

Dispelling the Cowboy Myth

"One friend reports having a flash of understanding when he stood by a fence that separated grazed and ungrazed portions of the same creekbed. One side was lush and verdant. The other side looked like the face of the moon. Moo."

--- Donald M. Peters, Arizona Republic, 1990

By Tim Lengerich

There is a tremendous irony in public-lands ranching. On one hand, ranchers and cowboys are canonized in the cowboy myth as icons of stalwartness, hard work and an aw-shucks, salt-of-the-earth mentality. In reality, ranchers are the most pervasively destructive force on our public land, with logging as a distant second. Via outlandish subsidies, you, I and Uncle Sam support the cattle industry with drought and fire relief, fencing, water tanks, windmills and bargain-basement grazing fees. Our government kills hundreds of thousands of wild creatures each year to protect ranchers' herds against predators such as wolves, mountain lions and coyotes.

In return we get erosion, endangered species, habitat destruction, flash floods, exotic weeds, desertification and some of the most degraded landscape on Earth. Much of it will never recover.

George Wuerthner of Eugene, Ore., is one of the most outspoken leaders against public-lands ranching. He dispels the cowboy myth and forecasts the demise of public-lands ranching, one of the biggest farces in American history.

Wuerthner evolved gradually into a grazing activist. He worked at a fast-food hamburger joint in high school, where he considered the free hamburgers a major perk, and on a couple of ranches in college.

"I have some firsthand experience with ranching and its lifestyle," he says. "It has its attractions-especially if you ignore the environmental costs."

Wuerthner began to reassess his views on ranching as a result of his college experiences. As an undergraduate he studied wildlife biology and botany. He went to graduate school in range science, hoping for a job as a range conservationist with the government.

"In other words, I was not inherently hostile to livestock production or ranching," he says. "But as I looked more and more at the ultimate causes of many Western environmental issues, I kept coming back to one industry-the livestock industry. I came to conclude that the cumulative environmental effects of this industry easily outstrip all others, hence my conversion to a grazing activist."

Wuerthner says a key problem with public-lands ranching is that it affects more public land than any other activity. Some 90% of all Bureau of Land Management lands, 70% of Forest Service lands, dozens of national parks, wildlife refuges, state land and even county land are affected by livestock production.

"Because of its huge geographical scope, even if it were a benign use of the landscape, it would be a concern," Wuerthner says.

"But it's anything but benign. It is the No. 1 source of water pollution in the West. It's the No. 1 source of soil erosion in the West. It's the No. 1 cause of species endangerment in the West. It's the reason we don't have wolves throughout the West. It's one of the major reasons that more than four-fifths of all native fish west of the Continental Divide are endangered or threatened."

Public lands play a crucial role in this country's biodiversity crisis too, Wuerthner says. Although protection of private lands is desirable, it probably will never achieve more than spotty results, he says. But because of their sheer size, public lands are where "landscape-scale ecological processes like wildfire and predation can operate."

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Reversing Heart Disease through Lifestyle

By Neal Pinckney, PhD.

Denial is not just a river in Egypt.

I frequently saw my father, who died of a heart attack at 59, doubled over with pain. He called it indigestion.



Years later, when I was shoveling dirt in my yard and a tightness across my chest kept me from continuing, it was, I told myself, muscle strain.

Muscle strain was a far more accurate diagnosis than I ever imagined. The muscle was my heart.

Luck enters into many events that change lives. In my case, it was going to a different physician. He looked over my medical records and said my cholesterol was too high. He noted that my father had died of heart disease and my blood pressure was higher than normal, making me a prime candidate for a heart attack. When he asked about any pain I had in my chest during exercise, I passed it off as indigestion, but he wasn't fooled. He encouraged me to have a treadmill test, in which heart monitors record information during exercise.

A borderline positive result indicated a need for a thallium stress test, a pair of 25-minute heart scans, the first after an injection of a radioactive isotope and the second after going on the treadmill with more thallium injected when at the maximum heart rate. This stress test compares how the heart's blood supply appears at rest and at peak demand. When not enough blood reaches the heart muscles at higher exertion levels, ischemia results. And I had it.

When the thallium scan proved positive, the next step was an angiogram. I wasn't too keen about this procedure: A catheter is inserted into the femoral artery at the groin and threaded into the heart. Different catheters are used to test heart muscles and valves and to inject a contrast medium that lets the cardiologist see exactly where any blockages are.

The results were worse than expected. My heart's right main artery was 100% blocked, and the two left arteries were 90% and 85% obstructed. Polaroid pictures showed me where these blockages were.

I was told there are usually three alternatives. The first is angioplasty, in which a balloon is

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SARS: Another Deadly Virus from the Meat Industry

By Michael Greger, M.D.

Animal agriculture is not just a public health hazard for those that consume meat. In fact, the single worst epidemic in recorded world history, the 1918 influenza pandemic, has been blamed on the livestock industry.[1] In that case, the unnatural density and proximity of ducks and pigs raised for slaughter probably led to the deaths of 20 to 40 million people across the world.[2] Since then, the raising of pigs and poultry has resulted in millions more human deaths from the 1957-58 Asian flu, the 1968-69 Hongkong flu and the 1977 swine flu.[3] All of these influenza strains seem to have arisen in the same region of southern China where intensive systems of animal agriculture have become a breeding ground for new killer viruses.[4]

For centuries, the Guangdong province of China has had the world's largest concentration of humans, pigs and fowl living in close proximity.[5] In this environment, pigs can become co-infected with both human and avian (bird) strains of influenza. When this happens, a deadly gene swapping can take place, in which the lethality of viral strains rampant in the Chinese poultry industry[6] can combine which the human transmissibility of the human strains to create new mutated flu viruses capable of infecting and killing people on a global scale.[7]

Other viral threats besides influenza have also escaped from Southeast Asian livestock opera-

tions. In 1999, a new virus, now known as the Nipah virus, jumped from pigs to humans in Malaysia, infecting pig breeders and killing about a hundred people before it was stamped out.[8] In the Southern Chinese province of Guangdong, battery chickens are sometimes kept directly above pig



Photo: Farm Sanctuary

pens, depositing their waste right into the pigs' food troughs.[9] It may come no surprise, then, that Guangdong is thought to have been ground zero for the deadly SARS virus as well.[10] The Severe Acute Respiratory Syndrome (SARS) virus is just the latest in a string of human tragedies traced back to our appetite for animal flesh.

According to the World Health Organization, SARS, which has already infected thousands worldwide, could become the "first severe new disease of the 21st century with global epidemic potential." [11] And experts are again blaming intensive animal agriculture. [12,13,14,15] According to China's equivalent of the Centers for Disease Control, the first people to succumb to the SARS virus

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Letter from the Chair
Out of the Darkness,
Into the Light

JOHN BORDERS JD
CHAIR, EARTHSAVE BOARD OF DIRECTORS

In many ways, we are living in dark times. We've completed the first phase of a war where it's becoming painfully clear we took the unprecedented action of attacking another country not out of self defense but out of self interest. We are watching unemployment skyrocket and our economy tank just as we're increasing the military budget and cutting taxes for the super rich. We're witnessing an unrelenting assault on environmental protections for no reason other than to further the interests of certain corporations. And we continue to produce and consume unsustainable amounts of meat and dairy while far too much of the world literally struggles to afford one decent meal a day.

As with nearly every non-profit organization, EarthSave has been hit hard by a shrinking pool of donations due to the economic downturn, the Sept. 11 attacks, and the war in Iraq. So we're learning to be "lean and mean" in order to maximize the amount of money we can spend on valuable programs designed to educate the public about the

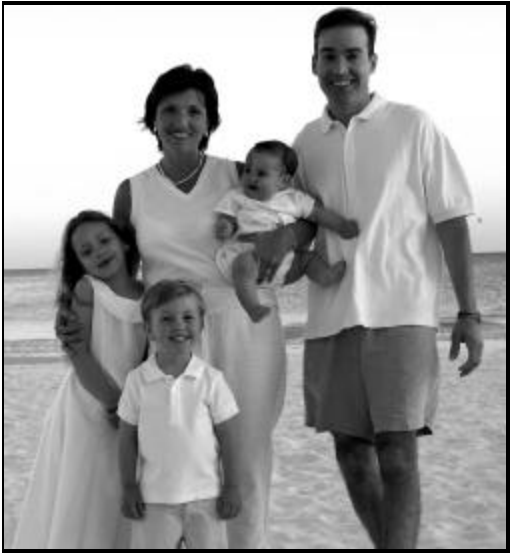
benefits of shifting toward a plant-based diet. For example, we're moving our office to New York City in order to decrease overhead costs. And we're introducing this new format for this newsletter because it allows us to get this critical information to a much larger group of people for much less money than we had spent previously.

But there's also plenty of reason for hope -- for ourselves and for future generations, for our planet now and for the world which our children will inherit. In difficult times, thinking, caring people make conscious decisions about how to handle the challenges before them. EarthSave members are doing just that, carrying torches of hope as they work all over our nation to bring light into these dark times. With Taste of Health festivals, potlucks, cooking classes and other educational programs, our members are working to greatly improve the health of our bodies and our planet.

One of our newest programs -- Project Garden -- has been launched this season as a creative means to help people connect, in a tangible way, with the food they choose to eat (see page 12). With this wonderful, hands-on program, people are getting their fingernails dirty in order to grow healthy, organic produce in areas where people normally see only concrete. We hope that EarthSavers all across the country will follow suit, starting organic gardens in their own communities and helping spread the message that adults and kids can work together to improve their cities and their health.

In this issue of EarthSave Magazine, we focus a lot on children because we recognize that our future depends on them. With open hearts and minds, it is their generation which will end starvation in the world. It is their generation which will appreciate the value of the life of every creature on earth. It is their generation which will finally realize clean air, fertile soil and healthy water. Indeed, it is their generation which will be like beacons of light, shining their love into the world, extinguishing the darkness once and for all.

Yours for a healthy future,
John D. Borders, Jr.



John Borders and family.

Junk Pushers use Junk Science

By Jeff Nelson

Just like the tobacco industry, the food and chemical industries routinely use "science" to try to convince an unsuspecting public into buying their junky products.

One favorite of the junk-food industry that illustrates how this works was a study published in the American Journal of Clinical Nutrition.*

In this so-called study, the junk-food industry devised an experiment on very young, impressionable 3- to 5-year-olds.

The food industry researchers first determined that the study subjects equally liked two different junk-food snacks. Over the course of five days then, the researchers showed kids both of the two junk foods--but forbade them to eat one of them, saying they could eat only the other one.

The study found that after five days of having the food put before them to look at but not touch, the children actually wanted it MORE than the junk food they were allowed to eat.

Once the junk-food industry study was published, food industry-funded "science" groups with important-sounding names, like the American Counsel for Science and Health (ACSH), began using this study to conclude that the "food police" are wrong to deny junk food to their kids. Parents must in essence cede control of their children's desires to their children, they argue; otherwise, parents risk creating more desire on the part of the children for the unhealthful foods, and the kids will only end up eating more junk, not less.

In other words, let them eat Twinkies!

Of course, no educational information was provided to the children as part of the study, such as that eating the food in question might compromise their health or was otherwise undesirable.

Obviously, the food industry researchers who set up the study



knew enough about human nature and children's curiosity to set it up to get this apparent result. It doesn't take a study to know that small kids will take a chair and climb onto a cabinet and generally do anything in their power to get at something Mommy and Daddy told them they couldn't have.

It also seems obvious that researchers would get the same results if they had used a toy, drug or weapon. Had the researchers found that children's interest in toys, drugs or weapons increased when taunted in the same way, would their advice be not to restrict children's access to these items, too?

And yet this is the kind of "research" the food industry supports in order to promote junk-food sales, and to try to blunt the negative sales impact of the many reputable studies showing nutritional problems of eating too much junk food.

(Incidentally, you know you are reading a food industry-funded article when you read terms like "food police" -- code used by the junk-food industry to disparage good parenting. This is the term used by pro-industry organizations with names like National Center for Public Policy Analysis; Citizens for

the Integrity of Science -- run by tobacco and chemical industry-funded Steven Milloy of Junkscience.com; Competitive Enterprise Institute; and Center for Global Food Issues, to name a few of the worst.)

The most appropriate way to help adults get their kids to eat a healthy diet would be for researchers to look at parents who have succeeded in doing so.

Researchers would find, to begin with, that such parents don't play mind games on their children, but rather they don't give the junk food to their children to start with; they don't create an addiction to bad food at an early age, and they keep an eye on their children's nutritional development so they don't have ready, unlimited access to junky foods.

Effective parents also begin to educate their children early about healthy and unhealthy foods.

Children naturally want to be healthy, strong and successful. If you teach a child very early that smoking cigarettes is an addiction that causes death and disease, most will never want to smoke.

The same is true with dietary habits, which is why it's so important to regain control of our children from the junk-food industry, and restore parental choice and parental authority in our homes and schools today.

* "Restricting access to palatable foods affects children's behavioral response, food selection, and intake" Am J Clin Nutr 1999 69: 1264-1272.

Jeff Nelson is vice-chair of the EarthSave Board of Directors and the owner of VegSource.com.



Think About It...

Fat in one foil-packaged restaurant serving of butter - 6 grams

Fat in one Burger King "Whopper" -- 40 grams

Amount of global-warming carbon dioxide released by driving a typical American car, in one day -- 3 kg

Amount released by clearing and burning enough Costa Rican rainforest to produce beef for one hamburger -- 75 kg

Amount spent annually by McDonald's advertising its products -- \$800 million

Amount spent annually by the National Cancer Institute promoting fruits and vegeta-

bles -- \$1 million

Average cholesterol level in the United States -- 210

Average cholesterol level of vegetarians in the United States -- 161

Gallons of oil spilled by the Exxon-Valdez -- 12 million

Gallons of putrefying hog urine and feces spilled into the New River in North Carolina (immediately killing over 10 million fish) when a "lagoon" holding 8 acres of excrement burst -- 25 million

Prevalence of antibiotic-resistant bacteria in chickens in Denmark prior to a ban on routine use of antibiotics in

chicken production -- 82 percent

Prevalence three years after the ban -- 12 percent

Sources: John Robbins, *The Food Revolution: How Your Diet Can Help Save Your Life and the World* (Berkeley: Conari Press, 2001). Robbins citations: Burger King Corporation, 2000 (Whopper); Rachel's Environment and Health Weekly, January 2, 1997 (McDonald's); Archives of Internal Medicine, 1986 (cholesterol); Feedstuffs, July 3, 1995 (hog waste); World Watch, July/August 1994 (carbon dioxide); Center for Science in the Public Interest, 1999 (antibiotics).

NEWS
EarthSave

Our Mission

EarthSave educates, inspires and empowers people to shift toward a diet centered on fruits, vegetables, grains and legumes-- food choices that are healthy for people and for the planet.

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Please check your label for the expiration date of your anEarthSave Magazine is published quarterly by

EarthSave International
PO Box 96
New York, NY 10108
Tel: 800-362-3648
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More than 35 chapters and branches - see page 12

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

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

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The deadline for articles, letters and photos for the next issue is

September 1, 2003, for consideration in the next issue. Fax, mail, or e-mail submissions to the Editor at the office, or to information@earthsave.org.

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

EarthSave educates people about the powerful effects our food choices have on the environment, our health and all life on Earth, and encourages a shift toward a low-fat, plant-based diet. Our influence and effectiveness is dependent upon our members, donors, and benefactors.

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SUPER 8 FOODS

Eat to Beat Cancer

Over the last 20 years, a staggering body of scientific evidence has emerged showing that certain compounds in food can provide significant protection against heart disease, toxicity and cancer. What you eat can add many years to your life by dramatically reducing your prospects for developing any of the host of "modern" degenerative illnesses so common today.

A noted research toxicologist from the University of California has come up with the following food list to help you create your personal cancer-hindering diet—using a base of pasta, rice, rice and beans or vegetarian soup stocks. Studies have shown that each food group provides an exclusive form of cancer defense not duplicated by other foods, and the whole is greater than the sum of its parts.

Read R. Robert Hatherill's book *Eat to Beat Cancer* for much more information, but if you value your health, make the following foods part of your regular diet. More than any other steps you can take, eating a healthy diet will give crucial protection and prevention for you and your family. And although human studies are only now beginning, there is a substantial likelihood that dietary choices may be able to slow, arrest and even reverse many serious diseases, including cancer.

The Super Eight Food Groups:

- Onion:** garlic, chives, onions, leeks, asparagus, shallots, scallions.
- Cruciferous:** broccoli, collards, Chinese cabbage, cabbage, mustard greens, turnips, cauliflower, bok choy, radishes, Brussels sprouts, rutabaga, watercress, kale, kohlrabi, garden cress.

- Nuts and seeds:** walnuts, pine nuts, pistachios, flaxseed, sesame seeds, almonds, pecans, pumpkin seeds.

- Grass:** corn, oats, rice, wheat.

- Legume:** soybeans, green beans, wax beans, peas.

- Fruit:** oranges, apples, grapes (red and Concord), grapefruit, raspberries, watermelon, tangerines, blackberries, cantaloupe, lemons, strawberries, pineapple, limes, blueberries, honeydew melon.

- Solance:** tomatoes, potatoes, sweet potatoes, beets.

- Umbelliferous:** carrots, parsnips, celeriac, celery, anise, angelica root, parsley, coriander, cumin, dill, lovage, caraway, chervil.

- Other important foods:** cucumber, pumpkin, squash, lettuce, spinach, green and red pepper, spices, tumeric, ginger, seaweed.



Fish is Not Health Food

By John McDougall MD

Many health professionals and scientists are recommending fish to improve your health and especially, to reduce your risk of suffering from heart disease. Japanese are the most-recognized example of a fish-eating population enjoying a low incidence of diseases common to Americans (heart disease, breast cancer, diabetes, etc.), and a trim appearance. Plus, people living in Japan have the longest life expectancy of any country in the world. But, I believe these advantages are in spite of the fish, rather than because of the fish. Japanese are healthy primarily because they eat a diet based on rice with lots of vegetables – fortunately for them; they eat fish only as a condiment.

A Muscle is a Muscle

Fish is the muscle of a cold-blooded, animal with fins and gills. The major components of fish are fat and protein. There is no carbohydrate, no dietary fiber, or no vitamin C in fish. Because many fish are high on the food chain they are highly contaminated with environmental chemicals – it is not unusual to read in the newspaper that certain kinds of

fish, such as swordfish, tuna, or shark, contain sufficient levels to be considered a health hazard. For example, because of their high content of mercury, the Food and Drug Administration (FDA) has advised women who are pregnant or plan to become pregnant to not eat swordfish, king mackerel, tile fish, shark, or fish from mercury contaminated areas.

The advantages of fish over beef, chicken or pork are largely mythical¹

Fish Fat

Fish is high in fat – often 60% of the calories come from fat. This fat is effortlessly incorporated into a person's body fat – contributing to the risk of obesity. Fish fat is usually associated with a low risk of cancer. However, there is considerable evidence that fish fat (omega-3 fat) will increase a person's risk of cancer and also will increase the risk of metastasis (spread of cancer to other parts of the body).²⁵ Fish fat is known to paralyze the actions of insulin and increase the tendency for high blood sugars and eventually diabetes, known to suppress the immune system, and known to increase the tendency for serious

Perspectives

Vegetarianism in the USA: A Rocky Road

by Karen and Michael Iacobbo

Vegetarians have a history--a long history!

No, we did not emerge out of the '60s counterculture. We existed in this land even before there was a United States. Since at least the pre-Revolutionary War era, vegetarians have survived here among meat-eating neighbors, friends and relatives. We have traveled a vast distance since then--so far that veganism is now the standard by which we measure our progress. Today vegan entrees are available in supermarket chain stores, college cafeterias and on cruise ships.

Progress had been made, for sure, but problems remain.

Vegetarians were once warned that without meat in their diets they would die or at least grow devastatingly weak. The vegetarian movement, which existed unofficially since 1817 and officially began with the establishment of the American Vegetarian Society in 1850, worked hard to educate the public and most allopathic physicians. The advocates of vegetarianism made their case using anecdotal evidence, examples from other cultures, history and the Bible. They also presented themselves as examples of the benefits of avoiding meat.

Today vegetarians are still sometimes offered warnings about the dangers of eschewing meat, while vegans are also warned not to reject cows' milk and hens' eggs. Whether dangers to health from eating exclusively from the plant kingdom are real is debated today, just as vegetarianism as an alleged cause of weakness and death was in the 19th century.

Yet advocates of vegetarianism, especially Sylvester Graham, were relentless in their attempts to teach Americans about the benefits of eating whole grains and vegetables at a time when these foods were considered indigestible at best and poisonous at worst. Slowly over several decades, America began to understand and accept the message that foods of the plant kingdom were beneficial to health, even if most people did not entirely stop eating meat. By the late 19th century, the number of vegetarians apparently had increased and the "eat meat or die" myth was on its way to the cemetery.

Will today's warning that "vegans have to be careful" follow? That might happen one day, a testament to the hard work of advocates of vegetarianism and veganism throughout the 19th and 20th centuries.

Their work was never easy. Vegetarianism experienced a roller coaster ride through the 20th century.

Early in the century, during the time known to historians as the

Progressive Era, vegetarianism was fast gaining acceptance among the masses. Although probably only a substantial minority practiced vegetarianism, newspapers and magazines featured stories about its rise and predicted it would continue. Even the newly established U.S. Department of Agriculture was interested in the use of plant protein to feed the burgeoning population of Americans. Perhaps more surprisingly, fruitarianism seems to have been of interest to a small but significant number of people.

Then, after a couple of decades of increasing acceptance, vegetarianism took a dive. Although science was

ing of steak, bacon and chicken came to be perceived as almost a patriotic act, right up there with motherhood and military service.

Vegetarianism still existed, but its golden age was over. Not until the counterculture of the 1960s did it again see the light of day. Through the efforts of some hippies and other enthusiastic vegetarians and vegans, the current wave began.

Today vegetarians, depending on which area of the nation they inhabit, feel confident that vegetarianism and even veganism are acceptable or gaining acceptance. Some even believe this will one day be a vegetarian nation. Other vegetarians, those who feel they are the only ones on their blocks or in their small towns, are not as optimistic.

One must look back at the past and ask: Are vegetarianism and veganism as a philosophy and way of life truly gaining acceptance, or is it just that people now perceive vegetarian and vegan food as another dinner choice?

Vegetarian frozen foods, such as soy-based burgers and meatballs, have become big business. For better or worse, vegetarianism is approaching the stage of enculturation. But will it really be vegetarianism?

For two centuries vegetarians have defined vegetarianism.

This is beginning to change. Today when someone says "I am a vegetarian" it could mean that person eats chicken and fish but not beef and pork. Numerous recent articles in newspapers and magazines have referred to "pesco-vegetarians" and "pollo-vegetarians." Such labels dilute the meaning of vegetarianism and cause confusion, as does the misuse of the word "vegetarian." For example, in August of this year at a national chain restaurant the menu board read "vegetarian" soup, yet the waitress said it was made with chicken broth.

If history repeats, this supposed age of acceptance of vegetarianism could come crashing to an end.

Or it might just usher in a lasting golden age. Only a prophet can tell.

Meanwhile, factors Americans face today, such as erratic weather patterns, water shortages and rolling electricity blackouts, and those they will face in the near future, especially genetically engineered "vegetarian" foods containing the DNA of animals, will likely have a major effect on the next phase of vegetarian history.

Karen and Michael Iacobbo write and lecture on vegetarianism in America. They are the authors of an upcoming book about vegetarian history.



beginning to catch up to the vegetarian movement in its realization that meat was not necessary in the human diet, the age of public relations had begun. The increasingly influential meat and dairy industries, already advertisers, grew sophisticated in their approach to consumers. Slowly, ads for meat and milk became ubiquitous. Vegetarians had no advertising budget.

Through those decades the federal government decreased its food groups; that is, meat and milk were given more prominent positions as required food in federal nutrition guidelines widely disseminated to school and nutritionists and available in grocery stores and doctors' offices. Meanwhile, most of the medical community seemed to have fallen asleep regarding early 20th century nutritional findings that showed human beings need not eat meat to thrive.

Despite food rations and Victory Gardens, by World War II the American meat-and-potatoes culture was firmly entrenched. The ground vegetarianism had gained at the start of the century was largely lost. By the 1950s the eat-

bleeding (see below under fish oil supplements).

Fish Cholesterol

Like all animal products, fish are high in cholesterol. Based upon a weight of 100 grams, mackerel contains 95 mg of cholesterol, haddock 65 mg, tuna 63 mg, and halibut 50 mg. This compares to beef at 70 mg, chicken 60 mg, and pork at 70 mg.¹ However, when the comparison is made based on calories, fish (50 mg/100 calories) is much higher in cholesterol than pork (24 mg/100 calories), beef (29 mg/100 calories), or chicken (44 mg/100 calories).¹

Comparisons based upon calories are much more relevant because we eat our diet based upon calories (a 2000 calories diet) rather than based on the weight of the food (a 5 pound diet). Feeding fish to people, instead of beef, pork or chicken, causes predictable increases in their blood cholesterol to levels that are virtually the same.⁶

Fish Protein

Fish is high in animal protein and the kinds of protein that make up fish are very acidic in nature. The high acid load caused by the

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Eating for Peace - the Art and Science of Mindful Consumption

By Thich Nhat Hanh

All things need food to be alive and to grow, including our love or our hate. Love is a living thing, hate is a living thing. If you do not nourish your love, it will die. If you cut the source of nutriment for your violence, your violence will also die. That is why the path shown by the Buddha is the path of mindful consumption.

The Buddha told the following story. There was a couple who wanted to cross the desert to go to another country in order to seek freedom. They brought with them their little boy and a quantity of food and water. But they did not calculate well, and that is why halfway through the

desert they ran out of food, and they knew that they were going to die. So after a lot of anguish, they decided to eat the little boy so they could survive and go to the other country, and that's what they did. And every time they ate a piece of flesh from their son, they cried.

The Buddha asked his monks, "My dear friends: Do you think that the couple enjoyed eating the flesh of their son?" The Buddha said, "It is impossible to enjoy eating the flesh of our son. If you do not eat mindfully, you are eating the flesh of your son and daughter, you are eating the flesh of your parent."

If we look deeply, we will see that eating can be extremely violent. UNESCO tells us that every day, 40,000 children in the world die because of a lack of nutrition, of food. Every day, 40,000 children.

And the amount of grain that we grow in the West is mostly used to feed our cattle. According to a recent report, of all the agricultural land in the U.S., 87% is used to raise animals for food. That is 45% of the total land mass in the U.S. More than half of all the water consumed in the U.S. is to raise animals for food. It takes 2,500 gallons of water to produce a pound of meat, but only 25 gallons to produce a pound of wheat. A totally vegetarian diet requires 300 gallons of water per day, while a meat-eating diet requires more than 4,000 gallons of water per day. Raising animals for food causes more water pollution than any other industry in the U.S. because animals raised for food produce 130 times the excrement of the entire human population. It means 87,000 pounds per second. Much of the

waste from factory farms and slaughterhouses flows into streams and rivers, contaminating water sources. Each vegetarian can save one acre of trees per year. More than 260 million acres of U.S. forests have been cleared to grow crops to feed animals raised for meat. And another acre of trees disappears every eight seconds. The tropical rain forests are also being destroyed to create grazing land for cattle. In the U.S., animals raised for food are fed more than 80% of the corn we grow and more than 95% of the oats. We are eating our country, we are eating our earth, we are eating our children. And I have learned that more than half the people in this country overeat.

Mindful eating can help maintain compassion within our heart. A person without compassion cannot be happy, cannot relate to other human beings and to other living beings. And eating the flesh of our own son is what is going on in the world, because we do not practice mindful eating. The Buddha spoke about the second kind of food that we consume every day--sense impressions--the kind of food that we take in by the way of the eyes, the ears, the tongue, the body and the mind. When we read a magazine, we consume. When you watch television, you consume. When you listen to a conversation, you consume. And these items can be highly toxic. There may be a lot of poisons, like craving, like violence, like anger and despair. We allow ourselves to be intoxicated by what we consume in terms of sense impressions. We allow our children to intoxicate themselves because of these products.

That is why it is very important to look deeply into our ill-being, into the nature of our ill-being, in order to recognize the sources of nutriment we have used to bring it into us and into our society. The Buddha had this to say: "What has come to be--if you know how to look deeply into its nature and identify its source of nutriment, you are already on the path of emancipation."

What has come to be is our illness, our ill-being, our suffering, our violence, our despair. And if you practice looking deeply, meditation, you'll be able to identify the sources of nutriments, of food, that has brought it into us. Therefore the whole nation has to practice looking deeply into the nature of what we consume every day. And consuming mindfully is the only way to protect our nation, ourselves and our society. We

have to learn how to consume mindfully as a family, as a city, as a nation. We have to learn what to produce and what not to produce in order to provide our people with only the items that are nourishing and healing. We have to refrain from producing the kinds of items that bring war and despair into our body, into our consciousness, and into the collective body and consciousness of our nation, our society. And Congress has to practice that. We have elected members of the Congress. We expect them to practice deeply, listening to the suffering of the people, to the real causes of that suffering, and to make the kind of laws that can protect us from self-destruction. And America is great. I have the conviction that you can do it and help the world. You can offer the world wisdom, mindfulness and compassion.

Nowadays I enjoy places where people do not smoke. There are nonsmoking flights that you can enjoy. Ten years ago they did not exist, nonsmoking flights. And in America on every box of cigarettes there is the message: "Beware: Smoking can be hazardous to your health." That is a bell of mindfulness. That is the practice of mindful consumption. You do not say that you are practicing mindfulness, but you are really practicing mindfulness. Mindfulness of smoking is what allowed you to see that smoking is not healthy.

In America, people are very aware of the food they eat. They want every package of food to be labeled so they can know what is in it. They don't want to eat the kind of food that will bring toxins and poisons into their bodies. This is the practice of mindful eating. But we can go further. We can do better, as parents, as teachers, as artists and as politicians. If you are a teacher, you can contribute a lot in awakening people to the need for mindful consumption, because that is the way to real emancipation. If you are a journalist, you have the means to educate people, to wake people up to the nature of our situation. Every one of us can transform himself or herself into a bodhisattva doing the work of awakening. Because only awakening can help us to stop the course we are taking, the course of destruction. Then we will know in which direction we should go to make the earth a safe place for us, for our children and for their children.

Thich Nhat Hanh is a Buddhist teacher who has written many books on spirituality, including "Peace Is Every Step: The Path of Mindfulness in Everyday Life."

SOON EVERYONE WILL BE TAKING BLOOD PRESSURE PILLS!

By John McDougall MD

On Wednesday, May 14, 2003 new guidelines were released that suggested blood pressure levels considered "normal" for 45 million people in the US, were actually dangerous all along. One in five adults falls in the new category of "prehypertension," and is considered at higher risk of heart attacks and strokes. Under the new guidelines blood pressures between 120 to 139 systolic (top number) and 80 to 89 diastolic (bottom number) are now considered abnormal. Normal is below 120/80 mm Hg. The panel of experts from the National High Blood Pressure Education Program issuing these guidelines recommends weight loss, more exercise, less salt and less alcohol. The report does not recommend drug therapy. But, in actuality this will translate into 45 million people being threatened with a lifetime of blood pressure medication.

This is Not New Information

Almost 20 years ago, the Final report of the Working Group on Risk and High Blood Pressure came to the same conclusion for increased health risks for blood pressures of the same levels.[1] For example, the risk of having a heart attack was found to be doubled for someone with a diastolic pressure of 80 to 89 mmHg, compared to a pressure below 80 mmHg.

What Does This Mean?

People (even most doctors) have an incorrect concept of the significance of elevated blood pressure. They think the pressure is damaging the arteries. In truth the elevated pressure is the result of sick arteries and an unhealthy blood system. When the blood vessel walls (arteries) become filled with cholesterol and fat, and then the atherosclerosis that follows, they become narrower and stiffer - as a result the pressure goes up. Foods that we eat (saturated fat and cholesterol) cause the arteries' muscles to spasm and narrow raising the pressure. Vegetable, fish, and animal fats cause the blood cells to stick together and sludge, slowing the flow of blood - this back-up also raises the pressure. It is natural, normal, and desirable for the pressure to go up. This rise is an attempt to overcome all this resistance to flow, and deliver nutrients to the tissues. (You can learn the details on all of this in the McDougall Program for a

Healthy Heart book.) Thus, what the elevated blood pressure really means is the whole blood vessel system is in trouble and ready to close down with a heart attack or stroke.

Damn the Blood Pressure

The approach of the drug industry, and their workers, the doctors, is to attack the elevated blood pressure with medications. The pressure goes down, but they have done nothing about the sick blood vessel system. As a result, this pharmaceutical approach does nothing to reduce the risk of heart attacks and very little to reduce the risk of strokes.

The ultimate beneficiary of these new recommendations from the National High Blood Pressure Education Program will be the pharmaceutical industry and the prescribing doctors - not the patients; unless they know the truth, and take proper action.

Proper Action to Save Your Life

Without a doubt this elevation of blood pressure above 120/80 is a serious warning that there is "trouble down below." Your response should not be to hide the warning sign - the elevated blood pressure - with medication. Your response should be to fix the trouble.

Now is the time to change your diet, lose weight, and exercise, as recommended. But do it seriously with a starch-based diet, with additional fruits and vegetables. Although not the most important recommendation, salt intake should be kept low (We recommend sprinkling it on the surface of the foods rather than cooking with it, for more taste and less sodium.) Exercise daily. When you do both of the diet and exercise suggestions correctly, then you will effortlessly attain, and then maintain that ideal weight - and avoid blood pressure medication and most future health problems.

Reference:
1) An epidemiological approach to describing risk associated with blood pressure levels. Final report of the Working Group on Risk and High Blood Pressure. Hypertension. 1985 Jul-Aug;7(4):641-51.

John A. McDougall, MD, is Scientific Advisor to EarthSave International. Dr. McDougall has been studying, writing and "speaking out" about the effects of nutrition on disease for over 20 years. Visit his website at <http://www.drmcDougall.com> and sign up for his free monthly newsletter.

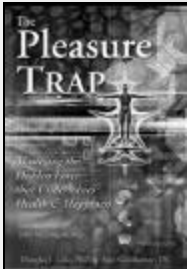
EarthSave educates people about the powerful effects our food choices have on the environment, our health and all life on Earth, and encourages a shift toward a low-fat, plant-based diet. Our influence and effectiveness is dependent upon our members, donors, and benefactors.

With your membership and support, EarthSave programs and local groups make a bigger difference across the world.
<http://www.EarthSave.org>

Hot hot new books! To be reviewed in the next issue:

The Brain Gate
by J. Robert Hatherill, PhD.

The Pleasure Trap
by Dr.. Doug Lisle & Alan Goldhamer

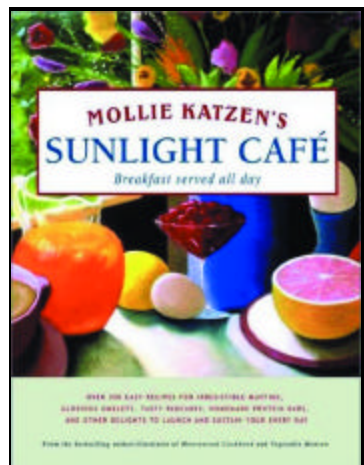


Breaking the Breakfast Fast: A Review of Mollie Katzen's "Sunlight Café"

Reviewed by Dan Balogh

Like your typical over-rushed corporate American worker bee, when I first heard that Mollie Katzen had written a breakfast cookbook, I was skeptical. Yeah, right! Recipes for breakfast! Isn't that the meal folks eat only when they're on vacation-as in "bed & breakfast"?

And as I flipped through the pages of "Sunlight Café," a very beautiful book, I couldn't quite shake a tune that kept playing in the back of my head-the Beatles' "A Day in the Life." The narrator



gets up, falls out of bed, drags a comb across his head, finds his way downstairs and drinks "a cup" before looking up at the clock-at which point he realizes he's already late and bolts out the door to catch a bus.

Sound familiar? The narrator does not make his way downstairs in order to prepare a sumptuous feast using the freshest vegetables picked from his organic garden just outside his sun-drenched window. He certainly does not -especially if the "day" in the title of the song is Monday through Friday.

But as I kept flipping through the pages, reading what Katzen earnestly said about the importance of breakfast, and as I scanned the recipes and noticed that very few had more than a dozen ingredients or preparation times in excess of 30 minutes-the Beatles tune began to fade away. By the time I put together a list of 20 recipes that I wanted to try from the book, the tune was gone for good.

I realize many of you are probably saying that 30 minutes (even 15!) is still too much time to spend preparing breakfast on a weekday. Perhaps many of you find your way downstairs to have "a cup" (of coffee or tea) and also a bowl of cold cereal doused with soy milk and a sprinkle of walnuts, blueberries and flax meal-this does it for me Monday through Friday with prep time of five minutes.

Mollie Katzen, however, is ahead of us. Having children, she knows what it's like to try to prepare a nutritious breakfast on a weekday, when searching for her daughter's missing shoe is enough to derail an incredibly efficient, razor-sharp schedule by an enormous 15 minutes. Before the end of the second page of the introduction she addresses lots of our concerns by explaining that many of these meals can be made in advance and simply reheated the next morning (it works, as I'll explain). She also gives other hints on how to minimize the amount of time you spend in the kitchen on a weekday morning.

Gazing at my list of 20 candidate meals, salivating uncontrollably, I realized that all of the recipes in "Sunlight Café" could

be prepared for dinner as well. And over the next two weeks, my wife and I did exactly that, methodically working our way through the list of candidate recipes. I can honestly say that it was the most cooking fun we've had since we became vegans, a decision that led to an ongoing exploration of foods we never knew existed. (By the way, although this is not a vegan cookbook, many of the recipes are easily veganized.)

The book is intelligently arranged in 12 functional chapters such as "Grains: Cereals, Cooked & Cold," "Potatoes, Beans, Tempeh & Hashes," "Vegetables for Breakfast" and "Griddle Foods: Pancakes, Waffles, Blintzes, Crêpes & French Toast." Even beverages, like smoothies, and breakfast bars get their own chapters.

And it's not just recipes you'll find here. This 300-plus-page book contains many essays on coffee, tea, fruit, grains, toast, muffins, breads, waffles, home fries and others. Katzen's treatment is enthusiastic and scholarly throughout-and yes, you can be scholarly when addressing waffles!

Specific "how to" topics are also sprinkled through the book. For example, vegan s will appreciate Katzen's recipe for the perfect scrambled tofu-first boil silken tofu and then fry it until light golden brown. Sure enough, it's the best result I ever got. And with this recipe, as with many others, Katzen provides variations-first follow the standard recipe and then apply slight variations for different results. The basic scrambled tofu can be dressed up with minced scallions, veggie bacon, guacamole (recipe also in the book) or salsa (ditto). Is your mouth beginning to water?

One of the things we learned while making these delicious recipes (for better or worse) is that breakfast really does start to blossom into a real meal-like dinner! So, having only scrambled tofu didn't satisfy us. But that wasn't a problem: Got a couple of spare tomatoes hanging around? Slice them in half, remove the seeds and cut them into thick slices. Coat them with a mixture of flour, cinnamon, cumin and salt, and fry them in a lightly oiled pan. In just three or four minutes you have a fantastic side dish called Cinnamon-Spiced Fried Tomatoes. This recipe is so easy we made it three times in two weeks.

Do you still have room on your plate? No problem-in 15 minutes you can make another terrific side dish, Classic Creamed Spinach. You'll need some frozen chopped spinach (defrosted), a bit of butter replacer, mustard, milk replacer, nutmeg, flour, salt and pepper. (This, like many of the other recipes, is easily veganized by using soy milk and Earth Balance butter substitute.) I stored the leftovers in the refrigerator. Three days later, after a few minutes of heating on the stove, it was even better than the day I made it. This was true of every recipe we tried. Katzen is not exaggerating when she says that these meals can be prepared in advance and enjoyed the next morning.

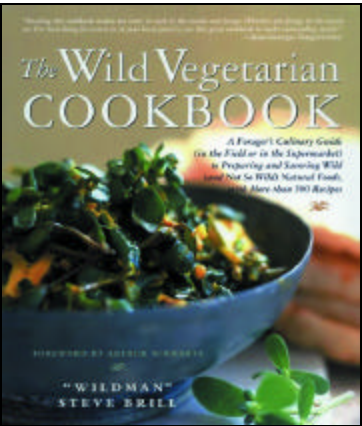
I'm learning to like big breakfasts, so at this point I still see emptiness on my plate. I reach for

The Wild Vegetarian Cookbook--a Forager's Culinary Guide in the Field or in the Supermarket to Preparing and Savoring Wild (and Not So Wild) Natural Foods," with more than 500 Recipes, by "Wildman" Steve Brill

Reviewed by Caryn Hartglass

I was a little apprehensive when asked to review the "Wild Vegetarian Cookbook." I thought it would be another cookbook to dress the shelf with too many complicated, hard-to-obtain ingredients to get involved with. I was delightfully proved wrong!

"Wildman" Steve Brill spends the first 30 pages of his 500 page



cookbook (small font!) to explain his journey into foraging and healthy food preparation. His tale of being arrested and subsequently hired by the New York City Parks Department draws you in to read more. This section supplies the novice vegetarian with comprehensive, hand-holding information about nutrition and food preparation. There are even some helpful tips for the well-seasoned vegetarian chef. His approach is personal and friendly, peppered with a few bad puns.

The "unwild" food recipes are presented first, including tofu cheeses, nut butters and breads. The wild food recipes come next, sectioned by seasons. Brill offers common supermarket substitutions for most of the wild ingredients. The book includes an herb and spice user's guide, and quick guides to making dairy-free cheese and wild wine.

All the recipes are primarily vegan. Some call for honey, with alternatives provided. Brill uses

natural sweeteners such as fruit juice, stevia, rice syrup and barley malt. Most of the recipes are wheat-free.

How many times has a vegetarian been asked by a meat-eater, "But what do you EAT?" I know that I eat a far more varied diet compared to those on the standard American diet just with the variety of fruits, vegetables, whole grains and legumes available in any local supermarket. Brill offers an enormous list of wild, edible plants to forage locally, from our backyards and parks and experience more variety than ever. He provides a description of each, including what they look like, when they are available and what they taste like. Even if you don't try any of the 500 recipes in the book, the information on the available plants to forage make the book a good read and a good resource for your cookbook shelf.

After picking up the weekly box of produce from my local CSA (community supported agriculture), I had a huge bag of dandelion leaves that I didn't know what to do with. The Wild Vegetarian Cookbook had a delicious solution (see recipes below).

I have signed up for a wild food and ecology tour in Central Park at the end of the month. I plan to fill up my bags with weeds and flowers and experience their new and exotic flavors with more delicious recipes from this cookbook.

For more information about "Wildman" Steve Brill and wild food, go to his website at <http://www.wildmanstevebrill.com>.

Dandelions and Vegetables Smothered in Hollandaise Sauce

3 T. olive oil, or as needed
3 cups dandelion leaves, chopped
One 16-ounce package firm tofu, drained and diced
1 medium red onion, chopped

2 medium zucchini, ends trimmed and sliced
1 medium yellow or red bell pepper, seeded and cut into strips
4 cloves garlic, chopped
1 T. arrowroot or kudzu
2 cups Healthy Hollandaise Sauce (below)

1. Heat the olive oil in a large skillet over medium heat. Add the dandelion leaves, tofu and onion and cook, stirring for 10 minutes. Add zucchinis, bell pepper and garlic, and cook, stirring, for another 5 minutes.

2. In a small bowl, mix the arrowroot with the Hollandaise sauce and stir the mixture into the vegetables. Reduce the heat to low and simmer covered for 10 minutes.

Healthy Hollandaise Sauce (makes 5 1/2 cups)

One 19-ounce package silken tofu, well drained
½ cup water
½ cup fresh lemon juice (2 large lemons)
½ cup corn oil, flaxseed oil or olive oil
¼ cup goutweed leaves (this common wild green tastes like an exotic combination of parsley and celery leaves)
3 tablespoons lecithin granules
1 teaspoon freshly ground mustard seeds (1/2 teaspoon seeds)
1 teaspoon freshly grated nutmeg
¼ teaspoon turmeric
1 teaspoon Vege-Sal or ½ teaspoon salt, or to taste

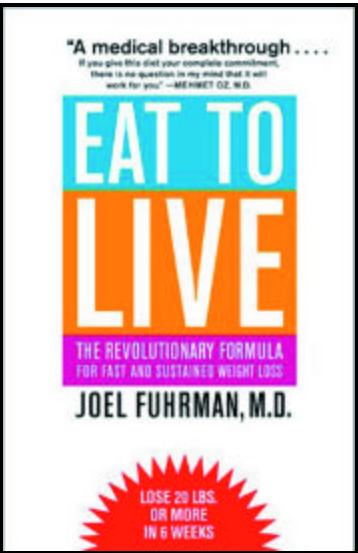
In a food processor or blender, combine all the ingredients and process until smooth.

Transfer the mixture to a saucepan and heat it all the way through over low heat. Do not bring the sauce to a boil or it will lose its texture and become watery. Healthful Hollandaise will keep, tightly covered in the refrigerator, for up to 1 week.

Eat to Live The Revolutionary Formula For Fast And Sustained Weight Loss by Joel Fuhrman, M.D.

Reviewed by Barbara Sarter Ph.D., R.N., F.N.P.
Associate Professor and FNP Program Director
University of Southern California
Department of Nursing

If you know someone who need to lose lots of weight quickly and safely this is a must read. Most of today's popular diets are based on flawed or absent nutritional science, or take one small fact in a very complex science and magnify it to create a new approach laden with false promises. At best, they provide only short-term results. However, any health professional that reads Dr. Fuhrman's book will find it to be a most comprehensive, nutritionally superior and scientific plan for weight loss, far ahead of any of its competitors. But this book is not just about losing weight. It is about promoting a maximum state of health for life. In this, the book stands alone. It is a masterpiece of nutritional science; synthesizing decades of scientific research into a rational, feasible, delicious, supremely healthy plan for eating. Dr. Fuhrman offers us

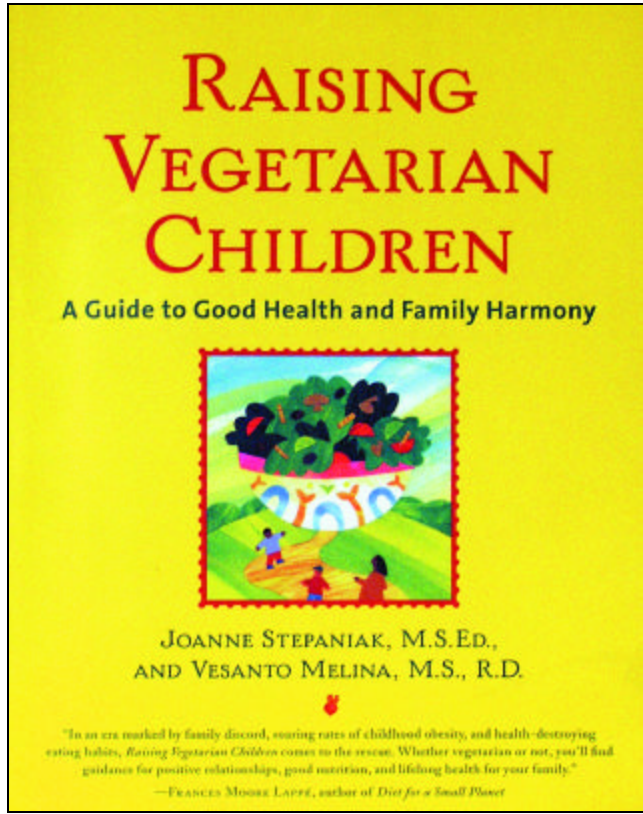


an invaluable tool for preventing and reversing the major chronic diseases that kill the majority of Americans.=

There are no gimmicks in this diet. It is exquisitely simple, thanks to a fundamental principle that Dr. Fuhrman has distilled from thousands of studies of human nutrition. That formula is Health = Nutrient/Calories. For each calorie we take in, we want to receive maximum nutrient den-

sity. Thus, this diet is called a high nutrient density diet. This principle leads to a reformulation of the current Food Pyramid so that fresh vegetables are at the base, most abundant, with fresh fruits and legumes next, then nuts and seeds, and only then complex carbohydrates such as whole grains. Animal protein, including dairy, eggs and meat, are at the very top, along with fats, oils, and simple carbohydrates. This is the basic structure of the high nutrient-density diet. Dr. Fuhrman is well aware of the normal American's food addictions (he is in private practice full-time and provides nutritional counseling to all of his patients) so he includes a 90% rule in the plan. This allows for 10% of total calories to come from food groups at the very top of the pyramid.

One great advantage of this diet plan is that it is very filling. Most people have trouble eating as many vegetables and fruits as are recommended - up to one pound of raw and one pound of cooked vegetables per day! If one approaches these amounts in



Review of Raising Vegetarian Children by Joanne Stepaniak, M.S.ED., and Vesanto Melina, M.S., R.D.

Reviewed by John Borders, Jr.

If the title of this reviewed book catches your eye, it's likely that you have found yourself in one of these scenarios at some point in your parenting life:

Scenario One:

Your teenage daughter comes home and announces that she is now a vegetarian. All of the usual questions fill your mind: "What in the world will I fix her to eat? Will this diet be safe? Will she influence her younger brother?"

Scenario Two:

You've eaten a vegetarian diet for 5 years and you've just learned that you're pregnant. You wonder whether you're doing your baby a favor or irreparable harm if you follow your diet throughout pregnancy. And since nobody in your family has raised a vegetarian child, where will you find the knowledge and support you need to successfully feed your children the diet which you believe is best for their physical, emotional and spiritual well being?

Raising Vegetaria

Scenario Three:

You've just read The Food Revolution by EarthSave founder John Robbins and you've decided that you'd like your whole family to eat a plant-based diet. Your wife will probably go along with you, but what about your teenage son and your eight year-old daughter? How will you help them to eat a healthier diet in the face of mass marketing of fast foods and lots of pressure from peers?

Whether you've found yourself in one of these scenarios, or whether you would just like helpful tips on raising healthy children, renowned authors and educators Vesanto Melina and

Joanne Stepaniak come to the rescue with the answers to all of your concerns in their new book, *Raising Vegetarian Children: A Guide to Good Health and Family Harmony*.

There are several good books currently available to educate adults about eating healthy vegetarian diets (including Melina's *Becoming Vegetarian* and *Becoming Vegan*), but there hasn't been much up-to-date assistance for raising children on vegetarian diets. *Raising Vegetarian Children* changes that, addressing every issue you could imagine related to children and healthy diets. Indeed, Melina and Stepaniak are so thorough, it's like having a dietitian, a child psychologist and a good friend at your disposal all of the time. They do everything they can to make this easy, short of cooking dinner for you!

Raising Vegetarian Children addresses the nuts and bolts of vegetarian nutrition in terms that anyone can understand. Yet, even if you're a lifelong vegetarian, you'll certainly learn new things from this up-to-date information that will help you to make the best decisions about how to feed your children. Most parents of vegetarian kids face opposition from grandparents, friends and even their doctors. This book provides you with all of the nutritional information you'll need in order to feel confident that you're making great choices for your family. This book shows how vegetarian diets are not only safe for kids, but how they can protect



your children from obesity, and from many of the pre-conditions for diseases they would otherwise likely face as adults.

Obesity is a growing problem for American children, and signs of heart disease are showing up in children younger than 10. Furthermore, children are acquiring Type-II diabetes-historically reserved for adults only-at alarming rates as a result of poor diets and lack of exercise. *Raising Vegetarian Children* teaches you how to minimize the chance that your child will experience these problems, and how to maximize the chance that she will develop healthy eating habits that will stay with her for life.

Raising Vegetarian Children bala Melina's impeccable knowledge of nutu with Stepaniak's expertise on the social, ical and psychological effects of food. teach that being healthy means more eating healthy. To this end, this book c practical parenting advice on how to with your kids about animal issues, ho handle social pressures, and how to t your kids not to judge friends and fa members who eat animal prod Stepaniak and Melina know that a bala life means more than a series of bala meals.

This book is broken into three priu parts: Approaches to Vegetarian Li Nourishing Our Children; and Recipe



Marie Oser is a best-selling author and on-camera chef at www.VegTv.com. Her latest book is "More Soy Cooking," John Wiley & Sons Inc. She can be reached at www.veggiechef.com.

HEALTHY SCHOOL LUNCH

Making a healthy lunch for your child can be easy, cheap, de

By Marie Oser

Commercial fast food is rearing its unhealthy head in lunchrooms across America, and excess fat, calories and cholesterol are a serious concern.

According to the Physicians Committee for Responsible Medicine, almost 5 million children ages 6 to 17 are seriously overweight, a number that has more than doubled in the last 30 years. Increasing numbers of children, often as young as 10, are being diagnosed with type 2 diabetes. This form of diabetes is most often referred to as "adult-onset diabetes" and frequently found in obese people.

It's important to encourage good eating habits as early as possible because this will have a positive effect on future health, weight and medical expense.

Health-conscious parents planning their children's school lunches are looking for healthy options that their kids will want to eat.

Preparing a wholesome lunch for the family each day doesn't require a great deal of time. With a little planning you can have a tasty lunch that is nutritious and economical.

Children like to fit in and it is so easy these days to make a lunch that doesn't scream sprouts

and granola. There are healthful sandwich-stuffers that mimic the taste, texture and appearance of traditional deli meats. Look for plant-based alternatives such as Light Life Roast Turkey, Country Ham, Foney Baloney, Three Peppercom Pastrami and Tofurky Hickory Smoked and Original Slices and Jerky. Yves brand makes Veggie Canadian Bacon, Salami and Pepperoni.

A healthy lunch can come together as quickly as its unhealthy counterpart, and it's a real time-saver to make sandwiches the night before.

Spread frozen slices of multigrain bread lightly with eggless mayonnaise or Dijon mustard, add slices of hickory or savory baked tofu, and lettuce and tomato. Include a piece of fruit, wholesome cookies and soymilk. Wrap and set aside in the refrigerator overnight.

Many American parents are buying prepackaged boxed lunches for their kids that typically contain deli slices, processed cheese and a candy bar, despite concerns regarding their nutritional value. The popularity of these prepackaged lunchboxes among schoolchildren has parents heading to the stores, fueling a \$600-million industry in America alone. Traditional lunchboxes have come under fire from the American

College of Cardiologists b content. Typically these lu cheese, crackers and a d nearly three-fourths of th salt allowance.

The Enlightened Health is made with healthful altly available in superma stores. And those prepack will find a wholesome a good about and that you Yves Veggie Cuisine has i their "Good Lunch." You box lunch that looks and counterpart but has less only 7 grams of fat. Wick competitively, healthy sch arrived and they are as clo or local health food store.

ENLIGHTENED HEA Servings: 1

2 slices multigrain brea
1 Tbs. eggless mayonn
1 1/2 ounces baked tof
3 slices fresh tomato

1 Kids New book, new strategies, great new recipes!



Every Occasion. The first part deals with practical matters related to vegetarianism and kids: tips on living in a non-veg world; how to keep a healthy psychological approach to eating; setting good examples for your kids, etc. The second part handles the basics of vegetarian nutrition. And the third part provides recipes and suggestions for enjoying cooking.

The nutrition section is separated into chapters related to stages of development for kids. The authors first go through the basics of healthy eating: balancing carbs, protein, fat, etc. They provide plenty of evidence of the safety and health benefits of a whole foods, plant-based diet. And they answer more difficult questions related to

matters like Vitamin B-12, Omega-3 fatty acids, etc. Next, they walk you through your journey, from pregnancy to infancy to childhood to adolescence. The meal plans are particularly helpful, and illustrate the types of foods which they recommend for growing kids.

The authors also provide helpful tips for special challenges: picky kids, food allergies, weaning from breast milk and/or formula, children athletes, and eating disorders. Since each child is different, and each parenting style is unique, Melina and Stepaniak provide you with the tools (and not just the rules) for successfully addressing these issues.

The last section of this book handles the "proof in the pudding." All of the nutritional knowledge and practical tips in the world mean nothing unless the food is tasty for your children. And nobody has more experience with tasty vegetarian recipes (especially simple, everyday ones) than Joanne Stepaniak. You'll find recipes for healthy, kid-friendly foods like mock cheese spreads, sandwiches, burritos, smoothies, soups, pastas (including a delicious Cheez-A-Roni), stir-fries, pizzas, tacos, burgers, desserts and many more staples for growing families. There is also a very useful table of basic substitutions for dairy, eggs, meat and sugar.

The first chapter of *Raising Vegetarian Children* sums up the whole book: "Raising vegetarian children is an exciting and rewarding adventure. It presents a remarkable opportunity to help construct the future we all yearn to have for ourselves and our children—a world brimming with vibrant good health, loving kindness, peace, tolerance, and compassion for all." With this book as your guide, you'll be well on your way to creating such a future, starting right in your own home.

John D. Borders, Jr. is the father of two vegetarian children who eat anything and one vegetarian picky eater who puts all of Stepaniak's and Melina's work to the test.

Recipes from *Raising Vegetarian Children*. Recipes by Joanne Stepaniak

African Stew

Makes 6 cups
This nutrition-packed stew is an excellent source of iron, copper, magnesium, manganese, potassium, folate, niacin, thiamin, vitamins A, B6, and C, plus it provides selenium, zinc, and vitamin E. It's best feature, however, is that children love the creamy, peanut-butter based sauce, and the whole family will enjoy the combination of flavors. Vegetable stock can be made easily using stock cubes or powder.

- 1 onion, chopped
- 1 tablespoon olive oil
- 4 cups vegetable stock or water
- 2 cups peeled, diced sweet potatoes or yams
- 1 cup cooked or canned chickpeas
- 1 cup brown rice, dry
- 1/4 teaspoon salt (optional)
- 1/4 cup peanut butter
- 2 cups chopped collard greens or kale (stems removed)
- 2 tablespoons fresh or frozen lemon juice
- 1/2 teaspoon pepper
- Dash hot chili sauce or chipotle sauce (optional)

In a large saucepan over medium heat, sauté onion in oil for 5 minutes or until beginning to brown. Add stock, sweet potatoes, chickpeas, rice, and salt (if using); bring to a boil, then lower heat and simmer for 45 minutes. In a small bowl, blend peanut butter and 1/2 cup of hot liquid from stew to make a smooth paste. Stir peanut butter mixture into stew along with kale and cook for 5 minutes. Stir in lemon juice and add hot sauce to taste (if using). Serve over rice or with fresh bread or rolls.

PER CUP: calories: 309, protein: 9 g, carbohydrate: 49 g, fat: 10g, dietary fiber: 6 g, sodium: 75 mg, % calories from: protein 12%, fat 27%, carbohydrate 61%

Nut Butter Cookies

Makes 24 cookies
This is a superbly simple recipe that children can help to make. Use any nut butter you like, such as peanut butter, almond butter, soynut butter, or even sunflower butter.

- 1/2 cup pure maple syrup
- 1/2 cup nut butter (crunchy or smooth)
- 1 teaspoon vanilla extract
- 1 cup whole-wheat pastry flour

Preheat oven to 350°F. Oil two baking sheets, mist with nonstick cooking spray, or line them with parchment paper for easier cleanup. In a large mixing bowl, cream together maple syrup, nut butter, and vanilla extract. When smooth, stir in flour to form a stiff dough. Mix thoroughly. Form into 24 walnut-size balls and place on prepared baking sheets. Flatten cookies with the tines of a fork, first in one direction and then in the opposite direction to create a cross-hatch design. (Young children especially enjoy helping with this part.) Bake one sheet at a time on the center rack of the oven for 12 minutes or until bottoms of cookies are lightly browned. Remove from oven but let rest on baking sheet for 1 full minute. Carefully loosen and transfer to a cooling rack. Cool completely before storing.

PER COOKIE: calories: 67, protein: 2 g, carbohydrate: 9 g, fat: 3 g, dietary fiber: 1 g, sodium: 2 mg
% calories from: protein 11%, fat 36%, carbohydrate 9%
*Nutritional analysis done using unsalted peanut butter.

us -- and a great investment.

- their high salt
 - include meat,
 - d can contain
 - ended daily
- 1 leaf romaine lettuce
 - 1 medium orange
 - 2 Health Valley cookies
 - 6 ounces enriched soymilk

featured here that are wide- health food chboxes? You : you can feel en will enjoy. d two styles of a wholesome : its traditional) calories and ble and priced 1 options have ir supermarket

Enlightened Healthy Lunch nutrition analysis per serving: protein 17g, carbohydrates 63g, fiber 9g, fat 6g, sat fat 0g, cholesterol 0mg, calcium 235 mg, sodium 484 mg.
Calories: 369
Calories from protein: 18%
Calories from carbohydrates: 68%
Calories from fat: 14%

Traditional lunch nutrition analysis per serving: protein 22g, carbohydrates 71g, fiber 5g, fat 31g, sat fat 11g, cholesterol 77mg, calcium 323 mg, sodium 1108mg.
Calories: 640
Calories from protein: 13%
Calories from carbohydrates: 44%
Calories from fat: 43%

UNCH

on an angle



If you are like most people, you might think that healthy eating means that all of your family favorites are suddenly off-limits. Perhaps you feel that it must be difficult to make meals that are good tasting AND good for you. Not so, according to Marie Oser, author and newspaper columnist. Making food choices that lead to optimal health and well being has never been easier, if you follow her wholesome approach.

In addition to writing for *Vegetarian Times Magazine*, Marie authors *The Enlightened Kitchen*, a weekly column showing ways to enlighten the menu and incorporate health-supporting, and nutritious plant foods into your diet.



Study Shows Healthy Eating Can Be Cheap

by Karen Collins, MS, RD, CDN, American Institute for Cancer Research

One barrier to healthy eating noted frequently in consumer surveys is the perception that nutritious foods are more expensive than less healthy alternatives. But a study published in the Journal of the American Dietetic Assn. found that choosing healthy food does not, in fact, increase the grocery bill. As families who participated in the study got more practice at making healthier choices, food costs actually dropped.

This study, which encouraged nutritious eating and weight control, grouped foods into three categories. Participants were encouraged to eat plenty of foods like fruits and vegetables, which are high in nutrients and low in fat and calories. Foods with important nutrients but slightly higher fat content were to be included in amounts appropriate to individual needs. An important part of the program involved decreasing consumption of a third group of foods, those lower in nutrients and higher in calories and fat. Participants were encouraged to limit this group (which also included foods low in fat and calories but also low in nutritional value) to no more than 15 servings per week.

At the end of the study, the overweight children and parents ended up 5% to 8% less overweight than at the beginning. Furthermore, contrary to the belief that healthier eating is more expensive, costs actually decreased after one year, falling to the level of the low-cost food plan devised by the U.S. Department of Agriculture.

Eating less of the foods that are low in nutrients and high in fat was largely responsible for both weight loss and lowered costs. Initially, these foods made up about 60% of the food eaten and more than 62% of food costs. After a year, they accounted for only 40% to 50% of the food eaten and about 50% of food costs.

Many consumers focus on the "high" cost of healthful foods like fruits and vegetables but forget that high-fat meats, convenience foods, snacks, bakery items, soft drinks and other less nutritious foods can add up to significant expense. For most people, healthier eating is not just about adding more fruits and vegetables, it also involves using them to replace high-calorie/high-cost foods.

A more healthful diet may also reduce food costs when portion sizes are downsized to match actual physical hunger. Buying less food means food costs will go down.

The drop in food costs in this study did not occur immediately. Most of it occurred six to 12 months after the program started. Researchers observe that at first,

families may have tried to reduce fat and calorie consumption while keeping habits essentially the same. For example, they may have switched from regular to reduced-fat foods. As time went on, they may have made larger shifts in food choices or preparation.

It is possible, of course, that healthier eating habits could lead to higher costs if purchases include out-of-season produce, low-fat desserts or exotic juices. But the important fact, proven by research, is that health-savvy eating can also be budget-savvy. And that's before you consider the long-term payoff of lowered risk of cancer and other health problems.

The American Institute for Cancer Research is the only major cancer charity focusing exclusively on the link between diet, nutrition and cancer. Its website is <http://www.aicr.org>.

Understanding the New Atkins Research

By John McDougall MD

Two studies on the Atkins diet - the Samaha[1] and the Foster[2] studies - were published recently (May 22, 2003) in the New England Journal of Medicine. Both showed a greater weight loss (13 pounds at 6 months[1] and 10 pounds at 12 months[2]) on the low-carbohydrate diet compared to the low-fat diet (4 and 6 pounds). The diets labeled as "low-fat," were designed to be 30% and 25% of the calories as fat, respectively - which, at best, could be considered "moderate-fat." In the Samaha study, prior to the intervention, the participants were eating 33% of their calories as fat. So how does decreasing the fat by 3% make this a low-fat diet? Furthermore, when the study was finished, those on a "low-fat" diet were eating 33% of their calories as fat - exactly the same as before the study. Any weight loss from the "low-fat" diet was clearly due to calorie, rather than fat, restriction. A truly low-fat diet as prescribed by Kempner, Pritikin, Ornish and McDougall has 7% to 10% of the calories as fat.

Without a doubt a high-protein, very low-carbohydrate diet causes weight loss, but as these two studies showed, this kind of diet cannot be sustained - nearly half of the participants in the Samaha study did not last 6 months and in

the Foster study nearly 40% quit by 12 months. The "low-fat" group did no better - calorie-restricted diets have never worked because it is too painful to be hungry. Furthermore, if the one hospitalization for chest pain and the one death in the Atkins diet[1] group are any indication of the future for people who choose high-fat diets, then clearly people are sacrificing their health for temporary weight loss.

The mechanisms causing weight loss from the low-carbohydrate diets used in these studies should discourage doctors from recommending this approach to their patients. Followers of this diet complain of reduced appetite, nausea, and fatigue - all symptoms of illness. If followed strictly enough to enter ketosis - the goal of the Atkins diet - then there may be actual appetite suppression. Eating less, causes people to take in fewer calories and lose weight. Another result of eating less is they consume less saturated fat, cholesterol, sodium, and animal protein. Signs of improved health seem to appear because risk factors, like serum cholesterol, triglycerides, uric acid, and glucose, and blood pressure, decrease - and the patient is declared healthier. Not necessarily so. Similar benefits, for similar reasons, are seen when patients are

placed on cancer chemotherapy[3] - and doctors don't brag about these results.

If people want to know the truth about good nutrition, they simply need to look at the world picture. Populations following high-carbohydrate, low-fat, lower-protein diets, like those from traditional Asian and African countries are trim for a lifetime and avoid all the diseases common to people who follow the Western diet. The Atkins diet is simply an exaggeration of the unhealthy Western diet to a level that makes people sufficiently ill to lose their appetite.

References:

- 1) Samaha FF. Low-Carbohydrate as Compared with a Low-Fat Diet in Severe Obesity. N Engl J Med. 2003 May 22;348(21):2074-2081.
- 2) Foster GD. A Randomized Trial of a Low-Carbohydrate Diet for Obesity. N Engl J Med. 2003 May 22;348(21):2082-2090.
- 3) Subramaniam S. Studies on the changes in plasma lipids and lipoproteins in CMF treated breast cancer patients. Biochem Int. 1991 Aug;24(6):1015-24.

Visit Dr. McDougall on the web at <http://drmcDougall.com>

Pressure Cookers The Kitchen Appliance We Can't Live Without!

By Sabrina Nelson

Late last year some wonderful new additions arrived in our family -- two pressure cookers and some fabulous books like "Cooking Under Pressure" by the queen of pressure cookers, Lorna Sass. One cooker is a stand-alone electric made by Farberware; the other is a stovetop model made by Kuhn Rikon -- both hold about 8 quarts. These incredible pots have transformed our eating habits for the better. Daily we're having the most exquisite soups, beans and stews in under an hour. The ability able to cook a feast in under four minutes is truly a miracle. The flavors are very intense, and we don't know how we lived as vegetarians all these years without a pressure cooker!



What we like about the Farberware model we purchased is its ease of use. Basically, you dump the ingredients in, press the timer and go do something else and forget about it. Plus: push a button, and you're cooking! Minus: it's a large pot and the timing of some of the recipes isn't precise and you have to figure out some adjustments, like adding a minute more or less with certain recipes. Once you figure that out, it works very well.

The Kuhn Rikon model we got is the Kuhn Rikon 7-Liter Stainless Steel.



On the plus side: It's a beautiful pot in a nice size that's not going to overwhelm your kitchen with its girth. Basically, we could happily get rid of every other pot we have in the kitchen and be satisfied with just this one. The timing of the recipes is very precise; if it says 4 minutes to cook a dish, it takes 4 minutes. Also, the documentation that comes with this machine is very impressive. Minus: You have to watch it, it doesn't have a timer. This means you have to spend at least 10 minutes in the kitchen making dinner!

I recommend all of Lorna Sass' pressure cooker cookbooks, especially *Vegetarian Cooking Under Pressure*.

One of many great recipes of Lorna's we love:

Double Mushroom Barley Soup

18 minutes high pressure

- 2 teaspoons safflower or canola oil [may use water/tamari]
- 1 teaspoon finely minced garlic
- 2 cups coarsely chopped onions or thinly sliced leeks (white and light green parts)
- 6 cups boiling vegetable stock, approximately
- 1/2 cup pearl barley
- 1/2 pound fresh mushrooms, sliced or quartered
- Generous 1/2 cup (1/2 ounce) sliced dried mushrooms, soaked if necessary [shiitakes are great]
- 1 large carrots, halved lengthwise and thinly sliced
- 2 large celery ribs, diced
- 1 large bay leaves
- 1 1/2 tablespoons dried dill, approximately
- Salt and freshly ground pepper to taste

Heat the oil [or water/tamari] in the cooker. Cook the garlic and onions over medium-high heat, stirring constantly, for 1 minute. Add the stock, barley, fresh and dried mushrooms, carrots, celery, bay leaves, dill, and salt and pepper.

Lock the lid in place. Over high heat, bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 18 minutes. Allow the pressure to come down naturally or use a quick-release method. (Set the cooker under cold running water if you experience any sputtering while quick-releasing the pressure.) Remove the lid, tilting it away from you to allow any excess steam to escape.

Discard the bay leaves and add a bit more dried dill, salt, salt and pepper if the flavors need a boost. The soup will thicken considerably upon standing. Thin it to the desired consistency with additional vegetable stock.

Healthy tip: Many recipes call for a tablespoon or two of oil in the pressure cooker to prevent foaming, especially for beans. However, if you put a strip of kombu (dried seaweed you can get at most health food stores or Whole Foods), you'll have no problem with the foaming and won't need oil. (Just remove the kombu before you serve the dish.) The higher-end pressure cookers seem to do just fine, in our experience, even when you use no oil or kombu.

To exchange recipes with other pressure cooker enthusiasts, visit <http://www.vegsource.com/talk/pressure/>

Sabrina Nelson is the owner of VegSource.com and cooks under pressure no matter what pot she uses.

MYTH/FROM PAGE 1

"We can grow cows elsewhere if we insist on growing cows anywhere," Wuerthner points out. "And there are certainly far better places to do this than our Western public lands."

One obstacle to land-use reform is the "cows-vs.-condos" argument that eliminating livestock production, particularly on public lands, fosters greater sprawl and development. Even many environmentalists, as well as the industry itself, suggest that the way to protect open space is to protect the livestock industry, Wuerthner says.

The appeal of the cows-vs.-condos theory is understandable, Wuerthner says: "Most of us live in cities or towns that are growing. ... It is only natural to assume that sprawl is necessarily worse than livestock production. It is something that we all experience every day. Most of us don't directly experience the negative effects of livestock on a daily basis. So this colors our perception of the issue."

"On an acre-by-acre comparison, sprawl and urban development are highly destructive and probably far more damaging than having some cows munching on weeds," Wuerthner concedes.

But, he says, although sprawl is a real problem that needs to be controlled where it occurs, it's not a fair comparison because the amount of land directly affected by sprawl and development is actually quite small: Based on analysis of aerial photos, only 4% of California's landscape is developed.

"I know that may be difficult to believe if you are living in Los Angeles or the San



COW DAMAGED

LIVESTOCK FREE

Fence Line Ecology -- Almost any road in the western states will reveal the environmental destruction caused by grazing livestock in sensitive ecosystems. Because there are such few non-grazed reference points to compare, observing fence lines can be one of the best ways to observe first hand how cattle will destroy what would otherwise be healthy, productive land supportive of many plant and animal species versus the current dry, lifeless, barren landscapes.

Francisco Bay area," Wuerthner says, "but think again: You have millions of acres in the desert, in the Sierra Nevada and along the North Coast that are virtually uninhabited. Much of this is public land-half of California is public land-and will never be developed. Even most of the agricultural lands are used for livestock production-with hay and pasture accounting for more crop acreage than any other crops grown in the state."

"Where I differ from others is that I believe we need to control, guide or eliminate livestock production as well as sprawl. Neither is good for ecosystems or native species. It's not a choice of one or the other. We should be fighting both."

Wuerthner points out that when the effects of farming are factored in-bearing in mind that most of the agricultural land in the U.S. is used to grow crops to feed livestock-livestock produc-

tion is responsible for more endangered species than any other human activity, including urbanization.

"Livestock production affects nearly 70% to 75% of the entire U.S. That includes the public and private range land used for grazing, the lands used for crop production like hay or corn and the lands used as pasture. It's a huge amount of land. By comparison, urbanization only affects 3% of the U.S. land area. So if you are talking about total ecological impacts, the effects of livestock production are far greater than sprawl simply based on geographical scales," Wuerthner says.

The picture becomes even more skewed toward livestock when you look at other Western states, he says-95% of Montana, for example, has less than four people per square mile. Using the 1890 U.S. Census definition, that's frontier. The state's popu-



PHOTOS: GEORGE WUERTHNER

COW DAMAGED

LIVESTOCK FREE

lation growth is taking place on only 0.17% of its total land area. And most of Montana's non-forested land is used for agricultural production, including livestock.

"So most of the West is dominated by open space, not urbanization or sprawl," Wuerthner says. But "open space isn't necessarily good for wildlife or ecosystem protection. If that were the case, then Montana would not have any endangered species. There would be bison, wolves, grizzlies and sage grouse everywhere-but these species are on the verge of extinction," not because of sprawl, obviously, but because of agriculture-primarily livestock production.

"The problem with the cows vs. condos myth is that it saps public support for alternatives," Wuerthner says. "If people think we can have our cake and eat it too-i.e. having ranching and the cowboy myth preserved and not have to cough up money for land acquisition or debate about zoning issues, they are going to avoid biting the bullet and seriously discussing these proven alternatives. Those promoting ranching as a means of preserving open space are actually fiddling while Rome burns."

Fortunately, Wuerthner believes the Western livestock industry is dying out, largely because of rising land prices. Today's prices make it impossible to buy land and pay it off by running cattle, which prevents young people from entering the business unless they have outside money, so old ranchers are not being replaced when they

retire. Also, it is more difficult to pass on a ranch to family members, since even small ranches are now worth millions.

This leaves ranching families with little choice but to sell, he says, which in some places will mean subdividing the land and in others means selling to a wealthy buyer who will run the ranch as a 'trophy' or hobby.

"That is not altogether a bad fate, since it keeps the land intact," Wuerthner says, "but if you are rich, you don't need to run cows."

Wuerthner believes the death of ranching can be hastened by putting pressure on ranchers, particularly public-lands ranchers, thereby making it "less fun" to be into ranching. Also, making it less prestigious to be a rancher could effectively change the status of this occupation for the wealthy and elite that are coming to dominate the Western livestock business-similar to "making it less desirable to be a slave owner."

"Once this is no longer socially acceptable, far fewer wealthy individuals will run cows on their lands," Wuerthner says. "They might seek status in a different way-restoring ecosystems-as Ted Turner has done."

"We should try to shape the debate so that ecosystem restoration is what the wealthy do-not run cows."

Tim Lengreth lives in Ajo, Arizona, and is a grazing activist who believes only public awareness can bring about resolutions to the public lands ranching disaster.

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Book Review

Welfare Ranching: The Subsidized Destruction of the American West

Edited by George Wuerthner and Mollie Matteson, Island Press, 2002, 366 pages ISBN 1-55963-942-3 (cloth, \$75) ISBN 1-55963-943-1 (paperback, \$45)

Reviewed by Richard H. Schwartz, PhD

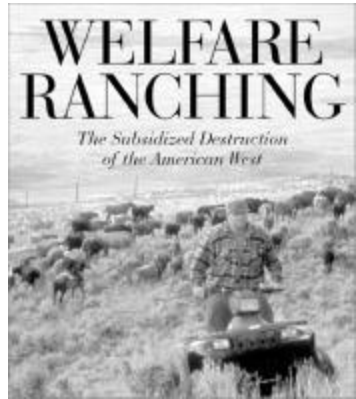
Through wonderful pictures and thoughtful essays by leading historians, scientists and economic and policy experts, this book superbly shows the environmental crisis that the U.S. West faces because of livestock production, an industry that uses more land and water than any other.

A statement on the cover flap summarizes the problem well: "Over decades, the placement of exotic, water-hogging, ill-adapted livestock on Western lands has changed

diverse native plant communities into monocultures of weeds; turned perennially flowing creeks into dry streambeds; relegated large predators such as wolves and grizzly bears to only the most remote wilderness areas; and forced many wildlife species to the edge of extinction."

The book is awesome. Instead of the common book size of 5-by-8 inches, it is an eye-catching 12-by-13.5 inches. Many of its spectacular pictures completely cover two facing pages. Particularly effective are three consecutive such pictures, showing (1) "How It Was" (a beautiful

natural area with a variety of covered plants), (2) "How It Is" (many cows and their manure on land completely devoid of plants), and (3) "How It Can Be" (another natural area with grass and some native animals).



There are more than 90 consecutive pages of pictures under the heading "How to Look and See," with text referring to numbered places on the pictures that illustrate harmful effects of animal grazing.

The wide variety of photographs vividly shows the contrast between land used to raise cattle and the relatively few places that have been protected from its damaging effects. To dramatize the scope of the problem, each odd-numbered page without a picture has "300 mil-

lion acres at stake" written at the bottom. This area, equal to that of three

Californias, or the entire Eastern seaboard of the United States from Maine to Florida, plus Missouri, is the amount of public land grazed by livestock in the U.S. West, at great cost to society. What makes the situation even worse are the many subsidies, courtesy of taxpayers, that public lands ranching operations receive, including low-interest loans,

predator "control," fencing, government-funded range "developments" and emergency bailouts-hence the book's title: "Welfare Ranching."

The book does more than just paint a negative portrait of current conditions on public lands. It also presents an alternate vision that can renew and restore these lands, if enough citizens demand that governments shift land management priorities toward benefiting people and the environment and away from facilitating private gain.

Richard H. Schwartz is author of Judaism and Vegetarianism and Judaism and Global Survival. He has more than 100 articles related to vegetarianism at <http://jewishveg.com/schwartz>

Fish/FROM PAGE 3

ingestion of fish results in bone loss, which eventually leads to osteoporosis.⁷ Eskimos are among the highest consumers of fish on Earth; they also have the highest rates of osteoporosis of any people on our planet. After the age of 40 years, Eskimos of both sexes have from a 10% to 15% greater bone loss than do whites in the US of the same age.⁸ The Eskimos consume up to 2,500 mg of calcium a day, mostly in the form of fish bones – this large calcium intake is offset by the high protein content (250 to 400 grams a day) – much of this coming from fish.

I have heard it said that the negative effects of protein on bone health are only caused by synthetic mixtures of proteins devised in the laboratory, and are not caused by the real foods that people eat,

such as chicken, turkey, beef or fish. People making such statements fail to thoroughly review the scientific literature (and by no coincidence, most are advocates of high-protein diets).

To support their claim of no effect of whole animal foods on bone loss they will quote the work of Herta Spencer from the mid 1970s. She published 2 oft-cited studies on the subject – one was paid for by the National Dairy Council⁹ and the other by the National Livestock and Meat Board.¹⁰ Her work has been rightly criticized because close scrutiny reveals areas of serious inconsistency. For example, in the study paid for by the National Dairy Council,⁹ she used inappropriate subjects and reported conclusions in contrast to her results.

Pinckney/**FROM PAGE 1**

inserted into the heart (in the same manner as an angiogram) and opened to press the obstructing plaque back against the artery walls. Angioplasty wasn't feasible in my case, due to the location and type of blockages. The second alternative was open-heart surgery, a bypass operation, in which a section of healthy blood vessel is shunted around each of the blocked coronary arteries. The third alternative was to do nothing except take medication and get my life together so I could die.

I was told that if I didn't have a bypass immediately, my chances of living another six months were poor.

Here were three doctors, all wanting me to be healthy, telling me I should have a bypass operation and have it soon. I was told that every tick of my heart was like the tick of a time bomb; it could go off at any moment. I couldn't accuse them of having financial motives; I belong to a prepaid health plan and the bypass wouldn't cost me anything, the doctors would receive no extra payment, and the plan would be some \$75,000 poorer. The doctors kept insisting: Have a bypass now!

To get them to give me more time to think it over and explore alternatives, I told them that I couldn't have the bypass right away because it was against my religion. They asked what religion is that?

I'm a devout coward, I replied.

Scared to death (more accurately--scared of death), I started reading everything about heart disease I could get my hands on. I was lucky to be retired, with a background in research and statistical analysis. I had time to search through university libraries and, using the Internet, read hundreds of articles in medical journals and books. I found out there was another alternative to open-heart surgery that I hadn't been told about.

The scientific articles led me to a bestselling book that showed me a medically sound and proven alternative, Dr. Dean Ornish's Program for Reversing Heart Disease. It became my primer for survival, and it remains my guide to this day. Some of what you will read here has its roots in that book and from communications with clinicians and researchers at Ornish's Preventive Medicine Research Institute.

I learned that I could have much more control over my own destiny than I had ever realized. It taught me that my eating habits and lack of aerobic exercise in the past were the reasons for my medical problems today. It explained how to change those habits, to not only stop the progression of the disease but to reverse the damage I had done to myself.

It sounded reasonable, but I was hesitant to make major lifestyle changes on the basis of one book. Especially when my cardiologist and personal physician had doubts about this approach. So I kept on reading.

I found a number of books by John A. McDougall, MD. These backed up much of what I had learned in Ornish's book and went much further in explaining why the changes I should make would help me prevent many other illnesses, improve my general health and even relieve other conditions, such as allergies, I'd had most of my life. I learned more about what atherosclerosis (hardening of the arteries) is, how it forms, what it looks like, and how it can be dealt with.

About this same time, a friend

and sailing partner began to have severe angina and shortness of breath. He went through the same series of tests I had but was told angioplasty would be helpful. Two days after his angiogram, he had balloon angioplasty to push back the plaque that was blocking his coronary arteries, and a few days later he was home and active again.

While I had changed my eating pattern completely, he continued eating the same things as before: meat, cheese, potato chips and cookies with lots of shortening. A few months later he was again suffering severe chest pains and shortness of breath. After more tests he was back in the hospital for a bypass operation.

I had given him Ornish's book when his heart problems first started, but it took major surgery before he would see the need to read it. He has come to understand the message and he's now living in a way that will make it unlikely he'll need surgery again. His experience reinforces the danger in putting off changes in lifestyle. It's worth your life to begin them as soon as possible.

As I read more about Ornish's program, I learned that one of the important factors for reversing heart disease is being in a support group. I called all the local hospitals, associations and social agencies in the hope of joining one, but there was none in Honolulu. My next step was to convince someone to start one, but the same reply kept coming back: If you want one so badly, why not start one yourself? I called the nearest medical center and met with the people in charge of health education. They agreed it was a good idea but didn't go ahead with it.

After six months of meetings, Kaiser Permanente, Hawaii's largest health maintenance organization, and Castle Medical Center agreed to let me start groups. Suddenly, I was to lead two groups.

When we had our first meeting at Castle, an hour and a half drive from my home, the room was swamped with 77 people wanting to join. To take as many as possible, we split into two groups, one in the afternoon and one in the evening.

Counting driving time, that made an eight hour day. Leading three groups a week and using a great deal of time preparing information, recipes and charts, I found myself spending about 40 hours a week on the Healing Heart program. So much for retirement.

I have been leading free support groups in Hawaii for more than six years, putting more than 700 participants through a 10-week series. The enthusiasm of the group members and the amazing improvements in health they report has made it a rewarding experience.

Group members report they have learned much from our groups, and I have learned much more from them than I could ever have found in books alone, gaining more knowledge and understanding about heart disease, diabetes, arthritis and many other cardiovascular-related diseases. I learned for myself how lifelong allergies disappear when certain foods are given up, notably dairy and egg products.

With each new group, I've learned new ways that others deal with their problems in adjusting to new and better lifestyles, as well as hints and tips to make those changes easier. This wealth of information led to the writing of the Healthy Heart Handbook and is a key to the success of those who seek to improve their health.

Quotes from the VegSource Conference

From Dean Ornish MD

On the best diet:

"The optimal diet is the Asian diet -- a low fat, vegetarian diet -- not the Mediterranean diet. The Mediterranean is better than U.S. diet, but the best diet is still vegetarian and vegan."

Why people stick with it:

"When you go vegetarian or vegan for health reasons, your motivation changes from 'fear of dying' to 'joy of living.'"

How his program works:

"99% of our patients stop or reverse the progression of heart disease by changing their diet and lifestyle."

The financial angle:

"By using our program, Mutual of Omaha was saving \$30,000 per patient, and 348 of 350 heart patients were able to avoid surgery by changing their diet."

On Atkins:

"There is virtually no research at all for high protein diets. It simply doesn't exist. The one study that's been done, which was funded by the Atkins people, 70% of participants reported being constipated, 65% reported bad breath, 54% had headaches, and 10% experienced hair loss -- bad breath, body odor, and stuck bowels is what Atkins give you, because that's how your body reacts to toxins."

On diet and your personal life:

"When you go vegetarian, you smell better, you feel better, your sex is better."

On osteoporosis:

"Drinking milk to get more calcium is like chasing your tail..."

On reversing prostate cancer with diet:

"People on our program found that their prostate tumors shrank. The more people changed and stuck to the vegan diet, the better they got. To reverse heart disease and prostate cancer, you need to go all the way -- to a very low fat, vegan diet. Our research is showing that it looks like that's what it takes to reverse prostate cancer."

On the safety of soy:

"My son is 2 years old, and he's been a vegan since he was born. We feed him a lot of soy. My only concerns about soy are for if you have breast cancer and you're on chemotherapy. Soy does simulate estrogens, so if you're on chemotherapy, the soy estrogens can block the other more effective estrogens' effect."

On the challenges of spreading the vegetarian word:

"Each of us can change the world. I think we're at a real crisis point right now in the U.S. I think the light and the dark are getting stronger, and I think we need to do something about it. We have that ability. The forces of darkness are much more vocal and

organized and good at making a difference in our country. Don't underestimate what you can do and the critical good that you can do. Our survival as a culture and a planet are at stake. There is a lot that we can do and while you're here at this conference this weekend, what we're doing together to change the world might be a theme."

From Michael Klaper MD

On being part of the vegetarian movement:

"It is the most important, life-affirming movement on this planet, and it's a privilege to be part of it."

From William Castelli MD

On cholesterol:

"The better you lower overall cholesterol, the better your survivability and reversibility of heart disease."

On the U.S. diet:

"The U.S. is the grease ball kingdom of the world."

On testing the veg diet in heart disease patients:

"We tried to get people down in their cholesterol numbers by using the vegetarian diet, and it took only two months for them to lose their angina; we expected it to take a year."

On the best way to lower your cholesterol and get healthy:

"Drugs will do it, but you can do it with a vegetarian diet. In the World Health Organization's statistics of 191 countries, the U.S. is 24th for longevity. But someday heart disease will be the least popular cause of death, because we know how to solve it -- through a low-fat vegetarian diet."

From T. Colin Campbell PhD

On animal protein:

"Casein quite simply, is a carcinogen. Make no mistake about that. There is no other chemical that is as carcinogenic as animal protein. The evidence is deep. The evidence is relevant because it occurs at common levels of intake. We're talking about the kind of intakes people consume each day in this country. And the evidence is broad. It does not exist for soy protein and wheat protein."

Is a little animal protein okay?

"I would have assumed that containing small amounts of animal based foods, like they do in China, that it wouldn't have been enough to show problems... But we found the closer one gets to a plant-based diet, the healthier they are going to be. It's an aggregate effect, even for regular levels of intake... Disease was occurring at a level of animal protein intake that wasn't very much. Some in China consume one-tenth of what we consume here, and it still starts to cause Western diseases."

On government nutrition policy:

"Policy protects the corporations, it doesn't help the consumer."

From Caldwell Esselstyn MD

"Coronary Artery Disease need never exist, and if it does exist, it need never progress -- a low-fat plant-based diet will prevent or reverse it."

On history

"There was a big breakthrough during WWII, when Norway was occupied. They took away livestock and dairy and the populations were subsisting on plant foods. During those war years, deaths from stroke and CAD plummeted for the duration of the war, during times of greatest stress and duress."

On one fatty meal:

"Now we know that a single fatty meal compromises coronary flow. This is true even in young people. Arteries are crying for oxygen; you can see it with a scan 5 minutes later. 120 minutes later, effects are still obvious."

On "risk factors" for heart disease:

"I hate risk factors: We're all walking toward a cliff and risk factors only indicate how quickly you're walking. Wouldn't it be easier to just say, 'Here's the diet you can eat where you will never, ever have this disease?'"

On the Cleveland Clinic, where he was chief of surgery:

"The Cleveland Clinic has been top ranked heart clinic in a row for 5 years. Top ranked NOT in preventing heart disease, but simply in ripping it out once you get it. How do we keep those wheels churning? How do we keep the tables busy? Well, we have a McDonald's on the first floor! And we then treat people on the second floor."

On why everyone should adopt a plant-based diet:

"When you're talking about prevention, I think everyone should be making these same dietary changes, not just those who are sick. Moderation doesn't cut it. We're all marching toward the cliff, where there are all these huge problems. We should treat them before we get there."

From John McDougall MD

On diabetes

"Type 1 diabetes will ruin your family, and it's caused by cow's milk consumption by young children. This disease means a lifetime of worry, emergency room visits, and early death. Finland, with its high dairy intake, has 36 times more type 1 diabetes than low-dairy consumption Japan. Between 9 regions of Italy, cow's milk consumption was linked to type 1 diabetes. More and more evidence: Cow's milk consumption is responsible for most type 1 diabetes."

Each support group discovers its own new and different ways of adapting to a healthier lifestyle.

Finding and joining a local support group will make it easier to

follow the program and keep you on target longer. Natural food stores and local vegetarian clubs often have information about support groups in the area.

Neal Pinckney is the author of the Healthy Heart Handbook. He can be reached at through the Healing Heart Foundation at <http://www.kumu.org>.

SARS/ FROM PAGE 1

were bird vendors and chefs, who had been in close and continued contact with chickens, ducks and other birds.[16]

Scientists have identified SARS as a coronavirus, a class of viruses well known to the livestock industry.[17] Coronaviruses are found in many feedlot cattle who die of pneumonia and are responsible for the respiratory disease known as shipping fever in cattle stressed by transport.[18] There's currently a new mutant strain of coronavirus causing outbreaks of a contagious pneumonia on pig farms in several countries.[19] Preliminary work, though, suggests the SARS virus is more related to the one that causes lung infections in chickens.[20]

The concentration of animals with weakened immune systems in unsanitary conditions seems inherent to factory farming. As intensive livestock operations continue to spread worldwide, so will viral breeding grounds.[21] Moving away from intensive animal agri-

culture and towards more sustainable plant-based methods of production may benefit the health of the planet and its inhabitants in more ways than we know.

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Dr. Greger is a general practitioner specializing in vegetarian nutrition. He is author of Heart Failure: Diary of a Third Year Medical Student and has contributed to a number of books on veganism and food safety issues. Dr. Greger is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.

Visit Dr. Greger's website at <http://www.VeganMD.org>.

Katzen/ FROM PAGE 5

one of those terrific muffins I made two days ago and plop it on the plate. Now that's what I call a proper breakfast! The Crunchy Millet Muffins are a blast. The millet is added uncooked to the batter. The result is a wonderfully crunchy muffin with just a hint of sweetness. I shared these with friends and got thumbs-up across the board. Though the muffin recipes call for eggs, the Ener-G egg substitute I used worked fine-since the recipe calls for one large egg I used the Ener-G equivalent of 1 1/2 eggs with good results. The same can be said for the Basic Corn Muffins- veganized them with soymilk, Earth Balance and Ener-G. The resulting muffins held together perfectly and tasted great.

Katzen also includes selections of international cuisine. For those a bit more daring, and with a bit more time, I can't recommend more highly the incredible Calabacitas-according to Katzen it's a vegetable melange influenced by Pueblo cuisine. This dish takes about 30 minutes to prepare but it's well worth it, and it includes a wonderful array of ingredients: minced onions, minced Anaheim chilies, diced zucchini, corn kernels (straight off the cob, if possible), garlic and pinto beans, punctuated by a wedge of lime. The recipe calls for half a 15-ounce can of pinto beans but we used the entire can. Two days later the leftovers tasted just as good. Another wonderful one-dish meal is the Ful Medames, a traditional Egyptian breakfast made here with fava beans,

minced onions, garlic, tomatoes, lemon juice and chopped parsley. Outstanding.

For those who are content with good old American cuisine, there are the standard hash browns, and here Katzen explains that the key to perfection is to maximize contact with the hot oil. Weary of the dangers of raising oil to high temperatures, Katzen recommends using high-oleic safflower oil. Her simple recipe produced the best hash browns I ever made.

There's also an excellent recipe for tempeh hash-yes, I said tempeh. One pound of tempeh is diced and browned in a small amount of olive oil. You can add several different vegetables. I added broccoli, zucchini and cooked brown rice, and the results were delicious. But Katzen also suggests any combination of spinach, peppers, cherry tomatoes, walnuts and cooked beets. It's a good way to get more vegetables into your day.

There are approximately 350 recipes. Judging from my small sampling, my wife and I will be enjoying lots of recipes for months to come.

The book is a delight, though not without some shortcomings. Because Katzen is very nutritionally aware, it's puzzling that nutritional information for the recipes wasn't included. I like to know the approximate amount of fat, fiber, etc., that I'm eating in a given meal. Certainly I can figure this out given the list of ingredients, but having it supplied (as it is in countless other health-oriented cookbooks) would have been a plus.

A lesser gripe is the total absence of photos. This isn't a big

weakness, however, since most of us should probably already know what these breakfast foods are supposed to look like. Instead, the reader is entertained by the lovely pastel artwork of Katzen herself, peppered throughout the book and on the cover.

The bottom line is that this book is a must for health-conscious folks who want to restore some importance to the first meal of the day. For those who still can't seem to find the time to do so, there's no excuse for not trying these recipes for dinner. You won't be sorry.

Dan Balogh is a member of EarthSave® New York City and works full-time as a systems engineer in the telecommunications industry. Two years ago, he and his wife Laura pledged to become vegans if they could find a dozen recipes that they could live with. Unable to prepare toast without burning it, Dan decided to learn as much about vegan cooking as was humanly possible. Since then he has amassed a huge collection of vegan and vegetarian cookbooks and has tried well over 300 different recipes - and most they can live with! But he's having so much fun he keeps on searching! Today he can make a mean toast.

Editor's note: Sunlight Cafe contains many wonderful recipes, a number of which call for dairy or eggs. However, it's easy for vegans to veganize many of these recipes using soymilks and egg replacers.

Fish/ FROM PAGE 9

Of the six subjects in the study, one had osteoporosis and the urinary calcium so low as to suggest calcium malabsorption. Another subject carried a diagnosis of hypercalcuria (very high levels of calcium in the urine), making his data invalid. Of the remaining four subjects, three subjects did experience increased calcium loss during the high protein diet.¹¹

Studies on human subjects using whole foods, such as beef, chicken and turkey have produced negative calcium balances of 77 mg/day.¹² In another study, the addition of 5 ounces of skipjack tuna a day (34 grams of animal

protein) increased the loss of urinary calcium by 23%.¹³ Furthermore, scientific evidence shows that the body does not adjust (compensate) with time while on high protein diets, and the losses continue for as long as the diet is high in animal protein.¹⁴

Infectious Agents

In the United States of America, seafood ranked third on the list of products which caused food-borne disease between 1983 and 1992.¹⁵ Several illnesses are a result of toxic algal blooms; for example, the most commonly reported marine toxin disease in the world is ciguatera – associated with consumption of contaminat-

ed reef fish such as barracuda, grouper, and snapper. There are about 20,000 cases world-wide. Ciguatera presents primarily as diarrhea, abdominal cramps, vomiting, paresthesias, pain in the teeth, pain on urination, blurred vision, arrhythmias, and heart block. Another common problem from fish is Scombroid poisoning. This type of food intoxication is caused by consuming scombroid and scombroid-like marine fish species that have begun to spoil with the growth of certain types of bacteria. Fish of the Scombridae family are tuna and mackerel.

Environmental Contaminants

Fish eat other fish that eat

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Fuhrman/ FROM PAGE 5

one's meals, there is little room left for low-nutrient, high-calorie food, and excess starches - a common downfall of most low-fat diets.

Low fat diets have been criticized of late because studies have shown that they increase triglyceride and insulin levels. So an important point is that this diet's main feature is not that it is low fat, rather it is high in nutrients and fiber. Other low-fat diets allow a liberal intake of starches such as pasta and rice, so of course the studies have shown an adverse metabolic response. Not so with Fuhrman's plan; studies show the opposite, it lowers triglycerides and dramatically improves cholesterol ratios.

Dr. Fuhrman also addresses the common misperception that a vegetable-heavy diet is lacking in protein. He makes the point that 100 CALORIES (not grams) of a green vegetable contain dramatically more protein than 100 CALORIES of meat. 100 calories of vegetable is about one pound, whereas 100 calories of meat is about one ounce. So food tables can be very misleading. I calculated the protein content of a sample meal plan and found the percentage of calories from protein to be over 10% - well within the range of current national dietary guidelines. Dr. Fuhrman also makes the point that the SOURCE of the protein in one's diet is also of critical importance. Animal protein raises cholesterol; plant protein lowers it.

Clearly, Dr. Fuhrman believes that knowledge is power. The first four chapters provide the reader with a comprehensive overview of human nutrition. The explanations are scientifically accurate and very clear, with graphics to illustrate. Throughout the book, extensive scientific citations are provided. In chapter five he evaluates other popular diet plans, including the Atkins plan, and exposes their flaws. Chapter six

explains the high nutrient density diet. The average weight loss is 15 pounds the first month and 10 pounds monthly thereafter. This chapter also discusses important issues and misunderstandings related to macronutrients - proteins, carbohydrates and fats.

Chapter seven is perhaps the most powerful chapter of the book. It offers compelling evidence of dietary causes for most of the common health problems faced by Americans. Then Dr. Fuhrman explains how diet can prevent and even reverse heart disease, Type 2 diabetes, chronic headaches, and autoimmune disease. He relates true stories of patients (who gave permission to be named) who have been able to stop their antihypertensive, antianginal, and antidiabetic drugs; patients who have experienced gradual elimination of their chest pain; patients who have been able to stop their use of toxic drugs for treatment of rheumatoid arthritis. I was able to review the charts of Dr. Fuhrman's patients and verified that he is accurately presenting these results.

Chapter eight offers the six-week weight loss plan based on the high nutrient density diet. The sample meal plans and recipes are wonderful, obviously drawn from his and his family's own experience of observing this diet for many decades. The only addition I would have liked to see is more discussion of how those who are already slender can keep their caloric intake at an appropriate level. For them, more nuts and beans and more whole grains are clearly appropriate, and it would be nice to have their concerns addressed as well. But for the majority of our population, Eat to Live is must reading, a prescription for life-long health and reversal of killer chronic diseases. It is written in an engaging and personal style. I found it hard to put down. Every health professional should read it - and use it.

plankton and algae, which are contaminated with environmental pollutants. Because these chemicals are attracted and concentrated in the fat of the fish, they become even more concentrated as the chemicals move up the food chain, by a process known as biomagnification. The fish most heavily laden with chemicals are those such as the tuna, swordfish and shark, which are predators of smaller sea life.

Unfortunately, those most

affected by all this contamination are the ones highest on the food chain – our unborn and breast-feeding children, living off of their mother. Polychlorinated biphenyl exposure (PCB) of children born to women who had eaten relatively large quantities of Lake Michigan fish resulted in poorer intellectual function of the children, compared to other children, shown by lower scores on a preschool IQ test, and poorer verbal IQ and reading comprehension.



EarthSave Founder **John Robbins** presents Congressman and presidential candidate **Dennis Kucinich** with thousands of **Test Cows Now** petitions. The **Test Cows Now** campaign calls for legislation to safeguard the American consumer by greatly increasing the number of cows tested for bovine spongiform encephalopathy, also known as mad cow disease. With the recent discovery of mad cow in Canada, this campaign has been gaining new attention. More details at <http://TestCowsNow.com>

Project Garden -- Planted and Growing!

Project Garden is off to a roaring start in the Los Angeles area!

EarthSave's Project Garden is designed to educate people in a fun and productive way about the many benefits of a plant-based diet. A pilot garden in the Los Angeles area recently had its first harvest. The crop included beans, peas, lettuce, carrots, tomatoes and more.

The Los Angeles garden was started in January with generous contributions from individuals, a local nursery and Home Depot. In six short months, an unused plot of land behind a local school was transformed into 12 ten by ten planting squares, which were then planted by kindergarten through eight grade classes. The garden is being maintained during the summer by teachers, and the school has planned to make it a permanent installation.

Project Garden . . . planting seeds of change!



Project gardener, Willie Nelson, shows off the sunflowers he planted. To view a 7-minute documentary on the creation of this garden, go to <http://www.ProjectGarden.com>

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FISH/FROM PAGE 11

sion at 11 years of age.¹⁷

Mercury Contamination and Heart Disease:

Methylmercury (MeHg) is a global environmental problem and is listed by the International Program of Chemical Safety as one of the six most dangerous chemicals in the world's environment. A recent article in the New England Journal of Medicine warned that many fish contain such high levels of mercury that they may actually increase your risk of a heart attack.¹⁸ In this study, toenail clippings from men with a history of a previous heart attack provided evidence of the person's accumulation of mercury. Those with high mercury levels had more than double the risk of a heart attack compared with those who had low levels.

Mercury is known to be toxic to the nervous system and kidneys, but long-term exposure may also accelerate the development of atherosclerosis (hardening of the arteries) by promoting free radical damage to the arteries. Free radicals are highly reactive species of common substances, such as fats and LDL-cholesterol, which donate electrons to tissues and cause severe damage leading to many common diseases. Fish can be a major source of mercury in a very toxic form called methylmercury. This substance may counteract all the hypothesized benefits of omega-3 fats on prevention of heart disease.

Fish Oil Supplements

Unless they have been specially processed to remove cholesterol, fish oils contain large amounts of cholesterol and will raise the blood cholesterol of people. Even when the fish oil is purified of cholesterol, the omega-3 fat itself will cause the LDL-bad cholesterol to rise.^{19,20} The final results are published in a study on the effects of fish oil on artery closure, where the authors concluded, "Fish oil treatment for 2 years does not promote favorable changes in the diameter of atherosclerotic coronary arteries."²¹

To get the cholesterol lowering effects of fish oil you need to consume about 2.5 to 3.5 ounces daily, and that represents 675 to 900 extra calories daily.¹ Fish fat is easily stored and I have seen patients of mine gain 5 pounds when they added fish oil to their "heart disease prevention program."

Furthermore, fish oils suppress the immune system, which can promote cancer and increase susceptibility to viral infections; and can cause severe bleeding.^{22,23} Fish fat also inhibits the action of insulin, thus increasing a person's tendency to suffer from diabetes.²⁴

Our Future and that of the Poor Fish

I wrote this article just before leaving to go SCUBA diving on the Great Barrier Reef in Australia. I love fish – I love to watch them and I love to photograph them, but I do not like to

kill or eat them. I am very concerned that fish, in too many minds, has become "health food." It is not healthy for humans to eat and it is certainly not healthy for the fish. I have shown my children the beauty of the oceans on

our many adventures to Costa Rica, Panama, Hawaii and the Cayman Islands. I worry that my children will not have the opportunity to show their children the same beauty -- unless we start telling the truth about fish.

Full citations for this article can be found online at <http://www.nealhendrickson.com/mcdougall/030200.htm>



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To date the following speakers have been set for the Conference:	Physician's Committee for Responsible Medicine, author of numerous bestsellers	Health	VegSource, Chef Tanya of Native Foods and bestselling author Marie Oser
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John McDougall MD	bestselling author and Medical Director of the 10-day, live-in, McDougall Program in Santa Rosa, California	Special Panel on	Several more great speakers and activities to be added, including a Saturday night Pajama Party (or something fun)!
Joel Fuhrman MD	bestselling author and physician specializing in preventing and reversing disease through nutrition	Caldwell Esselstyn MD	Golf, swimming, prizes! Entertainment! Surprise guests!
Neal Barnard MD	president of	Rev. Heng Sure , lead Monk of City of 10,000 Buddhas; Rabbi Sheryl Nosan , as well as others to be announced	Food at the conference (provided by hotel) will be McDougall-style lowfat vegan.
		Doug Lisle PhD	Full speaker details online at http://veg-source.com/event or call (818) 349-5600
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