

IT ALL STARTS WITH DIET FEDERAL 'GUIDELINES' ARE TOO FATTY

by T. Colin Campbell and Caldwell B. Esselstyn Jr.

(Reprinted with permission and gratitude from *EarthSave News*, June 2009)

As scientific researchers who have spent our careers establishing the link between diet and disease, we find President



Obama's directive on "restoring scientific integrity to government decision-making" very welcome news.

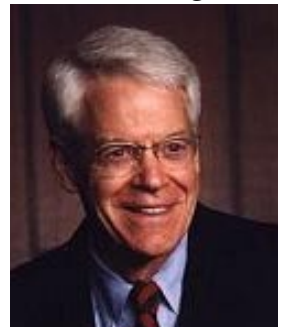
We hope this will lead to health care policy that is informed by America's most ignored scientific fact on health: that a whole-foods plant-based diet can prevent and in many cases reverse heart disease, diabetes, cancer and other chronic diseases.

Today's health care debate has very little to do with what makes us sick. It is centered almost entirely on who gets covered and who pays. Extending coverage to more people is a good thing. But Americans who already are covered are suffering rising rates of chronic disease. Lack of coverage is not

causing their disease, and expanding coverage won't cure these diseases in others. We have to do more than increase coverage.

The No. 1 cause and cure of America's health care crisis is right under your nose - it's what you put in your mouth.

Unfortunately, the scientific findings on diet and disease are marginalized by the political power of huge, mutually reinforcing commercial interests - meat, dairy, sugar, drugs and surgery.



The No. 1 cause and cure of America's health care crisis is right under your nose - it's what you put in your mouth.

These industries are desperate to sell a solution that obscures their part in the problem. If they can convince people that the cause of our health crisis has nothing to do with eating unhealthy food, and everything to do with increasing access to drugs and surgery, Americans will spend trillions more on *see ...Starts With Diet, cont'd on page 6*

Buy Delicious Local, Fresh, Organic Produce

The season of fresh, local vegetables is just about to begin! If you have your own garden, great! If not, or if you want to try some produce you don't grow in your own garden, here are some Farmer's Markets in Anchorage and the Valley. Some of the growers offer organic produce and others don't, so just ask.

Anchorage Downtown Market & Festival

Location: 3rd Avenue Between C & E Streets

Season: May - September

Time: Sat. & Sun., 10:00 a.m. - 6:00 p.m.

Anchorage Farmers Market

Location: 1420 Cordova Street

Season: May - October

Time: Saturday, 9:00 a.m. - 2:00 p.m.

South Anchorage Farmers Market

Location: Subway Sports Centre/Cellular One Sports

Season: May - October

Time: Saturday, 9:00 a.m. - 2:00 p.m.

South Anchorage Farmers Market

Location: Behind Dimond Mall, in front of Hotel

Season: July - October

Time: Wednesday, 10:00 a.m. - 4:00 p.m.

Eagle River Farmers Market

Location: Eagle River VFW Post Parking Lot

Season: May - September

Time: Tuesday, 3:00 p.m. - 7:00 p.m.

Northway Mall Wednesday Market

Location: 3101 Penland Blvd. at the Northway Mall

Season: July - October

Time: Wednesday, 9:00 a.m. - 4:00 p.m.

Palmer Friday Flings

Location: Pavilion across from Visitor's Center

Season: May - August

Time: Fri., 11:00 a.m. - 6:00 p.m. except July 3rd
see ***Produce***, continued on page 5



Food for Life Nutrition & Cooking Classes for Cancer Prevention and Survival

• Anchorage •

Providence Cancer Center

3851 Piper St. Bldg. U2
Room 281 (Media Center)

Mondays, 6:30 – 8:30pm
June 8 – July 27, 2009

Wednesdays, 6:30 – 8:30pm
August 5 – September 16, 2009

• Palmer •

Mat-Su Regional

Medical Center (Hospital)

2500 S. Woodworth Loop

Tuesdays, 6:30 – 8:30pm
June 9 – July 28, 2009

Tuesdays, 6:30 – 8:30pm
August 4 – September 15, 2009

**Each class meets weekly
for 7 weeks. Cost: \$90**

Pre-registration required!

**To register contact Delisa or
Charlie at 907-373-1526
or delisa@yestolife.info**

Why I Became Vegan

by Keeley Guiley

One Saturday a few years ago, when I was about 15 years old, I was planning to go a friend's house and I thought it would be pretty cool to show up with purple hair. I was coloring it myself and halfway through I realized that I hadn't put on gloves. My hair and my hands were a deep purple and I looked like a freak! I thought I still wanted to go see my friend, so my mom agreed to drop me off on her way to a free vegan dinner she had heard about on the radio. But the closer I got to my friend's house, the less courage I had to be seen like that. I asked my mom to turn around, but she said she couldn't or she would be late. So I had no other choice than to go with her to the dinner. I had never thought about vegetarians before, let alone vegans, or why they would chose such a different diet.

"So what do you think these people will be like?" my mom asked.

"Skinny hippies," I said simply. At that time, I thought a hippy was just a silly, overly-nice, anti-patriotic tree hugger with ridiculously long hair. I thought the food was going to be simple – like a vegetable platter with water. I could not even imagine what else they ate.



What I learned truly opened my mind in a powerful way - I completely rethought about what I was eating.

We arrived at a cute little round building (a yurt) concealed by backwoods on Edlund Rd. There were only about 15 people there, and I met the founders of the Alaskan Vegetarian Society for the first time. They were all very nice (but not overly so) and they looked surprisingly normal. Ironically, I was the weirdest looking one there. We sat at long tables set very elegantly with white table cloths and real china, complete with multiple forks. After introductions, everyone was served a delicious meal with plenty of variety. The food was completely homemade, made with the best ingredients, and definitely one of the best meals I had ever had in my life. Our dinner was topped off with delicious cheese cake.

While we ate, we played a little guessing game.

The hosts asked questions, and each guest had some answers in front of them on the table. Everyone tried to guess if they had the correct answer to the question being asked. These questions regarded many of the health, environmental, and animal rights reasons for adhering to a vegan diet. The answers were really surprising!

see ***Why I'm Vegan***, continued on page 7

Recipe of the Month

from the kitchen of Delisa Renideo

Black Bean Burgers



- | | |
|--|----------------------------------|
| 1 15 oz. can black beans, drained
(or 2 cups if cooking from scratch) | 2 Tbsp. finely chopped carrots |
| 1/2 cup quick-cooking rolled oats
(not instant) | 2 Tbsp. finely chopped mushrooms |
| 1/2 cup whole wheat bread crumbs
(see note to make your own) | 2 cloves garlic, minced |
| 2 Tbsp. finely chopped onions | 2 tsp. nutritional yeast |
| | 1/2 tsp. cumin |
| | salt and pepper to taste |

- (1) Mash beans with fork or potato masher, leaving some texture
- (2) Make bread crumbs by processing bread in food processor or blender briefly.
- (3) Mix all ingredients with your hands. It will be very thick.
- (4) Form into 4 patties and brown on both sides on frying pan. Lightly spray the pan or wipe with oil.
- (5) Serve on a whole wheat bun with condiments for a delicious, healthy, low-fat burger.

Notes:

- You can substitute any beans for variation in taste and texture.
- You can leave out the chopped veggies, or add other finely chopped veggies, e.g. bell pepper, zucchini, celery.
- Feel free to play with different seasonings. You can taste the mixture before cooking and adjust the seasonings.
- This mixture will hold together well enough to grill on a barbecue.

Who to Call

Elaine Albertson: AVS Newsletter Editor
.....746-4668

Peggy Robinson: Treasurer and Membership
.....373-1901

Toni Truesdell: Advertising Coordinator
.....745-4404

Delisa Renideo: Rays of Hope Director
.....373-1526

Charlie Renideo: Bookstore and Website
.....373-1526

Alaska
Vegetarian Society

Mission Statement:

To create a compassionate and sustainable world by inspiring and supporting reverence for all life and the adoption of a plant-based diet.

April AVS Potluck Highlights Earth Day 2009

by Elaine Albertson

The April 25th Potluck dinner was this year's AVS celebration of Earth Day. Every seat was filled, and we even set up an additional table. The food was delicious, and the program was filled with entertainment and information.

Delisa Renideo, Nancy Giley, and Elaine Albertson sang several songs, including "The Earth Anthem" sung to the tune of "The Star Spangled Banner."

Everyone joined in the singing of some of the songs, and especially enjoyed the foot-tapping, lively, "I'm So Thankful."

Charlie and Delisa Renideo put on a fun skit that demonstrated how our food choices affect the Earth. The most memorable part of the skit was when they explained how the huge piles of poop that are waste

material from factory farming causes water and air pollution, is unsightly, and is 130 times greater than our human waste. And while human waste is dealt with through laws and regulations, animal waste is not!

Charlie Renideo again kept us spellbound with his beautiful and inspiring nature DVD. The loons, sandhill cranes, many other kinds of birds as well as moose came to life on the screen while going about their day-to-day life on Wallace Lake. The movie was a highlight of the evening.

Of course, the variety of food choices was spectacular and plentiful. And we had drawings and our Everyone's a Winner table that allowed several people to go home a little richer than they were when they came!

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Wasilla Farmers Market

Location: Behind Wasilla Public Library

Season: June - September

Time: Wednesday, 11:00 a.m. - 6:00 p.m.

Willow Farmers Market

Location: Community Center parking lot, Parks Hwy

Season: July - September

Time: Friday, 2:00 p.m. - 7:00 p.m.

Dave Newcomb, a member of the Alaska Vegetarian Society, also grows organic produce for sale. He can be reached at 376-1049.



Coming Soon AVS Annual Yard Sale

If you live or work in an area that gets lots of traffic with buyer potential, and you have a driveway or parking lot that would work well for a yard sale, AND if you would be willing to let us have it there, PLEASE let anyone on the Who to Call list on page 4 know ASAP.

Thank you!

It All Starts With Diet, *continued from the front page:*

health care without improving their health. That's what happens when you leave science out of public policy.

If President Obama wants Americans to get the full benefit of scientific research on health, then he should add three measures to his health reforms.

- **One:** Change the way government develops its dietary guidelines. Right now, the U.S. government's most widely publicized dietary recommendations are deadly. The Food and Nutrition Board's 2002 report says that to reduce degenerative diseases like heart disease and cancer, we can consume up to 35 percent of our calories as fat, up to 35 percent of our calories as protein and up to 25 percent of calories as added sugars.

Here is a daily diet that meets those nutrition guidelines: Breakfast: 1 cup Fruit Loops; 1 cup skim milk; 1 package M&M milk chocolate candies; fiber and vitamin supplements. Lunch: Grilled cheddar cheeseburger. Dinner: 3 slices pepperoni pizza, with a 16-ounce soda and 1 serving Archway sugar cookies.

This helps explain why 12-year-old schoolchildren develop thickening of their carotid arteries to the brain, and 80 percent of 20-year-old soldiers, dying in combat, are found to have coronary artery heart disease.

How could the government distribute this information and call it science? Mem-

bers of the committee had financial ties to industries that benefit from higher protein and sugar allowances, and the panel was partly funded by corporate money.

The Obama administration should establish a rule: No scientist with financial ties to the food and drug industries should chair - or choose the members of - panels that set dietary guidelines.

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- **Two:** President Obama should establish a new institute at the National Institutes of Health dedicated exclusively to exploring the link between diet, health and disease. Today, there are 27 institutes and centers at the National Institutes of Health, but none devoted to nutrition, despite the great public interest in the subject. For the sake of the people who pay the bills, it's time for NIH to dedicate an institute to studying the effect of nutrition on health.

- **Three:** Congress should require that medical schools - as a condition of receiving federal grants - offer residency programs on dietary approaches to preventing and treating disease. Americans don't understand the disease-fighting power of a good diet because their doctors don't. Medical schools teach a drug-centered curriculum. They do not learn about the many population-based studies that show the connection between diet and disease. They do see ***...Starts With Diet***, *cont'd on page 7*

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not review the biochemical studies on disease formation that support the population-based studies. And they do not study the results found in treating disease with diet in clinical settings. Drugs and surgery can offer miraculous benefits in certain cases. But it's unconscionable for doctors not to know about - or tell their patients about - the preventive and healing power of food.

These three proposals won't cost much, and they will pay back our investment a million-fold by making people healthier and reducing health care costs. Moreover, they reflect a commitment - expressed by the White House last week - to finally let the public enjoy the health benefits of scientific research.

*T. Colin Campbell, Ph.D., is professor emeritus of nutritional biochemistry at Cornell University. He is co-author of **The China Study.***

*Caldwell B. Esselstyn Jr., M.D., former president of the American Association of Endocrine Surgeons, is a preventive medicine consultant at the Cleveland Clinic. He is the author of **Prevent and Reverse Heart Disease.***

Why I'm Vegan, *continued from page 3:*

What I learned that night truly opened my mind in a powerful way I had never experienced before. I completely rethought about what I was eating. I learned that eating a vegan diet would promote not only my own health, but the health of the world and of others, too.

The fact that affected me the most was how many people could be fed each year by the grain and crops being fed to livestock, which were being raised to



be slaughtered in the United States. It takes 16 pounds of grain to make one pound of beef. In a world where millions of people die of starvation each year, I realized that it is not only completely inefficient to eat the traditional American diet, but also selfish to eat meat when there are people starving to death because of our omnivorous lifestyle. I could not understand how anyone could know the truth about this and not care.

I realized that by becoming vegan, I would be part of something much bigger than myself.

I decided it was hypocritical of me to say that I loved animals so much and then turn around and eat them. This was the first time that I questioned mainstream ideals and it was a lesson that I will carry on for the rest of my life.

The whole time during this game and delicious meal, I was sitting next to my mom wondering what she thought of all this. When we walked out of that peaceful little yurt, she asked me almost immediately, "So what did you think?"

"I'm never going to eat another piece of meat again," I said simply.

"Oh good! I was hoping you would feel the same way I do!" she replied.

Animal Quotes

“The indifference, callousness and contempt that so many people exhibit toward animals is evil first because it results in great suffering in animals, and second because it results in an incalculably great impoverishment of the human spirit.” ~ *Ashley Montagu*



“Until one has loved an animal, a part of one’s soul remains unawakened.”

~ *Anatole France*

“If having a soul means being able to feel love and loyalty and gratitude, then animals are better off than a lot of humans” ~ *James Herriot*

“If a dog jumps in your lap, it is because he is fond of you; but if a cat does the same thing, it is because your lap is warmer.” ~ *Alfred North Whitehead*

“Shall we, because we walk on our hind feet, assume to ourselves only the privilege of imperishability?”

~ *George Eliot*

“I don’t believe in the concept of hell, but if I did I would think of it as filled with people who were cruel to animals.” ~ *Gary Larson*

“The fate of animals is of greater importance to me than the fear of appearing ridiculous; it is indissolubly connected with the fate of men.” ~ *Émile Zola*

AVS is non-profit and under the umbrella of Rays of Hope, a 501(c)(3) organization. To join AVS, contact Peggy Robinson at 373-1901, or send an email to peggy@alaskaveg.org.

Upcoming Events



Friday, June 19

Deadline for articles and information for the July AVS newsletter. Call Elaine at 746-4668, or email to elaine@alaskaveg.org

Wednesday, June 24

Rays of Hope board of directors’ monthly meeting, 10:00am. If you are interested in knowing more about AVS’ parent organization, call Delisa at 373-1526.

Saturday, June 27

AVS potluck dinner, 6:00-8:00pm at the United Protestant (Presbyterian) Church in Palmer. There will be information, an educational program and opportunities to meet new people. Call 373-1526 for information and for a map, visit: alaskaveg.org/PotluckDinners.html

Coming Soon!

AVS Yard Sale - more info on page 5.

Alaska
Vegetarian Society

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