



# Vegetarian News

*“For Health and Humanity”*

**Winter Issue 2010**

## **Our Hearts for the Haitians**

*From Dr. Leslie Von Romer*

The Haiti devastation shook me to the core. Those poor people. My heart hurts for them. I’m sure yours does too. We can’t imagine what it would be like to endure such horrific loss – unless we have experienced it for ourselves. The Haitian tragedy makes us take pause and dig deeply within. Although it’s too big to fully comprehend, we are reminded of important lessons.

### **Three Life Lessons:**

1. Life is precious.
2. Life is fragile.
3. Life is short. Too short.

### **Three People Lessons:**

1. People matter. By comparison, nothing else does.
2. People need each other.
3. People, all people on the planet, whether we know each other or not, are intricately and inextricably intertwined with one another. We all impact each others’ lives.

### **Three Gratitude Lessons:**

1. Be grateful for the gift of life and every moment in it.
2. Be grateful for the gift of people, love, laughter, comfort, and human connection.
3. Be grateful for everything else – even the little things are not so little.

People in Haiti, as well as all those human angels on earth who have rallied to help them, exemplify the resilience and the power of the human spirit to rise above adversities and travesties and not just survive, but thrive.

## **P.S. President’s Corner**

*From Dixie Mahy, SFVS President*

Many thanks to Dr. Leslie Van Romer for her thoughts on Haiti. My thoughts and prayer go out to the Haitians also. I would like to add a few thoughts to her poignant response to the human tragedy in Haiti: Life is precious, fragile, and

short for the animals, too. The Haitian disaster was not man made (although better construction of buildings would have saved lives), it was a “natural disaster.” On the other hand, the destruction of animal lives through the raising and slaughtering of animals is not a “natural disaster” but a man made deliberate and unnecessary disaster for the animals, human health, and earth’s resources. Yes, people matter but animals matter too. The sooner people realize we are sharing the earth with other beings, the sooner we will truly achieve our humanity. Yes, people all over the planet are intricately and inextricably intertwined with one another but we are also intricately and inextricably intertwined with the animals we share this planet with.

## **Fasting for Haitians**

As horrific as the human tragedy in Haiti is, the heroic assistance is heartwarming. Although many of you have already given money to Haitians in their disaster, some of you might consider fasting one or two days and the money you save for food can be sent to Red Cross or other charity of choice. You can get rid of those extra pounds you gained from over indulgence during the holidays and at the same time give to those less fortunate.

### **SUMMARY OF EVENTS > > >**

- Feb 12 Soul Food-For Thought, SF
- Feb 12 Valentine’s Dance Benefit, Berkeley
- Feb 13 Potluck & Free Lecture, SF
- Feb 14 Valentine’s Day Potluck, Alameda
- Feb 17 & 24 Vegan Dinners, Red Vic, SF
- Feb 19 & Mar 19 Vegan Bollywood, Night, SF
- Feb 20 Save the Bay Project & Lunch at Gratitude, Berkeley
- Feb 20 Tri-Valley Free Lecture, San Ramon
- Feb 21 Potluck & Free Lecture, San Mateo
- Feb 21 & Mar 28 KFC Leafleting & Lunch, Golden Buddha, SF
- Feb 23 & Mar 16 Cooking Class, Larkspur
- Feb 27 Chinese New Year’s at Enjoy, SF
- Feb 28 & Mar 28 Kindness Kitchen Lunch, Maharani, SF
- Mar 3, 10, 17, 24, 31 Vegan Dinners, Red Vic SF
- Mar 6 Cooking Class, Berkeley
- Mar 7 Cooking Class, SF
- Mar 13 Potluck & Free Lecture, SF
- Mar 21 Meat Out Lunch & Lecture, SF
- Mar 23 Dining Out Supper Club, SF
- Apr 4 Easter Potluck Alameda

The Calendar is posted on our web site, [www.sfvs.org](http://www.sfvs.org), or call (415) 273-5481 for information.

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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. Deadline for submissions for next newsletter is March 1st, 2010. Please contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com.

**ADVERTISE WITH US** and reach more veg'ns! 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.

**Is Milk Good for You and Your Kids?**

*From Meredith McCarty, Author & Demo Presenter at WORLD VEG FESTIVAL*

Healing Cuisine: [www.HealingCuisine.com](http://www.HealingCuisine.com)

It's a debate that has picked up in the past decade since Benjamin Spock, one of the world's best-known pediatricians, argued against milk and meat in children's diets. The seventh edition of Dr. Spock's *Baby and Child Care*, published in 1998 shortly after his death at 94, says children shouldn't consume dairy products after age 2, and that other calcium sources, such as dark leafy vegetables, have nutritional advantages.

Pediatricians, health experts and the dairy industry have promoted consumption of dairy products by touting the fact that they're high in calcium, protein and vitamin D, **but new studies have some experts asking if dairy products are really necessary, or even safe.**

Prompted by concerns over a rise in milk allergies, links to obesity, and new research questioning milk's role in protecting bones, some experts are advocating for change. A study from the U.S. Centers for Disease Control published last month in the journal *Pediatrics* found that self-reported allergies to milk, eggs, nuts and other foods among children rose nearly 20 per cent from 1993 to 2006.

"Milk is not necessary for good health, good nutrition," said Lawrence Kushi, associate director for etiology and prevention research at Kaiser Permanente in California. Dr. Kushi notes that many cultures that consume few dairy products have much lower rates of osteoporosis than North America. In addition, a growing body of research is casting doubt on the role dairy plays in protecting bones. One of the strongest pieces of evidence came from the Nurses' Health Study, a multi-year investigation of women's health conducted in the early 2000s. Co-authored by Walter Willett, chairman of the department of nutrition at the Harvard School of Public Health, **the study found that women who consumed the highest amounts of dairy suffered more fractures than those who drank less milk.** And scientists know that consuming sodium and acidic foods (such as dairy) can interfere with the body's ability to absorb calcium, and actually result in calcium loss.

Studies have also found other potential risks of high milk consumption, including increased incidence of ovarian or prostate cancer. Experts recommend that infants be fed breast milk.

Source: *Globe and Mail*, Dec. 21, 2009, [www.theglobeandmail.com/life/calcium-dissing-dairy/article1407183/](http://www.theglobeandmail.com/life/calcium-dissing-dairy/article1407183/)

**A Cure For Cancer? Eating A Plant-Based Diet**

*By Kathy Freston*

Author, Health and Wellness Expert, and Speaker at WORLD VEG FESTIVAL 2009 (check out: [www.sfvs.org](http://www.sfvs.org), click on tomato, click on archived videos for speakers)

*From Scott Munson*

As it is, one out of every two of us will get cancer or heart disease and die from it - an ugly and painful death as anyone who has witnessed it can attest. And starting in the year 2000, one out of every three children who are born after that year will develop diabetes—a disease that for most sufferers (those with Type 2 diabetes) is largely preventable with lifestyle changes. This is a rapidly emerging crisis, the seriousness of which I'm not sure we have yet recognized. The good news is, the means to prevent and heal disease seems to be right in front of us; it's in

our food. **Quite frankly, our food choices can either kill us - which mounting studies say that they are, or they can lift us right out of the disease process and into soaring health.**

### Cancer

On the subject of cancer, I've asked Dr. **T. Colin Campbell**, Professor Emeritus of Cornell University and author of the groundbreaking *The China Study* to explain how cancer happens and what we can do to prevent and reverse it. Dr. Campbell's work is regarded by many as the definitive epidemiological examination of the relationship between diet and disease. He has received more than 70 grant years of peer-reviewed research funding, much of which was funded by the U.S. National Institutes of Health (NIH), and he has authored more than 300 research papers. He grew up on a dairy farm believing in the great health value of animal protein in the American diet and set out in his career to investigate how to produce more and better animal protein. Troublesome to his preconceived hypothesis of the goodness of dairy, Dr. Campbell kept running up against results that consistently proved an emerging and comprehensive truth: that animal protein is disastrous to human health.

Through a variety of experimental study designs, epidemiological evidence, along with observation of real life conditions which had rational biological explanation, Dr. Campbell has made a direct and powerful correlation between cancer (and other diseases and illnesses) and animal protein. Following is a conversation I had with him so that I could better understand the association.

**KF: What happens in the body when cancer develops? What is the actual process?**

**TCC:** Cancer generally develops over a long period of time, divided into 3 stages, initiation, promotion and progression.

**Initiation** occurs when chemicals or other agents attack the genes of normal cells to produce genetically modified cells capable of eventually causing cancer. The body generally repairs most such damage but if the cell reproduces itself before it is repaired, its new (daughter) cell retains this genetic damage. This process may occur within minutes and, to some extent, is thought to be occurring most of the time in most of our tissues. **Promotion** occurs when the initiated cells continue to replicate themselves and grow into cell masses that eventually will be diagnosed. This is a long growth phase occurring over months or years and is known to be reversible. **Progression** occurs when the growing cancer masses invade neighboring tissues and/or break away from the tissue of origin (metastasis) and travel to distant tissues when they are capable of growing independently at which point they are considered to be malignant.

**KF: Why do some people get cancer, and others don't? What percentage is genetic, and what percentage has to do with diet?**

**TCC:** Although the initiated cells are not considered to be reversible, the cells growing through the promotion stage are usually considered to be reversible, a very exciting concept. This is the stage that especially responds to nutritional factors. For example, the nutrients from animal based foods, especially the protein, promote the development of the cancer whereas the nutrients from plant-based foods, especially the antioxidants, reverse the promotion stage. This is a very promising observation because cancer proceeds forward or backward as a function of the balance of promoting and anti-promoting factors found in the diet, thus consuming anti-promoting plant-based foods tend to keep the cancer from going forward, perhaps even reversing the promotion. The difference between individuals is almost entirely related to their diet and lifestyle practices.

Although all cancer and other diseases begin with genes, this is not the reason whether or not the disease actually appears. If people do the right thing during the promotion stage, perhaps even during the progression stage, cancer will not appear and if it does, might even be resolved. Most estimates suggest that not more than 2-3 percent of cancers are due entirely to genes; almost all the rest is due to diet and lifestyle factors. Consuming plant based foods offers the best hope of avoiding cancer, perhaps even reversing cancer once it is diagnosed. Believing that cancer is attributed to genes is a fatalistic idea but believing that cancer can be controlled by nutrition is a far more hopeful idea.

**KF: You said that initially something attacks the genes, chemicals or other agents; like what?**

**TCC:** Cancer, like every other biological event—good or bad—begins with genes. In the case of cancer, gene(s) that give rise to cancer either may be present when we are born or, during our lifetimes, normal genes may be converted into cancer genes by certain highly reactive chemicals (i.e., carcinogens).

The chemicals that create these cancer genes are called 'carcinogens'. Most carcinogens of years past have been those that attack normal genes to give cancer genes. These are initiating carcinogens, or initiators. But more recently, carcinogens also may be those that promote cancer growth. They are promoting carcinogens, or promoters. Our work showed that casein is the most relevant cancer promoter ever discovered. (Casein is found in milk & milk products. DM)

Aside from chemicals initiating or promoting cancer, other agents such as cosmic rays (energetic particles) from the sun or from the outer reaches of space may impact our genes to cause them to change (i.e., mutate) so that they could give rise to cancer 'seeds'. The most important point to consider is that we cannot do much about preventing

initiation but we can do a lot about preventing promotion. The initiating idea is fatalistic and outside of our control but the promotion idea is hopeful because we can change our exposure to promoting agents and reverse the cancer process, thus is within our control.

**KF: What exactly is so bad about animal protein?**

**TCC:** I don't choose the word "exactly" because it suggests something very specific. Rather, casein causes a broad spectrum of adverse effects.

Among other fundamental effects, it makes the body more acidic, alters the mix of hormones and modifies important enzyme activities, each of which can cause a broad array of more specific effects. One of these effects is its ability to promote cancer growth (by operating on key enzyme systems, by increasing hormone growth factors and by modifying the tissue acidity). Another is its ability to increase blood cholesterol (by modifying enzyme activities) and to enhance atherogenesis, which is the early stage of cardiovascular disease. And finally, although these are casein-specific effects, it should be noted that other animal-based proteins are likely to have the same effect as casein.

**KF: Ok, so I am clear that it's wise to avoid casein, which is intrinsic in dairy (milk and cheese), but how is other animal protein, such as chicken, steak, or pork, implicated in the cause and growth of cancer?**

**TCC:** I would first say that casein is not just "intrinsic" but IS THE MAIN PROTEIN OF COW MILK, REPRESENTING ABOUT 87% OF THE MILK PROTEIN.

The biochemical systems which underlie the adverse effects of casein are also common to other animal-based proteins. Also, the amino acid composition of casein, which is the characteristic primarily responsible for its property, is similar to most other animal-based proteins. They all have what we call high 'biological value', in comparison, for example, with plant-based proteins, which is why animal protein promotes cancer growth and plant protein doesn't.

**KF: Isn't anything in moderation ok, as long as we don't overdo it?**

**TCC:** I rather like the expression told by my friend, Caldwell Esselstyn, Jr., MD, the Cleveland Clinic surgeon who reversed heart disease and who says, "Moderation kills!" I prefer to go the whole way, not because we have fool-proof evidence showing that 100% is better than, say, 95% for every single person for every single condition but that it is easier to avoid straying off on an excursion that too often becomes a slippery slope back to our old ways. Moreover, going the whole way allows us to adapt to new unrealized tastes and to rid ourselves of some old addictions. And finally, moderation often means very different things for different people.

**KF: Are you saying that if one changes their diet from animal based protein to plant-based protein that the disease process of cancer can be halted and reversed?**

**TCC:** Yes, this is what our experimental research shows. I also have become aware of many anecdotal claims by people who have said that their switch to a plant-based diet stopped even reversed (cured?) their disease. One study on melanoma has been published in the peer-reviewed literature that shows convincing evidence that cancer progression is substantially halted with this diet.

**KF: How long does it take to see changes?**

**TCC:** It is not clear because carefully designed research in humans has not been done. However, we demonstrated and published findings showing that experimental progression of disease is at least suspended, even reversed, when tumors are clearly present.

**KF: Consider a person who has been eating poorly his whole life; is there still hope that a dietary change can make a big difference? Or is everything already in motion?**

**TCC:** Yes, a variety of evidence shows that cancers and non-cancers alike can be stopped even after consuming a poor diet earlier in life. This effect is equivalent to treatment, a very exciting concept.

**KF: This is sounding like it's a cure for cancer; is that the case?**

**TCC:** Yes. The problem in this area of medicine is that traditional doctors are so focused on the use of targeted therapies (chemo, surgery, radiation) that they refuse to even acknowledge the use of therapies like nutrition and are loathe to even want to do proper research in this area. So, in spite of the considerable evidence—theoretical and practical—to support a beneficial nutritional effect, every effort will be made to discredit it.

It's a self-serving motive.

**KF: What else do you recommend one does to avoid, stop, or reverse cancer?**

**TCC:** A good diet, when coupled with other health promoting activities like exercise, adequate fresh air and sunlight, good water and sleep, will be more beneficial. The whole is greater than the sum of its parts. For more information about diet and cancer, visit <http://www.tcolincampbell.org.Health> [http://www.huffingtonpost.com/kathy-freston/a-cure-for-cancer-eating\\_b\\_298282.html](http://www.huffingtonpost.com/kathy-freston/a-cure-for-cancer-eating_b_298282.html) September 24, 2009

**Vitamin D Key in Cancer Prevention/Treatment**

*From Dixie Mahy, SFVS President*

According to the latest bulletin from Dr. Joel Fuhrman Vitamin D insufficiency has been implicated as a key contributor to many human diseases including several cancers, diabetes, cardiovascular disease, depression, and autoimmune diseases. Vitamin D deficiency is recognized

as a pandemic, affecting 30-50% of the population. Scientists have found that vitamin D has biological actions in almost every cell and tissue in the human body.

**Vitamin D regulates several genes and cellular processes related to cancer progression.** Some of the most groundbreaking findings in nutrition science in recent years have been evidence of the powerful protection provided by vitamin D against common cancers:

**Breast cancer:** About 75% of women with breast cancer are vitamin D deficient...A meta-analysis of 19 studies established a strong inverse relationship between circulating vitamin D levels and breast cancer - women in the highest vitamin D range reduced their risk of breast cancer by 45%.

**Colorectal cancer:** A 2009 review of 25 studies found that sufficient vitamin D levels were consistently associated with reduced risk of colorectal cancer. Even after diagnosis with colorectal cancer, higher vitamin D levels are associated with reduced mortality. Cancers of the prostate, pancreas, lung, and endometrium are also associated with vitamin D insufficiency.

The overwhelming evidence correlating vitamin D deficiencies with serious disease has convinced a growing body of physicians to use "therapeutic" vitamin D supplementation for treating patients. For most people, the principal source of vitamin D is production by the skin in response to sunlight. Very few foods naturally contain vitamin D, and achieving adequate vitamin D levels via sun exposure is difficult, considering that most of us work indoors, and cover our body with clothing, especially in the winter months. Plus, sun exposure to assure optimal Vitamin D status may damage and age the skin, increasing wrinkling and the risk of skin cancer.

**To maintain adequate blood levels of vitamin D, it is extremely important for individuals with limited sun exposure to ingest supplemental vitamin D.**

For references or to order D supplements, contact: [www.DrFuhrman.com](http://www.DrFuhrman.com)! or 1800-474-9355.

### **Fatty Diet Makes Cancer Aggressive**

Posted by Eric Bland, Discovery News, Jan 19, 2010  
<http://news.discovery.com/tech/cancer-cells-fat-tumor>  
From Tom Flynn. SFVS Board Member

Fat molecules are shown to kick-start benign tumors forming life-threatening cancer. Cancer cells use fat molecules as signaling tools. The cancer cells signal each other to grow larger and more dangerous. Obesity, or a diet high in fats, can kick start a benign tumor into life threatening cancer, according to new research published in the journal Cell. In the study, scientists from Scripps Institute found a new enzyme, known as MAGL, that human cancer cells use to turn fat into a signaling molecule

essentially talking itself into growing larger and more dangerous.

The research means that patients recently diagnosed with cancer could be prescribed a diet low in fat to slow the growth of the cancer, also helps explain the link between cancer and obesity. "The implications of this study are that a person with an aggressive cancer, if they are eating a diet high in fat or are obese, could exacerbate the cancer's growth," said Daniel Nomura, a co-author of the study. The new study doesn't completely explain the link between cancer and obesity, says Nomura, but it gives yet another explanation for the link.

The scientists discovered that an enzyme known as monacylglycerol lipase, or MAGL for short, was turning the fat into a signaling molecule. In essence, the cancer cells found a way to talk to themselves, constantly encouraging themselves to grow ever bigger and more dangerous. Where the fat came from didn't matter. If the mice (in the study) were obese, the fat came from their own tissues. If the mice were normal sized, but eating a high-fat diet, then the cancer used the fat from the food to encourage themselves to grow ever bigger.

When the scientists reduced the amount of MAGL in the mice, the tumor didn't grow nearly as fast. After about one month low MAGL mice on a normal diet had tumors nearly 75 percent smaller compared with mice on a high-fat diet or obese mice. Mice with low levels of MAGL but who ate a high-fat diet, however, saw their tumors grow to almost the same size as the control mice with high levels of MAGL. The cancer cells the researchers implanted into the mice were bred to be aggressive. The scientists created the aggressive cancer cells by growing the cancer in Petri dishes and selecting the tumors that grew the most, and implanted those cells into the mice. Introducing large amounts of fat caused already aggressive cancer cells to grow faster, but it didn't create the aggressive cancer. That wasn't true for the cancer cells in the Petri dish. Merely introducing large amounts of fat onto the Petri dishes turned a slow growing cancer into a fast, aggressive cancer.

Nevertheless, the research fills an important gap in our knowledge about cancer and how it relates to obesity, says Brendan Manning, a scientist at Harvard University who wrote an accompanying article in Cell but was not involved with the research. Manning says the new research could eventually lead to new anticancer drugs that slow the progression of tumors and give patients extra months or maybe even years. The first drug candidate is the one the Scripps scientists used to inhibit MAGL during their experiments. Before that could be brought to market however, years of clinical trials and FDA approval will be required. "I don't think the study warrants going on a low-fat diet if you are diagnosed with cancer," said Manning. "But it does warrant future clinical study."

**P.S.** The conclusion that the study does not warrant going on a low-fat diet and that new anticancer drugs will be the answer is appalling! Millions of people are suffering and dying of cancer while they advise more clinical study (for funding). Why can't they listen to our vegan medical doctors? Barnard, Goldhamer, Klaper, McDougall, and PhD Campbell.

### **Plant Sterols Beneficial Against Cancer and Enlarged Prostate by Dr. Fuhrman**

*From Dixie Mahy, SFVS President*

Plant sterols (also known as phytosterols) are a group of phytochemicals naturally found in a variety of plant sources such as vegetable oils, nuts, grains, and seeds. They have been scientifically studied and documented to provide cardiac protective benefits and are even FDA approved for lowering cholesterol levels.\* These phytochemicals accomplish reducing cholesterol by blocking the absorption of cholesterol from the foods we eat as well as the cholesterol our bodies make naturally. Recently, there is accumulating evidence that suggests plant sterols deliver beneficial effects in the development of different types of cancer too! Recognizing the therapeutic effects of plant sterols for the heart several years ago, Dr. Fuhrman developed his own all-natural supplement called LDL Protect. His intention was to develop a safe and effective aid for those who needed extra help and were considering taking cholesterol lowering drugs to achieve an LDL cholesterol below 100. Although a high nutrient diet-style like his is shown to be the most effective approach for lowering cholesterol, some people may take longer to gain maximum results and can benefit by supplementation. To ensure the most effective and high quality formula, his LDL Protect combines plant sterols with a premium-grade of pomegranate extract concentrate. It is proven to be safe and effective without side effects. He did not realize then that this product would have further reaching health benefits – offering protection against cancer and even relieving symptoms of enlarged prostate.

Experimental studies point to plant sterols playing a protective role in the development of some types of cancer such as breast, colon and prostate. These studies indicate that phytosterols in the diet offer a potentially protective benefit in lung cancer, stomach cancer, and esophageal cancer. Epidemiological studies suggest that dietary phytosterols confer protection against specific cancers. A protective role of dietary phytosterols in colon carcinogenesis has been suggested from studies done with Seventh Day Adventists whose principles promote a vegetarian diet.

A protective therapeutic role for dietary plant sterols has also been reported in patients with benign prostatic hypertrophy (enlarged prostate). Benign Prostatic Hypertrophy (BPH) is not prostatic cancer but rather an enlargement of the prostate. It is a common medical condition in older men. Clinical symptoms of BPH have been shown to be improved by dietary supplementation of small doses (60-130 mg) of plant sterols. Studies show that supplemental phytosterols were associated with significant improvements

in prostatic function compared to placebo. They suggest that plant sterols affect the enlarged prostate producing symptomatic relief and offer an effective option in the treatment of BPH.

LDL Protect formula may be ordered thru Dr. Fuhrman's website: [www.DrFuhrman.com](http://www.DrFuhrman.com) or 1-800-474-9355.

## **CANCER PREVENTION RECIPES**

### **“Let Food Be Thy Medicine and Medicine Be Thy Food” - Hippocrates**

*From Kristin Doyle, RN, CNC, Demo presenter at recent “Food for Life” Cooking Classes* is author of the recently published cookbook, Therapeutic Chef, Recipes to Prevent Cancer, Heart Disease and Diabetes. In addition to healthy yet tasty recipes, the cookbook contains a pantry list, an equipment list, a glossary of Powerfoods, a section on Herbal Remedies for First Aid, and a list of Gluten-Free Recipes. Her book is available on [www.amazon.com](http://www.amazon.com). Following are samples of her recipes.

#### **Lentil Vegetable Soup, p. 131**

Serves 6

1 TBS oil

1 large onion, diced

3 garlic cloves, pressed

1 bay leaf

2 tsp ground cumin

1 tsp ground coriander

1 cup of dry red lentils, rinsed and sorted to remove stones

4 cups vegetable broth (may substitute water)

1 sweet potato, scrubbed and diced

1 small beet, scrubbed and diced (raw better than canned for taste & nutrients)

2 carrots, scrubbed and diced

1/2 tsp unrefined sea salt or Himalayan salt

14 oz. can diced tomatoes, use the fire roasted tomatoes, if available

1 head of broccoli, chopped into small florets

10 oz. of chopped spinach, fresh or frozen (may substitute any green leafy vegetable or beet greens)

2 TBS mellow, white, or sweet miso paste

juice from 1/2 lemon]fresh parsley, cilantro and/or basil, minced

Sauté the onion in olive oil (or water) in a large soup pot over medium heat until soft, about 5-10 minutes. Then add the garlic, bay leaf, cumin and coriander and sauté another minute. Now add the drained lentils. Stir to coat with oil for 1 minute. Slowly add the vegetable broth, cover and simmer for 20 minutes, stirring from time to time to prevent sticking. Now add the chopped sweet potato, beet and carrots with the salt and canned tomatoes. Simmer another 10 minutes, stirring often. Remove the bay leaf. Add the broccoli and cook another minute. Then add the spinach (or other greens DM) and turn off the heat. Whisk together the miso paste and lemon juice. Pour back into soup and stir to combine. Taste for salt and spice. Top with fresh herbs and serve.



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

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## JOIN US FOR MEATOUT LUNCH MARCH 21 st!

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### **SFVS Annual Meeting – January 10**

At the annual meeting reports of previous activities and upcoming events were given by Dixie Mahy. At one time, SFVS had one or two activities a month. This has increased to two and three activities a week. The Treasurer's report was given by JC. Although the Society's overall net loss was \$1,700.00 ((\$278 for WORLD VEG FESTIVAL due to rental and other fee increases), we are all right due to balances from previous "good years."

Many thanks were given to previous officers who were not continuing to serve on the board: Melinda Hamm, Kristen Miles, and Neil Yoskowitz. The Nominating Committee: Joseph Cadiz, Nancy Loewen, and Joyce Thornton presented a slate of officers that included former officers: President Dixie Mahy, V.P. Nancy Loewen, Treasurer JC, and Board Members: Sharon Leong, Robert Martin (absent), Tony Martin, Vasu Murti, Joyce Thornton, and new officer: Secretary Janet Tom and new Board Members: Karine Brighten and Tom Flynn. All were voted in unanimously. All members were then asked to join 4 different groups in order to revitalize the Society with fresh ideas: Membership/Fundraising/Volunteers/Activities. Since these will be ongoing committees, those not present who would like to contribute to them should contact JC, [jcadiz2002@yahoo.com](mailto:jcadiz2002@yahoo.com) or 415-552-8883.

### **Marin Donation Offer**

Marin Realtor, Meredith McCarty, will donate 10% of her commission on a closed transaction to SFVS. The donation applies to either the person who buys or sells in Marin County or to the person who refers them. She may be reached at [Meredith@healingcuisine.com](mailto:Meredith@healingcuisine.com). Meredith also is

an author of several cookbooks, an instructor of on-going cooking classes in Larkspur, and a demo presenter at WORLD VEG FESTIVAL the past two years.

### **KFC Protests**

At the Annual Meeting, Bonnie Knight reported on the monthly picketing against Kentucky Fried Chicken she has organized over the past 4 years, usually on the last Sunday of the month unless it rains followed by a vegan lunch at a nearby restaurant. She tries to raise the awareness of KFC patrons to the cruelty involved in the factory farm chickens they use. Check SFVS Calendar or website: [www.sfvs.org](http://www.sfvs.org) Calendar for details. Contact Bonnie if interested in joining the group [bonbonsf@aol.com](mailto:bonbonsf@aol.com).

