

# The Gleaner

Published bimonthly by

**Sacramento Vegetarian Society**

*For the animals. For your health. For our planet.*

## Getting Past the “Protein Myth” That Keeps People from Quitting Meat and Dairy

**KATHY FRESTON**, *Huffington Post*  
Posted on June 3, 2008

**W**hen I tell people that I’m a vegan, the most popular question, by far, inevitably follows: “But, how do you get enough protein?”

*There it is again, I think, the meat industry’s most potent weapon against vegetarianism—the protein myth.* And it is just that—a myth.

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I get my protein the same way everyone else does—I eat!

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In fact, humans need only 10 percent of the calories we consume to be from protein. Athletes and pregnant women need a little more, but if you’re eating enough calories from a varied plant-based diet, it’s close to impossible not to get enough. The way Americans obsess about protein, you’d think protein deficiency was the number-one health problem in America. Of course it’s not—it’s not even on the list of the ailments that doctors are worried about in America or any other countries where basic caloric needs are being met. What is on the list? Heart disease, cancer, diabetes, obesity—diseases of affluence. Diseases linked to eating animal products.

According to the American Dietetic Association, which looked at all of the science on vegetarian diets and found not just that they’re healthy, but that they “provide health benefits in the prevention and treatment of certain diseases.” They continue: “Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence. . . . Vegetarians have been reported to have lower body mass indices than nonvegetarians, as well as lower rates of death from ischemic heart disease; vegetarians also show lower blood cholesterol levels; lower blood pressure; and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer.”

**D**r. Dean Ornish writes of his *Eat More, Weigh Less* vegetarian diet—the one diet that has passed peer review for taking weight off and keeping it off for more than 5 years—that in addition to being the one scientifically proven weight loss plan that works long term, it “may help to prevent a wide variety of other illnesses, including breast cancer in women, prostate cancer in men, colon cancer, lung cancer, lymphoma, osteoporosis, diabetes, hypertension, and so on. . . .”

So when people ask me about protein, I explain that protein is not a problem on a vegan diet, that the real problems that are plaguing us in the West can be addressed in part with a vegetarian diet, and that I get my protein the same way everyone else does—I eat!

**B**eans, nuts, seeds, lentils, and whole grains are packed with protein. So are all vegetables as a caloric percentage, though they don’t have enough calories to sustain most people as a principal source of sustenance. And these protein sources have

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Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence.

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some excellent benefits that animal protein does not—they contain plenty of fiber and complex carbohydrates, where meat has none. That’s right: Meat has no complex carbs at all, and no fiber. Plant proteins are packed with these essential nutrients. Plus,

**PROTEIN MYTH**, continued on p. 7



# Sacramento Vegetarian Society

*For the animals. For your health. For our planet.*

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#### **Mission Statement:**

*The Sacramento Vegetarian Society (SVS) is an association which recognizes vegetarianism to mean abstinence from flesh, including fish and fowl.*

*The Society encourages vegetarians and non-vegetarians to participate.*

*SVS will not discriminate on the basis of race, color, creed, sex, age, or sexual preference.*

*SVS operates on a non-profit basis.*

#### **SVS Officers**

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### **Submission Guidelines**

#### **Send submissions or inquiries to:**

Editor: [MRODGERS@MACNEXUS.ORG](mailto:MRODGERS@MACNEXUS.ORG).

**Submissions** of articles relating to the various aspects of vegetarianism, including nutrition, animal rights, environmental impacts of food production, and political issues are welcome, as are vegan or vegetarian recipes, editorial commentary, book reviews, and announcements of upcoming events. Submissions are accepted electronically as e-mail attachments. Contact the Newsletter Coordinator or check the website for formatting specifications.

#### **Submission deadlines for articles:**

**September–October 2009:** Aug. 17, 2009;

**November–December 2009:** Oct. 12, 2009

**January–February 2010:** Dec. 20, 2009

**March–April 2010:** Feb. 14, 2010

# SVS Monthly Potluck

## Sunday, July 19

## 5:30 p.m.

### 1914 Alhambra Blvd. Sacramento

in the Sacramento Natural Foods Co-op's  
Community Services Room

Special guest speaker:

**Jennifer Fearing**

**Advances for Farm Animals:  
One Advocate's Perspective**



Fresh from managing the overwhelmingly successful Yes on Prop 2 campaign, Jennifer Fearing, Chief Economist at the Humane Society of the U.S., is now working tirelessly to pass laws to help improve the lives of dairy cows, hens, wildlife, dogs, and others!

Come meet Jennifer and hear her unique perspective on current and planned efforts to improve the lives of animals raised in food production.

**Potluck:** Bring a vegan or vegetarian dish for six, your utensils, a list of ingredients, and mark whether your offering is vegan or vegetarian. We prefer that you bring a vegan dish, so all attendees, most of whom are vegan, can partake of all offerings. Free entrance with potluck dish; \$4 for those who arrive empty handed.

*Want to bring a vegan dish to the potluck but don't know what to fix? Call the SVS Veggie Mentor, Linda Middlesworth, at (916) 798-5516.*

## From the President

LINDA MIDDLESWORTH



With over 50 people at our June potluck, we know SVS is thriving! Thank you to the people who went to effort to create the scrumptious dishes for us. I know, we do not always feel like cooking, but when we do make that effort, our veggie dishes rival great restaurant food. You make the difference with our success, and thank you for the added effort!

We watched the documentary *Processed People* by Jeff Nelson, and, from the responses we had, it was well received. Again, we can see that, as Americans, the majority of us are programmed from birth to eat mostly an unhealthy Standard American Diet (SAD), which starts at birth when so many new moms opt for formula instead of mother's milk. Then, at young ages, many parents feed their children milk shakes, cow burgers or chicken burgers/nuggets, and French fries and then wonder why their kids are having heart disease, early puberty, and obesity! Fat kids almost always become fat adults.

We know, from unbiased studies, that by eating a starch-based diet full of fresh veggies, grains, beans, and fruit, we can remain on the well side of life and not the sick side.

We could reduce health care costs if the medical industry rewarded people for preventative lifestyles, including eating a plant-based diet and getting off the couch to exercise. As a personal trainer, I know that we humans need a

minimum of 5 days a week of cardio for 45–60 minutes per day, and 3 days a week of weight training to add muscle. It is always amazing how many excuses people use to avoid moving their bodies. Maybe you're like Dr. John McDougall; he likes to hike and wind surf but does not like the word "exercise" . . . but he really does it! So find something you like to do—and just do it!

## Calendar

Send calendar entries for the Sept.–Oct. '09 issue by Sept. 1, to [MRDROGERS@MACNEXUS.ORG](mailto:MRDROGERS@MACNEXUS.ORG). Locations are in Sacramento unless otherwise noted.

### Sun., July 19

**SVS Monthly Potluck.** 5:30–7:30 p.m. 1914 Alhambra Blvd. Bring a vegan (preferred) or vegetarian dish for six, a list of ingredients, and your utensils. Free with potluck dish; \$4 for those who arrive empty handed. Program: *Advances for Farm Animals: One Advocate's Perspective*. See page 2.

### Sat., August 8

**SVS Dineout.** 6–8 p.m. *Art of Food Café and Tonic Bar*, 1825 Del Paso Blvd.—right in the thick of the *Second Saturday, Second-Shift Art Walk* area. RSVP at [sacveggie.org](http://sacveggie.org) or [events@sacramentovegetariansociety.org](mailto:events@sacramentovegetariansociety.org).

### Fri., August 14

**Eileen's Kitchen.** 6–8 p.m. 1914 Alhambra Blvd. Seasonal, organic, vegetarian community dinner; benefits the Soil Born Farms Urban Agriculture Project. Live music. Registration required, SNFC: 916-455-COOP. \$25.

### Sun., August 16

**SVS Monthly Potluck.** 5:30–7:30 p.m. 1914 Alhambra Blvd. Bring a vegan (preferred) or vegetarian dish for six, a list of ingredients, and your utensils. Free with potluck dish; \$4 for those who arrive empty handed. Program: *Advances for Farm Animals: One Advocate's Perspective*. See page 2.

### Sat., September 12

**SVS Dineout.** 7 p.m. *Carmita's Vegetarian Kosher Deli*, 5349 Sunrise Blvd. (in the Quail Pointe Shopping Center, across from Trader Joe's), Fair Oaks.. RSVP at [sacveggie.org](http://sacveggie.org) or [events@sacramentovegetariansociety.org](mailto:events@sacramentovegetariansociety.org).

### Sat.–Sun., October 3–4

**World Vegetarian Festival.** 10 a.m.–6 p.m. County Fair Bldg., 9th Avenue and Lincoln, Golden Gate Park, San Francisco. Presented by the San Francisco Vegetarian Society and In Defense of Animals. International vegan cuisine; healthy food demos; live entertainment; children's corner, and more. The outstanding lineup of featured speakers includes: Dr. Dean Ornish, John Robbins, Colleen Patrick-Goudreau, Howard Lyman, Dr. Elliot Katz. SVS will coordinate carpooling from Sacramento. Suggested donation: \$6. Free if you arrive before 10:30. For full details, go to <http://www.sfvs.org/wvd/>.

# Vegan Vegetarian: How I Became One

STANLEY GREENBERG

It didn't happen all at once. It wasn't an epiphany like a bolt from the blue, or a sudden love of animals. I grew up in a family with a standard American diet: meat and potatoes, fine cheeses and fancy desserts, including heavy-duty milk, milkshakes, malteds, ice cream sodas, and bountiful ice cream. I had a loving mother who prepared steaks (sirloin, shell, porterhouse, etc.), standing rib roasts, chickens, ducks, turkeys, lamb, strawberry shortcake, banana shortcake, German chocolate cake, schnecken, coffee cake, and so on.

As far as I was concerned, I had an ideal family and lifestyle. I was happy: I roller skated, played hockey, sledged (belly whopped) in winter, played baseball, football, and handball (single and four wall), and swam. Those days are distant memories: I recall them now because I thought a little background might add interest to my saga of how I became a devout vegan.

About 1982, I saw Dr. Anthony Satalaro, acting director of Methodist Hospital in Philadelphia, on television recounting how he overcame incurable cancer that spread throughout his body: brain, lungs, innards, etc. An oncologist associate and friend diagnosed him and didn't give him long to live. I got Satalaro's book.

Through interesting circumstances Satalaro became a macrobiotic and was diagnosed in some arcane way by Michio Kushi, founder of the Macrobiotic movement. Kushi told him he could live. Satalaro went through some ups and downs, and a group

headed by Denny Waxman, the world-renowned macrobiotic counselor, took him under its wing and cooked for him: he became cancer free. His oncologist friend checked him out and could not believe that he was completely free of cancer.

About that time, my brother-in-law, Earl, a WW2 Marine Corps pilot, developed cancer. I could not believe it. When we were young, on a cold day in Central Park, an ice skating race was about to begin. Earl looked around for a pair of ice skates that might fit: he put them on and won the race. He cleaned the clock of the competition.

I got Earl to come to Sacramento. We went to the Vega Center in Oroville where he was indoctrinated to macrobiotics: He was sold on changing his diet. When he got back to New York, his medical advisers convinced him to stay on the standard American diet. Subsequently, he died.

We started a macrobiotic group in Sacramento. There were a few remarkable stories of cures. At least three women became clear of breast cancer. I took a six-month course in Macrobiotics in the Bay Area, conducted by staff members from the Kushi Institute. It was well worthwhile.

After the above prelude, I got seriously interested in health. I began to run; gave up cigarettes after 20 years—no small feat. I gradually entered races in the Sacramento Senior Games, became a life member of Fifty-Plus Fitness Association, ran 5-K and 10-K



Barbara and Stanley enjoying a recent cruise

Photo: Princess Lines

races and multiple Bay to Breakers and Dipsea Races. Eventually I worked my way up to marathons.

In 1986 I ran the California International Marathon. It was the worst weather in the history of the race. There were torrential rains and the winds were so powerful that you had to lean into them to move forward. After the race, the word got around that over 600 runners had dropped out. They weren't exhausted; they didn't "hit the wall." It was that they weren't stupid: the race wasn't worth the abuse.

After the race, I had a long wait for a car to pick me up. I developed a cough that progressed to walking pneumonia; I coughed profusely and violently; I had to sleep sitting up.

An eminent immunologist diagnosed me with asthma after a number of tests. I questioned his diagnosis, countering with, "My lungs are clear as well as my sinuses." He told me that I responded to medication: if I didn't respond to medication I would have emphysema. Therefore, since I responded to the medication, I had asthma. Subsequently, he diagnosed me with moderate to severe asthma and put me on prednisone for ten days.

**VEGAN VEGETARIAN**, continued on p. 5

After the ten days I was prescribed Ast-9macort, Intal, Theodore, and Alupent, as well as a series of allergy shots. I was walking around with a small zippered bag holding the four medications that I took at various times of the day, always in state of confusion as to when I took “what” last. I continued with the shots and medications with no end in sight.

In July 1987, by some strange act of the “unseen hand,” I got a letter from the Weimar Institute announcing that Dr. Sang Lee, board-certified allergist and immunologist, would be conducting a three-day seminar on allergies and asthma. I signed up.

On the first night, Dr. Lee informed the audience that if you have asthma, you will never get better. Those were the medical statistics. “If you did get better, then you never really had asthma; if you were diagnosed with asthma and got better, you were misdiagnosed; if you were diagnosed by a certified allergist to have asthma and got better, that would be a miraculous remission.” Therefore, the medical statistics would remain the same: “No one gets better from asthma.”

Dr. Lee stated that asthma was the result of an impaired immune system. The only way you could repair or normalize your immune system was to eliminate all animal protein from your diet.

Weimar has a logo: “NEW START.” “N” for Nutrition, “E” for exercise, “W” for water; “S” for sunlight; “T” for temperance; “A” for air; “R” for rest, and that gives you “NEW STAR.” But to have a “NEW START,” you need to have “T” for trust. That is, “Trust in Jesus.” This gave me a bit of a problem, being that I am Jewish. After some thought, I came to the conclusion that I could generate trust—blind trust—in the ethos. So now I had my “T” and “NEW START.”

The first dinner at Weimar was fine: vegetable minestrone soup; great dense whole-grain bread; vegetable lasagna; fruit. However, in the morning, after choosing a whole grain cereal from one of many, I queried, “Where’s the milk?” with a little edge. Someone pointed to a table up front. It had soymilk, almond milk, rice milk, various juices, etc.—but no cow’s milk. “Where’s the regular milk?”

It took me a little time . . . cow’s milk has animal protein. Now I got the shocking message . . . *no* animal protein! From that time on, not only did I avoid the obvious: meats, fowl, fish, candies, cakes, and cookies, I would check labels for casein and other derivatives of animal protein.

This change in my diet was still an unknown to me. It took some radical adjustments. Preparing and buying food at home; eating out; social adjustments; taking medications; purchasing serums; taking allergy shots; checking myself with a peak-flow meter; all were a challenge. At the same time, I was getting up at 6 a.m. to walk around a track in the dark while wheezing and trusting that I would not “lock up.” I feared that no one would be around to help me if I couldn’t breathe. I developed a mind set that “if I die, I die.” So be it. Gradually, my walking distance increased. I began to tentatively jog, then run.

On one of my poker evenings, I forgot my meds. I usually would get up quietly, go to the bathroom and take my four medications, come back and finish the evening of poker. Without my meds, I visualized that I’d ruin the evening, gasping for air, and these guys would get ticked off. However, I got through the evening without incident. I got home late that evening, took my meds. This incident made me realize that there was some leeway in the regimen.

Subsequently, I cut back on meds and finally stopped entirely for about

two weeks. I was still taking shots, and had just paid \$50 for a new supply of serum. After I had my shot, on what was to become my last day, and was waiting the usual 20 to 30 minutes before being OK’d to leave, I got the doctor’s attention as he came out of his office: I told him I hadn’t taken any medication for two weeks. He looked at me and said, “Those shots really work, don’t they?” I told him I had made major changes in my diet and lifestyle. His response was, “Those shots really work, don’t they?” Several more times I tried to tell him about those changes, and each time he replied, “Those shots really work, don’t they?”

I never went back. I had just paid for a new supply of serum, yet I never heard from the doctor or the office. They never called to find out why I missed my appointments, or to find out if I was dead or alive. That was the end of my taking shots. I no longer have any signs of asthma or any other allergies. *Note:* The Sacramento Valley is known for its concentrations of pollens and allergens. It is an allergists’ paradise.

In summary: I have been a vegan vegetarian, since going to Weimar in 1987. I started my vegan diet for health reasons; now I have visceral reasons and concerns for our planet. The factory farms designed to kill animals for food are too cruel for comprehension. The same cruelty extends to milk cows and egg production. The pollution that goes with these industries is contaminating our planet. The clear-cutting of our rain forests to produce grazing land for cattle is the tip of the iceberg when it comes to the destruction of our planet. In time we will be between the rock and the hard place, and severe measures will be imposed on future generations. I don’t want to add to the problems inherent in our way of life. My conversion to vegan is absolute.

*Stanley Greenburg is a long-time SVS member.*

# Recipes

Illustrations (Chick-pea [garbanzo] plant; farmer in buckwheat field): FCIT

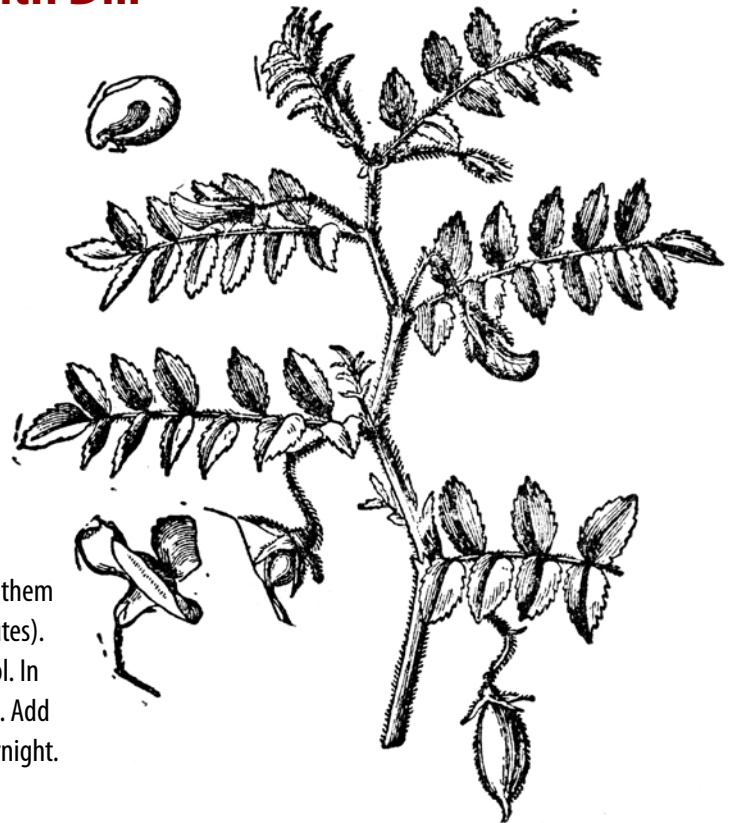
## Cucumber and Tomato Salad with Dill

**WIM VAN WARMERDAM**

2 tablespoons garbanzo beans, sorted and rinsed  
¼ cup water

8 ounces cucumber peeled, and diced  
8 ounces Roma tomatoes, cored and chopped (about 4 medium-large tomatoes)  
2 ounces purple onion, sliced into thin strips (about ¼ large onion)  
1 teaspoon olive oil  
2 teaspoons rice vinegar  
1 teaspoon dried dill  
¼ teaspoon salt

Soak the beans overnight in ¼ cup water in a small container. Cook them in a small covered pot until tender (this should take just a few minutes). Remove the lid and cook off any excess liquid, and let the beans cool. In the meantime, stir all the remaining ingredients together in a bowl. Add the beans. The onions will be milder if this salad is refrigerated overnight. Serves 2–4.



*Wim van Warmerdam is a vegan personal chef and professor of mathematics. He lives and works in Sacramento.*

## Kashi Chili

*Makes 6 servings*

This recipe is a healthy way to get low-fat protein. You can also garnish with shredded vegan cheese or vegan sour cream (these can be found at most health food stores) and serve as a dip with tortilla chips.

### Ingredients:

1 28-ounce can stewed tomatoes  
3 cups vegetable broth  
1 14.5-ounce can pinto beans  
1 tablespoon chili powder  
1 teaspoon paprika  
1 teaspoon crushed or minced garlic  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
½ teaspoon celery salt, or to taste  
¼ teaspoon black pepper, or to taste  
¾ cup whole dry kasha

In a large skillet, combine all ingredients except kasha. Bring to a light boil for 10 minutes. Add kasha, cover, and reduce to simmer. Simmer for 10 to 15 minutes, or until kasha is tender. Serve hot.

Options: Substitute ½ cup dry lentils for pinto beans and increase light boil time to 20 minutes.

*This recipe, provided by the Physician's Committee for Responsible Medicine's Cancer Project, is from the National Buckwheat Council.*



### Nutrition Information per serving (¼ of recipe):

Calories: 149  
Fat: 1.2 g  
Saturated Fat: 0.2 g  
Calories from Fat: 7.4%  
Cholesterol: 0 mg  
Protein: 7.2 g  
Carbohydrates: 30.4 g  
Sugar: 5 g  
Fiber: 7.7 g  
Sodium: 899 mg  
Calcium: 82 mg  
Iron: 3.3 mg  
Vitamin C: 14.6 mg  
Beta-Carotene: 693 mcg  
Vitamin E: 2 mg

**PROTEIN MYTH**, continued from p. 1

since plant-based protein sources don't contain cholesterol or high amounts of saturated fat, they are much better for you than meat, eggs, and dairy products. It is also worth noting the very strong link between animal protein and a few key diseases, including cancer and osteoporosis.

According to Dr. Ornish, "high-protein foods, particularly excessive animal protein, dramatically increase the risk of breast cancer, prostate cancer, heart disease, and many other illnesses. In the short run,

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Vegans and vegetarians needn't fret about protein, but many Americans do need to worry about their weight, heart disease, cancer, and other ailments—many of which can be addressed by healthier eating, including a vegan or vegetarian diet.

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they may also cause kidney problems, loss of calcium in the bones, and an unhealthy metabolic state called ketosis in many people."

The cancer connection is spelled out at length in a fantastic book by Cornell scientist T. Colin Campbell, *The China Study*. Basically, there is overwhelming scientific evidence to implicate that animal protein consumption causes cancer.

And just a few quick anecdotal points: Olympian Carl Lewis has said that his best year of track competition was the first year that he ate a vegan diet (he is still a strong proponent of vegan diets for athletes). Strength trainer Mike Mahler says, "Becoming a vegan had a profound effect on my training. . . my bench press excelled past 315 pounds, and I noticed that I recovered much faster. My body fat also went down, and I put on 10 pounds of lean muscle in a few months." Bodybuilder Robert Cheeke advises, "The basics for nutrition are consuming large amounts of fresh green vegetables and a variety of fruits, to load yourself up with vibrant vitamins and minerals."

A few other vegans, all of whom sing the praises of the diet for their athletic performance: ultimate fighter Mac Danzig, ultramarathoner Scott Jurek, Minnesota Twins pitcher Pat Neshek, Atlanta Hawks Guard Salim Stoudamire, and Kansas City Chiefs tight-end Tony Gonzalez. And let's not forget about tennis star Martina Navratilova, six-time Ironman winner Dave Scott, four-time

Mr. Universe Bill Pearl, or Stan Price, the world-record holder in bench press. They are just a few of the successful vegetarian athletes.

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High-protein foods, particularly excessive animal protein, dramatically increase the risk of breast cancer, prostate cancer, heart disease, and many other illnesses. They may also cause kidney problems, loss of calcium in the bones, and an unhealthy metabolic state called ketosis.

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Basically, vegans and vegetarians needn't fret about protein, but many Americans do need to worry about their weight, heart disease, cancer, and other ailments—many of which can be addressed by healthier eating, including a vegan or vegetarian diet. Vegetarians and vegans get all the nutrients our bodies need from plants, and will thus, according to the science, be more likely to maintain a healthy weight and stave off a variety of ailments, from heart disease to cancer.

Happy eating!

The original online article can be found at <http://www.alternet.org/story/86942/>.

## Sacramento Vegetarian Society Membership Application

Detach and mail this form with a check made out to SVS. | Send to: SVS, P.O. Box 163583, Sacramento, CA 95816.

Name(s) \_\_\_\_\_ Date \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

Individual member: \$20/year     Family membership: \$33/year



Sacramento Vegetarian Society

P.O. Box 163583  
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<http://www.sacramentovegetariansociety.org/>



Illustration; FCIT

## Chickens Raised for Meat

**KAREN DAVIS**, *President, United Poultry Concerns* (Originally published in *Between The Species: A Journal of Ethics*, Winter 1990)

Chickens are cheerful, vibrant, sociable birds who evolved in the forests of India and Southeast Asia. Chickens mass-produced for food never feel the sun or soft grass or see the sky overhead. They never know the comfort of a mother hen's wing or the pleasure of parenting their young. Every day in North America and throughout the world, hundreds of millions of chickens are forced to live in filth and fear and are brutally slaughtered.

As a result of genetic manipulation for overgrown muscle tissue of the breast and thighs, chickens suffer miserably from painful lameness. They suffer from gastrointestinal disorders, blood diseases, and chronic respiratory infections. The parents of these birds are kept in darkness on semi-starvation diets designed to reduce the infirmities that result from breeding chickens to grow too large too fast.

During their six weeks of life, "broiler" chickens live in semi-

darkness on manure-drenched wood shavings, unchanged through several flocks of 30,000 to 50,000 or more birds in a single shed. The ammonia causes chickens to develop a blinding eye disease called ammonia burn. So painful is this disease that afflicted birds rub their hurting eyes with their wings and let out cries of pain.

"Broiler" chickens are crowded by the thousands in long dark sheds contaminated with Salmonella, Listeria, and Campylobacter bacteria and Avian Influenza viruses. Poultry products are the main source of food poisoning in the home and a leading cause of arthritis in consumers.

### *Catching, Transport, and Slaughter*

At six to twelve weeks old, chickens are violently cornered and grabbed by catching crews and carried upside down by their legs—struggling, flapping, and crying—to the transport truck. At the slaughterhouse, the chickens are torn from the cages and hung upside down on a conveyer belt. As they move toward the killing knife, they are dragged through an electrical current that paralyzes their muscles

but *does not stun them*. Chickens are intentionally kept alive through the slaughter process so their hearts will continue to beat and pump out blood.

"The chickens hang there and look at you while they are bleeding. They try to hide their head from you by sticking it under the wing of the chicken next to them on the slaughter line. You can tell by them looking at you, they're scared to death."—Virgil Butler, former Tyson chicken slaughterhouse worker in Grannis, Arkansas.

Millions of chickens are alive, conscious, and breathing not only as their throats are cut but afterward, when they are plunged into scalding water to remove their feathers. In the scalding, "the chickens scream, kick, and their eyeballs pop out of their heads," said Virgil Butler. The industry calls these birds "redskins"—birds who were scalded while they were still alive.

*Please do a compassionate deed for chickens and a kinder and more gentle world. Go Vegan.*

For more information about chickens and how you can help them, contact: United Poultry Concerns; P.O. Box 150; Machipongo, Virginia 23405; 757-678-7875; [www.upc-online.org](http://www.upc-online.org).

*For the animals. For your health. For our planet.*

**SacVeggie.org**