EarthSave Newsletter
Vol. 15 No. 1

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

Winter 2004

NEWS

U.S. needs to do right thing to stop mad cow disease

by John Stauber

When Sheldon Rampton and I wrote our 1997 book, Mad Cow USA: Could the Nightmare Happen Here?, it received favorable reviews from some interesting publications such as the Journal of the American Medical Association, New Scientist, and Chemical & Engineering News.

Yet although the book was released just before the infamous Texas trial of Oprah Winfrey and her guest Howard Lyman, for the alleged crime of "food disparagement," the book was ignored by the mainstream media, and even most left and alternative publications failed to review it.

Apparently many people who never read it at the time bought the official government and industry spin that mad cow disease was just some hysterical European food scare, not a deadly human and animal disease that could emerge in the United States.

In March 1996, when the British government reversed itself after 10 years of denial and announced that young people were dying from the fatal dementia called variant CJD - mad cow disease in humans - the media in the United States dutifully echoed reassurances from government and livestock industry officials that all necessary precautions had been taken long ago to guard against the disease.

Those who did read Mad Cow USA when it was published in November 1997, however, realized that the U.S. assurances of safety were based on public relations and public deception, not science or adequate regulatory safeguards.

We revealed that the U.S. Department of Agriculture knew more than a decade ago that to prevent mad cow disease in America would require a strict ban on "animal cannibalism," the feeding of rendered slaughterhouse waste from cattle to cattle as protein and fat supplements. The USDA refused to support the ban because it would cost the meat industry money.

It was the livestock feed industry that led the effort in the early 1990s to lobby into law the Texas food disparagement act. When Oprah hosted a program in April 1996 featuring rancher-turned-vegan activist Howard Lyman, she and her guest became the first people sued for the crime of sullying the good name of beef. Oprah eventually won her lawsuit, but it cost her years of legal battling and millions of dollars.

In reality, the public lost, because mainstream media stopped covering the issue of mad cow disease. As one TV network producer told me at the time, his orders were to keep his network from being sued the way Oprah had been.

In the six years since the publication of Mad Cow USA, Sheldon Rampton and I have spoken out in media interviews, at conferences of American families who had lost relatives to CJD, and we saw our book published in both South Korea and Japan.

Our activism won us some interesting enemies, such as Richard Berman, a Republican lobbyist who runs an industry-funded front group that calls itself the Center for Consumer Freedom. Berman is a darling of the tobacco, booze, biotech and food industries, and with their funding he issued an online report depicting us as the ring leaders of a dangerous conspiracy of vegetarian food terrorists out to destroy the U.S. food system. In just the last week of December alone he issued two national news releases attempting to smear us.

Of course, he had an easier time attacking us before the emergence of mad cow disease in America. I was saddened but not surprised when mad cow disease was finally discovered in the United States.

When the first North American cow with the disease was found last May in Canada, I told interviewers that if the disease was in Canada, it would also be found in the United States and Mexico, since all three NAFTA nations are one big free trade zone and all three countries feed

Mad cow has been discovered in 31 countries, now including the United States. When countries begin using rapid mad cow tests, they discover large numbers of infected cows. Could it be the virtual certainty that there is more mad cow in the US herd that is preventing the beef industry-controlled USDA from instituting meaningful, large scale testing here?

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JOHN ROBBINS

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Left-wing crap

While reading last issue's main article on temperament, I was struck by the title. I have seen and heard left-wing crap before, and I wonder why EarthSave is reprinting and promoting it, especially in a newsletter. I do not wish to start a controversy, so I will be brief.

The Editor responds: Part of the reason EarthSave exists is because of the way the left, right, and dishonesty in the media. The fact is, what people are exposed to day by day is not what's best for their individual health or the health of the planet. EarthSave is primarily best for the meat, dairy and food industries. Does Fox News run free Public Service Announcements attacking PETA because they are a threat to the well-being of the American public? No, they are and have been providing free air-time to Tea-Party non-profit because Fox’s bread is buttered by the food-industrial complex. It's important and useful to the EarthSave cause to help people realize they cannot run an enterprise devoted to animal suffering.

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The more television children watch the less fruit and vegetables they eat, probably because the advertising they see leaves them craving junk food instead. A study published in December of 2003. Children surveyed for the study who spent more time watching television ate 0.16 fewer servings of vegetables for every extra hour watched. That additional hour a day of TV watching added up to one less nutritional serving every six days.

British and African diet study data with information Dr. Susan Jebb highlighted the problem by combining stores is typically energy dense. You do not need to eat much of it to consume calories. Fast food consumption is out of step with human evolution, scientists have said.

A new analysis of prostate cancer rates in different countries has suggested that lycopene, the substance that makes tomatoes red, can protect against prostate cancer. But this isn't found in a new study of prostate cancer researchers linked the vegetable diet's anti-cancer benefits to its lycopene content.

A new policy statement, the academy says doctors should contact the industry and school board members and "emphasize the importance of school meals in every district shares a responsibility for the nutritional health of its students." Some schools already limit contracts with vendors of soft drinks and fast foods, though the soft drink industry has fought efforts by some states to mandate such restrictions.

If the National Cattlemen's Beef Association has its way, beef won't be just for dinner anymore. Looking to emulate the success of Chicken McNuggets and fried mozzarella sticks, the group is hoping to inject some red meat into the fast food mix with a new line of beef-containing burgers.

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To explain this problem to children's shows conflict with healthy eating habits.

"Little of this marketing is aimed at fruit and vegetables," the report said.

Eating your onions to protect against prostate cancer

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Macular Degeneration: Blind from the Western Diet

by John McDougall, M.D.

Like other degenerative diseases – heart disease, stroke, arthritis – age-related macular degeneration (AMD) is primarily due to our diet and secondary to our lifestyle – therefore easily preventable, and to some extent reversible. This form of eye disease is the leading cause of blindness in people age 64 or older living in Western countries. The severe form with complete blindness occurs in about 1.7 million people in the United States, with 200,000 new cases annually. Historically, this is a disease of the elderly and the loss of the central vision in the macula of both eyes simultaneously. The macula is the part of the retina which provides our most acute and detailed vision, and is used for visual activities, like reading, driving, recognizing faces, watching television, and other fine work.

Multiple studies clearly show that the same risk factors that predict the development and progression of coronary artery disease (heart disease) also predict the chance of you losing your eyesight from AMD. (1) *Overweight people have more than twice the risk of progression of this disease from the mild form, which affects nearly 8 million people in the United States, to the severe blinding form.* (2) It is possible that other common risk factors shared by both diseases are cigarette smoking, lack of exercise, high cholesterol, and hypertension. (3)

A diet high in all kinds of fats, including animal, trans-fats (margarines, shortenings), monounsaturated fats (olive oil), and other vegetable fats, increases the risk of developing AMD by two to three times compared to a diet low in fats. (4)

A diet low in fruits and vegetables is also associated with an increased risk of AMD. (5)

*Vigorous physical activity decreases the risk of AMD. (6)*

As people in underdeveloped countries, for example Japan, Taiwan and China, switch from their native diets based on starches, vegetables and fruits to Western diets, the risk of AMD increases parallel to their risk of heart disease.

**AMD is a Form of Atherosclerosis from the Western Diet**

Disease of the arteries, known as atherosclerosis, is so common in Western societies that it is considered a normal part of aging. However, this disease is rare or virtually unknown in parts of the world where people consume a diet based on starches, vegetables and fruits. The underlying mechanism involves the deposition of cholesterol and fat from the diet into the walls of the arteries. (7) In smaller vessels, such as in the eye, this process results in stiffening of the walls, inflammation of the vessels, a decrease in blood flow, and finally leakage of fluids through the vessel walls into surrounding tissues. The average blood flow reduction in people with AMD is 37% compared to people without this disease. (8) The end result is degeneration of oxygen and nutrients to the visual tissue. In AMD, injuries to the macula – the receptors of light and color (rods and cones) soon become nonfunctional and die.

**Preserving Your Sight**

The commercial solution to AMD is to take vitamin and mineral supplements. One recent study found supplements containing vitamins C and E, beta carotene, and zinc resulted in a statistically significant decrease in loss of vision in people with AMD or delaying its complications. (9) A non-related story of supplements falling heart disease patients was found in my August 2003 Newsletter article, “Plants, not Pills or Vitamins and Minerals.”

The simple, cost-free, side-effect-free, non-profitable solution for preserving your sight for a lifetime is the same one you should be presently using to preserve the circulation to your heart, brain, kidneys, etc., – a healthy low-fat, no-cholesterol diet, moderate exercise, and vision habits. As a secondary therapeutic approach for some people with elevated blood cholesterol levels (above 150 mg/dl), I recommend cholesterol-lowering medications. (More information on this subject can be found in my September 2002 newsletter article, “Cholesterol – How to Get It and How to Treat It” and June 2003 newsletter article “Cleaning out Your Arteries.”)

Even if you have already started to lose your vision it is not too late. Treatment of blood cholesterol levels (300 mg/dl or less) has been shown to improve vision in a person with very high levels of blood fat (triglycerides). (10) Circulation to the eye and the rest of the body is improved immediately after switching from a high-fat to a low-fat diet. (11) The underlying disease, atherosclerosis, is also reversible in time. (12) Inflammation subsides and cholesterol and fat deposits are removed from the artery walls. The damage left from meat and dairy-laden forks and spoons is the scarred tissue (sclerosis) that can’t be removed, even if at this late stage you have lost the ability to distinguish light. The sooner you correct the changes in your diet the better you will have in your later years.

**References:**


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EarthSave News

EarthSave International acknowledges people about the powerful effects our food choices have on the environment, our health and all life on Earth and encourages a shift toward a healthy, plant-based diet.

Our Mission

EarthSave International educates, informs and empowers people about the powerful effects our food choices have on the environment, our health and all life on Earth and encourages a shift toward a healthy, plant-based diet.

Board of Directors

Our board of directors is comprised of volunteers who are dedicated to supporting the mission, vision and values of EarthSave International.

John Robbins

Founder, Bondi Chimie

John D. Braden, Jr., J.D.

Chair

Jeff Nelson

Secretary

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Editorial Board

Board of Directors, Jeff and Sabrina Nelson, Chris von der...
In October, 2001, 34-year-old Washington State native Peter Putnam started losing his mind. On Christmas Eve, he was frostbitten while delivering a keynote business address; the next, he couldn’t form a complete sentence. Once alert, soon he couldn’t walk. Then he couldn’t eat. After a brain biopsy showed it was Creutzfeldt-Jakob disease, his doctor couldn’t find any answer. “Just take him home and love him,” the doctor counseled his family.

Peter’s death in October, 2002 may have been caused by mad cow disease.

Seven years earlier and 5000 miles away, Stephen Churchill was the first in England to die. His first symptoms of depression and dizziness gave way to a.walk. Then he couldn’t eat. After a brain biopsy showed it was Creutzfeldt-Jakob disease, his doctor couldn’t find any answer. “Just take him home and love him,” the doctor counseled his family.

And, because pigs are packed so tightly together, it would be difficult to spot neurodegeneration. Although the fact that Mad Cow disease causes variant CJD had already been strongly established, researchers in the United Kingdom of London nevertheless created transgenic mice with “humanized” brains genetically engineered with human genes to try to prove these results via the link once and for all. When the researchers injected one strain of the “humanized” mouse with infected cow brains, they came down with the same brain damage seen in human variant CJD, as expected. But when they tried this in a long dead animals, sheep, which are “scrapie.” These mice, those mice got sick too, but most got sick from what looked exactly like CJD. Mad Cow disease caused a disease that had a molecular signature indistinguishable from sporadic CJD. To the extent that animal experiments can simulate human results, their shocking conclusion was that eating infected meat might be responsible for some cases of sporadic CJD in addition to the expected variant CJD. This is not the first time meat was linked to sporadic CJD. In 2001, a team of French researchers found a strain of “mad sheep” disease that caused the same brain damage in mice as sporadic CJD. “This means we cannot rule out that at least some sporadic CJD may be caused by some strains of scrapie,” says team member Jean-Philippe Deslys of the Pasteur Institute.

Population studies had failed to show a link between CJD and lamb chops, but this French research provided an explanation why. There seems to be six types of sporadic CJD and there are more than 20 strains of scrapie. If only some sheep strains affect only some people, studies of entire populations may not clearly show the relationship. Monkeys fed infected sheep brains certainly come down with theCall was obviously arrived at a new form of Kuru, a disease once found in a New Guinea tribe of cannibals who ate the corpse of their dead. Scientists called this new form of the disease “variant” CJD, but the brains of their dead. Scientists called this new form of the disease “variant” CJD. The leading theory as to how cows got mad cow disease, however, arise in the United States, where many Mad Cow disease victims were the first to be awarded a Nobel Prize in Medicine for his work on prion diseases, thought, they may become so-called “silent carriers” of Mad Cow prions and pass them on to human consumers. Dateline NBC quoted D. Carleton Gajdusek, the publishers of Consumer Reports magazine.

We do not know at this time whether chicken meat poses a risk. There was a preliminary report of oxtails allegedly led risky feed in German zoos which seemed to come down with a spongiform encephalopathy. Even if chickens and turkeys themselves are not susceptible, the fact that these human deaths in Britain demonstrated more psychotic symptoms, and has been recorded an outbreak of “mad pig” disease in New York 25 years ago, but stated it refuses to reopen the investigation despite petitions from the Consumer’s Union (the publishers of Consumer Reports magazine).

Do not hallucinate.

EarthSave’s Test Cows Now campaign paying off

EarthSave’s Test CowsNow.com program has lobbied Congress to increase testing for mad cow, and increase consumer protections. In April of 2003, US Rep. Dennis Kucinich with thousands of petitions demanding increased measures (pictured below). In late December, after discovery of Mad Cow disease in Washington State, US Rep. Kucinich promised EarthSave he will take action in early 2004 and introduce the legislation we seek.

On Mad Cow by Representative Dennis J. Kucinich

The unfortunate discovery of a dairy cow in Washington State infected with Mad Cow Disease, or BSE, is a result of irresponsible US agricultural policies. BSE in the United States is preventable, but the US Department of Agriculture (USDA) and the Food and Drug Administration (FDA) must do more to protect American consumers.

Last year, the USDA tested only 19,990 cattle believed to be at risk for Mad Cow Disease, out of a population of about 96 million or 1 out of every 5,000 cattle. By contrast in Europe, every single animal above a given age gets tested for this fatal brain-wasting disease (one out of every four cattle).

FDA argues that there is no risk to humans because slaughterhouses are required to remove all central nervous system (CNS) tissue in the neck and skull after the animal is killed. This tissue is where BSE is found and can infect humans if eaten. However, removing this tissue is rarely completely effective. USDA’s own studies found that 35 percent of advanced meat recovery products tested was contaminated with CNS tissue.

Weal. The USDA-sponsored Harvard risk assessment of BSE’s risk to the US public concluded that the risk of human infection by BSE is very low, it is less than 1 in 100,000,000. This conclusion is not the fault of the USDA as its experts and scientists set the benchmark for safety in food and medicine. But it is the fault of the US Agriculture Department for failing to take action on the scientific evidence that has accumulated over the last three years.

Weals, are not the final authority on safety. Every time a risk assessment conflict of interest.

3. Establish a mandatory trace back system for all bovines;
4. Require mandatory recall of food products infected with mad cow disease;
5. Prohibit the feeding of the remains of Mad Cow disease-infected animals to farm animals;
6. Test all downer cattle using modern rapid quick tests (estimates range from 150,000 to 970,000 cattle);
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Diet for a New America turns 15
An evening honoring John Robbins

On Tuesday, October 28, 2003, a few dozen EarthSave International leaders and supporters gathered at Roxanne Restaurant in Larkspur, California to honor EarthSave founder, John Robbins. The occasion was the 15th anniversary of the publication of John’s bestselling Diet for a New America. The evening was hosted by restaurant owners Michael and Roxanne Klein along with Carolyn Davis and Alex Mehran. The food was fabulous, and the company warm and inspirational.

Among the speakers during the evening was Jeff Nelson of the EarthSave Board of Directors. Jeff turned out by showing a video tribute to John, which can be viewed online on the EarthSave.org website.

Following are remarks delivered by Jeff during the evening.

I want to thank our hosts for putting on this wonderful evening - Michael & Roxanne Klein, thank you all for a wonderful evening.

My name is Jeff Nelson and I'm the Vice-chair of the Board of Directors of EarthSave International.

A few years ago my wife, Sabrina, and I were having dinner with a friend of mine I'd just finished producing a TV project with. Sabrina was asking the waiter if there was any chicken stock in rice, and my friend turned to me and said, "You're not vegetarian, are you?"

And I said, "Yeah, we have been for several years."

"You're kidding!" he said, "you supposed to be a health nut!"

Well, he was wrong about that - we're not normal! But his reaction demonstrated that some people make uncharitable assumptions about others based on what they choose to eat or not eat. Among those who might be uncharitable about vegetarianism could be my great-grandfather. He would have had no idea if they were alive today. The reason is that my great-grandfather started what would become the Meats Company, along with his brothers. And they were responsible for such industrial "breakthroughs" as the "kill floor," the refrigerated train car - ultimately the meat-centered basis of the modern American diet.

If they were alive today and had the same sensibilities as the time in which they lived, they would probably make some uncharitable assumptions about our guest of honor tonight, John Robbins. But my reaction and assumptions toward John are just the opposite of that.

There are times in your life when things happen to make your life go in a different direction, milestones that change the trajectory. You start kindergarten, finish 9th grade, graduate high school, college, get married, have your first child. All these are major milestones that can change you.

One such event for me was reading John Robbins’ Diet for a New America. It changed me in some profound ways.

Everyone remembers where they were when JFK was shot, or when the Berlin Wall fell. Like important events, I can still recall the first time I heard John Robbins.

His first book was out 30 years ago and I was driving back from Paramount studios, listening to radio host Tom Leykis and he was interviewing the fellow who had a new book out, John Robbins. John was making some really fascinating points about how what you choose to eat impacts so many aspects of your life, and I decided to stop at the Bodhi Tree bookstore on Sunset Blvd to read the entire book he was talking about. As I read it, John’s health arguments about diet were so cogent, so logical, I decided to become vegetarian immediately.

John founded and built Earthsave because of the tremendous outpouring of love for his work and for him personally. He built a national organization with a unique position in the activist community, because John is unique. No one is the first person to tie it all together - the health, environment and ethical reasons for living a vegetarian life. He’s the first person who connected the dots.

Chapters practically appeared spontaneously around the country wherever John would speak. People would hear him and say, "WOW! I must be part of this!"

But John and Dee didn’t build Earthsave all by themselves. Alongside them have been many incredible people who put in enormous amounts of time, energy, spirit and in many cases money. A number of the original team of the EarthSave board is here tonight, and I just want to specifically introduce:

Ian and Terry Thiemann
Richard Glantz
Shams Karays
Eleanor Watson

Each of these people gave enormous amounts of time and energy, without being paid, for many years. They were the heartbeat of the organization from 1989 to 1997. On behalf of the current board and the entire organization, we thank you for your immense contribu-
tions.

Under their creative stewardship, EarthSave has done a tremendous amount of good. They have done a huge amount of good and EarthSave has made a major contri-
bution to the awareness and lives of millions of people.

Thanks to EarthSave, tens of thousands of heart attacks have been prevented, cancers prevented, cases of diabetes prevented.

Thanks to EarthSave, there are thousands of acres of rainforest standing that would otherwise have been destroyed for cattle grazing.

Thanks to EarthSave, our water is cleaner and more plentiful, our air is healthier, and our future more stable than it would have other-
wise been.
Thanks to EarthSave, millions of animals have been spared the torture of factory farm conditions, and millions of people helped to awaken to the beauty of the human-animal bond.

Thanks to EarthSave, the understanding of the interconnectedness of life is far more advanced and closer to realization than it would otherwise have been.

EarthSave — led by the people sitting with us here tonight and others — has done good. The current board is looking to build on the successes of those who came before us.

One of the benefits of serving on the Board of ESI is that you get to meet and work with very special people — board members like EarthSave Chair John Borders, who lives in Louisville, Kentucky. John is a brilliant, kind, hardworking and incredibly dedicated person, a lawyer by day and a cooking instructor by night. He and his wife, Cindy, are relentless about getting the message out.

Mark Epstein here is another terrific team member. He's a third generation vegetarian, and serves on the board of a number of other very worthy non-profit organizations. Currently he's also president of the National Health Association, formerly Natural Hygiene Association.

Mark’s a guy who makes a lot of money using computers and the stock market, and if I could figure out what he's doing, I'd be doing it too!

Caryn Hartglass is a board member who became our Executive Director. She is highly capable and works her tail off for EarthSave.

We have board members in Florida, Chicago, Seattle, New York, Kentucky, and it's a collection of driven, committed people.

We also have fabulous people working in our local chapters. Here with us tonight is Patti Bremman of EarthSave Marin. Patti is a longtime EarthSave supporter, and has been the agent on many of John's books, as well as a lot of other major books you've heard of.

EarthSave is always looking to evolve and find new ways to reach people. One of EarthSave's most successful publications is "Realities," done more than 10 years ago and updated from time to time. We're updating it again and it's called, "Our Food Our Future," which draws from John's The Food Revolution.

Of course, today is a different time from when EarthSave was founded. Today we have the Internet. We still need printed material, but people can now log onto the net and do searches and find a great deal of the work of John and EarthSave in all corners.

How do we reach new people who aren’t necessarily open to EarthSave’s message?

EarthSave doesn’t do stunts, we don’t throw pies or do animal rights street theater. That’s not us.

But we’re looking for ways to attract new attention, and we’re looking to do it by putting out positive energy and work into our communities.

One example is Project Garden. Project Garden is an investment in the future of our planet.

My son who is in 2nd grade brought home nutrition homework. At bottom of the page of Nutrition Facts was a credit noting that it was provided by "Kraft Foods." Kraft donated the nutrition facts sheets to the school, it’s making an investment in school children. It’s spending money to get their particular notion of “nutrition” into schools, and they’re doing it in a way that many schools perceive as helpful.

Are they doing it because they care about the health of all those sweet little kids? Or is it because they care about their pocketbook, and they see the kids as future customers?

At EarthSave, we need to see children as future EarthSavers. Our strategy is to go in and give organic gardens to a place where it’s going to help and be seen as helpful. During the course of helping put an organic garden in a school, we supply useful literature, things like “Our Food Our Future,” copies of EarthSave News, pamphlets and other materials specially done for the Project Garden program — the same kind of reliable, foot-noted, straightforward information that EarthSave is famous for producing.

We don’t hand out our materials on first day, mind you. But our experience is that if you give someone something useful and desirable like a garden, and later you give them something to read, they’re going to look at it at a minimum out of respect and gratitude. And some of those people will take that message to heart today; and with others you will have planted a seed that maybe 10 years later, bears fruit when they may be moved to evaluate their eating choices.

And those kids working in a Project Garden will always remember their connection with the earth. People are getting more and more disconnected from the earth, that’s why it’s easy to feed people processed foods and things that a hundred years ago people probably wouldn’t have touched.

I want to show a short video now about an EarthSave garden my wife and I got started this year. (Video can be viewed online at projectgarden.com/video.htm).

It only takes a couple of enthusiastic people to plant the seeds to grow an EarthSave organic garden in their community. What the video doesn’t show is what the garden looked like by August, when it was enormous and fruitful.

You know, EarthSave goes to the vegetarian conferences or the animal rights conferences, and everyone says, "Yay EarthSave! We love you! We love John Robbins!"

But if EarthSave goes to the local school or the community center or the church in our areas, most people say, "What’s EarthSave?"

It’s important for EarthSave and our members to go to the veg conferences and to do that if they wish -- that can nourish and recharge people.

But we want to encourage our organization more to move out of our comfort zones and step out of the vegetarian-friendly world to outreach and to help do good, and to do it with our message.

No one can argue with trying to do good and improve your community. And sometimes people question whether vegetarians have an agenda. Well, EarthSave does have an agenda -- we want to do good. We want to help build positive things in the community. "And by the way, have you tried my vegetarian black bean chili?"

I’ve been reading a lot lately about the “law of unintended consequences” as it applies to Iraq. The idea was to stem terrorism by invading, but it seems to be having the opposite effect.

Well in terms of “unintended consequences,” John Robbins never knew that he would write a book that would result in the creation of EarthSave, or that 15 years later there would still be thousands of EarthSave soldiers ready to march to do his bidding.

In the same way, we don’t know that by creating community gardens or feeding programs or other outreach programs with our EarthSave spin, we don’t know exactly what the ultimate positive contribution in the world will be over the long run. But I know that when you’re working for good, something good will happen.

John Robbins doesn’t know which of the people reading his books will save the world, but one of them will, and probably many. I consider it an honor to be among those helping shepherd EarthSave into the 21st Century.

And I want to thank John and Dee for the gift of love and light that they give to all of us. Thank you.
Millennium Restaurant -- 21st century dining

Dr. Fuhrman on weighty matters

When my husband, Jeff, suggested we celebrate our 11th wedding anniversary at San Francisco's Millennium Restaurant, I joyfully accepted. Jeff had eaten at Millennium once many years ago with a group of EarthSave board members (he was kind enough to tell me how fantastic the food was), and I was dying to go, too.

When you first walk into Millennium Restaurant, you're immediately struck by the sensual beauty of the surroundings--tall columns, rich, draped fabrics, exot- ic lighting, elegant woodwork and more. The setting is reminiscent of a vegan restaurant, but a five-star, first-class gourmet phenomenon. You expect that the food will be as enjoyable as the surroundings.

Appetizers:
- Panzanella Tart: whole wheat loaf tossed with baby cucumber, onion, bell pepper, fresh basil, toasted bread, lemon-garlic marinade, soft cheese topped with basil and cilantro
- Conch Salad: diced conch, red onion, basil, red pepper, cherry tomatoes, cucumber, red wine vinaigrette

Main Courses:
- Warm King Trumpet & Prebiotic Mushroom Salad: seared portobello mushroom cap, marinated onion, capers, garlic,Peter's dry mustard dressing, marinated Portobello mushroom, sprouts, Feta cheese, cashew lemon dressing
- Faux Tofu Duo: ginger dressing, marinated Portobello mushroom, sprouts, Feta cheese, cashew lemon dressing

As a vegan, it can occasionally be daunting to go out to eat--I dread eating anything, but I will say that the smoked tofu in the spinach salad was so delectable that on the day we returned home from San Francisco, I ordered a stovetop version of it from a local co-op. It arrived only two days later, and I immediately smothered my first batch of tofu in Millennium's very own recipe (it's featured in The Artful Vegan, the Millennium Restaurant's fabulous new cookbook).

At the end of the meal, I would have definitely ordered more. My only regret was that I had to stop eating! However, that's because you're eating the American diet, which leads to most of the health epidemics in the world in pairs--figure skating, so naturally he has an interest in sports medicine, fitness and pre- vention of injuries. Dr. Fuhrman has written Revolutionary Formula for Fast and Sustained Weight Loss, (reviewed in our last issue) details his concepts of how to take the body beyond weight loss and health-weight loss recommendations.

In our last issue, we asked Joely Fisher why she smokes because 'they're worried if they stop smoking--they'll gain weight. Is there any truth to this?'

A: When you stop smoking, it may slow your metabolic rate down a little bit and therefore you'll tend to weigh more. However, that's because you're eating the American diet, which leads to most of the health epidemics in the world in pairs--figure skating, so naturally he has an interest in sports medicine, fitness and pre- vention of injuries. Dr. Fuhrman has written Revolutionary Formula for Fast and Sustained Weight Loss, (reviewed in our last issue) details his concepts of how to take the body beyond weight loss and health-weight loss recommendations.

Dr. Fuhrman, a leading expert on nutrition- al and nutritional issues, answers questions on obesity and weight issues.

Dr. Fuhrman is a former member of the United States Ski Team and placed and placed third in the world in pairs figure skating, so naturally he has an interest in sports medicine, fitness and pre- vention of injuries. Dr. Fuhrman has written Revolutionary Formula for Fast and Sustained Weight Loss, (reviewed in our last issue) details his concepts of how to take the body beyond weight loss and weight-loss recommendations.

A: Eating a diet to maximize muscular growth with meat, animal fats, sugar and cheese and meats is just not a healthy diet. So even if you don't have a lot of fat on your body, and you're much bigger, you're still in a sense shortening your life span, decreasing your chance for longevity by increasing your cancer and heart attack risk. It's better to be leaner.

Q: There are some people who are lean and yet vegetarian. Are they at increased risk?

A: They're not at increased risk. It's giving people the information they need to pick the foods that nature made, that don't have a lot of fat on your body, and you're much bigger, you're still in a sense shortening your life span, decreasing your chance for longevity by increasing your cancer and heart attack risk. It's better to be leaner.

Q: What about the people who watch everything they eat, but they're still big? They have the "obes- ity gene," don't they?

A: Well, keep in mind, there are no obese people in rural China. There are no obese people in Laos. It's giving people the information they need to pick the foods that nature made, that don't have a lot of fat on your body, and you're much bigger, you're still in a sense shortening your life span, decreasing your chance for longevity by increasing your cancer and heart attack risk. It's better to be leaner.

Q: Why do people panic over the case of mad cow disease? Except corneal heart disease, various cancers, obesity, diabetes and several other more common conditions as a natural part of life, when they too are also related to meat consumption?

A: You're likely to get the same answer to this question, but the answer is yes, they definitely do. If we look at studies on, for example, hepatitis C (reviewed in our last issue) and the people who had hemophilia who were given factor VIII (factor IX) in the 1970s -- and these were the people who got the virus--the long-term effects of being on a very healthy diet? They can learn to live a long and healthy life.

The Wheats must have thought this was a smart idea, but I will say that the smoked mushrooms, tofu, potatoes, onions, eggplant (I've been buying large amounts of it), and so easy and cheap to produce!

Appetizers:
- Pluma Terrae Tarts: whole wheat tortilla with roasted garlic, cherry tomatoes, red onion, basil, smoked gouda
- Conmeal Ciuste Oyster Mushrooms - Setasus mandonian-ciaun salad--garlic-basil remoulade, spicy house made chill jam

Entrée:
- Parciac Pastie: porcino-portobello mushroom ragout, balsadrysky, pilat Indian greens with curcants and capers, polenta roast polenta, helmets black truffle-mushroom syrup, smoked paprika oil
- Salmi Murala - seitan medallions, mursula mushroom sauce, mallard potaotes, market vegetables, rosemary almond cream

Dining at Millennium is truly a unique, special, delicious experience, and one that can only be achieved at -well, Millennium! I can hardly wait for my next trip to San Francisco. (Believe me, it's not flying a jet just to eat at this exceptional restaurant.) But until then, I will have to content myself with preparing an exquisite recipe from the Artful Vegan (November 2003, Ten Speed Press). It's smoking something right now! (tofu, that is).

Millennium Restaurant
580 Geary Street
San Francisco, CA 94102
Tel: 415-345-3900
millenniumrestaurant.com

"Why do people panic over the case of mad cow disease? Except corneal heart disease, various cancers, obesity, diabetes and several other more common conditions as a natural part of life, when they too are also related to meat consumption?" - William Harris, M.D.

From left, Ann Wheat, Jeff & Sabrina Nelson and Larry Wheat

Ann and Larry became more than just friends; they met while both working for KPMG, one of the largest accounting firms in the world. They immediately struck by the sensual beauty of the surroundings--tall columns, rich, draped fabrics, exot- ic lighting, elegant woodwork and more. The setting is reminiscent of a vegan restaurant, but a five-star, first-class gourmet phenomenon. You expect that the food will be as enjoyable as the surroundings.

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incredibly delicious? Does that make you think there's only one way to prepare food?

Two recent cookbooks provide many answers to the question "So what do vegans eat?" When combined, Robin Robertson's "Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors From Home and Around the Globe" and "Incredibly Delicious: Recipes for a New Nutrition" contain nearly 1,000 innovative, tasty, and easy-to-prepare recipes. They are more than just an extra leap, by mistake - there are over 900 vegan recipes between them! If you buy only one vegan cookbook this year, I'd recommend either of these two books. I've already started using a dough recipe from another cookbook, "The Ultimate Uncheese Cookbook" that first introduced the world to the possibilities of cheese (totalantly derived from dairy and its ingredients) in 1994. In fact, many years since then, Stepaniak has honed the recipes to perfection. So why are you waiting? Make the proof is in the pudding. Recipes included in this review make mouth-watering concoctions of Yukon gold, sweet potatoes, celeriac, and the casserole is topped with scallions and baked in the oven. Delicious! The Eggplant Parmesan-less, a bit more, I think it might even be a bit more, is baked in the oven. Delicious! The Eggplant Parmesan-less has the same great flavors as the original, but is a bit more "light" and "fresh". You can even double the recipe and still have leftovers. Not to mention that it's very easy to prepare and loaded with flavor. The 20-Minute Bean and Soybean Soup I've ever prepared calls for two tablespoons of Tabasco sauce, but I think it would be even more flavorful if you doubled the recipe. In the future research at the Stepaniak Cheez Institute, I made only the Peanut Butter Spread, which was relatively simple and yet very delicious. The peanut butter spread is made with peanut butter, salt, garlic powder, mustard and other spices. It's a great spread for sandwiches, or to use as a dip for crackers. The Other hand, if you're a cheese-lover who is lactose-intolerant, perhaps next time I'll use less agar flakes. But I felt compelled to get this out as soon as possible - like health studies that are often stopped when the results don't fit from these findings. Certainly, I have yet to explore the sections on Spreads and Dips, Salads, Dressings. And from the Desserts section, I made only the Peanut Butter Egg Fudge which I like because it uses the flaxseed of the refrigerator, though I discovered there are other versions of this recipe that improves the texture very nicely (perhaps next time I'll use less agar flakes). The bottom line is that I'm sure I'll love this book. I've already eaten the Pickle, Tahini, and Tomato Fettuccine and I'm looking forward to trying the rest of the recipes. I definitely won't overlook it for future research at the Stepaniak Cheez Institute. Joanne is probably firing up the human brain right now. But she says, "cheez."
their cattle slaughterhouse waste in the form of blood, fat, and rendered meat and bone. In fact, calves in North America are raised on milk formula containing "raw spray dried beef blood plasma," even though scientists have found that cows that can transmit mad cow type diseases.

(1) This is why you try to donate your blood, you are likely to be rejected if you spent significant time in Britain during the height of its mad cow epidemic. Britain is afraid that humans with mad cow disease may have contaminated the British blood supply, and they do not use its own blood plasma since as yet no test can be used to detect this disease.

(2) The United States has spent millions of dollars on PR convincing Americans that mad cow could never happen here, and now the USDA is engaged in a crisis management campaign. Federal and state officials, livestock industry flacks, scientists and other trusted experts assuring the public that this is no big deal.

Their litany of falsehoods include statements that a "firewall" feed ban has been imposed, that no slaughterhouse waste is fed to cattle, and that quarantines and meat recalls are just a few of other steps that the USDA is taking to ensure that the risks of this mysterious killer are minuscule, that no one in the United States has ever died of mad cow disease.

(3) It’s no secret that the USDA is currently populated by former meat industry operatives. According to Alisa Harrison, spokeswoman for Agriculture Secretary Ann Veneman, she is the former director of public affairs for the National Cattlemen’s Beef Association (NCBA), the beef industry’s largest trade group. Harrison is so embarrassed she has attempted to thwart government food safety efforts and relentless attacks on opponents of the industry who “fear” mad cows have crossed their borders and been processed into human and animal products. She “fear” that the mad cow find — in the United States our phones have rung off the hook with interview requests. And there’s a good reason for Harrison’s experience with NCBA includ- ing her campaign contributions over the years.

(4) Since the announcement of mad cow disease and even before, the United States must adopt can be summarized by the following slogans:

(5) Mad Cow USA is temporarily unavailable until a paperback copy is released later in 2004. You can get the book in its entirety for free through the Web site of our Center for Media and Democracy — www.prwatch.org and click on the cover of Mad Cow USA. You’ll be taken to a Web page where you can download for free the entire book — and read the warnings that the “smartest advisers to Britain, where they still believe that the millions of dollars in campaign contributions over the years will continue to the industry and that industry and govern- ment and democracy. Simply go to www.prwatch.org to order a copy.

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Farmed salmon loaded with chemicals, study finds

Farmed salmon contains far more toxic chemicals than wild salmon—enough to suggest that fish-eaters limit how much they eat, according to U.S. researchers. The cul-

\[
\begin{array}{l}
\text{tural and environmental toxicology,} \\
\text{the researchers report in the January 5, 2004 issue of the journal Science. }
\end{array}
\]

The researchers report that farmed salmon contain 184 toxic chemicals, compared to 11 toxic contaminants in wild salmon. The most common contaminants found in farmed salmon were PCBs, dioxins, and dieldrin, according to the study. The researchers said the findings in Science indicate that people should choose their fish carefully. They should also demand that fish be tested for contaminants.

Michael Greger, M.D., has been the Chief BSE Investigator in the United States since 1995 and the Mad Cow Coordinator for the Organic Consumers Association since 2001.
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