



ARF Newsletter

“

Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.

- Lance Armstrong

”



Editor's Voice

When it comes to health issues, it is our choice. Life, after all, is about choices and we make thousand of them every day. Do you want to be healthy? Certainly, yes! But are you willing to work for it, and make the changes? Maybe. Maybe not. Many people change only after being sick, some after being seriously ill, and some wait to experience the brink of death. Be smart. Make the changes before anything strikes. Don't take your good health for granted. When we have it, we need to take care of it.

We live once and to live healthy is our prime responsibility. You don't have to prepare for a marathon, but making small changes can

take you miles ahead.

Follow your body signals. Don't blindly follow others. Some people might have created waves by following certain diets. Just because it worked for them, it need not work for you. You need to listen to your body. There may be times when you don't feel like eating dinner: don't force it as a ritual. Following someone else's diet might make you feel fatigued through the day. Their lifestyle demands may be very different from yours. Your body keeps communicating to you. There are no generalised diets. It is always tailor-made.

Constant association with pessimistic people causes considerable exhaustion. To be healthy is not just about food and exercise; it's also about whom you relate with on a daily basis. When you relate with people

who all the time talk about issues, sickness, and problems, it can deplete your energy levels. Either stay away from them or learn ways by which you can cope up with them. As a counter measure, surround yourself with optimistic and humourous people.

Health is all about how satisfied you are about your day. Not doing much can actually be more tiring than doing a lot on a given day. By doing things which you have never done before you will give a boost to your mental and physical energy, and thus find yourself a lot more energetic. Follow a vegan diet. We have no right or need to use animals for food, wear and experimentation.

Shilpi Sharma



This GSD dog was adopted from ARF by an animal lover. The dog had mammary tumor then, but in spite of regular homeopathy care and ayurvedic medication, it is not showing any improvement. The dog's cancer has been spreading fast to other teats and the tumor is increasing in its size by the day.

The treatment is going on to stabilize his condition.



This dog was brought to ARF mercilessly beaten by a sickle causing open wounds on his neck and legs. The wounds were 2-3 cm deep and were profusely bleeding. Many blood vessels were severed causing a considerable amount of blood loss.

He is undergoing treatment.

Shocking!

I was shocked about the message given by the chairman of the Kennel Club of India about the debarking of the dogs.

What chairman S. Pathy wrote was:

"Another thought that occurred to me which I feel is worthy of consideration is that its time dog owners, especially those living in apartments and flats, think about debarking their dogs. This would prevent them from being considered a nuisance by neighbors. There have been several cases where dog lovers were compelled to part with their dogs just because the neighbors joined together and forced the associations to bring in rules against keeping dogs in flats. Debarking done by a veterinary surgeon at an early age is neither painful nor is it harmful in any way to the dog and is in practice widely abroad."

As per Merritt Clifton, Dogs in apartments often bark if they are neglected. They bark then for the same reason that a lonesome human might pick up the telephone: to find someone to converse with.

The antidote to barking is not devocalization, but rather, finding someone to walk & exercise the dog. If you cannot find the time to do so, you have no right to keep a dog.

Read the letter: <http://goo.gl/5GZjW>

Did you know?

Cancer is most frequent where carnivorous habits prevail. - Scientific American, 1892



Tetley for Soya

A unique blend developed specially for use with soya

Tetley for Soya is a unique blend of tea that has been specially developed for use with soya milk. The tea by Tetley for Soya is exclusively sourced from high altitudes, to deliver a full flavoured, refreshing taste. Tetley for Soya is the best-tasting cuppa for soya drinkers.

Not for MEN It is for WOMEN

Since "looking good" (via makeup that is) is being "promoted" as "empowerment" by society (when it's not its just making their life hell and they don't even know it's a problem. Today "hormonal problems" are assumed as "normal" even by doctors)

SHAMPOO
AVERAGE NUMBER OF CHEMICALS: 10
MOST WORRYING: Sodium Lauryl Sulphate; Tetrasodium and Propylene Glycol.
POSSIBLE SIDE-EFFECTS: Irritation; possible eye damage.

EYE SHADOW
CHEMICALS: 26
MOST WORRYING: Polyethylene terephthalate.
POSSIBLE SIDE-EFFECTS: Linked to cancer; infertility; hormonal disruptions and damage to the body's organs.

LIPSTICK
CHEMICALS: 33
MOST WORRYING: Polymethyl methacrylate.
POSSIBLE SIDE-EFFECTS: Allergies; links to cancer.

NAIL VARNISH
CHEMICALS: 31
MOST WORRYING: Phthalates.
POSSIBLE SIDE-EFFECTS: Linked to fertility issues and problems in developing babies.

PERFUME
CHEMICALS: 250
MOST WORRYING: Benzaldehyde.
POSSIBLE SIDE-EFFECTS: Irritation to mouth, throat and eyes; nausea; linked to kidney damage.

HAIRSPRAY
AVERAGE NUMBER OF CHEMICALS: 11
MOST WORRYING: Octinoxate, Isopropylalcohol.
POSSIBLE SIDE-EFFECTS: Allergies; irritation to eyes, nose and throat; hormone disruption, linked to changes in cell structure.

BLUSHER
CHEMICALS: 16
MOST WORRYING: Ethylparabens, Methylparabens, Propylparabens.
POSSIBLE SIDE-EFFECTS: Irradiation; hormonal disruptions.

FOUNDATION
CHEMICALS: 24
MOST WORRYING: Polymethyl methacrylate.
POSSIBLE SIDE-EFFECTS: Allergies; disrupts immune system; links to cancer.

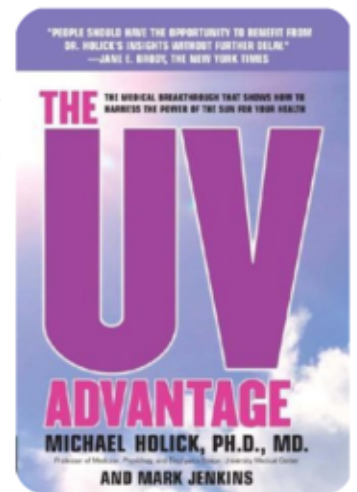
DEODORANT
CHEMICALS: 15
MOST WORRYING: Isopropyl Myristate, Parfum.
POSSIBLE SIDE-EFFECTS: Irritation of skin, eyes and lungs; headaches; dizziness; respiratory problems.

BODY LOTION
CHEMICALS: 32
MOST WORRYING: Methylparabens, Propylparabens, Polyethylene Glycol, which is also found in oven cleaners.
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

FAKE TAN
CHEMICALS: 22
MOST WORRYING: Ethylparabens, Methylparabens, Propylparabens.
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

The UV Advantage

Sensible exposure to natural sunlight is the simplest, easiest and yet one of the most important strategies for improving your health. I urge you to read the book, "The UV Advantage" by Dr. Michael Holick to get the full story on natural sunlight. I recommend it because of its great importance in preventing chronic disease and enhancing health without drugs or surgery. This may be the single most important book on health you ever read. If more people understood this information, we could drastically reduce the rates of chronic disease in this country and around the world. Sunlight exposure is truly one of the most powerful healing therapies in the world, far surpassing the best efforts of today's so-called "advanced medicine." There is no drug, no surgical procedure, and no high-tech procedure that comes even close to the astonishing healing power of natural sunlight. And you can get it free of charge. That's why nobody's promoting it, of course.



Veganism in the News

The Rise of Vegans

<http://goo.gl/s4YRj>

<http://emagazine.care4nature.org> Page No. 6.

We think we are one, we act as if we are one, but we are not one

FROM THE EDITOR

We Think We Are One, We Act As If We Are One, But We Are Not One

Natural carnivores live on meat. Natural herbivores live on vegetables, fruits and starches (rice, corn, potatoes, beans, pasta). Carnivores and herbivores are made differently. Carnivores have claws and sharp teeth for ripping meat apart; herbivores

do not develop canines, for example, to produce additional saliva in the dog even when 100 grams of cholesterol and 120 grams of fat are fed to an adult dog on a meat diet. (The amount of cholesterol is approximately 200 times the average amount that humans eat in the USA on each day.) In contrast, herbivores rapidly develop atherosclerosis if they eat fat foods, namely fat and cholesterol, intended for natural carnivores. Adding only 2 grams of cholesterol daily for 2 months to a rabbit's chow, for example, produces striking fatty changes in its arteries. And humans are like rabbits, natural herbivores, not like dogs or cats, natural carnivores.

Thus, although we think we are one and we act as if we are one, human beings are not natural carnivores. When we eat animals to eat them, they end up killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings, who are natural herbivores.



William C. Roberts, MD
Editor in Chief

TABLE 1 Differences in Carnivores and Herbivores

Characteristics	Carnivores	Herbivores
Supercanine	Yes	None or small
Claw	Yes	None
Incisors	Short	Long
Molar-crochet	None	Yes
Diphyodont	Yes	No
Monodont	No	Obsolescent
Canine	Present	None

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have hands (unless they have hoofs) for gathering food and flat teeth for grinding the vegetables, fruits and grains. Carnivores have short bowels and rapidly digest the flesh and rapidly excrete the putrefying animal products. The time required for food to travel through their intestinal tract is short. Herbivores have long intestines so that there is plenty of time to digest the nutrients in the plants, fruits and starches, and when these animals eat these foods their transient times also are relatively short despite the long intestinal tracts. Meat eaters pant to cool themselves and lap water; plant eaters, in contrast, sweat to cool and sip water. Carnivores synthesize their own vitamin C, which is virtually absent in meat and dairy products; herbivores obtain their vitamin C from plant foods in which it is abundant.

Although human beings eat meat we are not natural carnivores. We were intended to eat plants, fruits and starches! No matter how much fat carnivores eat, they do not develop atherosclerosis. It is virtually impossible, for example, to produce atherosclerosis in the dog even when 100

grams of cholesterol and 120 grams of butter fat are added to its meat ration. (This amount of cholesterol is approximately 200 times the average amount that human beings in the USA eat each day! In contrast, herbivores rapidly develop atherosclerosis if they are fed foods, namely fat and cholesterol, intended for natural carnivores. Adding only 2 grams of cholesterol daily for 2 months to a rabbit's chow, for example, produces striking fatty changes in its arteries.' And humans are like rabbits, natural herbivores, not like dogs or cats, natural carnivores.

Although we think we are one and we act as if we are one, human beings are not natural carnivores. When we kill animals to eat them, they end up killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings, who are natural herbivores. - William Clifford Roberts, MD, Editor in Chief

Download:

<http://goo.gl/bMac>

Natural carnivores live on meat, Natural herbivores live on vegetables, fruits and starches (rice, corn, potatoes, beans, pasta). Carnivores and herbivores are made differently. Carnivores have claws and sharp teeth for ripping meat apart; herbivores

The Case Against Vivisection

Animals are not the same as humans, so foods and medicines that affect them in one way may well affect us differently.

Protease inhibitors are substances that retard the action of digestive enzymes that cause the breakdown of protein. Studies that show that protease inhibitors can cause cancer in some animal species, but there is almost no evidence even suggesting that they have the same effect in humans. In fact, protease inhibitors appear to reduce the incidence of colon, prostate and breast cancer in humans.

A 1985 study showed that soy increases the risk of pancreatic cancer in rats. But researchers with the National Cancer Institute point out that the pancreas of a few species of animals, notably rats and chicks, are extraordinarily sensitive to dietary protease inhibitors such as those found in soy. This sensitivity has not been found in other species such as hamsters, mice, dogs, pigs, and monkeys, they say, and is "not expected to occur in humans." In fact, while rats fed nothing but soy run higher risks of pancreatic cancer, human populations consuming high levels of soy have decreased rates of pancreatic cancer.

Species, even those that seem quite closely related, often function quite differently at a molecular level. It is true that baby rats fail to thrive on soy. But they also fail to thrive on human breast milk. This is because rats and humans have vastly different requirements. Human milk, for example, is 5% protein; rats' milk is 45% protein. The difference in nutritional requirements and responses for different species can be enormous. Foods that are highly nutritious for one species are often inedible or even poisonous to other species.

The drug Thalidomide caused horrendous birth defects in children born to mothers who took the drug during their pregnancies. Thalidomide had been widely tested on animals, where it appeared to be totally safe. Similarly, the combination of fenfluramine and dexfenfluramine, recently touted to be the answer to dieters' prayers, was extensively tested on animals and found to be very safe. Unfortunately it caused heart valve abnormalities in humans. When the arthritis drug Opren was tested on monkeys, no problems were found, but it killed 61 people before it was withdrawn. Cylert was fine for animals, but when it was

given to hyperactive children it caused liver failure. In studies of weight-loss drugs, rats have lost as much as 30 percent of their weight, but humans on the same drug have lost less than 5 percent of their weight.

Even higher than the number of people who die from medication errors is the number of people who die from medication, period. Even when a prescription drug is dispensed properly, there's no guarantee it won't end up killing you.

A remarkable study in the *Journal of the American Medical Association* revealed that prescription drugs kill around 106,000 people in the US every year, which ranks prescription drugs as the fourth leading cause of death. Furthermore, each year sees 2,216,000 serious adverse drug reactions (defined as "those that required hospitalization, were permanently disabling, or resulted in death").

The authors of this 1998 study performed a

entities approved from 1975 to 1999, 10 percent "acquired a new black box warning or were withdrawn from the market" by 2000. The "probability of a new drug acquiring black box warnings or being withdrawn from the market over 25 years was 20%."

A statement released by one of the study's coauthors — Sidney Wolfe, MD, Director of Public Citizen's Health Studies Group — warned:

In 1997, 39 new drugs were approved by the FDA. As of now [May 2002], five of them (Rezulin, Posicor, Duract, Raxar and Baycol) have been taken off the market and an additional two (Trovan, an antibiotic and Orgaran, an anticoagulant) have had new box warnings. Thus, seven drugs approved that year (18% of the 39 drugs approved) have already been withdrawn or had a black box warning in just four years after approval. Based on our study, 20% of drugs will be withdrawn or have a black box warning within 25 years of coming on the market. The drugs approved in 1997 have already almost "achieved" this in only four years — with 21 years to go.

How could this happen? Before the FDA approves a new drug, it must undergo clinical trials. These trials aren't performed by the FDA, though — they're done by the drug companies themselves. Worst of all, they are tested on non-human animals and found to be "safe"!

Post-marketing reporting of adverse effects isn't much better. The FDA runs a program to collect reports of problems with drugs, but compliance is voluntary. The generally accepted estimate in the medical community is that a scant 10 percent of individual instances of adverse effects are reported to the FDA, which would mean that the problem is ten times worse than we currently believe.



meta-analysis on 39 previous studies covering 32 years. They factored out such things as medication errors, abuse of prescription drugs, and adverse reactions not considered serious. Plus, the study involved only people who had either been hospitalized due to drug reactions or who experienced reactions while in the hospital. People who died immediately (and, thus, never went to the hospital) and those whose deaths weren't realized to be due to prescription drugs were not included, so the true figure is probably higher.

Four years later, another study in the *JAMA* warned:

Patient exposure to new drugs with unknown toxic effects may be extensive. Nearly 20 million patients in the United States took at least 1 of the 5 drugs withdrawn from the market between September 1997 and September 1998.

Three of these 5 drugs were new, having been on the market for less than 2 years. Seven drugs approved since 1993 and subsequently withdrawn from the market have been reported as possibly contributing to 1002 deaths.

Examining warnings added to drug labels through the years, the study's authors found that of the new chemical

Drugs aren't released when they've been proven safe; they're released when enough FDA bureaucrats — many of whom have worked for the pharmaceutical companies or will work for them in the future — can be convinced that it's kinda safe. Basically, the use of prescription drugs by the general public can be seen as widespread, long-term clinical trials to determine their true safety.

The science cannot be clearer. If Animal testing really works as advertised, then how come our correctly prescribed drugs are killing more people than quack cures and nacebo combined? Why are they some of the topmost killers and incapacitators? After all, the FDA has approved them and they are found to be safe on non-human animals?

Reference Studies:

<http://bit.ly/bXz130>

<http://bit.ly/aNibt3>

Your Voice



Great newsletter, Dilip. So exciting to read about the tribals, I'll pass that on. Kind regards,
Ingrid Newkirk, President, PeTA

Recipe of the Month

Bean Soup: This hearty soup is perfect for cold winter evenings!



Ingredients:

500 grams dried mixed beans, 12 cups water, 1 large onion(chopped), 1 cup celery(chopped), 1 bell pepper(chopped), 1 clove garlic(minced), Juice of one lemon, 500 grams tomatoes(chopped), 2 tsp paprika, 1 tsp chilli powder, 1/4 tsp cayenne pepper, 1/4 tsp black pepper, 1/2 tsp oregano, 1 tsp thyme, 1 1/2 teaspoons salt

Method:

Put the beans in a pot with 12 cups of water and boil for 60-75 minutes until the beans are tender (or use a pressure cooker which will be quicker). While the beans are boiling, brown the onions, celery, bell pepper and garlic in a pan. Add the tomatoes, lemon juice and spices to the beans and simmer for 30-45 minutes. Add salt at the end. Serve with bread or rice.

Monthly Vegan Potluck

8th January, 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 'Meat
the Truth' documentary.

Summary of Work Done

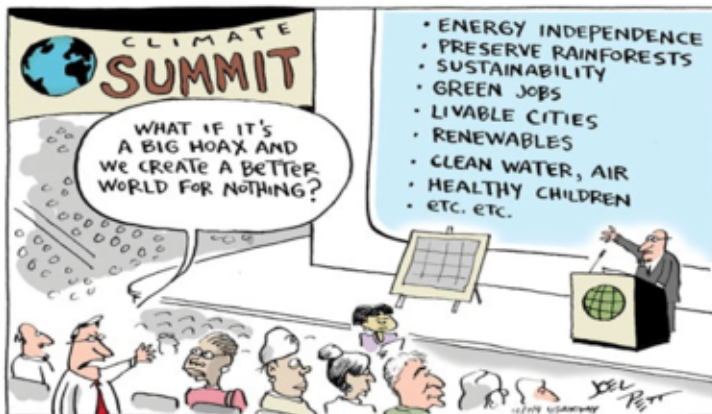
Dogs (Inpatient) – 15 treated; Dogs (Outpatient) – 10 treated and released; Pigeons – 03 treated and released.

Did you know?

Cows dont drink their own milk in adulthood!



Please donate to ARF for our Kengeri shelter
for erecting the fence.



Heart-felt Gratitude for your Donations

Raj Kumar Jain, Bangalore; Anuja P Mahindra Sharma, Bangalore; Sbee Cables, Bangalore; Mehul Parek, Bangalore; Sancheti Electricals, Bangalore; Shree Jinkushalsuri Jain Dadwadi Trustee, Bangalore; Senthil Nathan, Bangalore; Dr. K. Varadarangan, Bangalore

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 Other ₹ _____

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, Nagarhapet, Bangalore - 560002
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Animal Rights Fund

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VEGAN: THE TRUTH WHOSE TIME HAS COME