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Also Inside:

The Milk Letter



EarthSave
Healthy People Healthy Planet
SUMMER 2002



From The Chair

Dear EarthSavers,

Since its inception in 1989, EarthSave has promoted a diet that is healthy for people and the planet. We have provided reliable health and environmental information supporting a shift toward plant foods. And at the local level, we have supported people who want to make positive changes in their diets and in their lives.

In 2002, several organizations promote a plant-based diet, and there is an overwhelming amount of scientific data to support the environmental and health benefits of eating this way. In the words of Marion Nestle, chair of nutrition at NYU (see page 11 for a review of her new book), the benefits of a plant-based diet are “no longer debatable.”

If that’s the case, why are there not more people adopting this diet, and why doesn’t EarthSave have a million members? Our board of directors has been grappling with these challenging questions recently. One of the problems, as we see it, is approach. Some people and groups, while promoting a vegetarian diet, unintentionally scare people away. It’s easy when you’re eating the “ideal” and “most compassionate” diet to come across as judgmental to those who don’t eat the same way. Also, there is a tendency in humans to surround themselves with like-minded people. When this happens in vegetarian and vegan circles, it’s easy to forget how “the rest of the world” thinks and feels. And the more separated from the masses we become, the less likely we are to understand and feel compassion for people who think, live and eat differently than we do. And that ultimately leads to ineffectiveness in helping them make positive changes.

At EarthSave, we are embracing a new vision. We want to be known as “radically mainstream.” We envision a world where everyone eats less meat, dairy and eggs. We embrace people who are willing to eat no animal products, but we also support those who only want to go so far on the dietary continuum. Our founder, John Robbins, speaks frequently of EarthSave’s original vision “not to turn a few people into vegans” but rather to have the whole mass of humanity reduce its reliance on animal foods.

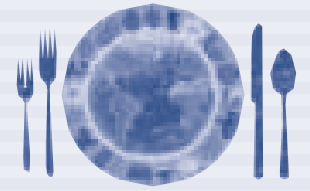
The environmental, health and economic implications of having everyone reduce their meat and dairy consumption by 10%-20% would be enormous. This realistic goal will be achieved when we passionately—but compassionately—engage in projects and educational campaigns designed to help people make positive changes.

To further that vision, we are introducing “Project Garden,” an EarthSave program in which we will get people—vegetarians and omnivores alike—to start organic gardens in their communities. Urban spaces will become more productive and beautiful. Participants will learn about the benefits (health and otherwise) of eating locally grown, organic produce. And kids who grew up thinking food grows in the fast-food restaurants will develop a connection with their food and with our amazing ecosystem that allows it to grow.

With programs like Project Garden (and other ideas in the making—such as feeding meatless meals to the homeless or to work crews at Habitat for Humanity sites), we can change the often negative perception of organizations that promote eating less meat. And once people have seen the good work—and the positive message we’re sending—more people will begin to transform their diets while simultaneously transforming the world.

In gratitude,

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



EarthSave
Healthy People Healthy Planet™

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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More than 35 chapters and branches - see page 4



On the Cover - Three generations of Robbinses — John (right), Ocean (left), Bodhi and River (stroller); also Jessica Simcovic (next to Ocean) and Randa, Willie and Nina Nelson.



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- **SUBMISSIONS** - Please visit our website at www.earthsave.org for information on submitting copy for publication in this newsletter or on the EarthSave website.
- **CUSTOMER SERVICE COMMITMENT** - Our staff and volunteers are dedicated to providing you with fast and friendly service as a member or friend of EarthSave. Information requests and thank you packets to new or renewing members are shipped within 7 business days, and calls/emails are responded to within 1 business day.
- **MEMBERSHIP DATE** - Please check your label for the expiration date of your annual membership. If the date is within the next quarter, this will be your last newsletter. We appreciate your support, and invite you to renew your membership today.

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Contents

Special Features

- 4 The Gimme 5 Challenge**
Grow EarthSave today!
- 5 Being Human in this World**
John Robbins' personal credo
- 6 World Bank Stops Funding Factory Farms!**
Bank closed to cattle ranchers
- 7 McDougall Diet Cures a Lupus Victim**
Vanessa Jones' inspiring story
- 11 Exposé From an Insider**
Book review: Food Politics
- 23 VegSource Conference Weekend**
Don't miss the veg party of the year!
- 24 EarthSave Summit**

Members

- 8 EarthSave, Vegetarianism & Me**
EarthSaver Don Robertson's personal journey.
- 10 EarthSave Wows New York City!**
A taste of the big apple

Food & Health

- 12 Your Food Choices can Save the Environment**
Factory farming is killing the earth
- 14 Barefoot Summer Barbecue**
Boy meets grill
- 16 The Milk Letter - Big White Lies**
Milk and ice cream -- "to die for," says surgeon

Columns

- 2 Letter from the Chair**
- 4 EarthSave Chapters Worldwide**



A Member For Life!

Consider joining or renewing with EarthSave at the \$1,000 or more level. Use the form on the back page of this newsletter, or call EarthSave today and renew by phone 1-800-362-3648.

The Gimme 5 Challenge!

EarthSave International is putting out a challenge to all chapters and members: grow EarthSave! If each EarthSave member brings in five new people, we'll be five times as big as we are now, and five times stronger, and five times more likely to achieve our aim of introducing more and more people to plant-based eating.

Bring in five new members and you'll receive a beautiful EarthSave t-shirt!

And be sure to tell each of your five to bring in five more!



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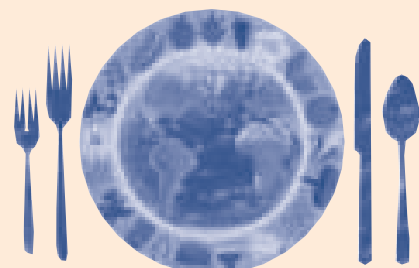
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EarthSave
Healthy People Healthy Planet™

Being Human in This World

A personal credo, by John Robbins

I am someone who works and prays for world peace. Perhaps you are, too. But our society is spending a billion dollars a day preparing for war.

I believe that inner peace is found when you love the world as it is, rather than faulting it for not living up to your expectations. I believe in forgiveness. I believe in accepting others for who they are. But I am part of a society that is spending far more on weapons of mass destruction and producing far more toxic waste than any other in the history of the world.

I believe in bringing a positive attitude to life. I believe that love is stronger than fear.

But our country now has more gun dealers than gas stations.

I have stood with my hand over my heart, pledging allegiance to this country and reciting the words “with liberty and justice for all.” I want this nation to be the land of the free. But today a greater proportion of U.S. citizens are behind bars than in any other country in the world. Many states now spend more money on prisons than on education.

I have been stirred to my core by the words and example of Dr. Martin Luther King Jr. I believe in this country’s promise of equal opportunity for all. But young black males now make up 6% of the population of this country, and 50% of its prison inmates.

I want to uphold the brotherhood and sisterhood of all people. I believe that how we treat each other says a lot about us as people. But how do you honor the dignity and inherent worth of every human being when shoe companies are paying basketball players \$20 million to endorse their shoes, while paying their workers 20 cents an hour to make them?

I believe that every child is a precious treasure. I affirm that all children deserve to be nurtured and protected. But in this rich and prosperous country more than 25% of all children are living in poverty.

I have been proud of my country. But today, among the world’s industrialized nations, our nation is No. 1 in billionaires—and No. 1 in children and elderly living in poverty. No. 1 in real wealth—and No. 1 in unequal wealth distribution. No. 1 in big houses—and No. 1 in homelessness.

I love the natural world and do my best to honor the living Earth. Perhaps you do, too. But even as many of us do what we can, the tropical rainforests are being destroyed so people whose cholesterol levels are too high can eat hamburgers a quarter-cent cheaper. Rainfall now often contains such high levels of pesticides that it would be illegal to sell as drinking water. And the tallest mountain on the East Coast is a garbage dump.

I draw great strength from my kinship with animals. Some of my best friends have had four legs. Perhaps you too have had a relationship with an animal that has enriched you as a human being. But much of our food today comes from animals raised in factory farms that resemble concentration camps.

There is so much pain and death in our times. This is not an easy time to be a person of conscience and feeling. It can be terribly hard today to stay in touch with your deep soul. It can seem all but impossible to keep your love alive. The world has a way of blowing relentless hurricane winds at our little flickering candles of faith.

This is what I have to say at this time in history. I stand here in the face of the anguish

of our time, and I affirm that it is possible to see it all, to gaze fully into the abyss, and yet not become bitter and broken.

I stand for this. We are not here to be defeated. Our hopes are not empty vessels holding no truth. I stand for this. Our dreams and prayers are rooted in something greater than the forces of death.

I stand for this. Our despair and fury at the world’s brutalities are part of our awakening. There is something mysterious taking place in this world that is part of our healing.

I stand for this. This world is not a tragic and terrible mistake. With all its flaws, it is still a sacred path to our destiny as human beings. There is horror and agony here, yes, and it can be overwhelming. But there are also infinite opportunities for new life, beauty, and the learnings of love.

Bitter winds are howling. Let them howl. We can shelter each other and put our little flames together. Maybe then we will find ourselves better able to face adversity. Maybe then we will find that the pain we feared would destroy us rather brings us back to what gives us life.

I stand for this. There are sources of joy here, and we are here to protect them and cherish them.

I stand for this. If we meet the world with eyes that do not flinch and hearts that are open, we will find ourselves capable of what is asked of us.

I stand for this. We who are alive, with breath in our bodies and love in our hearts, have much to be thankful for.

I stand for this. In our connection with each other we are more than strong and brave. We are humble enough to be human in this world.





New World Bank Position on Livestock

by Colin Campbell, PhD

Here is a brief summary on a very exciting development at the World Bank. I spent several years working on this project with a group at the bank who were interested in changing its policy of funding big projects for developing livestock feedlots in developing countries. The progress was slow and, at times, reversed. Now, there seems to be a firm new policy and I am delighted. (The real credit for this should go to a couple of nameless guys at the bank who took professional risks to invite me and others to become involved.) What made this project much more possible were the earlier publications of John Robbins, Les Brown at the World Watch Institute and others.



So, occasionally, it seems there is progress in this field and I don't mind publicizing it! The World Bank should be congratulated on its courage to establish this new policy. I think we can all take heart that we are heard from time to time.

Summary of New World Bank Strategy

The latest livestock strategy published by the World Bank involves some rather significant new directions for the bank. Although the publication came out in late 2001, in May 2002 there was an internal meeting in the bank to "launch" the strategy, and the following points were highlighted:

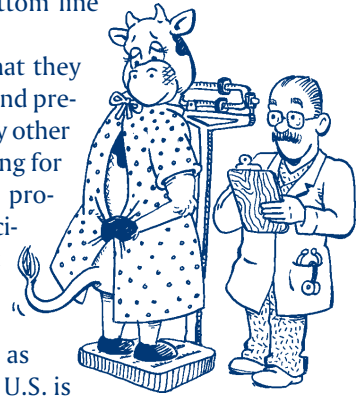
- The bank will not finance large-scale commercial, grain-fed feedlot systems, including milk, pork and poultry.
- The bank used to see for itself a role in supporting increased meat production, but no longer.
- The bank is not happy with the impacts of the "livestock revolution" on environment and equity.
- The four main challenges for the bank in the livestock sector are poverty reduction, environmental management, food safety and food security.
- Critical environmental problems are nutrient loading from industrial systems, and deforestation.
- A new offshoot in environmental management is animal welfare, about which the bank will have to start a dialogue with concerned groups. (Sounds like an invitation for some of you to get in touch with relevant bank people!)
- An "increasingly important issue" is the phase-out of poultry batteries and sow crates.
- The bank should support subsidies to improve animal welfare.

Colin Campbell is a nutritional biochemist from Cornell University.

Sign the "Test Cows Now" Petition

EarthSave International recently launched a campaign to force the United States government to test for mad cow disease in this country. You can help by going online to TestCowsNow.com and signing the petition—and getting other people to sign—adding your voice to those who want to safeguard the American consumer. EarthSave will be filing our own petition with the federal government, demanding that the USDA begin doing what should be its job of protecting the U.S. consumer, rather than the bottom line of the beef industry.

Specifically, we are requesting that they institute the same rigorous testing and precautionary measures that nearly every other democracy big or small has been doing for many months or even years. These programs would make it possible to scientifically determine whether or not the U.S. herd harbors mad cow disease. Without this testing, it is impossible and even dishonest to say, as the government maintains, that the U.S. is free of mad cow disease.



EarthSave Portland/Vancouver Promotes GE Labeling

For the last several months, EarthSave Portland/Vancouver has been instrumental in helping to collect signatures for the Oregon state petition to label genetically engineered foods. The campaign, sponsored by the Oregon Concerned Citizens for Safe Food, has collected 100,000 signatures, and Oregon will be the first state in the country to put this food issue on the ballot. On July 5, EarthSave Portland/Vancouver joined OCCSF and other supporting groups in presenting the petition to the Oregon Legislature.

In the ensuing months, EarthSave Portland/Vancouver will continue to educate the public on the hazards of GE foods and the importance of labeling GE foods so that consumers have an educated choice when they buy food. Corporations that promote and sell GE foods are expected to pour millions of dollars into the state to defeat the initiative. Other groups, such as Greenpeace and the Sierra Club, have promised to send sizable donations to OCCSF to help promote the initiative.



If you are interested in contributing to this campaign, please send your donation to Oregon Concerned Citizens for Safe Foods, PO Box 33628, Portland, OR 97292 (or e-mail Portland@earthsave.org for more information).



A Lupus Victim - Life Saved by the McDougall Diet

by Shirlene Jones

This is not a story about weight loss but a story about a miracle.

My 17-year-old daughter, Vanessa, tried to join the Air Force in October 2001. She passed everything but the urine test; she had too much protein in her urine. We then went to our family doctor, who sent her for several tests. She showed positive signs for lupus.

We were then sent to a pediatric nephrologist, who looked at her records, then looked at her and said, "Vanessa has lupus nephritis and I want to put her in the hospital to do a kidney biopsy tomorrow." When we went to the hospital, they started her on 60 mg. of prednisone and Norvasc, a medicine for high blood pressure.

The World Health Organization (WHO) has classified kidney tissue disease into five categories. Vanessa's biopsy was categorized a 4, one category before dialysis is needed. Once a kidney reaches this point, there is little hope for it to get better. It can be stabilized, but often progresses to a category 5, dialysis, and then a kidney transplant.

Vanessa was next required to take Cytoxan (cyclophosphamide), a drug used in stronger doses for chemotherapy treatment of cancer patients. This drug could cause bleeding of the bladder and sterility, among the possible side effects. Vanessa was to go to the hospital once a month to have this drug administered for six months, and then another biopsy was to be performed to determine the next plan of action.

Meanwhile, my husband had been taking blood pressure medicine for over a year and was just put on a sugar pill for diabetes. In January

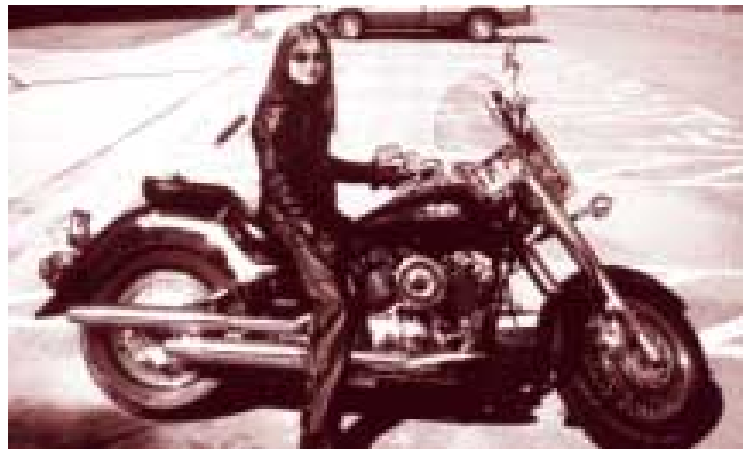


Vanessa Jones

2002 a friend of mine gave me the book "McDougall's Medicine—a Challenging Second Opinion."

As I read this book I saw that it would not only help my husband but also Vanessa. As my husband and I did more research, we became convinced this was worth a try. Now, not only does my husband no longer take any medications, but Vanessa's second biopsy was between a category 1 and 2. The doctor has never seen this happen and is now in the process of reducing the prednisone and has discontinued the Cytoxan.

Vanessa works full time and enjoys riding her Yamaha 650 V-Star. We have found that all of the recipes in McDougall's "Quick and Easy" cookbook are wonderful. I have not found even one we did not like.



About Lupus

by John McDougall, MD

The Lupus Foundation of America Inc. says, "Fad diets, advocating an excess or an exclusion of certain types of foods, are much more likely to be detrimental than beneficial in any disease, including lupus."

It is a good thing Vanessa and her mother did not read this first—otherwise she would likely be tied to a dialysis machine for life and heading for a premature, painful death.

I find it hard to understand what motivates people, like those from the Lupus Foundation, to make such statements, especially when the current scientific information does not support their negative position. Lupus is a disease of people living in Western countries, consuming the American diet. For example, lupus is rare in rural Africa—the first case of lupus was described in Africa in 1960; by contrast, today in the United States, African Americans have the highest incidence of lupus of any subpopulation—reflecting the differences in diet in these genetically similar people.

Animal studies show diet will cause and cure this disease, and there have been case reports of people cured of lupus with a healthy diet.

Lupus involves the whole body, including the immune system. In sensitive people, food proteins (usually animal proteins) enter the bloodstream through a "leaky gut." The body makes antibodies to these foods proteins. Unfortunately, the antibodies do two things that cause problems:

1. Antibody-antigen complexes are formed that persist and become stuck in the skin, joints, and/or kidneys, causing an inflammatory reaction (like splinters of wood stuck under the skin);
2. Antibodies are made to these foreign food proteins that also attack the person's own tissues (skin, joints, kidneys and other tissues).

By both mechanisms the tissues become inflamed, eventually die and are replaced by

nonfunctioning scar tissues. People with lupus commonly suffer with a characteristic "butterfly rash" on their face, severe deforming arthritis and nephritis of the kidneys. Traditional medical treatments fail to arrest this disease. A healthy, pure-vegetarian, low-fat diet will dramatically benefit and often cure people of this disease—as in Vanessa's case.

Approximately 1.5 million people in the U.S. suffer from lupus—you must know someone you can help. The same applies to other forms of inflammatory arthritis.

Even though these results do not occur with everyone, they are typical for people who make the diet and lifestyle changes of the McDougall Program.

For more information, contact the McDougall Program by phone at (800) 941-7111 or (707) 538-8609, by e-mail at office@drmcDougall.com, or check the Web site at <http://www.drmcDougall.com/>



EarthSave, Vegetarianism and Me

by Don Robertson

Like so many other small children, I was disheartened when I first learned, from my mother, that we kill animals so we can eat them. I found that news hard to reconcile with the notion that animals are our friends. I mean, you don't kill your friends and eat them, do you?

But I balked at the prospect of challenging the wisdom of my parents at that age (around 3). And I ate the meat my mom cooked for me, and even enjoyed it.

Still, I held a special place in my heart for vegetarians. I admired their willingness to go out of their way to do something to help animals each day. And one day, as I witnessed the warmth, affection and powerful bond between a dairy cow and her young calf, I thought to myself, "Maybe one day I could be vegetarian."

Another 33 years would pass before that idea became a priority for me. My wife and I, both animal lovers (with two horses, two cats and three dogs) became members of the Humane Society of the United States. And occasionally, we received literature and pictures that showed the conditions on modern intensive-confinement animal farms that produce nearly all of the chickens, pigs and veal calves raised for food in the U.S.

The pictures showed farms that didn't look like farms. They looked more like filthy concentration camps. And the photos showed that the animals were simply being warehoused and crammed into tiny spaces, with little or no consideration of their natural impulses, preferences or needs.

And the more I learned about modern animal agriculture, the more I thought about not wanting to support that industry with my food purchases. So when my wife mentioned that she had gotten to know a vegetarian couple, I was eager to borrow some literature from them. I did some library research as well, and what I learned amazed me: Not only is a vegetarian diet better for animals, it's healthier for people and for the planet, as well. The evidence is overwhelming.

In the 1980s, the U.S. Surgeon General and

National Academy of Sciences each did independent studies on all of the nutritional research that had been done in the previous 50 years, and their conclusions were very similar. They pointed out the connection between the typical American high-fat, high-cholesterol diet and cardiovascular diseases, adult onset diabetes, obesity, kidney disease and several cancers. According to the Surgeon General, 68% of the deaths in this country each year are diet-related. And at the top of his list of recommendations was to eat more fruits and vegetables.

By far, the most common killer in this country, heart disease, as with other circulatory problems, is clearly understood to be caused by buildups on the walls of the arteries. These deposits consist of saturated animal fats and cholesterol. Plant foods, of

course, are generally low in fat and contain no cholesterol. So it shouldn't surprise us to see that the world health literature shows that heart disease is virtually unknown in populations with a plant-centered diet. But interestingly, we can see a marked increase in heart disease and other forms of degenerative illness when members of other cultures adopt the American way of eating.

Another key study is the massive Cornell/Oxford/China Health Project. The New York Times called it "the Grand Prix... the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease... tantalizing findings." The research involved repeatedly monitoring 329 health factors in each of the 6,500 participants. A nutritional biochemist from Cornell University, Dr. T. Colin Campbell, who directed the project, mentioned that the collected data strongly suggest that there are dietary links to those diseases already mentioned. And he added others to the list, most notably osteoporosis (brittle bone disease). And Campbell sees the consumption of animal protein, rather than total fat, as the chief culprit in these diseases of affluence.

He concluded that the study shows "that the vast majority, perhaps 80%-90%, of all cancers,

cardiovascular and other forms of degenerative illness can be prevented, at least to a very old age, simply by adopting a plant-based diet." And he further advises that the fewer animal products we eat, the healthier we will be.

The health and humanitarian issues were more than enough to convince me of what I needed to do in my own life, but I found an equally compelling reason to shift toward a veggie lifestyle when I found out how wasteful animal farming is. On cattle feedlots, 16 pounds of corn and soybeans are used to produce one pound of edible flesh. So, in comparing the resources used to produce meat to those required to grow plants (grains for human consumption), we see a huge disparity. The meat-centered diet requires 16 times the amount of resources. That means 16 times the amount of land, water, fertilizer, pesticides, herbicides and fuel for farm machinery, to mention just part of the waste.

The same piece of land currently required to feed one person on the standard American meat-based diet could feed seven on a totally plant-based diet. So you can begin to see the kind of implications this has for world hunger. A very famous vegetarian by the name of Albert Einstein said something that might help us put these issues into proper perspective: "Nothing will benefit human health or increase chances for survival of life on Earth as much as the evolution to a vegetarian diet."

It became very clear to me that this information was powerful stuff, something that could make a huge difference for all life on Earth. So I continued to read and attend lectures and conferences on vegetarian nutrition and animal agriculture. And I talked; I talked with anyone willing to listen, and to a great many who weren't. And I know now that I made a nuisance of myself. But I had "seen the light."

I gradually discovered (it actually took me about five years) that preaching to people was not an effective way to spread my message. What I was doing was not working! My first marriage had recently ended and the rest of my life wasn't going all that well, either. So I decided it was time to stop focusing on others and work on myself.

I enrolled in a series of personal growth seminars and learned a lot about myself. One of the best things I learned was that good





communication is a lot more about listening than talking. And I got more in touch with my emotions and discovered the value of listening from the heart, rather than the head. The people we talk with don't always want solutions; sometimes they just want to be heard.

As I continued to learn about myself and about life, it became clear that educating and inspiring others about healthier and more compassionate lifestyles was one of my greatest desires. And I thought my musical, writing and speaking abilities were a good fit, so I continued to learn about vegetarianism, on my own and by attending some of the national veggie conferences. At these events, I always felt the most in tune with the speakers who represented EarthSave, such as Dr. Michael Klaper, and EarthSave's founder, author John Robbins.

Robbins' "Diet for a New America" is one of the most inspiring books I've ever read. In his thorough and extremely well-documented Pulitzer-nominated work, he turns our attention to the health, ecological and humane problems stemming from the profound turn our society (and developing nations that follow our example) has made toward dependence on animal products for food. And with a kind and gentle voice, he points to a better way for America and for us all.

"Diet for a New America," published in 1987, was so well-received that he got 50,000 letters, many from people who wanted to know how they could help spread his important message. And that is what led Robbins in 1989 to form the nonprofit educational group EarthSave.

EarthSave's mission is to "promote food choices that are healthy for people and for the planet. We educate, inspire and empower people to shift toward a plant-centered diet and take compassionate action for all life on Earth."

There are 28 active chapters across the U.S., and several in other countries, including Australia, Canada, England and Germany. Most chapters are operated by volunteers and offer monthly vegetarian potluck meals that feature a speaker or video.

The Baltimore chapter, which my wife, Ginny Robertson, and I started five years ago, is going strong. We have vegan potluck lectures at our home in Lutherville the second Saturday of every month, which usually attract 30 or more.

But EarthSave is far from being a club for vegetarians. We make a special effort to welcome anyone who would like to learn a healthier way of eating. EarthSave's focus is on a direction, not perfection.

My point is that the improvement that could be achieved for our world through the absolute purification, or perfection, of every vegetarian or near-vegetarian is minuscule compared with the good that would be served by just a 10% average reduction of meat consumption. It is estimated that such a reduction could free up enough land, water and other resources to feed 100 million people—the approximate number now threatened by starvation.

So we at EarthSave Baltimore go on with our work. We welcome many new people to our events, including many nonvegetarians. Our volunteers notify 200 people by phone and another 300 by e-mail for all events. The potluck meetings offer free literature, a bookstore and a library for members. Also featured are awards for the favorite dish of the evening. The lecture

topics usually involve either vegetarian nutrition or the psychology of making lifestyle changes. Those who attend tell us they find the events enlightening, inspiring and fun.

"It became very clear to me that this information was powerful stuff, something that could make a huge difference for all life on Earth."

I also enjoy providing free EarthSave information at various fairs, and frequently offer my services without charge as a public speaker. I really appreciate the opportunity to inform people about the power of our plates.

As I look back, I can see that my decision to go vegetarian and, a year later, vegan were huge

steps toward bringing my actions into alignment with my beliefs. And what it took for me, more than anything else, was information that served as a reminder and helped me get in touch with what I already knew on a very deep level. Vegetarianism is a wonderful way to acknowledge my connection with all of life. And it has affirmed for me that I'm not alone. I'm not separate, as I once thought. We're all in this life together, connected and supported in ways we've hardly imagined.

Shifting toward a plant-centered diet is a powerful, powerful way to love this planet and all those who share it. Perhaps it could be your way.

Don Robertson is the founding director of EarthSave Baltimore. He recently retired after 30 years in auto assembly with General Motors, and lives in Baltimore with his wife, Ginny, who plays a strong supporting role in the EarthSave group. Don is available for speaking engagements, contact earthsaverdon@hotmail.com.

Join the ES Newslist!

EarthSave International has a new service for keeping members up to date on information and developments of interest to them. Just go online to EarthSave.org and subscribe to the EarthSave Newslist, an announcements-only list for distribution of news and write-ups on ESI issues.

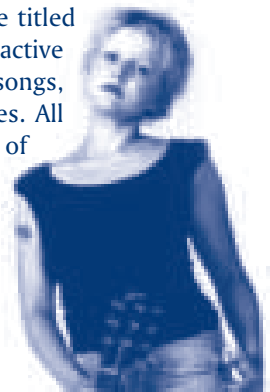
So spread the word to your chapter members who have e-mail. The new EarthSave Newslist is just another tool to keep our ES community informed.



A Little EarthMusic

In the past we've told you about EarthSave member Heidi Howe, an award-winning musician who wrote a song about the EarthSave message titled "Food Without a Face." It's part of an interactive CD that also includes two other original songs, earth-friendly coupons and vegetarian recipes. All profits of her "Food Without a Face" tour of the U.S. and Canada benefit EarthSave International.

Visit her Web site at www.heidihowe.com to find out more about Heidi and buy her CD. You'll please your ears and help EarthSave at the same time.





The Goddess of Good Health Visits Vancouver's Plaza of Nations

by Justis Raynier and Karl H. Losken

EarthSave Canada's fourth Taste of Health and healthy food festival had a taste for everyone, drawing an audience of 3,000 committed vegetarians and the curious.

The Plaza of Nations venue featured a waterfront, glass-roofed exhibition hall and a 500-seat auditorium. Howard Lyman and John Robbins spoke twice to enraptured audiences. Loren Lockman presented a compelling and persuasive lecture on raw food diets, and registered dietitian Jane Thornthwaite took the audience through a detailed analysis of the pitfalls of the high-protein diet.

Entertainment and music created a happy atmosphere. All-day cooking demonstrations included nutritional advisors. Sally Errey and Joe Forest were well-received and generated a lot of interest. There was a spirited dance and music performance by the Khalsa School, a local Sikh grade school. A kiddies corner drew interest, and the Peruvian pan flute performer soothed minds and ears. The video room was yet another popular attraction. The store where book-signing took place did a brisk business, selling out of several books featured for the day.

Canada EarthSave presents all of this free to the public. There is no charge to enter or to hear the speakers. We charge \$2 per taste (it is much more than a taste) at the restaurants, and almost all of the corporate sponsors give free samples of the products they are promoting, plus visitors can buy those products to take home. We try to limit our corporate sponsors to those providing wholesome vegetarian food products, along with related environmental and animal-welfare ideals. We also invited several local environmental groups to set up booths, to broaden the educational aspect of the event.

Our information booth provided all the free information you could gather on the advantages of a plant-based diet.

We had a very successful day, gaining many new members and influencing many hundreds of others.

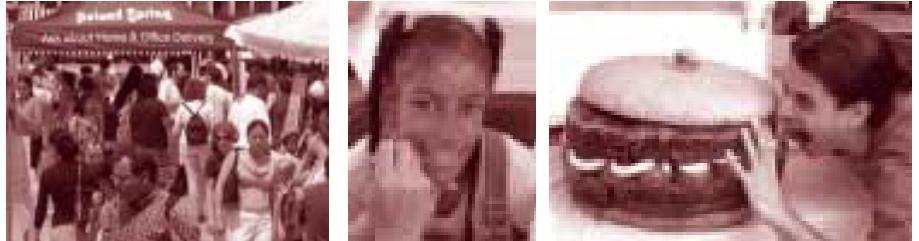
Our corporate vendors got added bonuses when the local newspaper ran a feature article on the Taste of Health the next week and CBC radio conducted an interview with John Robbins.

It is amazing what a small group of dedicated people can do. Each Taste of Health presentation depends entirely on the board of directors of EarthSave Canada and the very supportive volunteers of EarthSave, without whom the event would not happen.

The cows, pigs, fish and chickens thank the volunteers and exhibitors; and the goddess of good health gives thanks for making a huge difference in so many lives.

EarthSave Wows the Crowd at Lincoln Center

by Dan and Laura Balogh



When one thinks of Lincoln Center, one thinks of the mellifluous voice of Pavarotti, the poetry of the New York City Ballet and the grandeur of the New York Philharmonic. But on June 22, 2002, those at Lincoln Center were thinking of only one thing—transitioning to a vegan diet! Like an alien spaceship descending upon a perplexed populace, EarthSave NYC descended on Damrosch Park. And from 10 a.m. to 7 p.m., despite the stifling humidity and searing sun, thousands of curious New Yorkers flocked through the gates of Taste of Health, exposing themselves to the power of the fork—to shape the health of our bodies, our planet and our animal friends.

At the entrance to the event, visitors were greeted by enthusiastic EarthSave volunteers who handed out free goodie bags stuffed with the generous contributions of many corporate friends. Also on hand to say hello were Penelo Pea Pod of New York's VivaVeggie Society and several other "fruits" and "vegetables" who guided folks toward the park from the sidewalks of Columbus Avenue.

The day was jam-packed with fun and exciting activities, such as cooking demos, fascinating speakers, and environmentally friendly merchandise. No one attending would ever again say that vegan food was bland: at least 20 vendors and exhibitors sold and sampled delicious treats—Ethiopian, Indian, Chinese, Korean, raw and good old American! The folks at Ms. Cow's Vegetarian Catering even brought the world's largest veggie burger, which was eventually cut up for free samples.

Among the highlights of the day were musical numbers inspired by food, such as those sung by the lovely Caryn Hartglass (who also happens to be the EarthSave NYC president, as well as a professional opera singer!). Caryn sang songs from "Sweeney Todd" and "The Fantasticks"—now she can tell all her friends she sang at Lincoln Center!

Joel Fuhrman, M.D., one of our nine speakers of the day, discussed "The Greatest Diet on Earth" (veganism, of course), and Congressman Dennis Kucinich of Ohio talked about environmental issues and the role our government must play in improving the Earth's atmosphere. Other speakers included Michael Greger, M.D., and EarthSave Long Island President Bob DiBenedetto.

There was even a Kids' Corner for the fledgling vegans in the crowd, which featured educational games and activities such as face-painting. In the midst of it all stood the EarthSave NYC booth, which provided information on the benefits of being an ES member, sold raffle tickets for local vegan restaurants and encouraged folks to take the VegPledge.

Many other exhibitors also provided free informative literature, including Faunavision, who brought a "Faunette" and showed Tribe of Heart's heartrending video "The Witness," among others. Stray From the Heart, a no-kill animal shelter, brought some adorable, adoptable pooches, as well as important literature about the organization.

New Yorkers left with their bellies full, their heads spinning and their arms literally bursting with important information. When the sun rose the next morning, one could imagine that thousands of New York families were flipping through EarthSave literature, beginning to realize the amazing importance of our food choices—perhaps even forsaking that bacon and egg for breakfast.

And if you think this year's Taste of Health was great, just wait until next year!



Exposé From a Food Policy Insider

Food Politics: How the Food Industry Influences Nutrition and Health,

by Marion Nestle, Ph.D., M.P.H.
469 pages, University of California Press,
March, 2002
book review by Jeff Nelson

Marion Nestle's "Food Politics" is not like "Fast Food Nation," or John Robbins' books such as his recent "The Food Revolution," or Frances Moore Lappe's works including her "Hope's Edge." Unlike these books, "Food Politics" doesn't take a strong ethical or emotional stance on food issues.

What it does do is quietly and systematically, with the careful scholarship of a master academician, show how the U.S. food industry works relentlessly to get you to eat more. And how very often it is the worst foods, the least healthy foods, the foods lowest in essential nutrients and highest in fat and sugar, that get promoted the most.

Nestle is an insider, part of the establishment. She managed the editorial production of the first, and as yet the only, Surgeon General's Report on Nutrition and Health. She says that on her first day on the job, "I was given the rules: No matter what the research indicated, the report could not recommend 'eat less meat' (because) the producers of foods that might be affected by such advice would complain to their beneficiaries in Congress, and the report would never be published."

No subsequent report has appeared, even though Congress passed a law in 1990 requiring that one be issued every two years. Why? The answer, according to Nestle, is food politics. She points out that "saturated fat and trans-saturated fat raise risks for heart disease, and the principal sources of such fats in American diets are meat, dairy, cooking fats, and fried, fast, and processed foods." Any advice of federal policies that sought to decrease consumption of these foods would cause the sellers of these foods "to complain to their friends in Congress."

One of the strengths of "Food Politics" is Nestle's description of the deliberate use of young children as sales targets. Children are eating too much of the wrong kinds of foods. Obesity rates are skyrocketing. And the food industry is spending billions to keep kids hooked on junk foods. In 1997, U.S. children obtained no less than 50% of their calories from added fat

and sugar.

Nestle points out that soft drink companies unapologetically name 8- to 12-year-olds as marketing targets. McDonald's produces commercials, advertisements and a Web site aimed specifically at children 8 to 13. Quaker Oats happily spends \$15 million to promote sales of its heavily sugared Cap'n Crunch cereal to children. "Teletubbies," the public television program for toddlers, was first sponsored by Burger King and later by McDonald's. Meanwhile, only 1% of U.S. children regularly eat diets that even resemble the recommended proportions of the food pyramid.

In 1987, researchers counted 225 commercials on major television network channels during Saturday morning hours. In 1992, the number had increased to 433. By 1994, the number had grown to 997.

And these ever-increasing ads are hardly for healthy foods. The vast majority are for hamburgers, candy bars, fast food, soft drinks, cookies, chips and heavily sugared breakfast cereals. Researchers could not find a single commercial for fruits, vegetables or whole wheat bread.

Meanwhile, schools are being converted into vehicles for selling foods high in calories but low in nutritional value. One of the most deplorable examples is "pouring rights"—large payments from soft-drink companies to school districts in return for the exclusive right to sell that company's products in every one of the district's schools.

Soft-drink companies have for years sold their products on school and college campuses through vending machines. But "pouring rights" represent a major step forward in the campaign to encourage kids to drink more, much more. From 1985 to 1997, Nestle points out, school districts increased their purchases of soft drinks by a staggering 1,100%.

The marketing strategy is effective. The soft-drink companies make large lump-sum payments to school districts and additional payments for five to 10 years. In return, the companies get more than exclusive rights to sell their products in school vending machines and at all school events. They get to turn schools into advertising vehicles for their products. The agreements, says Nestle, "result in constant advertising through display of company logos on vending



machines, cups, sportswear, brochures and school buildings. In this manner, all students in the school, even those too young or too difficult to reach by conventional advertising methods, receive constant exposure to the logos and products. The use of a single brand is designed to create loyalty among young people who have a lifetime of soft drink purchases ahead of them."

Soft-drink companies are putting vending machines into schools with younger and younger children, and they are putting larger and larger bottles in the machines. By 2001, soft-drink companies were routinely placing 20-ounce bottles in school vending machines. In addition, says Nestle, they are vended in portable screw-top plastic bottles that permit sipping throughout the day rather than downing in one gulp. This last feature particularly distresses dental groups alarmed about how the sugar and acid in soft drinks so easily dissolve tooth enamel.

How do the companies justify their practices? A spokesman for Coca-Cola argues that his company "makes no nutritional claims for soft drinks" but they can be part of a balanced diet. Our strategy is we want to put soft drinks within arm's reach of desire, and schools are one channel we want to make them available in." As far as government efforts to restrict such marketing practices, "We question whether there is a need for 'Big Brother' in the form of USDA injecting itself into decisions when it comes to refreshment choices."

"Food Politics" is a scholarly work. Reading it, you don't often get a feel for Nestle's own personal beliefs. She doesn't discuss her own diet. She's not a muckracker. She is an honest, sincere and knowledgeable person working to change the system from the inside. "Food Politics" is an academically scrupulous account of how the food industry in the United States controls government nutrition policies. It's important and eye-opening reading for anyone looking to make intelligent and informed food choices.

Marion Nestle has been professor and chair of the department of nutrition and food studies at New York University since fall 1988. Her degrees include a PhD in molecular biology and an MPH in public health nutrition, both from the University of California at Berkeley. Visit her site: FoodPolitics.com

How our food choices

The Union of Concerned Scientists says there are two things people can do to most help the environment. The first is to drive a fuel-efficient automobile (that means, not an SUV or a truck) and live near where we work. The second is to not eat beef.

I'm going to go one step farther than UCS: I suggest that you refuse to eat any animal or animal product produced on a factory farm. And I'm going to tell you why.

In 1990, when I first read that 10 people could be fed with the grain that you would feed a cow that would be turned into food for one person, I was impressed. But I was not moved. The reason: If 10 people would be fed because I gave up meat, I'd give it up. But, I thought, if I give up meat, it won't have that impact: it probably won't have any impact on anything at all, except me.

I was wrong. If I had known that for every pound of beef I did not eat, I would save anywhere from 2,500 to 5,000 gallons of water, I would have been moved. It's a good idea to save water; we are depleting our underground aquifers faster than we are replenishing them. The largest one, the Ogallala, which covers a vast part of the country from the Midwest to the mountain states, is being depleted by 13 trillion gallons a year. It is going to run out. Northwest Texas is already dry. They can't get any water from their wells.

John Robbins points out that in the 1980s and 1990s, to conserve water, most of us went to low-flow showerheads. If you take a daily seven-minute shower, he says, and you have a 2-gallon-per-minute low-flow showerhead, you use about 100 gallons of water per week, or 5,200 gallons of water per year. If you had used the old-fashioned 3-gallon-per-minute showerhead, I calculate you would have used 7,644 gallons of water per year. So by going low flow, you saved almost 2,500 gallons of water per year. Wonderful. But by giving up one pound of beef that year, you'd save maybe double that. You'd save more water than you would by not showering at all for six months! And that's just one of the environmental impacts you'd have.

The modern factory farming system is a prolific consumer of fossil fuel and a prolific producer of poisonous wastes. Up to 100,000 animals are herded together on huge feedlots.

These animals do not graze on grass, as picture books tell us; they can't graze at all. Feedlots are crowded, filthy, stinking places with open sewers, unpaved roads and choking air. The animals would not survive at all but for the fact that they are fed huge amounts of antibiotics. It is now conceded that the antibiotics fed to cattle are the main cause of antibiotic resistance in people, as the bacteria constantly in these environments evolve to survive them. The cattle are fed prodigious quantities of corn. At a feedlot of a mere 37,000 cows, 25 tons of corn are dumped every hour. It takes 1.2 gallons of oil to make the fertilizer used for each bushel of that corn. Before a cow is slaughtered, she will eat 25

Every second of every day, one football field of tropical rainforest is destroyed in order to produce 257 hamburgers.

pounds of corn a day; by the time she is slaughtered she will weigh more than 1,200 pounds. In her lifetime she will have consumed, in effect, 284 gallons of oil. Today's factory-raised cow is not a solar-powered ruminant but another fossil fuel machine.

And she will produce waste. Livestock now produces 130 times the amount of waste that people do. This waste is untreated and unsanitary. It bubbles with chemicals and disease-bearing organisms. It overpowers nature's ability to clean it up. It's poisoning rivers, killing fish and getting into human drinking water. 65% of California's population is threatened by pollution in drinking water just from dairy cow manure. It isn't just cows that produce this waste. Factory-raised hogs produce four times the waste in North Carolina as the

6.5 million people of that state do. Even the oceans are polluted: 7,000 square miles of the Gulf of Mexico are a dead zone.

There are more environmental impacts. Cattle don't spend their entire lives in feedlots. When they are young, they graze. Where do they graze? Well, more than two-thirds of the land area of the mountain states are used for grazing. 70% of the lands in western national forests are grazed; 90% of Bureau of Land Management land is grazed. These are public lands, lands that President Clinton didn't even try to save. These lands are trampled by the cattle, compacting the soil. When it rains, the land doesn't absorb the water. Instead, it runs off, taking away topsoil, forming deep gullies and damaging streambeds. The government protects the cattle by killing off any creature that might threaten the livestock. They poison, trap, snare, den, shoot or gun down the wildlife. Denning, by the way, is the practice by federal agents of pouring kerosene into the dens of animals and setting them on fire, burning the young animals alive in their nests. According to Robbins, agents kill badgers, black bear, bobcats, coyotes, gray fox, red fox, mountain lions, opossums, raccoons, skunks, beavers, porcupines, prairie dogs, blackbirds, cattle egrets and starlings using these methods. These activities take place on public lands, which were created in large part to protect the environment! Your tax dollars subsidize these activities.

I'm not done yet. We in the United States do not get all of our beef from the West. We import more than 200 million pounds of beef from Central America alone. Every second of every day, one football field of tropical rainforest is destroyed in order to produce 257 hamburgers. Every time you destroy rainforest land, you destroy rich plant and animal life, varieties of life we don't even understand, and forms of which may provide the medicines we need to cure disease. Rainforests supply us with oxygen. They moderate our climates. When rainforests are destroyed, it's only a matter of time before the land becomes desertified. Rainforests absorb some of the carbon dioxide we are spewing into the atmosphere.

We humans have increased the amount of carbon dioxide in the atmosphere by 25% com-

can help save the Environment

by Steve Boyan, PhD

pared with any other period when humans were on this planet. Most of that has taken place in the last 50 years. The Intergovernmental Panel on Climate Change, consisting of some of the best scientists in the world, says global warming is a fact. If uncontrolled, we will have ecosystem collapses, crop failures, weather disasters, coastal flooding, the spreading of previously controlled diseases, the death of coral reefs and new insect pests. Some of these things are starting to happen already. Coral reefs are dying. Insect pests are spreading out of their range and killing off new kinds of trees. Weather patterns are changing. Some places have had extreme weather events, with billions of dollars of losses. Some island people have had to abandon their islands because rising seas have salinated their underground aquifers.

Carbon dioxide is largely produced by the burning of fossil fuels, especially coal, and especially our use of inefficient vehicles for transportation. But not often mentioned is the fossil fuel used to raise farm animals. As I said earlier, a factory cow is a fossil fuel machine, not a solar-powered ruminant whose wastes fertilize the fields to produce more grass for the cow to eat. When you eat beans, for example, you use 1/27 the amount of fossil fuel to produce a calorie of energy as you do when you eat beef. You get the same food energy producing only 4% of the carbon dioxide that a person eating beef does. Another fact we don't talk about: cattle produce almost one-fifth of global methane emissions. Cattle fart. Big time. Their gas is methane. Methane is actually 24 times as potent as carbon dioxide in causing climate chaos.

There's another major environmental consequence of our factory system of animal raising: that's the matter of species extinctions. It is true that species die off all the time. Normally, the Earth has lost 10 to 25 species per year. But in the billions of years of life on this Earth, we have had five periods of major extinctions; the last one was 67 million years ago, when, possibly because of a meteor colliding with the Earth, we lost the dinosaurs. But now there's a sixth extinction, and it is not caused by a meteor, but by human beings. And this is a big one; we are losing several thousand species per year, and maybe tens of thousands.

We think of mammals that are endangered, and 25% of mammalian species are endangered. But what's much more endangered, or wiped out already, are the plants, including varieties of plankton, fungi, bacteria and insects, that are fundamental to all so-called higher forms of life. All life will unravel if these creatures are wiped out.

The driving force behind all these extinctions is the destruction of wildlife habitat, especially the rainforests. The driving force behind the destruction of the rainforests is livestock grazing. The leading cause of species in the United States being threatened or eliminated is livestock grazing. A 1997 study of endangered species in the southwestern United States by the Fish and Wildlife Service found that half the species studied were threatened by cattle ranching.

You and I cannot change all this. We are not going to be able to get a bill through Congress outlawing factory farming. Yet EarthSave as an organization believes we can still have a dramatic effect: We believe that you can protect your health and protect the environment one bite at a time.

Let's review what I've said here: By not eating beef—and other farm animals as well—you:

- save massive amounts of water – 3,000 to 5,000 gallons of water for every pound of beef you avoid,
- avoid polluting our streams and rivers better than any other single recycling effort you do,
- avoid the destruction of topsoil,
- avoid the destruction of tropical forest,
- avoid the production of carbon dioxide. (Your average car produces 3 kg/day of CO₂. To clear rainforest to produce beef for one hamburger produces 75 kg of CO₂. Eating one pound of hamburger does the same damage as driving your car for more than three weeks);
- reduce the amount of methane gas produced. (I imagine the next bumper sticker: *stop farts, don't eat beef*);
- reduce the destruction of wildlife habitat, and
- help to save endangered species.

That's a pretty good day's work, for just what you don't put in your mouth.

Steve Boyan PhD recently retired from his post as a political science professor at University of Maryland, Baltimore County. He has published two books on environmental issues





Barefoot Summer Barbecue

Whatever the weather is doing in your neck of the woods, the calendar says it's summer. To help you enjoy it, here are some seasonal recipes from vegan chef Bryanna Clark Grogan.

Bryanna's Best-ever Tofu "Burgers" makes 6 large "burgers"

This "burger" has the chewy texture and juiciness associated with a truly good burger. In this recipe, frozen tofu provides the chewiness and the dark marinade lends a "meaty" flavor and moist juices. It's not really a "burger," since it consists of a slab of marinated tofu, but no matter—it's good!

2 lbs. medium-firm or firm tofu, frozen at least 48 hours

Marinade:

- 1 & 1/2 c. water
- 2 T. soy sauce (regular or mushroom)
- 2 T. ketchup
- 2 tsp. Marmite, Vegemite or other yeast extract (gives a "beefy" flavor)
- OR 4 tsp. red or dark miso
- OPTIONAL: 1/2-1 tsp. liquid smoke
- 1/4 tsp. garlic granules
- 1/4 tsp. dried oregano
- 1/4 tsp. dried basil
- 1/4 tsp. onion powder
- OPTIONAL: gravy brownener (for color—or use dark or mushroom soy sauce instead of regular soy sauce—see above)

Thaw the tofu. Slice each pound block into three thick slices. Place the slices on a cookie sheet covered with a couple of clean, folded tea towels. Cover the slices with more tea towels and another cookie sheet. Weigh this arrangement down with something heavy for 15-20 minutes. Now the tofu slices are ready for marinating.

Mix the marinade ingredients together and pour over the prepared tofu slices in a shallow container in one layer. Cover and let marinate for several hours or days.

Just before serving, pan-fry on a lightly oiled heavy skillet or nonstick skillet over medium-high heat until browned on both sides. Or cook on an indoor grill. Serve on buns with all the trimmings.

The next two recipes use skewers. You can purchase bamboo skewers in most large supermarkets or hardware stores, or in Asian grocery stores or cookware shops. 15 minutes before threading the food on the skewers, soak them in water to prevent burning.

Bryanna's Vegan Peruvian "Anticuchos" (ahn-tee-koo-chohs) (Kebabs) - serves 6

Anticuchos are the "hot dogs" of Peru—served at every gathering and bought from street vendors to be consumed right on the sidewalk. Homemade seitan chunks make a wonderful animal-friendly substitute for the usual animal product—it's the spicy marinade and sauce that really make the dish. Traditionally, these are served with chunks of cooked sweet potato and corn on the cob. You can do these in a covered grill too.

About 60 1-inch cubes of firm seitan (or reconstituted soy protein chunks, or chunks of any vegan "chicken" substitute)

MARINADE:

- 1 c. red wine vinegar
- 12 large cloves of garlic, peeled
- 1 T. pickled jalapeños

- 1 T. ground cumin
- 1 tsp. salt
- freshly ground pepper to taste

SAUCE:

- 3/4 c. of the marinade
- 1 T. dried red chile pepper flakes
- 1 T. paprika with a pinch of tumeric (this takes the place of achiote or annatto)
- 1 T. extra-virgin olive oil or Chinese roasted sesame oil, or a mixture
- 1 tsp. salt

Drain the seitan chunks well and pat them dry. Mix all of the marinade ingredients in a blender until smooth. Pour this over the chunks in a covered container and refrigerate for 8-24 hours, shaking occasionally.

15 minutes before serving, put 12 bamboo skewers in water to soak.

Drain the marinade off the chunks, reserving 3/4 c. Mix the reserved marinade with the other sauce ingredients and toss the chunks with the sauce. Thread the chunks evenly onto the skewers. Grill or broil 3 inches from the heat until slightly charred on all sides, turning as needed and basting with the sauce several times. Serve hot.

Bryanna's Grilled Yakitori Skewers serves 8

Yakitori are little skewers of chicken and chicken liver with a sticky Japanese soy glaze. Here we do the same with chunks of extra-firm tofu and mushrooms. (You could substitute tempeh, reconstituted textured vegetable protein chunks, lightly flavored seitan, or mun chai'ya, the canned Chinese vegetarian "roast duck" made from wheat gluten, for the tofu, if you like.) This makes great fare for a barbecue or picnic.

- 16 bamboo skewers (soaked as above)
- 24 oz. reduced-fat extra-firm tofu (see alternates, above), cut into 72 cubes
- 32 small fresh button mushrooms (preferably brown ones) about 16 green onions, trimmed to include only 3 inches of the green part, and cut into 1 & 1/2-inch lengths



Bryanna's Homemade Popsicle Recipe Collection:

Too hot to even think about cooking? Here are some sweet treats to help you keep your cool.

DIRECTIONS FOR ALL (UNLESS OTHERWISE INSTRUCTED): Blend until smooth and freeze solid in popsicle molds.

Bryanna's Orange Creamsicles

makes 16 small popsicles

1 c. non-dairy milk
1 (12.3 oz.) pkg. firm or extra-firm SILKEN tofu
6-oz. can frozen orange juice concentrate
1/3 c. raw cashews (for creamier texture—can omit quite successfully)
1/3 c. light unbleached sugar or white beet sugar or alternate
1 tsp. vanilla
pinch salt

Bryanna's Tofudgesicles

(these are the best!) - makes 8 medium popsicles

1 (12.3 oz.) pkg. firm or extra-firm SILKEN tofu
2/3 c. non-dairy milk
1/3-1/2 c. unbleached sugar or white beet sugar or alternate
2 T. unsweetened organic cocoa powder
4 tsp. vanilla
pinch salt
(for "sophisticated" fudgesicles, add a packet of espresso powder and/or 1 T. coffee, chocolate, orange or nut liqueur)

Bryanna's Dairyless Strawberry Crème Pops

makes 16 small popsicles

1/2 c. raw cashews OR 1 c. firm or extra-firm SILKEN tofu
7/8 c. to 1 c. plus 6 T. water (see text of recipe, below)
3/4 c. apple or white grape juice concentrate
(If you don't have any juice concentrate, use 1/2 c. EACH sugar and water, plus 1 T. lemon juice)
2 c. fresh or frozen unsweetened strawberries
1 ripe banana, peeled and chunked

If you use cashews, use the greater amount of water (1 c. plus 6 T.). If you use tofu, use only 7/8 c. water. If you use cashews, blend them with the 6 T. water until smooth before adding the other ingredients.

Blend all the ingredients in a blender until very smooth. Freeze in popsicle molds.

YAKITORI GLAZE:

3/4 c. soy sauce
3/4 c. dry sherry or mirin (Japanese rice wine)
4 1/2 T. sugar or alternate
3 T. cornstarch mixed with 1/3 c. cold water

(Put short grain rice on to cook before starting recipe.)

Mix together the soy sauce, sugar and wine. If you want to cook them right away, cook the tofu cubes with the marinade in a non-stick or lightly oiled skillet with the marinade at medium-high heat for about 5 minutes, to absorb some of the marinade.

Bryanna's Pineapple Sherbet Pops

makes about 18 small popsicles

one 12.3-oz. box firm or extra-firm SILKEN tofu
1/3 c. light unbleached or white beet sugar
4 tsp. lemon juice
3/4 tsp. vanilla
19 oz. can unsweetened crushed pineapple in juice (with juice)
1/4 tsp. coconut extract

Bryanna's Mochasicles

makes about 18-20 small popsicles

2 c. strong liquid coffee or coffee substitute
3/4 c. Sucanat or unbleached sugar
1/4 c. unsweetened cocoa
2 c. firm or extra-firm SILKEN tofu (1 & 1/3 [12.3-oz.] boxes)
1 T. vanilla
1/8 tsp. salt

Bryanna's "Like Real Fruit Popsicles"

makes 16 small popsicles

Mix 1 tsp. agar powder OR 2 T. agar flakes with 1 & 1/2 c. cold water

Let soak for a few minutes, then, either cook in a saucepan, simmering for a few minutes, or microwave for a few minutes, to dissolve.

Stir in to dissolve:

1 c. light unbleached sugar or white beet sugar

Add:

2 c. double-strength fruity herb tea (I like Celestial Seasonings "Wild Berry Zinger")
1/2 c. frozen fruit juice concentrate (this can be any kind—apple; or an apple-peach-pear blend; or orange; or pineapple; or raspberry; or an apple-berry blend; a cranberry blend, etc.)

Freeze in molds.

If using later, refrigerate the tofu cubes in the soy sauce, sugar and wine mixture for several hours or days, stirring or shaking occasionally.

When ready to cook, thread the marinated tofu cubes on the soaked skewers alternately with the mushrooms and green onion pieces. (Each skewer should hold 5 tofu cubes, 3 mushrooms, and 3 green onion pieces. Two skewers will have 6 tofu cubes each.)

Pour the remaining marinade into a small pot and add the dissolved cornstarch and water. Stir over high heat until the sauce thickens and boils.

Bryanna's Chocolate Pudding Pops

makes about 8 medium popsicles

2 c. soy milk
1/3 c. any sugar
3 T. unsweetened cocoa powder
2 T. cornstarch
1 tsp. vanilla
pinch salt
OPTIONAL: 1-2 T. isolated soy protein powder
OPTIONAL: 1/4 tsp. coconut extract (this adds rich flavor)
OPTIONAL: (for a more sophisticated flavor)
1/2 T. instant coffee or coffee substitute
1 T. Kahlua or other liqueur

Mix all the ingredients EXCEPT the vanilla and optional liqueur in a blender or with a hand blender until smooth. Pour into a medium, heavy-bottomed saucepan OR a large microwave-safe bowl.

STOVE-TOP METHOD: Stir constantly over high heat with a wooden spoon until it thickens and comes to a boil. Turn down the heat to low, cover and cook one minute. Stir in the vanilla and optional liqueur.

MICROWAVE METHOD: Cover bowl and microwave on high 5 minutes. Whisk in vanilla and optional liqueur. (To make half the recipe, microwave 3-4 minutes.)

Cool a bit before pouring into popsicle molds.



Brush the skewers with the sauce and grill or broil about 3-4 inches from the heat source until glazed and slightly charred on all sides, basting with the glaze when you turn the skewers. It will take only about 7 minutes to cook.

Serve the skewers immediately with steamed rice, 2 per person. Steamed vegetables (fresh or frozen) complete the meal.



The Milk Letter

excerpted from A Message to My Patients,
by Robert M. Kradjian, MD

“MILK.”

Just the word itself sounds comforting! “How about a nice cup of hot milk?” The last time you heard that question, it was from someone who cared for you—and you appreciated the effort.

The entire matter of food and especially that of milk is surrounded with emotional and cultural importance. Milk was our very first food. If we were fortunate, it was our mother’s milk. A loving link, given and taken. It was the only path to survival. If not mother’s milk, it was cow’s milk or soy milk “formula” –rarely it was goat, camel or water buffalo milk.

Now, we are a nation of milk drinkers. Nearly all of us. Infants, the young, adolescents, adults and even the aged. We drink dozens or even several hundred gallons a year and add to that many pounds of dairy products such as cheese, butter and yogurt.

Can there be anything wrong with this? We see reassuring images of healthy, beautiful people on our television screens and hear messages that assure us that “Milk is good for your body.” Our dietitians insist that “You’ve got to have milk, or where will you get your calcium?” School lunches always include milk and nearly every hospital meal will have milk added. And if that isn’t enough, our nutritionists told us for years that dairy products make up an “essential food group.” Industry spokesmen made sure that colorful charts proclaiming the necessity of milk and other essential nutrients were made available at no cost for schools. Cow’s milk became “normal.”

You may be surprised to learn that most of the human beings that live on planet Earth today do not drink or use cow’s milk. Further, most of them can’t drink milk because it makes them ill.

There are students of human nutrition who are not supportive of milk use for adults. Here is a quotation from the March/April 1991 Utne Reader:

“If you really want to play it safe, you may decide to join the growing number of Americans who are eliminating dairy products from their diets altogether. Although this sounds radical to those of us weaned on milk and the five basic food groups, it is eminently viable. Indeed, of all the mammals, only humans—and then only a minority, principally Caucasians—continue to drink milk beyond babyhood.”

Who is right?

I believe there are three reliable sources of information. The first, and probably the best, is a study of nature. The second is to study the history of our own species. Finally we need to look at the world’s scientific literature on the subject of milk.

Let’s look at the scientific literature first. From 1988 to 1993 there were more than 2,700 articles dealing with milk recorded in the “Medicine” archives. Fifteen hundred of these had milk as the main focus. I reviewed more than 500 of the 1,500 articles, discarding articles that dealt exclusively with animals, esoteric research and inconclusive studies.

How would I summarize the articles? They were only slightly less than

horrifying. First of all, none of the authors spoke of cow’s milk as an excellent food, free of side effects and the “perfect food” as we have been led to believe by the industry. The main focus of the published reports seems to be on intestinal colic, intestinal irritation, intestinal bleeding, anemia, allergic reactions in infants and children, as well as infections such as salmonella. More ominous is the fear of viral infection with bovine leukemia virus or an AIDS-like virus, as well as concern for childhood diabetes. Contamination of milk by blood and white (pus) cells as well as a variety of chemicals and insecticides was also discussed.

Among children the problems were allergy, ear and tonsillar infections, bedwetting, asthma, intestinal bleeding, colic and childhood diabetes. In adults the problems seemed centered more around heart disease and arthritis, allergy, sinusitis and the more serious questions of leukemia, lymphoma and cancer.

I think an answer can also be found in a consideration of what occurs in nature—what happens with free living mammals and what happens with human groups living in close to a natural state as “hunter-gatherers.”

Our paleolithic ancestors are another crucial and interesting group to study. Here we are limited to speculation and indirect evidence, but the bony remains available for our study are remarkable.

There is no doubt whatever that these skeletal remains reflect great strength, muscularity (the size of the muscular insertions show this) and total absence of advanced osteoporosis. And if you feel that these people are not important for us to study, consider that today our genes are programming our bodies in almost exactly the same way as our ancestors of 50,000 to 100,000 years ago.

WHAT IS MILK?

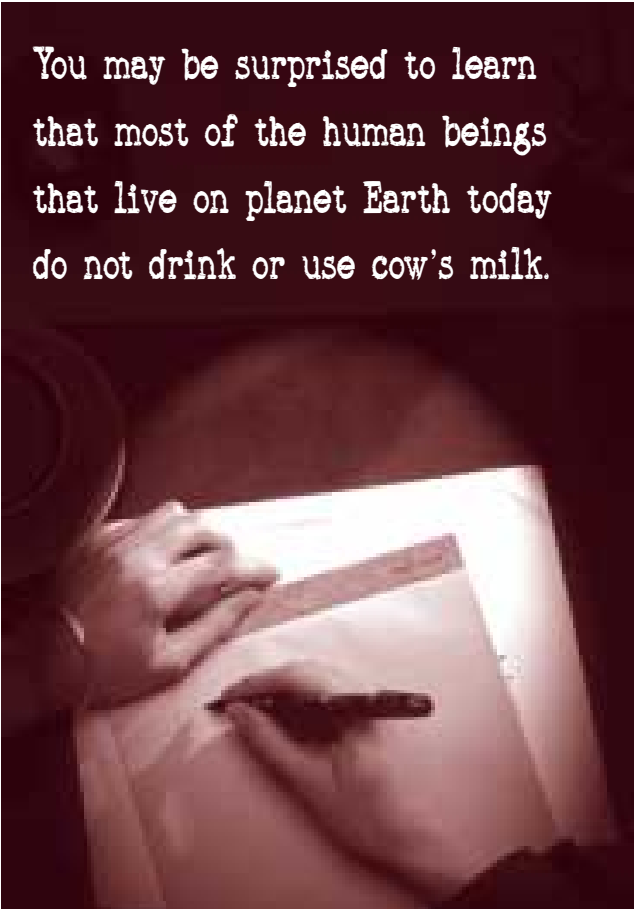
Milk is a maternal lactating secretion, a short-term nutrient for newborns. Nothing more, nothing less.

Invariably, the mother of any mammal will provide milk for a short period of time immediately after birth. When the time comes for weaning, the young offspring is introduced to the proper food for that species. A familiar example is that of a puppy. The mother nurses the pup for just a few weeks and then rejects the young animal and teaches it to eat solid food. Nursing is provided in nature only for the very youngest of mammals. Of course, it is not possible for animals living in a natural state to continue with the drinking of milk after weaning.

IS ALL MILK THE SAME?

Then there is the matter of where we get our milk. We have settled on the cow because of its docile nature, size and abundant milk supply. Somehow this choice seems “normal” and blessed by nature, our culture and our customs. But is it natural? Is it wise to drink the milk of another species of mammal?

Consider, if it were possible, drinking the milk of a mammal other than a

A close-up photograph showing a person's hands holding a pen over a document. The lighting is dramatic, with strong highlights and deep shadows, creating a focused and serious atmosphere. The person appears to be in the process of writing or reviewing the document.

You may be surprised to learn
that most of the human beings
that live on planet Earth today
do not drink or use cow’s milk.

cow, let's say a rat. Or perhaps the milk of a dog would be more to your liking. Possibly some horse milk or cat milk.

Do you get the idea? Well, I'm not serious, except to suggest that human milk is for human infants, dogs' milk is for pups, cows' milk is for calves and so forth. Clearly, this is the way nature intends it.

Milk is not just milk. The milk of every species of mammal is unique and specifically tailored to the requirements of that animal. For example, cows' milk is very much richer in protein than human milk. Three to four times as much. It has five to seven times the mineral content. However, it is markedly deficient in essential fatty acids when compared with human mothers' milk. Mothers' milk has six to 10 times as much of the essential fatty acids, especially linoleic acid. (Incidentally, skimmed cow's milk has no linoleic acid.) It simply is not designed for humans.

Food is not just food, and milk is not just milk. It is not only the proper amount of food but the proper qualitative composition that is critical for the very best in health and growth. Biochemists and physiologists—and rarely medical doctors—are gradually learning that foods contain the crucial elements that allow a particular species to develop its unique specializations.

Clearly, our specialization is for advanced neurological development and delicate neuromuscular control. We do not have much need of massive skeletal growth or huge muscle groups as does a calf. Think of the difference between the demands made on the human hand and the demands on a cow's hoof. Human newborns specifically need critical material for their brains, spinal cord and nerves.

WELL, AT LEAST COW'S MILK IS PURE

Or is it? Fifty years ago an average cow produced 2,000 pounds of milk per year. Today the top producers give 50,000 pounds! How was this accomplished? By the use of drugs, antibiotics, hormones, forced feeding and specialized breeding.

One of the latest high-tech onslaughts on the poor cow is bovine growth hormone or BGH. This genetically engineered drug is supposed to stimulate milk production but, according to Monsanto, the hormone's manufacturer, it does not affect the milk or meat. There are three other manufacturers: Upjohn, Eli Lilly and American Cyanamid. Obviously, there have been no long-term studies on the hormone's effect on humans who drink the

milk. Other countries have banned BGH because of safety concerns. One of the problems with adding molecules to a milk cow's body is that the molecules usually come out in the milk. I don't know how you feel, but I don't want to experiment with the ingestion of a growth hormone.

A related problem is that it causes a marked increase (50% to 70%) in mastitis. This, then, requires antibiotic therapy, and the residues of the antibiotics appear in the milk. It seems that the public is uneasy about this product, and in one survey 43% felt that growth-hormone-treated milk represented a health risk. A vice president for public policy at Monsanto was opposed to labeling for that reason, and because the labeling would create an "artificial distinction."

Any lactating mammal excretes toxins through her milk. This includes antibiotics, pesticides, chemicals and hormones. Also, all cows' milk contains blood! The inspectors are simply asked to keep it under certain limits.

So is milk pure or is it a chemical, biological and bacterial cocktail?

One nasty subject must be discussed. It seems that cows are forever getting infections around the udder that require ointments and antibiotics. An article from France tells us that when a cow receives penicillin, that penicillin appears in the milk for from four to seven milkings. Another study, from the University of Nevada at Reno, tells of cells in "mastic milk," milk from cows with infected udders. An elaborate analysis of the cell frag-

ments was conducted, employing cell cultures, flow cytometric analysis and a great deal of high-tech stuff. Do you know what the conclusion was? If the cow has mastitis, there is pus in the milk. Sorry, it's in the study, all concealed with language such as "macrophages containing many vacuoles and phagocytosed particles, etc."

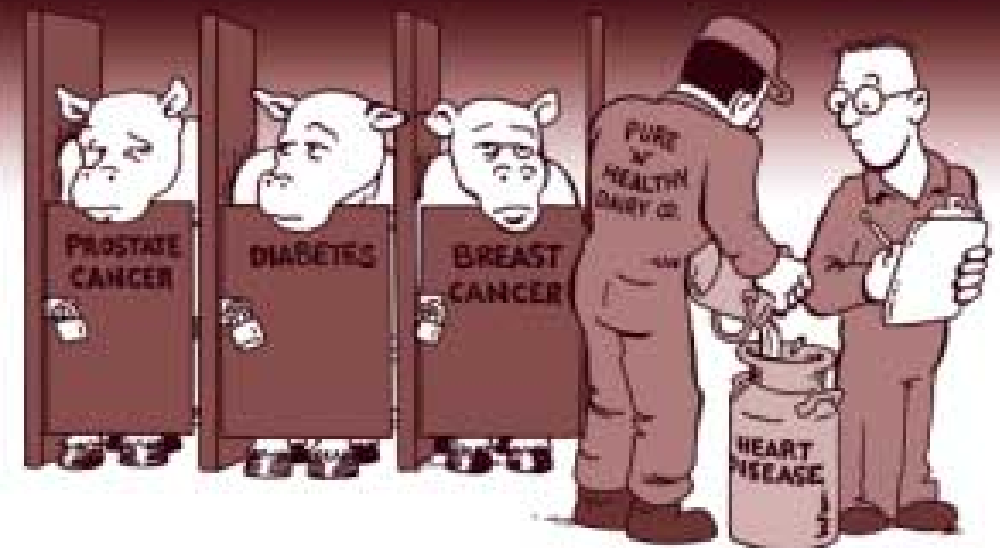
IT GETS WORSE

Well, at least human mothers' milk is pure! Sorry. A huge study showed that human breast milk in more than 14,000 women had pesticide contamination! Further, it seems that the sources of the pesticides are meat and—you guessed it—dairy products. Well, why not? These pesticides are concentrated in fat and that's what's in these products. (A subgroup of lactating vegetarian mothers had only half the levels of contamination.)

There are dozens of studies describing the prompt appearance of cows' milk allergy in children being exclusively breast-fed! The cows' milk allergens simply appear in the mother's milk and are transmitted to the infant.

A committee on nutrition of the American Academy of Pediatrics reported on the use of whole cows' milk in infancy (Pediatrics 1983: 72-253). They were unable to provide any cogent reason why bovine milk should be used before the first birthday yet continued to recommend its use! Dr. Frank from the Upstate Medical Center Department of Pediatrics, commenting on the recommen-

Any lactating mammal excretes toxins through her milk. This includes antibiotics, pesticides, chemicals and hormones.



dation, cited the problems of occult gastrointestinal blood loss in infants, the lack of iron, recurrent abdominal pain, milk-borne infections and contaminants, and said: Why give it at all—then or ever? In the face of uncertainty about many of the potential dangers of whole bovine milk, it would seem prudent to recommend that whole milk not be started until the answers are available. Isn't it time for these uncontrolled experiments on human nutrition to come to an end?

In late 1992 Dr. Benjamin Spock, possibly the best-known pediatrician in history, shocked the country when he articulated the same thoughts and specified avoidance for the first two years of life. Here is his quotation:

"I want to pass on the word to parents that cows' milk from the carton has definite faults for some babies. Human milk is the right one for babies. A study comparing the incidence of allergy and colic in the breast-fed infants of omnivorous and vegan mothers would be important. I haven't found such a study; it would be both important and inexpensive. And it will probably never be done. There is no academic or economic profit involved."

OTHER PROBLEMS

Let's mention the problems of bacterial contamination. Salmonella, E. coli and staphylococcal infections can be traced to milk. In the old days tuberculosis was a major problem and some folks want to go back to those times by insisting on raw milk on the basis that it's "natural." This is insanity!

A study from UCLA showed that over a third of all cases of salmonella infection in California, 1980-1983, were traced to raw milk. That'll be a way to revive good old brucellosis again, and I would fear leukemia too. (More about that later). In England and Wales, where raw milk is still consumed, there have been outbreaks of milk-borne diseases. The Journal of the American Medical Assn. (251: 483, 1984) reported a multistate series of infections caused by Yersinia enterocolitica in pasteurized whole milk.

All parents dread juvenile diabetes for their children. A Canadian study reported in the American Journal of Clinical Nutrition, March 1990, describes a "...significant positive correlation between consumption of unfermented milk protein and incidence of insulin-dependent diabetes mellitus in data from various countries. Conversely, a possible negative relationship is observed between breastfeeding at age 3 months and diabetes risk."

The April 18, 1992, British Medical Journal has a fascinating study contrasting the dif-

ference in incidence of juvenile insulin dependent diabetes in Pakistani children who have migrated to England. The incidence is roughly 10 times greater in the English group compared with children remaining in Pakistan! What caused this highly significant increase? The authors said that "the diet was unchanged in Great Britain." Do you believe that? Do you think that the availability of milk, sugar and fat is the same in Pakistan as it is in England? That a grocery store in England has the same products as food sources in Pakistan? I don't believe that for a minute. Remember, we're not talking here about adult-onset, type II diabetes, which all workers agree is strongly linked to diet as well as to a genetic predisposition. This study is a major blow to the "it's all in your genes" crowd. Type I diabetes was always considered to be genetic or possibly viral, but now this? So resistant are we to consider diet as causation that the authors of the article concluded that the cooler climate in England altered viruses and caused the very real increase in diabetes!

LEUKEMIA? LYMPHOMA? THIS MAY BE THE WORST—BRACE YOURSELF!

I hate to tell you this, but the bovine leukemia virus is found in more than three of five dairy cows in the United States! This involves about 80% of dairy herds. Unfortunately, when the milk is pooled, a very large percentage of all milk produced is contaminated (90% to 95%). Of course, the virus is killed in pasteurization—if done correctly. What if the milk is raw? In a study of randomly collected raw milk samples, the bovine leukemia virus was recovered from two-thirds.

As mentioned, the leukemia virus is rendered inactive by pasteurization. However, there can be Chernobyl-like accidents. One of these occurred in the Chicago area in April 1985. At a modern, large milk-processing plant an accidental "cross connection" between raw and pasteurized milk occurred.

In England and Wales, where raw milk is still consumed, there have been outbreaks of milk-borne diseases.



A violent salmonella outbreak followed, killing four and making an estimated 150,000 ill.

Now the question I would pose to the dairy-industry people is this: "How can you assure the people who drank this milk that they were not exposed to the ingestion of raw, unskilled, active bovine leukemia viruses?" Further, it would be fascinating to know if a "cluster" of leukemia cases blossoms in that area in one to three decades.

What happens to other species of mammals when they are exposed to the bovine leukemia virus? It's a fair question and the answer is not reassuring. Virtually all animals exposed to the virus develop leukemia. This includes sheep, goats and even primates such as rhesus monkeys and chimpanzees.

The route of transmission includes ingestion (both intravenous and intramuscular) and cells present in milk. There are obviously no instances of transfer attempts to human beings, but we know that the virus can infect human cells in vitro. There is evidence of human antibody formation to the bovine leukemia virus; this is disturbing. How did the bovine leukemia virus particles gain access to humans and become antigens? Was it as small, denatured particles?

If the bovine leukemia virus causes human leukemia, we could expect the dairy states with known leukemic herds to have a higher incidence of human leukemia. Is this so? Unfortunately, it seems to be the case! Iowa, Nebraska, South Dakota, Minnesota and Wisconsin have statistically higher incidence of leukemia than the national average. In Russia and in Sweden, areas with uncontrolled bovine leukemia virus have been linked with increases in human leukemia. I am also told that veterinarians have higher rates of leukemia than the general public. Dairy farmers have significantly elevated leukemia rates. Recent research shows lymphocytes from milk fed to neonatal mammals gains access to bodily tissues by passing directly through the intestinal wall.

What does this all mean? We know that a virus is capable of producing leukemia in other animals. Is it proven that it can contribute to human leukemia (or lymphoma, a related cancer)?

One of the more thoughtful articles on this subject is from Allan S. Cunningham of Cooperstown, N.Y. Writing in the *Lancet*, Nov. 27, 1976 (page 1184), his article is titled, "Lymphomas and Animal-Protein Consumption." Many people think of milk as "liquid meat" and Dr. Cunningham agrees. He tracked the beef and dairy consumption in terms of grams per day for a one-year period in 15 countries. New Zealand, United States and Canada were highest, in that order. The lowest was Japan, followed by Yugoslavia and France. The difference between the highest and lowest was quite pronounced: 43.8 grams/day for New Zealanders versus 1.5 for Japan. Nearly a 30-fold difference!

Cunningham found a highly significant positive correlation between deaths from lymphomas and beef and dairy ingestion in the 15 countries analyzed.

OTHER CANCERS—DOES IT GET WORSE?

Unfortunately, it does. Ovarian cancer—a particularly nasty tumor—was associated with milk consumption by workers at Roswell Park Memorial Institute in Buffalo, N.Y. Drinking more than one glass of whole milk or equivalent daily gave women a 3.1 times greater risk than in nonmilk users. It was felt that the reduced-fat milk products helped reduce the risk. This association has been made repeatedly by numerous investigators.

Another important study, this from the Harvard Medical School, analyzed data from 27 countries mainly from the 1970s. Again a significant positive correlation is revealed between ovarian cancer and per capita milk consumption. These investigators feel that the lactose component of milk is the responsible fraction, and the digestion of this is facilitated by the persistence of the ability to digest the lactose (lactose persistence)—a little different emphasis, but the same conclusion. This study was reported in the *American Journal of Epidemiology* 130 (5): 904-10 Nov. 1989. These articles come from two of the country's leading institutions, not the Rodale Press or Prevention magazine.

Even lung cancer has been associated with milk ingestion. The beverage habits of 569 lung cancer patients and 569 controls, again at Roswell Park, were studied in the *International Journal of Cancer*, April 15, 1989. Persons drinking whole milk three or more times

daily had a twofold increase in lung cancer risk when compared with those never drinking whole milk.

There are not many reports studying an association between milk ingestion and prostate cancer. One such report was of great interest. This is from the Roswell Park Memorial Institute and is found in *Cancer* 64 (3): 605-12, 1989. It analyzed the diets of 371 prostate cancer patients and comparable control subjects:

Men who reported drinking three or more glasses of whole milk daily had a relative risk of 2.49 compared with men who reported never drinking whole milk. The weight of the evidence appears to favor the hypothesis that animal fat is related to increased risk of prostate cancer. Prostate cancer now is the most common cancer diagnosed in U.S. men and is the second-leading cause of cancer mortality.

WELL, WHAT ARE THE BENEFITS?

Is there any health reason at all for an adult human to drink cows' milk?

It's hard for me to come up with even one good reason other than simple preference. But if you try hard, in my opinion, these would be the best two: Milk is a source of calcium and it's a source of amino acids (proteins).

Let's look at calcium first. Why are we concerned at all about calcium? Obviously, we intend it to build strong bones and protect us against osteoporosis. And no doubt about it, milk is loaded with calcium. But is it a good calcium source for humans? I think not. These are the reasons: Excessive amounts of dairy products actually interfere with calcium absorption. Secondly, the excess of protein that the milk provides is a major cause of osteoporosis. Dr. Hegsted in England has been writing for years about the geographical distribution of osteoporosis. It seems that the countries with the highest intake of dairy products are invariably the countries with the most osteoporosis. He feels that milk is a cause of osteoporosis. Reasons are given below.

Numerous studies have shown that the level of calcium ingestion and especially calcium supplementation have no effect whatever on the development of osteoporosis. The most important such article appeared recently in the *British Journal of Medicine*, where the long arm of our dairy industry can't reach. Another study in the United States actually showed a worsening in calcium balance in post-menopausal women given three 8-oz. glasses of cows' milk per day. (*Am. Journal of Clin. Nutrition*, 1985). The effects of hormone,

gender, weight-bearing on the axial bones and, in particular, protein intake, are critically important. Another observation that may be helpful to our analysis is to note the absence of any recorded dietary deficiencies of calcium among people living on a natural diet without milk.

For the key to the osteoporosis riddle, don't look at calcium, look at protein. Consider these two contrasting groups: Eskimos have an exceptionally high protein intake, estimated at 25% of total calories. They also have a high calcium intake, at 2,500 mg/day. Their osteoporosis is among the worst in the world. The other instructive group are the Bantus of South Africa. They have a 12% protein diet, mostly plant protein, and only 200 to 350 mg/day of calcium, about half our women's intake. The women have virtually no osteoporosis despite bearing six or more children and nursing them for prolonged periods! When African women immigrate to the United States, do they develop osteoporosis? The answer is yes, but not quite as much as Caucasian or Asian women. Thus, there is a genetic difference that is modified by diet.

To answer the obvious question, "Well, where do you get your calcium?", the answer is: "From exactly the same place the cow gets the calcium, from green things that grow in the ground," mainly leafy vegetables. After all, elephants and rhinos develop their huge bones by eating green leafy plants; so do horses.

If animal references do not convince you, think of the several billion humans on this earth who have never seen cows' milk. Wouldn't you think osteoporosis would be prevalent in this huge group? The dairy people would suggest this but the truth is exactly the opposite. They have far less than that seen in the countries where dairy products are commonly consumed. It is the subject of another paper, but the truly significant determinants of osteoporosis are grossly excessive protein intakes and lack of weight-bearing on long bones, both taking place over decades. Hormones play a secondary, but not trivial, role in women. Milk is a deterrent to good bone health.

THE PROTEIN MYTH

Remember when you were a kid and the adults all told you to "make sure you get plenty of good protein"? Protein was the nutritional "good guy" when I was young. And of course milk is fitted right in.

As regards protein, milk is indeed a rich source of protein—"liquid meat," remember? However that isn't necessarily what we need.

In fact, it is a source of difficulty. Nearly all Americans eat too much protein.

For this information we rely on the most authoritative source I am aware of. This is the latest edition (10th, 1989; 4th printing, Jan. 1992) of the "Recommended Dietary Allowances" produced by the National Research Council. The current editor of this important work is Dr. Richard Havel of the University of California at San Francisco. First to be noted is that the recommended protein has been steadily revised downward in successive editions. The current recommendation is 0.75 g/kilo/day for adults 19 through 51 years old. This, of course, is only 45 grams per day for the mythical 60-kg. adult. You should also know that the WHO estimated the need for protein in adults at 0.6g/kilo per day. (All RDAs are calculated with large safety allowances in case you're the type who wants to add some more to "be sure.") You can "get by" on 28 to 30 grams a day if necessary!

Now 45 grams a day is a tiny amount of protein—an ounce and a half! Consider too, that the protein does not have to be animal protein. Vegetable protein is identical, for all practical purposes, and has no cholesterol and vastly less saturated fat

Therefore virtually all Americans, Canadians, British and Europeans are in a protein overloaded state. This has serious consequences when maintained over decades. The problems are the already-mentioned osteoporosis, atherosclerosis and kidney damage. There is good evidence that certain malignancies, chiefly colon and rectal, are related to excessive meat intake. Barry Brenner, an eminent renal physiologist, was the first to fully point out the dangers of excess protein for the kidney tubule. The dangers of fat and cholesterol are known to all. Finally, you should know that the protein content of human milk is the lowest (0.9%) in mammals.

IS THAT ALL OF THE TROUBLE?

Sorry, there's more. Remember lactose? This is the principal carbohydrate of milk. It seems that nature provides newborns with the enzymatic equipment to metabolize lactose, but this ability often extinguishes by age 4 or 5 years.

What is the problem with lactose or milk sugar? It seems that it is a disaccharide which is too large to be absorbed into the bloodstream without first being broken down into monosaccharides, namely galactose and glucose. This requires the presence of an enzyme, lactase, plus additional enzymes to break down the galactose into glucose.

Let's think about his for a moment. Nature gives us the ability to metabolize lactose for a few years and then shuts off the mechanism. Is Mother Nature trying to tell us something? Clearly all infants must drink milk. The fact that so many adults cannot seems to be related to the tendency for nature to abandon mechanisms that are not needed. At least half of the adult humans on this earth are lactose intolerant. It was not until the relatively recent introduction of dairy herding and the ability to "borrow" milk from another group of mammals that the survival advantage of preserving lactase (the enzyme that allows us to digest lactose) became evident. But why would it be advantageous to drink cows' milk? And why was it just the white or light-skinned humans who retained this knack while the pigmented people tended to lose it?

Some students of evolution feel that white skin is a fairly recent innovation, perhaps not more than 20,000 or 30,000 years old. It clearly has to do with the northward migration of early man to cold and relatively sunless areas when skins and clothing became available. Fair skin allows the production of vitamin D from sunlight more readily than does dark skin. However, when only the face was exposed to sunlight that area of fair skin was insufficient to provide vitamin D from sunlight. If dietary and sunlight sources were poorly available, the ability to use the abundant calcium in cows' milk would give a survival advantage to humans who could digest that milk. This seems to be the only logical explanation for fair-skinned humans having a high degree of lactose tolerance compared with dark-skinned people.

How does this break down? Certain racial groups, namely blacks, are up to 90% lactose intolerant as adults. Caucasians are 20% to 40% lactose intolerant. Orientals are midway between those two groups. Most American Indians cannot tolerate milk. Diarrhea, gas and abdominal cramps are the results of substantial milk intake in such persons. The milk industry admits that lactose intolerance plays intestinal havoc with as many as 50 million Americans. A lactose-intolerance industry has sprung up and had sales of \$117 million in 1992 (Time, May 17, 1993).

The association of cows' milk with anemia and occult intestinal bleeding in infants is known to all physicians. This is chiefly from its lack of iron and its irritating qualities for the intestinal mucosa. The pediatric

literature abounds with articles describing irritated intestinal lining, bleeding and increased permeability, as well as colic, diarrhea and vomiting in cows'-milk-sensitive babies. The anemia gets a double push by loss of blood and iron as well as deficiency of iron in the cows' milk. Milk is also the leading cause of childhood allergy.

SUMMARY

To my thinking, there is only one valid reason to drink milk or use milk products. That is just because we simply want to. Because we like it and because it has become a part of our culture. Because we have become accustomed to its taste and texture. Because we like the way it slides down our throat. Because our parents did the very best they could for us and provided milk in our earliest training and conditioning. They taught us to like it. And then probably the very best reason is ICE CREAM! I've heard it described as "to die for."

I had one patient who did exactly that. He had no obvious vices. He didn't smoke or drink, he didn't eat meat, his diet and lifestyle were nearly perfectly health-promoting; but he had a passion.

He loved rich ice cream. A pint of the richest would be a lean day's ration for him. On many occasions he would eat an entire quart—and yes, there were some cookies and other pastries. Good ice cream deserves this, after all. He seemed to be in good health despite some expected "middle-age spread" when he had a devastating stroke that left him paralyzed, miserable and helpless, and he had additional strokes and died several years later, never having left a hospital or rehabilitation unit. He was in his 50s.

So don't drink milk for health. I am convinced on the weight of the scientific evidence that it does not "do a body good." Inclusion of milk will only reduce your diet's nutritional value and safety.

Most of the people on this planet live very healthfully without cows' milk. You can too.

It will be difficult to change; we've been conditioned since childhood to think of milk as "nature's most perfect food." I'll guarantee you that doing without it will be safe, will improve your health and won't cost anything.

What can you lose?

Robert Kradjian, MD, has served as chief of breast surgery at Seton Medical Center in Daly City, Calif.

Humane Education Enters the Classroom

Some energetic EarthSave members are involved in trying to incorporate what has come to be known as “humane education” into classrooms across the country. Zoe Weil, who has been teaching humane education for more than a decade through her nonprofit organization the Center for Compassionate Living, has this to say about how humane education has developed over the years.

“Humane education has traditionally been defined as education about ‘pet’ responsibility. For decades, humane societies have been sending their educators into schools to teach young children about spaying and neutering. Since these programs began, about half the states in the United States have passed laws mandating humane education in elementary schools. However, most laws fail to define humane education or require that teachers be taught how to be humane educators. So, like many laws, they are virtually meaningless.

“In the last decade, the definition of humane education has been expanded by the handful of humane educators in the U.S. and Canada who have considered the subject more comprehensive than discussions solely about companion animals. Humane education has come to encompass all animal issues, as well as environmental and human rights issues. The word ‘humane’ actually means ‘what are considered the best qualities of human beings.’ By definition, humane education is broad and of profound significance to our global actions on this planet.”

Susan Hargreaves of EarthSave Miami has been spearheading an effort to get humane education into Florida schools. She’s been successful at introducing these issues into countless classrooms, reaching individuals ranging from ages 5 to 20. During a recent four-month period, Susan spoke to over 4,500 children. If you are also interested in starting a humane education program in your chapter, here are some helpful hints from Zoe Weil:

How can you become a humane educator?

1. The first step in becoming a humane educator is getting an education. You wouldn’t teach math without understanding mathematics, and this is also true with humane education, which is a huge field. H.E. teaches about

our relationships with everyone: human, nonhuman and the environment. It promotes the three R’s of responsibility, respect and reverence, as well as the two Cs: compassion and critical thinking. It covers human rights, animal rights and cultural issues (such as the effect of multinational corporations on education), as well as environmental concerns. It is not enough to read the AV Magazine and other animal rights magazines and brochures. To be a humane educator one needs to read a range of books by a variety of authors, to learn many sides of many issues, and to be informed about other movements for social change in addition to the animal movement.

2. Learning the subject is easy compared with step two: learning how to teach about the subject! Humane educators do not proselytize or tell people what to do or think. They are not the purveyors of Truth, but rather the questioners of truth.

Humane educators ask their students to think for themselves, creatively and critically, to determine their own beliefs and values, and then live accordingly. It is because step 2 can be so difficult for fire-in-the-belly activists that training in humane education is so important, so activists can learn how to communicate and teach most effectively. Humane educators need to be able to listen at least as well as they speak.

3. Get invited to schools, YMCAs, summer camps and Sunday schools. This is easier than it sounds. Schools want to be certain your program is not biased, radical, extreme, upsetting or too controversial. That means you have to create a positive, dynamic and intriguing brochure, make follow-up phone calls to potentially interested hosts, and get to know teachers and community leaders so they’ll want to invite you to speak. A humane educator spends almost as much time networking with potential hosts as speaking in schools.

4. Once you’re in the door, make sure your program is honest, respectful of your audience, nonjudgmental, exciting, interesting, interac-



Humane Educator Susan Hargreaves of EarthSave Miami

tive, positive and hopeful. Every presentation should:

- inspire compassion and love
- stimulate critical thinking
- provide factual information
- offer positive lifestyle choices

A humane educator is, above all, humane. That means humane educators show compassion and respect for everyone, even the obnoxious students who yell out rude or insulting comments, or the science teacher who finds your

talk threatening and may be condescending or impolite.

5. Provide your audience with opportunities to learn more. You might want to offer a series of presentations for teachers, an after-school program for interested students, a summer camp for young activists, trips to visit stockyards, factory farms or laboratories (as well as sanctuaries and refuges), books and videos on loan, and additional lesson plans for teachers to use after you leave.

6. Even if you never set foot in a school, you can still promote H.E. You can provide humane education materials, books and videos to schools and libraries; donate money to fund humane educators who are well-trained but need the financial support of activists in order to offer free school presentations; or offer community programs that consist of films and discussions.

7. If you are a trained humane educator and you wish to offer free presentations in your community, contact IIHE and its program the Center for Compassionate Living. In cooperation with the Komie Foundation, IIHE offers grants to excellent humane educators to give presentations in their region.

8. If you are a parent, join the PTA and speak out about dissection, the school lunch program, Channel One and industry-sponsored curricula. Invite humane educators to your school to offer presentations, and keep raising awareness about humane issues, whether about classroom pets or corporate curricula.



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VEGSOURCE CONFERENCE WEEKEND!

Sept. 27-30, 2002 – Los Angeles, California

This year's theme is **Making It Happen**—making positive changes in your life, whatever that means to you—improving your health, losing weight, meeting that special someone, becoming more spiritual or saving the planet. Don't miss out!

Being held just three miles from Los Angeles International Airport at the Manhattan Beach Marriott Hotel—special room rates of only \$84/night for a room that sleeps four. Free transportation from airport to hotel. Child care available. Minutes from the beach!



Friday, Sept. 27 – par 3 golf tournament, delicious vegan dinner and keynote from Dr. Ornish; karaoke fun afterward.

Saturday, Sept 28 – Castelli, Campbell, Nestle, the Lappes, the Robbinses and Congressman Kucinich; vegan lunch—all followed by a formal masked ball!

Sunday, Sept. 29 – Drs. McDougall and Esselstyn, followed by WorldFest!

*Delicious vegan meals from Tanya of famed vegan restaurants Native Foods!
Many celebrities attending!*

FEATURED SPEAKERS

Dean Ornish, MD – president and director of the Preventive Medicine Research Institute in Sausalito, Calif.—will speak on the relationship between prostate cancer and diet.

William Castelli, MD – medical director of the Framingham Cardiovascular Institute and adjunct associate professor of medicine at Boston University School of Medicine—on adopting a low-fat vegetarian diet to eliminate heart disease.

T. Colin Campbell, PhD – Jacob Schulman professor of nutritional biochemistry at Cornell University and director of the Oxford-Cornell China Study—with **Marion Nestle, PhD**—chair of the department of nutrition and food studies at New York University—together will discuss food politics: how the meat and dairy industries influence the federal government's nutritional recommendations.

Anna & Frances Moore Lappe – Frances is author of "Diet for a Small Planet," a visiting scholar at the Massachusetts Institute of Technology, a senior fellow at Second Nature in Boston and founder of Food First. Her daughter, Anna, holds a master's degree from Columbia University and is co-author with Frances of "Hope's Edge." They will team with **John & Ocean Robbins**—John is author of several bestsellers, including "Diet for a New America" and "Food Revolution," and the founder of EarthSave International; Ocean is founder and president of Youth for Environmental Sanity (YES!)—to discuss taking a new generation toward health, sustainability and compassion.

Congressman Dennis Kucinich – a vegan who wrote bills to require the labeling of genetically modified foods and has 49 co-sponsors for his Department of Peace bill—on the politics of food labeling.

Caldwell Esselstyn, MD – preventive cardiology consultant in the department of general surgery, Cleveland (Ohio) Clinic Foundation—on making yourself heart-attack-proof through diet.

John McDougall, MD – bestselling author and medical director of the 10-day, live-in McDougall Program in Santa Rosa, Calif.—on treating arthritis, lupus and autoimmune diseases with low-fat vegan diets.

This group of speakers appearing at the VegSource Conference has rarely if ever spoken together before. We'll be hearing about health, spirituality, politics, effective activism, nutritional policy in the U.S., and relationships and love.

Call (818) 349-5600 for information and tickets, or for details go online to <http://www.vegsource.com/event/>

What's an EarthSave Summit??

The EarthSave Annual Summit is about creating terrific chemistry between all the EarthSave volunteers. It's an opportunity to talk about specific programs that ESI and the chapters are trying to do while getting feedback from the chapters and the board.

The Summit is about getting things done. We want to increase our effectiveness as chapter leaders and as an organization. The Summit is about brainstorming to find ways to accomplish these goals. The Summit is about getting the chapter leaders inspired to get involved with specific programs. It's also a time to get the board to hear what they can do to insure the chapters get what they need from the board.

And of course, the Summit is about great food and fun!

EarthSave International's Summit 2002 will take place at the Radisson at the Port in Cape Canaveral, Friday evening October 18 until Sunday afternoon October 20. All EarthSave chapter leaders and volunteers are encouraged to attend. It's a great time to meet with the other EarthSave volunteers and the board of directors; share ideas; solve problems and get re-energized to continue doing the great work that our volunteers do.

The Summit will start on Friday evening with dinner at the Radisson. This is an excellent opportunity to get acquainted with the other attendees. The workshops and lectures will begin on Saturday morning, after breakfast. Lunch is catered by Community Harvest Cafe with a menu of veggie lasagna, salad and chocolate cake. On Saturday evening there will be a dinner/lecture with an invited guest speaker at the Radisson, open to Space Coast chap-

ter members and guests as well as the Summit attendees. Workshops and lectures continue after breakfast on Sunday. The program concludes with Sunday lunch from Living Greens, a raw food restaurant providing vegan raw food including sushi, pesto and wraps.

CONFERENCE FEES (includes conference and meals)

- \$90 full conference, purchased before 8/31/02
- \$110 full conference, purchased after 8/31/02
- \$45 Saturday only, purchased before 8/31/02
- \$55 Saturday only, purchased after 8/31/02

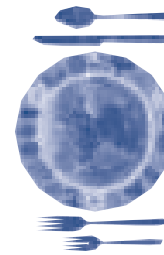
The conference will be held at the Radisson at the Port, 871 Astronaut Blvd., Cape Canaveral, FL. Local Tel. 321-784-0000, Radisson main number: 800-333-3333. The hotel is close to the beach. You can view pictures and get detailed information about the hotel online at www.radisson.com/capecanaveralfl. The closest airports are Orlando and Melbourne, both about 45 minutes away. Mention EarthSave for the conference price. The room prices are \$89 for a standard room (\$85 if reserved online), \$109 for a king bed with a queen pull-out sofa and \$119 for two king beds and a pullout Queen sofa.

Call Jeff Osman, EarthSave office manager, to reserve your space at the Summit at 831-423-0293 or 800-362-3648.

There may be a few rooms available in homes of local EarthSave members for those who do not wish to stay in a hotel. Contact Suzanne Elliot at spacecoast@earthsave.org for more information.



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