

The Flying Carrot

MAY 2016



Health and nutrition, lifestyle issues, recipes, animal rights, compassionate living, Earth stewardship, and more!

Newsletter for

VEGAN EARTH

VeganEarth teaches and supports ways to eat and live that are healthful, sustainable, and compassionate toward animals, people and the Earth.

Editor: Susan Huesken

To join the VeganEarth e-mail list and also receive *The Flying Carrot* newsletter, e-mail VeganEarth@RoadRunner.com; to receive *The Flying Carrot* only, e-mail swimchessveg@gmail.com

We never share our mailing list! Ask your friends, who might be interested in a healthful lifestyle, if they'd like to be added to the mailing list.

It's a free newsletter...what have they got to lose?

VEGAN EARTH MEMBERSHIP

Please become a member now. You receive a 10% discount at Park + Vine with VeganEarth membership card.

\$100+ - Founder

\$45 - Family membership

\$35 - Low income family membership

\$30 - Individual membership

\$20 - Low income individual membership

Send your check to VeganEarth,

2508 Williamsburg Dr., Cincinnati, OH 45225,
513-929-2500

MERCY FOR ANIMALS LEAFLETING

Mercy for Animals actively promotes a vegan diet by passing out quality literature that is well researched. Contact **Kevin O'Connor**, the Cincinnati Outreach Coordinator, if you are interested in leafleting: **513-403-6048**.

VeganEarth
presents

The TriState Noah Project

The first no-kill, free-roaming sanctuary for farm, domestic and wildlife animals in the TriState.

with
Laura Beth Bamberger

Founder of TriState Noah Project & animal rescuer since 1997, she currently cares for more than 220 animals daily.



Kevin O'Connor

Cincinnati Outreach Coordinator, Mercy for Animals, and recipient of the 2015 MFA Hero Award

Sunday, May 15, 2016

2:00 p.m. Potluck 3:00 p.m. Program

Clifton United Methodist Church

3416 Clifton Avenue 45220

Please bring a vegan dish of at least 10 servings using vegetables, fruits, grains, beans, seeds and/or nuts (no animal-derived ingredients: no dairy, eggs, casein, honey, etc.). Please list your name and the ingredients with your dish. Please bring your own compostable or reusable plates, cups, personal and serving utensils, and remember to take home everything you brought that is not compostable.

513-929-2500 www.VeganEarthUS.org VeganEarth@roadrunner.com
<http://www.Tristatenoahproject.com>

VeganEarth teaches and supports ways to eat and live that are healthful, sustainable and compassionate toward animals, people and the Earth.

Donations & Memberships are needed & appreciated!



Absolutely Everybody Welcome!



USED PRINTER CARTRIDGES

Please bring any used printer ink cartridges to VeganEarth potlucks for recycling, to help offset our printing costs.

Cash donations also help tremendously!

VOLUNTEER OPPORTUNITIES

VeganEarth needs volunteers to research and keep updated a list of names, e-mail addresses and phone numbers of contacts in local print, broadcast and web media outlets, including deadlines and editorial guidelines for each, for publicizing our programs.

If you are interested, please call 513-929-2500, or e-mail MaryAnnL@roadrunner.com with 'VeganEarth volunteer' in the subject line. Thank you.

VEGAN-FRIENDLY RESTAURANT GUIDE

You can find this guide listed on the home page of VeganEarth's website at veganearthus.org. It is a work in progress, and will be updated about 3 times a year.

ALCOHOL AND PROCESSED MEAT LINKED TO STOMACH CANCER

From Medical News Today by Yvette Brazier

Drinking alcohol, eating processed meat and being overweight increase the risk of developing stomach cancers, according to a major new scientific report released by the American Institute for Cancer Research and the World Cancer Research Fund

Lifestyle factors are linked to stomach cancer.

The Continuous Update Project (CUP) report was led by the American Institute for Cancer Research (AICR) and the World Cancer Research Fund (WCRF).

Scientists systematically gathered and analyzed data relating to stomach cancer, after which a panel of leading international experts evaluated the results independently.

Worldwide, there were 952,000 cases of stomach cancer in 2012, or 7% of all new cancer cases.

Stomach cancer is the third most common cause of cancer death. It affects men twice as much as women, and it is more common among older people, with the average age of diagnosis in the US being 72 years.

In Europe and the US, the survival rate is 25-28%, rising to 63% if it is diagnosed early. But symptoms may not appear until the later stages, and some 70% of cases worldwide are diagnosed late, leading to a lower survival rate. Eastern Asia and China are particularly affected.

Changing trends in prevalence of stomach cancer

Classification of stomach cancer depends on where the tumor develops. Cardia stomach cancer occurs at the top of the stomach, near the esophagus; non-cardia cancer occurs anywhere else in the stomach.

Fast facts about stomach cancer

- The predicted number of stomach cancer cases in the US in 2016 is 26,370
 - The estimated number of deaths from stomach cancer is 10,730
 - It is expected to account for 1.6% of all cancer cases and 1.8% of all cancer deaths.
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Non-cardia stomach cancer is more prevalent, and especially in Asia, but the rates are declining. This may be due to a decrease in *Helicobacter pylori* (*H. pylori*) infection, and because more people are using refrigeration, rather than salt, to preserve food.

However, cardia stomach cancer is now more frequent in the US and the UK, and the trend is growing.

Previous findings have suggested that smoking is responsible for 11% of cases of stomach cancer worldwide.

Infection by *H. pylori* is known to cause non-cardia stomach cancer, and investigations are under way into a link with Epstein-Barr virus.

Industrial chemical exposure and workplace exposure to dust and high temperature have also been implicated. People who operate food machines and those employed in rubber manufacturing, wood or metal processing, chromium production and coal mining are thought to be at greater risk.

The current study highlights the impact of certain lifestyle factors on the risk of developing stomach cancer. It involved 89 meta-analyses and data for 17.5 million adults, 77,000 of whom had stomach cancers.

Avoid processed or salted meat and maintain a healthy weight

The authors found strong evidence that certain products increase the risk of stomach cancer, and specifically:

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- **Drinking three or more alcoholic drinks per day, or more than 1.5 ounces of pure alcohol**
 - **Eating foods preserved using salt**
 - **Consuming meat processed by smoking, curing, salting, or by adding preservatives, such as ham, bacon, pastrami and salami, hot dogs and some sausages. Findings suggest that if a person eats two strips of bacon each day, every day, or about 1.8 ounces of processed meat, the risk goes up by 18%.**
-

Strong evidence also suggests that people whose body mass index (BMI) classifies them as overweight or obese are at greater risk of cardia stomach cancer. The risk appears to increase by 23% for every five BMI units. **Excess body fat is now associated with 11 types of cancer.**

There are signs that consuming grilled or barbecued meat and fish contribute to the risk, whereas consuming fruit, and especially citrus fruit, may help prevent stomach cancer.

The researchers call on people to maintain a healthy weight, keep physically active, eat a healthy diet and limit or avoid alcohol consumption.

Dr. Anne McTiernan, a member of the panel of experts, says:

"The bottom line is to follow the AICR recommendations for cancer prevention in general. Limit intake of alcohol, which for men means no more than two drinks a day and for women no more than one drink per day. Eat a plant-based diet, lots of vegetables, fruits, and avoid intake of processed meats. Also, keep weight in a normal range."

In January, the American Institute for Cancer Research (AICR) expressed dissatisfaction with the 2015 Dietary Guidelines for Americans, stating that experts "caved to meat industry pressure by disregarding clear and convincing evidence on the roles that red and processed meat play in cancer risk."

DRIED PLUMS MAY PREVENT BONE LOSS

From Nutraingredients.com By Will Chu, Mar 2016

A daily serving of dried plums may be sufficient enough to ward off bone loss in older women, a study has found.

The findings suggest the dried fruit provides an easy way of obtaining the necessary nutrients thought to prevent osteoporosis and inhibit bone breakdown characteristic of the condition.

The prevalence of age-related bone loss is greater in women than men, and in 25% to 30% of ageing women this loss results in major orthopedic problems.

Calcium and vitamin D supplementation has been recommended as a safe, nutritional approach to help reduce bone loss.

In addition to diet and other lifestyle factors such as physical activity, there is evidence to suggest functional foods can improve growth and

development as well as reduce the risk of chronic diseases such as osteoporosis.

The new research is all the more compelling as women can lose up to 20% of their bone density during the five to seven years following menopause.

"Participants from our study maintained their bone mineral density by eating five to six dried plums per day, which is a very exciting finding as this can easily be achieved by snacking on dried plums or incorporating them into recipes." said Dr Shirin Hooshmand, lead researcher on the study and associate professor at the School of Exercise and Nutritional Sciences at San Diego State University.

Proving plum's efficacy

A total of 48 women with low bone density aged 65–79 years old were randomly assigned into one of three treatment groups for six months: 50 g of dried plum; 100 g of dried plum; or control.

Total body, hip and lumbar bone mineral density (BMD) were evaluated at the beginning of the study and at six months.

Molecules in the blood that can be measured to assess health were recorded at baseline, three months and six months, as were calcium, phosphorus and vitamin D levels.

Researchers found both doses of dried plum were able to prevent the loss of total body bone mineral density (BMD) compared to the control group.

TRAP-5b, a marker of bone resorption, decreased at three months and this was sustained at six months in both 50 g and 100 g dried plum groups.

There were no significant changes in bone-specific alkaline phosphatase (BAP) activity for either of the dried plum groups. The enzyme BAP is a sensitive and reliable indicator of bone metabolism.

Among the functional foods shown to have bone-protective effects, dried plum is uniquely able to prevent and reverse bone loss in models of osteoporosis.

In human studies, a short-term clinical study demonstrated 100 g/day of dried plum over three months improved biomarkers of bone formation in postmenopausal women.

Hooshmand's team also carried out a 12-month study in which postmenopausal women consumed 100 g of dried plum daily. This study also demonstrated the ability of dried plum to completely prevent the loss of bone mineral density.

Explaining plum's potency

Age-related bone loss, including that which occurs in postmenopausal women, may be partly associated with decreased production of certain growth factors such as insulin-like growth factor-1 (IGF-1),” the study noted.

Another mechanism by which dried plums may prevent bone loss is via their strong antioxidant properties.

One study showed dried plum increased circulating levels of glutathione peroxidase which is a strong enzymatic antioxidant.

Although the exact mechanisms of action are still unknown, the study's findings indicate dried plum's potency.

Studies linking the fruit to modification of bone formation and bone resorption through control of bone secreting cells were also mentioned.

“Aside from the scarcity of literature addressing the mechanisms of action by which dried plum prevents bone loss, clinical studies are needed to demonstrate whether more reasonable amounts of dried plum can also be effective in preventing bone loss.

“These results suggest that a lower dose of dried plum (i.e. 50 g) may be as effective as 100 g of dried plum in preventing bone loss in older, osteopenic postmenopausal women. This may be due, in part, to the ability of dried plums to inhibit bone resorption.”

Source: *Osteoporosis International*

Published online ahead of print, DOI 10.1007/s00198-016-3524-8

“The effect of two doses of dried plum on bone density and bone biomarkers in osteopenic postmenopausal women: a randomized, controlled trial.”

Authors: S. Hooshmand & M. Kern & D. Metti & P. Shamloufard & S. C. Chai & S. A. Johnson & M. E. Payton & B. H. Arjmandi

LETTER FROM PAUL SHAPIRO, VICE PRESIDENT OF FARM ANIMAL PROTECTION, HUMANE SOCIETY OF THE UNITED STATES

You know the animal movement's winning when major meat companies are now producing plant-based meats and advertising them in meat industry trade publications.

You know the animal movement's winning when, on the same day, a *Washington Post* columnist touts our success while a *New York Times* columnist condemns the chicken industry's rampant cruelty.

You know the animal movement's winning when the right-wing *National Review* runs a column on why animal protection is a conservative issue, and the *New York Review of Books* runs a must-read Peter Singer review of Wayne Pacelle's (who is the president of HSUS) new book.

You know the animal movement's winning when schools across the country are signing up for HSUS's plant-based culinary trainings.

And you know the animal movement's winning when all this, my friend, happens in just one week.

Paul Shapiro
Vice President, Farm Animal Protection
The Humane Society of the United States

FISH INTAKE DURING PREGNANCY INCREASES RISK FOR CHILDHOOD OBESITY PCRM

High intakes of fish during pregnancy increase the risk for overweight and obesity in offspring, according to a study published online in *JAMA Pediatrics*. Researchers monitored 26,184 women and their children for fish intake and BMIs, respectively. Those who ate fish more than three times per week while pregnant had children with higher BMIs through early childhood and increased their children's risk for rapid weight gain when compared to those who ate less fish per week. Researchers suspect chemical pollutants found in fish may alter fat metabolism and thus contribute to weight gain.

Stratakis N, Roumeliotaki T, Oken E, et al. Fish intake in pregnancy and child growth: a pooled analysis of 15 European and US birth cohorts. JAMA Pediatr. Published online February 15, 2016

NEXT UP FOR THE 2016 PRESIDENTIAL ELECTION: A PLANT-BASED DIET

From *US New & World Report* By *Susan Levin*

Veganism can't run for president, but let's at least bring it into the debate.

By using a plant-based diet to treat and reduce the risk of chronic lifestyle disease, we can curb \$1 trillion in annual health care spending.

At the helm of political debates and divisive party lines, new research shows a plant-based vegan diet can reduce 70 percent of food-based emissions, slash up to \$1 trillion in annual health care spending and save 8.1 million lives over 30 years. If a vegan diet were running for president, it would have an impressive platform. Outside of strengthening national security by combatting chronic disease, like childhood obesity and prediabetes, a plant-based prescription can free up scientists' valuable time and research money to focus on larger initiatives, such as precision medicine and preventing the spread of infectious disease.

In addition to providing a nonpartisan solution to today's health problems, a plant-based diet can boost productivity in and out of the workplace – showing that Yes We Can! make progress.

Could four food groups – vegetables, fruits, whole grains and legumes – revitalize our country?
Yes. Here's how it works:

By using a plant-based diet to treat and reduce the risk of chronic lifestyle disease, we can curb \$1 trillion in annual health care spending – equivalent to 10 million heart surgeries each year, about one for every 32 United States residents. This would allow physicians to focus on treating real-time health problems, like the stomach flu, instead of booking extended visits to treat lifestyle disease risk factors, such as high blood pressure, elevated cholesterol and insulin resistance. It could even create a solution to today's primary physician shortage, enabling doctors to do more with less volume.

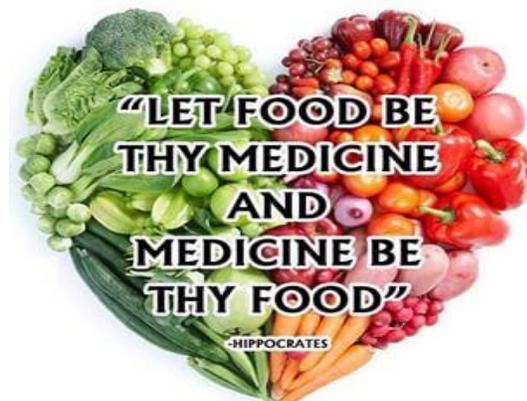
The largest managed care organization in our country agrees. In 2013, Kaiser Permanente encouraged its clinicians to prescribe a whole-food, plant-based diet as a cost-effective method to help patients treat and reduce the risk for obesity, Type 2 diabetes, heart

disease and even certain forms of cancer. This came after the Academy of Nutrition and Dietetics position paper that states well-planned vegetarian diets are appropriate for athletes and individuals during all stages of the life cycle, with notes about health gains: lower body mass index, lower risk of heart disease, lower cholesterol levels, lower blood pressure and lower rates of overall cancer. By 2015, everyone was on board – from Beyoncé to Tom Brady – proving this way of eating delivers results.

A research study with GEICO employees in Chevy Chase, Maryland, finds a plant-based vegan diet provides more than just metabolic health benefits. More than 135 employees who participated in a controlled 18-week study saw improvements in productivity, both in and out of the workplace, and reported alleviation of anxiety, depression and chronic fatigue. While the bottom line results weren't measured, we can only imagine what happens when we create an engaged and productive workplace. It transcends out of the board room and into society.

As we forge ahead with the 2016 presidential election, let's take a minute to work a plant-based diet into the debate. A diet can't negotiate trade agreements with Cuba or meet with Canada's prime minister, but plant-based nutrition, whether it's a \$1 plate of rice and beans or a \$10 bottle of organic cold-pressed juice, has the ability to save trillions of health care dollars, export chronic diseases that are ravaging our nation and not just save, but bolster Americans' lives.

We know a vegan diet can't run for office, but let's at least bring nutrition into the debate. What we eat expands past consumer choice; it has the ability to shape and repair our country's most pressing problems, from personal health care to our country's economic survival.



SPICY VEGAN CHEESE SAUCE

1 cup raw cashews (soaked for at least 3 hours) or raw sunflower seeds (also soaked)
1 clove of garlic
1/2 cup nutritional yeast
1/3 cup water
2 TB. extra virgin olive oil
1/2 tsp. paprika
1/4 tsp. chipotle pepper powder
1/2 tsp. sea salt (more to taste)
1 tsp. cumin (more to taste)

Place all ingredients into a high-powered blender. Blend till smooth and creamy. Adjust seasoning to taste and add more water for preferred consistency.

LOW-FAT GUACAMOLE

1 cup drained and rinsed canned green peas, or 1 cup fresh or frozen green peas
1/4 teaspoon salt, or to taste
1 tablespoon finely chopped fresh cilantro (optional)
1/2 teaspoon ground cumin
3 tablespoons fresh lemon juice, or to taste
1 green onion, thinly sliced (optional)
1 garlic clove, minced or pressed (about 1 teaspoon)
1/2 cup mild salsa
1 ripe avocado
1/4 teaspoon black pepper, or to taste

If using fresh or frozen peas, blanch peas by placing them in boiling water for 2 minutes to soften. Drain peas and immediately shock with cold water to prevent further cooking. Place in either a mixing bowl or food processor. Cut the avocado in half from stem to bottom. Remove the pit and use a spoon to scoop out the inside. For a chunky guacamole, mash avocado and peas together using a potato masher or fork. If a creamy texture is desired, use a food processor. Mix in salsa, garlic, green onion (if using), lemon juice, cumin, and cilantro (if using). Add salt and black pepper to taste.

Guacamole is best when consumed on the same day. To prevent leftover Low-Fat Guacamole from turning brown, cover it directly with plastic wrap in the refrigerator, and it will keep for up to one day.

AFRICAN BLACK-EYED PEA SALAD (Saladu Ñebbe)

Black-eyed peas are not just for New Years! They are delicious little white beans with a mild taste and smooth texture, and as such can and should be enjoyed year-round

¼ cup fresh lime juice (about 2½ limes, juiced)
1 cup chopped parsley
½ cup olive oil
5 cups cooked black-eyed peas (roughly 3 cups dried peas makes 5 cups cooked, see notes for cooking instructions)
10 scallions, roughly chopped
1 red bell pepper, stemmed, seeded, and finely chopped
1 cup cherry or grape tomatoes, chopped
1 medium cucumber, seeded and finely chopped
2 serrano peppers or 1 habanero or Scotch bonnet chile, stemmed, seeded, and minced
Sea salt and freshly ground black pepper, to taste
Cooked brown basmati rice (optional)
Sliced avocado (optional)

In a large bowl, whisk together the lime juice and parsley. Continue whisking as you slowly drizzle in the olive oil to make a smooth dressing.

Add the black-eyed peas, scallions, bell pepper, tomato (try not to transfer the tomato juice and seeds to the salad), cucumber, and minced pepper to the bowl. Season the mixture with salt and pepper and use a big spoon to toss the salad. Cover and set aside at room temperature for at least 1 hour, or refrigerate up to overnight to marinate and meld the flavors. Serve chilled or at room temperature. To make this salad a main dish, serve it on top of cooked brown basmati rice and top with avocado slices.

SIMPLE COCONUT MACAROONS

- **2 cups shredded unsweetened organic coconut**
- **1/2 cup coconut milk (full-fat from a can or freshly homemade), lukewarm**
- **2 teaspoons coconut oil, soft but not liquid**
- **1/4 cup cornstarch**
- **1/4 teaspoon salt**
- **1/2 teaspoon pure stevia extract powder**
- **1 teaspoon vanilla extract**
- **2 tablespoons coconut sugar**

Preheat oven at 375°F and line a metal baking sheet with parchment paper. Mix all of the ingredients together. Gently scoop 1 tablespoon of the coconut mix and carefully drop on the prepared baking sheet. Use a small cookie scoop or a tablespoon if necessary bake on the middle rack for 20 minutes, or until the edges and bottom are slightly brown. Bump up your oven to its highest temperature and bake for 3 minutes or until the coconut macaroons are golden brown. Cool completely on a cooling rack and serve.