

# Vegetarian News

“For Health and Humanity”

Winter Issue 2006

## Nutrients and a Healthy Heart

by Kiki Powers, M.S.

Although heart disease is the number one killer in the U.S.—with one in four Americans suffering from some form of the disease—it is also one of the most preventable of all life threatening illnesses. In fact, you can dramatically minimize your risk of cardiovascular disease through healthy lifestyle changes, regardless of your family history. This starts with the healthiest possible diet, rich in fresh produce, whole grains, and plant-based protein, with minimal amounts of cholesterol and saturated fats.

### How can vitamins and minerals reduce your risk of heart disease?

Since many of us, however well intentioned, often fall short on optimal levels of heart-healthy nutrients through diet alone, nutritional supplementation is well advised. Key vitamins and minerals play a vital role in reducing your risk of heart disease. Some of the most effective heart-protective nutrients, as follows:

**Vitamin E** is well documented in its ability to protect the heart and help to prevent cardiovascular disease in a

variety of ways. These include neutralizing free radicals, improving the ratio of HDL (“good”) cholesterol and LDL (“bad”) cholesterol, lowering triglyceride levels and reducing the accumulation of fatty arterial plaques (*Arch Intern Med* 1999;159(12):1313-20) (*Amer Fam Phys* 1999; 60 (3):895-904).

**Folic acid**, along with vitamins B-6 and B-12, is one of the most important of all nutrients for heart health. Elevated levels of homocysteine have many negative cardiovascular effects (*Prog Cardiovasc Nurs* 2002 Winter;17(1):35-41) Fortunately, folic acid reduces homocysteine levels naturally, especially when supported by sufficient levels of vitamins B-6 and B-12 (*Journal of the American Medical Association* 2002 Aug 28;288(8):973-9)

**Niacin** appears to minimize risk of coronary artery disease, decreasing heart attacks, strokes and total mortality. Niacin has also been shown to increase HDL cholesterol and lower LDL cholesterol (*Curr Atheroscler Rep* 2001 Jan;3(1):74-82).

**Magnesium** appears to play an important role in preventing heart disease (*International Journal of Epidemiology* 1999 Aug;28(4):645-51). In fact, research has shown that optimal magnesium concentrations in the blood were shown to protect against heart disease and all-cause mortality. Moreover, magnesium appears to lower total cholesterol, LDL cholesterol and triglycerides, while raising HDL cholesterol (*J Amer Col Nutr* 1990;9(5):527 abst. 23).

**Selenium** offers powerful antioxidant protection that works in conjunction with vitamin E to support and promote a healthy heart. Numerous studies have linked low levels of selenium to various forms of heart disease (*Atherosclerosis* 1992; 96(1):33-42. 89) (*Am J Clin Nutr* 1999;70(3):625S).

## SUMMARY OF EVENTS

- Jan 8 Annual Meeting
- Jan 14 Dining Out Lunch
- Jan 27 Free Video Night
- Feb 11 Chinese New Year’s Dining Out
- Feb 14 Valentine’s Day Dining Out
- Feb 24 Free Video Night

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, [www.sfv.org](http://www.sfv.org) and you can always call (415) 273-5481 for information.

Please reuse by posting publicly.

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For Health and Humanity

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Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. The deadline for submissions for the next newsletter is February 1st. Please contact Kristen at 415-273-5481 or sfvegkristen@yahoo.com.

ADVERTISE WITH US and reach more veg\*ns! Members, is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz,jcadiz2002@yahoo.com.

**Chromium** supplementation has been shown to raise HDL (“good”) cholesterol and lower total cholesterol and triglyceride levels (*Diabetes Care* 1994;17:1449-5210 11) (*West J Med* 1990;152:41-5)  
Although heart disease is a serious concern, getting sufficient levels of key nutrients can offer powerful natural protection. A full spectrum, high-potency, multi-vitamin/mineral formula can be one of the easiest and most effective changes you can make today. For more information about natural healthy heart solutions, please contact Kiki Powers at 408.226.3223 or e-mail [kiki@aboutnhs.com](mailto:kiki@aboutnhs.com) and/or visit [www.aboutnhs.com](http://www.aboutnhs.com).

## RESTAURANT NEWS

### Gratitude for Gratitude #2 Vegan Restaurant by Dixie Mahy



We are pleased to report the opening of a new vegan, mostly raw restaurant, Gratitude Café #2 at 1336 9<sup>th</sup> Avenue, near Irving, San Francisco, 415-824-4652, open daily 9 a.m. to 10 p.m. Their eclectic menu is similar to the highly popular original café at 2400 Harrison Street, unique raw foods with fanciful titles, like “I Am Bountiful” appetizer of four slices of live toast topped with fresh tomatoes, basil, garlic, stone ground olive oil and brazil nut parmesan \$7 or “I Am Divine” soup of fiery carrot avocado soup with hot chilies, basil and a touch of mint \$7 or “I Am Flourishing” Mediterranean entrée of live walnut-almond falafels served with sprouted almond-sesame seed hummus, spicy olive tapenade, seasoned almond toast and cucumber tzatziki salad \$10. Their soups, salads, sides, and warm grains are imaginative creations with imaginative titles. They have milkshakes made from nut milks, a variety of organic coffees, teas, smoothies, fresh juices & elixirs. They do have some cooked foods including warm grains, a warm soup, and raw or warm breakfast. Their luscious desserts include an interesting live pumpkin pie in a pecan date crust \$6 called “I Am Creative” or my favorite, “I Am Perfect” pecan pie in a macadamia nut crust, also \$6. More details on the menu are mentioned in the Winter Calendar 2006. Join us for Valentine’s Day Dining Out, February 14.

They have an interesting attitude about food and life on their menu: ‘Café Gratitude is our expression of a world of plenty. Our food and people are a celebration of our aliveness. We select the finest organic ingredients to honor the earth and ourselves, as we are one and the same. We support local farmers, sustainable agriculture and environmentally friendly products. Our food is prepared with love. We invite you to step inside and enjoy being someone who chooses: loving your life, adoring yourself, accepting the world, being generous and grateful everyday, and experiencing being provided for. Have fun and enjoy being nourished. Welcome to Café Gratitude.’ “Let food be thy medicine and medicine be thy food.” Hippocrates

## Enjoy Vegetarian Restaurant

by Dixie Mahy

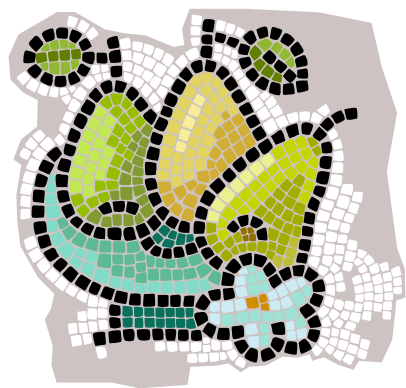
The Enjoy Restaurant, formerly called Hulu House, is under new ownership and management, 750 Kirkham Street, corner of 12<sup>th</sup> Avenue, San Francisco. Twenty three of us celebrated my birthday there on December 2<sup>nd</sup> and were cheerfully accommodated. We ordered a variety of mock meats appetizers and entrees at very reasonable prices. They are on our Discount Program offering 10% discount to our members. With their modest prices, it is a great bargain. Their Menu is mostly vegan except for one appetizer containing honey.

Appetizers range in price from Veggie BBQ Pork or Soy Sauce Tofu at \$2.99 to Crispy Veggie Chicken or Chicken Nugget at \$4.99. Various Soups at \$1.99 per cup to \$4.50 per bowl. Entrée prices range from \$6.50 to \$7.95. Following are sample Entrees at \$6.50: Sweet & Sour Mock Pork; Eggplant with Hot Sauce; Coconut Sauce with Taro Gluten Puff; Fried Mock Chicken with Lemon Sauce; and various Chow Meins at \$5.50. They have a variety of rice dishes ranging from steamed White Rice at \$.85 or Brown Rice at \$1.00 to fancier House Special at \$5.50 to Spinach & Pine Nut Fried Rice, Mock Ham & Pineapple Fried Rice, or Curry Mock Chicken Fried Rice at \$6.25. No desserts on menu. Their Luncheon Menu Mon-Fri 10:30 – 2:30 p.m. is \$5.50 for all specials. Their dinner hours are 5:00 to 9:00 p.m. every day Sun-Sat. Call 415-682-0826 for other questions.

## FOOD & DRINK

### Pear Sorbet

by Meredith McCarty.



Meredith is a consultant, author and teacher. Check out her website [www.healingcuisine.com](http://www.healingcuisine.com) for more recipes, information on upcoming cooking classes and to sign up for her newsletter.

Makes 6 servings or 4 cups

2 pounds pears, 5 pears (Red Bartlett or Starkrimson are especially nice), cored and quartered  
 1/2 cup brown rice syrup  
 1/2 cup light fruity organic white wine, e.g. Riesling or Gewurztraminer  
 1 teaspoon ginger  
 1/2 teaspoon each cinnamon and nutmeg  
 1/4 teaspoon cloves

1 pear, thinly sliced for garnish  
 Mint sprigs or edible flowers (pansies or calendulas/pot marigolds) for garnish

1. Purée ingredients in a food processor and transfer to container to freeze.  
 2. Let thaw at room temperature for 20 minutes. With a fork, break up sorbet in 1-inch pieces and purée again. Return to container to freeze again. Garnish to serve.

For 6 servings, per serving:

Calories: 211 Protein: 1gm Saturated Fat: 0.05gm Fiber: 5gm Carbohydrates: 49gm Fat: 1 gm Cholesterol: 0 Sodium: 5mg

Calories from Protein: 2% Calories from Fats: 5%

Calories from Carbohydrates: 93%

## President's Corner

by Dixie Mahy

As we begin a new year, it is time to make assessments. I am pleased to report that we have had a very successful year promoting a healthy, humane plant based diet and lifestyle through our educational activities and outreach programs. In addition to our World Vegetarian Day super event, we have sponsored outstanding lectures throughout the year and wonderful social events. With all of your help, we can build on these efforts and make 2006 an even greater year. Here are the ways you can help: give us your ideas for activities or articles; be a member in good standing; pass our newsletters and information on to others; support and attend our events; and volunteer to help us with your time and/or talent. Over the years, I have had more than one person say to me, "One person can't make a difference." Fortunately, I don't believe that. I believe one person can make a difference and I truly believe that together we can make a great big difference. It takes time and a lot of effort but we can do it. Together, we can Vegitize the world!

Have a very Happy Healthy Humane New Year!

## IN THE NEWS

Reprinted from The Times (London) December 8, 2005, Thursday

Donald Watson, founder of veganism, was born on September 2, 1910. He died on November 16, 2005, aged 95.

Founder of veganism whose dietary crusade grew to attract a quarter of a million adherents in Britain today. Donald Watson survived to the age of 95; good propaganda in his campaign to convince the world that there is nothing inherently lethal about a vegan diet. He always regarded himself as a propagandist, in the term's non-pejorative sense.

When interviewed at 92 he was pleased to report that he had lived thus far without resort to medication “either orthodox or fringe”, and with hardly a day’s illness.

His parents were meat-eaters who did not enjoy particularly good health or long lives. His father, a headmaster who had worked his way up from being a farm boy, impressed on his son the importance of never swearing, which was helpful, Watson said, when spreading the word: “It annoys some people, and propagandists should not annoy anyone except with the truth of their message.”

While staying at the farm run by his much-loved Uncle George, Watson was shocked to see his uncle direct the slaughter of a pig. Its screams remained with him ever after. “I decided that farms -and uncles -had to be reassessed: the idyllic scene was nothing more than death row, where every creature’s days were numbered.”

He became a vegetarian, but continued to worry about dairy and other animal products and the way in which their industries were linked to the slaughterhouses.

He left school at 14, but failed to find a job as a woodworker in the Depression, so he trained as a woodwork teacher. When war came in 1939 he registered as a conscientious objector. His elder brother and younger sister later joined him as vegetarians and COs. All were teetotalers and non-smokers, causing Watson’s mother to say that she felt like a hen that had hatched a clutch of duck eggs.

Towards the end of the war, Watson formed a committee of “non-dairy vegetarians”, who wanted to remove animal products entirely from their diet and initiate a new movement. He was keen to capitalise on the tuberculosis reported in Britain’s dairy cows, and the scarcity of eggs. He laid out the first issue of his Vegan News in November 1944, over 12 typed and stapled sheets of A4. The word vegan he took from the front and back end of “vegetarian”, expressing his belief that this new, absolutist diet was in fact the first impulse and the final destination of the vegetarian journey. He asked for other suggestions, and “dairyban”, “vitan”, “benevore”, “sanivore” and

“beaumangeur” were offered, but most of the 25 members were happiest with vegan.

The early issues of the newssheet, written in Watson’s straightforward but eloquent style, became the “Dead Sea scrolls” of veganism, the first warning to the faithful that: “We may be sure that should anything so much as a pimple ever appear to mar the beauty of our physical form, it will be entirely due in the eyes of the world to our own silly fault for not eating ‘proper food’. Against such a pimple the great plagues of diseases now ravaging nearly all members of civilised society (who eat ‘proper food’) will pass unnoticed.” Subscriptions rose rapidly, but his meager resources limited the print run to 500. The Vegan Society’s 25 members swelled steadily to the 5,000 of today. There are now an estimated 250,000 vegans in Britain.

The American Vegan Society, and other international groups, cropped up without any prompting or help from Watson who, in later years, served the Vegan Society mainly as a source of inspiration.

While other vegans, such as Alan Long, were willing to lambast lacto-vegetarians as co-conspirators of the dairy industry, Watson insisted that vegetarianism was an essential “staging post” to a true diet. Watson never set out to be a guru.

When asked whether he condemned or condoned animal liberation groups, he always maintained that he simply could not make up his mind on them.


He moved to Cumbria, where his one-acre vegetable patch was his main concern - always turned over with a fork instead of a spade to avoid killing worms.

His wife predeceased him. He is survived by his daughter.

## TAKING CARE OF BUSINESS

### New and Renewing Members-Welcome and Thanks!

Dr. Michael R. Edelstein, Christine Vitale, Larry Diamond, Brian Wix, Ulick Malone, Ken Wong, Isobel Schneider, William Sang, Agnes Rice, Sonia Siegel, Eric Park, Chel Chase, Carmen Lee, Jessica Likins, Ravinder Sehgal, Lucy C. Pastrana, Bonnie Knight, Mohammed Amin, Sharon McAllister, Judy Wai Hing So, Linda Turney, Rochelle Gottlieb, Karen Watkins, Phyllis Oscar, Jackie Moreno, David & Anita Farsakian, E.A. Bennett, Nader Kury & Sandra Nusser, Mihir Meghani, David Sargent, Rebecca Dean, Kenneth Alley, Ron Mackenzie, Vanessa Vaudo, Mary Anne Reno, Pamela Jacobs, Anne-Marie Fleming, Bob Seefeld, Alfred Dowaliby, Karen Lewis, Neil Yoskowitz.

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**Dining Out Coordinator Needed**

If anyone is interested in this fun volunteer job, call our hot line, 415-273-5481.

**Community Thrift Store**

Clean out your garage, closets, and attics and donate your good items and clean clothes to the Community Thrift Store, 623 Valencia, San Francisco, 415-861-4910. Be sure to give them our #95 and we will receive a percentage of items sold.

**Special THANKS** to the following who have recently donated items to the thrift store:

Shanta Sacharoff, Suleman Alam, Tracy Ewing, Dixie Mahy, Winnie Seto, Beth Sousa, Susan Ruthberg, Zeld Sancho, Joseph Cadiz

**CLASSIFIEDS**

**Introducing g3: Drink to Your Health**

g3™—a nutrient-dense, high-end fruit juice fusion—combines four exotic fruits, each with outstanding nutritional properties: Gac, Siberian pineapple, Chinese lycium, and Cili fruit. The fruits that comprise this highly energizing, nutritious, cell-rejuvenating beverage offer:

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rides is ideal for everyone. To learn how you can create a powerful new income stream simply by sharing the benefits of this extraordinary juice, take the “tour” at [www.mysuperfruit.com/kikipowers](http://www.mysuperfruit.com/kikipowers). Call Kiki with additional questions at 408.226.3223 or e-mail [kiki@aboutnhs.com](mailto:kiki@aboutnhs.com)

**Studio Apartment** available with garden view, no garage. Vegetarian preferred. \$600 per month. Pets allowed. Call 415-885-2251 in the evening.

**Mrs. Dalloways Catering.**

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**The Marin Vegetarian EducationGroup** now has a web site. We're [www.MarinVEG.org](http://www.MarinVEG.org), and we welcome people from all over the Bay Area at our events. Thank you!

**McDougall-Style Catering Service.** Information provided by Ann Wheat

For people trying to stay on a McDougall diet and are housebound due to illness or for people wanting an occasional McDougall meal catered to their home or office, there is a catering Service called “A Chef’s Eye” by Lisa Lesowitz and Deagon Williams. They will prepare pure vegetarian and low fat with whole ingredients in most preparations. They can be reached by e-mail: [orders@achefseye.com](mailto:orders@achefseye.com) or by telephone: 510-339-0503.

**Health and Wellness Business Opportunity:**

Government statistics indicate that health and finances are the two greatest concerns most Americans face. Many among us know that despite diligent efforts, the typical 9-5 job will never lead to significant wealth. If you have a more abundant vision for your life than you have yet actualized, you have options. Our highly ethical, proven business

**SFVS MEMBERSHIP FORM**

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**Level:**      Individual dues of \$20     Family dues of \$30  
                   Student dues of \$10         Senior dues of \$10  
                   Disabled dues of \$10       Life dues of \$500

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You can contact me for help with:     Monthly Meetings  
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SFVS membership qualifies you for half-price membership in NAVS, North American Vegetarian Society. NAVS, PO Box 72, Dolgeville NY 13329; and for 25% discounted membership to VegDining (\$10.95).

Make check payable to San Francisco Vegetarian Society and mail to: SFVS, P.O. Box 2510, San Francisco, CA 94126. Addresses are not provided to any other organizations. Financial statement available upon request.

system is an optimal vehicle for total financial freedom in 1-3 years, risk-free, with outstanding coaching and support every step of the way. For a comprehensive 30-minute business overview, call **512-703-6702 (select option 2)**. For further detail, contact Kiki Powers at 408.226.3223 or e-mail [kiki@aboutnhs.com](mailto:kiki@aboutnhs.com)

**2nd Tuesday of the Month East Bay Vegan Outing**

Join us in Berkeley on the 2nd Tuesday of each month for a vegan meal. Currently we are meeting at "India Foods", 2100 University Ave, at Shattuck Ave. This is 3 blocks north of the Berkeley BART station. We have a fresh buffet of 3 Indian Vegan items plus rice and vegan bread [or pakora]. And its only \$6 for all you can eat. 6 pm — 7:30 pm on the second Tuesday of the month. Please RSVP to [howarddy2@att.net](mailto:howarddy2@att.net).

The next issue of the SFVS  
newsletter will be out in  
March.

## Other Avenues Natural Food Store



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**Join us for Chinese New Year's Lunch, February 11th!**

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San Francisco Vegetarian Society  
*for Health and Humanity*  
P.O. Box 2510  
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**NOTE: If your membership is about to expire (see date on label),  
then we urge you to renew now!**

**Vegetarian News is printed on recycled paper.**