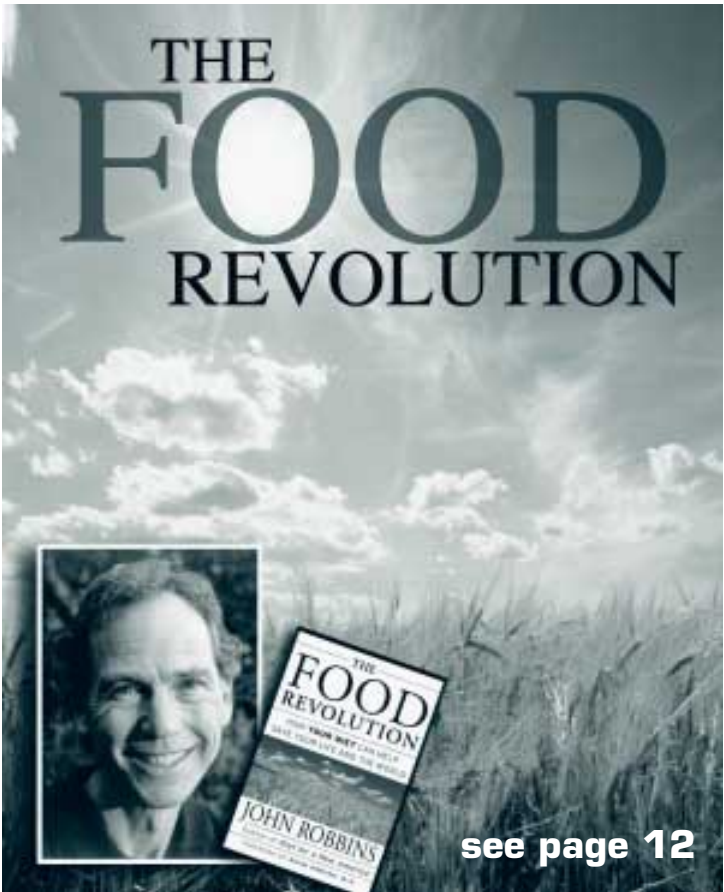
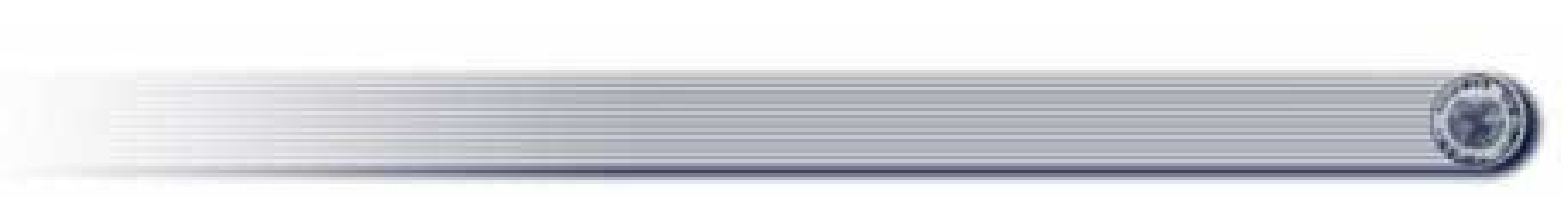
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More than 35 chapters and branches - see page 23



Cover photo by Jeff Nelson; see page 4



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Contents

Cover Story:

12 The Food Revolution

Already a bestseller, it's winning hearts and minds

Special Features

5 Chemistry 101

Better living through brainwashing

6 The Pig Farmer

Rediscovering compassion: an excerpt from The Food Revolution

Food & Health

10 In Cholesterol Lowering, Moderation Kills

Meat your maker

11 An Ayurvedic Primer

Ancient principles for modern living

15 Desserts to Die For

Or better yet – to live for!

16 Protein Powders, Pills and Poppycock

Pummeling the protein myth

16 Tea Time

Heart-warming pleasure

Members

4 Remembering Ryan Brooks

10 Being Vegan

Spirituality and soul-searching

18 Soy Happy Update

Hit them INTO the ballpark!

18 Vegan Beauty Products

Healthy happy hair and skin

19 EarthSave Summit

Mark your calendar!

19 EarthSave San Diego

Potlucks by the beach!

24 WorldFest Los Angeles

The biggest veg party in the USA

Columns

2 Letter from the Chair

14 Book Review

18 Ask Dr. Jules

19 Chapter Briefs



About the Cover:

Cover photo: While driving on vacation on Interstate 5 in California, my wife, Sabrina, and I decided to stop and shoot some photos of cows. Both native Californians, we had viewed the Harris Ranch many times while traveling this particular stretch of highway (usually smelling it miles before actually seeing it). We came over a hill at the off-ramp, and I was struck by the sheer numbers of cattle there. It's hard to imagine what 250,000 cows shoulder to shoulder looks like — it's cattle as far as you can see, off into the horizon. The other thing I was struck by was the sound — not sounds of moo-ing or other cattle sounds I've heard many times before — but coughing, sounding like human coughs. Harris Ranch is a sea of miserable cattle scrambling around on manure piles the size of a house, and coughing noises emanating in stereo from all directions.

No sooner had I stepped out of our mini-van to snap a shot then a black security car pulled up behind us (pictured above), driven by an enormous man, holding a walkie talkie and clipboard. I realized he was writing down my license plate number — “VEGVAN” — and probably our license plate frame, which reads “VEGSOURCE.COM - Health without the Hype” (we weren't exactly traveling incognito). Though I waved to the guard, and he waved back, he didn't get out of his car to come talk to me. I took a few steps toward the penned cattle on the other side of two fences, when a couple dozen of them bolted away frantically, obviously terrified of a person approaching, even from afar. After taking a few pictures, we got onto the freeway, where the guard continued following us for a while.



VegVan Picks up a “tail”

Two days later, I got a telephone call at my home from Special Detective Asselin of the Fresno County Sheriff's office. Detective Asselin told me Harris Ranch had reported me for “suspicious activity,” and he said that on viewing my website, he noticed I was somehow associated with an organization called EarthSave. After questioning me about VegSource, EarthSave and why I was taking photographs of what must be the single largest taxpayer in the county of Fresno (i.e. someone the Fresno County Sheriff's office obviously feels it must keep happy), I guess Detective Asselin was satisfied that I wasn't planning to try to liberate any animals or blow something up. It appears that the cattle business is one American industry with enough clout to get the police to interrogate journalists who stand on public roads, to grill them about the nature of any story the journalist might be considering writing about that cattle business. I felt as I have sometimes in foreign countries, where the police work for monied interests and powerful people, to whom the police are available to intimidate the wealthy company's critics. —Jeff Nelson 🌱



RYAN DAVID BROOKS ESI FINANCIAL OFFICER

MARCH 30, 1976-JULY 4, 2001

*remembered by Jeff Osman, Administrative Assistant and
Michelle Larson-Sadler, Executive Director*

When Ryan first walked into the EarthSave International home office, one knew laughter would follow. His ready smile and twinkling eyes made strangers feel like long time friends. His wit was a sly one, sometimes ironic, sometimes barbed, but always on target. Time spent in his company was time well spent; something cherished. You knew from the first time that you had met him that he was a very special, very unique human being.



Ryan found his way to Santa Cruz, California in a round about way. Born and raised in and around Chicago, Ryan graduated from the University of Illinois-Urbana/Champaign with a degree in Finance; spent time crossing Europe and then to the Caribbean, where he met his lovely girlfriend and soul mate, Michele. They arrived here in Santa Cruz, fresh to start life together near the Pacific Ocean and the redwood forests and soon made many friends. Not only new friends, but also friends from Chicago who, too, came to live in Santa Cruz. And why not? How could Chicago be the same without him?

He loved the outdoors: camping, hiking, biking, swimming. He valued the humanities, as he surrounded himself with good literature, philosophy and music. He gave of himself and his resources generously. He took time out for people, many people, even those others might not make time for.

Ryan was, as the expression goes, “the real deal.” He'd look you in the eye and tell you what's what, whether it was matters financial or political or spiritual or “what have you.” He spoke the truth and did - at times - ever so boldly. A true “gentle-man,” he was quick to give thanks for kindnesses given, and equally so in forgiving unkindnesses. Diligent in business matters, light hearted in social ones, Ryan was a true friend and supporter to many.

He never stopped learning, thinking, and problem-solving. Ryan always asked questions in order to get to the heart of the matter. He would keep books, do research, and tackle unknown tasks with eagerness and tenacity. Whatever the job, he was the right man, being ever so kind and ever so humble.

He loved living at the beach. He loved the salt air and fog and gulls and crashing waves. He was very much at home here. Still, he remained a Chicagoan, as one could tell from his speech. He was a part of the “Midwest Connection,” where each ESI office member had roots in urban Illinois or Minnesota and then transplanted to the West Coast, sharing the commonality of that slightly nasal tone that urban Midwesterners have; sounding words ending in “ing” with a “guh”, adding another syllable. He was as true to his roots as he was to his newest branches.

Ryan Brooks, ESI Financial Officer, suddenly left us on Independence Day, July 4, 2001. Bright, hard-working, and dedicated to the EarthSave mission and ideals, Ryan was indeed a definite asset to EarthSave International. For the short time that he was part of the EarthSave family, he suggested, initiated, and implemented noticeable improvements in the financial management and reporting systems throughout all levels of the organization. He would also volunteer to take on outside projects because he had a sincere will to learn something new that would benefit our organization. He continually demonstrated talent, knowledge, and professionalism in the

(Continued on page 22)



CHEMICALS 101:

Selling Anti-Environmentalism to Kids

August 1, 2001 - Florida's Orange County Convention Center is big. Big enough to hold the Sears Tower, if you laid it on its side. So big you could walk 10 miles and never leave the cement behemoth. A hulking structure like this was necessary to host the recent National Science Teachers Convention, the largest gathering of educators in the nation: more than 14,000 science teachers, and hundreds of exhibitors passing out armloads of pamphlets, packets, books, stickers, posters, and other goodies.

A handful of conservation groups were on hand offering teachers inspiration and information on how to teach about environmental issues, but they were clearly in the minority.

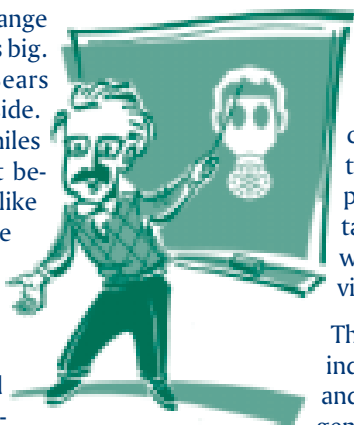
When I started teaching 20 years ago, I could not have imagined such a perverse display — industries and their front groups trying to justify everything from deforestation to the extinction of species:

- The coal industry's Greening Earth Society passed out videos and teacher guides on the "fallacies" of global warming;
- The "Temperate Forest Foundation" offered a video titled *The Dynamic Forest*, in which insects and fire hurt forests, but industry provides the needed remedies with the help of chain saws;
- The American Farm Bureau, apparently enemies of environmental education, propositioned teachers to reconsider the dangers of chemical herbicides and insecticides.

They were selling lies, and the teachers were buying - quickly filling their bags with curricula as corrosive as the pesticides that the Farm Bureau promotes.

Where were the largest environmental groups to counter this frontal assault on environmental education? Where was the outcry of the educational community? Most Americans consider our public schools to be hallowed ground, where young people learn about the world through carefully chosen curricula. Yet corporations now view schools as convenient locations for the dissemination of propaganda "debunking" environmental concerns.

Environmental education is under assault on two fronts. First, multinational corporations



are designing and distributing environmental curricula that are professionally produced, easy to use, often free, and incredibly biased in favor of industry. Second, some of the most prominent conservative think tanks in America are mounting a well-funded attack on genuine environmental education.

Their objective is simple: protect industries that despoil the planet and put the brakes on the emergence of environmental awareness among young people. The spectrum of curricula is breathtaking and its shamelessness is overt. The American Nuclear Society provides "Let's Color and Do Activities with the Atoms Family." Materials I received from Exxon portray the Prince William Sound cleanup as a victory of technology, brushing over the cause of the disaster: the Exxon Valdez.

But the most brazen miseducation campaign is carried out by the timber industry.

Big timber spends millions on so-called educational programs (which, of course, are generously donated to public schools). They offer hikes, presentations, and paid workshops for teachers. They distribute books, posters, videos, lesson plans, and other materials. Through the looking glass of big timber, old-growth forests become biological problems that require clear-cutting in order to survive. Logging companies are not cutting the forests, the propaganda explains; they are "managing" them, acting as their stewards - even saviors.

In Philomath, Oregon, where I teach science, Starker Forests offers a guided hike in a small section of their forest, an outing that resonates strongly with the kids, and can shrewdly confuse the most earnest educator. Classes are instructed to play a game in which the largest child in the group pretends to be the big tree. The other children stand closely to the big tree and crowd it. The company guide asks them to choose three words that describe how they, the little trees, feel when crowded together under the big tree. Then all the little trees scatter out, providing more space. The purpose of the exercise is to help them visualize the benefits of thinning the

forest. (For full realism, perhaps some of the children should be asked to visualize the feeling of being chopped down and processed into end tables.)

Often, the very organizations that preach the gospel of environmental education are actually industry shills. They have earthy names but clandestine roots. The American Forest Foundation (AFF) has a list of co-sponsors, co-operators, and partners that includes some of the most egregious despoilers of our forests: Sierra Pacific Industries, champion of clear-cuts in California; The Pacific Lumber Company, loggers of the redwoods; MacMillan Bloedel Packaging; Willamette Industries; Boise Cascade Corporation. One AFF project, Project Learning Tree, which works to promote logging and industrial management of our nation's forests, has reached more than 500,000 teachers and some 25 million students, from prekindergarten to 12th grade.

Surreptitious public relations campaigns and deceptive advertising are battling today for the hearts and minds of our children. And they're winning. The North America Association of Environmental Education (the largest environmental education group in the world) has endorsed Project Learning Free.

Parents and citizens in general must assume the role of frontline warriors if environmental education is to remain meaningful. They must demand that any curricula provided by corporate sources be reviewed — just as textbooks are — prior to being adopted. They must challenge their local boards of education to keep schools free of corporate propaganda. They must study the materials children receive at school. Corporate PR campaigns in classrooms are reminiscent of tobacco companies' secretive strategy of peddling cigarettes to teens. Their effort must be brought into the full light of day. ☺

John F. Borowski has been teaching Marine Science, Environmental Biology and Earth Science for 21 years at North Salem High in Salem, Oregon. You can reach him at jenjill@proaxis.com. This article appeared originally on PR Watch.





the
pig

farmer

by
John Robbins

Excerpted from
The Food Revolution

One day in Iowa I met a particular gentleman—and I use that term, gentleman, frankly, only because I am trying to be polite, for that is certainly not how I saw him at the time. He owned and ran what he called a “pork production facility.” I, on the other hand, would have called it a pig Auschwitz.

The conditions were brutal. The pigs were confined in cages that were barely larger than their own bodies, with the cages stacked on top of each other in tiers, three high. The sides and the bottoms of the cages were steel slats, so that excrement from the animals in the upper and middle tiers dropped through the slats on to the animals below.

The aforementioned owner of this nightmare weighed, I am sure, at least 240 pounds, but what was even more impressive about his appearance was that he seemed to be made out of concrete. His movements had all the fluidity and grace of a brick wall.

What made him even less appealing was that his language seemed to consist mainly of grunts, many of which sounded alike to me, and none of which were particularly pleasant to hear. Seeing how rigid he was and sensing the overall quality of his presence, I—rather brilliantly, I thought—concluded that his difficulties had not arisen merely because he hadn’t had time, that particular morning, to finish his entire daily yoga routine.

But I wasn’t about to divulge my opinions of him or his operation, for I was undercover, visiting slaughterhouses and feedlots to learn what I could about modern meat production. There were no bumper stickers on my car, and my clothes and hairstyle were carefully chosen to give no indication that I might have philosophical leanings other than those that were common in the area. I told the farmer matter of factly that I was a researcher writing about animal agriculture, and asked if he’d mind speaking with me for a few minutes so that I might have the benefit of his knowledge. In response, he grunted a few words that I could not decipher, but that I gathered meant I could ask him questions and he would show me around.

I was at this point not very happy about the situation, and this feeling did not improve when we entered one of the warehouses that housed his pigs. In fact, my distress increased, for I was immediately struck by what I can only call an overpowering olfactory experience. The place reeked like you would not believe of ammonia, hydrogen sulfide, and other noxious gases that were the products of the animals’ wastes. These, unfortunately, seemed to have been piling up inside the building for far too long a time.

As nauseating as the stench was for me, I wondered what it must be like for the animals. The cells that detect scent are known as ethmoidal cells. Pigs, like dogs, have nearly 200 times the concentration of these cells in their noses as humans do. In a natural setting, they are able, while rooting around in the dirt, to detect the scent of an edible root through the earth itself.

Given any kind of a chance, they will never soil their own nests, for they are actually quite clean animals, despite the reputation we have unfairly given them. But here they

EarthSave Magazine

had no contact with the earth, and their noses were beset by the unceasing odor of their own urine and feces multiplied a thousand times by the accumulated wastes of the other pigs unfortunate enough to be caged in that warehouse. I was in the building only for a few minutes, and the longer I remained in there, the more desperately I wanted to leave. But the pigs were prisoners there, barely able to take a single step, forced to endure this stench, and almost completely immobile, 24 hours a day, seven days a week, and with no time off, I can assure you, for holidays.

The man who ran the place was—I'll give him this—kind enough to answer my questions, which were mainly about the drugs he used to handle problems such as African Swine Fever, cholera, trichinosis, and other swine diseases that are fairly common in factory pigs today. But my sentiments about him and his farm were not becoming any warmer. It didn't help when, in response to a particularly loud squealing from one of the pigs, he delivered a sudden and threatening kick to the bars of its cage, causing a loud "clang" to reverberate through the warehouse and leading to screaming from many of the pigs.

Because it was becoming increasingly difficult to hide my distress, it crossed my mind that I should tell him what I thought of the conditions in which he kept his pigs, but then I thought better of it. This was a man, it was obvious, with whom there was no point in arguing.

After maybe 15 minutes, I'd had enough and was preparing to leave, and I felt sure he was glad to be about to be rid of me. But then something happened, something that changed my life, forever—and, as it turns out, his too. It began when his wife came out from the farmhouse and cordially invited me to stay for dinner.

The pig farmer grimaced when his wife spoke, but he dutifully turned to me and announced, "The wife would like you to stay for dinner." He always called her "the wife," by the way, which led me to deduce that he was not, apparently, on the leading edge of feminist thought in the country today.

I don't know whether you have ever done something without having a clue why, and to this day I couldn't tell you what prompted me to do it, but I said Yes, I'd be delighted. And stay for dinner I did, though I didn't eat the pork they served. The excuse I gave was that my doctor was worried about my cholesterol. I didn't say that I was a vegetarian, nor that my cholesterol was 125.

I was trying to be a polite and appropriate dinner guest. I didn't want to say anything that might lead to any kind of disagreement. The couple (and their two sons, who were also at the table) were, I could see, being nice to me, giving me dinner and all, and it was gradually becoming clear to me that, along with all the rest of it, they could be, in their way, somewhat decent people. I asked myself, if they were in my town, traveling, and I had chanced to meet them, would I have invited them to dinner? Not likely, I knew, not likely at all. Yet here they were, being as hospitable to me as they could. Yes, I had to admit it. Much as I detested how the pigs were treated, this pig farmer wasn't actually the reincarnation of Adolph Hitler. At least not at the moment.

Of course, I still knew that if we were to scratch the surface we'd no doubt find ourselves in great conflict, and because that was not a direction in which I wanted to go, as the meal went along I sought to keep things on an even and constant keel. Perhaps they sensed it too, for among us, we managed to see that the conversation remained, consistently and resolutely, shallow.

We talked about the weather, about the Little League games in which their two sons played, and then, of course, about how the weather might affect the Little League games. We were actually doing rather well at keeping the conversation superficial and far from any topic around which conflict might occur. Or so I thought. But then suddenly, out of nowhere, the man pointed at me forcefully with his finger, and snarled in a voice that I must say truly frightened me, "Sometimes I wish you animal rights people would just drop dead."

How on Earth he knew I had any affinity to animal rights I will never know—I had painstakingly avoided any mention of any such thing—but I do know that my stomach tightened immediately into a knot. To make matters worse, at that moment his two sons leapt from the table, tore into the den, slammed the door behind them, and turned the TV on loud, presumably preparing to drown out what was to follow. At the same instant, his wife nervously picked up some dishes and scurried into the kitchen. As I watched the door close behind her and heard the water begin running, I had a sinking sensation. They had, there was no mistaking it, left me alone with him.

I was, to put it bluntly, terrified. Under the circumstances, a wrong move now could be disastrous. Trying to center myself, I tried to find some semblance of inner calm by

watching my breath, but this I could not do, and for a very simple reason. There wasn't any to watch.

"What are they saying that's so upsetting to you?" I said finally, pronouncing the words carefully and distinctly, trying not to show my terror. I was trying very hard at that moment to disassociate myself from the animal rights movement, a force in our society of which he, evidently, was not overly fond.

"They accuse me of mistreating my stock," he growled.

"Why would they say a thing like that?" I answered, knowing full well, of course, why they would, but thinking mostly about my own survival. His reply, to my surprise, while angry, was actually quite articulate. He told me precisely what animal rights groups were saying about operations like his, and exactly why they were opposed to his way of doing things. Then, without pausing, he launched into a tirade about how he didn't like being called cruel, and they didn't know anything about the business he was in, and why couldn't they mind their own business.

As he spoke it, the knot in my stomach was relaxing, because it was becoming clear, and I was glad of it, that he meant me no harm, but just needed to vent. Part of his frustration, it seemed, was that even though he didn't like doing some of the things he did to the animals—cooping them up in such small cages, using so many drugs, taking the babies away from their mothers so quickly after their births—he didn't see that he had any choice. He would be at a disadvantage and unable to compete economically if he didn't do things that way. This is how it's done today, he told me, and he had to do it too. He didn't like it, but he liked even less being blamed for doing what he had to do in order to feed his family.



As it happened, I had just the week before been at a much larger hog operation, where I learned that it was part of their business strategy to try to put people like him out of business by going full-tilt into the mass production of assembly-line pigs, so that small farmers wouldn't be able to keep up. What I had heard corroborated everything he was saying.

Almost despite myself, I began to grasp the poignancy of this man's human predicament. I was in his home because he and his wife had invited me to be there. And looking around, it was obvious that they were having a hard time making ends meet. Things were threadbare. This family was on the edge.

Raising pigs, apparently, was the only way the farmer knew how to make a living, so he did it even though, as was becoming evident the more we talked, he didn't like one bit the direction hog farming was going. At times, as he spoke about how much he hated the modern factory methods of pork production, he reminded me of the very animal rights people who a few minutes before he said he wished would drop dead.

As the conversation progressed, I actually began to develop some sense of respect for this man whom I had earlier judged so harshly. There was decency in him. There was something within him that meant well. But as I began to sense a spirit of goodness in him, I could only wonder all the more how he could treat his pigs the way he did. Little did I know that I was about to find out. . .

We are talking along, when suddenly he looks troubled. He slumps over, his head in his hands. He looks broken, and there is a sense of something awful having happened.

Has he had a heart attack? A stroke? I'm finding it hard to breathe, and hard to think clearly. "What's happening?" I ask.

It takes him awhile to answer, but finally he does. I am relieved that he is able to speak, although what he says hardly brings any clarity to the situation. "It doesn't matter," he says, "and I don't want to talk about it." As he speaks, he makes a motion with his hand, as if he were pushing something away.

For the next several minutes we continue to converse, but I'm quite uneasy. Things seem incomplete and confusing. Something dark has entered the room, and I don't know what it is or how to deal with it.

Then, as we are speaking, it happens again. Once again a look of despondency comes over him. Sitting there, I know I'm in the presence of something bleak and oppressive. I try to be present with what's happening,

but it's not easy. Again I'm finding it hard to breathe.

Finally, he looks at me, and I notice his eyes are teary. "You're right," he says. I, of course, always like to be told that I am right, but in this instance I don't have the slightest idea what he's talking about.

He continues. "No animal," he says, "should be treated like that. Especially hogs. Do you know that they're intelligent animals? They're even friendly, if you treat 'em right. But I don't."

There are tears welling up in his eyes. And he tells me that he has just had a memory come back of something that happened in his childhood, something he hasn't thought of for many years. It's come back in stages, he says.

He grew up, he tells me, on a small farm in rural Missouri, the old-fashioned kind where animals ran around, with barnyards and pastures, and where they all had names. I learn, too, that he was an only child, the son of a powerful father who ran things with an iron fist. With no brothers or sisters, he often felt lonely, but found companionship among the animals on the farm, particularly several dogs, who were as friends to him. And, he tells me, and this I am quite surprised to hear, he had a pet pig.

As he proceeds to tell me about this pig, it is as if he is becoming a different person. Before he had spoken primarily in a monotone; but now his voice grows lively. His

body language, which until this point seemed to speak primarily of long suffering, now becomes animated. There is something fresh taking place.

In the summer, he tells me, he would sleep in the barn. It was cooler there than in the house, and the pig would come over and sleep alongside him, asking fondly to have her belly rubbed, which he was glad to do.

There was a pond on their property, he goes on, and he liked to swim in it when the weather was hot, but one of the dogs would get excited when he did, and would ruin things. The dog would jump into the water and swim up on top of him, scratching him with her paws and making things miserable for him. He was about to give up on swimming, but then, as fate would have it, the pig, of all people, stepped in and saved the day.

Evidently the pig could swim, for she would plop herself into the water, swim out where the dog was bothering the boy, and insert herself between them. She'd stay between the dog and the boy, and keep the dog at bay. She was, as best I could make out, functioning in the situation something like a lifeguard, or in this case, perhaps more of a life-pig.

I'm listening to this hog farmer tell me these stories about his pet pig, and I'm thoroughly enjoying both myself and him, and rather astounded at how things are transpiring, when once again, it happens. Once again a look of defeat sweeps across this man's face, and once again I sense the presence of something very sad. Something in him, I know, is struggling to make its way toward life through anguish and pain, but I don't know what it is or how, indeed, to help him.

"What happened to your pig?" I ask. He sighs, and it's as though the whole world's pain is contained in that sigh. Then, slowly, he speaks. "My father made me butcher it." "Did you?" I ask. "I ran away, but I couldn't hide. They found me." "What happened?" "My father gave me a choice." "What was that?" "He told me, 'You either slaughter that animal or you're no longer my son.'"

Some choice, I think, feeling the weight of how fathers have so often trained their sons not to care, to be what they call brave and strong, but what so often turns out to be callous and closed-hearted.

"So I did it," he says, and now his tears begin to flow, making their way down his cheeks. I am touched and humbled. This



man, whom I had judged to be without human feeling, is weeping in front of me, a stranger. This man, whom I had seen as callous and even heartless, is actually someone who cares, and deeply. How wrong, how profoundly and terribly wrong I had been. In the minutes that follow, it becomes clear to me what has been happening. The pig farmer has remembered something that was so painful, that was such a profound trauma, that he had not been able to cope with it when it had happened. Something had shut down, then. It was just too much to bear.

Somewhere in his young, formative psyche he made a resolution never to be that hurt again, never to be that vulnerable again. And he built a wall around the place where the pain had occurred, which was the place where his love and attachment to that pig was located, which was his heart. And now here he was, slaughtering pigs for a living—still, I imagined, seeking his father’s approval. God, what we men will do, I thought, to get our fathers’ acceptance.

I had thought he was a cold and closed human being, but now I saw the truth. His rigidity was not a result of a lack of feeling, as I had thought it was, but quite the opposite: it was a sign of how sensitive he was underneath. For if he had not been so sensitive, he would not have been that hurt, and he would not have needed to put up so massive a wall. The tension in his body that was so apparent to me upon first meeting him, the body armor that he carried, bespoke how hurt he had been, and how much capacity for feeling he carried still, beneath it all.

I had judged him, and done so, to be honest, mercilessly. But for the rest of the evening I sat with him, humbled, and grateful for whatever it was in him that had been strong enough to force this long-buried and deeply painful memory to the surface. And glad, too, that I had not stayed stuck in my judgments of him, for if I had, I would not have provided an environment in which his remembering could have occurred.

We talked that night, for hours, about many things. I was, after all that had happened, concerned for him. The gap between his feelings and his lifestyle seemed so tragically vast. What could he do? This was all he knew. He did not have a high school diploma. He was only partially literate. Who would hire him if he tried to do something else? Who would invest in him and train him, at his age?

When finally, I left that evening, these questions were very much on my mind, and I had no answers to them. Somewhat flippantly, I



tried to joke about it. “Maybe,” I said, “you’ll grow broccoli or something.” He stared at me, clearly not comprehending what I might be talking about. It occurred to me, briefly, that he might possibly not know what broccoli was.

We parted that night as friends, and though we rarely see each other now, we have remained friends as the years have passed. I carry him in my heart and think of him, in fact, as a hero. Because, as you will soon see, impressed as I was by the courage it had taken for him to allow such painful memories to come to the surface, I had not yet seen the extent of his bravery.

When I wrote *Diet for a New America*, I quoted him and summarized what he had told me, but I was quite brief and did not mention his name. I thought that, living as he did among other pig farmers in Iowa, it would not be to his benefit to be associated with me.

When the book came out, I sent him a copy, saying I hoped he was comfortable with how I wrote of the evening we had shared, and directing him to the pages on which my discussion of our time together was to be found.

Several weeks later, I received a letter from him. “Dear Mr. Robbins,” it began. “Thank you for the book. When I saw it, I got a migraine headache.”

Now as an author, you do want to have an impact on your readers. This, however, was not what I had had in mind.

He went on, though, to explain that the headaches had gotten so bad that, as he put it, “the wife” had suggested to him he should perhaps read the book. She thought there might be some kind of connection between the headaches and the book. He told me that this hadn’t made much sense to him, but he had done it because “the wife” was often right about these things.

“You write good,” he told me, and I can tell you that his three words of his meant more to me than when the New York Times praised the book profusely. He then went on to say that reading the book was very hard for him, because the light it shone on what he was doing made it clear to him that it was wrong to continue. The headaches, meanwhile, had been getting worse, until, he told me, that very morning, when he had finished the book, having stayed up all night reading, he went into the bathroom, and looked into the mirror. “I decided, right then,” he said, “that I would sell my herd and get out of this business. I don’t know what I will do, though. Maybe I will, like you said, grow broccoli.”

As it happened, he did sell his operation in Iowa and move back to Missouri, where he bought a small farm. And there he is today, running something of a model farm. He grows vegetables organically—including, I am sure, broccoli—that he sells at a local farmer’s market. He’s got pigs, all right, but only about 10, and he doesn’t cage them, nor does he kill them. Instead, he’s got a contract with local schools; they bring kids out in buses on field trips to his farm, for his “Pet-a-pig” program. He shows them how intelligent pigs are and how friendly they can be if you treat them right, which he now does. He’s arranged it so the kids, each one of them, gets a chance to give a pig a belly rub. He’s become nearly a vegetarian himself, has lost most of his excess weight, and his health has improved substantially. And, thank goodness, he’s actually doing better financially than he was before.

Do you see why I carry this man with me in my heart? Do you see why he is such a hero to me? He dared to leap, to risk everything, to leave what was killing his spirit even though he didn’t know what was next. He left behind a way of life that he knew was wrong, and he found one that he knows is right.

When I look at many of the things happening in our world, I sometimes fear we won’t make it. But when I remember this man and the power of his spirit, and when I remember that there are many others whose hearts

Continued on Page 21

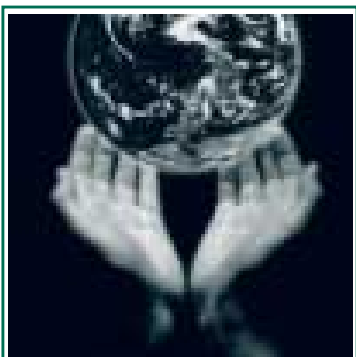


Being Vegan

by Nephyr Jacobsen

Being vegan is simultaneously a layering of knowledge and an unfolding of the self, for it leads me to continuously learn more about the world in which I live while at the same time it draws me to look within for reminders of what my soul has always known. In the external left brain space I have spent hours, days, weeks, researching the physical impact that the consumption of meat and dairy has upon animals, global humanity, air quality, water purity & availability, individual health, and this planet, our home. I have compiled a litany of statistics, quotes and facts that reside, like suits of armor, on my bookshelves and in binders and in files.

I wear the armor protectively while in debates with those who find my lifestyle choices extreme. I wear it gently in conversations with vegetarians who secretly wish to be vegan but who aren't sure. It is beautiful, this suit of armor made of knowledge, and I am grateful for the support it has given me, but it is only half of the story of my veganism and despite its shining visibility, it is in truth, the smaller half. The other half, the spiritual side of veganism, is harder to define. There are no lists of statistics to explain the joyous dance my spirit engages in while my hands coax grains and vegetables into decadent nourishment. A passionate discussion on the evils of factory farming does nothing to convey the sense of connection and harmony that this path of non-violence gives me.



I find "oneness" while walking in the woods, in seeing an elk and whispering "it's o.k., I'm vegan. It is your beauty, not your flesh, that sustains me". And what beauty there is to be seen! For in this journey based upon compassion I find my eyes opened to the life force sacredness of my four legged and winged kin. In order to participate in abuse and slavery we must wear blinders to the brilliance of those we enslave. And so in choosing not to participate in the abuse we are freed to be awestruck by the depths of a cow's eyes, to be mesmerized by the living artistry of fish in their watery world, and to be filled with love overflowing for the magic of life. It is in this vision of magic, not in the lists of horrific facts, that my veganism is rooted. Underneath the fight for animal rights, the furious fist shaking at the killing floors, underneath the sorrow and the pain that comes from the knowledge of cruelty, underneath all of this, the spiritual path of veganism unfolds me to find a source not made of anger, statistics or tears, but of love and awe and ultimate respect.

As with any spiritual path there are conundrums. There are places where I hit my head against the wall in confusion. There are constant reminders of the infancy of my journey. At times my sense of "oneness" disintegrates as I wonder how a path that so easily connects me to the life pulse of nature can suddenly seem to alienate me from my fellow humans. I feel clumsy and inadequate, infinitely unenlightened as my

(Continued on Page 22)

In Cholesterol Lowering, Moderation Kills

By Caldwell B. Esselstyn, Jr, MD, Department of General Surgery, Cleveland Clinic Foundation

Even if all Americans kept their total cholesterol below 200 mg/dL, as recommended by the American Heart Association, millions would develop coronary artery disease.

Strong evidence from a wide variety of sources shows that total serum cholesterol levels must be kept below 150 mg/dL to stem America's epidemic of coronary artery disease. My own experience with heart disease patients shows that cholesterol levels can be kept below this threshold with a diet low in lipids and cholesterol-lowering medications as needed. This low-lipid therapy stops coronary disease from progressing and even reverses it.

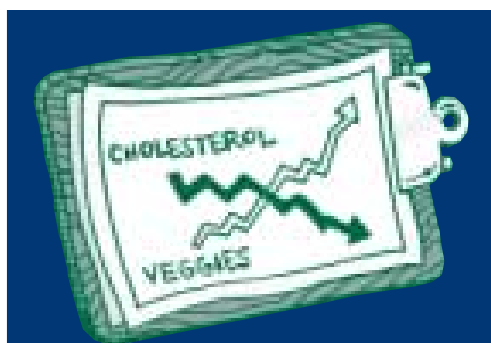
Unfortunately, our national health and medical organizations continue to recommend a cholesterol threshold of 200 mg/dL and a diet containing up to 30% fat, despite clear evidence that this threshold is too high to pre-

vent or cure heart disease. It is true that these recommendations have the potential to reduce the incidence of heart disease, but only by a moderate amount. Unfortunately, when it comes to lowering cholesterol, moderation kills. With lower lipid levels, coronary artery disease need never exist. When it does exist, it need never progress.

A Plant-based Diet for Advanced Disease

In 1985, I embarked on a program to help a group of patients with severe coronary artery disease. Most were debilitated by angina and other symptoms, and their angiograms showed severe stenoses. In some cases, disease was so advanced that standard interventional techniques such as bypass grafts or angioplasty could no longer be offered.

(Continued on Page 20)



The high-fat American diet is responsible for an epidemic of coronary artery disease. A plant-based diet with less than 10% fat will prevent coronary disease from developing, halt the progress of existing disease, and even reverse the disease in many patients. Given proper support and education, motivated patients with a history of coronary disease can follow this diet and prevent future cardiac events.

The Many Faces of Vegetarianism



An Ayurvedic Primer

Taking Time to Enjoy the Art of Eating Well

By Leanne Backer

The broad umbrella of vegetarianism covers a variety of life and diet styles, some of which may be unfamiliar to many people. The purpose of this column is to highlight some of the less-well-known vegetarian-oriented philosophies. In previous columns we've featured the raw foods life style and macrobiotics. In this issue, we feature ayurveda, a holistic approach to diet and health that comes to us from India.

I am often asked, “How do I make good eating a part of my life? I am always on the run, I travel, I commute, I take the kids to their lessons, I get home late. I need help.” There is no doubt that living in the 21st century challenges us with the difficult task of balancing. We are always on the run. When I look at my own life, I realize that, left to me, we’d eat macaroni and cheese almost every night. Something easy, something fast. But nutritious? Not really. You and your family need more.



We all need to understand the true value of eating well. In our busy lives, we reach out for what is fast, convenient, and comforting. “I’ll just stop and get something on the way home. We’ll eat fast, run to open house, then the store, then home.” Making a commitment to eating well does mean making time to do it. While not every day will be picture perfect, the effort and success of each day you can actually sit down to a meal will be very satisfying.

In Ayurvedic cooking, the most satisfying part of the meal is the freshness and the “prana,” or life force, of the food itself. Visualize a healthy plant with bright green leaves coming from a farm with rich “prana”-infused organic soil. Vegetables picked fresh from the vine and bursting with flavor and vibrant color. Then visualize the plants picked from farms with barely brown soil riddled with pesticides and chemicals. The color of the plant is subtle and dull. Fresh is best. Organic or naturally grown is prana, our life-force.



When food is prepared, eaten and assimilated

into our systems with awareness, love and honor, our bodies will receive the “life force” of health and wellness. According to Ayurveda, including the “six tastes” — sweet, salty, sour, bitter, pungent and astringent, each with its distinct flavor and nutritional value — in each meal will also create balance and satisfaction in our bodies. When the six tastes are present in each meal, you will not only receive a well-balanced diet, you will also experience a sense of overall balance and satisfaction. This helps to minimize cravings and over-eating and will aid in creating and maintaining your natural body weight.

The application of the six tastes is a very important component in Ayurvedic cooking. It is also important to understand how one’s individual and unique physiology functions. According to Ayurveda, our individual uniqueness is defined by three “doshas” or body-type constitutions. They are “Vata,” the Air quality, “Pitta,” the Fire quality, and “Kapha,” the Earth quality. We each have all three qualities in our physiology. Most people have one or two dosha qualities that are more noticeable than the others. Generally, a person who is predominately Vata will be light and airy, unattached and quick to change. A predominately Pitta person (fire quality) will be fiery and very directed in obtaining goals. They usually have high energy levels and are good leaders. Pitta imbalances show up as irritable stomach problems because of too much fire in the system. Kapha, or the earth quality, tends to be attached to the earth, very grounded and in need of increased fire. Kapha has a tendency to hold on to things, such as weight and emotions.



Foods play an important role in balancing or pacifying a dosha imbalance. Each dosha is stimulated by the use of specific food choices. The six tastes are not only helpful in providing well-rounded nutritional balance—you can also stimulate any of the doshas by

emphasizing certain tastes: for Vata, sweet, salty and sour; for Pitta, sweet, bitter and astringent; and for Kapha, pungent, bitter and astringent. Vata will benefit from warm, sweet, heavy foods like a hearty soup or stew. Pitta needs cooling foods, such as light soups, sweet fruits, beans and soy products. Kapha needs fire. Spicy foods such as salsas, spicy Thai or Mexican foods are wonderful for firing up Kapha.

I advocate using the best fresh foods possible. Some of the following examples will suggest leftovers. Although leftovers are not truly Ayurvedic, in my thinking, I would rather eat a freshly made salad from yesterday than a stuffed pita salad from a fast food restaurant. At least I have some control over the salad I’m eating. I do not know anything about the salad from the restaurant. If I make it, I know the ingredients, the source of the vegetables and how they have been stored. Sometimes eating well takes a few compromises.

When we shop, we tend to grab things that look good, but we don’t always see what we are buying. Foods that are labeled non-fat or low-fat often have more calories than their full-fat counterparts. Look at those labels and dates and choose foods that have “prana” or life in them. Fresh foods are best. Try to buy organic foods when available. By supporting organic farmers, we support the continuance of life in our food supply.

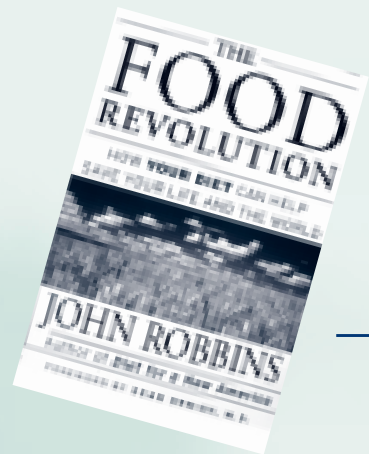
Shopping

When we shop, most of the time we don’t even know what we are shopping for. If possible, assign a day when the major shopping will be done. Make a list of four dinners to start with. Plan on providing salad greens, a grain and veggies at each meal.

These are simple dinners that can be made for one person or six:

- Vegetable whole wheat pizza, served with salad

(Continued on Page 21)



There are now many books out on the benefits of a plant-based diet, but it is likely none has impacted so many people as John Robbins' *Diet for a New America (DFNA)*. In late 1995, I made the switch to a vegan diet, five years after reading *DFNA*. Although I was slow to make the change to a completely plant-based diet, the compelling and comprehensive nature of Robbins' arguments played a very significant role in my decision. Robbins was the first writer I came across to effectively make the case that food choices have far reaching effects on one's personal health, and on the health of the planet and its creatures.

As the heir to the Baskin-Robbins CEO position and his father's fortune, Robbins walked away from both to pursue his own calling. He has led a life vastly altered from his ice-cream centered childhood. Add Robbins' ability to describe the true nature and "beingness" of animals raised for food, and contrast this nature with the cruel conditions of modern factory farms, and I was won in spirit, if not in action, immediately. It is as though my heart were broken and opened at once.

When *DFNA* was released in 1987, the word "vegan" had been heard by few ears, vegetarians were still somewhat of an anomaly, factory farming was unknown by almost everyone, organic foods were still considered fringe, and mad cow disease had yet to come to light. Much has changed since then. In response to those changes, Robbins' latest book, *The Food Revolution*, revisits the work of *Diet for a New America*, offering readers a timelier tome.

To a significant extent *The Food Revolution* is a well-researched counter to the misinformation the animal products industries have leveled toward vegetarianism since *DFNA* was released. It's more, however. *The Food Revolution* is a fork warrior's call for a deeper understanding of the links between what we eat and many of the problems of our world – hunger, global warming, animal and human rights, deforestation, rampant violence, cancer and heart disease, corporate control of our food supply, limitation of resources, and pollution, to name a few. In his introduction Robbins says:

"I have written *The Food Revolution* to provide solid, reliable information for the struggle to achieve a world where the health of people and the earth community is more important than the profit margins of any industry, where basic human needs take precedence over corporate greed."

One method Robbins uses is to juxtapose contradicting quotes under an "Is that So?" heading. For example, he will have a quote made by someone in the meat industry followed by a quote from someone more likely to have the public interest at heart. The difference of view is often so stark it leaves the industry spokes-person looking absurd. For example:

Is That So?

"We must be eternally vigilant to guard against those who would undermine confidence in the health benefits of eating meat. If meat-eaters have higher blood pressure, it's from the stress of having to defend the perfectly reasonable desire to chow down on a thick sirloin against the misguided and intrusive efforts of the food police." —*Sam Abramson, CEO, Springfield Meats*

"Blood pressure fell within hours of starting the (very low-fat vegan diet) McDougall Program. Twenty percent of the people were on blood pressure medications the day they began the program. In almost every case the medications were stopped that day. Yet the blood pressure dropped (significantly) by the second day. This data is from over 1,000 participants at the McDougall Program at St. Helena Hospital in the Napa Valley of California." —*John McDougall, M.D.*

Another format Robbins uses to provide evidence is titled: "What We Know". Under this heading, Robbins references medical or other research in distilled statements of fact.

What We Know

- ☞ Gallons of oil spilled by the Exxon Valdez: 12 million.
- ☞ Gallons of animal waste spilled into the Neuse River in North Carolina on June 21, 1995, when a 'lagoon' holding 8 acres of

- hog excrement burst: 25 million.
- ☞ Fish killed as an immediate result: 10-14 million.
- ☞ Fish whose breeding area was decimated by this disaster: Half of all mid-east coast fish species.
- ☞ Acres of coastal wetlands closed to shell fishing as a result: 364,000

Robbins is particularly effective when he is telling a personal story. I liked none better than his visit with a seemingly hard-hearted pig farmer who was never the same after meeting John Robbins (see excerpt, page 6):

The Food Revolution is divided into four parts:
Food and Healing • Animals
Our Food, Our World • Genetic Engineering

The first three parts revisit those issues Robbins first brought together in *Diet for a New America*. In persuasive detail they cover the three cornerstones of the case for a whole-foods, plant-based diet - improved health, compassion, and the wellbeing of our planet. Robbins provides distilled, up-to-date information on these topics with sections on such things as food-borne illnesses, cancer and heart disease, and a critique of the popular high-protein diets.

The last part on Genetic Engineering is an entirely new subject in Robbins' writing. When *DFNA* was written, the health and environmental threats of genetically altered crops were not yet issues. In fact, not a single genetically modified seed had yet been commercially planted. This year 63% of the soy crop and two-thirds of the corn crop in the U.S. will be planted with transgenic seeds. Robbins compares this rapid adaptation of genetically modified organisms (GMO's) to the opening of a "Pandora's Box". He joins with millions around the world as a skeptic of the GMO industry and related U.S. policy. Robbins' unique contribution to this criticism is that he illuminates the links between GMO's and the animal products industry. He points out that, "nine - five percent of the soy meal grown in the United States, and almost that high a percentage of corn, are used as live-

THE FOOD REV

John Robbins' new book is a hit with its message of health and compassion. Two

Talking 'bout The Food Revolution

Review by Larry K. Fri

REVOLUTION

health and compassion. Two EarthSave insiders review Robbins' latest work.

olution

Review by Larry K. Fried

stock feed.” And it isn’t just the animal feed.

“The animals themselves are being genetically engineered. The goal is to produce cattle, pigs, and chickens that are ‘better suited’ to the overcrowded and unsanitary conditions of factory farming. Agribusiness dreams of pigs as large as hippopotamuses but as docile as slugs, and featherless chickens that won’t need to be plucked and never peck.”

Robbins contrasts this with another and much more hopeful agricultural trend – the rapid rise of organic farming:

“By the turn of the millennium, more than 17 million acres worldwide were planted with organic foods...the number of acres dedicated to organic farming was ten times what it had been only ten year previous.”

So which “Food Revolution” is Robbins referencing in his title? Is it the corporate trends that are leading toward greater concentration into factory farms and GMO foods; or the less pervasive, but still fast-growing movement toward organic and plant-based food choices? Well, perhaps Robbins means to suggest that this is a revolution that each of us has the power to decide. 🌱

Larry Fried is a member of EarthSave Seattle and a member of the board of directors for EarthSave International.

Join the Revolution

Copies of *The Food Revolution* are available through EarthSave

The Food Revolution - softcover
1-3 copies \$17.95 each
4-17 copies \$14.95 each
case of 18 copies \$179.10/case
(\$9.95/per copy)

The Food Revolution
book on tape (unabridged dual cassette,
read by John Robbins) - \$28.00 each

Call 1-800-362-3648 or click on
www.earthsave.org/tfr.htm

Join The *Food Revolution*!

Review by Howard Lyman

Webster's Collegiate Dictionary defines revolution as “a fundamental change in the way of thinking about or visualizing something.” Thus the title of John Robbins' new book – *The Food Revolution* — is very apt. This book will change not only the way you think about food — it will change the way you eat.

Twenty chapters, with more than nine-hundred footnotes, track the studies and document the statements of top researchers from around the world as they respond to the public relation claims of the meat and dairy industry. When we see the industry claims refuted, time and again by the best minds in the nutritional and environmental communities, we start to see why there is a revolution going on.

I cannot count the number of times I have been asked to provide the studies supporting the facts I use. *The Food Revolution* provides a convenient method of proving issues that the majority of Americans have never realized were true. It is not **what** we know that is the problem; it is what we know that isn't so — **that** is the problem.

The Food Revolution will shine light on those “facts” the meat and dairy industries hope you won't believe. Interesting facts. For example did you know:

- that half of all the fish caught in the world are fed to livestock?
- that 2.5 acres of crop land can produce enough vegetables for twenty people or enough grain for fifteen people, but only enough chicken for two people or enough beef for one?

These revelations really make you stop and think about how we are using our resources.

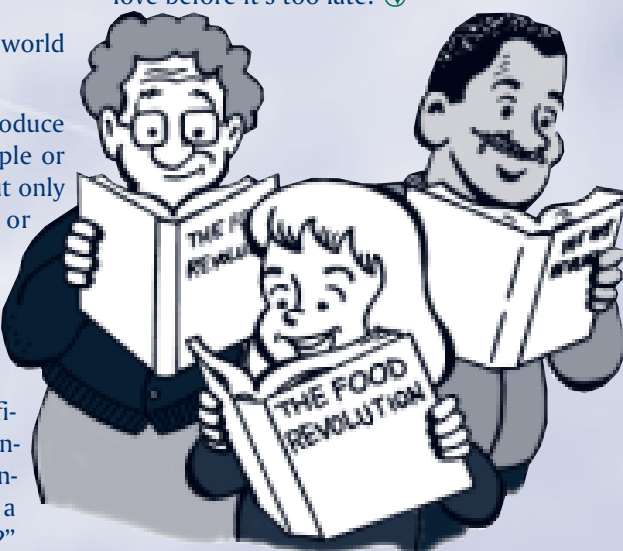
Dr. Patricia Griffin, a government official, from the Center for Disease Control and Prevention asks, “Is it reasonable that if a consumer undercooks a hamburger their three-year-old dies?”

Placing the total responsibility on the shoulders of the consumers for food safety explains why USDA would accept test results indicating that 89% of hamburger contains e.coli 0157:H7. This bacterium is known to kill young children.

If your main interest is the environment, *The Food Revolution* has something for you. For instance, cattlemen claim that global warming evidence is inconclusive...but forty-nine Nobel Prize winners, in a letter to the President, have stated that it is the most serious environmental threat of the 21st century. We must educate ourselves. As the Nobel Prize winners say in their letter, “Only by taking action now can we insure that future generations will not be put at risk.”

John's first book, *Diet for A New America*, changed the way many folks were eating. *The Food Revolution* will give those who are still eating the standard American diet documented facts about their junk food addiction while there is still time to make a change.

John Robbins has written a book that can save more people from an early death than were saved by the discovery of penicillin. Do yourself a favor and read *The Food Revolution*...and pass it on to someone you love before it's too late. 🌱



Book Review

The Vegetarian Soul Food Cookbook: A Wonderful Medley of Vegetarian, Vegan & Raw Recipes Inspired by the Southern Tradition

By Imar Hutchins and Dawn Marie Daniels
2001 by Epiphany Books, New York, NY
ISBN 0-9641284-5-4, list \$16.95 U.S.

Reviewed by John D. Borders, Jr., J.D.

Having grown up in the South, I know that it's not just Jethro Bodine from the *Beverly Hillbilies* or Aunt Bea from the *Andy Griffith Show* who enjoys cheesy grits, fried green tomatoes, barbecue ribs, macaroni and cheese, and key lime pie. Southern food—in particular, soul food—has had staying power in American cuisine not because it's healthy, but because it just tastes so darn good.

Fortunately, for those of us who are trying to eat healthier foods that are more environment- and animal-friendly, but just as satisfying as the ones we grew up with, Imar Hutchins and Dawn Marie Daniels have come to the rescue with *The Vegetarian Soul Food Cookbook*.

While Hutchins grew up on a Southern-influenced vegetarian diet, Daniels was raised on the standard American Southern diet, which consisted of lots of meat, dairy and eggs. As she started eating healthier foods, she found that she still longed for the flavors of the foods from her childhood. "[W]e've sought to reconceptualize perhaps the most difficult cuisine—soul food—a cuisine that traditionally isn't thought of as healthy at all."

Daniels reminds us in the introduction to this innovative vegan cookbook (and "uncookbook" since many of the recipes are raw) that soul food originally was "the scraps that were thrown to the slaves for their sustenance. Soul food was never *meant* to be healthy; it was only meant to sustain life. The fact that folks made it taste good was just a testimony to their creativity."

Hutchins and Daniels carry on this tradition of creativity with such recipes as Southern Spiced Tea (flavored with fresh ginger and lemon juice), Cheesy Grits (made with soy

cheese), Raw "Fried" Green Tomatoes, Waldorf Salad (made with a homemade eggless mayonnaise), Hoppin' John, Fried Tofu Fingers (which, incidentally, my kids lapped up like most American kids eat chicken fingers), and Vegan Sour Cream Apple Pie. Best of all, these delightful recipes are all most all very simple to make and use ingredients found commonly in most grocery stores.

"Flame" and "Sun" symbols next to each recipe indicate whether the recipe is cooked or served raw. And some recipes, such as the pecan pie, offer both raw and cooked versions. While Hutchins is best known for raw foods recipes, he and Daniels were committed to meeting "people where they are dietetically." Many of the recipes had to offer cooked versions in order to truly replicate the flavors of a Southern dish.

At a recent Fourth of July party, we served several of these dishes to vegetarian and omnivorous friends—all of whom grew up in the South. The Chopped BBQ Po'Boy was a big hit and would certainly have fooled even our grandmothers into thinking that they were eating a fatty, meat-laden sandwich. The Red Cole Slaw evoked wonderful childhood memories for our Mississippi-raised friend who grew up on the spices of Old Bay® Seasoning. And everyone devoured the No Bake Banana Cream Pie, made

with a nut and dried fruit crust. But the biggest hit—and the biggest surprise—of the day was the Raw Carrot Cake. This easy-to-assemble dessert has a wonderful carrot/raisin/coco-nut filling and is healthy enough that I felt no guilt eating a piece for breakfast the next morning!

The *Vegetarian Soul Food Cookbook* offers recipes



for drinks, breakfast items, breads, soups, salads, side dishes, sauces and dressings, entrees, and desserts. It includes handy illustrations for making the raw pie crusts and for assembling sandwiches. And it has a Food Products Index in case you can't locate an ingredient at your own

grocery store.

Hutchins and Daniels received high praise when they demonstrated the Black Eyed Pea Croquettes at a recent Taste of Health food fair in Louisville. By using inexpensive ingredients that are easy to find and even easier to assemble, they have eliminated many of the excuses people frequently offer for not eating healthy foods. And they are actively working to break down the barriers that have traditionally kept many African Americans from being interested in eating healthy, plant-based foods. "In reinventing a cuisine that has sustained us and our ancestors for hundreds of years we like to pay homage to them for all that they have given us. We have a choice when they didn't and we need to take advantage of it now," the authors write in the introduction to this book.

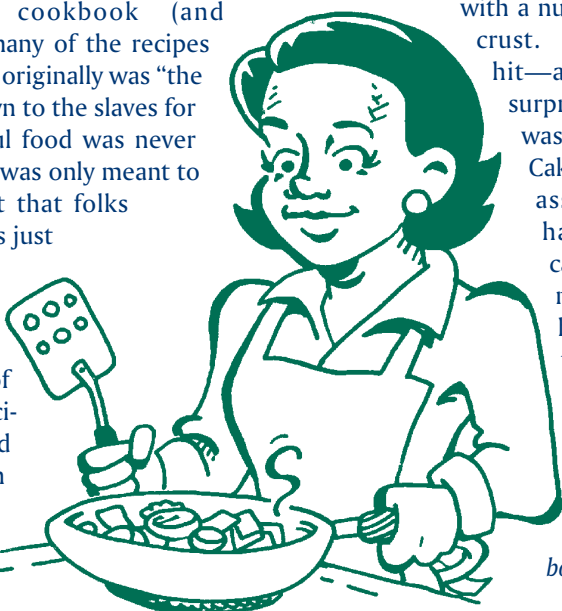
For this Southern boy, taking "advantage of it now" means that I look forward to serving my family our next meal from *The Vegetarian Soul Food Cookbook*. A Watermelon Smoothie, Cow Peas and Brown Rice, some bluegrass music on the radio, a hot summer night, and a Jethro Bodine-sized bowl of Raw Peach Cobbler, and I'll be in Southern bliss. ☺


For a great recipe for Vegan French Toast check out page 22.

Imar Hutchins is a co-founder of *Delights of the Garden*, a restaurant famous for raw vegetarian foods. He is author of *Delights of the Garden* and *30 Days to Delights of the Garden*. A graduate of Yale Law School, and an accomplished artist who drew the cover and interior illustrations for this new cookbook, Imar also teaches raw foods preparations classes and lectures nationwide.

Dawn Marie Daniels has been cooking all of her life. An award-winning editor of numerous books, Dawn is the co-author of the best-selling book, *Souls of My Sisters: Black Women Break Their Silence, Tell Their Stories and Heal Their Spirits*.

The *Vegetarian Soul Food Cookbook* can be purchased from Epiphany Books, 767 Saint Nicholas Avenue, New York, NY 10031 or online at www.EpiphanyBooks.com.





Desserts to Die For

(That Won't Kill You)

To many, the word “dessert “ has been often associated with two things — pleasure and pounds - and for good reason! Desserts that we love (or we used to love!) may contain any or all of the following - bleached white flour, refined white sugar, whole eggs, creamery butter, palm kernel or partially hydrogenated oils, artificial colors, flavors, and preservatives, as well as dairy products such as whole milk, half-and-half, or whipping cream - ingredients which can do the body more harm than good.

Food for Thought: Fussing about Fat

The standard American diet, which is heavily centered on animal food products and processed foods, is generally high in total fat content and cholesterol. Increased consumption of dietary fat (especially saturated fat and trans-fatty acids) and cholesterol causes an overall increase in blood cholesterol levels and contributes to coronary heart disease. Dietary cholesterol and the majority of saturated fat are found in animal food products such as meat, poultry, seafood, eggs, and dairy.

Generally, the higher the fat content of the food, the lighter the crumb in baked goods and the richer the taste. If it seems like you can only eat only a bit of a dessert and feel really full after taking only three bites of it, chances are that you have eaten a dessert with a high saturated fat content.

Good News: Having your “cake” and eating it too....

What are the secrets to creating a delicious and satisfying dessert?

- (1) Centering the dessert around fresh produce and other foods “in season;”

- (2) Having a general knowledge of your dessert ingredients - flours, sweeteners, oils, leavening agents, liquid ingredients, nuts and seeds and substitutes for eggs and dairy;
- (3) Integrating the dessert as a part, instead of a separate component, of the meal. For instance, if you are planning a heavy, three-course meal, don't end it with a rich dessert. As well, many dessert lovers will skimp on the main course and look toward the dessert, thus sacrificing the healthier part of the meal.

Sweet Sticky Rice with Mango

For those who have never experienced this dessert at a Thai restaurant, you are in for a treat! The combination of fresh, fragrant mango, the rich taste of coconut milk, and the sweetness of Thai sweet rice makes for a once-in-a-while, ultimate taste sensation! Enjoy as a dessert after a light Oriental salad or soup or by itself for a satisfying midday meal.

- 3 cups Thai sweet (glutinous) rice, found at Oriental groceries and natural food stores
- 3 cups cold water
- 2 cans “light” coconut milk
- 1/2 cup + 2 tablespoons Sucanat, FruitSource crystals, or Rapadura sugar, found at natural food stores
- 1 teaspoon sea salt
- 4 semi-ripe mangoes, peeled and sliced
- 2 tablespoons toasted sesame seeds for garnish

Soak rice in cold water for two hours, drain and rinse. Steam in rice steamer for 30 minutes or until cooked through. Rice should look glossy. Mix one can of coconut milk, 1/4 cup sweetener, and sea salt in a large bowl. Gently mix in cooked rice and let absorb liquid, about 30 minutes. Combine second can of coconut milk and 2 tablespoons sweetener in a saucepan and heat until it just reaches the boiling point. Cool. Divide rice amongst six large plates. Place mango slices on top of rice and cover with coconut sauce. Sprinkle with sesame seeds and remaining sweetner, and serve. Makes 6 servings.

Arborio Rice Pudding

Remember that delicious, creamy rice pudding which was made with plain ole white rice, white sugar, whole eggs, whole milk, and half-and-half? It's delicious again - this recipe features arborio rice at center stage that cooks up creamy in this version of what will become your favorite dessert! This recipe is great as a dessert after a meal featuring bean- and vegetable-based dishes and salads.

- 3 cups cooked arborio rice (1 cup dried arborio rice/3 cups water)
- 2 quarts soy beverage (I like VitaSoy Creamy Vanilla for this recipe!)
- 1 tablespoon vanilla extract, or to taste
- 1 cup maple syrup
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom

Combine cooked rice, one quart of soy beverage, and maple syrup and simmer over very low heat for up to 2 hours until creamy. Stir pudding frequently so it does not stick to the bottom of the pan, and add the extra quart soymilk as needed to keep a creamy consistency. Mix in the vanilla extract and spices toward the end of cooking. Remove from heat and serve pudding with a garnish of a few fresh blueberries, blackberries, or sliced strawberries on top. Pudding stores well in the refrigerator for up to one week. Makes 8 hearty servings.

Fresh Peach Torte

This light, summertime cake is easy to make - and bake - and the result is absolutely delicious! A perfect dessert to bring to a picnic or to the next EarthSave potluck!

Cake

- 1/4 cup applesauce
- 1/2 cup maple syrup
- 1/8 teaspoon sea salt
- 1/2 cup soy or rice beverage
- 1 teaspoon almond extract
- 1 cup whole wheat pastry flour
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder

Topping

- 2 cups fresh peaches, thinly sliced
- 2 tablespoons maple syrup
- 1/4 teaspoon ground cinnamon

Preheat oven to 375° F. Lightly oil and flour a 8"x8" or 9" round cake pan. Combine applesauce, maple syrup, soy or rice beverage, and almond extract in a blender or food processor until smooth. Mix flour, baking soda, baking powder, and sea salt together in a large bowl. Gently stir in wet ingredients with the dry ingredients, making sure not to overmix the batter. Pour batter into pan and spread to evenly cover. Top cake batter with sliced peaches placed close together to cover the

Continued on Page 22



Eating Right

Protein Powders, Pills, and Poppycock

One of the most frequent questions I get from athletes is how to get more protein. In their minds they are thinking that if they stuff more protein into their mouths, it will magically go to their muscles and they will automatically get stronger. Body builders, especially, want to see hypertrophy of their muscles (without all the work). This question is especially prevalent among vegetarian or vegan athletes because they think that without meat, egg whites, or skim milk in some form, they risk protein deficiency.



The advertising you see in magazines and health food stores plays into this fear because, of course, there is a product to sell. Protein supplements come in many forms, all with the same goal: to get you to buy their product. The problem is, if you want to develop a muscle, you have to overload it by putting more stress on it than it can handle. This is the ONLY way a muscle will get bigger and stronger.

Our bodies are pretty smart!

Our bodies are built for economy. They will get rid of anything they don't need. If you

don't need bulging biceps (or if you already have them and are not currently using them), the body will not let that muscle get a "free ride." The most vivid example is seen when you put an arm or a leg in a cast. In this case the body doesn't (and can't) use the associated muscles. When you take the cast off six weeks later, you will be struck to see that the arm or leg appears to have withered. In addition, what you can't see is that the bone has also lost mass or bone density.

Now, is this permanent? No! To rebuild those muscles and bone, all you have to do is start using them and the body responds by putting on additional muscle and bone ONLY to the extent that it needs. So, for every day usage, a normal-size muscle is attained. With heavy, extreme usage, a bulging muscle is the result.

So, where do we get our protein?

Where do our bodies get the raw materials (protein) to do this if we're not eating another animal's muscle? Easy! It comes from plants. The best examples are the biggest

and strongest animals: elephants, horses, giraffes, rhinoceri — every one of them vegans! (They also happen to be the longest-living animals...another lesson buried here.) Plant foods provide complete proteins, which means that they contain all the amino acids necessary to build muscle from scratch or to add on bigger, stronger muscles.

For example, the limiting amino acid in plant foods is methionine, one of the so-called essential amino acids. If you were to eat only rice for, say, a large male's 3,000 calorie day's allotment, you would get 1.1 grams of methionine, way above the minimum daily requirement of .11 grams (about TEN times as much)! In fact, this points out one of the problems with consuming the protein you get from a meat-centered diet, that of getting TOO much protein. This can lead to kidney disease and osteoporosis, as the human body cannot store protein and is damaged when it has to break down excess protein.

A side effect of excess protein intake

It is believed that one cause of the epidemic of osteoporosis in this country is excess protein. Protein is made up of amino acids. These acids are, logically, acidic — that is, they have a pH of less than 7 (a pH of 7 is neutral). The human body cannot operate

Tea Time

by Sandy Laurie

Legend has it that in 2737 BC, tea was discovered by the Chinese Emperor Shen Nung. A scholar and herbalist, the Emperor was sitting beneath a tea tree as his servant boiled some drinking water. Leaves from the tree fell into the water and Shen Nung decided to taste the results. With three different natural stimulants (caffeine, theophylline, and theobromine), the brew must have seemed like powerful medicine to the ancient herbalist. Nearly 5,000 years later, tea is a beverage that ranks second only to water in worldwide consumption. And now there is a growing body of evidence that all that tea drinking is offering some very real health benefits.

Black tea and heart attacks

In 1998, using ordinary tea from black tea leaves, Dr. Michael Gaziano, a heart specialist at Harvard Medical School-affiliated Brigham and



Women's Hospital (Boston) presented an astounding study at a Royal Society of Medicine conference in London. The study examined 340 men and women who had suffered heart attacks, matching them by sex, age and neighborhood with people who had never had heart attacks, and investigating their coffee- and tea-drinking habits over the course of the year. Researchers found that drinking one cup of black tea a day lowered the risk of heart attack by as much as 44%, all other factors being equal.

Green tea and cancer

Tea comes from the *Camellia sinensis*, an evergreen that grows in the warm-weather regions of about 30 countries. The leaves contain plant polyphenols similar to — in some cases identical to — the antioxidants believed to act as cancer preventatives in fruits and vegetables. According to a research paper published in the June 1997 issue of the journal *Nature*, one such component, ECGC, may stop a developing cancer by inhibiting the activity of the enzyme urokinase. In cancer, urokinase helps dissolve the proteins in living cells, making room for the tumor and the blood vessels that feed it.



Poppycock!

By Ruth E. Heidrich, Ph. D.

in an acidic environment — it must be alkaline, that is, above 7 or about 7.2. So when you take in protein powders, pills, or animal protein such as egg white, fish, dairy, poultry or beef, this excess acid load has to be neutralized. Our bodies have the perfect buffering system. We use the same mechanism you see advertised on TV ads for Tums and other antacids for “acid stomach”: calcium. And where do we get that calcium? From our bones. Our bones are very active living tissue, and calcium is constantly moving in and out of them, so if we consume a high-acid meal, especially animal protein, our bones are called upon to give up some calcium to neutralize or buffer this acid so that we can keep the heart beating, muscles contracting, and nerves firing. These processes all are affected if we go into acidosis, a state of too much acid.

The role of genes

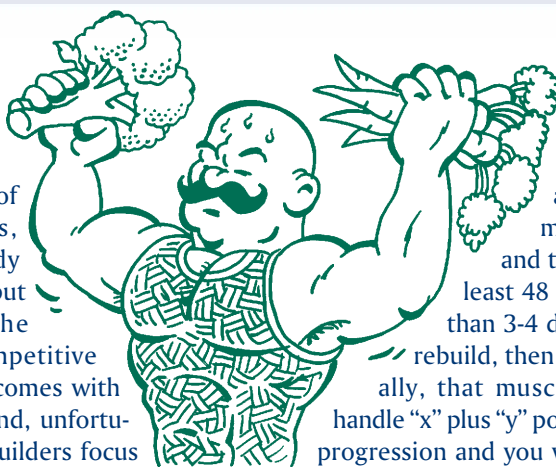
This process of building muscle is fairly straightforward: Overload a muscle and it responds by getting bigger and stronger. Is there a limit? Of course, there is. You see this in natural body builders, where genes play a role in limiting or enhancing the building of hypertrophic muscles. In order to go beyond genetics, some body-builders have

to resort to the use of anabolic steroids, something our body produces naturally but insufficiently in the minds of some competitive body-builders. This comes with many health risks, and, unfortunately, many body builders focus on short-term gains, risking their health in the long run.

What about women? Women are sometimes advised to get into weight training to gain or maintain muscle and bone strength, but their fear is the opposite – that they might develop these huge, bulging muscles that they consider unattractive on a female. Well, they needn’t worry because, again, their genes control the limits of muscular development. And for those women who want to develop, say, calf or pectoral muscles, popping protein isn’t the answer. The same principles apply: you’ve got to overload those muscles.

How much is enough?

How much weight should you lift, and how often? The body in its present state can handle “x” number of pounds. Add about 10%



and work the muscle to exhaustion and then stop. Give it at least 48 hours but no more than 3-4 days to recover and rebuild, then do it again. Gradually, that muscle will be able to handle “x” plus “y” pounds. Continue this progression and you will see the muscle grow. Remember that rest and recovery are just as important as overload. Eating a plant-based diet will provide all the raw material necessary.

So, now you know the secret to greater muscular development. The more weight the muscle has to push, the bigger and stronger it will get! You get to choose! 🌱

Dr. Ruth Heidrich, who received her Ph.D in Health Management in 1993, is the author of A Race For Life and The Race For Life Cookbook. She is a certified fitness trainer and holds the world record for fitness for her age group at the renowned Cooper Clinic in Dallas, Texas. She still actively competes in marathons and triathlons, having won more than 600 trophies and medals since her diagnosis of breast cancer in 1982 at the age of 47. Visit Dr. Ruth's website at www.ironlady.com, or ask her a question at www.vegsource.com/heidrich.

Jerzy Jankum, a professor of urology at the Medical College of Ohio in Toledo, authored the paper with Medical College researchers Steven Selman and Rafal Swiercz, and Ewa Skrzypczak-Jankun of the University of Toledo. Their conclusion? Inhibiting the process essentially starves the tumor. Separate from these antioxidant effects, researchers at the University of Arizona demonstrated that topically applied EGCG inhibited ultraviolet light-induced activation of AP-1, a gene involved in the induction of skin cancer.

A case-control study appearing in the June 1, 1994, issue of the *Journal of the National Cancer Institute*, found that Chinese men and women who drink green tea have a reduced risk of up to 60 percent of developing esophageal cancer. At a meeting of the American Chemical Society in 1991, researchers reported that even cigarette smokers who consumed green tea had a 45 percent lower risk of cancer than non-tea drinkers.

Mitchell Gaynor, Director of Medical Oncology at the Strang-Cornell Cancer Prevention Center in New York City says, “When people ask me for something good and cheap they can do to reduce their cancer risk, I tell them drink real tea.”

Green tea and blood pressure

Green tea is a hypotensive, lowering blood pressure and helping to increase blood flow to the heart. Many Asians have long consumed green tea with meals, and this practice is now believed to reduce arterial disease. Many heart attacks and strokes are brought on by blood platelet aggregation. Green tea prevents the blood from “clumping together” and forming clots that can lead to heart attack or stroke. One study indicates that 6,000 Japanese women, non-drinkers and nonsmokers over the age of 40, who drank about five cups of green tea a day, had a 50 percent decrease in the risk of stroke [*Natural Health* [March/April 1994]].

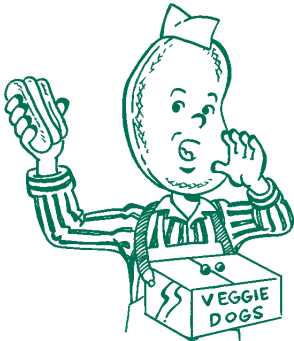
So have a cup of tea! It’s a soothing respite from a hectic world. And Ron Prior, a researcher at the USDA Human Nutrition Research Center on Aging, says you’ll be getting about the same amount of antioxidants as you would in one serving of vegetables. To get the most benefits from your tea, brew it fresh and drink it within minutes after steeping. 🌱

EarthSave members Sandy and Jim Laurie live at Frog Pond Farm in Iroquois County, Illinois, where they grow their own organic produce and tend to a large flock of rescued chickens and guinea fowl.



SOY HAPPY NEWS!

In our last issue we told you about “Soy Happy,” the grassroots campaign to get veggie hot dogs and other vegetarian items on the main menu at baseball games and other sporting events. Last month, the “Soy Happy” campaign celebrated its first anniversary with an impressive roster of successes. As a direct result of this campaign, the following major league baseball teams now offer veggie hot dogs at their home games:



The Florida Marlins • The Los Angeles Dodgers
The Montreal Expos • The Chicago White Sox
The Oakland Athletics • The Seattle Mariners
The Toronto Blue Jays

To learn more about this campaign, or to find out how you can help, visit the official campaign website at www.soyhappy.org, or drop them a line at “Soy Happy”, P.O. Box 42152, Los Angeles, CA 90042. 📧

Vegan Products and a Great Deal for ES’ers!



EarthSave supporter and Lamas Beauty founder Peter Lamas has finally realized a lifelong dream of formulating and marketing a line of 100% vegan and natural beauty products! A long time proponent of a chemical-free lifestyle, Peter’s products don’t just rival the shampoos and skin care goods you’ll find in fine beauty salons or stores — they surpass them.

Peter Lamas is one of the most respected make-up and beauty experts in the world. His clients read like a Who’s Who of Hollywood — Jackie Onassis, Elizabeth Taylor, Audrey Hepburn, Faye Dunaway, Diana Ross, Sharon Stone, Cindy Crawford, Britney Spears and Kate Winslet, to name but a few. Peter has worked on numerous television, video, print and film projects, including designing the gorgeous make-up seen in James Cameron’s *Titanic*.

From Britney to Goldie, Peter is the well-loved trade secret of some of the most beautiful women on the planet.

“I proudly support the Earthsave mission of encouraging people to shift towards a plant-based diet, and to tread lightly on the Earth,” says Peter.

Lamas Beauty is offering a special to EarthSavers — a whopping 20% off his products for a limited time. Visit <http://www.lamasbeauty.com> to learn more about Lamas Beauty and Peter Lamas, and put EARTHSAVE in the Coupon Code section of the shopping cart when you check out to receive the discount.

Please be sure to visit Peter Lamas in the VegSource booth at Worldfest in September! 📍



Ask Dr. Jules

Q. How much Vitamin A is dangerous? I take 20,000 units a day.
Just Curious

A. *Dear Curious,*

That is too much, especially if you are a woman who may become pregnant. It’s also too much for children. There is no reason to take a separate vitamin A supplement. The government’s Daily Value - the number used on food labels and vitamin bottles - is 5,000 IU (international units); the RDA is about half that much. Many multivitamins contain 5,000 IU, which is okay.

Vitamin A is a fat-soluble vitamin; the body stores such vitamins. Thus dangerous levels can build up if you take large doses over time. Side effects, including headaches, itchy skin, and hair loss may occur starting at about 30,000 IU a day, taken long term.

The biggest risk is for women of child-bearing age who take vitamin A pills. It used to be thought that only very high doses - over 50,000 IU a day - were dangerous. But a few years ago a study found that women taking more than 10,000 IU a day from supplements had nearly five times the risk of birth defects. Recently, the government set 10,000 IU as the upper limit for A.

Only a few foods are rich in vitamin A: fortified milk, egg yolks, and particularly liver and fish oil. The body converts beta carotene and some other carotenoids into vitamin A, but there is no real risk of overdose with carotenoids, since the body carefully controls their conversion to vitamin A. Check the label of your vitamin supplement; often it will state that the vitamin A comes, at least in part, in the form of beta carotene.

If you follow a vegetarian/vegan diet then you are probably already eating a variety of fruits and vegetables, many of which are rich in carotenoids or plant Vitamin A. 📧



Dr. Jules Oaklander is an osteopathic physician and licensed pharmacist living in Miami, Florida, and a member of EarthSave’s board of directors. Do you have a health-related question you’d like to ask Dr. Jules? Please send your questions to EarthSave International, 1509 Seabright Avenue, Suite B-1, Santa Cruz, CA 95060, Attn: Ask Dr. Jules, or email them to newsletter@earthsave.org.

Chapter News

On The Grow In San Diego

The San Diego chapter serves a major metropolitan area of more than three million people, as well as desert Imperial County, the southeastern-most corner of California. Our members are as diverse as the region we serve — ranging in age from children to seniors — and engage in a wide variety of personal, educational and professional pursuits. This diversity creates a unique, interdependent, compassionate, and self-responsible chapter structure.

EarthSave San Diego provides social support events to our community, such as our popular monthly dineout, held on the third Saturday of every month at one of the many veg-friendly restaurants in the area. We also sponsor a potluck on the last Sunday afternoon of every month at the San Diego Public Library in Mira Mesa. The chapter's Vegetarian Kids Group sponsors monthly weekend events for children and families who follow or strive to follow a plant-based diet. Starting in July, this group will add a living food potluck, to be held on the second Saturday of each month.



The San Diego chapter is also involved in community education and outreach efforts. Since the group's reorganization in May, 2000, EarthSave San Diego has participated in WorldFest Los Angeles, WorldFest San Diego and EarthFair in San Diego (the largest Earth Day event in the Western United States), spreading the message to thousands of people about the importance of our food choices. The local chapter also is proud to partner with Seeds of Change Humane Education to offer thought-provoking presentations that promote critical thinking about the connections between our food choices,

human health, the environment and the welfare of all life on Earth.

EarthSave San Diego is also the official San Diego Padres' "team manager" for the Soy Happy campaign at Qualcomm Stadium (see "Soy Happy Update" p.18). We co-sponsor Project Healthy Beginnings, an initiative to integrate an entirely plant-based food option in the daily school lunch menu cycle at Crest Elementary School in East San Diego County. We also provide educational packets — containing the EarthSave Educational Series brochures (in English or Spanish), the *VegPledge!* brochure, the *Healthy Beginnings Care Package*, an issue of *EarthSave Magazine*, an issue of the chapter newsletter *Currents*, and coupons from local natural foods markets — to local health care providers, to be offered as a service to their patients.

For more information on EarthSave San Diego events, initiatives, and campaigns, please visit our webpage at sandiego.earthsave.org or call us at 619-224-3806. ☎

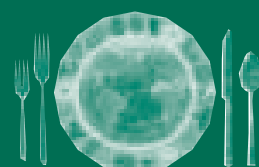
EarthSave Summit in October!

Make your plans now to attend this year's EarthSave Summit in San Diego!



Mark your calendars today to attend this year's EarthSave International Summit in "America's Finest City" during the weekend of October 26-28, 2001! Translated from Spanish as "The Jewel," La Jolla is indeed one of the true treasures of San Diego! Come and join fellow EarthSave members from all over for awesome plant-based meals....insightful and meaningful workshops, presentations, and speakers....beautiful scenery, beaches, ocean, and great Mediterranean-style weather....all in camaraderie with EarthSave leaders and members from all across the country! Information on this year's Summit and registration fees and discounts on hotel accommodations and air transportation to and from San Diego can be obtained online at <http://www.earthsave.org/2001summit.htm> or from your local chapter. Don't miss this year's EarthSave International Summit in sunny San Diego! We will see you there! ☎

Chapter Briefs



EarthSave Goes to Washington

EarthSaver Mark Sutton and 35 other interested individuals are forming EarthSave Washington DC. Howard Lyman will speak at their first event. For more information, please contact Mark at WashDC@earthsave.org ☎

EarthSave Seattle: Under New Management!

If you're interested in being part of the new EarthSave Seattle leadership team, please contact seattle@earthsave.org to be put in touch with the newly forming Seattle leadership group. We're moving upward and onward! ☎

EarthSave Arrives in Philly

A new chapter is starting up in the greater Philadelphia, PA area, also serving southern New Jersey and the entire state of Delaware. For more information, please contact Deb at philly@earthsave.org ☎



These patients (1 woman and 23 men) agreed to adopt a plant-based diet with fats making up less than 10% of calories. They ate no oils, fish, meat or dairy products (except skim milk and non-fat cheese and yogurt). The patients also took cholesterol-lowering medication as necessary to maintain their total serum cholesterol below 150 mg/dL.

Social and personal support was crucial for this group to learn about and follow the program, which was called arrest-and-reversal therapy. At enrollment, we discussed the treatment objectives in depth with both the patient and his or her spouse. For the first 5 years, the patients came to the clinic twice each month; visits were once a month during the second 5 years, and quarterly after that. On the evening of each clinic visit during the first year, the patient was telephoned to discuss his or her lipid results, diet, and medications.

The patients also met several times a year as a group to discuss the program, share recipes, and socialize. I committed myself to the same diet, and patients reported that this was an additional source of support.

No relaxation or structured exercise regimens were included in the program. In my opinion, people have a limited number of lifestyle modification “credits”; if they spend all their credits by trying to change too many aspects of their lifestyle simultaneously, they may “go broke” and fail to change any of them.

At 5 Years, Heart Disease was Halted

Eighteen patients adhered to the diet and medications, bringing their mean cholesterol level from 237 mg/dL at baseline to 137 mg/dL at 5 years. None experienced any coronary events; in contrast, these 18 had had 29 events in the 8 years before the study. None underwent any interventions. All 11 of those who underwent angiography at 5

years had no additional stenosis, and 8 had regression.

One patient died of ventricular arrhythmia just after his 5-year angiogram, but the angiogram showed that the disease had regressed and autopsy found no evidence of myocardial infarction.

Six nonadherent patients were released from the study within the first 18 months to return to standard care. Although their baseline levels of disease were similar to those of the adherent patients, these 6 patients suffered 13 new cardiac events after leaving the study.¹

At 12 Years, the Benefits Continue

Today, the remaining 17 patients continue to follow the prescribed diet and medication schedules. At 12 years, their mean cholesterol level was 145 mg/dL. They experienced no disease progress or interventions. One left the study briefly but suffered a recurrence of severe angina and returned to the diet and medication after undergoing an elective bypass operation. The rest experienced no coronary events.² These results are important because they show that sharply reducing cholesterol levels is safe and that it stops coronary atherosclerosis rather than merely slowing it.

Support from Other Research

When our arrest-and-reversal study began, strong observational evidence already supported the benefits of low cholesterol levels. For example, 35% of the cases of ischemic heart disease found among the Framingham Heart Study cohort occurred among those with total serum cholesterol levels between 150 and 200 mg/dL. In contrast, few of those with levels below 150 mg/dL developed the disease, and none died of it.³ Atherosclerosis was already known to develop silently over many years of high-fat diets; autopsy studies of young, healthy men

killed in the Korean and Vietnam conflicts found that many already had advanced atherosclerotic lesions.^{4,5}

More supporting data continued to pour in. For example, coronary artery disease is virtually unknown in populations that subsist primarily on grains, legumes, vegetables, and fruits, such as those in rural China.^{6,7} Normal adult cholesterol levels in these populations range from 90 to 150 mg/dL.

More than 10 years ago, Blankenhorn and colleagues showed that coronary artery disease can be halted or reversed by lowering lipid levels with medication.⁸ More recently, Dean Ornish and other investigators confirmed the benefits of a low-cholesterol diet. Their results showed that patients derived the most benefit if lipids are lowered by diet combined with medical therapy, rather than by diet alone or by modest diet changes combined with medication.⁹⁻¹¹

The AVERT study provides similar supporting evidence. The study showed that aggressive lipid-lowering medication is at least as effective as angioplasty plus standard care. However, the AVERT patients continued to eat a fairly standard diet, and 13% of them continued to experience cardiac events. This suggests that medication alone cannot confer the full benefit of lipid lowering.¹² A recent review of cholesterol-lowering studies showed that the degree of benefit is related directly to how much cholesterol is reduced.¹³

Low Cholesterol Addresses the Cause of the Disease

Coronary artery bypass grafting, angioplasty, and other coronary interventions are directed at severe coronary stenoses. However, 85% of heart attacks are now known to be caused by rupture of smaller, unstable plaques, many of which are not even visible on angiography. Thus, costly “heroic” in-

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Ayurveda

(continued from Page 11)

- Pasta with basil and tomato, served with salad or steamed veggies
- Moroccan vegetables, with tomato curry sauce, rice and veggies
- Tortilla pie with black beans, salsa, salad and rice

Make a list of all your ingredients and stick to it. Plan to make a little extra for lunch the next day. Make an extra salad, put it in a plastic container, and keep the dressing on the side. Make an extra piece of pizza, an extra dish of pasta, or save a bit of the meal from the day before.

Allow yourself to be fed well and realize that you deserve it. Pack yourself a lunch with a cloth napkin, real silverware and a thermos of soothing steaming tea. Try to eat in a peaceful place. Get your family and friends involved. True health comes from sharing it.

When we give, we receive. Being able to share in the tasks of shopping, preparing, and eating food reminds us that the simple action of sitting down to a meal is a gift that should be shared. Talk with each other about the day’s

events, keep the conversation at your meals lighthearted and caring.

Daily tips:

When you buy vegetables at the store, bring them home and “prep” them. Trim, wash and air dry your veggies and put them in reusable plastic or zip-lock baggies. This method is not ideal for perfect “prana”-infused freshness, but it’s better than not using veggies at all.

When you saute, use vegetable broth, cooking wine, olive oil or canola oil as your sauté base. Try to avoid butter and other oils for sautéing. Veggie broth with garlic, onion, and herbs make a great start to a delicious stir-fry or pasta sauce.

When you cook grains, make extra. Just about any cooked grain can be made into a delicious hot cereal on a cold morning in minutes. Place your already cooked grain into a small sauce pan, add low-fat vanilla soy milk, cinnamon, cloves, or nutmeg. Stir until warm. When you really are in a hurry, you can reheat quickly in the microwave. For other

meals, sauté the grain with veggies and your favorite sauce for a quick meal.

Traveling, either domestically or abroad, can be challenging. Most good hotels will accommodate special requests, such as no oil, steamed veggies, sauce on the side, etc. Keep in mind that you need to stay healthy while traveling. Focus on grains, veggies, good water, vegetable soups and soothing teas. Ask for pasta with garlic and easy oil or rice with lightly sautéed or steamed veggies – such requests can usually be accommodated in most cafes and restaurants these days. Honor yourself and your health by requesting the foods that will make you feel better.

When you sit down to eat, be aware that you are nourishing yourself and your family so that you can continue to do those important tasks that stand before you each day. Take the time to enjoy the art of eating — it will make everything you do seem less demanding. 🌱

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Cholesterol

(Continued from Page 20)

terventions do not reduce the risks of new heart attacks, slow disease progression, or even prolong survival for most patients.¹⁴

In contrast, lowering levels of total cholesterol and low-density lipoprotein (LDL) prevents coronary disease from starting or progressing. Lowering lipid levels also lowers concentrations of harmful foam cells within plaques and reduces the quantity of proteolytic enzymes. As a result, plaques may shrink, their caps stabilize, and they become much less likely to rupture.

America Resists Lowering Fat

Despite the strong evidence in favor of reducing both dietary fat and serum cholesterol, Americans continue to increase their consumption of fat. Television and print advertisements aggressively push delicious, colorful, habituating, high-fat food. At our most memorable and emotional events – birthdays, weddings, funerals, and banquets – the food is even richer and more harmful than our everyday fare. Fad diets even promise weight loss and better health by *increasing* our consumption of fats and protein. It is clear that we live in a toxic food environment.

Unfortunately, the American Heart Association has failed to show strong leadership on this issue. If the coronary artery disease epidemic is seen as a raging fire, and cholesterol and fats are the fuels, the AHA has merely recommended cutting the flow of fuel. The only tenable solution is to cut off the fuel supply altogether – by reducing cholesterol levels to those proven to prevent and reverse coronary disease. 🌱

The Pig Farmer

(continued from Page 9)

beat to the same quickening pulse, I think we will.

I can get tricked into thinking there aren’t enough of us to turn the tide, but then I remember how wrong I was about the pig farmer when I first met him, and I realize that there are heroes afoot everywhere. Only I can’t recognize them because I think they are supposed to look or act a certain way. How blinded I can be by my own beliefs.

The man is one of my heroes because he reminds me that we can depart from the cages we build for ourselves and for each other, and become something much better. He is one of my heroes because he reminds me of what I hope someday to become.

When I first met him, I would not have thought it possible that I would ever say the things I am saying here. But this only goes to show how amazing life can be, and how you never really know what to expect. The pig farmer has become, for me, a reminder never to underestimate the power of the human heart.

I consider myself privileged to have spent that day with him, and grateful that I was allowed to be a catalyst for the unfolding of his spirit. I know my presence served him in some way, but I also know, and know full well, that I received far more than I gave.

To me, this is grace—to have the veils lifted from our eyes so that we can recognize and serve the goodness in each other. Others may wish for great riches or for ecstatic journeys to mystical planes, but to me, this is the magic, and the implacable grandeur, of human life. 🌱



Desserts To Die For

From page 15

entire surface. Drizzle maple syrup on top of fruit and sprinkle lightly with ground cinnamon. Bake for 30 minutes or until you can stick a knife in the center of the cake and it comes out clean. Cool completely before removing from pan. Top each slice with a dollop of Hip Whip non-dairy whipped topping (from Now and Zen, found at your favorite natural foods store.)

Variation on a Theme: replace peaches with thinly sliced nectarines, plums, or apricots. Makes 8 servings.

Spiced Baked Papaya

Here's a sweet and spicy addition to a light summer meal! Smaller, sweeter, pink-fleshed Strawberry papayas from Hawaii or larger, orange-fleshed Mexican papayas work equally well in this recipe. Enjoy their heavenly, tropical flavor to round out a heavier meal.

- 1 medium papaya, halved and seeded
- 1 cup orange juice, peach, mango, apricot, or papaya nectar
- 1/2 teaspoon ground cinnamon

Preheat oven to 350° F. Lay papaya halves upright in a shallow baking pan. Pour juice or nectar over fruit and sprinkle ground cinnamon over top. Bake for 20-25 minutes until fruit is softened, basting with juice to keep the papaya from drying out during baking. Serve warm. Makes 2 servings.

Fresh Fruit Cobbler

This recipe, derived from John Robbins' book May All Be Fed, has been a favorite that I have made over again and again! It's great to make when you have summer fruit that is a bit overripe! You can use almost any summer "soft fruit" for the filling - peaches, nectarines, cherries, mixed berries, apricots, fresh figs - as well as pears and apples in the Fall.

- 8 cups fresh fruit, stones and pits removed, decored, and thinly sliced
- 1 cup maple syrup
- 1 tablespoon arrowroot dissolved in 1 tablespoon water
- 2 tablespoons lemon juice
- 1 teaspoon ground cinnamon
- 1/4 cup canola or sunflower oil
- 3/4 cup rolled oats
- 1/2 cup whole wheat pastry flour
- 1/2 cup raw walnuts or pecans

Preheat oven to 350° F. Combine fruit, 1/2 cup of maple syrup, dissolved arrowroot, lemon juice, and cinnamon and stir to mix. Pour fruit mixture into a cake pan. Put the remaining 1/2 cup maple syrup and oil together in a small bowl and stir until combined.

Combine the oats, flour, cinnamon and walnuts together in a large bowl. Add wet ingredients to the dry ingredients and stir until mixture is crumbly. Sprinkle over fruit. Bake 30-40 minutes, until top is lightly browned and fruit is tender. Cool 10 minutes before serving. Enjoy alone or topped with your favorite vanilla non-dairy dessert. Keeps well in the refrigerator - consider making a large batch to enjoy for breakfast or to pack in your lunch box! Makes 6-8 generous servings. 🍷

A Little Soul-Food (from The Vegetarian Soul Food Cookbook)

Vegan French Toast

- 1 cup soymilk
- 1/2 cup whole wheat pastry flour
- 1 teaspoon vanilla
- 6 slices whole wheat bread
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg

First whisk together flour and salt. Then in a separate bowl combine soymilk, vanilla and oil. Pour the soymilk combination into the middle of the dry ingredients, whip, and let stand for 15 minutes. Now take a single piece of the bread and saturate both sides of it in the batter. Cook the bread on a lightly oiled, preheated griddle, cooking each side until brown (approx. 3 minutes on each side). Remove each piece of French Toast from the griddle and place on a piece of paper towel to soak up any excess oil. Sprinkle the cinnamon and nutmeg on top of the French Toast and serve with your choice of pure maple syrup or fresh fruit marmalade.

Remembering Ryan

(continued from page 4)

areas of business, financial management, sales, and marketing well beyond his years.

Even though he has been gone for just a while, our office seems somewhat incomplete. Our hope is to continue his spirit of service to our members, chapters, and supporters with the genuine concern, charisma, and care that he always did.

Twenty-five years isn't long in terms of human life. Not, that is, unless one has made the most of them. Ryan did just that. He never ceased to learn, or to love. And we are all the richer because of him. But why so soon? Not the best question to ask. Time is shorter than we think.

*"We know each other's daydreams,
And the hopes that come to grief.
For we write each other's obits,
And they're God almighty brief."*

Those are words by another Chicagoan. How true, how true.

On behalf of EarthSave International, we wish to express our deepest sympathy to Ryan's parents and siblings, to his many friends and especially to Michele. He enriched our lives as he did many others. Things will not be the same in the ESI office for quite some time. 🍷

Being Vegan

(continued from page 10)

heart bursting with compassion becomes that shaking angry fist. And in the end there is the ultimate knowledge that true veganism is impossible. That at the end of this path I am walking on there is not a destination, but instead a great mystery.

True non-violence is a question mark. For we live in a world where life inhales life. With my every footstep something is crushed. In the making of the bread I eat there is death, from the grain to the yeast. True non-violence, veganism at the end of it's thread, requires that we sit still, eat nothing, and cease to breathe. In doing so we kill a living organism that is just as beautiful and sacred as any other life force, and this, even in it's softness, is an act of violence. Here lies the last predicable conundrum of veganism. Here lies the mystery and the question, "how do I walk this walk, how do I live this life in love and peace?" Ultimately I know the mystery at the end of the path does not matter. I am many spirit miles from there anyway. What matters, as always, is the journey. The peace and joy in the unfolding of self that I find as I let go of violence one step at a time. The understanding of the magic in the mundane that I gain as I make choices that support and reveal the life force. What matters is that this lifestyle we call veganism asks the questions, not that it answers them. What matters is that it comes from, goes to, and believes in the soft unfolding of love. 🍷

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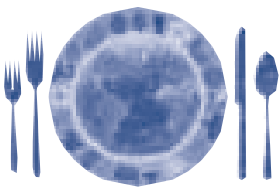
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Lecture sponsored by the Seventh Day Adventist Church. Info: Lisa Nash 804-785-2154. nashes7@aol.com

SAT. SEPT. 22 **TORONTO, CANADA**
Veg Festival - Info: Robert Putt robertcputt@hotmail.com 905-726-2405

SUN. SEPT. 30, 10am-7pm **LOS ANGELES, CA**
WORLDFFEST LA at Woodley Park in VanNuys, free admission. Totally vegan festival! Bands all day, food booths, cruelty-free & environmentally-friendly products, non-profit organizations & animal companion adoptions! John Robbins will also speak! For more info, and/or to volunteer or be a sponsor or have a booth: www.worldfestevents.com 619-584-6462 jeffrey@towardsfreedom.com

SUN. OCT. 14, 6pm **SYRACUSE, NY**
Info: Cristen Adolphi 315-593-0630 cnadolphi@hotmail.com

SAT. OCT. 20, all day **CHICAGO, ILL**
Conference for Conscious Living. John Robbins & Robert Cohen will also speak. http://chicago.earthsave.org

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WorldFest Los Angeles and the VegSource e-Vent Weekend!

Sept 28 to Oct 1, 2001

VegSource.com, owned by our own Jeff and Sabrina Nelson, is celebrating its 5th birthday with a weekend-long event of speakers, experts and fun in the LA sun!

Starting Friday night, Sept 28, Dr.Rob Hatherill, a research toxicologist at the University of California, Santa Barbara, will speak on “Eat to Beat Cancer” - also the title of his best-selling book - as attendees munch on the most delicious vegan Chinese food in Los Angeles!

Saturday, Sept.29, VegSource presents a day-long conference with famed veg researchers T.Colin Campbell, Ph.D., John McDougall, MD, and William Harris, MD. Dr.Campbell is world-renowned for his research on chronic degenerative diseases - particularly as they relate to nutrition, and will speak on “The Newest Frontiers in Nutrition” and “Lessons from China and Beyond.” After a delicious lunch catered from one of the oldest vegetarian restaurants in Southern California, John McDougall, MD will speak on “The Hazards of High Protein Diets.” William Harris, MD will follow Dr. McDougall, speaking on “Diet and Exercise as the Prime Determinants of Health.” Dr. Harris is an Emergency Department physician since 1963, and

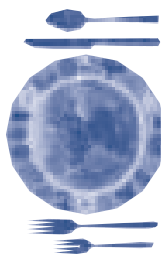


the Director of the Kaiser Permanent Vegan Lifestyle Clinic on Oahu until his retirement in 1998.

Sunday, Sept.30, is WorldFest LA - music, vegan food, fun in the sun! Admission is free to the biggest veg event west of the Rockies! Between 10 a.m.and 7 p.m. an anticipated 15,000 people will converge at Woodley Park for a day of veggie entertainment! WorldFest is a solar-powered celebration of life, people, animals, the environment, and social consciousness. It promotes healthy vegetarian, environmentally-friendly, cruelty-free products and services, as well as the lifestyle which supports them. Come visit hundreds of veg-friendly company booths, and get info on the veg lifestyle. There are arts and crafts, dog and cat adoptions, world-class music, food, children ‘s activities, fun and renowned speakers.

Speakers include John Robbins and Howard Lyman, and appearances by James Cromwell, Grace Slick, Casey Kasem, Alexandra Paul, Linda Blair and Miss World USA Natasha Allas (and many others pending!).

Many other veg experts and authors will be giving presentations! Mark your calendar! For full details, see www.vegsource.com/event



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