

2009

July

V Alaska S Vegetarian Society

Healthy Bones

by Delisa Renideo

I grew up believing that drinking lots of milk guaranteed that I would have healthy bones. That was easy for me to do as I loved milk. Some of my school friends hated milk, so they would pass their milk over to me when the teacher wasn't looking. Since they succeeded in avoiding milk much of the time, does that mean their bones suffered? Are these hapless milk haters now suffering from osteoporosis? And are my bones twice as strong because I drank their milk in addition to my own?

I haven't kept track of the health of my childhood classmates, so I don't know how strong their bones are now. But I am

I grew up believing that drinking lots of milk guaranteed that I would have healthy bones.

confident that avoiding milk did not cause them to have weak bones. A recently published book called *Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs* by Amy Lanou, Ph.D. and Michael Castleman, explains it all. This book examines all the

research (1200 studies) having to do with bone health and clearly shows that milk consumption does nothing to strengthen bones, in spite of the widespread belief to the contrary.



Two-thirds of the published studies showed no positive effect on bone health in those consuming milk and other dairy products. Many of these

studies also addressed calcium supplements and found no benefit in taking them, either.

This information goes against all our cultural conditioning. It's hard to believe it, especially with all the pro-milk advertising done by the Dairy Council. Even medical professionals usually recommend drinking milk and taking calcium supplements for strong bones. This is in spite of many hundreds of studies showing the exact opposite.

If it were true that dairy product consumption builds strong bones, it would see *Healthy Bones*, continued on page 5

Nutrition Nuggets

Spice Up Your Health With Cinnamon

Cinnamon is part of many childhood memories: cinnamon toast, cinnamon buns, cinnamon in oatmeal, cinnamon sprinkled on apple pie. We know it tastes great, but did you know it's also very good for you?

Cinnamon comes from the bark of the Cinnamomum verum tree, which originated in Sri Lanka. Cinnamon sticks are just the curled up bark of the tree, and ground cinnamon is the ground bark of the tree.



Cinnamon, like many other spices and herbs, has many health benefits:

- Helps lower LDL cholesterol, the “bad” cholesterol.
- Helps improve blood glucose levels by increasing insulin sensitivity.
- Has anti-inflammatory, antibacterial, anti-fungal and antioxidant properties.
- Reduces blood clotting (often beneficial, but if you have bleeding disorders, you may want to avoid it.)
- Traditionally used to treat stomach pain, gas, and diarrhea.
- Smelling the aroma of cinnamon can even improve mood and memory!

Although we may be used to eating cinnamon in sweet foods (which we should eat in moderation) you may want to try adding cinnamon to savory dishes. It is good added to chili, grain pilafs, and some soups. Try adding a little at first, and taste as you go.

You can also make cinnamon tea very easily by pouring a cup of boiling water over a cinnamon stick and see *Cinnamon*, continued on page 6



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

• ***Anchorage*** •

Providence

Cancer Center

3851 Piper St. Bldg. U2
Room 2281 (Media Center)

Aug. 5 – Sept. 16, 2009

Wed., 6:30 – 8:30pm

Sept. 21 – Nov. 2, 2009

Mondays, 6:30 – 8:30pm

• ***Palmer*** •

Mat-Su Regional

Medical Center

2500 S. Woodworth Loop

Aug. 4 – Sept. 15, 2009

Tuesdays, 6:30 – 8:30pm

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

Pre-registration required!

To register contact Delisa at

**907-373-1526 or
delisa@yestolife.info**

MY YEARLY TREK

by Delisa Renideo

Ever since becoming an instructor for The Cancer Project, I've made a yearly trek to Washington D.C. to attend the annual Symposium and Instructor's Summit. This year it was held in June, so I've just returned from my 4th trek.

The topic of this year's Symposium was Childhood Obesity, so many of the 200+ women and men in attendance were pediatricians and dietitians. This is a problem that is gaining attention as it gains momentum, and in spite of it's obvious relationship to our lifestyle, it seems to be quite difficult to correct.

The U.S. has the second highest rate of obesity, second only to Saudi Arabia. Two out of 3 American adults are overweight, and half of these are obese. Childhood obesity has tripled since the 1980's, now standing at about 15 percent. Children are now suffering diseases that used to be found only in adults: coronary artery disease, Type 2 diabetes and arthritis.

After two days learning about child-

hood obesity, I spent a third day with my fellow Cancer Project instructors from around the U.S. This group of about 20 women was composed of all ages, from their 20's through their 60's, and every single one looked trim and healthy. After hearing all the discussion about the crisis of our burgeoning bellies, it was nice to know that we had the solution within our own control. When we eat a naturally low-fat, high-fiber diet of whole plant foods, we will maintain a healthy weight.

Returning home to Alaska is always a joy after venturing "Outside." It's also

a joy to be able to share the simple solution to so many of today's health problems, including obesity. Each one of us can make the choice, to day, to purchase and eat the foods that support health. We don't need a prescription, we don't need insurance, it doesn't cost more money or require any special equipment. We can get everything we need at our local grocery stores to begin moving toward optimal health.

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Cancer Project Instructors at 2009 Summit

May AVS Potluck Highlights

by Elaine Albertson

We filled the room with fifty-four potluck attendees at the May 30th AVS dinner. Guru Bandhu demonstrated making salad dressing in a vintage VitaMix. For our program, Mark Rempel shared with us how he turned his local family farm into a thriving organic operation.

There were many delicious dishes, including corn chowder (see page 6 for recipe) and chocolate-dipped strawberries. The interesting thing was that there were no salads this time! But that's the joy of a potluck--what we get is pure luck!



Interested in Ordering Organic Food?

Wolf Lake Wellness, in Wasilla, Alaska, provides an opportunity for everyone to order organic products from Azure Standard in Oregon as well as a couple of other suppliers. Check out their website at www.wolflakewellness.com. They will be submitting an order in early July, so if you're interested in placing an order this month, there is no time to waste.

• • Ponder This • •

Why do we pet some animals and eat others? How do we determine which ones to pet and which to eat?

In the U.S., many of us share our homes with cats and dogs and wouldn't think of eating them. But in some places, dogs are regularly found in the soup and cats become fur coats. Obviously, not everyone has the same beliefs about animals.

Where did we get our beliefs and attitudes? If they have changed over time, what made us change them?



Food for Life TV

Ever wish you could supplement the Food for Life Cooking Classes with more information and cooking demonstrations? Well, you can!

The Physicians Committee for Responsible Medicine (PCRM) has a live weekly interactive webcast on Thursdays at 4 p.m. and Saturdays at 9 a.m. Just go to www.pcrm.org and click on Food for Life TV.



In addition to the live webcast on Thursdays and Saturdays, you can access all the past programs by going to the Archives. Each week's topic is listed by title and date, and I know you'll find many subjects of help and interest. Topics include diet and diabetes, weight loss, eating out, healthy eating for teens, eating for energy, headaches and migraines, digestive disorders, feeding the family . . . and many others.

In addition to a lecture by Dr. Barnard, you'll also see a cooking demonstration. The only thing missing is an opportunity to taste the food!

Healthy Bones, continued from the front page:

make sense that in the countries where the most milk is consumed people would have the strongest bones and the fewest fractures. But the exact opposite of this is true! In countries where the most milk is consumed, such as the U.S. and in Europe, we also have the highest rate of hip fractures, and in the countries consuming the least milk, they have the fewest fractures. Makes me wonder how we could have believed the myth about milk for so long!

So what is important in building strong bones?

It turns out that the most important factor is to eat a low-acid diet.

Our bones are dynamic, living tissues that are constantly taking in and losing calcium. So what matters most is not the total amount of calcium ingested, but the balance between the intake and the outgo. We need to take in a certain amount of calcium in our food, which is easily done by eating a variety of plant foods, especially greens. But then we need to stop losing the large quantities of calcium that are lost in our urine when we eat a high-acid diet.

Here is how it works:

Some foods cause our blood to become acidic, and others have an alkalizing effect. When animal protein is metabo-

lized, it floods our blood stream with acid. In order to neutralize this acid and bring our blood pH level up to the optimal level of 7.35 - 7.45, (slightly alkaline) calcium compounds are drawn from our bones. This calcium eventually ends up in our urine and we wind up flushing our bones down the toilet.

Vegetables and fruits have an alkalizing affect on our blood, so eating lots of fruits and vegetables helps

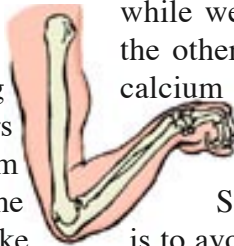
us keep calcium in our bones.

Although milk does contain a lot of calcium, it also contains acid-forming animal protein, so it causes us to lose calcium while we are taking it in. Vegetables, on the other hand, provide us with plenty of calcium without creating the acid effects that draw the calcium from our bones.

So the prescription for strong bones is to avoid animal products (highly acidic) and consume generous amounts of fruits, vegetables, and beans daily. Grains have a slightly acidic effect, so we should consume them in moderation. Then, in addition to a low-acid diet, we need to get some regular exercise, like walking, which stimulates our bone growth.

The same healthy diet of whole plant foods that can prevent and reverse heart see ***Healthy Bones***, continued on page 6

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Recipes of the Month:

Corn Butter

From *Healthy Eating for Life for Women*

A low-fat diet is the healthiest, but while we are adjusting to it, we might wonder what we can put on bread or veggies? Ultimately, we may discover we like the taste of foods without adding anything. But in the meantime, you may want to try this home-made, low-fat substitute for butter.



1/4 cup cornmeal	1-1/2 tsp. agar powder
1 cup boiling water	2 Tbsp. raw cashews
1 Tbsp. finely grated raw carrot	1/2 tsp. salt
1 tsp. nutritional yeast	1 tsp. lemon juice

- Combine cornmeal with 1 cup water in a small saucepan. Simmer, stirring frequently, until very thick, about 10 minutes. Set aside.

- Combine agar powder with 1/4 cup cold water in a blender. Let stand at least 3 minutes. Add 1 cup boiling water and blend to mix.

- Add cooked cornmeal, cashews, salt, lemon juice, grated carrot and yeast. Cover and blend until totally smooth (this is essential and may take several minutes.)

- Transfer to a covered container and chill until thickened, 2 - 3 hours.

(Per tablespoon: 7 calories; 0.2 g protein; 1 g carbohydrate; 0.2 g fat; 0.1 g fiber, 34 mg sodium)

Salsa Corn Chowder

from the kitchen of Carri Feaster

1-1/2 cup chopped onions	
2 Tbsp. soy butter	1 Tbsp. flour
1 tsp. chili powder	16 oz. corn
1 cup non-dairy milk	1 tsp. cumin
14 oz. "chicken" broth	2 cup salsa
4 oz. jar pimento, drained	
8 oz. soy cream cheese	

(or substitute with non-dairy milk)

In a large saucepan, saute onions in butter. Stir in flour, chili powder, and cumin. Add corn, salsa, broth, and pimento. Bring to a boil; remove from heat. Gradually add 1/4 cup hot mixture to cream cheese, in a small bowl, stirring until well blended. Add cream cheese mixture and milk to the saucepan. Stir until thoroughly blended. Cook until heated but **DO NOT BOIL**. Enjoy!

(When I make this for guests, I garnish with chopped cilantro. For a dish lower in fat I've also made it without the cream cheese and milk, substituting water instead. That's good too.)

Healthy Bones, continued from page 5:

disease, obesity, and diabetes, and reduce our risk of cancer will also build strong bones that will last us a lifetime.

To learn more, visit www.buildingbonevitality.com. and read the book, *Building Bone Vitality*, available at all Alaska Vegetarian Society functions and Food for Life Nutrition and Cooking Classes.

Cinnamon, cont'd from page 2:

and letting it steep for 10 minutes. You can make more by simply adding more boiling water to the cinnamon. Choose how much cinnamon to use according to your own tastes. So enjoy the homey aroma and comforting taste of cinnamon, knowing it is also contributing to your good health!

AVS & VCRS Rummage Sales

You may remember that AVS was planning to have a garage/yard sale this summer. Well, there's good news and bad news about that.

The bad news is that due to lack of interest and space to hold it, we have decided to forego our sale plans.



**Valley
Community
for Recycling
Solutions**

The good news is that Valley Community for Recycling Solutions (VCRS) is holding a bake sale and rummage sale fundraiser at the Palmer Depot on Sunday, July 19th from noon till 8:00pm. They need donations of furniture, musical instruments, small appliances and other medium- to big-ticket items as well as household and sports items in good condition.

You may drop donations off at the depot the day of the fundraiser between 8:00am and noon. There are also limited-space locations in both Palmer and Wasilla where items can be taken prior to the 19th if arrangements are made beforehand. Contact Kevin Brown at 982-7426 for drop off information in Palmer and Randy Robinson at 373-1543 for drop off info in Wasilla. Please mark prices on any items you donate.

VCRS will also allow you to sell your own items. Pay a \$25 per table fee, man your table, give VCRS 25% of your sales, and you can make some money for yourself!

For more details about the fundraiser, general questions about items to be donated, or VCRS volunteering opportunities, contact Carole Henry at the VCRS office, 745-5544.

Good News! Recycling Expanded in Anchorage



Alaska Waste on Tuesday announced it has expanded its curbside recycling service. About 4,000 more homes are eligible for curbside recycling. The company now offers the service to about 40,000 homes across Anchorage.

The recycling costs \$10.40 per month for a 96-gallon recycling cart that is collected every other week.

Curbside Pick-Up Available in the Valley



The Mat-Su Valley also has curbside recycling pick-up in some areas. The cost averages around \$15 per month for every other week residential pick-up. Pick-up is also available for some businesses and schools. To find out schedules, sizes of containers, and rates, contact:

Valley Recycle Pick-Up (aka Raven Refuse)

valleyrecyclepickup@gci.net

892-5005 or 376-1700

Your Green Alaska

yourgreenalaska@hotmail.com

376-4803

Animal Quotes

“Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.”
~ *Albert Einstein*

“Life is as dear to a mute creature as it is to man. Just as one wants happiness and fears pain, just as one wants to live and not die, so do other creatures.”
~ *The Dalai Lama*

“I like pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals.”
~ *Sir Winston Churchill*

“The day may come, when the rest of the animal creation may acquire those rights which never could have been withholden from them but by the hand of tyranny.”
~ *Jeremy Bentham, 1780*

Upcoming Events



Friday, July 17

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

Rays of Hope board of directors' monthly meeting, 9:30am. If you are interested in knowing more about AVS' parent organization, call Delisa at 373-1526.

Saturday, July 25

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

Who to Call



- Elaine Albertson: AVS Newsletter Editor.....746-4668
- Peggy Robinson: Treasurer and Membership.....373-1901
- Toni Truesdell: Advertising Coordinator.....745-4404
- Delisa Renideo: Rays of Hope Director.....373-1526
- Charlie Renideo: Bookstore and Website.....373-1526



Mission Statement:

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

5010 Lakeside Drive
Wasilla, AK 99654

907-373-1526
www.AlaskaVeg.org

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