

American

# Vegan

*Ahimsa Lights the Way*

Second Series Volume 11 Number 1

Winter 2011

## Culver City California

# Native Foods Opens 7th Café

Chef-owner Tanya Petrovna marked the arrival of Native Foods in Culver City with an opening party. A large crowd came and brimmed with enthusiasm.

The team of Jeff Nelson (camera) and his twin-daughter reporters, teens Nina and Randa, attended to make a video that may be viewed at [www.VegSource.com](http://www.VegSource.com).

Owners of renowned vegan-eating guides based in the Los Angeles area, [www.quarrygirl.com](http://www.quarrygirl.com), and [www.vegparadise.com](http://www.vegparadise.com), were ecstatic!

(Story on page 6)



**Tanya Petrovna opens the 7th location of Native Foods Café, in Culver City western Los Angeles County California.**

### INSIDE:

- Tipping Point? •Dating Vegans •Switzerland •Organic Meat
- Animal Experimentation •Becoming Vegan •Restaurant Reviews
- New Books •A Delicate Balance •Letters •Notices

# THE EVENT THAT CAN CHANGE YOUR LIFE

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President of Physicians Committee for Responsible Medicine and author of *Dr. Neal Barnard's Program for Reversing Diabetes (without drugs)*



**Colleen Patrick-Goudreau**  
Award winning author of *The Joy of Vegan Baking* and the popular *Vegan Table*; and columnist for *VegNews* magazine



**Michael Greger, MD**  
Director of Public Health, Humane Society of the U.S., and author of *Carbophobia: The Scary Truth About America's Low-Carb Craze*



**Melanie Joy, PhD, EdM**  
Author of the thought-provoking book, *Why We Love Dogs, Eat Pigs, and Wear Cows*; and *Strategic Action for Animals*



**T. Colin Campbell, PhD**  
Author of the best-selling book, *The China Study: Starting Implications for Diet, Weight Loss & Long-Term Health* (based on the famous study he directed)

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- R.B. (NY)



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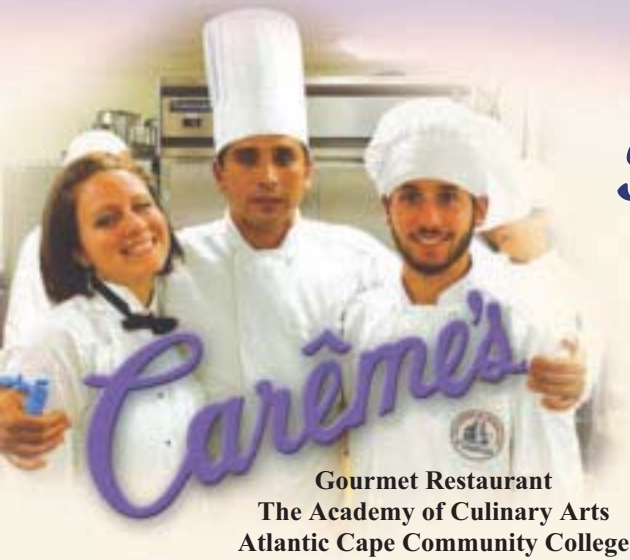
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2011



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## Valentines Dinner

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Enjoy a Meatout Meal.  
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*Menus* will be posted at [www.americanvegan.org](http://www.americanvegan.org).

*Carême's* is beside the on-campus bus stop, Bldg M,  
Atlantic Cape Community College,

5100 Black Horse Pike (on Rt. 322), Mays Landing NJ 08330  
[www.atlantic.edu](http://www.atlantic.edu)



*See page 24 for VeganEarth, Cincinnati OH  
culinary school Lunch Buffet Saturday March 19.*

# AHIMSA

## THE COMPASSIONATE WAY

AHIMSA is a Sanskrit term meaning non-killing, non-injuring, non-harming.

AVS defines it in daily life as Dynamic Harmlessness, spelled out at right.

THE AMERICAN VEGAN SOCIETY is a nonprofit, non-sectarian, non-political, tax-exempt educational membership organization teaching a compassionate way of living by Ahimsa (see above) and Reverence for Life.

VEGANS—pronounced VEE-guns—live on products of the plant kingdom, so exclude flesh, fish, fowl, dairy products (animal milk, butter, cheese, yogurt, etc.), eggs, honey, animal gelatin and broths, as well as all other items of animal origin.

VEGANISM ALSO EXCLUDES animal products such as leather, wool, fur, and silk, in clothing, upholstery, etc. Vegans usually try to avoid the less-than-obvious animal oils, secretions, etc., in many soaps, cosmetics, toiletries, household goods and other common commodities.

AN EDUCATIONAL CONVENTION is held each year, at Malaga or elsewhere.

INDIVIDUAL MEDICAL ADVICE is not given; AVS educates on ethical, ecological, aesthetic, healthful, and economic aspects of vegan living in general.

KNOWLEDGE AND OPINIONS in articles (or books, tapes, etc., listed or reviewed in *American Vegan*) represent the views of the individual authors, not necessarily those of the society or *American Vegan*.

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ARTICLES or items may be submitted for possible publication.

### AMERICAN VEGAN SOCIETY Since 1960

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ABSTINENCE from Animal Products  
HARMLESSNESS with Reverence for Life  
INTEGRITY of Thought, Word, and Deed  
MASTERY over Oneself  
SERVICE to Humanity, Nature, and Creation  
ADVANCEMENT of Understanding and Truth

## American Vegan

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Latest Book & Video/DVD Catalog  
is on our website, or you may order from AVS!

[www.americanvegan.org](http://www.americanvegan.org)

Sign on to E-Alert

Webmaster: Curt Hamre

FREYA! Absolutely fantastic issue! Thanks so much! GREAT JOB!!!! SUPER! Peace & Love,

—Lin Silvan, Executive Director,  
Eugene Vegetarian Education  
Network (EVEN), Oregon

I love your website; it has gotten better and better. I live by ahimsa because of your efforts. I have a “vegan” tattoo on my right arm. I love being vegan. I leaflet and I proudly wear vegan logo apparel wherever I can. I love you all for getting the word out and helping our planet.

—Sue Schindler, New Jersey

Thanks for all your work! You have enriched my life.

—Bill Rutledge, Pennsylvania

I appreciate the work that you folks do. Jay D. was one of my heroes. I haven't eaten meat since 1989—vegan since 1997. I am a student. I love you guys.

—Dan Davis, Utah

You and Jay, et al, seem to have started something. Good on you!

—Deer & Justice, Hawaii or  
New Zealand

Congratulations on the publication of another fantastic *American Vegan*! Since receiving it yesterday, *American Vegan* has accompanied me at appointments and finally—to bed. What a relaxing treat! (& informative)

—Marietta Webster, New Jersey

I see the magazine, how beautifully you are publishing it... Continue the service to all the helpless and voiceless animals. Bless you my dear.

—Shri Gurudev Chitrabhanuji, Jain  
Center NYC, New York

Keep up the wonderful work! I raised this \$20 (AVS dues) by selling vegan baked goods at my place of employment.

—Janelle Davidson, Oregon

A great magazine! Fabulous! It is a morale booster just to read it.

—Della Ewart, Missouri

## From the Editor

### Welcome readers of *American Vegan*.

If you like what you see here and on our website, please subscribe with an annual payment. You don't have to be a vegan yet, but we can help you put into practice attitudes and habits that foster compassion, health, and conservation.

### Messages

We ask all who are receiving *American Vegan* magazine to take note of subscription messages that appear on the back cover above the name and address.

### Proof of Membership

Current subscribers will see a proof of membership. Cut out the statement with your name label. Laminate and keep it with you, or copy it, to qualify for discounts from supporting organizations and businesses.

### Renewal Notice

When a subscription is due for renewal, a reminder appears above your name. Submitting your renewal payment promptly saves AVS the time and expense of sending a bill.\*

### Membership/Subscription Cost

Today information is freely available from the Internet. This includes issues of *American Vegan* and additional information on our website. So why pay? You will get the magazine earlier, and you enable us to put in the time, effort, and expense necessary to produce it. Membership qualifies you for 20% or 30% discounts on books purchased from us.

Our subscription rates are reasonable at \$20 per year or \$10 for students/low-income. Included are 2 to 3 print copies per year, and website content. Certain information can be conveyed in a more timely fashion on the website (e.g. event notices). Our online book catalog is updated 3 to 4 times a year.

\*Subscription form is on page 33.

### Get *American Vegan* by Email.

If you prefer not to have a paper copy of *American Vegan*, you may receive it by email as a PDF attachment. You will get it before print copies are mailed. You may elect to receive both editions for a \$25 rate.

### Keep in touch.

We encourage you to provide us with your mailing address, email address, and phone number when you join, and each time you renew. Sometimes there are events we want to tell you about on short notice. Or there may be a problem with communications reaching you. If there is no forwarding information, we want to be able to reach you some other way. Put these contacts on your subscription form. (Do not confuse this with the anonymous website E-Alert that you can sign yourself on or off.)

### Advertising

Our magazine is not supported by commercial advertising. No vested interests influence its content.

### Participate

You may enhance the American Vegan Society's effectiveness by volunteering, and/or by giving financial assistance.

*American Vegan* benefits by having knowledgeable writers from diverse backgrounds and locations. Is that you?

We table with the magazine and books at events in the Mid-Atlantic region and sometimes elsewhere in the U.S. Travel, event-entry fees, materials costs, and other expenses are incurred. Can you help?

For AVS functions, we like to be able to offer some reduced-rate or free admissions to deserving applicants. Donations enable us to do this.

Share your time; send us funding. If you are employed, but busy, consider donating your pay for one or more hours per week to help us advance our programs and enable us to hire dedicated talent from under- and unemployed.

—Freya Dinshah

Culver City California:

# NATIVE FOODS Opens 7th Café



“Vegan goes big time in this trendy restaurant where everyone can enjoy comfort foods cranked up a few notches,” reports vegparadise.com, adding praise for “daily soup specials, plump sandwiches, mountain high salads, veggie pizza, sweet potato fries, creative starters, and the best homemade seitan and tempeh you’ll ever taste.”



The first Native Foods opened in Palm Springs in 1994 with a staff of two. Tanya, at 34, had found her calling working in the areas of health, saving animals, the environment, and food service—combined! A year later she opened a second venue in Palm Desert, to be followed by Los Angeles (Westward Village), and Costa Mesa (13 miles from Disneyland). At this point, in 2003, Tanya published the *Native Foods Restaurant Cookbook* to share her recipes, cooking knowledge and skills. The other southern California locations are Aliso Viejo, Tustin, and as of November 15 2010, Culver City. More are on the way soon. Tanya’s success is due to the quality of her food and the excellent staff she hires.

Located along restaurant row in the heart of cool Culver City, this Native Foods Café glows. It is bright, colorful and spacious, with warm wood, clean glass and gleaming tile. Customers order at the counter, then take a number, choose a table, and wait for the food to be delivered. Since the weather was nice, Quarrygirl and friends sat at an outside table. Quarrygirl’s blog includes photos of many menu items.

The thought behind the name Native Foods is “indigenous to the earth and low on the food chain.” The menu is eclectic, multi-cultural. The natives depicted on a mural are a jolly bunch of fruits and vegetables ready to cavort with other wholesome ingredients. Tanya makes food a pleasure to eat. When not busy with the cafés, she gives cooking demos and classes, and school presentations. She supports and contributes to events that benefit animals.

For the holiday season, in addition to hosting Thanksgiving meals, Native Foods had been busy preparing and shipping their signature *Native Wellington*. Tanya started the tradition 16 years ago. It is a puff pastry filled with savory *Native Seitan*, organic kale, sautéed portabella mushrooms, orange-glazed yams, cranberry stuffing, and caramelized onions. It’s served with shallot-mushroom gravy, and serves six to eight people. An estimated 7,000 were shipped in 2010, twice as many as in 2009. Indeed there has been a doubling of all sales.

“McDonald’s has always inspired me,” claims Tanya. Last year she took on new partners, with a group of investors, to further Native Foods’ growth. Andrea McGinty, already a successful entrepreneur, explained how it happened. “I met Tanya 10 years ago. I’m from Chicago. I walked into her restaurant in Palm Springs, totally by accident. I didn’t even know what a vegan restaurant was. And I fell in love with the food. Over the years we became really good friends and I became a regular and introduced my family to it. Then two years ago, I said ‘Tanya, come on. Let’s go! Let’s build more of these! Let’s be partners!’ and so we joined up and we’re opening more restaurants. We’re really excited. And Culver City, we’re just super excited about it.”

In June 2010, Ron Biskin, an outside board member, left his position as president of Wolfgang Puck to become the president and COO of Native Foods. Biskin admired the Native Foods concept. “Once I tasted the food, I literally fell in love with it. I realized this is absolutely the kind of food that I want to be serving. This is tremendous and I’m really excited.” He has known Tanya for two years. “She has great recipes, great food, she’s a great chef, and most importantly she has a great heart. She’s a great person! And I just love working with her.”

Customers, many of whom were regulars from other Native Foods locations, described their experience at the opening party as Amazing! Fabulous! Awesome! Sooo Good! And Tanya as Inspiring!

Tanya herself was on a high, singing, “Thank Heaven, I’ve gone to 7!” “Tonight it’s happening. It’s fun. Culver City is a great place to be. We want to bring a little fun here, and it’s working!”

A Mom said, “We’re at one of the Native Foods about every single week. We love it—all the kids are vegan. It’s a great place because they can order pizza, mac & “cheese”—like their friends usually do at other places. We’re so grateful to Tanya!”

See [www.nativefoods.com](http://www.nativefoods.com) for news, events, menus, and to place orders.

At [www.vegsource.com/video](http://www.vegsource.com/video), *Native Foods Vegan Restaurant Opens in Culver City!* find out which pigs Tanya likes and why.

—Freya Dinshah, prepared from various reports and sources

All photos supplied by Jeff Nelson.



**SPECIALS:**

Mon: Classic Deli Reuben w side of lemon dill potato salad

Tues: Taco Tuesday (tacos w side)

Wed: Scorpion Burger

Thurs: Oklahoma Bacon Cheese Burger w side

Fri: Twister Wrap w side

Sat: Portobello Sausage Burger w side

Sun: Chicken Run Ranch

(All ingredients totally vegan)

**Purchase Tanya’s cookbook from AVS on SALE: \$12.95 while the current supply lasts!**

**The NATIVE FOODS RESTAURANT COOKBOOK: Fresh, Fun, and Deliciously Vegan Recipes That Will Entice and Satisfy Vegetarians and Non-Vegetarians Alike –Tanya Petrovna. 2003, 328pp 7½x9” \$16.95. SALE \$12.95.**

# Are We at a Tipping Point?

By Nelson Campbell

In late September, I came downstairs to breakfast and heard the muffled sound of President Clinton talking, but then zoned in when I heard him talk about his diet. He was explaining to Wolf Blitzer on CNN that he had converted to a plant-based diet to deal with his heart disease. Later in the discussion, he mentioned my father and his best-selling book, *The China Study*.

This was not a total surprise because my father had been contacted a few weeks earlier by a close Clinton associate, who said that President Clinton had changed his diet largely because of reading *The China Study*. A while back, we had sent the book to President Clinton via a mutual friend, former North Carolina governor Jim Hunt, although we are not sure this is the copy he ended up reading.

But what we do know is that this event represents well where we are with the plant-based nutrition movement. Malcolm Gladwell best described the mechanics of social change in his brilliant book called *The Tipping Point*. He defined a tipping point as “the moment of critical mass, the threshold, the boiling point” and argued that a minority of informed, motivated, and connected individuals, disseminating relevant and timely information within a supportive context and in a grassroots manner, can drive events to these points. If there was ever a perfect example of this concept, the plant-based nutrition movement is it.



Nelson Campbell (L) and Dr. T. Colin Campbell  
Photo supplied by author

My dad is Dr. T. Colin Campbell, a world-renowned nutritional researcher, co-author with my brother of *The China Study*, and the widely recognized ‘science father’ of the plant-based nutrition movement. As his son, I was able to witness the history behind this movement from a unique vantage point. And what I saw was a man with unwavering integrity, almost continually assaulted by other scientists, by industry groups, and even by people in the government. And from this I learned what really makes the world go round—people’s quests for money, power, and fame. But I also learned something else. While these things make the world go round, love and integrity sometimes do win out at the end of the day.

I believe the forces of the status quo attacked my father, often viciously, because he was the one who explained the

“Why?” of the plant-based nutrition idea. Some clinicians had used plant-based nutrition to treat patients, often with great success, even as far back as the early part of the last century. But these people could always be dismissed, and they were. It was only through *science* that the truth was revealed. This truth has now been communicated to the public and it is taking hold. People across America and the world are now coming to understand a heretofore unknown law of Nature—that the best diet for human health is a whole foods plant-based diet.

And now the plant-based nutrition idea has morphed into a grassroots movement—a movement against the status quo, and against our very own government. Of, by, and for the special interests, our federal government subsidizes industries that disperse disease and death. And worse, they force feed subsidized

junk foods to our children in school. While the one hand of government commits these sins, the other hand devises a health plan that fails to address the root cause of the problem while maintaining the financial position of those groups who profit from our disease-care system.

Fortunately, however, we live in a society and in an age that makes the permanent suppression of truth impossible. And the truth of health has taken flight and can no longer be held hostage to the powerful special interests that rule our country. We are at a tipping point and I believe change will happen far more quickly than most people realize. While the opposition to plant-based nutrition is reaching a crescendo (which always happens when transformative change is imminent), the people and institutions waging this battle are on the wrong side of history.

A couple of months ago, I attended a screening of a movie that is slated for release in theaters this spring. *Forks Over Knives* chronicles my father's career and the inspiring stories of others, to tell the story of plant-based nutrition. The nearly 500 people in attendance watched the movie in rapt attention and, at the end, jumped up in unison, turned toward my father seated in the audience, and gave him a standing ovation. It was a moving experience, not just because of my feelings for my father, but because of the enthusiasm I saw within the audience for the empowering message of plant-based nutrition.

**Human health is at the root of everything: individual welfare, economics, politics, and the environment.**

It seems that we live in a time shadowed by dark clouds; yet, there is change coming that will usher in more social good than many of us have ever witnessed. Human health is at the root of everything: individual welfare, economics, politics and the environment. In the midst of an economic recession, threats of terrorism, environmental degradation, and political corruption, there is a strengthening ray of sunshine.

The world is due some good news. Fortunately, we know this good news and now, more than ever, we know we are on the right side of history. To all of you, I urge you to go out and spread this news to anyone willing to listen. I remember a few years ago feeling a little shy at times about my dietary practices, but I don't feel this way anymore, nor should you. It's time we all join together to bring a little sunshine into the world.

Author, Nelson Campbell, presently serves as Chairman of PlantPure Holdings, [www.plantpurefoods.com](http://www.plantpurefoods.com).

In addition to developing and selling plant-based food products, this company recently completed the first version of a short-segment video series summarizing Dr. Campbell's arguments in support of plant-based nutrition, posted under the "Healthy Living" section of the website [www.plantpurefoods.com/videos](http://www.plantpurefoods.com/videos).



Executive Producer:  
Brian Wendel  
Director: Lee Fulkerson

## FORKS OVER KNIVES

In theaters March 11 2011

This feature film examines the profound claim that most, if not all, of the so-called "diseases of affluence" that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet underappreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

[www.ForksOverKnives.com](http://www.ForksOverKnives.com)

## VEGAN HEALTH STUDY

Participate in nutrition research, investigating the long-term effects of vegan diets, by any or all of these ways:

- Complete a questionnaire.
- Provide blood and urine samples for lab testing—fee charged.
- Donate tax-deductible funding.

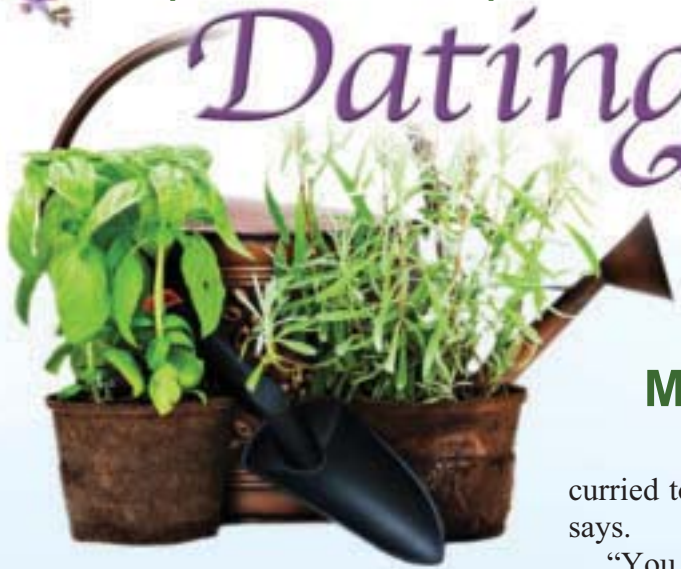
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[www.veganhealthstudy.org](http://www.veganhealthstudy.org)

As vegans socialize with non-vegans, our food choices can be a source of frustration or an opportunity for positive interactions and fun festivities. This series of articles provides ideas to improve dating experiences.

# Dating Vegans

A Series by Anne Dinshah

## Meet Dude Hamre & Barb Johnson



“I was eating wings; he was eating carrots. It was all good,” Barb Johnson recalls of meeting Dude Hamre at a sports bar near Erie Pennsylvania, in December 2003. They were watching the Green Bay Packers game.

Barb says she was drawn to his kind, warm-hearted, gentle, sweet, caring personality. Dude is the webmaster for the American Vegan Society. He enjoys gardening and feeding his home-grown herbs and green veggies to his two rabbits, Kelly and Calvin.

Barb works at General Electric. Dude says, “She’s cool. She’s laid-back, easygoing, humorous, compassionate, and affectionate.” Barb likes shopping, hanging with her family, going to live music, dancing, and hanging out in her backyard, especially in the hot tub. She has a little Pomeranian dog named Duncan who likes bike rides in a basket and car rides. Barb and Duncan eat meat while Dude, Kelly, and Calvin are vegan.

Dude informed Barb that he is vegan a few days after they met. She was going to fix him chicken and he suggested tofu instead. “I think he fixed me a

curried tofu with rice dish,” Barb says.

“You can bet it was something tasty,” chimes in Dude.

They have been cohabitating since August 2004. Barb does most of the cooking. “I like cooking with TVP (textured vegetable protein): tacos, goulash, chili, spaghetti. It has the same taste and texture as hamburger. It’s easy to cook, quick, no grease, easy to digest, and the vegan will eat it.”

“That’s all right if vegans want to be vegan. If that’s their preference, it’s okay. More meat for me,” Barb jokes.

“It’s all about the creatures and health. Creatures ought not to be treated inhumanely nor killed,” Dude explains.

“Can I make a rant on the American diet? Basically it’s all crap. Processed, chemically-altered, and it’s all about making money. It’s not about nutrition.”

On his personal choice to be vegan, Dude explains, “A long time ago I shot a deer, back when I was young and dumb. That was the beginning of

the walk down the vegan path. It really took off after I met you. You’re not exactly low-key about that stuff.”

I am the only vegan Dude and Barb hang out with socially. Long ago, Dude and I were friends who used to date and were even married for a while. Now we are back to being great friends.

I can get ready for a date in five minutes, but when he came to the door I was purposely never ready. Dude had nothing to do while waiting but read my copy of *Diet for a New America* that I left on the sofa. Then when we went out, we usually ordered two

Dude Hamre and Barb Johnson  
Photo: Anne Dinshah



vegan dishes and shared them. He learned it was not hard to be vegan in Madison Wisconsin.

In Erie, however, being vegan takes a bit more effort. Barb does most of their food shopping and pays more attention to ingredients since Dude became part of her life. “He just happened to come in at the right time. God takes care of me. I had an operation in October 2003 that required dietary changes and met him in December. I don’t eat as much meat and processed foods as I used to. He was a Godsend because he helped me out and made it much easier. If they came up with a TVP that tasted like chicken wings, I’d eat it. I still like eating meat, eggs over easy, and a specific brand of hot dogs. I learned about TVP from him, so I don’t feel like I’ve had to change much.”

He often fields questions about why he is vegan to which he responds that it is for the creatures and health. If they want to ask more, they can. He restrains himself from telling people that they are killing themselves. Often the conversation leads to questions like, “What do you eat? Tofu?” He talks of the bounty of flavors the average American has not sampled, including his favorite Middle Eastern cuisine: tabouli, hummus, couscous, baba ganoush, falafel, pita bread, and zatar bread. He usually does not divulge that he also has a fondness for anything doused in vinegar, especially plum vinegar—his daughter once created him a vinegar tea, which he drank with a fake smile.

“I’m vegan, but I’m not big on pushing my opinion on other people. It’s more of a lead-by-example kind of thing. When I go to a social

event, I just pick and choose. There are always carrots, cucumbers, and those mini tomatoes on a veggie tray or something. I adapt without compromising. Then I fill up on Barb’s cooking at home.” Dude appreciates her efforts, “She cooks all the time. She is an excellent cook. She’s even better than I am, so I don’t mind doing the dishes. We’re very compatible.”

The secret to their happiness and compatibility in their vegan with a non-vegan relationship? According to Barb, “I don’t think it has anything to do with food. It’s just getting along and having the same interests. Food’s pretty easy. He doesn’t mind if I eat meat. And I don’t mind if he eats meat either.”

“I would prefer if you didn’t eat meat, but it’s not a deal breaker,” Dude adds. “We both let each other be who we are. It’s pretty cool.”

For dinner they invited me to dine on *Dude’s Super Salad*, *Barb’s TVP Orange Chicken*, and *Blueberry Ice Cream*.

### See recipes on page 12.

Photo credits: Dreamstime  
Herb Border-Robyn MacKenzie  
Watering Can-Stephanie Frey



### SELLS VEGAN BURGER!

Denny’s® restaurants in the U.S. have added an Amy’s® veggie burger (contains textured soy protein and walnuts) to their menus—get it without cheese. The white-sesame-seed-burger bun is vegan. Denny’s in Canada serves an Yves™ vegan burger. ○



### 2010 Thanksgiving Holiday Promotion TOFURKY OPTION

For the first time, people spending \$300 between end of September and Thanksgiving could select a free vegan Tofurky in place of the traditional turkey, ham, or lasagna. ShopRite supermarkets are in eastern U.S. states CT, DE, NJ, NY, and PA. ShopRite of Vineland (NJ) said the demand for Tofurky (found in the meat case) warranted the added option. Tofurky is produced by Turtle Island Foods, Inc. See [www.tofurky.com](http://www.tofurky.com). ○

### 7-ELEVEN® OFFERS VEGAN OPTIONS at 8 NYC Stores

According to NYDailyNews.com all-night convenience store chain 7-Eleven has added Artichoke Spinach Noodles, Vegetable Lo Mein, and two types of dumplings—all minus meat, eggs or dairy at its New York City stores — a test run on the \$6 items. ○

## VEGFAM feeds the hungry without exploiting animals

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*projects & administrative costs*,  
and marked for *overseas relief* will  
be forwarded in £s.

Or Vegfam’s online giving facility  
[www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk)  
can be used from the U.S.

# Dating Vegan Recipes



## BARB'S ORANGE TVP "CHICKEN"

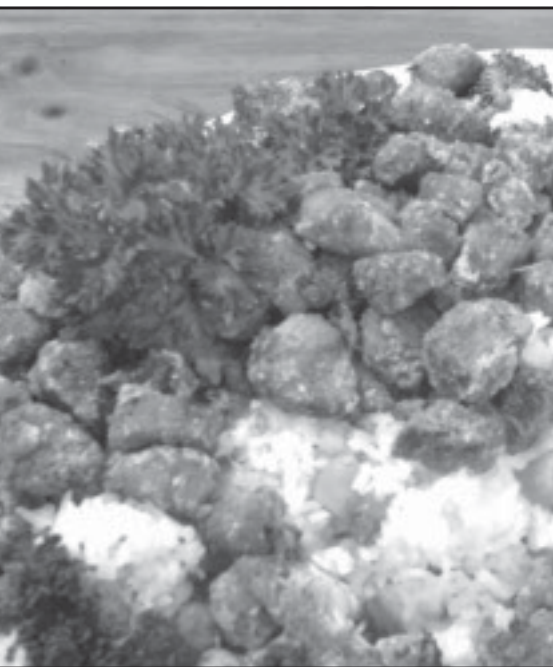
Yield: 6 to 8 servings

This looks like a long recipe, but it is actually three easy recipes in one that together make a full meal.

### To make the "Chicken"

2½ cups vegetable stock or water  
1½ cups TVP (textured vegetable-soy protein) "chicken" chunks  
2 oranges  
¼ cup soy sauce  
¼ tsp. salt  
¼ tsp. black pepper  
½ cup cornstarch (optional)  
⅓ cup olive oil (optional)  
1 Tbsp. soy sauce (optional)

Place 2 cups of the stock and the TVP in a large nonstick saucepan and cook over medium-high heat, stirring frequently.



When the TVP has absorbed all the stock, add the remaining ½ cup stock gradually as needed. After the initial stock, the TVP should never be soupy.

Juice both oranges and include the pulp. Grate the outer surface of the orange peel (orange, not white) to acquire 1 tablespoon zest. Add the orange juice, zest, soy sauce, salt, and pepper to the TVP. The TVP should be tender to the taste.

Continue to cook 20 to 30 minutes, stirring more frequently as the mixture becomes drier, until the TVP is brown and slightly caramelized, and smells delicious.

To fry the "chicken" (optional procedure):

Put the cornstarch in a mixing bowl. Toss the cooked TVP in the cornstarch. Put the oil in a large skillet over medium heat. When the oil is hot, toss the TVP into the oil. Stirring frequently, cook the TVP about 10 minutes until slightly crispy, adding the soy sauce to the TVP when it is almost done.

Place some paper towels on a plate. Pour the "chicken" onto towels and blot off any excess oil.

Serve the TVP "Chicken" over Rice with Veggies. Top with Orange Sauce and garnish with parsley. Use soy sauce as a condiment.

(Brown rice could be used instead of white. Cook brown rice 20 minutes before adding other ingredients and cooking 20 minutes more.—Ed.)

## DUDE'S SUPER SALAD

Red leaf and romaine lettuce; kale; celery; cucumber; broccoli; mushrooms; carrots; olives; tomatoes; fennel; fresh herbs: spearmint, pineapple mint, marjoram, thyme, arugula, parsley, basil, oregano, and cilantro.

Wash, chop, and toss.

All the ingredients were from Dude's garden except the mushrooms and olives.

## Rice with Veggies

4 cups vegetable stock or water  
2 cups long-grain white rice  
Juice of 1 orange  
1 carrot, chopped  
1 small head broccoli, chopped

Place the stock and rice in a large saucepan and bring to a boil over high heat. Add the orange juice, carrot, and broccoli. Cover, reduce the heat to simmer 20 minutes or until the rice is tender and the stock has been almost completely absorbed.

## Orange Sauce

½ cup orange juice  
1 tsp. cornstarch  
1 Tbsp. ketchup or tomato paste  
⅛ tsp. ground ginger  
1 hot red chili pepper (optional)  
1 tsp. spicy mustard (optional)

Place the orange juice and cornstarch in a small saucepan and mix until smooth. Add the ketchup and ginger. If using chili pepper and mustard, add them. Mix. Bring to a boil over high heat, stirring constantly to prevent sticking. Remove from the heat. Take out the pepper before serving.

## BLUEBERRY ICE CREAM

Yield: 3 servings

2 cups frozen blueberries  
1 cup soymilk  
2 Tbsp. granulated cane juice  
or 1 Tbsp. raspberry syrup  
or 1 banana

Put all ingredients in a large plastic pitcher; blend them with a hand blender. It also works in a food processor, but is too tough for most standard blenders.

Eat immediately, before it melts.



## PhD based on Scientific Criticism of ANIMAL EXPERIMENTATION

Dear Friends,

After seven long years of research, my thesis

### **Animal Experimentation: Human Utility, Attitudinal Impacts and Alternative Strategies**

has finally been awarded a PhD at one of Australia's top universities, where I was thrilled to discover that it attracted an honor for academic excellence. The thesis was based on 16 scientific publications critically analyzing the human clinical, toxicological and educational utility of animal experimental models.

This is the first PhD based on scientific criticism of animal experimentation of which I'm aware. I hope that its success clearly demonstrates to others that (i) there is a very strong scientific case against animal experimentation, and that (ii) the scientific criticisms that may be leveled are sufficiently numerous and detailed to support strong PhDs.

Indeed, I believe this field offers ample potential to support further PhDs, and would be pleased to advise other students interested in pursuing such research.

Naturally, this called for celebrations: specifically, the consumption of gourmet vegan truffles and wine at our local park yesterday evening. I was even more thrilled that my celebration was joined both by an inquisitive fox, who sniffed my shoes yet lived to tell the tale, and by bats who provided celebratory swoops above the ruins of the 12th century castle nearby. Given that the animals are the most obvious beneficiaries of my research, I'm thrilled they chose to attend.

Andrew Knight  
PhD, MRCVS, FOCAE  
Veterinarian  
London, U.K.  
[www.AndrewKnight.info](http://www.AndrewKnight.info)

## Ask Dr. Pam: Organic Meat

*Dear Dr. Pam: A friend told me that the reason why people are experiencing health problems as a result of eating animal foods is because of the way we are raising the animals now. On conventional farms, the feed is terrible and the animals are injected with steroids, antibiotics and hormones. Is it true that if you eat organic meat you will not have increased risk of cancer and other conditions?*

Conventional factory farming is terrible. The way the animals are treated is abominable; they are fed the wrong foods; and are injected with steroids, hormones and antibiotics. Even the government acknowledges that the leading cause of antibiotic-resistant infections is the antibiotics people consume in animal foods. Animals raised to be sold as organic food are fed properly, and they are not injected with these substances (antibiotics are only used when an animal is sick).

However, this does not mean that if you choose organic animal foods you can eat them without consequence. The amino acid chains that comprise the proteins in animal foods do not change in response to the way that the animals are fed or the substances that are administered to them. Organic animal protein is just as cancer promoting as conventionally raised animal protein when you consume too much of it. (\*The Wellness Forum's diet allows for 2-3 servings of organic animal food per week for those who are not sick or obese; dairy, of course is eliminated.)

The fat in organic animal foods is just as artery-clogging as the fat in conventionally-raised animals. While the composition of fat may be somewhat different, studies show that all types of fat contribute to the development of atherosclerosis, including fat from organic animal food, and

that a high-fat diet is cancer-promoting.

Dr. T. Colin Campbell's research in China reinforces the importance of keeping animal food consumption very low. Remember that at the time his team was gathering data, there were no factory farms in China. His subjects lived mostly in rural areas where farms were small, and steroids, antibiotics and hormones were not used. The quality of the animal foods was not a factor in his findings.

Also, at that time, Chinese people were not eating an American-style diet dominated by animal foods, and even at small intake levels there were differences in health outcomes attributed to the differing amounts of animal food consumed.

In conclusion, I do not support our current methods of farming, and acknowledge that conventional factory farms produce food that is not healthful for Americans. But if Americans consume only organic animal foods and continue to eat them in the quantities that are common in the American diet, they will still develop common degenerative diseases like coronary artery disease and cancer.

From Dr. Pam Popper's  
*Healthy News You Can Use*  
Vol. 8 #38

\*Per scientific study results. Dr. Pam finds it easier and therefore better to eat all-vegan.

# Lessons from SWITZERLAND

Will Tuttle, PhD

As the chorus of anti-factory farming voices grows, many people are calling for a return to the "good old days" of small family farms to provide our meat, dairy products, and eggs. Having just returned from three weeks in the small alpine country of Switzerland, where family farms still prevail, I am more convinced than ever that the way forward is the complete elimination of all animal agriculture, whether small-scale or large-scale.

Switzerland, in addition to its powerful banking, pharmaceutical, and food industries (UBS, Novartis, Nestlé), has a deeply rooted small-scale farming tradition. House gardens and community gardens proliferate, and fields of grain are interspersed with forest throughout the country. Cows with clanging bells around their necks wander the summer highlands, and small-scale animal farms dotting the landscape provide the cheese for which Switzerland is famous.

Generally speaking, I found there are both positive and negative lessons we can learn from Swiss agriculture. The positive ones are the beneficent effects of hundreds of thousands of small, organic vegetable gardens and orchards. Every house seems to have a garden and fruit trees, and this strengthens the Swiss sense of caring for their land, fostering a healthy community spirit that propels Swiss people to cooperate to protect their lives and resources from pollution and exploitation. All GMOs are banned, virtually everything is recycled, and land, water, and air are safeguarded from pollution by stringent laws. Candy, soda, and junk foods are banned from schools. Fast food is minimized to just one chain, McDonalds—which advertises that it gets its potatoes from Swiss sources (but not its meat).

But there is also a dark side. On the surface, the small Swiss farms all look so idyllic. Hiking the *wanderwegs* through the mountains, hills, and dales of Switzerland, though, provided me the opportunity

to look behind the curtain of the Swiss "happy cow" image. It was revolting to suddenly come upon small, dark, stinking barns where goats were haplessly confined on the hillsides, the land around cut down and barren from grazing. These unfortunate females were the source of the "gourmet delight" goat cheeses in posh stores and restaurants. Kept almost continuously pregnant, their male babies had all been killed at birth for kid gloves and other up-scale leather products. I also walked by young heifers imprisoned in pens, waiting for the sperm gun that would impregnate them, and cows separated from their calves, waiting for the next milking. The calves, both male and female, are mostly sold for slaughter for the veal that is omnipresent on the menus in Swiss restaurants, or they are killed at birth for the rennet in their stomach lining that is traditionally used to coagulate cheese. I also saw deer imprisoned in pens for the venison that is similarly popular on restaurant menus.



There is virtually no true wilderness left in Switzerland. Even in the high and remote mountains there are wandering goats and cows who are someone's property, and who will be duly slaughtered while still quite young when their production declines and it doesn't pay to feed them the expensive hay they need in the barn in winter. Most of the Swiss forests have been cut down to grow feed-grains for livestock, and this has led to a loss of habitat for wildlife.

## The inherent cruelty in the dairy/veal industry is well hidden, and rivers of blood and misery flow behind the clean curtain of Swiss tidiness.

The metaphor of hidden exploitation echoes in eerie ways. UBS finances mountaintop removal coal mining in West Virginia, Novartis promotes the spread of toxic chemicals and GMO agriculture in other countries, and Nestlé is well-known to be one of the largest purveyors of junk food in the world. Swiss companies do in other countries what they would never dare attempt in Switzerland. Additionally, while Switzerland produces expensive cheese and meats that have the aura of being sustainable and "humane" for its wealthy class and for export, it imports huge amounts of inexpensive factory-farmed meat from Germany, France, eastern Europe, Africa, and South America. **Because Swiss animal foods are viewed as humanely produced (there are laws banning battery cages, for example), animal food consumption is among the highest in the world. And dairy in particular is sacrosanct.** There is not one vegan restaurant in the entire country. The inherent cruelty in the dairy/veal industry is well hidden, and rivers of blood and misery flow behind the clean curtain of Swiss tidiness. The Swiss have, not surprisingly, among the highest rates of osteoporosis, heart disease, and diabetes in the world, and obesity rates are climbing quickly. Veganism is still in its infancy in Switzerland be-

cause of the monolithic power of the dairy industry and its ubiquitous advertising, as well as the generous subsidies dairy and animal farmers receive from the government.

From the Swiss example, it's clear that the "good old days" were filled with routine cruelty and other problems. I hope that those who advocate use of "humane" animal foods are able to look behind the curtain and see the suffering of confined sheep, goats, cows, chickens, and other animals on small



farms, whose babies, freedom, lives, and inherent purposes are systematically stolen by farmers who profit from providing foods of questionable benefit. The beckoning path to health, sustainability, compassion for animals, and world peace is through persistent grassroots vegan education and the consequent abolition of animal agriculture. Cruelty and environmental damage is endemic to imprisoning animals for food, and global markets always undermine local efforts by providing mass-produced animal foods to meet the demand for inexpensive meat and dairy products. It should be more clear than ever: reducing demand for all animal-sourced foods—whether small-scale or factory-farmed—is the key to attaining environmental, social, physical, and spiritual health.

Written by Will Tuttle, PhD, author of *The World Peace Diet: Eating for Spiritual Health and Social Harmony*. A professional pianist, composer, and teacher, he resides in Healdsburg CA when not on the road. Visit [www.worldpeacediet.org](http://www.worldpeacediet.org).

Photos provided by author.

Left page Will Tuttle by chalet.



# What Do BILL CLINTON, STEVE WYNN, JOHN MACKEY, and MIKE TYSON Have in Common?

John A. McDougall MD

These four powerful men have all declared themselves in favor of a vegan diet. I know of no other similarities between this ex-president, hotel tycoon, supermarket builder, and ex-prize fighter. At first glance, you might think that the public support for not eating animals would be a reckless decision. Traditionally, a vegetarian diet has been considered a sign of weakness—associated with an image of a pale listless hippie hanging out in the back of a health food store. These four men must have found reasons to ignore this common myth. Finding a fountain of youth becomes especially important as health declines with age, causing people to make desperate changes—as radical as replacing burgers and bacon for barley and beans.

## What have these four men discovered that other men, women, and children have yet to learn?

The gladiator-like strength gained by adopting a vegan diet. That's right, extraordinary strength from plant-food. The men who centuries ago risked their lives for entertainment in public arenas of the Roman Empire were vegan. The remains of 60 Roman gladiators who fought and died more than 1,800 years ago in Ephesus (what is now Western Turkey) were recently found in a 200-square-foot plot along the road that led from the city center to the Temple of Artemis. Isotopic analysis of their bones for calcium, strontium, and zinc determined that the world's fiercest fighting men were vegans. In the historical accounts of

the lives of gladiators, these warriors are sometimes referred to as *hordearii*—literally, "barley men." The starch barley provided the bulk of the nutrients for their remarkably strong muscles and bones, and for their endurance to win the ultimate sport of life and death. A *Timewatch* documentary is available to view. (Please note that the archeologists' bias about starches "making people fat" lead to the wrong conclusion that the gladiators' diet of barley and beans made them obese].

### The Four Food Warriors

On September 21 2010, Wolf Blitzer of CNN asked Bill Clinton about his weight loss of 24 pounds. "How do you lose so much weight? What kind of diet did you go on?" Our 42nd President answered, "The short answer is I went on essentially a plant-

based diet. I live on beans, legumes, vegetables, fruits."

Steve Wynn, who operates several Las Vegas hotels, made it mandatory over the summer of 2010 that every restaurant at his Vegas properties provides several vegan options. Although Mr. Wynn has not declared that he personally follows an animal-product-free diet, his support has resulted in an extensive vegan menu at his restaurants.

John Mackey, founder of Whole Foods Market®, began following a vegan diet six years ago. Two years ago he gave up the olive oil and shed 20 pounds of excess body fat. His efforts to encourage customers to pass by the high-profit meats, dairy, and processed foods for whole plant foods has been accompanied by rising profits for the market and its stockholders.

Once famous for biting off his opponent Evander Holyfield's right ear during a fight in Las Vegas, Mike Tyson has changed to a vegan diet and lost 130 pounds over the past year.

All of these powerful men have made a dietary choice that enhances their strength, personal appearance, and vitality.

### Power by Plants

Making the change to a starch-based diet and forgoing animal-based foods, along with the other malnourishments found in the Western diet, results in many immediate changes:

- Effortless loss of unattractive body fat. Studies show overweight people are less likely to succeed in business and other areas of life.
- Improvement in the circulation affecting the performance of every organ and tissue in the body. Clearer thinking and enhanced agility are easily recognizable benefits.
- Endurance is improved by the same foods that power marathon and triathlon winners (carbohydrates).
- Reduction in the risk of crippling diseases, like heart attacks, strokes, and cancers. Nothing zaps power like paralysis or heart failure.
- Improvement in personal appearance. After weight loss, "better looks" are most apparent from a person's complexion, which turns from purplish-gray to pink as the flow of blood to the skin improves. Dark-skinned people's complexions gain a similar glow.
- Pleasant body odor. Smell is an important form of communication. Replacing the repugnant substances that make up meat,



- poultry, fish, and dairy, with plants cures BO and halitosis.
- Sexual vitality is enhanced by the renewed strength and endurance gained from a vegan diet. Circulation to the penis is improved encouraging erectile function. A trimmer, fitter body with a pleasant odor is noticeably more attractive.
- Respect from others follows. Most people know about the serious adverse health and environmental consequences of eating animal-derived foods. They are just too weak to make appropriate changes themselves, at least for right now. Powerful men, women, and children "who do the right thing" gain the admiration of others.



John A. McDougall MD, offers

life-changing live-in programs in Santa Rosa CA, and conducts educational seminars. He is a nationally best-selling author.

### The Pendulum Now Swings toward the McDougall Diet

These four food warriors have announced the rebirth of dietary sanity by their actions and words. In the seventies and eighties there was a trend for giving up meat and dairy products and eating more vegetables and fruits. At that time I had several books on the national best selling lists (*The McDougall Plan* and *The McDougall Program: Twelve Days to Dynamic Health* being the top two). I was an important author at Penguin Books USA Inc. up until the early 1990s. Then there was a renewal of the Atkins Diet. I was approached by my book editor and told that it was time for me to change my writing style. "Dr. McDougall, your high carbohydrate books are of the eighties. The new diets will focus on meat and other high-protein foods. We would like you to make this change in your future books." My response was, "You must be crazy. Essentially all of the respected science to date says that a diet high in animal products will give you heart disease, cancer, diabetes, and obesity. For the past seventy years researchers have clearly shown that a diet of starches, vegetables, and fruits is right for people." "Besides," I told my editor, "do you think I write these books just to make money?" As history shows, Penguin Books was right about the direction that diet books were headed at that time. But the pendulum is now swinging back towards the truth about the powers bestowed upon those who follow a healthy vegan diet.

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[www.drmcDougall.com](http://www.drmcDougall.com)

## The Wellness Forum Institute for Health Studies, Inc. offers Nutrition Educator Program

Certified through the Ohio State Board of Career Colleges  
(Registration number 09-09-1908T)



**Executive Director Pam Popper, PHD, ND, announces a Nutrition Educator Program (NEP)** for individuals seeking a career in a nutrition-related field who want an alternative to traditional dietetics. The curriculum's basic science courses are more rigorous than required for many undergraduate nutrition degrees. NEP avers the preeminent value of plant-based nutrition.

Courses combine nutritional science with strategies to achieve and maintain optimal health. Effective approaches for common degenerative conditions are addressed. Students gain the practical skills needed for gainful employment, and an un-

derstanding of public policy issues affecting nutrition and health.

The program concludes with 200 hours of practical experience during which a candidate must demonstrate his/her ability to work effectively in the nutrition-education field.

Classes are offered through distance learning via live and interactive conference calls (a virtual classroom), making the program accessible to all regardless of location. Full-time students will complete the classroom portion in four semesters, and then complete their 200-hour internship within six months of the end of their last semester.

Part-time students can take courses at their own pace, and all completed courses will be applied toward completion of the diploma program. The 200-hour practical-experience module must be completed within six months of the end of the last qualifying class.

NEP has a faculty of 14 professionals from health fields. Classes start the first semester of 2011.

For information and a course catalog, call 614-841-7700 or email a request to [pampopper@msn.com](mailto:pampopper@msn.com).

## AMERICAN VEGAN SOCIETY Greets the Public and Shares Information



Karen Gregory and Lisa Melian staff the AVS book table at the 2010 Washington DC VegFest.

Photo: Matt Prescott

**TO VOLUNTEER** your help on such occasions, or donate money towards the costs and fees of exhibiting in prominent places, write AVS or call Freya Dinshah at **856-694-2887**.

## CHEF COMMENTS ON STEVE WYNN MANDATE



Alex Stratta Photo: Linda Long

Chef Alex Stratta of ALEX, a vastly popular, beautiful high-end restaurant in the most sophisticated hotel in Las Vegas, *Wynn*, was asked how he felt about the directive from hotelier Steve Wynn, that all the restaurants (about 20) in his hotels, *Wynn* and *Encore*, should have vegan options on the menu.

"The vegan movement is not to be overlooked...Freshness and respecting the seasons have always taken a major role in my cooking; it was just a matter of adjusting my focus....Along with our shared marketing belief of "give the customer what they want" it is my belief that it is our responsibility to participate in an option for those

who live with their physical and mental well-being in mind.

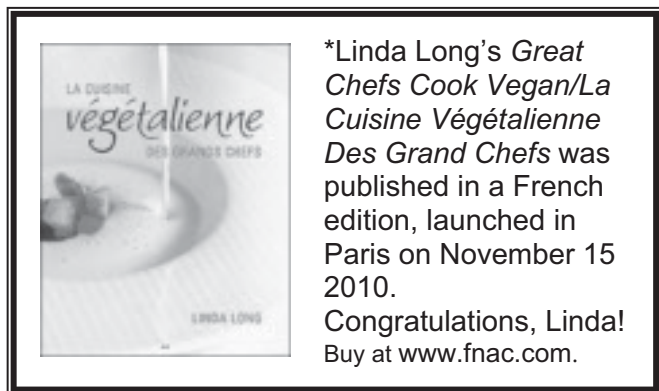
"Mr. Wynn has clearly committed to exposing his audience to healthier eating options. What makes it unique is that he has enlisted us to create dishes while still demonstrating our own cooking sensibilities and personalities. It is clear that more and more guests are looking for options and we have, naturally, adapted to their needs. It is clear to me that the vegan revolution has come of age."

Two of Alex Stratta's recipes can be found in *Great Chefs Cook Vegan* by Linda Long, available through AVS.



## vegan hotspot

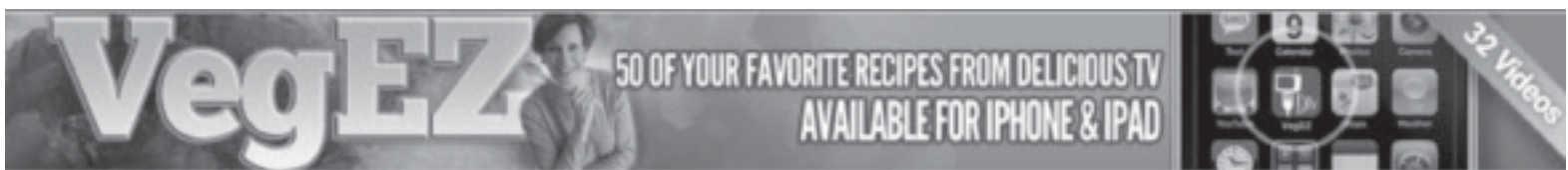
**Delicious TV** is producing a new online show called **Vegan Hotspot** ([www.veganhotspot.com](http://www.veganhotspot.com)). The series begins in New York City, where food photographer **Linda Long** (*Great Chefs Cook Vegan\**) sits down with friends and celebrities at some of their favorite vegan and non-vegan restaurants to see where a good vegan meal can be enjoyed, and then gets the chefs to share some usually confidential recipes—shown in the videos. Haute cuisine to casual and tasty, along with eco-natural foods, and lifestyle shopping, will be the scope as the series moves forward.



\*Linda Long's *Great Chefs Cook Vegan/La Cuisine Végétalienne Des Grand Chefs* was published in a French edition, launched in Paris on November 15 2010. Congratulations, Linda! Buy at [www.fnac.com](http://www.fnac.com).

So far, one can log-on and see author and pastry chef **Fran Costigan** (*More Great Good Dairy-Free Desserts*) interviewed over lunch at **Peacefood Café!** Or, view a talk about food and music with musician **Moby**, at **Blossom**. Author **Victoria Moran** (*Living a Charmed Life*) is interviewed in the Star Lounge at the **Ritz-Carlton**, with a special recipe for squash soup. The lead singer of the CROMAGS, **John Joseph**, enjoys a lunch at the new **Terri**, with Linda challenging him about the controversial title of his new vegan book. Master Chef **Erik Blauberg** shares expert cooking thoughts about consulting with mainstream restaurants to up their options of vegan food, at **B.B. King**, and gives the best recipe for vegetable cakes! British activist and author **Heather Mills** shares some shakes and ice cream at **LuLu's Sweet Apothecary** and talks about training for downhill skiing competitions. And, follow Linda with **Freya Dinshah** (American Vegan Society) as they take part in the exciting **Veggie Pride Parade** at Union Square. Not to be missed is the taping at **Candle 79** with the wonderful **Robin Quivers** (Howard Stern Show)! And, more to come!

**Delicious TV** is a progressive media company created by Maine filmmaker Betsy Carson.



The Delicious TV crew has also produced "**Totally Vegetarian**", a cooking show on nationwide public television (PBS), and "**VegEZ**", ([www.delicioustv.libsyn.com](http://www.delicioustv.libsyn.com))—a vegan recipe podcast closing in on four million views. **VegEZ** and **Totally Vegetarian** are both hosted by self-taught chef and author, Toni Fiore (*Totally Vegetarian: Easy, Fast, Comforting Cooking for Every Kind of Vegetarian*, DaCapo Press, 2008). The recipe podcast **VegEZ** is featured on iTunes and can also be seen on YouTube. There are over 120 fabulous vegan recipes online, on the new broadband TV, 75-recipe companion iPhone and iPad app, and on eBooks at [www.delicioustv.com](http://www.delicioustv.com).

# BECOMING VEGAN

*If a person cares about animals, becoming vegan is the first step.*

## Adopting an Ethic

All over the world, people are adopting a way of life that excludes violence towards other animals. They have feelings, too. Why would anyone want to contribute to needless suffering? Major health organizations such as The American and Canadian Dietetic Associations state that appropriately-planned vegan diets are healthful and provide benefits in the prevention and treatment of certain diseases. A vegan diet is appropriate for individuals during pregnancy, lactation, infancy, childhood, adolescence, and for athletic performance. Therefore, humans have no physical need for consuming animal products.



**We now know that consuming animal products is completely unnecessary.**

Many longtime vegans are living proof that humans do not need to eat animal products, wear animal skins, seek scientific data from, or be entertained by, the oppression of other animals. Many vegans report an increase



in self-esteem and awareness. Many also become better informed about nutrition, more concerned for our environment, and find a kinship with other species. In addition, many report experiencing greater mental clarity and physical energy, fewer colds, and less illness in general.

## The Reality of Dairy and Eggs

**We are the only species that drinks the milk of another species—a completely unnatural act.** Dairy and egg production unbearably exploits the female reproductive system of cows, hens, and goats. In order for us to obtain her milk, a cow is perpetually kept in a state of distress and physical discomfort. She is forcibly inseminated and endures repeated pregnancies, so we can steal the milk that was, by nature, meant for her calf. In most cases, her calf will be taken from her within a day of birth. This heartless practice causes much suffering to both mother and child. The calves are then killed either immediately after birth or kept immobilized in crates until slaughtered for their flesh. The dairy, meat, leather, and veal industries are all dependent upon one an-

other. Those who consume dairy products pay someone to inflict suffering and death on cows and calves.

## Don't Believe the Lies!

Institutional exploiters of animals take the lives of sentient beings and turn their bodies into commodities, even training slaughterhouse workers to think of animals as unfeeling objects. Commercials convince the public that cows are happy to give us their milk, when in fact they are brutalized and butchered.

Hearing the cries of those before them, cows try to turn around in the narrow chutes—but they are prodded down to meet their death. Former slaughterhouse workers have reported that pigs scream and look their killers in the eyes as if to ask, "Why are you doing this to me?"

If a child were to approach a lamb, she would pet it, not eat its leg. With our misguided indoctrination, we have disconnected from this simple truth.



All photos for this article supplied by M. "Butterflies" Katz.

## Becoming Vegan

Promotion of vegan living is the best way to help animals. In becoming vegan, we stop relying on the daily rape, slavery, violence, and killing of them. This way of life opposes **all** animal exploitation and oppression; it is not just a diet.

Vegans do not contribute to animal exploitation and so exclude the following products or practices:

- animal flesh (including fish) and animal products: dairy, eggs, cheese, honey, animal-derived byproducts (casein, whey, gelatin, milk solids)
- leather, wool, silk, down, fur, animal skins
- vivisection, cosmetics, toiletries, and household cleaners that contain animal ingredients, and/or are tested on animals
- pet shops, puppy mills: breeding, buying or selling living beings, and confining birds in cages or fishes in bowls.
- fishing, hunting, rodeos, cock-fighting.
- circuses, zoos, marine parks—sea and land animal prisons
- dog/horse racing, dog shows, horse-drawn carriages

Vegans don't support practices, or consume products, that require an animal to breed, work, entertain, suffer or die for them. Don't be deceived by "humane" labeling of animal products. It is dishonest; there is no such thing as "humane" enslavement. Commodification of lives, and slaughter, is wrong.

Educate yourself with the support of online vegan communities. Know what you're consuming. Reading labels is an essential part of being a vegan.

Vegans enjoy bountiful plant-

based options. Learn about the nutritional aspects of the vegan diet to be sure you stay healthy. After a few weeks of learning new food staples and replacement products, vegan living becomes second nature.

We've learned to:

- eat plenty of raw fruits and vegetables, and plenty of dark leafy greens
- supplement with (sublingual) B12 or foods that are fortified with B12 (*Red Star® Nutritional Yeast: Vegetarian Support Formula—U.S.*, *Lotus brand—Australia.*)
- get a minimum of 15-30 minutes of mild sun every day or supplement with D2
- eat a balanced whole foods diet (nuts, seeds, grains, legumes, vegetables, and fruit)
- consume the required essential fatty acids (walnuts, flax seeds, hemp oil, etc.)



## Rejecting Violence & Embracing Compassion

Live Vegan! Learn to coexist with other species and challenge our culture's speciesist attitude.

Live Vegan! Know that nothing valuable comes from inflicting suffering on other sentient animals.

Live Vegan! Extend your cir-

cle of compassion to include all animals. Live with ***Reverence for Life***. (Albert Schweitzer)

Live Vegan! Respond to a grave social injustice by embracing the most ethical stance one can take to protest the state of the world.

Live Vegan! It is a moral imperative. There are two more reasons. Unlike some other animals, we humans do have a choice and can live without taking other sentient animals' lives to sustain our own. Farming animals is devastating our planet and greatly contributing to global warming.

Live Vegan! Practice non-violence. Being vegan is a peaceful rebellion against a violent world, and embodies the ideal of practicing harmlessness towards animals—human and nonhuman.

Live Vegan! There are many benefits for humans and the planet if we adopt the vegan ethic, but there is one paramount reason: to live without exploitation of animals.

**Historically, when faced with evidence that differed from the widely-held beliefs of the time, humankind has experienced a mass change of perception.**

## Veganism is Humanity's Next Evolutionary Step.

Written by M. "Butterflies" Katz and volunteer assistants.

This article can be downloaded as a brochure for distribution at **[www.veganpoet.com](http://www.veganpoet.com)**.

For a brochure personalized with your group information and logo, contact **[veganpoet@hotmail.com](mailto:veganpoet@hotmail.com)**.

# THE STORY BEHIND THE BIRTH OF



Somehow, a leaflet about factory farming got into my hands. The images and information seemed too brutal to be the industry standard, so I did some research. When I saw the investigation videos and checked the facts, I was shocked. I had been doing work with various social justice issues, had always felt a little uncomfortable with the idea of eating animals, but I hadn't ever met a vegan or known the extent of abuse endured by the billions of animals we exploit every year.

Over three or four weeks, I researched and went from a standard American diet to vegetarian to vegan. The next three months were pretty horrible really. I was trying to convince my family and friends that we needed to all stop exploiting animals, but I was a bit of a mess. I didn't really know anything about vegan nutrition, so I was eating pumpkin seeds by the handful for iron, cans of kale for calcium, and two soy dogs at every meal. I also bought six-pound buckets of tofu from the Asian market. I still didn't know a single vegan, so I was pretty much flying solo. I felt sad, frustrated, and alone. Physically, my body definitely took a hit from the poor diet. I can't even eat a soy dog today—makes me sick.

Fortunately, I found out about a meet-up nearby called Club Veg. I got connected to the community, found out about the amazing world of vegan recipes, cookbooks, and fake meatballs. We'd hang out and chat. Most of the vegans there were active in

one way or another, and they shared effective ways to wake people up, get them to see something is wrong, and change it. From there I got connected with the Humane League of Philadelphia and did a bunch of vegan leafleting. Whenever I met someone who was interested in going vegan, but wasn't quite sure how, I'd write up a one- or two-page list of all the resources that I'd found up until that point. You know—websites, recipes, places you can buy fake meats, and where to find a community of like-minded people. There wasn't a resource out there that had the best of everything vegan in one place, and it can be a nightmare sometimes trying to sift through Google results to find high-quality concise information.

At my company, I was an out-of-the-closet vegan. I had a big standoff with the company president for refusing to sell sheepskin accessories. It worked as a boycott, and they canceled plans to import sheepskin. I'd bring in green smoothies, vegan stir fry, tofu scramble, and share it around sometimes. My boss wasn't vegan, but he loved my stir fries, so for awhile I was picking up extra fake meat strips from Whole Foods for him and his fiancé. My veganism was a hot topic for office chatter. One day, Jen (the

boss' fiancée) brought her daughters into the office, and the 12-year-old asked, "How come he doesn't eat meat?" Jen said, "Because he thinks it's cruel." So this amazing 12-year-old

responds, "Well, I'm not going to eat meat either then." And I'm thinking to myself—wow! This is so cool! And at the same time, I was having this terrible feeling flashing back to how hard it was when I went vegan. So I kind of went into overdrive that night and made this huge list of tips and resources like the ones I had been making for people when I was leafleting. I gave it to her mom and bought her a kids' vegetarian cookbook.

Their family lived up in Bethlehem which is pretty rural. I decided to research veggie restaurants, events, and meet-ups in Bethlehem and post it online for them. I bought the domain VegMyHood.com, posted up the HTML with some rudimentary graphics, and started doing the research. Somewhere along the process, I realized that it would really help people go and stay vegan if I took the list of tips and resources, combined it with local information, and put it out there for all the big cities nationwide. Now the vision is even bigger than that, and we've got resources not just in big cities, but everywhere.

Story, and images supplied, by Ryan Draving.

Recently married, Ryan is studying clinical therapy on his way to getting a masters degree in social work.

[www.vegvine.com](http://www.vegvine.com)

## What's the Mission of VegVine?

VegVine is about multiplying the power of the movement through social technology. There are literally hundreds of millions of compassionate people who will choose a vegan lifestyle as soon as they have strong guidance and support. Our goal is to connect people with the resources that make veganism fun and easy, and to create those resources ourselves when necessary.

The most valuable resource any of us have is time. The tools that educate, connect, and simplify life for vegans will fuel the growing shift towards a peaceful planet.

VegVine.com has a heavy emphasis on local community, and that's at the heart of our mission. We make it easy to meet vegans, date vegans, cook vegan food for friends, research vegan products, find vegan housemates, get involved with local activism for animals, and gain health guidance. We provide a free live chat together with The Humane League and HappyCow.net. We even have a mentoring program where we match people one-on-one with a vegan mentor—free. In the end, it's all about making veggie life easy and enjoyable.

### **If you could do one thing differently, what would it be?**

I had no idea how many activists and organizations would share the same dream of providing advanced tools to make veganism an easier choice. I was hesitant to approach groups and individuals. Now I'm actively approaching new partners every

day, so the impact of what we can accomplish together is multiplying exponentially.

I think of VegVine as a bridge within the movement. Each activist and organization has a different philosophy. That's important, and should only make us stronger. We all agree that a world with more vegans is a better world for human health, animals, and the environment, so why squabble? Unity within our movement is the key to a better future for animals; we don't have to agree on everything. Focusing on our common ground will accelerate the transformation of our world. Isn't that what we're working for?



Ryan  
Draving

**Indian restaurants are courting vegan customers,** marketing health, and creating extensive vegan menus. This marks a new understanding of veganism by the Indian sector.

Featuring south Indian and north Indian dishes, Udupi Café, in the Gold River area of Sacramento County, will welcome you.

**Udupi Café,  
2226 Sunrise Blvd  
Rancho Cordova CA 95670  
916-851-5900  
www.UdupiCafe.net**



## **25th ANNIVERSARY CELEBRATION**

**Sunday  
September 18 2011  
2:00-7:00pm**

Collingswood  
Community Center  
30 Collings Ave  
Collingswood NJ 08108

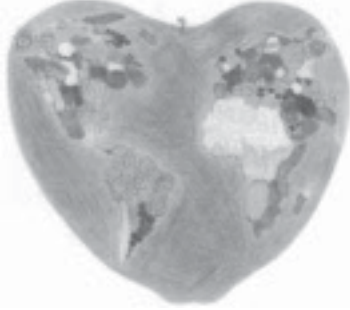
- **Vegan Food**
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Keynote Speaker:  
**Michael Greger, MD**  
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Details to follow at  
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Cincinnati State Main Campus  
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[www.cincinnati.state.edu/mci](http://www.cincinnati.state.edu/mci)

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## **Veganism in America**

January 14 2011. “Veganism was once seen as for the really hard core dietary crowd, fringe believers willing to walk a hard dietary road of no animal products—for health and principle. But that road, veganism, is starting to run through mainstream American culture,” said host Tom Ashbrook, opening the one-hour show. Kim O’Donnel, food columnist for USA today, agreed that veganism is part of today’s conversation. Some well-known people were heard saying that eating vegan had given them clarity, made them feel lighter, look younger, and feel better!

Listeners called in their comments. To the argument that people should be able to choose what they eat, and eat together, guest vegan author Isa Chandra Moskowitz remonstrated that there were others at the table, carcasses of animals on people’s plates. Listen in at

[www.onpointradio.org/2011/01/vegans-america](http://www.onpointradio.org/2011/01/vegans-america).

Letters to the Editor

Philadelphia Inquirer, December 31 2010

## **Time to Select Vegetarian Options**

**This has not been a good year for the meat, dairy, and egg industries.**

In January, ABC News provided extensive coverage of cow abuse by the dairy industry. The BP oil spill in April called attention to an even larger Gulf “dead zone” caused by animal waste dumped every day in the Mississippi River. A month later, a U.N. report urged a global shift toward a vegan diet to reduce world hunger and climate change.

In June, FDA asked farms to stop routine use of antibiotics that lead to drug-resistant infections in humans. August witnessed the largest- ever recall of more than a half-billion eggs harboring salmonella.

Online Listening

[www.HealthyLife.net](http://www.HealthyLife.net) is Online Radio that you can listen to on your computer when it is broadcast, or later when you please:

Green Living

### **Natural Eating with Elysa**

**Markowitz** Every 3rd Monday of the month at 8 am Pacific Time, 11 am Eastern. Tune in to find out the freshest foods, and the health benefits of eating locally each season. Hear informative guests, get helpful tips, recipes and menus to spice up your life. Elysa is author of *Warming Up to Living Foods*, a former TV host, and respected raw food expert. [www.almondmilk-andmore-by-elysa.com](http://www.almondmilk-andmore-by-elysa.com)

Inspiration and Motivation

### **The Victoria Moran Show**

Every 4th Wednesday of the month 9 am Pacific Time, noon Eastern. Discover a charmed life filled with health, confidence, abundance and delight. Victoria and her guests help you live delectably vegan. An author, life coach, and harmony celebrity host, she loves life in New York City. [www.victoriamorán.com](http://www.victoriamorán.com)

Finally, President Obama signed the Healthy, Hunger-Free Kids Act to replace fatty animal products and other junk foods in school lunches and vending machines (“Demand healthy food for children,” Dec. 18). According to the School Nutrition Association, 65 percent of U.S. schools now offer vegetarian lunch options.

For a New Year’s resolution, we should all consider following suit. Allen Shannon, Philadelphia PA

Cuttings of Letters to the Editor printed in mainstream newspapers and magazines that express a vegan viewpoint may be submitted to the American Vegan Society to qualify the in-print-letter-writer for a free subscription to **American Vegan**.

Book Review:

## ***ON THEIR OWN TERMS:*** ***Bringing Animal Rights Philosophy Down to Earth*** —Lee Hall, 2010, 330 pages 7x9¼” \$17.95.

Every now and then a book places a specific mark on its subject. *On their Own Terms* is astoundingly significant to all who care about animals, and to those who want to feed their thinking and that of others.

Lee Hall is a lawyer and activist for Friends of Animals—an organization with the goal to free animals from cruelty and institutionalized exploitation around the world.

Hall believes animals should be allowed to live according to their best interests, as nature intended, on their own terms; not to please us. How many of us realize that feeding birds could change their migration patterns? What should we do about domestic and livestock animals?

*On Their Own Terms* (OTOT) is part of a continuing dialog on the way people relate to animals. It reviews the arguments of earlier animal-rights philosophers, and boldly updates the definition of “animal welfare,” challenging its current use in the context of factory farming. Hall ably talks about the legal position to which animals are relegated. She reviews legal campaigns waged on their behalf to see which are effective and can be considered useful to animals’ ultimate reprieve.

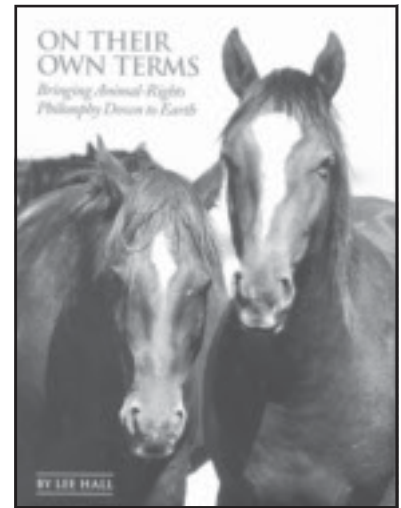
Hall does not, however, see a legal solution to most animals’ plight. That will be accomplished as people change their way of living—and stop eating, wearing, or abusing

them in other ways. The book is a call to veganism. To that end, she encourages conversation, action, and provides a workshop questionnaire.

When people have read *OTOT*, many will feel an obligation to bring its content into conversations or a public forum. This book is not an easy read (paragraphs need to be reread to thoroughly grasp their meaning) but an advanced study. Nevertheless, *OTOT*’s clarity is refreshing as it takes a direct route to its objective.

*OTOT* engages readers in finding the right words, thoughts, and especially the right tone for talking effectively. Advocacy is more than just knowing facts and relating them to others. It is to adopt and explain principles basic to our mindfulness of animals—as we go into our daily routine, and wherever we go; be it the next meal we prepare, the next meeting we attend, or what we observe in our environment.

Hall’s knowledge of historical background, the scope of her thinking, and deeply-felt personal experiences, are beyond what many of us have contemplated, and arguably unparalleled in society today. Her



legal training is evident in the writing, which is methodical, as well as conversational.

At a book talk, Hall borrowed this quote of New York City advocate Ellie Maldonado. It says a lot about what is at the heart of the discussion:

***In order to believe we are entitled to domesticate, exploit, and kill, we needed to believe the others are inferior to us, and that they can’t think, feel, or experience emotions. Now we know better. No wonder this myth is losing believers, and that so many of us include other animals in our moral code.***

As Lee Hall’s very first sentence in the preface states: “This book is meant to supply a full spectrum of nutrients for animal-rights thinkers”, and so it does. Don’t miss it!

Reviewed by Linda Long and Freya Dinshah

Purchase your copy from AVS.

Like to Cook?



**VEGAN COOKING CLASS Listings**  
[www.americanvegan.org](http://www.americanvegan.org)

### **BIRTH**

**Clint Merrick Dinshah** was born December 7 2010, in Vineland NJ, weight 6 lb.15 oz., length 19½”. Clint’s mother, Anne, wrote the *Dating Vegans* articles appearing in *American Vegan*. Continue reading the series that led to her relationship with Clint’s father.





# INTERNATIONAL EVENTS

## CARIBBEAN

### **Holistic Holiday at Sea™ VIII, A Voyage to Well-being, February 27 to March 6 2011.**

7-night Caribbean Cruise includes lectures, workshops, and cooking classes. Enjoy gourmet, healthful, natural, vegan meals and desserts. Onboard: Dr. T. Colin Campbell (author and research scientist), Dr. Will Tuttle (*World Peace Diet*), Christina Pirello (TV cooking show, author), Yogi Amrit Desai, Isa Chandra Moskowitz (cookbook author), Marilu Henner (actress/author) and other teachers. Holiday at Sea info: Ph: 828-749-9537, [www.atasteofhealth.org](http://www.atasteofhealth.org)

## SPAIN

**13th International Vegan Festival, June 4 to 12 2011**, Elimar Hotel at the seafront in Rincón de la Victoria, Malaga, Spain. “A Whole World to Share” “**Todo un Mundo para Compartir**” educational program. Partial or longer stays available. Sightseeing tour options. Spain now bans smoking in enclosed public areas. Organized by the Spanish Vegan Society (AVE), Franciso Martin, PO Box 478, 29740 Torre del Mar, Malaga, Spain. Ph/ Fax: 34-5-2513981, [www.ivu.org/veganfest/2011](http://www.ivu.org/veganfest/2011)

## COSTA RICA

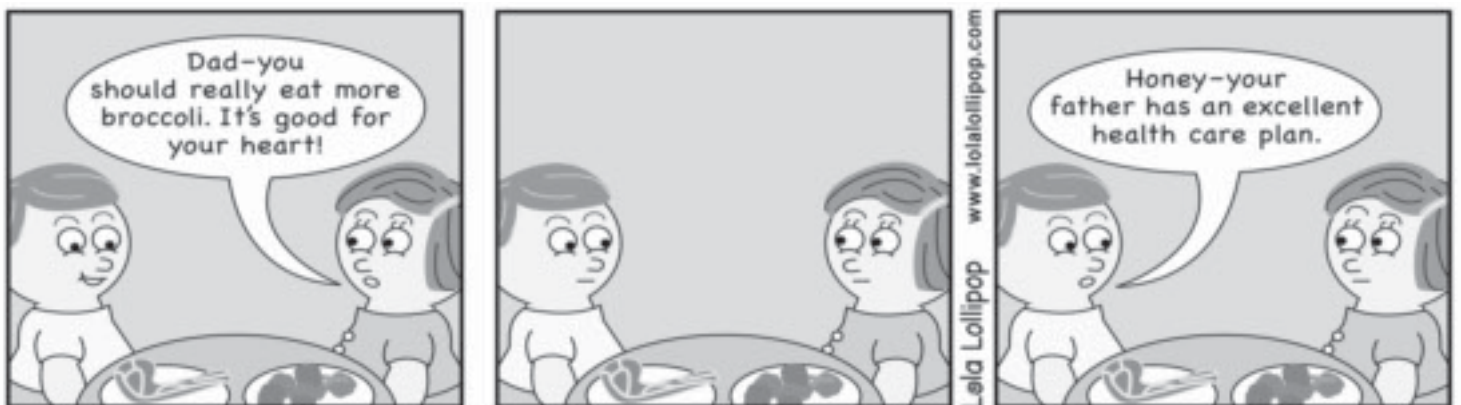
**McDougall Adventures in Costa Rica, July 7 to 14 2011**, from a beautiful Hilton resort, feature McDougall-system food (vegan and health sustaining) and exercise. Join the fun with the doctor, his family, and other like-minded people: singles, couples, families. See [www.drmcDougall.com](http://www.drmcDougall.com) Adventure Travel and sign up online, or write [carol@drmcDougall.com](mailto:carol@drmcDougall.com), or call 800-941-7111 or 616-874-8155. McDougall Wellness Center, PO Box 14039, Santa Rosa CA 95402. Costa Rican trips are made in February and July.

## USA

**40th World Vegetarian Congress, First Week of October 2012**, will be held at the County Fair Building, Golden Gate Park, San Francisco California, and hosted by the San Francisco Vegetarian Society as an extension of SFVS’ annual World Vegetarian Day celebration. World Vegetarian Congress information from the International Vegetarian Union (IVU): [www.ivu.org/congress/2012](http://www.ivu.org/congress/2012).

## INDIA, LAOS, MALAYSIA

**VegVoyages Adventures; Dates Announced for 2011 & 2012.** Travel to India, Laos or Malaysia with trip organizers—long-time vegetarians and avid travelers. Small group vacations, on and off customary routes. Experience local culture—its rigors and wonders. Eat sumptuous regional vegan delicacies and fresh simple fare. Listen to music; take yoga, tai chi, and cooking classes. Travel by van, bus, train, boat, on foot. VegVoyages, 4500 Williams Drive, #212-214, Georgetown TX 78633. 877-834-8692, extension 708. [www.vegvoyages.com](http://www.vegvoyages.com)



“We spend far more on health care, per capita, than any other society in the world, and yet two thirds of Americans are overweight...we fall prey to heart disease as often as we did thirty years ago, and the War on Cancer has been a miserable failure...these issues all come down to three things: breakfast, lunch and dinner.” – T. COLIN CAMPBELL

# New Books

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Details on pg 28.

## 100% VEGAN COOKBOOKS:

**APPETITE FOR REDUCTION: 125 Fast & Filling Low-Fat Vegan Recipes** –Isa Chandra Moskowitz. Easy recipes—low in fat and sugar, without deprivation. Handy tips, nutritional breakdowns, gluten-free and soy-free options, 16pp full-color photos. 2011, 302pp 7¼x9” \$19.95.

**ASIAN FUSION: A Culinary Odyssey of Vegan Recipes** –Chat Mingkwan. Offers meatless versions of signature dishes from Asia: exotic Burma, Cambodia, Indonesia, Sri Lanka, and the Philippines, as well as the more familiar China, India, Japan. 8pp full-color photos. 2010, 191pp 7x8” \$14.95.

**CARIBBEAN VEGAN: Meat-Free, Egg-Free, Dairy-Free Authentic Island Cuisine for Every Occasion** –Taymer Mason. Traditional Caribbean cooking can be very meat-centered, but the best flavors come from unique sauces and wet seasonings, easily used in vegan dishes. Includes introductions to special ingredients, as well as recipes for every meal. 2010, 264pp 7x9” \$18.95.

**COLOR ME VEGAN** –Colleen Patrick-Goudreau. An edible rainbow of cuisine with 150 flavorful recipes designed to boost health and perk up the palate. Organized by color, each section demonstrates how phytonutrients—powerful, pigmented antioxidants found in select fruits and vegetables, grains, legumes, nuts and seeds—can be added to your meals for the greatest nutritional punch. 40pp full-color photos, 2010, 272pp 7½x9¼” \$19.99.

**COMPLETE GUIDE TO VEGAN SUBSTITUTION** –Celine Steen and Joni Marie Newman. Successfully “veganize” recipes by simply looking up the non-vegan ingredient you want to replace. Over 200

recipes demonstrating substitutions, with step-by-step instructions for replacing everything from butter and bacon to gelatin and gouda. Also healthy alternatives to things like gluten, sugar, and fat. Fine-tune recipes to dietary needs. 40pp full-color photos, 2011, 272pp 5½x8” \$18.99.

**FRESH AND FAST VEGAN: Quick, Delicious, and Creative Recipes to Nourish Aspiring and Devoted Vegans** –Amanda Grant. Influenced by Mediterranean, Japanese, and Moroccan cuisines, and focused on quick preparation for satisfying meals that can be both familiar and exotic. 2002, 240pp 7x9” \$15.95.

**QUICK AND EASY VEGAN CELEBRATIONS** –Alicia C. Simpson. Includes 150 festive recipes sorted by holidays. Simplifies party-planning for both vegans and non-vegans hosts. 2010, 296pp 7x9” \$18.95.

**SCATTER VEGAN SWEETS** –Wendy Gabbe Day. Unlike typical “sweets” cookbooks, all of the recipes in this book are gluten-free, oil-free, low in sugar and fat, and loaded with nutritious fruits, whole grains, seeds, nuts, and beans. 2011, 120pp 6½x8½” \$12.95.

**SKINNY BITCH: Ultimate Everyday Cookbook** –Kim Barnouin. Recipes with a variety of tastes and cuisines. Tips for healthy eating, buying organic and seasonal, and stocking your pantry. 54pp full-color photos. 2010, 304pp 8x10” \$19.95.

**VEGAN UNPLUGGED: A Pantry Cuisine Cookbook and Survival Guide** –Jon Robertson. Uses only non-perishable pantry foods to make quick meals with limited water and fuel. Use in the event of emergency/power failure, or when you simply have fifteen minutes or less to cook. 2010, 212pp 7½x7½” \$14.95.

Books continued on page 28.



Continued from page 27

**NATURAL LIVING AND HEALTH:**

**THRIVE FITNESS: The Vegan-Based Training Program for Maximum Strength, Health, and Fitness** –Brendan Brazier. Professional Ironman Triathlete discusses his flexible 6-week workout plan and the best whole foods to fuel your body for significant results in minimal time. 2009, 258pp 6x9” \$15.95.

**VEGAN BODYBUILDING & FITNESS: The Complete Guide to Building Your Body on a Plant-Based Diet** –Robert Cheeke. In an industry riddled with animal-derived enhancing supplements, one of the world’s most recognized vegan body builders presents a comprehensive guide to body building on a vegan diet. Includes meal programs and training regimens, how to find sponsorship, and information about vegan products and equipment. Fine mind-building philosophical writing, too. 2010, 337pp 6x9” \$19.95.

**NUTRITION:**

**NUTRITION GUIDE FOR CLINICIANS. 2<sup>nd</sup> Edition** –Neal Barnard, MD, et al, Physicians Committee for Responsible Medicine. Designed by medical professionals, this manual is a comprehensive, portable medical reference that covers nearly one hundred diseases and conditions, including risk factors, diagnoses, and typical treatments. Most importantly, it provides the latest evidence-based information on nutrition’s role in prevention and treatment. 2009, 754pp 4¼x7¼” \$19.95.

**PHILOSOPHY & RELIGION:**

**OTHER NATIONS: Animals in Modern Literature** –Tom Regan & Andrew Linzey, Editors. An anthology designed to employ the power of fiction to illuminate our moral relationship with animals. Contains stories from great writers such as Alice Walker, George Orwell, and Ernest Hemingway. 2010, 234pp 6x9” \$29.95.

See complete Book & Video/DVD Catalog at [www.americanvegan.org](http://www.americanvegan.org).

**ANIMALS/PETS**

**The Simple Little VEGAN DOG BOOK: Cruelty-Free Recipes for Canines** –Michelle A. Rivera. A guide to safely transitioning your companion dog to a healthful vegan diet. 2009, 90pp 7x8” \$9.95.

**AUDIO VISUALS**

**LATEST IN CLINICAL NUTRITION: Volume 4**–Michael Greger, MD. Yearly compilations of the most important findings from the world’s scientific nutrition literature. Description at [www.DrGreger.org/](http://www.DrGreger.org/) DVDs. 2-DVD set, 2010, total time 3:00 hours, \$20.00.

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**DVD REVIEW:**



*A Delicate Balance* is praised for examining factors neglected in Al Gore’s *An Inconvenient Truth*.

Intelligent decisions about personal health would have good consequences for the environment, say

prominent experts. The film’s doctors advocate a plant-food-centered approach to modern medicine as they attest to diet’s role in overcoming disease, and explain how animal consumption adversely affects the whole body.

Environmental damage from animal-based agriculture begins with extensive deforestation that disrupts the water cycle, and culminates in concentrated manure outputs that pollute air, water, and crops. Fishing by large trawlers leaves ocean floors barren; raising carnivorous farmed fish is not the answer.

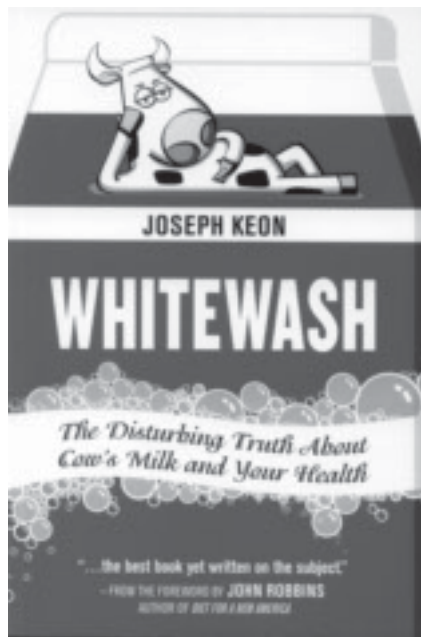
*A Delicate Balance* is persuasive, although a little long for average attention spans. Aaron Scheibner, the young Australian independent film maker, is to be congratulated on having the film accepted at several

international film festivals. Narration, in a pleasant Australian accent, is by Dr. Ardrianna Scheibner.

In the tradition of *A Diet for A New America*, this film encourages a new generation to make the changes needed to maintain the delicate balance of our world, and their well-being. It deserves broad attention.

Now in distribution worldwide, the film’s trailer may be seen, and the full-length film is available for online viewing 24/7. View it with friends. Arrange a screening—following required procedure. [www.adelicatebalance.tv](http://www.adelicatebalance.tv)

**A DELICATE BALANCE: The Truth**—Aaron Scheibner. Highly regarded researchers disclose dangers to health and the environment from consuming animals. DVD 2008, 84 minutes \$24.95, 3/\$50.00. Order from AVS.



# **WHITEWASH:**

## ***The Disturbing Truth About Cow's Milk and Your Health***

—Joseph Keon, PhD, 2010, 333pp 6x9¾” \$19.95.

If you or anyone you care about still consume dairy products, the information in this book can be lifesaving. Why? Well, it takes nearly 300 pages, including references to scientific studies that back up Dr. Keon's contentions, to explain how dairy is dangerous to human health!

Just by scanning topic headings, you get the idea that milk-lovers might be in for a rough ride. For example, how about diarrhea, anemia, arthritis, migraines, asthma, SIDS, Type 1 diabetes, osteoporosis, and maybe the not-so-fatal but extremely annoying gas, bloating, eczema, runny nose, acne, fatigue, constipation, growth retardation, psychological disturbances, and/or lowered IQ? Milk drinking is also associated with an elevated risk for a variety of serious illnesses, increased risk of developing Crohn's disease and Parkinson's disease, surprisingly, even autism.

The scientific data is there! We just have to find a way to get

this information out to people—the lay public, but especially to doctors and RDs who continue to promote this very unhealthy product and who've been brainwashed and “whitewashed”!

Contrary to what we've been told since childhood, the scientific literature does not support the claim, for example, that cow's milk protects human bones from fracture. Americans are major milk consumers and have a high incidence of bone fractures. The positive relationship between milk drinking and an elevated risk of bone fracture is consistent, worldwide.

There are over 70 foods from the plant kingdom that provide not only calcium, but also are packaged with the many other nutrients essential to bone health. These foods are free of the cholesterol, lactose, the hormones and growth factors, and the antibiotic residues found in cow's milk.

Cow's milk is perhaps the most contaminated food one can consume. The FDA's own and other data consistently show milk and other dairy products contain residues of pesticides, herbicides, and industrial chemicals such as the carcinogen dioxin. The most recent addition to this list of contaminants is perchlorate, the explosive ingredient in rocket fuel.

Cow milk's calcium is poorly absorbed (humans only absorb about 32% of the calcium in a

glass of milk), its sodium, phosphorus, and protein content are too high, (yes, too much protein!) and every glass exposes us to nearly sixty different hormones and growth factors. Dairy products contain nearly 30 different proteins to which one may have an allergic reaction, and studies show an elevated risk for breast, prostate, and ovarian cancers in milk drinkers. Milk is clearly not well suited for human consumption.

Even if people know better than to drink cow's milk, they often consume yogurt or cheese, thinking these are healthy alternatives. Dr. Keon describes the addictive properties of dairy, demonstrating why it's so hard for some people to give it up, especially cheese.

How's all this for scary information demonstrating the ills of dairy? It ought to make people think!

Dr. Keon also talks about the life of the modern dairy cow, the burden to taxpayers of government dairy policies, and environmental costs of milk production.

You need this book, not just to read, but to re-read, and keep for the references you'll constantly need as you try to educate others as to how they've been “whitewashed”!

Reviewed by Ruth Heidrich, PhD, Ironman Triathlete,  
Author of ***A Race For Life***,  
***CHEF***, and ***Senior Fitness***

# Dragonfly Neo-V

Vegan restaurant celebrated its ten-year anniversary in June 2010.

I had the pleasure of enjoying my first Dragonfly meal, a Saturday brunch, with vegan Jane Belt. We chose indoor seating to view the large iron sculpture of a dragonfly hanging from the ceiling, and to closely admire the bounty and see people's delight.

Chef Magdiale Wolmark (a man with a dragon tattoo on his bald head) found inspiration for the restaurant's name on a trip to China, where he studied martial arts. He recalled, after an intense workout, a moment watching dragonflies play. Dragonflies are one of the oldest creatures on earth and have low-impact on the planet. They hardly touch the earth, spending most of their time in the air. Magdiale's restaurant reflects this philosophy. Neo-V means new vegetarian/vegan/vegetable/plant cuisine.

The restaurant's novel fare is wildly popular.

Course one included a buffet of salads, breads and spreads: greens from the garden with house dressing, baguette with hummus, cornbread with an exquisite sweet rhubarb sauce, turnip asparagus with a sesame hot sauce, noodles with sea vegetables and ponzu sauce, and summery black bean salad with fresh raw pepper and zucchini.

"If you just like bland food, don't come here. If you want a taste adventure, this is the place." Jane has been a fan of Dragonfly since its beginning. "I came once a week when it opened to support the vegan business."

For the second course, Jane and I decided to order two items from the menu, and share. The omelet of the day proved to be Jane's favorite: barbecued portabella with vegan sour cream and microgreens from the garden. Meanwhile, I fell in love with mushroom "calamari" aioli: a radiant pile of breaded fried shimeji mushrooms possessing natural sea flavor similar to a calamari (squid). It was a masterpiece! Jane said, "When you hear 'breaded and fried' you think, 'Ugh, this is going to be heavy.' But it was so light!"

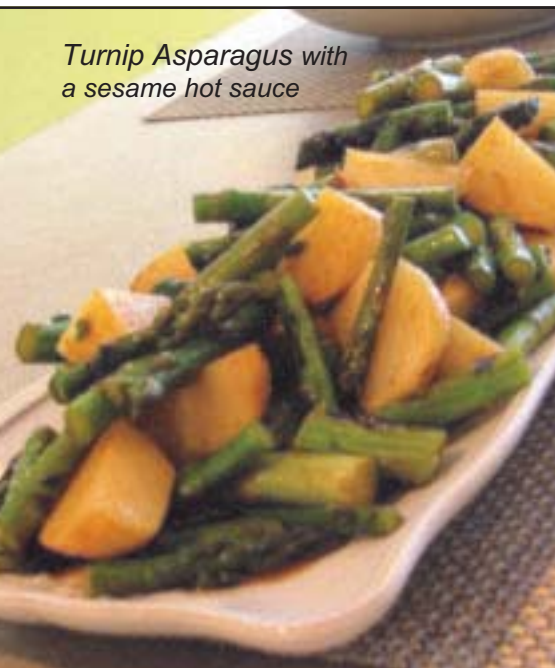
The well-informed wait staff were polite, helpful, friendly, and accepting of a leisurely pace for a main event to our day.



*Mushroom Calimari Aioli*

Dragonfly opened as a stylistic, organic, and modern café and transformed into an artistic expression of good solid fare. A food critic labeled Dragonfly's cuisine as vegan before it really was. Dairy did not help the cuisine, so Magdiale made it all officially vegan in 2001. He stopped cooking with eggs and dairy, while increasing mushrooms and legumes.

In 2004, garden cuisine fresh from his *jardin potager* (kitchen garden) became a regular feature. Outside the backdoor, a decorative iron fence guards a bounty of produce—a typical city parking lot has been transformed by raised beds bursting with flavor. Local produce and luxury imports make Dragonfly's bill of fare unique. The menu changes with the season. Depending on the time of year, thirty to seventy percent of Dragonfly's ingredients come from the garden—herbs, salad materials, various vegetables and fruits. Garden fixtures include a North Star pie cherry tree, apple trees, black currant bush, gooseberry bush, jostaberry bush, and shiitake logs.



*Turnip Asparagus with a sesame hot sauce*

Plantings rotate in the spaces, and the ground is usually put to rest in winter. Herbs are ever-present. Edible flowers such as nasturtiums, borage, and violas live among beans and heirloom varieties of tomatoes, peppers, and squash. Fall supplies root vegetables such as beets; leeks abound. Kitchen scraps return to the garden as compost.

Magdiale has written *Seed to Table*, a soon-to-be-published book. A fusion of his love of gardening and cooking, it shows how to grow your own food and prepare it in beautiful ways. He is chef and artist, while Cristin Austin is both his muse and his wife. The couple shares responsibilities and collaborates on running the business and parenting. “We get up, exercise, do business, take care of kids, and take care of the garden,” said Cristin. “We grow food at least three-quarters of the time, and have a harmonious relationship with plant food. It is a beautiful way of eating.”

Cristin’s role is up front in the dining room—to uphold quality and hospitality. Magdiale enjoys being a chef because he likes his cooking the best; patrons concur. Magdiale’s favorite things to prepare and eat are whatever is in season, “ripe and ready for harvest.”

Cristin’s advice for anyone starting a vegan restaurant: “The most important step to start a vegan restaurant is to remember it is the start of a business.”



Jane admires the bounty of the garden.

One-third of the large building at 247 King Avenue is a gallery for private parties, or a playground for the couple’s two young children. For dinner parties, the room accommodates up to 100 people standing or 50 seated. It is a popular site for vegan weddings, rehearsal dinners, and bridal showers, especially when parents are not vegan. The space has also hosted performance art (dancing such as jazz or contemporary), musical presentations, traditional art gallery, and hands-on cooking classes.

Columbus supports Dragonfly because it appeals to a wide audience. Of course, vegetarians and vegans are frequent customers, but Dragonfly also attracts people

who want something interesting, fresh, and vibrant. Foodies, food critics, restaurateurs, prom dates, women who love to eat vegetables, and men in the know go to Dragonfly. Dates who want to appear intelligent about choices arrive together. People in thinking mode come because it is convenient to The Ohio State University campus. Many people bring their out-of-town guests to show off the cool Neo-V restaurant in Columbus.

**Dragonfly Neo-V**  
**247 King Avenue**  
**Columbus, OH 43201**  
**614-298-9986**  
**[www.dragonflyneov.com](http://www.dragonflyneov.com)**

Review and photos by  
 Anne Dinshah

Flanking Dragonfly on the opposite end of the building is its offspring, **On the Fly**, which opened in November 2008 to serve urban-minded people conveniently and economically. Columbus does not have many simple counters offering affordable, well-prepared, fresh-that-day, hand-held street-food. People come for great empanadas, sandwiches, chili, or salad, not so much because it fills a vegan niche, but because it is good food. Homemade bread, pita, falafel, and veggie dishes are popular with the professors and graduate students. Whereas Dragonfly is a special occasion dining experience, On the Fly is perfect for everyday in today’s economy, offering beer and a good sandwich.



# EVENTS & CONFERENCES in U.S.A.

## CALIFORNIA

**The McDougall 3-Day Advanced Study Weekend, Feb 18 to 20 2011**, Santa Rosa CA. Held twice a year (February & September). Dedicated to broadening the understanding of plant-based nutrition, and conservative medical care. Speakers include: T. Colin Campbell PhD; Howard Lyman; Michael Klaper MD; Brenda Davis RD; Rip Esselstyn; Marc Sorenson EdD; Jeff Novick RD; Doug Lisle PhD; John McDougall MD. Register: (800) 941-7111, [www.drmcDougall.com/health\\_3\\_day\\_program.html](http://www.drmcDougall.com/health_3_day_program.html)

## CALIFORNIA/ WORLD-WIDE

**Green Lifestyle Film Festival 2011, March - June** will be a virtual online festival for all to watch on a global scale. After that, the films will join a Pay Per View Channel with those films shown in past GLFFs available on a new, upgraded, very powerful website: [www.greenlifestyles.org](http://www.greenlifestyles.org). Ph: 310-854-2078, 310-928-7689. Green Lifestyle Film Festival Inc, 5858 Wilshire Blvd, Suite 300, Los Angeles CA 90036

## NEVADA

**Vegans in Vegas Bachelor Party, May 19-22 2011**, Bally's, Las Vegas NV. Vegan and veg-interested men (single or married) are invited to a guys gathering to combat stereotypes ("Men must eat meat to be masculine."), examine health issues, and showcase the benefits of a vegan diet. Informal educational sessions, group activities, and the world famous Las Vegas entertainment and nightlife (see vegan Prince in **PURPLE REIGN**). To ensure maximum participation, all educational sessions are FREE and there is no registration or organizational fee to attend. Men from all dietary persuasions are welcome as long as they pledge to eat 100% vegan during the trip.

When several vegan friends discovered none of them had received traditional bachelor parties, a planned road trip among friends soon grew. Don't miss your chance to be part of this first-of-its-kind event!  
Contact: Ryan Henn 602-524-9568, [vegansinvegas@gmail.com](mailto:vegansinvegas@gmail.com), [www.vegansinvegas.com](http://www.vegansinvegas.com).

## NEW JERSEY

**American Vegan Society Annual Meeting Garden Party, Sunday May 29 2011, Outdoor Lunch: Noon, Afternoon Program: 2pm, Book Room: 11am-6pm**, AVS HQ, 56 Dinshah Ln, Malaga NJ 08328. Ph: 856-694-2887, Fax: 856-694-2288. Speakers: Amie Hamlin, Executive Director of New York Coalition for Healthy School Food will speak on *Healthy School Foods: Success Stories from New York State*, [www.healthyschoolfood.org](http://www.healthyschoolfood.org), and Jay Mankita, guitarist, singer, and songwriter, will perform, including songs from his CD *Eat Like A Rainbow*, [www.jaymankita.com](http://www.jaymankita.com). Acoustic guitar music will be provided by Reid Alburger. Details TBA. Watch [www.americanvegan.org](http://www.americanvegan.org). See page 34.

## PENNSYLVANIA

**37th Vegetarian Summerfest, Tues July 5 to Sat July 9 2011**, Johnstown PA. North American Vegetarian Society, PO Box 72, Dolgeville NY 13329. Ph: 518-568-7970, Fax: 518-568-7979, [www.vegetariansummerfest.org](http://www.vegetariansummerfest.org). Display announcement on page 2.

## CALIFORNIA

**National Health Association Healthy Living Conference, Thursday July 14 to Monday July 18 2011**, Flamingo Conference Resort & Spa, 2777 4th St, Santa Rosa CA 95404. Professional health advice, fun and fitness, all-vegan meals. Attend with room: [reservations@flamingoresort.com](mailto:reservations@flamingoresort.com), phone 800-848-8300, Information/reserve at daily rates w/o room: NHA PO Box 30630, Tampa FL 33630, phone 813-961-6100. [www.healthscience.org](http://www.healthscience.org). See page 35.

## CALIFORNIA

**Animal Rights 2011 National Conference, July 21-25**, Westin LAX Hotel, Los Angeles CA. Learn about and discuss key issues and tactics, visit a hundred exhibits, hear renowned speakers, network, enjoy delicious vegan food, and much more. Contact: FARM, 10101 Ashburton Lane, Bethesda MD 20817. Ph: 888-FARM-USA (327-6872), [info@arconference.org](mailto:info@arconference.org), [www.arconference.org](http://www.arconference.org).

See AVS' website: [www.americanvegan.org](http://www.americanvegan.org). Check for updates throughout the year.

**Subscribe to *American Vegan* & receive 20% or greater discount on books purchased from AVS.**

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 Ph : 856-694-2887 or Fax: 856-694-2288

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**[www.americanvegan.org](http://www.americanvegan.org)**

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Above your name is the year of your membership expiration. If you are a Life member, you will see "Life." If you have inquired but not yet joined, "Inq" appears above your name.

**DEFINITIONS**

**VEGAN:** Uses no animal-source food or clothing.

**TOTAL VEGETARIAN:** Uses no animal-source food, vegan in diet only; still using some animal items such as leather, wool.

**VEGETARIAN:** Uses no flesh, fish, fowl (products of slaughter), still using milk or dairy products. (lacto-vegetarian), or eggs (ovo-vegetarian).

**AMERICAN VEGAN SOCIETY MEMBERSHIP**

BASIC MEMBERSHIP is open to all: vegan, vegetarian, or non-vegetarian. ADVANCED Membership (voting, office holding) is open to vegans practicing Ahimsa (send for application form).

MEMBERSHIP/SUBSCRIPTION is \$20 per calendar year (3 print issues & website). (\$10 student/low-income within U.S.A). Join before midyear, receive back issues, or join later and you're on to end of next year. Pay by check/money order/credit card (Visa, MasterCard, Discover, or American Express).

LIFE MEMBERSHIP is \$200; Life Patron \$500 or more; Life Benefactor \$1000 or more. Each type includes lifetime (your or AVS, as the case may be) *American Vegan* subscription. Each type payable at one time or in installments, normally completed within two years.

IRS REGULATIONS permit tax-deductibility for all *actual contributions* (including Life Membership donation *beyond the first \$100*—due to the value of the lifetime *American Vegan* subscription). FEES paid for annual membership, or books, tapes, conventions, etc. are paid for value received so are not tax-deductible according to IRS regulations.

CANADA: Please remit in \$U.S. only, by International Postal Money Order, or Bank Cashier's Draft on account in a U.S.A. bank. Or use credit card.

OVERSEAS: U.S.\$25 air mail. As above; or United Kingdom personal check in £ Sterling at current exchange rate.

***American Vegan Society***

**Together we explore and apply compassionate living concepts, and reflect on the beauty of life.**

**We learn how to save the animals, how to revere the Earth, and how to care for ourselves.**

**We learn to live in harmony, creating a better world for all.**

People follow a vegan lifestyle for ethical reasons, for health, and for the environment. A vegan diet is an adventure in taste offering an amazing variety to please the palate. Vegetables, grains, fruits, and legumes are the basics from which delicious meals are made. Foods from plants best provide for all people in the world.

# American **Vegan** *Garden Party*

Includes a short membership meeting & trustee election

**Sunday May 29 2011**

**AVS Headquarters, Malaga NJ**

**Outdoor Lunch • Noon, Afternoon Program • 2pm**

## *Healthy School Food: Success Stories from New York State*

**Amie Hamlin**, Executive Director of  
New York Coalition for Healthy School  
Food will speak about this program.

[www.healthyschoolfood.org](http://www.healthyschoolfood.org)

## *Eat Like A Rainbow*

**Jay Mankita**, guitarist, singer, and  
songwriter, will perform, including songs  
from his *Eat Like A Rainbow* CD.

[www.jaymankita.com](http://www.jaymankita.com)

**Book Sale • 11am-6pm: Books, DVDs, Videos**

**Acoustic guitar music by Reid Alburger.**

## **For Information and Reservations:**

American Vegan Society, PO Box 369, 56 & 72 Dinshah Ln, Malaga NJ 08328

Phone: 856-694-2887, Fax: 856-694-2288, [www.americanvegan.org](http://www.americanvegan.org)

Lunch Reservations Deadline: Tues May 24. Suggested Donation: \$25



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**John Robbins**  
Author of several bestsellers, founder of EarthSave International.



**Susan Smith Jones, Ph.D.**  
Author of over 26 books and audio programs, taught fitness at UCLA for over 30 years.



**Michael Greger, M.D.**  
Physician, author, Director of Public Health and Animal Agriculture at The Humane Society of the U.S.



**Alan Goldhamer, D.C.**  
Founder of TrueNorth Health Center, author, faculty member of Bastyr University.



**Stephan Esser, M.D.**  
Physician, passionate proponent for lifestyle medicine, pursuing advanced training at Harvard.



**Michael Klaper, M.D.**  
Physician, educator and author of successful books and videos.



**Tiffany Esser, NFPT-CPT**  
Personal trainer, yoga and classical dance instructor.



**Nejla Burton and Alec Burton, M.Sc., D.O., D.C.**  
Directors of the Arcadia Health Centre in Sydney, Australia.



## 2011 NHA Healthy Living Conference

### July 14-18

### Flamingo Conference Resort and Spa

Santa Rosa, California



For more details:  
call 813-961-6100  
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**DATED MATERIAL**

# PEACEFOOD CAFÉ after shooting a [veganhotspot.com](http://veganhotspot.com) episode with host Linda Long and guest Fran Costigan.

Front row: Kate Zomis, waitress; Betsy Carson, producer; Linda Long, host; Fran Costigan, guest author;  
Reggie Hodges, producer. Back row: Ihor Melikhov, chef; Eric Yu, owner/chef of PeaceFood Café

