Sugar Wars
Taking it to the peddlers of diabetes

Soft drink companies and schools are turning our kids into soda addicts; it's time to stop them.

by John F. Borowski

I look forward to September, a time when millions of students head back to school. There they build the foundations of democracy, delve into the arts, sharpen a sense of wonder and build equity in our society. But like many teachers, I am fighting a nemesis, one that inhibits thought, puts children on a roller coaster of emotion and drains their vitality. And this nemesis is often invited and welcomed guest: soda pop.

Nearly 19 out of 20 high schools, like the one I teach at, sell soda. Ironically, the past can foretell the future. In 1931, a Coke bottler bragged, "the kids play basketball at recess on Coca-Cola goals, use Coca-Cola blotters to blot our troubles, consult a Coca-Cola thermometer and write their notes on Coca-Cola tablets." And seventy years later, Coca-Cola's senior vice president for public affairs and its chief lobbyist isn't passing out Coke blotters: no, John Downs Jr. now has a seat on the National PTA as a board member!

Under the Bush Administration the Secretary of Health, Tommy Thompson has heralded the Grocery Administration (Leave No "sugared" Child Behind?), pop pimps and their sales partner. But like every other organization, Coke is aided and abetted by the Bush Administration the Secretary of Education Day" in many schools, where Coke officials lecture in economic classes and an analysis of Coke products are done for Chemistry. Do you think that this "Coke Day" studied the yearly cost of obesity in the United States, calculated between $75-100 billion? Did they encourage the chemistry class to note that for every can of Coke you drink, it takes 32 glasses of water to neutralize the phosphoric acid in your body? Would they do experiments that show when sugar is combined with carbon dioxide the calcium phosphorous ratio in the body is upset: making bones brittle?

Coke just doesn't target schools. In 1998, Coca-Cola paid the Boys and Girls Clubs of America $80 million for exclusive marketing of their sugar water in 2,000 clubs! How many Coke or PepsiCo officials have read "Liquid Candy" a report that shows that to a phony, shallow world where age and looks take precedence over talent. I can deal with this by writing music reflecting my thoughts and values and hope my words will strike a nerve. However, I can't deal with ALEC, Wal-Mart and other greedy conglomerates. Being positive is becoming increasingly challenging.

John Robbins Responds

Thanks for writing. I am moved by your honesty. I know what you mean. There are things happening in our world today that must make the angels weep.

Each of us finds our ways to cope. If you are going to be open to the pain and the suffering in the world, I think it is important also to be open to the joy and the beauty. At this very moment, babies are being born, children are playing, people are dancing, people are communicating and learning to understand each other, people are finding new ways to resolve conflicts, and friendships are being made. Right now, people are learning to read, art and music are being created, relationships are growing, new health-giving practices are being discovered, and people are finding ways to add meaning and joy to their lives. At this moment, as in every moment, millions of people are working for a better world. People exist that for all children, now and yet to come.

If you are going to take into yourself the suffering and destruction of life, and you want to find a way to be positive, I think you must also take into yourself the creativity and joy.

It is not easy for me to sustain...
Flawed but learning, stumbling but somehow making our way toward wisdom, sometimes ignorant but learning through it all to live with respect for ourselves, for each other, as people in the United States have realized how cruelly veal calves are treated, veal consumption has dropped 62 percent.

Millions of people are refusing to buy clothes and shoes made in sweatshops and are seeking to live healthier and more Earth-friendly lifestyles. In the last fifteen years alone, the United States against any form of child abuse. Fifty years ago, we had no Civil Rights Act, no Clean Air or Clean Water legislation, no Endangered Species Act. Today, it has been five years now and I am as physically active as everyone else. I have even gone taking with my family on the Appalachian trail with a heavy backpack. I used to have a hard time just carrying my bookbag up and down the school stairs. Neither my family nor I have ever even considered switching back to the way we use to eat. We have learned so much more about Veganism, and the way we see it, we all benefit from it . . . don't just treat the symptoms. The body is an amazing machine. I try to share with people is that when your body has a reaction, figure out what caused it . . . don't just treat the symptoms. The body is an amazing engine, and when it misfires, or makes an unfamiliar sound, don't just pour in a fuel additive or crank up the stereo, but rather figure out what caused the sound or misfire, and fix it. The car/body will last longer, be easier and cheaper to maintain, and will be happier. Not to mention the benefit to our environment & health care costs if we all thought & worked that way.

From Hannah’s Father
We’re obviously very pleased for Hannah, and have proletarianized the benefits of eating right to anyone who will listen, because before Hannah’s situation, we were, while not skeptical, just un-informed.

The phrase “you are what you eat” could not be a more stronger message to people. People are funny . . . they fuss about the oil and gas they put in their replaceable automobiles, but don’t think at all about what they put in their irreplaceable bodies. The simple message I try to share with people is that when your body has a reaction, figure out what caused it . . . don’t just treat the symptoms. The body is an amazing engine, and when it misfires, or makes an unfamiliar sound, don’t just pour in a fuel additive or crank up the stereo, but rather figure out what caused the sound or misfire, and fix it. The car/body will last longer, be easier and cheaper to maintain, and will be happier. Not to mention the benefit to our environment & health care costs if we all thought & worked that way.

From John Robbins’ The Food Revolution
New federal guidelines recommend checking children for possible heart and blood vessel damage if they have high blood pressure—a hazard increasing among the very young as Americans put on more and more weight.

The new guidelines, like those issued eight years ago, urge doctors to begin checking children for high blood pressure at age 3 during routine office visits, just as they do for adults.

"I think there is still a large proportion of pediatricians and family practitioners who are not routinely measuring blood pressure," said Ronald Portman of the University of Texas at Houston, a member of the committee that drew up the new guidelines.

The guidelines were released on May 10, 2004, at a meeting in New York of the American Society of Hypertension and will be published in the July issue of the journal Pediatrics. They were written by the National High Blood Pressure Education Program.

"The real problem is obesity," said Barbara Alving, acting director of the National Heart, Lung and Blood Institute. "We're setting age-norms for our children to develop into really unhealthy young adults."

The government now estimates that 16 percent of U.S. children are overweight. The risk of high blood pressure and the adult form of diabetes increases as children get fatter.

The latest nationwide health statistics, gathered in the late 1990s, show that children's blood pressure readings have edged slightly but significantly in a decade. Average systolic pressure—the higher number in a blood pressure reading—has risen from 105 to 106, and diastolic has gone from 58 to 62.

Much of this can be explained by children's increasing weight, although doctors think that less physical activity and changes in diet also play a role.

Unlike adult blood pressure, healthy readings for children vary significantly according to their size and age. Doctors consider any reading over the 95th percentile to be hypertension. Somewhat less than 5 percent of the population—perhaps 1 percent to 3 percent—are in this category, because children's blood pressure readings are initially high and drop with repeated measurements.

Children's readings between the 90th and 95th percentiles are now considered to be pre-hypertension. Earlier guidelines called this category high normal.

Monica Falkner of Thomas Jefferson University, who chaired the guidelines' subcommittee, said that in recent years, doctors have learned that even very young children with high blood pressure can have resulting complications.

"So patients should be educated about each of these conditions as heart enlargement and thickening of the carotid artery."

Even without signs of damage, doctors should work to help young patients avoid getting high blood pressure under control. "The faster you get to control such changes, the more common issue is that they are overweight," Falkner said.

And they do.
Lancet showed that women who ate the most flavonoids (mostly isoflavones from soy products) had a substantially lower risk for breast cancer than those who had lower flavonoid intake.

The reason the ardently pro-pharmaceutical FDA repeatedly yapping that soybeans are a food that can prevent and even help cure disease was not, as Kaayla Daniel says, because the agency is bed with the soy industry, but because the evidence was so convincing. The reason the FDA now allows food manufacturers to talk about the benefits of heart health to the consumer products is because the substantiating data are overwhelming.

It is not an accident that in Okinawa, home to the highest proportion of centenarians in the world, heart disease is minimal, breast cancer is so rare that screening mammography is not needed, and most 80-year-olds still work on their farms. The three leading killers in the West — coronary heart disease, stroke and cancer — occur in Okinawans with the lowest frequency in the world.

There’s also the fact that elder Okinawans have much stronger bones than we do, and less half the cases of diabetes of any other Asian population. The authors of the Okinawa Centenarian Study attributed the increased bone strength and health in Okinawa to soy consumption and reduced osteoporosis.

The connection between increased soy consumption and reduced osteoporosis.

Soy beverages lower both total and LDL cholesterol levels of whole soy foods recommended by authors like Dr. Andrew Weil and Dr. Christiane Northrup. Limits had to be revised upwards simply to account for the phenomenal longevity of the Okinawans.

It is true that in parts of Asia, most notably Okinawa, soy products make up twelve percent of the diet of Okinawan elders. The article’s author, Kaayla Daniel, repeatedly said that he is incorrect. Soy makes up twelve percent of the consumption in those parts of Asia which demonstrate the highest levels of human health. And there is no question that the longevity and health of Okinawa (a prefecture of Japan) has the best health and greatest longevity on the planet.

It is true that the highest soy consumption in the world is in Okinawa. Many North Americans know of Okinawa only for being the site of one of the longest and bloodiest battles of World War II, and for now housing U.S. military bases. But the people of Okinawa have repeatedly been shown to have the highest longevity of any other population worldwide. This has been demonstrated conclusively by the renowned Okinawa Centenarian Study sponsored by the Japanese Ministry of Health.

How much soy do the elder Okinawans eat through their diet?

The Japanese women in Mothering printed the article by Kaayla Daniels because it is so full of fallacies and baseless assumptions. Its authoritative tone may sway some readers, but it is no more accurate than a shoot in the dark. For most people, consumption of the levels of whole soy foods recommended by authors like Dr. Andrew Weil and Dr. Christiane Northrup, limits had to be revised upwards simply to account for the phenomenal longevity of the Okinawans. The only son of the founder of EarthSave International. He is not affiliated to the soy industry, but because the evidence was so convincing. The reason the FDA now allows food manufacturers to talk about the benefits of heart health to the consumer products is because the substantiating data are overwhelming.

We've got quite enough of that in America. We can react to situations that we are hurt and broken and have no beauty to offer. Where there is no beauty I told you this. I won't let that stop me. I'll tell you this. I won't let that stop me from loving as best I can and in all the ways I can. Even though we are hurt and broken we can love. In fact, isn't often the case that when things get tough the human depth and empathy and understanding? Our wounds can be a source of strength and grace. For most people, consumption of the levels of whole soy foods recommended by authors like Dr. Andrew Weil and Dr. Christiane Northrup, limits had to be revised upwards simply to account for the phenomenal longevity of the Okinawans.

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Vice Cream: Over 70 Sinfully Delicious Dairy-Free Desserts by Jeff Rogers

Reviewed by Caryn Hartglass

will never forget the memo- 
ries of my childhood - of ice cream as child at girlscout camp. Back
then, on a hot day, we'd mix all the
materials into a giant bowl and then
mix in the one of the one of the cedar
wood buckets for making ice cream with the manual crank. It wasn't as much fun as when I was a kid, but I was a paralegals and I did manage to make the best
ice cream this way. When I gave up
dairy, I used it to make soy based ice creams and fruit sorbets. At some point, I tried the process and the bucket became a decorative fixture on top of my refrigerator.

Then came Vice Cream... Jeff Rogers (know to friends as The Naughty Vegan) has put together a delightful little book of recipes for vegan frozen desserts. Each recipe consists of only a few simple ingredients and you can choose to make it as simple and fast or as complicated and time consuming as you like. The desserts call for no base of cashew milk, almond milk, coconut milk or fruit. You can make the milks yourself or buy them. Rogers gives you the instructions on how to do so. Or you can simply purchase, ready made coconut milk or almond milk from the store. You can use an automatic ice maker to freeze the mixtures. When I spoke to Jeff Rogers, he told me he could simply pour the mixture into the freezer and cleaned it up. I do so and the bucket did as he expected. With the motor running, add the coconut milk and blend until distribu-
tedly. Place the blender in the freezer for 40 minutes to 1 hour or in the refrigerator for at least 1 hour or up to overnight, until well chilled.

Pour the mixture into an ice cream maker and freeze according to the manufacturer's instruc-
tions. Serve immediately or transfer to air tight containers and store in the freezer until ready to serve.

Vice Cream is published by
Celestial Arts. More information about Jeff Rogers and Vice Cream can be found at his web site: www.TheNaughtyVegan.com

Let’s Give Them Something to Bark About!

by Gai Davis

Many of you may know me, you want your pet to enjoy a vibrantly healthy, long life. But, feeding pets a diet consisting of plain old dog food or treats cannot be expected to extend their lives. There are many wonderful vegan dog treats on the market, and many of them contain one or more of these ingredients. But, Tail Wagging Bakery makes a line of treats that truly hiking with a lot of dogs, which makes near-
ly impossible to indulge her in delicious, meat-free treats. Like

grotesqueness of his quest with facts and funny.
In one scene, Spurlock is in the car with a legal adviser. The adviser says that like the cigarette companies and their candy cigarettes, the food chain uses Happy Meals and play areas to make children and its politics like a Happy Meal, href=https://www.tiny-traveler.com/2004/06/28/happy-meal-its-time-to-close-the-school-dinner-gap]% href=https://www.tiny-traveler.com/2004/06/28/happy-meal-its-time-to-close-the-school-dinner-gap] the obese volatility of the fast food industry. Spurlock promises to eat three McDonald's meals a day, every day, for a month. There are rules. He has to try everything on the menu, and every time an employee asks if he would like to "super size" the meal, he must agree.

Super Size Me follows its director on a 30-day experiment meant to check the obese volatility of the fast food industry. Spurlock promises to eat three McDonald's meals a day, every day, for a month. There are rules. He has to try everything on the menu, and every time an employee asks if he would like to "super size" the meal, he must agree.

Spurlock admits that his idea ignores the con-
sumptive rationality of any logical eating plan. He
knows he can't eat three McDonald's meals a day, he will be consuming more calories, fat, sugar and protein than he needs. Three doctors deem Spurlock in good health, but if he could walk McDonald's diet (i.e. the man, not the clown) is 6'2" and about 185 pounds. He is in good shape.

The truth can be a flawless weapon, however, and predictably, Spurlock's results are horrifying. He gains 10 pounds in the first week, eight pounds in the second week after, and nearly 30 pounds by the end of the 30 days. He 'pickles his liver as if he were binge drinking,' according to one of the doctors, all of whom strongly encourage ending the experiment after 20 days.

Spurlock persists, and although it's painful to watch, his wit and style keep the film afloat in the french fryer, as it were. He balances the grey

You don't want fries with that SuperSize Me -- A film by Morgan Spurlock, distrubuted by Roadside Attractions

Reviewed by Aaron Davidson

As with Michael Moore's polariz-
ing documentaries, the balance of fact and opinion wavers in films like Super Size Me. The viewer is asked to question society through the lens of an opitoman's eyes. Many of the film's hinges on the presentation of the opin-
ion. Super Size Me wraps its subject in a 28 day-long Ice Cream Melt, masking an indigible subject as delicious.

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Vegan marshmallows -- They're ba--aack! and boy, was it ever worth the wait!

gay Davis

When all the supplies of Emer's Koshar Marshmallows dried up several years ago, a vegan marshmallow could not be found. Far and wide, we searched the world for a replacement to a beloved sweet treat. Finally, vegan marshmallows are back and in typical vegan style, there are now several variations to choose from. Following are my favorites:

Vegan Supreme Marshmallows are tasteless little pillows of pleasure that melt in your mouth. They're the perfect size (not too big, not too small) for dipping in a cup of cocoa or toasting over an open fire. You can use them to make S'mores or top your baked yams and of course, they're delici-
ues eaten straight out of the bag, too. You'll find them at: www.vegan supreme.com.

Tiny Trapeze Confections makes vegan marsh-
mallows that are distinctly delicious. These
jumbo-sized marshmallows boast a heavenly sweet flavor. Though kids will love them, these marshmallows seem to have been designed for the adult palate. They come in two fabulous flavors: Simply Vanilla and Truly Chocolate. Made with real cocoa, the sensuously chocolate flavor is unlike any other candy or confection I've ever tast-
ed. Though a bit pricey, they are a luxurious treat that you simply can't afford to deny yourself.

Warning: once you try them, you will be hooked. They are just so very, very good.

Dogs: vegans can enjoy these too! Wagging Bakery has a line of treats that are specially formulated so that you can enjoy these treats with your dog. Wagging Bakery has a line of treats that are specially formulated so that you can enjoy these treats with your dog.

While there are many wonderful vegan dog treats on the market, most of them contain one or more of these ingredients. But, Tail Wagging Bakery makes a line of treats that truly rival those made by dear old dog, Cindy. Cindy is a pug with a host of food allergies that makes near-
ly impossible to indulge her in delicious, meat-free treats. Like

many dogs, Cindy is allergic to dairy, egg, soy, and most animal protein. While there are many wonderful vegan dog treats on the market, most of them contain one or more of these ingredients. But, Tail Wagging Bakery makes a line of treats that Cindy's real companion can truly howl about. They're made with whole, some, organic, cruelty-free ingre-
dients without preservatives or by-
products. They come in three vari-
cies: Peanut Busters, Oatmeal

and Sun Crunches and are made with organic ingredients like spelt and amaranth flour, rolled oats, flaxseeds, sweet potato, and molates.

Though Cindy says that no one would love these treats, much to her relief, they haven't tried them themselves. To find a store near you or to order online visit: www.tailwaggingbakery.com.
Lessons for vegetarians and vegans from the EPIC-Oxford study

By Paul Appleby

The European Prospective Investigation into Cancer and Nutrition (EPIC) is the largest ever 'cohort' study of diet and health. Co-ordinated by the International Agency for Research on Cancer (IARC, part of the World Health Organisation), the study includes 520,000 people in 10 European countries (Denmark, France, Germany, Greece, Italy, The Netherlands, Norway, Spain, Sweden and the United Kingdom; Figure 1). The aim of the EPIC study is to investigate the relationships between diet, lifestyle and environmental factors and the incidence of cancer and other chronic diseases.

EPIC-Oxford

EPIC-Oxford is one of 23 EPIC centres. Recruitment to EPIC-Oxford was carried out between 1993 and 1999. Participants were recruited from throughout the UK both through participating GPs and by post, the aim of the postal recruitment being to recruit as many vegetarians and vegans as possible. Nearly 65,000 people were recruited to EPIC-Oxford of whom 30,000 completed a detailed lifestyle and food frequency questionnaire (FFQ), 31,100 completed a 7-day food diary, 19,700 provided a blood sample, and 38,000 completed a follow-up questionnaire some five years after recruitment.

All EPIC-Oxford participants were asked the following four questions: “Do you eat meat?”, “Do you eat fish?”, “Do you eat dairy products?” and “Do you eat eggs”? From the answers to these questions we were able to divide participants into one of four diet groups as shown in Table 1, these groups forming the basis for many analyses.

The main findings from the EPIC-Oxford study to date will be presented under the following headings:

- Lifestyle characteristics and nutrient intakes

- Diet and body mass index

- Body mass index and some diseases including diabetes, coronary heart disease and some cancers.

Lifestyle characteristics and nutrient intakes

Many nutrient intakes and lifestyle characteristics differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

The main findings from the EPIC-Oxford study to date will be presented under the following headings:

- Table 2: Selected lifestyle characteristics by sex and diet group

Nutrient intakes and lifestyle characteristics differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 3: Selected nutrient intakes by sex and diet group

Nutrient intakes and lifestyle characteristics differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 4: Selected macronutrient intakes by sex and diet group

Macronutrient intakes and lifestyle characteristics differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 5: Selected micronutrient intakes by sex and diet group

Micronutrient intakes and lifestyle characteristics differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 6: Selected overall nutrient intakes by sex and diet group

Overall nutrient intakes and lifestyle characteristics differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 7: Selected total energy intake and other macronutrient intakes by sex and diet group

Total energy intake and other macronutrient intakes differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 8: Selected vitamin and mineral intakes by sex and diet group

Vitamin and mineral intakes differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 9: Selected alcohol intake by sex and diet group

Alcohol intake differs markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 10: Selected dietary fibre and other micronutrient intakes by sex and diet group

Dietary fibre and other micronutrient intakes differ markedly between the four diet groups, with meat eaters and vegans often at the extremes and fish eaters and vegetarians usually having similar and intermediate values. Average nutrient intakes were, although all four diet groups shown in Table 1, these groups forming the basis for many analyses.

- Table 11: Selected total energy intake and other macronutrient intakes by sex and diet group

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- Table 12: Selected vitamin and mineral intakes by sex and diet group

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- Table 13: Selected alcohol intake by sex and diet group

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- Table 14: Selected dietary fibre and other micronutrient intakes by sex and diet group

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PIC-Oxford study

from foods and as of vitamins and supplements into the diet. Differences in fish intake between meat eaters, vegans and vegetarians generally have small but significant implications for the diet of the individual, and the potential for nutritional deficiencies is well known. The term "fish" is used here to include all species of fish, including meats (primarily chicken and pork), as well as meats and non-meat eaters. The meat eaters were categorized into two groups: meat eaters and non-meat eaters. Meat eaters were considered to be those who eat meat at least once a month, and non-meat eaters were those who do not eat meat. Results from the study showed that the meat eaters had a significantly higher BMI (body mass index) compared to the non-meat eaters. This difference remained significant after adjusting for age, dietary factors, and other potential confounders.

Hypertension and blood pressure

We compared the prevalence of self-reported hypertension and mean systolic and diastolic blood pressures in the four diet groups. Non-meat eaters, especially vegans, had a lower prevalence of hypertension and lower mean systolic and diastolic blood pressures than meat eaters. The differences were attributable to differences in body mass index, which is positively correlated with blood pressure. Table 4 shows mean systolic blood pressure by sex and diet, first controlling for age alone, then controlling for age and BMI, and finally controlling for age, BMI, non-dietary factors and nutrient intakes. Controlling for age alone, the difference in mean systolic blood pressure between meat eaters and non-meat eaters was 2.5 mm Hg for women and 4.2 mm Hg for men. However, these differences disappeared after controlling for BMI, non-dietary factors and nutrient intakes as well as age, so that dietary factors account for most of the variation in blood pressure between the diet groups.

Hormones and diet

Insulin-like growth-factor I (IGF-I) is a hormone that stimulates cell proliferation. It has been associated with increased risks for prostate cancer in men and breast cancer in women. We compared mean IGF-I concentrations in meat-eaters, vegetarians and vegans for both men and women. Mean IGF-I was similar in the vegetarians and meat eaters, but was 9% lower in the vegan men and 13% lower in the vegan women. These results suggest that vegans may be at lower risk for hormone-related cancers such as those of the breast and prostate.

Diet and mortality

In a preliminary analysis, we compared mortality (death rates) in vegetarians (including vegans) and non-vegetarians. Overall mortality in the two groups was similar, although mortality from ischemic heart disease (heart attacks) was 25% lower in the vegetarians. The results were similar to those found in previous studies. Mortality for both the vegetarians and the non-vegetarians in EPIC-Oxford is low compared with national rates.

Miscellaneous

In the first analysis of data from the follow-up questionnaire, we compared self-reported bowel movement frequency by various factors including diet group. Being vegetarian and especially vegan was strongly associated with a higher frequency of bowel movements, which might confer a lower risk for colorectal cancer. There were also significant positive associations between bowel movement frequency and body mass index, and intakes of dietary fibre and non-alcoholic fluids.

Summary

EPIC-Oxford is the largest single study of Western vegetarians and vegans to date, and presents a unique opportunity to study the long-term health of people who do not eat meat. Results from the study suggest that vegetarians and vegans follow diets that generally correspond well with guidelines for healthy eating and confer some benefits in terms of avoiding overweight/obesity and high blood pressure. Whether these benefits will translate into lower mortality and morbidity compared with the 'healthy conscious' non-vegetarians in the study remains to be seen.

Acknowledgements

I would like to thank my colleagues at the Cancer Research UK Epidemiology Unit in Oxford and all of the participants in the EPIC-Oxford study, without whose collaboration none of the findings reported above would have been possible. EPIC-Oxford is supported by Cancer Research UK, the Medical Research Council, and the European Community.

With the help of EarthSave Miami member, Linda Bower, local Garden Club volunteer, Sig Michelson, and the support of Principal, Dr. Tanya Dillard, the children at Springview Elementary in Miami Springs, Florida, started and maintained a vegetable garden throughout the school year. This small 10 X 10 strictly organic plot produced green beans, romaine lettuce, broccoli, beets, cabbage, cherry and big boy tomatoes, strawberries, peppers, carrots, and several kinds of herbs.

Working in the garden together often included discussions about our two basic food sources: plant or animal. Ms. Bower often shared information about her vegan diet and about the secret suffering of farm animals. The children were periodically given leaflets supplied by various organizations exposing the truth behind the standard American diet. Some of the children even became vegetarian when they learned about all the benefits!

Ms. Bower is currently seeking a new school for the upcoming school year to begin a new garden. In the meantime, the 5th Grade Class at Springview will be expanding the garden a little and maintaining it with Mr. Michelson's guidance and the help of some volunteers.

EarthSave News Summer 2004
By Catherine McBride

The inherent danger of genetically modified crops is becoming shockingly apparent with recent examples which illustrate the negative effects of this technology. Despite the fact that there is widespread use of genetically engineered crops, such evidence has been kept out of the public domain by the biotechnology industry. But now the biotech industry has been forced into the public eye, and the public is being given an opportunity to view some of the problems associated with genetically modified crops. This case raises concerns about the invasion of individual rights by the biotech companies and the question of whether farmers have the right to keep their products safe from genetically modified seed companies. This case also raises the issue of whether farmers have the right to keep their products safe from genetically modified seed companies.

In 2004, as the Supreme Court overruled Mr. Schmeiser’s appeal, the verdict was more worrisome. The Supreme Court’s ruling means that farmers will be far more severe and will have more serious implications than did the case in Canada. Monsanto currently is pursuing suits, similar to the one that brought against Mr. Schmeiser, against numerous American farmers. The biotechnology company has achieved a monopoly on the expression of legal representatives, and has not yet lost a court case.

If the legislation does pass, however, it will not address the most crucial issue: the contamination of crops by genetically modified seeds. This is an issue that has been ignored by the regulatory agencies in several countries, including Canada and the United States. They did so because of pressure from numerous exporters, worried that mandated labeling would reduce the demand for their crops. Monsanto’s approval for application for the U.S. Food and Drug Administration is in question, however, as it has failed to from that agency will not be adequate to allow the grower to grow and sell the genetically modified crop as desired. The case against Monsanto force its way back into Mendocino County?

Spreading the GE-free zone

Victory for democracy -- but will Monsanto force its way back into Mendocino County?

People across the U.S. and the world have been inspired by the Organic Consumers Association (OCA), the biotech lobby will soon introduce a bill in the United States to regulate genetically engineered crops. In October, the OCA will introduce a bill to the U.S. House of Representatives that would eliminate the possibility of adoption of the technologies as specified by biotechnology companies. The bill would ban any genetically engineered crops grown on U.S. soil. The bill would also require that all genetically engineered crops be approved by the U.S. Food and Drug Administration (FDA) before they can be grown in the United States. The OCA’s bill would require that the FDA establish a new regulatory agency to oversee the approval of genetically engineered crops. The bill would also require that the FDA establish a new regulatory agency to oversee the approval of genetically engineered crops.

White House have also made it clear in the past that local citizen control over unpopular technologies such as genetic engineering will not be tolerated. OCA has lauded the white House’s decision to withdraw from the biotechnology industry a number of times, but is unclear how the U.S. is going to achieve this goal. White House have also made it clear in the past that local citizen control over unpopular technologies such as genetic engineering will not be tolerated. OCA has lauded the white House’s decision to withdraw from the biotechnology industry a number of times, but is unclear how the U.S. is going to achieve this goal. White House have also made it clear in the past that local citizen control over unpopular technologies such as genetic engineering will not be tolerated. OCA has lauded the white House’s decision to withdraw from the biotechnology industry a number of times, but is unclear how the U.S. is going to achieve this goal.

As part of their suit, they filed an injunction to prevent Monsanto’s intended commercialization of genetically modified canola plants, the makes the verdict more worrisome. Monsanto’s Canadian patent only covers the genetically modified canola plants. The case of the question of whether Mr. Schmeiser’s possession of the plants was a violation of the patent is currently before the Supreme Court. The case is currently before the U.S. Supreme Court. The decision of the Supreme Court will be far more severe and will have more serious implications than did the case in Canada. Monsanto currently is pursuing suits, similar to the one that brought against Mr. Schmeiser, against numerous American farmers. The biotechnology company has achieved a monopoly on the expression of legal representatives, and has not yet lost a court case.

In the United States, the Supreme Court ruled in 2004 that genetically modified crops can be patented. Therefore, any farmer who grows genetically modified crops will be forced to pay fees to the biotechnology companies. This will allow consumers to be aware of their food practices. A helpful start to this end would be for the food industry to work to undermine their business through a boycott of their products and the passing of legislation to prevent them from continuing with their unsatisfactory prac- tices. A helpful start to this end would be for the United States to require the labeling of genetically modified food products, as the European Union does. This would allow consumers to be aware of their food sources, and to choose accordingly.

Catherine McBride is an organic gardener in Louisville, Kentucky, and a volunteer with her local EarthSave chapter.
Vegetarian Children, an undergraduate degree in sociology, and a master’s of education degree in education and counseling psychology. Jo is the coauthor (along with Vesanto Melina, PhD) of Healthy Eating for Vegetarian Children, a comprehensive guide for bringing up healthy vegetarian children and maintaining family harmony, author and educator who has been recognized by the American Dietetic Association for her compassionate living for Healing Wholeness & Harmony, an invaluable guidebook for restoring inner and outer peace and inspiration kindship and harmony with all life, The Vegan Society, and EarthSave International. Jo is an ad I saw on television for a diet that consists entirely of nuts, dairy, and eggs. Watching it appalled me. The actors were middle-aged and older people talking about how young they felt, how healthy they were, and how much they loved their lifestyle. I thought about how they hated eating like rabbits and how now they felt strong and vital. Then I thought that kept running through my head was that this program was designed by a meat industry. Who else would advocate such lunacy? Could the meat producers doesn't get me started there). The argument that “biology is destiny” is typically used to justify a particular eating style. In that light, the process of evolution is of great concern to vegans: environmental protection, animal rights, civil liberties, social justice, consumer rights, economic justice, nonviolence, and political freedom. These tenets do not encourage or condone activism, regardless of how public or private vegans may be about their convictions. On the one hand, the vegan ethic does not obligate vegans to participate in controversy. On the other hand, activism could be construed as an intrinsic consequence of the ethical and consequential aspect of simply being vegan.

Humans meant to eat meat?

Jo Stepaniak, MSEd

Jo Stepaniak, MSEd, is an author and educator who has been involved with vegetarian- and vegan-related issues for nearly four decades. She holds a master of science degree in education and an undergraduate degree in sociology and anthropology. Jo is the coauthor (along with Vesanto Melina, PhD) of Healthy Eating for Vegetarian Children, a comprehensive guide for bringing up healthy vegetarian children and maintaining family harmony, author and educator who has been acknowledged by the American Dietetic Association for her compassionate living for Healing Wholeness & Harmony, an invaluable guidebook for restoring inner and outer peace and inspiration kindship and harmony with all life, The Vegan Society, and EarthSave International. Jo is a recipe “raw,” as in a tofu salad of spread, the bacteria are alive and well and growing. Many people who eat “raw” tofu and get gassy or a tummy ache afterwards (or worse) sometimes think they are allergic or have a sensitivity to tofu. That’s rarely the situation; true food allergies of any kind are rare and usually not associated with an adult population. Typically it is a case of mild food poisoning. We cannot see or smell foodborne bacteria, so there is no way to detect it on “raw” tofu. Most people think that if tofu looks and smells fresh, it’s okay to eat it

Dear Jo:

Steaming tofu

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There's an old saying that laws are like sausages. It's better not to see them being made. When it comes to the meat industry itself, the Bush administration has taken that notion to the extreme.

In early May, it was reported that the Bush administration negotiated a deal on animal fur farming with a World Health Organization (WHO) assistant director-general, who rounded up 82 Tyson chicken farms. "It sat the polluting salt in the wound (no cured treatment caused by factory farms," said Linda Rosenstock, the dean of the University of California, Los Angeles School of Public Health who ran the National Institute for Occupational Safety and Health, and was praised by Bush as "a great visionary." Rosenstock is now acts as an official adviser to HHS Secretary Tommy G. Thompson in their new effort to get examined by the general public.

Bush Says U.S. WHO Scientists Require Political Approval

In June 2004, the Bush administration ordered that government scientists working for the World Health Organization (WHO) who want to participate in meetings cannot be selected at their own discretion. The government has traditionally invited specific HHS officials by name to serve as representatives of the U.S. government or financial interests. We have many, many of these government assemblies, and political influence is estimated instead of the public. The new vetting policy was signed into law by President George H.W. Bush.

"Except under very limited cir- cumstances, government officials do not and cannot partici- pate in WHO consultations in their individual capacity," Steiger wrote. Civil service and other reg- ulations "require HHS experts to serve as representatives of the U.S. government at all times and advo- cate U.S. government policies. The letter asserts that "the cur- rent practice in which the WHO requires specific HHS officials by name to serve in these capacities has not always resulted in the most appropriate selection."

The letter provided no specifics. But WHO panels some- times invite government officials who have had direct knowledge of enforcement or policy issues to serve as observers.

New rules adopted this year by the Environmental Protection Agency (EPA) require polluters to monitor air quality at a level "dangerous to public health and safety." By 2006, EPA require polluters to monitor at a level "dangerous to public health and safety."

Toxic Air Releases:

A new report by two orga- nizations that monitor enforce - ment of pollution laws charges that EPA and state governments are knowingly underestimating toxic air emissions from refineries and chemical plants, to the tune of a quarter of a billion dollars each year. They assert that certain carcinogens -- benzene and butadiene -- are in the air at levels 5 to 10 times higher than what the EPA leads the public to believe. The letter to Aiken declaring the new vetting policy was signed by William R. Steiger, special assistant to Thompson. He came to Washington with Thompson from Wisconsin and worked with Sen. Ben Nelson, the chairman of the Appropriations Committee.

"In the scientific war against disease," said John Wilson, director-general, who ran the WHO for 11 years directing its smallpox eradication program. He now heads his own business, Aitken Consulting, which helps government or financial interests. We have many, many of these government assemblies, and political influence is estimated instead of the public. The new vetting policy was signed into law by President George H.W. Bush.

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SUGAR/ FROM PAGE 1
soft drinks are the single greatest source of refined sugar in chil-

dren’s diets? PepsiCo holds the “pouring contract” in my school district.

Two years ago, when a cheer-

leader from the newly built West

Sale High tried to sell bottled

water, the monolithic pop com-

pany crushed her efforts. Maybe, PepsiCo had fallen on hard

times and could not stand the competition? As of July this

year, their profits are up by 12%

from last year, with a first quar-

ter net profit of $1.06 Billion.

Dose your body need? One

of those dollars into safe car

seats or sturdy athletic shoes?

Some will decry that students

will wail, “We need the money.”

I look about as healthy as you
can today, having given up meat for

many years, and I rarely have problems

what I believed and then acted on

it's an accepted fact of

American life that animals must

be raised for our consumption.

John F. Borowski You

You've heard that I'm a vegetarian.

I've really got to just put my

foot down here. I don't want to know and after

I've watched animals being

slaughtered for their meat, and I

decided that I was not going to eat

meat. I've often wondered if it's

natural to eat meat, and I've

often heard, “I couldn't imagine

living without meat.”

But standing in front of the

video, watching animals being

slaughtered for their meat, and I

decided that I was not going to eat

me.

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4TH ANNUAL HEALTHY LIFESTYLE EXPO!

Friday, October 8 - 10, 2004
at the Sheraton Gateway Hotel – LAX (Los Angeles Airport)

The most spectacular vegetarian conference and product showcase in the U.S., the Healthy Lifestyle Expo 2004 features EarthSave founders John, Deo and Ocean Robbins, T. Colin Campbell PhD., John McDougall MD, Caldwell Esselstyn MD, Doug Lisle PhD., Buddhist Rev. Heng Sure and many more fascinating presenters! Cooking demos, lifestyle advice, free food samples galore – and meet Morgan Spurlock and screen his new film, Super Size Me! Visit with many fellow EarthSavers from around the country!

For full details and tickets visit HealthyLifestyleExpo.com or call (818) 349-5600.

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- $50 Family
- $100 Patron
- $500 Sustainer
- $1,000 Lifetime Membership
- Other: $________________

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- Pledge: $________________/per month
- I authorize monthly charges to my credit card (use signature line at right)
- Send me an authorization for automatic payments from my checking account.
- I'll ask my place of work to match my gift.
- Contact me with info about volunteer opportunities in my area.

Help us Save the Earth one bite at a time.

Make checks payable in U.S. funds to EarthSave International and return completed form to:
EarthSave International, PO Box 96 New York, NY 10108

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