

The Gleaner

Published bimonthly by

Sacramento Vegetarian Society

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

Preparing for Swine Flu and Other Animal-borne Infections

JOHN A. McDOUGALL, M.D.
Reprinted from the May 2009 issue of the "McDougall Newsletter"

The H1N1 swine flu virus has already been identified as a new virus, with genes from human, bird, and pig influenza viruses. Symptoms include fever, coughing, sore throat, body aches, headache, chills, fatigue and, in some cases, vomiting and diarrhea. In severe cases, it may lead to pneumonia, multi-organ failure, and death. The incubation period is two to five days.

There have been relatively few deaths worldwide, but matters could become worse in the winter months—you should expect no serious risk of infections in the Northern Hemisphere until then; possibly because of the high ultraviolet light exposure during the summer and early fall.

The 1918 Spanish flu pandemic, which killed 20 to 40 million people worldwide, began with a mild wave of infections in the spring, but the virus returned a few months later in a far more dangerous form. With international air travel the disease could spread rapidly.

Worse than the infection could be the disruption of trade and the economy that

The origin of bird and swine flu viruses is the factory farming of animals (chickens and pigs). My recommendation for a worldwide change to a starch-based diet to prevent and cure common diseases of over-nutrition (heart disease, cancer, type-2 diabetes, obesity, etc.) and to slow environmental destruction, applies also to the prevention of influenzas.

follows an outbreak. Everything you take for granted (grocery shelves filled with food, gasoline, heating fuels for your home, TV, etc.) may



Unlike their domestic relatives, wild boar have not been implicated in the current swine flu outbreak. Still, you would be prudent to avoid these aggressive, nonnative beasts.

Illustration: FCIT (<http://etc.usf.edu/clipart>)

no longer be available soon after a serious outbreak.

There are no current effective vaccines. My last experience with Swine Flu vaccine was in 1976—two of my patients became permanently paraplegic from the vaccine. The vaccine turned out to be more dangerous than the original flu outbreak, which killed only one person. From the vaccination of 40 million Americans, 25 people died and 500 were affected with Guillain Barré syndrome, a serious neurological disorder.

We have learned much since then about vaccines. But don't count on this method for your salvation because effective vaccines are difficult to produce against a virus like swine flu that changes genetically so easily. The routine "flu shot" that will be offered this fall will offer no protection from swine flu. If an effective, safe vaccine for swine flu does become available, I will personally take it.

Antibiotics are not effective against viruses. Antiviral agents (Tamiflu and Relenza) are of limited value because resistance has developed. They may reduce the duration and severity of the flu—so keeping a stockpile could be wise.

SWINE FLU, continued on p. 9



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

President, *Linda Middlesworth*
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Submission Guidelines

Send submissions or inquiries to:

Editor: 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 editor or check the website for formatting specifications.

Submission deadlines for articles:

November–December 2009: Oct. 12, 2009

January–February 2010: Dec. 20, 2009

March–April 2010: Feb. 14, 2010

May–June 2010: Apr. 14, 2010

SVS Monthly Potluck

Sunday, September 20 • 5:30 p.m.

1914 Alhambra Blvd., Sacramento

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

The Latest in Nutrition Research

30-minute excerpt from Dr. Greger's 2009 DVD

If you attended our March potluck, you know how entertaining and informative Dr. Greger can be. Don't miss his latest DVD with his latest research-based tips on what to eat to increase energy, reduce your risk of disease, and reach your best body weight. For more info, visit www.drgreger.org.

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.

Calendar

Send calendar entries for the Nov.–Dec. '09 issue by Nov. 1, to MRODGERS@MACNEXUS.ORG.
Locations are in Sacramento unless otherwise noted.

Sun., September 20

SVS Monthly Potluck. 5:30–7:30 p.m. See above.

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. Sponsored by S.F. Vegetarian Society and In Defense of Animals. International vegan cuisine; healthy food demos; live entertainment, and more. The outstanding lineup of speakers includes: Dr. Dean Ornish, John Robbins, Colleen Patrick-Goudreau, Howard Lyman, Dr. Elliot Katz. SVS will coordinate carpooling from Sacramento. Suggested donation: \$6; arrive before 10:30 and it's free. For full details, go to <http://www.sfvs.org/wvd/>.

Sun., October 10

SVS Dineout. 6 p.m. Join us for Indian cuisine at **Udupi Café**, 2226 Sunrise Blvd., Rancho Cordova. RSVP at sacveggie.org or events@sacramentovegetariansociety.org.

Sun., October 18

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: *Compassionate Cook: Colleen Patrick-Goudreau* Patrick-Goudreau a dynamic speaker who will talk about cooking with compassion and introduce her new cookbook, *The Vegan Table*.

From the President



LINDA MIDDLESWORTH

Our July potluck was another success story. After eating a scrumptious dinner with vegan dishes and desserts from all of us, our featured speaker, Jennifer Fearing, California Representative of the Humane Society of the United States (HSUS), gave us an informative slide show and speech. She gave us progress reports, all the way from passing Prop 2 to animal rescues and upcoming projects for HSUS.

HSUS has been instrumental in creating awareness of animal farming cruelty; they are taking small steps toward making the lives of farm animals more acceptable. We compassionate veggie eaters would like to stop all animal production immediately and have our fellow Americans just stop eating animal flesh, eggs, and dairy, but that is difficult to do given the perception that most people have about becoming vegetarian. Hopefully, with increased awareness started by HSUS, more people will make an effort to try going veggie.

I am happy to announce that several of our vegetarian friends in our group have decided to go vegan! This is the most rewarding part of my job. To have people actually understand that:

- Number 1: We are responsible for our own health! If you are lucky to have a good

doctor who understands nutrition, then you may be supported by him or her, but the ultimate responsibility comes down to each person. Your food is your pharmacy. Eat lots of veggies, grains, beans, and fruits, and moderate nuts and seeds in their purest form; your health issues can reverse and you will feel great every day.

- Number 2: Eating animal flesh, eggs, or dairy is cruel to animals. If you are truly compassionate, you will stop eating all animal protein. The animals, with no voice, will love you for this. One person can stop enormous numbers of animals from pain and suffering. I know it can be difficult to know how to stop eating animal flesh, eggs, and dairy. The book I recommend to assist you is *Engine 2 Diet* by Rip Esselstyn. It transitions you, with baby steps, to plant-based eating. His recipes are simple, easy, and yummy.

Our August program was the powerful, award-winning documentary, *Peaceable*

Kingdom, produced by Tribe of Heart, about the cruelty involved in animal farming as well as rescue efforts by Farm Sanctuary in Orland, California. The film shows the incredible emotional connection between humans and animals, especially farm animals. We witnessed a young man who had been forced as a child to have the cows, who he raised from birth, be slaughtered and was told to “get over it” by his family and society. Later he finds his real feelings for a cow who remembered him, and realized that killing them was not what we humans are supposed to be doing.

Be well and show mercy for animals.

The August SVS potluck gathering received a glowing review from Anna Ritner in the *Sacramento Bee* (<http://www.sacbee.com/entertainment/story/2123728.html>). —ed.

Our youngest vegan

SVS is delighted to introduce Prairie Alice Rose Parsell, born July 9 to proud parents and longtime SVS members Reed and Kari Rose Parsell. Prairie was born at Sutter Davis Hospital, weighing 6 pounds, 2 ounces, and measuring 19.5 inches. Everyone's doing great.



Failure to Yield: Evaluating the Performance of Genetically Engineered Crops

SOURCE: WWW.UCSUSA.ORG/FAILURETOYIELD; SUBMITTED BY MARTY MASKALL

For years the biotechnology industry has trumpeted that it will feed the world, promising that its genetically engineered crops will produce higher yields. Many vegetarians have been skeptical of that promise, instead preferring locally-grown, conventional, and/or organic crops.

That promise has proven to be empty, according to *Failure to Yield*, a report by UCS expert Doug Gurian-Sherman released in March 2009. Despite 20 years of research and 13 years of commercialization, genetic engineering has failed to significantly increase U.S. crop yields.

Failure to Yield is the first report to closely evaluate the overall effect genetic engineering has had on crop yields in relation to other agricultural technologies. It reviewed two dozen academic studies of corn and soybeans, the two primary genetically engineered food and feed crops grown in the United States. Based on those studies, the UCS report concluded that genetically engineering herbicide-tolerant soybeans and herbicide-tolerant corn have not increased yields. Insect-resistant corn, meanwhile, has improved yields only marginally. The increase in yields for both crops over the last 13 years, was largely due to traditional breeding or improvements in agricultural practices.

The UCS report comes at a time when food price spikes and localized shortages worldwide have prompted calls to boost agricultural productivity, or yield—the amount of a crop produced per unit of land over a specified amount of time. Biotechnology companies maintain that genetic engineering is essential to meeting this goal. Monsanto, for example, is currently running an advertising campaign warning of an exploding world population and claiming that its “advanced seeds ... significantly increase crop yields ...” The UCS report debunks that claim, concluding that genetic engineering is unlikely to play a significant role in increasing food production in the foreseeable future.

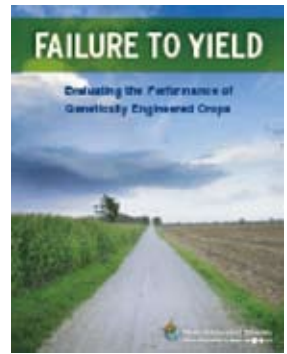
The biotechnology industry has been promising better yields since the mid-1990s, but *Failure to Yield* documents that the industry has been carrying out gene field trials to increase yields for 20 years without significant results.

In addition to evaluating genetic engineering’s record, *Failure to Yield* considers the technology’s potential role in increasing food production over the next few decades. The report does not discount the possibility of genetic engineering eventually contributing to increase crop yields. It does, however, suggest that it makes little sense to support genetic engineering at the

expense of technologies that have proven to substantially increase yields, especially in many developing countries. In addition, recent studies have shown that organic and similar farming methods that minimize the use of pesticides and synthetic fertilizers can more than double crop yields at little cost to poor farmers in such developing regions as Sub-Saharan Africa.

The report recommends that the U.S. Department of Agriculture, state agricultural agencies, and universities increase research and development for proven approaches to boost crop yields. Those approaches should include modern conventional plant breeding methods, sustainable and organic farming, and other sophisticated farming practices that do not require farmers to pay significant upfront costs. The report also recommends that U.S. food aid organizations make these more promising and affordable alternatives available to farmers in developing countries.

“If we are going to make headway in combating hunger due to overpopulation and climate change, we will need to increase crop yields,” said Gurian-Sherman. “Traditional breeding outperforms genetic engineering hands down.”



The Life You Can Save

by Peter Singer
Random House, 2009

Reviewed by DON KNUTSON

Suppose you are walking along a street on your way to a reception dressed in your best clothes and shoes, when you come upon a child drowning in a pool, and there is no one else around. What do you do? Most likely you would disregard the best interests of your attire to do whatever you could to save the child. That is the premise of Peter Singer's new book, *The Life You Can Save*. You may recognize the name—Singer wrote the seminal *Animal Liberation* some 35 years ago, which is widely credited with beginning the Western world's animal rights movement.

According to Oxfam and UNICEF, two principle organizations addressing world poverty today, about 25,000 children die of preventable causes every single day. Singer suggests in his brief and meaningful book that just because we aren't personally witnessing these individual tragedies, doesn't mean we shouldn't consider what added responsibility we can take on to reduce these shameful occurrences. His recommendations are that if everyone moved by this reality increased their contributions to a level where it only slightly hurt, the problem could be largely mitigated. He

criticizes the immensely wealthy for enjoying lavish lifestyles in the face of such deprivation. Of course, each of us must decide what our "fair share responsibility" should be, which should cause a theological crisis among the religious believers satisfied to live their lives as they always have. Another complicator is related to global warming. The First World is principally responsible for the phenomenon that will disproportionately affect the Third World and complicate their efforts to improve their economies and advance the interests of their populations.

How can we make our charitable contributions go the furthest and yield the maximum effect? One of those scrutinizing the effect of charitable giving mentioned in Singer's book is Charity Navigator, founded in 2001. They are limited to evaluating charities granted tax-exempt status under section 501(c)(3) of the Internal Revenue Code and are required to file IRS Form 990, which reflects the financial health of the organization. Religious charities, exempt from filing such documentation, cannot be effectively evaluated.

In his book, Singer doesn't address animal rights at all

and only affords a paragraph in the book to decrying the chronic inefficiencies of animal agriculture saying, "the relatively affluent have found a way to consume four or five times as much food as would be possible, if we were to eat the crops we grow directly." From my own travels in the Third World, significantly reducing poverty there is a big favor we can do for animals, in general. When an impoverished family is struggling to even survive, they cannot be expected to be cognizant of the suffering of animals.

Singer offers a valuable treatise through logic and reason why it is important and even vital for us to address the injustice of poverty in the world today. Each and every young person sacrificed to poverty represents a loss to the world. So much potential is discarded when a single baby is denied a chance to develop in a healthy environment, to be well-educated, and then for him or her to use their unique qualities to contribute mightily to the well-being of ourselves and our planet.

The Life You Can Save is an easy read with valuable suggestions as to how we can take the steps to do better for this world of ours.

Veggie Path

CHARLOTTE MARKEE

In the mid-80s I purchased *Laugh with Health* by Manfred Koch. I have always loved food of any kind and was very interested in the food I consumed. Mom served the standard American diet, based on the four food groups, when I was growing up, but this book stirred my interest in the health aspects of my dietary choices. *Laugh with Health* gives one of the most detailed explanations of the impact of animal products in one's diet. While this book does not call for everyone to become vegetarian or vegan, it provides sound information on the impacts of consuming animal products. It also has great facts on the health benefits of eating fresh fruits and vegetables. I still have the book and refer to it at times.

Now, I will admit after understanding all the health benefits of a vegetarian/vegan diet I struggled for more than a decade to make the final commitment. Many have had the same struggle; we know what is right but find the final commitment hard. We have families that eat animal products and we have done so our entire lives, so sometimes it's just easier and more comfortable to digress from our veggie path. More information was needed to justify a change in lifestyle, because the longevity factor was not enough

to keep me from animal products. I enjoyed life and did not want to feel like I was on the sidelines at meal-time. I learned and tried new vegetarian meals but still searched for more.

My final commitment to vegetarianism and ultimately veganism came when I could no longer ignore the cruelty in which farm animal live and die. My conscience no longer allows me to consume or crave to consume products that have contributed to the suffering of other beings. The images of factory farms and slaughterhouses are extremely difficult to view, but I believe the public should be exposed to these images often, so denial of animal cruelty becomes more and more difficult. Most importantly, I have found the support and friendship of other vegetarians/vegans to be the most valuable resources anyone can have.

One last note, my life this year has gone through many changes, both sad and wonderful. I have not seen many of my veggie friends this year, but I think of you all often. The sad news first. My mother

Veggie Star: Charlotte Markee



Charlotte and Chris celebrate their nuptials at their mountain of vegan cupcakes.

passed away in February. It was rather sudden, but she was 83 and had a great life. It was especially sad because she did not get to see the day that Chris and I were married. That is the wonderful news. Chris, his daughter Kyra, and I now live in our vegetarian/vegan household in Rocklin. Now that things are settling down, we hope to see you all at veggie potlucks and dine-outs.

Charlotte Markee is a past vice president and dining-out coordinator of the Sacramento Vegetarian Society.

Recipes

Illustrations: FCIT (<http://etc.usf.edu/clipart>)

Quinoa or Brown Rice Salad with Artichoke Hearts and Tomatoes

FROM REVERSING DIABETES BY DR. NEAL BARNARD

3 cups quinoa or brown rice
6 ounces, marinated artichoke hearts packed in water, drain and slice
1 cup scallions, chopped
1½ pounds halved red and/or yellow cherry tomatoes
½ cup chopped fresh basil
½ cup fat-free Italian dressing (or rice vinegar and salt/pepper)
3 tablespoons lemon juice
2 cloves garlic, crushed
¼ teaspoon salt (unless added in dressing)
freshly ground pepper
1 head crisp romaine lettuce

Place the rice or quinoa in a large salad bowl and **add** the artichokes, scallions, tomatoes, and basil. **Toss** gently. **Combine** the Italian dressing (no oil!), lemon juice, garlic, salt, and pepper in a small bowl or jar. **Whisk or shake** until well blended. **Pour** over salad and **mix** gently. **Serve** on beds of lettuce on individual plates (or leave in bowl, add torn lettuce pieces to dish). **Add** olives if you like them.



Vanilla Cake with Chocolate Frosting

FROM HOW IT ALL VEGAN, BY TANYA BARNARD AND SARAH KRAMER

(with a few tweaks by Linda Middlesworth, who kindly submitted these recipes)



The genus *Vanilla*, in the orchid family, includes 20 epiphytic species native to tropical America and Asia. They differ from most other orchids by their climbing habit; they cling with their aerial roots to the stems of trees or to rocks, attaining heights of 20–30 feet, and obtain their sustenance from the atmosphere.

Cake: 1½ cups flour (I used whole wheat pastry)
2 teaspoons baking powder
¼ teaspoon salt
¾ cup dry sweetener (I used raw, organic, unprocessed sugar)
¾ cup soy milk
2 teaspoons vanilla extract
¼ cup oil (oil can be replaced with pumpkin or applesauce)
egg replacer (equal to one egg)

Preheat oven to 350°. In a large bowl, **stir together** the flour, baking powder, and salt. **Add** the sweetener, milk, vanilla, oil, and egg replacer and **mix** together gently until just mixed. **Pour** into a lightly oiled cake pan and **bake** 25–30 minutes. **Check** with knife to see if done. **Cool**, then **frost**.

Frosting: 1½ cups semisweet (non dairy) chocolate chips
soy milk
1 cup almond butter
1 teaspoon vanilla extract

Place chips in glass bowl; **add** soy milk to just cover. **Microwave** just a minute or so until melted. **Mix**; **add** almond butter and vanilla extract. **Mix well**; **spread** over cake and **chill**.

Pet Placement PDQ, Thanks to Social Media

JENNIFER FEARING

Reprinted from PetConnection.com, July 13, 2009

Monday, July 13, 2009: I logged onto Facebook on Friday afternoon. I've been struggling with a bout of pneumonia for a couple weeks, so I've not been as active as usual. But while I was scrolling down the wall of my home page, a picture of a dog caught my eye. It was posted by my friend Betsy Rosenfeld, Los Angeles-based animal lover, blogger, and author of the recently published, *The Complete Single's Guide to Being a Dog Owner*. She's always posting adorable photos of dogs who need homes, but something about this one caught my eye. The bat ears, the cocked head, the teeth peering out. Then I read her post, from 3:20 p.m.: "Amy just found this sweet boy running in Griffith Park. He's really been beaten up, maybe attacked by coyotes! But he is safe with Saint Amy! We may need to raise funds for a vet visit. Stay tuned."

Impulsively, I commented (it's just *too* easy). At 4:13 p.m. I wrote, "Keep me posted on this guy—I'm in the market for dog #2 and have just been waiting for a sign" Okay, that was true. It's been almost five years since dog Yoda, cat Kennedy, and I lost our big yellow lug, Davis, to cancer. During that time we moved to DC and back, and always I had a good reason for not bringing another dog into the house. We tried a couple time with fosters, but my Yoda dog can

be tricky, and we just hadn't found the right match.

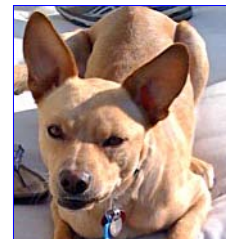
Something about being sick the past couple weeks kind of woke me up to the fact that I'd been putting this part of my life off, subjugating it to the relentless demands of my job. Meeting my friend Gina's puppies and reading her fun posts about Faith, the puppy she kept from the litter she bred, also put me in the mood to add a dog. And then the release last week of both the latest California animal sheltering statistics (which showed a fairly dramatic increase in the number of incoming animals during 2008) and a press release we issued last week encouraging families to stick together during these rough economic times, and giving some tips for how to do so, also made me ask, "Can't I help? There's room in this house for another dog—it's time to help one."

So I was primed for Betsy's post, I really was. Yoda seems to do well with dogs with stand-up ears and that are about his size. And from my initial conversation with Amy, it sounded like little Griffith had the temperament of the dogs that my Yoda dog has gotten along with in the past.

Now, it's Friday afternoon. The dog is in Los Angeles. I'm in Sacramento. The little matter of 375 miles was now the only thing separating us.

Cue Twitter.

At 6:04 p.m., I tweeted, "HumaneCA is reaching out to see if anyone is driving



Griffith

from LA to Sac in the next few days—and would be willing to tote a sweet pup." It was retweeted by @lockshin (a follower who works for the CA Democratic Party), and at 6:07. @ChristieKeith at 6:08. Then, at 6:09, incoming tweet from @CrystalStrait (a friend who also works in politics, and follows @lockshin), "@lockshin @humaneca I'm coming back to sac on la. Where does the dog need to go?"

That's right. It took 5 minutes. A couple back and forths with Crystal to talk details, and by 6:32 p.m., I posted "OMG, I love TWITTER! It took less than 20 mins to find a ride for Griffith from LA to Sac on Sun. I'm gettin' a new (used) dog!" How great is that? I was able to connect St. Amy (who found Griffith) and St. Crystal (and her awesome husband Randy) via e-mail, and they made the handoff Sunday afternoon. (In the small-world category ... the address Amy gave me for picking up the dog is less than a block from where my best friend lived in Valley Village for five years. So weird.)

Crystal and Randy report that Griffith was a perfect car dog. They arrived around

PET PLACEMENT PDQ, continued from p. 4

11 p.m. last night. The dog is adorable—pathetic, but adorable. He has a horrible limp—something is obviously not right with one of his front legs. He’s got puncture wounds and tire burn marks on his face and chest. And he has had a half dozen sneezing fits. We’ll get him in later today for a tune up and get him on the path to good health.

He has a good appetite and slept peacefully in the crate I set up for him. He’s hanging out on my side porch right now, happily squeaking away on a toy I gave him. I have half a mind to name him “Twit-Face” in honor of the tools used to save his life, but he looks more like a Griffith.

Yoda isn’t quite sure what to think yet, but I’m hoping he comes around. We’ll take our time, and I’ll be sure to reinforce Yoda’s standing as top dog—don’t want him to feel his status is threatened. I saw an ad in *Bark* magazine last night for a book by Dr. McConnell on managing multi-dog households. I might have to place a rush order.

In the meantime, while having a second dog might mean less time in front of Facebook and Twitter for me, I feel inspired to continue updating and tweeting away, having confirmation that time invested in these brief, 140-character communications can really save lives.

Jennifer Fearing is the chief economist and California director of the Humane Society of the United States.

SWINE FLU, continued from p. 1

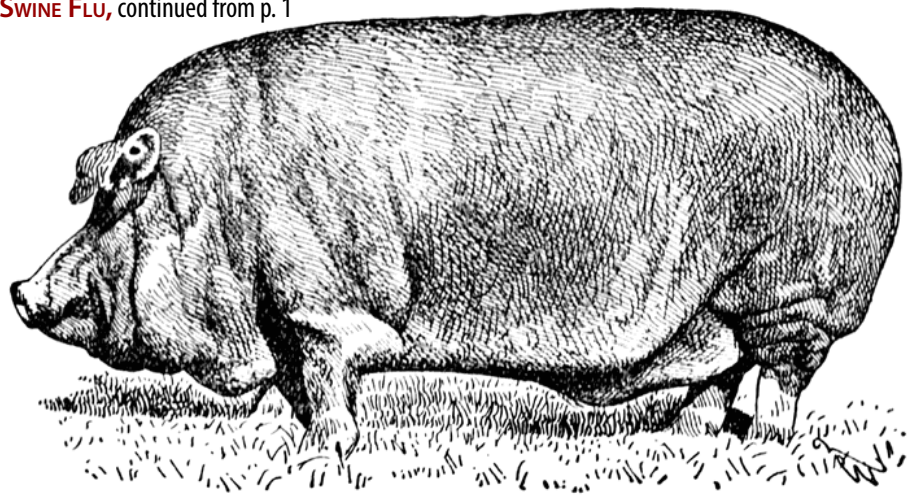


Illustration: FCIT (<http://etc.usf.edu/clipart>)

Tamiflu is most commonly recommended and can be purchased with a prescription (A 10-pill regime for one adult is about \$60). No special diet, herb, or vitamin supplement will protect you from becoming infected or dying.

Your best chance to avoid infection is to avoid the virus. Everyday habits of hand washing and not touching your face should be practiced. Wearing a mask is a public-spirited act, adding to the panic, but offering little to no protection.

The day may come when isolating yourself and your family may make the best sense. You should be prepared. Suggestions on stocking food are found in my March 2008 newsletter article: *Cutting Food Costs in These Times of Economic Downturn*. Drinking water will be necessary. Also consider a solar oven. These recommendations for preparedness may sound paranoid to some of you, and I do not like spreading unnecessary fear—but we live in dangerous times.

Long term, the solution to preventing the most devastating viral epidemics is to change the world’s food supply. The origin of bird and swine flu viruses is the factory farming of animals (chickens and pigs). My recommendation for a worldwide change to a starch-based diet to prevent and cure common diseases of over-nutrition (heart disease, cancer, type-2 diabetes, obesity, etc.) and to slow environmental destruction, applies also to the prevention of influenzas. This is just one more reason to support the Starch Solution (See the February 2009 *McDougall Newsletter*).

For a detailed discussion of the origins of the swine flu virus, read *Factory Farms: Recipe for Disaster*, by Michael Greger, M.D., in the May 2009 *McDougall Newsletter*.

Read the “*McDougall Newsletter*” online (<http://www.drmcDougall.com/misc/2009nl/>).

John A. McDougall, M.D., is the founder of the nationally renowned ten-day, residential McDougall Program, centered on a starch-based, vegan diet and lifestyle changes.



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Old News is Still News

Can you believe it has been over 20 years since John Robbins' Pulitzer Prize nominated *Diet for a New America* hit the bookshelves? Robbins' readable, fact-filled treatise on the health, environmental, and societal, impacts of dietary choices is just as relevant today.

In a world where people freak out over whether their lettuce is harboring traces of pesticides as they scarf down their supersized cheeseburgers, it's good to revisit the facts about where the pesticide residues present in our food actually come from.

Eating a plant-based diet is by far the best way to go, and dining on organic, locally grown produce will reduce the already tiny (in comparison to the real culprits—animal products) residues in vegetables, fruits, legumes, and grains even more.

This list was culled from "Realities 1989," a listing of factoids compiled from Robbins' book by EarthSave International (<http://www.earthsave.org/>).

Facts about Pesticides in Food

- Pesticide residues in the U.S. diet supplied by grains: **1%**
- Pesticide residues in the U.S. diet supplied by fruits: **4%**
- Pesticide residues in U.S. diet supplied by vegetables: **6%**
- Pesticide residues in the U.S. diet supplied by dairy products: **23%**
- Pesticide residues in the U.S. diet supplied by meat: **55%**
- Pesticide contamination of breast milk from meat-eating mothers vs. non-meat eating: **35 times higher**
- U.S. mother's milk containing significant levels of DDT: **99%**
- U.S. vegetarian mother's milk containing significant levels of DDT: **8%**
- What USDA tells us: **meat is inspected**
- Slaughtered animals inspected for residues of toxins and chemicals including dioxin and DDT: **less than 0.00004%**

To see the entire list, go to <http://www.duke.edu/web/planv/realities.html>.