



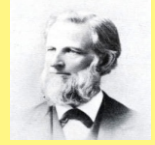
# ARF Newsletter



I am sometimes asked: "Why do you spend so much of your time and money talking about kindness to animals when there is so much cruelty to men?"

I answer: "I am working at the roots."

- George T. Angell, Founder of Massachusetts SPCA



## Editor's Voice

In today's fast paced life, nuclear families are more common than joint families. Both parents are out to meet the social needs and better economic

life of the family. Tendencies of children being brought up with maids than the guidance of family members is a more frequent scene.

These children lack a lot of guidance. Their environment, peers, schools and colleges influence their views and perspective of life. Tendencies to ape media sources like movies, advertisements, reality shows, watching T.V channels not meant for their age some times might lead to fatality. All these are outcomes of no parental guidance.

In context to this I would like to share an article on "films should avoid negative messages written by Kamala Balachandran."

"Our movies focused excessively on campus romance; many youngsters get

the idea that the purpose of going to college is to play Romeo and Juliet. Teasing the eve is hence considered an accepted route to winning the heart of a life partner.

But experienced teachers in colleges lament that the craze to live the college life as portrayed in the films has killed the career of many young students. Movies showing students 'relaxing' with bottles are a more recent development. In the earlier days, movie directors put the whisky bottle and glass in the hands of the bad guys or the heartbroken one. Now it is in the hands of 'cool' kids. It is unfortunate that even the '3 Idiots' movie, which addresses the students directly with a positive message, portrays social drinking and getting drunk as a normal thing that normal students do.

It is an extremely unfortunate trend. The habit of drinking, especially among the youth, is on the rise. We have a culture in which drinking is taboo. Ever so frequently we read about fatal accidents involving youngsters (including ladies) who had driven their vehicle in an

inebriated state. Doctors are unanimous in their findings that regular intake of hard drinks harms the system. Yet we have this powerful audio-visual tool encouraging the youth to embrace this 'liberal' habit.

So powerful is this habit. That even Vegans are falling for it.

The demographic profile of India is now at its favourable best. We have 70 per cent of total population falling below the age of 35. This is an advantage that could be leveraged to catapult the country to the front rank of human civilisation.

But to fully exploit the demographic dividend, India's youth need to be healthy in body, mind and spirit. It should therefore be a matter of serious concern to all that are widely watched for their good story line, are playing a negative role here."

*Shubh Kafra*

## Your Voice

I think it's high time we reclaimed the word vegan too. I've noticed that many groups promote vegetarianism rather than veganism, because they worry that it will alienate supporters. I disagree. The more we use the word vegan, the more appealing it will become.

All we are doing when we avoid using the word vegan is internalising the negative messages and stereotyping that our critics invent to discredit us. We should never be ashamed of who we are, and what we stand for: non-violence.

Vegetarianism is a red herring. People go vegetarian in the belief that milk and

eggs are 'freely given' or "humanely produced", but we know that this is a lie.

We all want people to go vegan, it's a damn sight easier being vegan than it is trying to be an ethical vegetarian, so let's not be afraid to say: "look, do yourself a favour and don't bother with vegetarianism - go vegan".

That's what farmed animals would say if they could.

**Louise Wallis** - speaking on behalf of farmed animals - "look, do yourself a favour and don't bother with vegetarianism - go vegan".



- A stray dog from Banashankari, became victim of an accident on 19-09-10, fracturing its right hind limb at stifle and tibia fibula crushed, with profuse bleeding. Attended as a complaint dog by ARF.
- The bleeding points ligated and given the required treatment.
- It's anemic due to bleeding, once its condition is stabilized. We need to amputate its leg.

## Its Time We Evolve

Yes, I was a non-vegetarian until a Rooster opened my eyes. Six years back when I was in Mangalore, in my native place hens were dying of bird flu. I had gone for my vacations. In my place we had almost 6 hens, all died of Bird Flu except for one chick. I named him Bob. He was all alone and I used to play with him, he started imagining me as his mother and always used to follow me...

After 2 weeks I had to come back to Mumbai. After 6 months I went back to Mangalore. I was surprised to see Bob as a big adult Rooster. He was huge and handsome. He had long colorful tail and was very healthy too. Two days later he was tied with a rope around his leg. I didn't know exactly why, although I released him and gave him rice to eat unfortunately he was again caught and tied up. Lots of guests started coming to our home. There was some

kind of Ritual to be organized. By night I was called behind our house where stones worshiped as souls were kept. I was standing quite far. Suddenly Bob was brought near to the stone; a man

early; I didn't have time to react. His remaining body was thrown aside. His body trembled all over the place and came near my feet and died... I was frozen...



I went inside the house. Then the drama was not over. His cooked body was served to me as food... that day I realized what animal food is... its flesh... flesh of an animal that had life, who must have cried a lot before being slaughtered...

I swear on that day... I will never be a part of any killing nor suffering towards animals, be it food, clothing, products or cosmetics...

Bob died but his death saved many lives that I would have taken for my selfish ignorant wants...

held his neck and chopped it off. They pressed the body so that more blood comes out of his neck and poured it in a rice bowl as a dinner for the soul. Yes, Bob was sacrificed. Everything happened so

Today I am a Proud Human, A Proud Vegan...

**-Sneha Poojary**

## 25% of Non-Vegans are deficient in Vitamin B12

A typical criticism of vegetarian diets is that vegans lack sufficient vitamin B12.

However according to a recent study of diabetes (a disease linked to meat and animal trans-fat based diets) and Framingham offspring study found B12 deficiency in modern diets is of general concern.

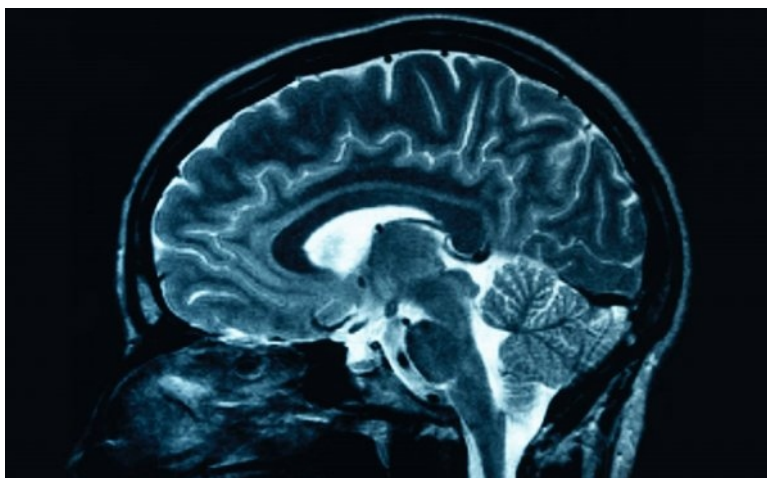
Yvonne Bishop-Weston a leading UK Nutritionist says "In UK clinic I rarely find vegetarians with significant B12 and Iron deficiencies, they tend to be more aware of failings in our modern diets. More often than not meat eaters are lulled into a false sense of security that the Standard American Diet (SAD diet) of Meat, cheese and processed carbohydrates stripped of nutrients and fibre provides them with all the vitamins and minerals that they need"

We know the general population is short on iron it's seems they are likely to be low on Vitamin B12 too.

"Our results found a 22% prevalence of metabolically confirmed B(12) deficiency in the primary care type 2 diabetic population. Although further research needs to be performed to determine the clinical implications of our findings, B(12)

deficiency should be considered in type 2 diabetic patients, especially those taking metformin. Furthermore, a daily multivitamin may protect against B(12) deficiency."

A separate Swedish study showed that good quality B12 supplement taken sublingually (under the tongue) is as



effective as injections. A regular sublingual Vitamin B12 supplement may be good health insurance for us all.

It is required of all Vegans to consume Vitamin B12. It's available cheaply in India as Methycobal or Nurokind-OD. Dr. Nandita Shah of SHARAN and Dr. Michael Greger of the Humane Society of the United States recommends one 500mcg tablet every alternative day (2000mcg per week). Vitamin B12 is produced by a

bacteria. Due to water chlorination, non-organic fruits and vegetables and improved hygiene, its important to supplement it as part of a healthy organic whole food diet devoid of any animal products.

We need only 5-10 mcg / day. Why 2000 mcg / week? You absorb the first 1.5 mcg through your B12 receptors, and then 1% of the rest through just brute diffusion through the gut wall. So to get your recommended (RDA) 2.4mcg a day, you can either take 100 mcg once a day (so you get the first 1.5 and then 1% of the remaining 98.5 mcg for a grand total of 2.485) or 2 serving a day separated by 6 hours (the 6 hours clears the receptors; and a serving typically has 25% of the RDI which is 6 mcg. So the first 1.5 plus again (since cleared) the first 1.5 again for a grand total

of 3 a day); or you can take 2000 mcg once a week. Then you get the first 1.5mcg, and then 1% of the remaining 1998.5, for a grand weekly total of 21.485 mcg, divided by 7 days in a week for a daily 3 mcg a day, which is above the 2.4 mcg RDA.

The U.S. government recommends B12 supplementation for everyone over age 50 irrespective of dietary choices.



## Meat Pose Environmental Danger: NAS

People will have to cut meat from their diets if the world is to stay within safer limits of planet-warming greenhouse gases, nitrate pollution and habitat destruction, according to a report published Monday in the Proceedings of the National Academy of Sciences. Experts agree that eating plant products can be better for the environment, because eating meat involves consuming animals which are themselves raised on plants, a less efficient process.

The paper used coarse estimates to argue that, on current trends, livestock farming on its own - disregarding all other human activity - would push the world near danger levels for climate change and habitat destruction by mid-century.

"We suggest that reining in growth of this sector should be prioritized," said the authors from Canada's Dalhousie University, in their article titled "Forecasting potential global

environmental costs of livestock production 2000-2050."

The paper described "a profound disconnect between the anticipated scale of potential environmental



impacts associated with projected livestock production levels and even the most optimistic mitigation strategies."

But efficiency gains would not be enough. Per capita meat consumption would have to be cut. "Across the board reductions in per capita consumption of livestock products should ... be a policy

priority," it said.

The paper calculated required cuts in globally averaged per capita meat consumption of 19-42 percent by 2050, given expected increases in population and income, just to stand still regarding environmental damage.

Livestock farming drives emissions of the greenhouse gas methane, from the stomachs of ruminants and especially cattle, and of carbon dioxide by increasing deforestation.

Intensive farms also use fertilizers which release the powerful greenhouse gas nitrous oxide when applied to the soil. Both fertilizers and manure release nitrogen into natural systems such as rivers, upsetting the natural balance. Farming also competes with natural habitats. The human food system already consumes 12 percent of the output of all the world's plants, the paper said.

Source: <http://goo.gl/foIZ>

### VEGETARIAN CONGRESS EVENT IVUINDIA, SOUTH WEST ASIA Practicing Ahimsa: The Core of Our Values

Hotel E-Inn, Bangalore, India. Oct.30 - Nov.1, 2010

2 days of Lectures, Workshops & Music and a day of excursion

Website: [www.vegansociety.in](http://www.vegansociety.in) Email: [indianvegansociety@rediffmail.com](mailto:indianvegansociety@rediffmail.com)

Updated Website with PROGRAM, FOOD, VENUE and FEES!

Among the speakers are Padmabhushan Dr. B. Hegde (Renowned Cardiologist) and Mr. John Davis, Veg Historian, UK, Ms. Marly Winckler, Brazil and Mr. Belal Tahiri from Iran. We will have soulful music by Mr. Mohan Santhanam and delicious vegan food to savour. Please be there with your family and friends, let us show the way ahead!

### Monthly Vegan Potluck

23rd October, Saturday  
at 4 pm, at Jaaga, 16/1, Rhenius  
Street, Opp Hockey Stadium,  
Shanthinagar, B-25, R.S.V.P.  
Contact Karol at 9945977055 or  
Manuj at 9880223323  
Do not forget to bring a vegan dish.  
If you cannot cook, bring fruits or  
juices.  
We will be watching "food  
matters" documentary.

### Did you know?

On an average, it takes 16,000 litres of water to produce just 1 Kg of Leather!

Source: Water Footprint Network



### President Sign The Bill!

Various Organizations from Karnataka protested against the Governor and the President for not signing the Anti-Cow Slaughter Bill.

## Vegan Mango Lassi

(Makes two servings)



### Ingredients:

2 cups mango puree (I use the pulp available in Indian stores which is really the best for lassi, if you want an authentic flavor)

2 cups vanilla soymilk (feel free to use vanilla-flavored almond milk which will result in a less thick lassi)

4 green cardamom pods,

finely powdered

1 tbsp maple syrup (substitute with sugar if you prefer or leave out altogether if you like your lassi not as sweet)

1 tbsp fresh lemon juice

Place all the ingredients in a blender and blend until smooth and creamy.

Pour into tall glasses, over ice if you prefer.

## Vegan Diet For Diabetes Management

**V**egetarian / Vegan diets offer significant benefits for diabetes management. In observational studies, individuals following vegetarian diets are about half as likely to develop diabetes, compared with non-vegetarians.

In clinical trials in individuals with type 2 diabetes, low-fat vegan diets improve glycemic control to a greater extent than conventional diabetes diets. Although this effect is primarily attributable to greater weight loss, evidence also suggests that reduced intake of saturated fats and high-glycemic-index foods, increased intake of dietary fiber and

vegetable protein, reduced intramyocellular lipid concentrations, and decreased iron stores mediate the influence of plant-based diets on glycemia. Vegetarian and vegan diets also improve plasma lipid concentrations and have been shown to reverse atherosclerosis progression. In clinical studies, the reported acceptability of vegetarian and vegan diets is comparable to other therapeutic regimens. The presently available literature indicates that vegetarian and vegan diets present potential advantages for the management of type 2 diabetes.



**Download:** <http://goo.gl/Qz3C>

## Summary of Work Done

Dogs (In Patient) – 18 treated and 12 released; Dogs (Out Patient) – 20 treated and released; Pigeon – 3 treated and released; Cat – 1 treated and released.



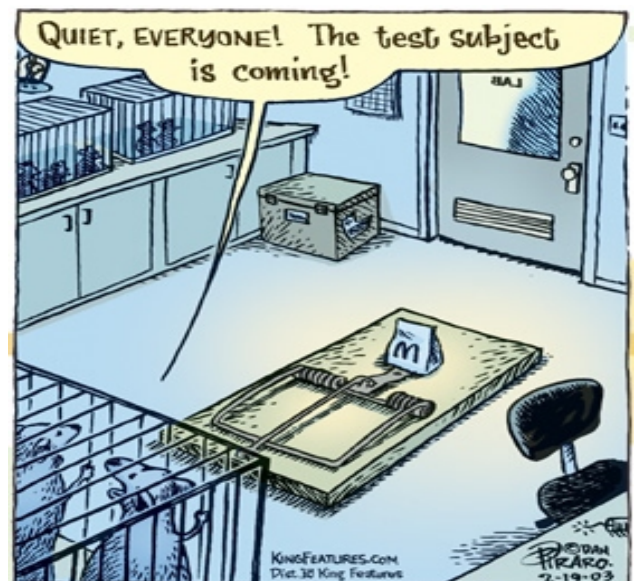
Please donate your used computers or equipments for the benefit of non-humans.

### Heart-felt Gratitude for your Donations:

Saroj Chowdhri, Mumbai ; Usha Madan, Bangalore ; Mehul Parek, Bangalore ; Samvatsari Pratikraman Group, Bangalore ; Shree Jain Swetamber Murthipujak Mandal, Bangalore ; C.K. Kumari, Bangalore.

### We are grateful for your Kind Donation:

Teeta Meena Kochar for a brand new fridge; Manakchand Siyal for a Computer.



A vision without resources is a hallucination. Without you, we can't rescue defenseless animals from pain and suffering. Be a hero for animals. Please donate today.

₹ 1,000

₹ 2,000

₹ 5,000

Others ₹....

Cheque/DD (Please make payable to *Animal Rights Fund* at the below address)  
Online Transfer to ICICI bank, A/C No: 625101049908, IFSC Code: ICIC0006251,  
Branch: ICICI Bank Limited, 1091, OTC Road, Nagarthapet, Bangalore-560 002.

All donations are eligible for tax exemption under Sec 80G of I.T.Act. Foreign Contribution Reg No. 09442 0994 dt. 12/11/02

### Animal Rights Fund

Comfort manor, First Floor, No. 10/4-2, Kumara Krupa Road, Bangalore-560 001.

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**VEGAN: THE TRUTH WHOSE TIME HAS COME**