



ARF Newsletter

Wandering About a

VEGAN DIET?



The Editor's Voice

The Benefit of being Vegan:-

Many people come to me and say they cannot follow vegan lifestyle. They love animals to the core in their heart but when it comes to eating, they give up. In spite of lots of super-healthy vegan foods they can consume and enjoy the health benefits.

On one hand they love animals and propose to save them, on the other hand they use the animals for food. Take my example, I am reaching fifty still I am smart as 30 years young, full of energy, full of vigor, full of passion, full of excitement, full of enthusiasm and the zeal to succeed no matter whatever circumstances will come. I can give you some many examples of the people who are vegans for compassion reason, ethical reason, environment reason, fitness reason or health reason. Dr. Nandita Shah, Manish Jain, Manoj Oswal, Susmita, Sandhya Acharya, Praveen, Amith Seshagiri, Vinay Narayanswamy, Kawaljit Singh, Ashraf, Asma, the list goes on and on. They are also worried about their proper diet. They are also bothered about their Vitamin B12, Vitamin D, protein, calcium and iron. Vitamin B12 and Vitamin D can be easily got by supplement.

Protein they will easily meet from plants like beans, vegetables, nuts and grains. Calcium is very widely found in many plant foods, but particularly in green vegetable with plenty of potassium and vitamin K. Iron is found in most of the plant foods and its absorptions is boosted by healthy levels of vitamin C from fruits.

Future of veganism lies squarely in the hands of intelligent non-vegans. If you are non-vegan, please consider this statement carefully - as a human being, you have a moral obligation to be thinking about this. Veganism is the right thing to do. There isn't much academic debate about this anymore, and the only reason this knowledge hasn't reached the masses previously is because, those individuals in the position to educate about veganism, do not, and cannot do so. The fate of everything lies with you, and it's time to stand up and make a difference.

"Veganism is not difficult. What is difficult is living with yourself knowing that you are participating in the exploitation of the innocent. What is difficult is maintaining the incredible denial required to justify non-veganism."

A good vegan diet provides all the nutrients we need. Animal products are not at all necessary or desirable. Choose to eat healthy. Choose to eat vegan.

"Veganism deprives us of absolutely nothing. On the contrary, it provides a priceless gift: the peace of knowing that we are no longer participants in the hideous violence that is animal exploitation."

By
Gary L. Francione

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We will be meeting at 2:30 PM at Rani Park (Lawn across the road from the Chinnaswamy Stadium, behind the Victoria statue, near the MG Road / Kasturba Road junction) and have the picnic spread there.

Date: 30th Oct. 2013.

For further enquiry Call:
Mr. Arun V. Rangasamy
+91 94497 65720



Compassionate Lifestyle

Dr Jina Shah is a medical doctor and a public health researcher in San Francisco. Her parents moved to the US before she was born into the Jain family. They strongly taught her the values of Ahimsa or Nonviolence which has transformed her into the person she is today. Dr. Jina is an ardent animal rights activist and a strict vegan. It all happened one day when her mother explained to her the importance of adopting vegetarianism by saying, "If you were an animal and somebody ate you, how would you feel?" As an 8 year old child she had the empathy to take that to heart and thus she became a staunch vegetarian. She very well knew that being a Jain vegetarian, she couldn't consume eggs, but she had no idea that there was anything wrong in having milk. But as the years passed by and she grew older to understand the concept of ahimsa, she felt the need to not hurt animals for various reasons. She was starting to become more careful about not eating eggs and realized that it is one of the things she shouldn't do being a Jain.

When Dr.Jina was about 20 years of age, her parents took her to Siddhachalam, a Jain Ashram in New Jersey. One of the two monks that came to the US from India, Acharya Sushyamuni had established the ashram. She had gone to the ashram as a camp counselor. At that particular time, there was what they thought was a pooja at Siddhachalam, was actually a Annual Rights Conference put on by New Jerseys Annual Rights Alliance. At that conference, she learned a lot about what was behind the production of milk, dairy and egg production. She was left shocked. As she walked from table to table, talked to people, saw many videos and read brochures, her knowledge on the subject arose as she learned the deep connection between the meat, dairy, and the strays is so tight that there is an unacceptable level of suffering and killing of dairy cows, their calves and the separation of calves from their mothers. In terms of eggs of the hens and the chickens, the male chickens were being harmed. She decided not to be a part of what in her perspective was suffering, harm and ultimately death of those poor animals. It took her a little while from wanting to be vegan to actually being one. In the midst of the decision making she went back to Siddhachalam and her eyes spotted a mother who was raising her baby Vegan. Looking at the amazement, she was completely inspired. The mother appeared to be well informed and healthy and her baby was happy and fit too. Lots of thoughts raced in her mind. She came to a conclusion that if this mother can do it then so could she. So from that time on, she adopted Veganism. It's now more than 20 years that she's been Vegan.

Dr. Jina in her younger years was always inclined to enter the medical profession either to help an International setting or to familiarize herself with the literature related to Veganism and health. She read a lot of material from the Physicians Committee for Responsible Medicine (PCRM). Their petition was



that Animal research is not the best way to get information on Health. The petition was that some of the advances that have come out from what people attribute to animal research could have come about other ways. In this perspective epidemiological studies are very informative, that is studies on human population in which multiple risk factors and their outcomes can be observed and perhaps more informative than the animal research that harms animals and tries to reduce the questions to single and narrow topics. Dr. Jina was widely interested in this subject and wanted to be a trained professional in this subject of Epidemiology with her public health ambition. She headed to medical school and public health school to fulfill those goals. College and medical school were her early years of being a vegan. She tried to keep up with some of the literature that people were curious to know including, "Will you get enough protein and calcium as a vegan?" It was at that time that there was a growing awareness of Vitamin D and Omega 3 fatty acids. Vitamin B12 was an early concern as well. She tried to inform herself about these topics. Once she had completed her medical school and public health degree, she decided to do a semi medicine training because it is the broadest background. General Preventive Medicine Residency was chosen by her because it incorporated public health background and clinical background.

She worked at the Public Health Agency for four and a half years and also did some part time practice after the public health work. She saw a few patients who were interested in making a change to the plant based diet. She counseled many men in their 50's, 60's and 70's who were suffering from high cholesterol to shift to a plant based diet. She never really referred it to vegan as she felt that vegan refers to ethics and plant based refers to health benefits. She sometimes termed her advice to 'eat more plants and less animal based products. Meat is the most connected to saturated fats and cholesterol.'

Sheep Rescued by the volunteers of ARF

ARF team has gone and rescued 12 sheep from city market, Bangalore on basis of information that the sheep had been obstructing the traffic and creating law and order problem. For these sheep we have done the Animal Birth Control program and we have safely released the sheep in Panjrapole. We wish to thank Hemant Vora and his friend who have displayed their compassion against all odds.



Baby Elephant gets an Artificial Leg

For the first time in Sri Lanka an artificial leg has been implanted on a baby elephant. This baby elephant had been loitering in the jungle area of Ampara when it unfortunately trampled a landmine placed by the LTTE and injured the rear leg very seriously. Veterinary surgeons that operated on this baby elephant could not save the leg. The baby elephant had been living with difficulty due to the inability to move or stand erect. The baby elephant had been thus severely handicapped. However when this matter was known to internationally renowned 'Avas' centre who are specialists in the manufacture of artificial limbs, the 'Avas' centre had donated an artificial leg to the baby and also had assisted in the operation in fixing the leg. It was due to the donation of this artificial leg and assistance rendered during the operation that the baby elephant got this relief. This baby elephant now could walk with all four legs.



More at <http://www.amazingworldonline.com/>

Health Benefits of Ginger.

1. Ovarian Cancer Treatment

Ginger may be powerful weapon in the treatment of ovarian cancer. A study conducted at the University of Michigan Comprehensive Cancer Center found that ginger powder induces cell death in all ovarian cancer cells to which it was applied.

2. Colon Cancer Prevention

A study at the University of Minnesota found that ginger may slow the growth of colorectal cancer cells.

3. Morning Sickness

A review of several studies has concluded that ginger is just as effective as vitamin B6 in the treatment of morning sickness.

4. Motion Sickness Remedy

Ginger has been shown to be an effective remedy for the nausea associated with motion sickness.

5. Reduces Pain and Inflammation

One study showed that ginger has anti-inflammatory properties and is a powerful natural painkiller.

6. Heartburn Relief

Ginger has long been used as a natural heartburn remedy. It is most often taken in the form of tea for this purpose.

7. Cold and Flu Prevention and Treatment

Ginger has long been used as a natural treatment for colds and the flu. Many people also find ginger to be helpful in the case of stomach food poisoning, which is not surprising given the positive effects ginger has upon the digestive tract.

8. Migraine Relief

Research has shown that ginger may provide migraine relief due to its ability to stop prostaglandins from causing pain and inflammation in blood vessels.

9. Prevention of Diabetic Nephropathy

A study done that human given ginger had a reduced incidence of diabetic nephropathy (kidney damage).



Yummy Vegan Dishes

VEGAN for LIFE

Ingredients:

1 pound mushrooms , cut into halves or quarters depending on their size. You want the pieces to be chunky and not too small. Keep in mind that mushrooms shrink when cooked.

1 tsp fennel seeds (saunf)

1/2 tsp nigella seeds (kalonji)

1 tbsp coriander seed powder

1 tbsp ginger paste

2 tsp garlic paste

1/2 tsp turmeric

1/2 tsp pepper

2 large tomatoes, finely diced

Salt to taste

1 tsp coconut oil

1/4 cup chopped coriander leaves

Method:

1. Heat the oil in a large saucepan.
2. Add the nigella and fennel seeds and toast for about two minutes over medium-low heat until they release their distinct aroma.
3. Add the ginger and garlic and stir-fry quickly for 10-15 seconds. Add the tomatoes with all of their juices. Stir to mix.
4. Add the turmeric, coriander powder and mix well. Let the tomatoes cook until they darken and shimmer, about 7-8 minutes.
5. Add the mushrooms and salt to taste. Stir to mix well and let the mushrooms cook for another 5-7 minutes until they are tender but not soggy.
6. Turn off the heat and stir in the coriander leaves.



Are you considering going vegan, but you're not sure how to start? Are you already committed to an animal-free diet, but are unclear about how to get proper nutrients? Vegan for Life is your comprehensive, go-to guide for optimal plant-based nutrition. Registered dietitians and long-time vegans Jack Norris and Virginia Messina debunk some of the most persistent myths about vegan nutrition and provide essential information about getting enough calcium and protein, finding the best supplements, and understanding the "real deal" about soy. Covering everything from a six-step transition plan to meeting calorie and nutrient needs during pregnancy and breastfeeding, Vegan for Life is the guide for aspiring and veteran vegans alike, complete with an easy-to-use food chart, tasty substitutions, sample menus, and expansive resources.

Author: Jack Norris, Virginia Messina

BOOK POST

Heart-felt Gratitude for your Donations

G.P. Jain, Bangalore; Jatin & Jaina Bafna, Bangalore; Gajendra Bhairu Jain, Bangalore; Kaveri K.G., Bangalore;
Manish Jain, Bangalore; Paryi Bai, Bangalore; Mohanlalji Kothari, Bangalore; Narangi Bai, Bangalore;
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Bangalore; Ravi Prakash, Bangalore; Chandrasekhar, Bangalore; Hastimal G Mutha, Chennai.

I Wish to make my gift

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Animal Rights Fund

Comfort Manor, 1st Floor, No. 10/4-5, Kumara Krupa Road, Bangalore-560 001
Email: info@arfindia.org, Web: www.arfindia.org
Mobile: +91-98451 74630 (Dilip Bafna), +91-98452 74880 (Amrit), Office: 080-22 34 28 20
Editor: **Dilip Bafna** Graphics and Design: **Amrit Puty** Production Incharge: **Ushalakshi**