

IVU Online News –October 2011

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An International IVU Event Every Year

The IVU Council has taken a major decision to move ahead into the next 50 years – there will now be an event **every year** – and the name of the event will change again. This annual event will combine aspects of **Congresses**, such as gathering people together from different countries (there are always informal meetings going on) and lots of great speakers – and aspects of **Vegfests**, such as food fairs and entertainment. A lot of these activities overlap any way, and there is often not much difference between events called conference, congress, expo, festival or just fest.



The annual event will rotate around the six IVU regions: - Africa, Asia-Pacific, Europe, India and SW Asia, Latin America and North America. Thus, each region will host this major event every six years instead of the previous twelve years.
www.vegsource.com/john-davis/ivu-vegfestcongress---coming-near-you-soon.html

If You're Going to San Francisco ...



For those readers thinking of travelling to the 40th IVU International Vegetarian Congress, 5-11 October, 2012, San Francisco (USA), long time IVU supporter, Green Earth Travel - www.greenearthtravel.com - based in Washington DC, is now available to assist you with your travel arrangements.

Green Earth Travel will also be arranging some Congress-related tours. More information on those will be coming soon.

To keep informed, check the links at: www.ivu.org/congress/2012

In other San Francisco 2012 news, the Green Lifestyle Film Festival, usually held in Los Angeles, will instead be in San Francisco during the week of the IVU Congress, see: www.greenlifestyles.org

IVU IC Member Is Green Goddess of the Month

Sandhya Prakash (pictured here), IVU Liaison Officer for the Middle East, based in Dubai UAE, and IVU International Council (IC) member, was selected by 'Mother, Baby & Child' magazine (Mideast edition) as their September 2011 Green Goddess of the Month. Sandhya garnered the award for her efforts as Founder and Director of MEVEG (Middle East Veg Group).



Here's an excerpt from the article:

Sandhya, along with her team of volunteers, have orchestrated several workshops, photo exhibitions, cooking demonstrations, lectures, surveys and 'veggie health plans' so as to get their message across. These open-for-all, free-of-charge monthly forums are dubbed as MEVEG OASES (Open Access Sustainable Evergreen Saturday).

Read the entire article here: www.motherbabychild.me/2011/09/septembers-green-goddess-sandhya-prakash

And, here is one more article on Sandhya's exploits, with the catchy title 'Veggies promote leaf over beef': www.thenational.ae/news/uae-news/veggies-promote-leaf-over-beef



IVU Asia-Pacific Coordinator at Halal Food Expo

Halal food is any food that conforms to Muslim dietary laws (not just meat). On 14 Aug, Dr Susianto Tseng (on the left in the photo), IVU Regional Coordinator for Asia-Pacific and President of the Vegan Society of Indonesia, spoke at the 2nd Annual Halal Business and Food Exhibition held in Jakarta, Indonesia and attended by delegates from many countries. (On the right of the photo is Indonesia's Minister for Economic Coordination, Mr Hatta Rajasa.) Indonesia boasts the world's largest Muslim population.

Dr Susianto's address focused on the nutritional benefits of vegan food. He explained that plant based foods are suitable for the human body and contain the nutrients we need. For instance, he pointed out that soybean contains more protein than meat, sesame contains more calcium than milk and flaxseed and pumpkin seed are high in omega 3 and 6.

A History of Veganism from 1806

John Davis, IVU Manager and Historian, has compiled a collection of his blog posts on the history of veganism: www.ivu.org/history/Vegan_History.pdf



Here are the titles of a few of the posts.

- *The Invention of the Vegans* - the word 'vegan', the first Vegan Society and the development of the movement
- *Shelley - the first celebrity vegan* - Percy Bysshe Shelley, Mary Shelley and Dr. Frankenstein's monster
- *Vegans are Vegetarians too* - early years of the Vegan Society
- *Gandhi - and the launching of veganism*
- *Veganism from 1806* - a brief timeline summary of everything included here.





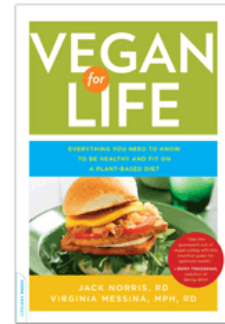
How Many Lives Did This Food Kill?

This guest article in 'Scientific American' magazine brings our attention to the suffering of non human animals in the egg and dairy industries: blogs.scientificamerican.com/guest-blog/2011/08/11/want-to-kill-fewer-animals-give-up-eggs-not-meat

For another article on the same general question, read - Number of Animals Killed to Produce One Million Calories in Eight Food Categories - www.animalvisuals.org/projects/data/1mc

Book News – Vegan for Life

Review of *Vegan for Life* by Jack Norris and Virginia Messina, Da Capo Press 2011, 283 pp, pbk, £9-99; ISBN 978-0-7382-1493-1 (E-book ISBN 978-0-7382-1497-9)



Vegan recipe books are almost commonplace nowadays: seventeen, no less, were reviewed in the four issues of *The Vegan*, the magazine of the UK Vegan Society, between Winter 2010 and Autumn 2011. In contrast, there are relatively few books on vegan nutrition, and the best of these to date (*Becoming Vegan* by Brenda Davis & Vesanto Melina and *Plant Based Nutrition and Health* by Stephen Walsh) were published around ten years ago. Therefore, *Vegan for Life* by US dieticians Jack Norris and Virginia Messina is a welcome and timely addition to the literature.

Vegan for Life provides reliable, evidence-based, common sense advice for anyone following or seeking to follow a vegan diet. The book is clear, concise and easy to read. It also scotches a number of myths surrounding the vegan diet, including the widely held belief that vegans need less calcium than omnivores because acid-forming meat and dairy proteins increase the acidity of the blood, leading to a greater release of calcium from bone to neutralise the acidity. However, the truth is rather more complicated, and the authors recommend that vegans consume 6 to 8 servings of calcium-rich foods daily to ensure that they meet the recommended calcium intake. Not surprisingly, the authors' recommendations are based on US recommended nutrient intakes, and some of the fortified foods mentioned in the book are unique to North America. However, this is not as great a drawback as it might seem because recommended nutrient intakes are similar across the world and locally available fortified foods can often be substituted for those in the book.

With chapters covering the potential 'problem' nutrients for vegans such as protein, vitamin B-12, calcium, vitamin D, iron, zinc and iodine, vegan diets during pregnancy and lactation, raising vegan infants and older children, vegan diets for older people, sports nutrition, the potential health benefits of a plant food diet, and the pros and cons of soy foods, *Vegan for Life* is both comprehensive and practical, with clearly-presented dietary advice, menu plans and nutrient tables. The dietary advice provided is similar to that of the aforementioned publications, although the authors break new ground in recommending that vegans take an algae-derived supplement containing 200-300 milligrams of the long-chain fatty acid DHA every 2 to 3 days, increasing to daily for the over-60s. New and aspiring vegans should definitely buy a copy, established vegans and health professionals with vegan clients will certainly benefit from having a copy for reference purposes, and the book might even encourage lapsed vegans to give veganism another try by showing them where they went wrong previously. Thus, the book should help to ensure that many of its readers do indeed become 'vegan for life'. - *Paul Appleby, September 2011*



Acid Not Linked to Calcium Loss

Both Jack Norris (pictured here) and Virginia Messina, the authors of *Vegan for Life* (reviewed above) have blogs - www.jacknorrisrd.com and www.theveganrd.com. Here's a recent entry from Jack's blog.

I've been reviewing the scientific literature on protein and bone health. As many readers know, there has been a theory in vegan nutrition propaganda that animal protein, by way of increased sulfur amino acids, causes calcium excretion leading to osteoporosis. This theory was always on shaky ground and more recent evidence has contradicted the theory. I just read a meta-analysis on the subject and added the following to the article, [Bones, Vitamin D, and Calcium](#), on VeganHealth.org:

"Another 2009 meta-analysis found that among five well-designed studies measuring calcium balance, net acid excretion was not associated with either decreased calcium balance or a marker of bone deterioration (48)."

The paper had an interesting list of cohort studies in the discussion:

"First, during 8 yr of follow-up, fracture risk was not reduced among a cohort of 36,217 postmenopausal women who consumed either lower protein or lower NAE [net acid excretion] diets (37). Second, wrist fracture risk was highest among 1865 peri- and postmenopausal women who consumed the lowest protein intakes over 25 yr of follow-up (38). As well, a recent 2-yr trial in 276 postmenopausal women either supplemented with potassium citrate (expected to neutralize the acid of the Western diet) or encouraged to consume increased fruit and vegetables showed that these interventions did not reduce bone turnover or decrease bone loss (36)."

The take home message, which I've [written about](#) before, is that not eating animal protein does *not* protect you from osteoporosis. Make sure you get enough [calcium](#), [vitamin D](#), and even (plant) [protein](#).



International Vegetarian Week – 1-7 October, 2011, or around those days
www.vegetarianweek.org

VegSource Healthy Lifestyle Expo 2011 - 14-16 October, 2011, Los Angeles, USA - www.HealthyLifestyleExpo.com

3rd China Xiamen Veg Food Fair and International Forum – 20-23 October, 2011 – www.vffair.com

5th Asian Vegetarian Congress – 8-9 November, 2011, Hangzhou, China - www.5avu.com

2012 IVU World Vegetarian Congress – 5-11 October, 2012, San Francisco (USA) - www.ivu.org/congress/2012

Links Galore

Loon (pictured here) belongs to IVU member organisation Vegetarian Society (Singapore). He recently posted the following large number of links on [his and other Facebook pages](#).



Use mouse-over to see the source of the links:

1. [For all things vegetarian](#)
2. [10 interactive pages to get started](#)
3. [For Health, for Animals, for Earth](#)
4. [For all things VEG](#)
5. [Why Go Veg?](#)

6. [The Healthiest Foods on Earth](#)
7. [Scientifically, a vegetarian diet makes perfect sense](#)
8. [Evidence the human body functions better on a vegetarian diet](#)
9. [The Comparative Anatomy of Eating](#)
10. [Great Vegan Athletes](#)
11. [Why aren't there more vegan athletes in the world?](#)
12. [Vegan brothers & sisters in Iron](#)
13. [Vegetarians & Vegans can definitely build muscles](#)

14. [10 ways vegetarianism can help save the planet](#)
15. [Humanity's demands exceed our planet's capacity to sustain us](#)
16. [Why meat-production & meat-eating is closely related to environmental destruction](#)

17. [Hidden Crimes, Voiceless Victims](#)
18. [A compassionate eating guide](#)
19. [Deconstructing the myth of humane Animal Agriculture](#)
20. [Animal feed: They Eat What?](#)
21. [Think about what you eat and Where it comes from](#)
22. [How 'meat' is raised, fed, farmed & treated as 'food'](#)
23. [The kind of place that produces 99% of all animals eaten or used to produce milk or eggs](#)
24. About milk and eggs - [#1](#) - [#2](#) - [#3](#) - [#4](#)
25. [Powerful videos on the horrors of meat](#)

26. [A Biblical perspective on healthy, God-honouring plant-based nutrition - and another similar](#)
27. [Meatless Muslims](#) (Quran & Hadith mention positively on many good qualities of vegetables)

28. [Eat to live: over 1400 Fat-free Vegan Recipes](#)
29. [World's largest collection of vegetarian recipes](#)
30. [RealHeroKitchen](#) (粵語 Cantonese)
31. [Local non-profit, non-religious society promoting vegetarianism for a better world](#)
32. [International Vegetarian Union archives](#)
33. [Hell Yeah It's Vegan!](#)

Welcome to Organisations That Have Recently Registered with IVU

CANADA/THAILAND

Emanuelle Francesca Vegan Shoes - www.emanuellefrancesca.com

IRELAND

Vegan Ireland: The Vegan Society of Ireland - www.veganireland.org

ITALY

biosalute - www.bio-salute.it

MALAYSIA

Ahimsa Vege Health Food Industries Sdn Bhd - www.ahimsa.com.my

USA

Raw Organic Nuts and Seeds - www.rawnutsandseeds.com

Other Online Sources of Veg News

In addition to *IVU Online News*, there are many other places to go online for general veg-related news, rather than news mostly about one country or one organisation. Here are some.



1. Dawn Watch - www.dawnwatch.com/alerts.htm
 2. European Vegetarian Union - www.evana.org
 3. Farmed Animal Net - www.farmedanimal.net
 4. Vegan Outreach - www.veganoutreach.org/enewsletter
 5. VegE-News - www.vege-news.com
 6. VegNews - www.vegnews.com
 7. VegSource - www.vegsource.com/cgi-bin/dada/mail.cgi
 8. AnimalConcerns.org doesn't have a newsletter, but they post stories daily at www.animalconcerns.org/categories.html?do=shownews
 9. Vegan.com - www.vegan.com
 10. IVU-Veg-News E-Mail List - www.ivu.org/news/veg-news
 11. Care2 - www.care2.com
 12. Vegetarianism in the News - www.vegsoc.org/page.aspx?pid=928
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Please Send News to IVU Online News

Dear Veg Activist

Please use this newsletter as a way to share your knowledge, ideas and experiences with fellow veg activists.

Thx – george jacobs - george@vegetarian-society.org



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