

ISSUE 9 | APR 2013



vegworld

MAGAZINE

HOW TO

**SAVE THE
PLANET**

WHILE EATING
WHAT YOU LOVE

**THE TRUTH
ABOUT SOY**

**THE TOP
15 KILLERS**

AND HOW VEGETARIANS
AVOID THEM

VEGWORLD VIDEO:
GET A BEACH-READY BOTTOM
IN JUST MINUTES A DAY

MOUTHWATERING RECIPES:
PIZZA WITHOUT THE GUILT



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EDITOR'S NOTE

A Message from the Founder of VegWorld Magazine, Steve Prussack



VegWorld Publisher, Steve Prussack at the very first Earth Day, New York City, April 22, 1970.

It almost seems cliché to say we should celebrate the Earth every day, not just one time a year. Still, this is the month the planet celebrates Earth Day.

So how did the idea of Earth Day even begin? Earth Day has been commonly associated with U.S. Senator Gaylord Nelson of Wisconsin and Congressman Pete McCloskey of California. But it has also been alleged that the concept originated in 1969 with John McConnell at an UNESCO

conference held in San Francisco. Whatever the origins, it is clear that this event has resonated deeply with people across the globe.

The first Earth Day event happened on April 22, 1970, with 20 million participants around the world. That number has since grown to over 500 million, with the participation of 175 countries across the globe. And perhaps what made an even greater impact than those famous demonstrations, including the “teach-ins” and clean-up of so many places by the 20 million participants, was the bipartisan political action which followed.

I personally attended the first Earth Day celebration in New York City when I was only one. I treasure pictures of myself (like the one above) holding a “Stop the Rape of the Earth” sign, raising awareness about our planet, and I remember how important it is to become more aware of the damage we are doing to our home. I was lucky to be raised by parents who were conscious about what was happening to our planet.

Still, it took me a long time to realize how connected our food choices are to protecting the planet and our natural resources. When we become more aware, we can’t help but realize that to save our planet, we must understand this crucial connection. As we explain in this month’s issue, the raising of animals for food causes more harm to the planet than all the sources of transportation combined. Yet, there are many environmental organizations doing important work around the globe that still fail to make this crucial connection. This issue of

EDITOR'S NOTE

A Message from the Editor of VegWorld Magazine, Steve Prussack

VegWorld Magazine was designed to spotlight these connections so we can all do our part to protect our planet. We are up against many forces that cause more harm than good. I remain optimistic that when we educate ourselves, we can lead by example. Thank you for doing your part by reading our magazine and spreading the facts to your family and friends. I truly think together we can change the world.

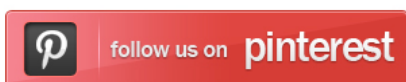
On this Earth Day, we celebrate the fact that no animals or trees are ever harmed in the making of VegWorld Magazine, making us the greenest magazine on the planet.

Steven Prussack

Publisher of VegWorld Magazine

We want to know what you think. Send emails to support@vegworldmag.com or mail to 3417 McManus Avenue, Culver City, CA 90232. Include your name, address, and telephone number. Letters may be edited for clarity or length.

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THE FUN SIDE OF VEGETARIAN LIVING

Hot Sheet



Bizarro Cartoon



Vegan 101



Yoga



Fit Quickies



Vegan Hot Sheet

Earth Day edition



A BETTER BOTTLE

Did you know 1500 plastic bottles are consumed every second in the U.S.? Make a difference with a reusable bottle. Bamboo Bottle is made from glass and sustainably harvested bamboo, so it's free of chemicals found in hard plastic water bottles, like bisphenol A (BPA). The bottle's insulation allows you to sip hot or cold beverages.

Green Kids On The Go

Teach your children to be green in a fun and colorful way. Planet Wise has a food storage line you're sure to love! The reusable and washable bags and wraps are a perfect alternative to plastic baggies, making your lunch waste free. Visit them at www.planetwiseinc.com.

Beyond Skin is an ethical footwear and fashion label based in the UK creating beautiful handmade ladies designer vegan shoes and vegan boots using the most environmentally friendly methods possible for their non-leather shoes. Learn more at www.beyondskin.co.uk.

BEYOND SKIN



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HOT NEW PRODUCTS

VEGGIE BED

Bring home the produce, not the plastic. Introducing the VeggieBed reusable produce bag system. Designed so you never have to tear off a throw-away plastic bag again while shopping for produce. Your grocer will adjust for the weight of the bag at checkout and you bring home fresh produce without contributing a single plastic bag to landfill.



Eco-Friendly Chocolate

With its signature light and crispy crunch, Alter Eco Dark Quinoa Chocolate is a delicious artisanal update on a nostalgic childhood treat, creatively made with fair trade and organic cacao from Ecuador and crafted to perfection in Switzerland. Without containing any emulsifiers, artificial flavors, sweeteners, soy, gluten or GMOs, this bar is a sustainable and healthy treat for any time of day.



Sambazon Blended Breakfast

The environmentally and socially conscious company Sambazon brings us a scrumptiously complete, satisfying meal in a bottle. This nutritional powerhouse combines fresh strawberries and bananas with chia, quinoa, amaranth and soy milk for a smoothie packed with fiber, protein and healthy omegas. Wait till you try it!



RENT-A-GREEN BOX

Rent-A-Green Box is America's first, comprehensive, zero-waste pack and move solution made from a variety of post consumer, industrial and recycled trash. This growing Southern California company provides movers with an earth-friendly alternative that's cheaper, faster and easier than using cardboard boxes.



Dan Piraro is a painter, illustrator and cartoonist best known for his award-winning syndicated cartoon panel [Bizarro](#). Piraro's cartoons have been reprinted in 15 book collections between 1986 and the present.

Vegan 101

GOING GREEN WITH VEGAN CUISINE: ONE STEP AT A TIME

People often face two stumbling blocks when considering whether to go veggie. First, many lack a strong enough incentive to go against conventional teachings as well as traditional friends and family. Second, most need a plan of action that works. As for the former, consider the following. The United Nations recently concluded that the livestock industry contributes to more greenhouse gasses than the entire world's transportation

industry combined. That's a lot of gas! But there is also a convincing case for each individual to switch to a plant-based diet when you consider the following:

The environmental impact of a vegan diet is a fraction of that of a meat-based one. According to Conservation International, the average carbon emissions from an animal product based diet are 11 tons per year per person. The average emissions on a plant-based diet are 6 tons per year. Another interesting tidbit of information is that it takes approximately 3 ½ acres of land and 2500 gallons of water a day to support a person's animal-product-based diet. A plant-based diet utilizes only 1/6 of an acre of land and 300 gallons of water a day. According to the USDA, 1 acre of land can produce 20,000 pounds of vegetables. This same amount of land can only produce 165 pounds of meat.

While all of this information may be persuasive on an intellectual level, when it comes to our food choices we are dealing with a primal instinct that is not so easy to change. Here are ten suggestions for those wishing to include more plant-based foods in their diet as a way to go green.



1. GO SLOWLY

It took years for you to develop your current eating habits. Most people are not willing or able to make radical changes overnight – especially when their friends or family have drastically different diets. Many times when people do make drastic changes, they find themselves falling back to old ways when the going gets tough. So just remember: slow and steady wins the race. (Of course, there are those who are ready to go “cold Tofurky” – only you can decide for yourself!)



Create a solid plan you can stick with. Otherwise you may see yourself falling back into old habits.

2. CREATE A PLAN

Take a look at where you are now and where you would like to be. You can approach this in several ways. You can commit to having one vegan day a week for a month. Then go up to two days a week the second month, three days a week on the third month (you get the idea), until you arrive at your desired outcome. Another way is to have vegan snacks for the first month, vegan snacks and breakfasts for the second month, vegan snacks, breakfasts and lunches the next month and so on. An even more gradual approach would be to have one vegan meal a week for the first month, two vegan meals a week for the second month. Make the changes at a pace with which you are comfortable.

3. CHOOSE WISELY

Remember the importance of feeling satisfied at every meal. When you first make the switch to a plant-strong diet, you should look for vegan substitutes that come close to the taste and texture of the foods you are craving. A healthier diet, which substitutes whole-plant sources of protein for your meat, can come later in your plan. There

are countless plant-based products on the market now that can make this a delicious transition for you. (Many of these products are highlighted in VegWorld Magazine, March 2012 Issue, Vegan 101, as well as each month's “Hot Products” sheet).

4. INVITE A FRIEND

It definitely makes it easier to change your diet and lifestyle if you have some support. A friend can help with recipe ideas, sharing meal preparation, and of course providing words of encouragement when needed. You can also join a local vegetarian society or find lots of support online. There are sites with discussion boards on every topic imaginable. Do a search for “vegan websites” and you will be surprised at what you find. Joining globally in “Meatless Mondays” may help you stay on track.

5. EDUCATE YOURSELF

Scour publications like VegWorld Magazine, as well as books and reputable websites, to learn everything you can about the overwhelming benefits of a plant-based diet to your health and soul. Check out the

following books for starters: “Diet for a New America;” “The China Study;” “The World Peace Diet;” “Skinny Bitch” and “Vegan Fusion World Cuisine.” Also pop in movies like “Earthlings” for a revealing look through the solid walls of factory farms.

6. CONSIDER YOUR HEALTH

It is clear that many of today’s major illnesses such as heart disease, obesity and certain forms of diabetes can be avoided and even reversed with plant-based foods. All health organizations recommend increasing daily servings of fresh fruits and vegetables as a way to optimize health. And more and more educated medical doctors are recommending the removal of meat and dairy from our diets as the best preventative health insurance around.

7. PRESERVE THE PLANET

The facts are staggering when you compare the environmental footprint of a plant-based diet with that of a meat-based one. It takes a fraction of the water, land and other resources to produce a vegan meal. Even Mark Bittman, acclaimed chef, author, and New York Times food columnist, goes vegan for most of the day as an effort to conserve the Earth’s limited resources.

8. GO TO THE SOURCE

It’s good to consider where the meal on your plate originated. If you are having trouble

quitting meat, visit a factory farm – or even a local farm. Seeing the conditions in these farms and the treatment of the animals will likely aid you in your decision. If you are already vegetarian or vegan, think about the farmers that grew your food. What methods do they use? Is the food organically grown? How far away are they and under what conditions was the food shipped? Asking these questions will lead you to a greener, more sustainable lifestyle.

9. REMEMBER BABE

Actor James Cromwell became a vegan while playing the character of Farmer Hoggett in the movie *Babe* after discovering the reality behind most meat production. Whatever your personal beliefs, it’s true that we can make food choices that reduce suffering.

10. TAKE IT EASY

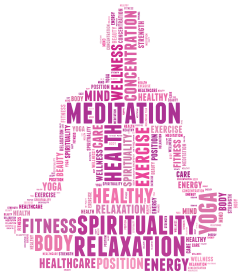
Don’t beat yourself up if you find yourself falling back into old ways of eating. Simply accept and acknowledge that it takes time to retrain your body and mind to eat in new ways, and remind yourself why you are exerting the effort. Stick to your plan as much as possible and have fun.

ABOUT THE AUTHOR



Mark Reinfeld is the author or coauthor of five cookbooks, including “The 30 Minute Vegan’s Taste of Europe.” He is the co-author of “The 30-Minute Vegan,” “The 30-Minute Vegan’s Taste of the East,” “The Complete Idiot’s Guide to Eating Raw,” and “Vegan Fusion World Cuisine.” He is currently working on his sixth book, “The 30 Minute Vegan’s Soups On!”

Mark is the winner of Vegan.com’s Recipe of the Year Award for 2011 and has over 20 years experience preparing creative vegan and raw food cuisine. To learn more about Mark, [click here](#).



ALLY'S CORNER: YOGA FOR THE VEGGIE SOUL

by Ally Hamilton



Happy Earth Day!

This month I'm bringing you a grounding sequence that's a celebration of the idea that we all need to root down in order to rise up. Just like the lotus flower grows in the mud, and every flower grows in the dirt, we all have the "mud" out of which we grow. A big part of the yoga practice is becoming more responsive and less reactive. The idea is that a reaction is coming out of our past. Some current event is triggering something old, and our reaction is overly "charged". Becoming more responsive is a result of becoming

more present. Able to receive the moment as it's happening, and to respond in kind. This is one of the reasons the breath is the foundation of the yoga practice; it's always happening in the now.

This is a good sequence for days you're feeling flighty, or in the midst of chaos. There truly is something very grounding about getting close to the earth. Tapping in to that connection and gratitude and understanding that we're all made of the same stuff: of the earth, powered by the sun. Wishing you a very Happy Earth Day, every day!



ABOUT THE AUTHOR

Ally Hamilton practiced yoga in New York City with the incomparable Dharma Mittra. She has been teaching yoga to students and instructors in Los Angeles, California since the beginning of 2001. In 2009, Ally opened an extremely popular and successful yoga studio, Yogis Anonymous, in Santa Monica. Ally also instructs a world-wide audience at www.yogisanonymous.com. VegWorld readers can also try Ally's Online Yoga Training for 15 days free using the coupon code "VegWorld."

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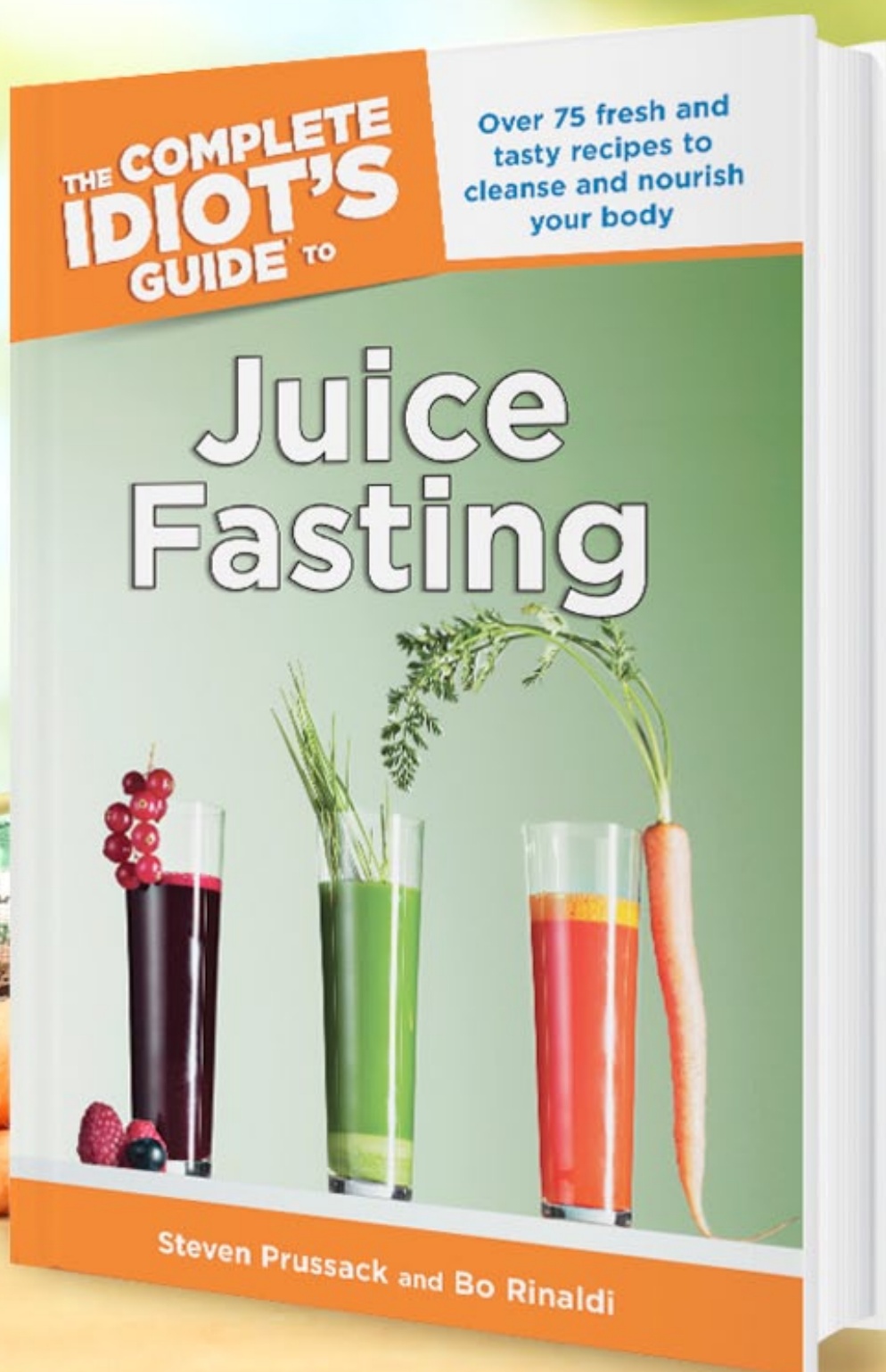
GET A BEACH-READY BOTTOM IN JUST MINUTES A DAY!

by Lani Muelrath, MA,
the Plant-Based Fitness Expert



FROM THE EDITOR *of* VEGWORLD MAGAZINE

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and Bo Rinaldi,**
*with foreword by
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FAMILY AND LIFESTYLE

The Top 5 Hidden Dangers You Should
“Spring Clean” Out of Your Kitchen



11 Easy Ways You Can
Help Save Our Planet





THE TOP 5 HIDDEN DANGERS YOU SHOULD “SPRING CLEAN” OUT OF YOUR KITCHEN

by Carolyn Scott-Hamilton
“The Healthy Voyager”

Spring is here! And with the new season comes the idea of sparkling freshness. Out with the old, in with the bright, shiny and new – isn’t that what spring is all about? This mantra is true of our homes, lives and bodies. So, I say, what better area to spring clean this year than your kitchen?

I could, of course, go on and on about the kinds of foods you should be stocking in your refrigerator to get you ready for swimsuit season. I could also say a thing or two about

what you might consider tossing from your cabinets for your better health. But, those topics are amply covered by other VegWorld contributors. So, this season I am suggesting a kitchen spring cleaning of a different – but equally important – nature: Purging the hidden dangers from your food storage, cooking equipment and cleaning supplies.

You may be eating the freshest, organic foods; but if you are cooking or storing those foods with the wrong items, you might very

well undo the health advantages you would otherwise gain. So, here are my top 5 items you should add to your “toss pile” this spring in order to keep you and yours as healthy as can be!

1. DITCH THOSE NON-STICK POTS AND PANS.

One of the most important health factors you should consider when cooking is the transfer, or leaching, of the cooking surface material to the foods being cooked. Heat changes the composition of materials. So, what may be safe at room temperature can be extremely toxic when heated.

Non-stick surfaces, like Teflon, are the biggest offenders when it comes to leaching. In fact, DuPont has admitted that when a non-stick surface is heated beyond a certain level, the fumes can kill birds and create a sickness in humans, known as Polymer Fume Fever, producing symptoms resembling a cold. Most recipes call for the cooking surface to be heated to a medium to high temperature. So, cooking with a

Even DuPont has admitted that the heating of non-stick pans creates fumes that can “kill birds”.

non-stick pot or pan will almost always be dangerous. Don't wait until the bottoms of your pans are chipping to trash them, start replacing your most used pieces as soon as possible.

REPLACE YOUR NONSTICK COOKWARE WITH: Ceramic, stainless steel, cast iron, and/or glass. Be sure there are no toxic paints or coatings.

2. FIND ALTERNATIVES TO TOXIC PLASTIC CONTAINERS.

Leaching during food storage is just as



important to consider as during cooking. Whether you are storing food, soups or beverages, plastic should never be the vessel. When you add hot foods to plastic storage containers, it draws toxins from the container and mixes with your food. This is why you should never leave plastic water bottles in the car. Ever taste “plastic” water? It has been sitting in the heat, leaching toxins into your otherwise healthy beverage. This happens when you store food as well and even more so when you microwave them. Don’t let chemicals be the secret ingredient in your dishes.

All of us are familiar with the toxin Bisphenol A – better known as “BPA.” Companies began manufacturing BPA-free plastic containers of every variety when it was made public that the toxin is linked to infertility problems, sexual dysfunction, breast and prostate cancer, early onset of puberty and other health issues. But did you know you should even avoid BPA-free plastic containers, as there are other contaminants that can be leached from low-grade items? Be a discerning consumer and buy the best!

REPLACE YOUR PLASTIC CONTAINERS WITH: Ceramic, stainless steel and/or glass.

3. CLEAN AND REPLACE YOUR DIRTY DISH TOWELS AND SPONGES.

Bacteria breeds mainly in cool, damp places like sponges and dish towels. We use these every day to clean our counters and plates, but if they are not taken care of properly, we are doing more harm than good. A sure fire way to keep your cleaning aids at their best is to: wring them out to release excess water after every use, store them properly so that they can air out and dry quickly, wash regularly and throw them away every 2



Clutter in your refrigerator can cause your food to spoil quicker and cause the growth of harmful bacteria and mold.

weeks to a month. If you have old towels and sponges, it’s time to go shopping!

4. DON’T BE A CLUTTER HORSE IN YOUR REFRIGERATOR OR FREEZER.

Clutter is never a good thing and that goes for refrigerators and freezers too. When these are overstuffed, there isn’t enough room for the air to circulate properly and decomposition begins. In addition, many foods will pick up the odors of others which will most likely cause you to gag, throw away your food and waste quite a bit of cash. This can also cause bacteria and mold to grow in between containers, on walls and in drawers. In freezers, overcrowding can cause freezer burn as well as forgetfulness! From now on, toss foods as soon as they expire, don’t keep items that you “think” you will use someday like fast food sauce packets. Properly pack and label your foods with the date and consolidate items when possible.



Microwaves actually mutate your food, making them less safe and robbing them of valuable nutrients.

Your food will last longer, will taste a whole lot better and save you a considerable amount of green.

5. MICROWAVES ARE THE MOST HIDDEN OF ALL KITCHEN DANGERS.

I know that there is quite a controversy when it comes to microwaves. But I'm here to tell you, anything that heats your food that fast and is otherwise cool to the touch, can't be good for you.

Aside from studies regarding exposure to radiation and other health impacts of direct exposure to microwaves, these microwaves that are heating your quick lunch are actually transforming the chemical makeup of your foods on a cellular level. Ever notice that many things are less crispy and more rubbery when nuked? That's because while those little waves are heating up, they have mutated your food. And mutated food not only loses its texture and taste, it loses all its nutrients too.

REPLACE YOUR MICROWAVE WITH:

Convection oven and/or toaster oven

While a full kitchen overhaul may be costly, be sure to at least make a dent by getting rid of and replacing your most used items. You can always add from there and have fun doing it. We should all make an investment in our health and the kitchen is a great place to start. I wish you all a very happy spring as well as super healthy cooking spaces.



ABOUT THE AUTHOR

Carolyn Scott-Hamilton, aka The Healthy Voyager, is the Executive Producer, Creator, Host and Writer of The Healthy Voyager web series, site and overall brand. A holistic nutritionist, plant-based vegan chef, best-selling cookbook author, sought-after speaker, film-making, screen-writing, traveling, singing, dancing, fun-loving, healthy and green-living wife, The Healthy Voyager aims to help people live well, one veggie at a time! For more information, product recommendations and where to purchase, visit www.healthyvoyager.com

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11 EASY WAYS YOU CAN HELP SAVE OUR PLANET

by Kim Sheridan

Earth Day is a brilliant opportunity for each of us to reflect on how important a healthy planet, clean air and water, and going green is to our survival. Unfortunately, Earth Day occurs on only 1 out of 365 days of the year. Protecting the planet we live on, and reversing generations of damage, is a job that requires action all year long.

So, this Earth Day, the Earth Fairy* shares with VegWorld Magazine 11 simple steps everyone can take today – as well as the other 364 days of the year – to help save the Earth. Just remember: Each of you can make a difference.



Choosing organic keeps pesticides off of your food and out of our water and soil.

1. GO VEGAN. This is one of the most powerful steps you can take to make a difference, three meals a day. Animal products (all meats, including chicken and fish, dairy products and eggs) contribute more to global warming, air and water pollution, destruction of the land, and even human starvation than most of the more obvious environmental villains. Adopting a plant-based diet is not only good for the Earth and the animals; it's good for your health! So it's a win, win, win!

2. GO ORGANIC AND LOCAL.

Pesticides are poisoning our planet and the people who consume them. Choosing organic fruits, veggies and grains saves not only the Earth, but also your health. Think organics are too expensive? It is true that they may cost a bit more. Unlike “big business” farmers that pour on the pesticides, the crops of organic farmers are not subsidized, and the demand for organic is not as high. But, keep in mind that your health is your greatest wealth. It's time to stop wasting your money on things like that daily double latte in a styrofoam cup, or the

medical costs associated with an unhealthy diet, and apply that money toward organic groceries instead. It's worth it!

You can cut down on the cost of organics by checking out your local farmers market, or starting a garden of your own. No yard for a garden? Look for a community supported agriculture program or try container gardens on your windowsills. Also support your local health food store or co-op. They often sell products that are not only organic, but local, which avoids the tremendous pollution created to transport food long distances by ships, trains, and trucks.

3. REDUCE CONSUMPTION. In the “land of plenty,” we seldom think of what really went into the products we buy. Think twice before every purchase. Do you really need it? Can you live without it? And even if something is offered for “free,” it has a price somewhere along the line. Do you really need to collect all those little plastic bottles of free shampoo from every hotel room? Only use what you truly need. The Earth will thank you for your consideration.

4. REUSE WHAT YOU HAVE. Don't be so quick to replace what could be reused. If it's broken, repair it – or at least pass it along to someone else who can repair it. Donate items you no longer want or need to charity. Shop at secondhand stores. This will save the Earth and your money! And bring your own bags to the store every time you shop. Keep some in the car so they're always handy when you need them.

5. MAKE AN EFFORT TO THROW AS LITTLE AS POSSIBLE IN THE TRASH (I.E., RECYCLE!). Most of the items people toss in the trash – which end up in the landfills and cause a huge environmental impact – are actually recyclable. Think of the trash as a huge heap that is filling up landfills and polluting the Earth. Everything we throw away contributes to that mess, and everything we recycle makes a difference. Put a recycle bin next to every trash bin in your home and office. Label the recycle bins to make it obvious. This is a simple and effective way to make it convenient for people to recycle what would

otherwise be thrown in the landfill.

All of these items can and should be recycled: Junk mail, miscellaneous paper, cardboard (including empty food boxes and empty toilet paper rolls); glass bottles and jars; plastic bottles and jars (check your local recycling center to find out which types of plastic are recyclable in your area); and aluminum cans and foil. Some areas also offer recycling of plastic bags and bubble wrap.

6. SWITCH TO ECO-FRIENDLY PRODUCTS. Consider your hair care, skincare, dental care, cleaning products, and more. Most common commercial brands are filled with toxic chemicals that are bad for the Earth (not to mention what they do to the animals on which they are often tested on and the humans who then buy them). Who cares if you have a coupon for \$1.00 off?! Become informed about the ingredients in the products you buy. And don't fall for deceptive "natural" sounding words on the package. It's not what's on the front label that counts; check out the back label and



Reduce your footprint on the Earth by reusing when you can and recycling instead of tossing your trash into landfills.

read the actual ingredients list. Once you become educated, you might be appalled at what you've been putting on your skin and in your mouth all these years. It's not too late to make the switch today!

7. LOSE YOUR LAWN. Talk about a waste! Lawns are usually a waste of water, a waste of space, a source of chemical fertilizers, and a cause of that weekly double-whammy known as a lawn mower, which creates both noise pollution and air pollution (not to mention the use of gasoline)! Instead, consider “xeriscaping” your yard (meaning, landscape in a way that reduces or eliminates the need for watering), or better yet, grow your food there! What if every lawn contained a family garden and/or personal grain field?! If you're watering and fertilizing something every week, it might as well be your food!

8. COMPOST. Compost your food scraps instead of throwing them in the trash or down the disposal. There are many kitchen-friendly compost containers and compost bins available today. This rich compost can be used to fertilize your garden and/or houseplants, thus preventing the necessity of toxic and expensive fertilizers. And if you don't have a garden or houseplants, you can donate or sell the compost to someone who does!

9. TURN OFF THE WATER. This precious resource must be conserved as much as possible, as the drought situation worldwide has become life-threatening. Don't run the faucet while you brush your teeth or shave. Take shorter showers. Only flush the toilet when necessary (“if it's yellow, let it mellow; if it's brown, flush it down!”).



Instead of throwing your food scraps into plastic bags to sit for generations in landfills, compost them into rich, non-toxic fertilizers for your gardens and plants.

Don't clean patios with a hose; use a good old fashioned broom instead. Add water saving devices to your showers, faucets, and toilets. If possible, get a dual flush toilet or even a composting toilet.

10. TURN OUT THE LIGHTS. Today's most common sources of power, including coal and nuclear power, contribute to tremendous environmental devastation. Only turn lights on when absolutely necessary. Switch your light bulbs to light emitting diodes (LED), which use far less power. Go to bed earlier, if possible, and use the sun as your primary source of light. These tips will save not only the Earth, but also money on your monthly power bill.



11. SEEK ALTERNATIVE ENERGY SOURCES.

Consider the vehicle you drive, the fuel you use, whether a bike or even a walk can replace some driving, and how you power your home. Earth-friendly alternatives do exist, including solar, wind, and many more.

Become educated, and make a difference every day of the year. Happy Earth Day!

*Earth Fairy is a registered trademark of Go Green Already!

ABOUT THE AUTHOR

Kim Sheridan (a.k.a., the Earth Fairy) is an award-winning author, filmmaker, lecturer, and workshop leader; her expertise includes animals, health, and the environment. Kim is the founder of GoGreenAlready!,™ with a mission to support people in their efforts to stop desecrating the Earth. Kim is also the founder of EnLighthouse Entertainment, which produces films that make a positive difference in the world. Kim's other endeavors have a mission to empower people to take charge of their own health and well-being.

Special Bonus: VegWorld Exclusive Screening of the Film, "Plight of the Earth Fairy:"™



Plight of the Earth Fairy™ was created as part of the 48-Hour Film Project, in which a short narrative film -- containing several very specific elements -- had to be written, filmed, and produced within 48 hours. The film tackles some of the more controversial issues in today's environmental crisis, and it does so through humor and lighthearted entertainment. The goal is to inspire viewers to learn more, pay attention, take responsibility, and get involved.

The film played at independent film festivals in theaters worldwide between 2010 and 2012. It won numerous awards along the way. It is now available for VegWorld readers to view at the following link:

<http://tinyurl.com/earthfairy>
Use Password: EarthLove

Do animals have souls? What happens when they die?
And where do they stand in the larger scheme of things?
This book offers amazing comfort & insight!

Animals and the Afterlife

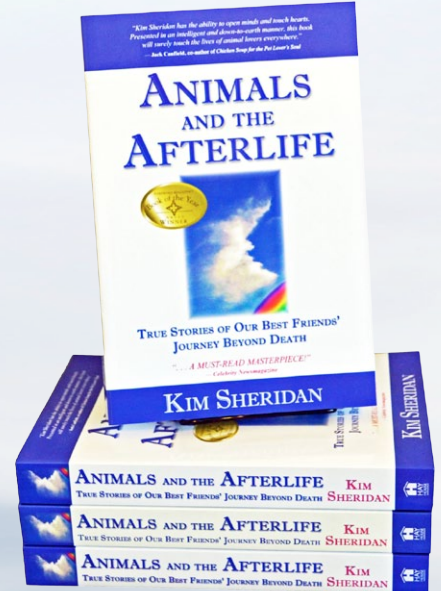
True Stories of Our Best Friends' Journey Beyond Death

By Kim Sheridan

Animals and the Afterlife is a beautiful comfort for those grieving the loss of a beloved animal. It also carries a powerful message of compassion and a convincing validation of the rights of animals. The author's strong vegan conviction has converted many a reader to a more compassionate lifestyle over the years.

Author Kim Sheridan faced the death of many a beloved animal, and along with the pain came the same questions. Then mysterious things began to happen which led her on an incredible journey to uncover the truth. This book details her journey and her amazing research.

This powerful 400+ page book (and forthcoming film) might just change your perception of death or lead you on an incredible journey of your own! *Animals and the Afterlife* makes a heartfelt gift, a captivating read, and a necessary addition to everyone's lending library.



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NUTRITION AND THRIVING

The Top 15 Killers and How Vegans
Avoid Them



The Truth About Soy





THE TOP 15 KILLERS AND HOW VEGANS AVOID THEM

by Kathy Freston

Nearly a decade of extra life – that’s what you get when you move away from eating animal foods and toward a plant-based diet. This is according to the recent report on the largest study of vegetarians and vegans to date. Vegetarians live on average almost eight years longer than the general population, which is similar to the gap between smokers and nonsmokers. This is really exciting science for anyone seeking healthy longevity (and who isn’t?)!

This should not be a shocking revelation, however, given the reasons most of us are dying. In a recent video entitled, “Uprooting

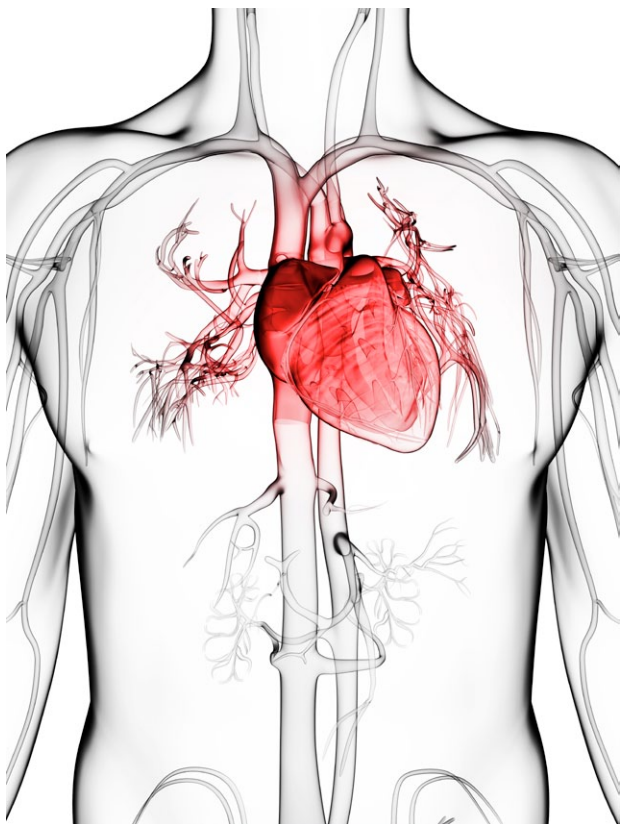
the Leading Causes of Death,” Dr. Michael Greger, M.D., explores the role a healthy diet can play in preventing, treating, and even reversing the top 15 killers in the United States. That video can be viewed, with permission from Dr. Greger, at the end of this article.

Let’s take a closer look at what the good doctor has pulled together.

GOING VEGAN WILL DRAMATICALLY REDUCE YOUR RISK OF HEART DISEASE

Heart disease is our leading cause of death. In his video, Dr. Greger explores the recently-released results of the most definitive long-term study ever conducted on older women’s health: The 35-year follow-up of the Harvard Nurses Health Study (Nurses Study). One revelation of the Nurses Study is that diet has a lot to do with your risk of heart disease.

“Vegetarians live on average almost eight years longer than the general population - which is similar to the gap between smokers and nonsmokers.”



Cholesterol, found only in animal foods, significantly contributes to heart disease; fiber, found only in plant foods, helps prevent it.

Specifically, dietary cholesterol intake – which is only found in animal foods – was associated with living a significantly shorter life. And fiber intake – which is only found in plant foods – was associated with living a significantly longer life. In fact, it was concluded that consuming the cholesterol found in just a single egg every day may cut short a woman's life to the same extent as smoking five cigarettes a day for 15 years. In comparison, the fiber in just one cup of oatmeal a day appears to extend a woman's life to the same extent as four hours of jogging a week. (But there's no reason we can't do both!)

What if your cholesterol is normal, though? I hear that a lot. But here's the thing: Having a "normal" cholesterol in a society where it's

"normal" to drop dead of a heart attack is not necessarily a good thing. According to the editor-in-chief of the *American Journal of Cardiology*: "For the build-up of plaque in our arteries to cease, it appears that the serum total cholesterol needs to be lowered to the 150 area. In other words, the serum total cholesterol must be lowered to that of the average pure vegetarian."

More than 20 years ago, Dr. Dean Ornish showed that heart disease could not just be stopped, but actually reversed, with just a vegan diet (no drugs or surgery).

VEGETARIANS HAVE LOWER COMBINED RISKS OF ALL CANCERS

Ah, the dreaded "C" word – but look at this hopeful science. According to the largest forward-looking study on diet and cancer, "the incidence of all cancers combined is lower among vegetarians."

The link between meat and cancer is such that even a paper published in the journal *Meat Science* recently asked, "Should we become vegetarians, or can we make meat safer?"

“Consuming the cholesterol from just a single egg every day may cut short a woman's life the same as smoking 5 cigarettes a day for 15 years.”



Studies show that the blood of men eating vegan for just one year had nearly 8 times the cancer-stopping power. Broccoli sprouts, for example, are loaded with cancer-fighting nutrients.

A host of additives are under investigation to suppress the toxic effects of the blood-based “heme” iron, for example, which could provide what some call an “acceptable” way to prevent cancer. Why not just reduce meat consumption? According to meat science researchers, if this suggestion were followed: “Cancer incidence may be reduced, but farmers and [the] meat industry would suffer important economical problems...”

Long ago, Dr. Ornish’s team also showed that the bloodstream of men eating vegan for just one year had nearly eight times the cancer-stopping power. More recently, a series of elegant experiments showed that women could boost their defenses against

breast cancer after just two weeks on a plant-based diet.

GOING VEGGIE WILL EVEN LOWER YOUR RISK — AND THE RISK TO SMOKING MICE (YES, YOU HEARD THAT RIGHT) — OF COPD

The latest statistics from the Centers for Disease Control (CDC) now place Chronic Obstructive Pulmonary Diseases (COPD), including diseases such as emphysema, as the third leading cause of death. Surprisingly, COPD can be prevented with the help of a plant-based diet, and can even be treated with plants.

Of course, the tobacco industry viewed these landmark findings a little differently. Instead of adding plants to one’s diet to prevent emphysema, they thought, wouldn’t it be simpler to just add them to the cigarettes? Hence the study “Addition of Açai [Berries] to Cigarettes Has a Protective Effect Against Emphysema in [Smoking] Mice.” Seriously!

“Women could boost their defenses against breast cancer after just two weeks on a plant-based diet.”

The meat industry tried the same tack by putting fruit extracts in burgers. This was not without its glitches, though. The blackberries “literally dyed burger patties with a distinct purplish color.” And though it was possible to improve the nutritional profile of frankfurters with powdered grape seeds, there were complaints that the grape seed “particles became visible” in the final product. And if there’s one thing we know about hot dog eaters, it’s that they’re picky about what goes in their food!

EATING LOTS OF POTASSIUM-RICH PLANT FOODS, LIKE LEAFY GREENS, BEANS AND DATES MAY BE THE KEY TO PREVENTING STROKES

Onward to strokes: The key to preventing strokes may be to eat potassium-rich foods. Though Chiquita may have had a good PR firm, bananas don’t even make the top 50 sources. The leading whole food sources



Those who eat meat - including chicken and fish - appear three times more likely to become demented compared to long-term vegetarians.

98% of Americans don't eat even the daily minimum of potassium, which may be a serious factor in the high incidence of strokes in the U.S.

include dark green leafy vegetables, beans, and dates. As a culture, Americans eat so few plants that 98 percent of us don’t reach the recommended minimum daily intake of potassium.

RED MEAT, CHICKEN, AND FISH CONSUMPTION ALL INCREASE YOUR RISK OF ALZHEIMER'S DISEASE

Alzheimer’s disease is now our sixth leading killer. We’ve known for nearly 20 years now that those who eat meat – including chicken and fish – appear three times more likely to become demented compared to long-term vegetarians. Exciting new research suggests one can treat Alzheimer’s using natural plant products such as the spice saffron, which beat out a placebo and worked as well as a leading Alzheimer’s drug.

A VEGAN DIET CAN PREVENT DIABETES, KIDNEY FAILURE AND RESPIRATORY INFECTIONS — WHAT CAN'T KALE DO?

Diabetes weighs in at number seven on

“Even after controlling for their slimmer figures, vegans appear to have just a fraction of the diabetes risk of meat-eaters.”

the list of top killers. Plant-based diets help prevent, treat, and even reverse Type 2 diabetes. Since vegans are, on average, about 30 pounds thinner than meat-eaters, this comes as no surprise. But now researchers have found that, even after controlling for their slimmer figures, vegans appear to have just a fraction of the diabetes risk.

Kidney failure, our eighth leading cause of death, may also be prevented and treated with a plant-based diet. The three dietary risk factors Harvard researchers have found in declining kidney function were:

animal protein; animal fat; and cholesterol – every one of which is found only in animal products.

Leading killer number nine is respiratory infections. With flu season still upon us, it's good to know that fruit and vegetable consumption can significantly boost one's protective immune system.

TAKING MEAT AND EGGS OUT OF YOUR DIET COULD EVEN MAKE YOU HAPPIER

Suicide is number ten on the list. Oh yes, vegan food even has something good to offer on this one! Cross-sectional studies have shown that the moods of those on plant-based diets tend to be superior. But taken in just a snapshot in time, one can't tease out cause-and-effect. Maybe happier people end up eating healthier and not the other way around. But this year an interventional trial was published in which all meat, poultry, fish, and eggs were removed from people's diets and a significant



In a recent study, a significant improvement in mood was found after just 2 weeks of not consuming any meat or eggs. Even Prozac can take a month or more to work.

improvement in mood scores was found after just two weeks. It can take drugs like Prozac a month or more to take effect. So you may be able to get happier faster (and certainly healthier) by cutting out animal foods than by using drugs.

YOU CAN GO VEGGIE OR YOU CAN TAKE DRUGS: WHICH WILL YOU CHOOSE?

Drugs exist that can help with many, if not all of the conditions on the top 15 list. But instead of taking one drug for cholesterol every day for the rest of your life, maybe a few for high blood pressure or diabetes, a plant-based diet appears to work across the board without the risk of drug-related side-effects.

One study found that prescription medications kill an estimated 106,000 Americans every year. That's not from errors or overdose, but from expected adverse drug reactions (arguably making doctors the sixth leading cause of death).

Based on a study of 15,000 Americans, those that eat meat have about twice the odds of being on antacids, aspirin, blood pressure medications, insulin, laxatives,

Meat eaters have about twice the odds of being on antacids, aspirin, blood pressure medications, insulin, laxatives, pain killers, sleeping pills and tranquilizers.



Prescription medications kill an estimated 106,000 Americans every year from expected adverse drug reactions.

painkillers, sleeping pills, and tranquilizers. So, plant-based diets are great for those people who don't like taking drugs, paying for drugs, or risking adverse side effects associated with drugs.

THE U.S. SHOULD BE A FOLLOWER ON THIS ISSUE

Imagine if, like President Clinton, our nation embraced a plant-based diet. Imagine if we just significantly cut back on animal products. There is one country that tried. After World War II, Finland joined us in packing on the meat, eggs, and dairy. By the 1970s, the mortality rate from heart disease of Finnish men was the highest in the world, and so they initiated a country-wide program to decrease their saturated fat intake. Farmers were encouraged to switch from dairies to berries. Towns were pitted against each other in friendly cholesterol-lowering competitions. Their efforts resulted in an 80 percent drop in cardiac mortality across the entire country.

Conflicts of interest on the U.S. dietary



The world needs to follow the example of President Bill Clinton and embrace a healthier, more plant-centered diet.

guidelines committee may have prevented similar action from our own government up to now. But with our healthcare crisis deepening, our obesity epidemic widening, and the health of our nation's children in decline, we may need to take it upon ourselves, our families, and our communities to embrace ideals of healthy, affordable, sustainable foods by moving towards a more plant-centered diet. If we do, we may be afforded added years to enjoy the harvest.

VegWorld Video Presentation

Streaming video only available when connected to the Internet



When online, tap the Play icon above to play the video



ABOUT THE AUTHOR

Kathy Freston is a bestselling author and health and wellness activist. She is the *New York Times* bestselling author of "The Lean," "Veganist," and "Quantum Wellness." A media favorite, Kathy has appeared frequently on national television, including *Ellen*, *The Dr.Oz Show*, *Charlie Rose*, *Good Morning America*, *The Talk*, *The Martha Stewart Show*, *Extra* and *Oprah*.

Purchase yourself a copy of Kathy's bestselling book by clicking [here](#).

THE TRUTH ABOUT SOY

by Dr. Michael Greger



You may have heard some alarming claims recently that soy consumption may be bad for your health. Many of these statements originate from meat industry advocacy organizations, such as The Weston Price Foundation. Nevertheless, if you are anything like the average vegetarian, you probably depend a fair amount on soy for your protein needs, and these accusations may have caused you concern.

To help our readers feel at ease with their dietary decisions, we went to Dr. Michael Greger, M.D., for a look at the hard scientific facts regarding soy consumption and human

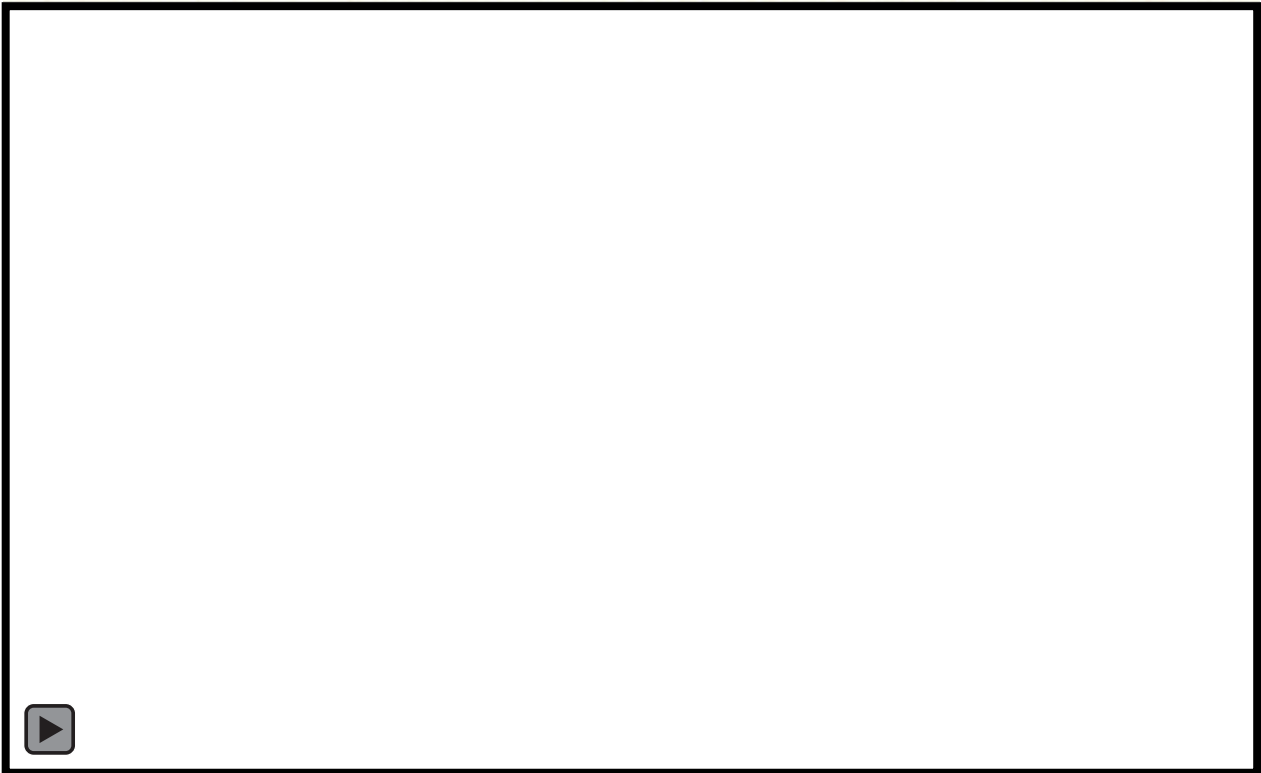
health. Here's what the doctor has to say about soy and the important question of: "How much soy is too much?"

SOY IS GOOD FOR YOU

It's essential to begin this discussion with the fact that soy consumption is associated with an array of health benefits. For example, in the following video, I show that, while meat consumption is tied to early puberty in girls, soy is shown to delay puberty. This, in turn, leads to a significant reduction in the risk of breast cancer later in life.

In another example, the balance of the

scientific literature demonstrates that the consumption of soy products can reduce the occurrence of hot flashes during menopause.



What about cancer? Studies clearly show that animal protein consumption is associated with significantly higher levels of the cancer promoter, known as Insulin-Like Growth Factor 1 (IGF-1). Studies further show that when animal products are replaced by non-soy plant protein, levels of IGF-1 are considerably lower and overall cancer risks decline. (See also, *VegWorld Magazine*, January 2013, “Drop Some GBOMBS and Win the War on Cancer”). Is the same true for soy protein? In other words, if all you do is replace meat, eggs and dairy with soy, as opposed to a variety of other plant proteins, will you see the same dramatic drop in IGF-1?

HOW MUCH SOY IS TOO MUCH?

To answer this question, we first need to understand that non-soy plant proteins don't boost the level of IGF-1, because their amino acid ratios are different from those of animal

proteins. One of soy's selling points is that it has what is called “high quality” protein, which refers to the ratio – not the existence – of all amino acids. Soy is closer to meat than other plant proteins in this way. But, as we know with meat proteins, “higher quality” protein may mean a higher risk of cancer.

In the 3-minute video below, I show that vegans consuming the equivalent of 7-18 servings of soy foods per day (which is an amount similar to 4 quarts of soy milk or a stack of tofu steaks every day) may end up with circulating IGF-1 levels comparable to those who eat meat. Based on a review of the scientific literature, therefore, it seems that 7 to 18 servings of soy a day may neutralize some of the beneficial effects of avoiding animal protein.

At the same time, studies have repeatedly found that women who eat a lot of soy appear to have a lower risk of getting breast



cancer and a better chance of surviving breast cancer than those who don't (see [Breast Cancer Survival and Soy](#) below). So is there some magic number of soy servings we should shoot for?



In my 2-minute video, [How Much Soy Is Too Much](#) shown below, I run through all the studies to date that have measured the effects of varying levels of soy consumption on IGF-1 levels.



Five to ten servings per day increased IGF-1 levels, but two to three servings did not. Legumes are one of the healthiest things we can eat and should be a part of everyone's daily diet. This means lentils, peas, and/or beans every day — in fact, ideally every meal!

My conclusion: Soy is an excellent choice, but we should probably stick to no more than 3-5 servings a day.

ABOUT THE AUTHOR

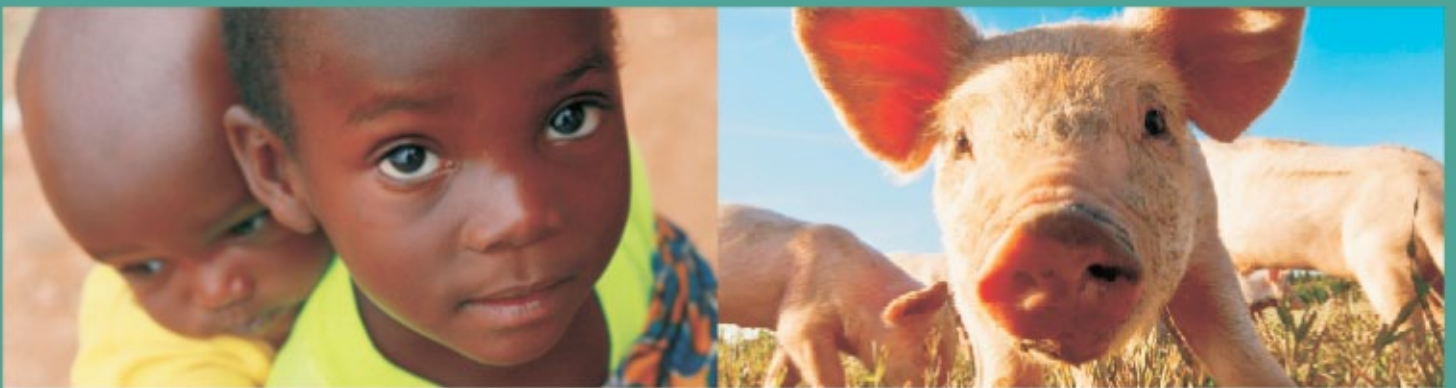
Michael Greger, M.D., is a physician, author, and internationally recognized professional speaker on a number of important public health issues. Dr. Greger has lectured at the Conference on World Affairs, the National Institutes of Health, and the International Bird Flu Summit, among countless other symposia and institutions, testified before Congress, and was invited as an expert witness in defense of Oprah Winfrey at the infamous "meat defamation" trial. Currently Dr. Greger proudly serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States.



Dr. Greger's recent scientific publications in the *American Journal of Preventive Medicine*, *Biosecurity and Bioterrorism*, *Critical Reviews in Microbiology*, *Family & Community Health*, and the *International Journal of Food Safety, Nutrition, and Public Health* explore the public health implications of industrialized animal agriculture.

Dr. Greger is also licensed as a general practitioner specializing in clinical nutrition and was a founding member of the American College of Lifestyle Medicine. Dr. Greger's nutrition work can be found at NutritionFacts.org, which is now a 501c3 nonprofit charity.

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HOW TO SAVE THE PLANET BY EATING WHAT YOU LOVE

When people think of going green and making a personal difference on the Earth, the most common thought is: “Reduce, reuse, recycle.” Without a doubt, these actions are critical for a healthy planet. There is one other action, however, which most people don’t consider taking when they think “eco,” but which actually has the greatest chance of saving the planet: “Go vegan.”

Yes, you heard that right. Maybe you’re already a vegetarian. Or perhaps you’re vegan-curious, but haven’t yet made the

leap. Either way, *you* make a difference for our planet each and every time you choose that veggie burger with Daiya cheese over a cheeseburger.

It’s not just hype. The experts are now backing up what vegans have been saying all along. Commercial agriculture simply isn’t sustainable, and it’s destroying our environment. Every aspect of animal agriculture has a negative impact on our atmosphere, arable land (that is, land capable of growing crops), oceans, and fresh water.

THE RAISING OF ANIMALS FOR FOOD IS THE NUMBER ONE CONTRIBUTOR TO GLOBAL WARMING

The livestock industry contributes more greenhouse emissions to our atmosphere than every transportation source combined! That's right; while countries around the globe struggle to clean up cars, trucks, ships and trains – sources with a mega-impact on the health of our planet – an even larger source remains unchecked. According to a 2006 report of the Food and Agriculture Organization of the United Nations (FAO), entitled *Livestock's Long Shadow*, gasses like carbon dioxide, methane, and nitrous oxide are emitted during each stage of meat production, contributing to global warming trends.

According to the report, “The net additions of

The livestock industry pumps out more greenhouse gas emissions than every transportation source combined, according to the U.N.

carbon to the atmosphere [from the livestock industry] are estimated at between 4.5 and 6.5 billion tons per year.” On top of that, livestock farming is responsible for 65 percent of nitrous oxide emissions, which has an insulating effect 296 times more intense than carbon!

Deforestation, necessary to make room for the raising of ever greater numbers of livestock, is another major reason why



Fresh water is scarce on our planet. Yet over 1700 gallons are wasted to produce a single pound of beef. A head of lettuce takes just 13 gallons to produce.



Agricultural operations are the leading source of pollution in rivers and lakes, the second largest source of impairment to wetlands and a major contributor to contaminated ground water in the U.S.

these figures are so high. The harvesting of trees and burning of forests and fields add significantly to airborne carbon. And that's not to mention the obvious effects of deforestation: The destruction of oxygen producing trees and sensitive ecosystems.

THE RAISING OF ANIMALS FOR FOOD DECIMATES OUR PRECIOUS WATER AND LAND RESOURCES

The devastating impacts of meat and dairy production don't stop at global warming. Most of us know that there isn't an abundance of fresh water on our planet. In fact, only 2.5 percent of all the water on Earth is fresh and 70 percent of that

About 70% of previously forested land in the Amazon is used as pasture, and livestock feed crops now cover a large part of the remainder.

is frozen. It's a precious and absolutely essential resource, but we waste an incredible amount of it farming animals.

Most cows, for example, are unwisely fed fattening grain-based feed instead of their natural diets. The resulting inefficiencies in our food production are staggering. It takes 7 pounds of grain to produce just 1 pound of beef. And, given that producing a single pound of wheat uses up to 250 gallons of water, you can begin to see the excessive waste built into a meat-based diet. You could grow a head of lettuce with only 13 gallons of water or you could pump over 1,700 gallons of water into a single pound of beef. Even an egg has a running tab of 400 gallons each as opposed to the 13 gallons it takes to grow an orange.

Animal agriculture not only uses our precious fresh water at an alarming rate, it also contributes greatly to water pollution. According to the U.S. Environmental Protection Agency, agricultural pollution is the leading source of water quality impacts



You can save the planet as simply as making the right food choices. What could be easier?

on surveyed rivers and lakes, the second largest source of impairments to wetlands, and a major contributor to contamination of surveyed estuaries and ground water. Among the top agricultural activities that cause this pollution are poorly located or managed animal feeding operations and overgrazing. The principle water pollutants include animal wastes, antibiotics, hormones, chemicals from tanneries, fertilizers and pesticides used for feed crops, and sediments from eroded pastures.

The inordinate amount of land used in the raising of livestock, as well as the misuse of that land, also leads to the destruction of soil and damage to grasslands. Seventy-one percent of the world's grasslands have been impacted by alkalinization, salinization (an accumulation of salt in the topsoil), acidification, and overgrazing. Chemical

fertilizers and pesticides used on feed crops kill microbes in the soil and destroy the nutrient balance.

Expansion of grazing land for livestock is a key factor in deforestation, especially in Latin America. Approximately 70 percent of previously forested land in the Amazon is used as pasture, and feed crops cover a large part of the remainder.

ONLY KALE CAN SAVE US NOW!

We simply cannot keep going at this rate. At no point in its production does animal agriculture do anything to benefit humanity or the planet. We don't need to eat animals and, in fact, the harm to our health from a meat-based diet is amply documented in scientific literature.

The meat and dairy industries aren't going to clean up on their own. In fact, they spend absurd amounts of money on lobbyists every year to ensure industry-friendly regulations. So how can we stop this vast pollution machine?

We can make a difference with the vast power of our food choices, of course. What could be easier? Just think about our planet the next time you happily munch on a juicy melon or choose an avocado kale salad instead of chicken salad. Your body will thank you. And, more importantly, Mother Earth will thank you!

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Shining a Bright Light
Into Very Dark Places:
An Interview with Nathan Runkle
of Mercy for Animals





SHINING A BRIGHT LIGHT INTO VERY DARK PLACES:

AN INTERVIEW WITH NATHAN RUNKLE OF MERCY FOR ANIMALS

This month, VegWorld Magazine is proud to highlight the brave individuals at Mercy for Animals, and its Founder and Executive Director, Nathan Runkle. Since founding Mercy for Animals a decade ago, Nathan has overseen the organization's growth into a leading national force for the respectful and compassionate treatment of farmed animals.

In this interview, Nathan explains the extraordinary work Mercy for Animals performs, the grave challenges they face, and how you can get involved.

VEGWORLD MAGAZINE (VW): Some of the greatest work that's being done right now, really the most heroic work, is to go in undercover into dairies, stockyards, slaughterhouses, and factory farms to document what's happening. Could you tell us about your investigations?

NATHAN RUNKLE: We've been conducting undercover investigations for about the last ten years. We've been into about 20 different factory farms and smaller-scale operations, everything from hatcheries to stockyards to pig farms, dairy farms, veal farms, egg factory farms. And every single time, without

exception, that we send an investigator into one of these facilities, they emerge with heartbreaking and stomach-churning evidence of shocking animal abuse and neglect. This really illustrates how rampant and inherent these abuses are in a system and an industry that views these animals as disposable commodities and whose bottom line is profit over the best interest of these animals.

For example, in egg farms from coast to coast, what we find time and again is that these birds are kept crowded into tiny cages, called battery cages, where they can't even spread their wings; they can't walk, perch, roost, dust bathe, or engage in the most basic natural behaviors. We see that dead birds are left to rot in cages with birds still laying eggs for human consumption. And we often times witness physical abuse to the animals – workers kicking the animals, flinging them around by their legs, or even

throwing live animals away into trash cans.

In terms of the pig industry, we find that many of these facilities are confining mother pigs in tiny gestation crates for the duration of their four-month pregnancies. And these are stalls that are only about two-feet wide. They're so small that the animal can't even turn around; they can't lie down comfortably; they can't engage in the most basic natural desires. We've seen piglets being castrated and having their tails cutoff without any painkillers. Again, we witnessed physical abuse, mishandling, sometimes of the sadistic nature, workers throwing animals across the room, making jokes about animals that are suffering.

We've done investigations into the seafood industry, and we found fish that are being skinned and dismembered while they're fully conscious. So we see that this abuse happens across the board.



Egg-laying hens across the U.S. are kept crowded into tiny battery cages where they cannot spread their wings, walk, perch, or engage in the most natural behaviors.



The animals are not the only casualties of farm abuses. Workers often suffer from post-traumatic stress disorders, alcoholism, and drug abuse.

We did an investigation of a small dairy farm in Ohio and found some of the most malicious and sadistic abuse that we've ever seen. We saw workers stabbing cows with pitchforks, breaking their tails, bashing them over the head with crowbars, some of the assaults lasting up to 40 blows. We did an investigation in Texas at a facility that raises cows to be used in the dairy industry, and we found these baby animals being kept in isolation in tiny wooden crates, and sick and injured calves at this facility being killed by workers taking pickaxes and hammers and bashing in their skulls. It was done because it was cheap and it saved the factory farm money. And, at the end of the day, what's really driving these industries is profit.

VW: Should we send compassion to the perpetrators – the workers – as well as the animals, in the sense that they're in industries that very often bring out the worst in them? What do you think about that?

NATHAN: I absolutely agree. I think that there are a small number of people that come into these facilities sadistic in nature and immediately start to take out their anger

and frustration on animals. But I think that the more common scenario is individuals who are desperate for employment, many are undocumented workers, and this is the only type of job that they can get. Not only is it rough physical labor, it's brutal working conditions for them. They really are left to do the dirty work for society.

As long as people are demanding cheese, meat, milk, and eggs from factory farms, there is a worker that's going to be doing that dirty work. It's easy for people to point their finger at those that are working on slaughterhouse lines and those that are castrating the piglets and say, "How horrible!" But the reality is, they're doing the dirty work that goes hand in hand with these industries. The blame is really on consumers who are sort of hiring the hit man to do this work.

In fact, there have been studies that show that there's a form of post-traumatic stress disorder that many slaughterhouse and factory farm workers experience. It's called perpetration induced traumatic stress disorder, which is essentially people being put in conditions where they have to engage in acts of cruelty and violence against others that they normally wouldn't do. We see this with executioners.

So it's a serious problem that takes a toll not only on the animals, but on the workers that really have to give up their humanity in many situations. We hear story after story about higher rates of alcoholism, of drug abuse in factory farm and slaughterhouse environments where workers are really self-medicating just to deal with the trauma that they are participating in and having to witness on a daily basis.

VW: Can you say a little bit about the



Undercover investigators often risk their lives to expose animal cruelty underlying meat and dairy production. Now, new legislation (ag-gag bills) makes it a crime for them to do so.

individuals who courageously go undercover, and especially about the new ag-gag bills that are preventing anyone from going in and just taking videos or audio or photographs?

NATHAN: I think that the undercover investigators are really the unsung heroes of the animal protection movement. These are individuals that care deeply about animals to the point where they are willing to give up everything and sacrifice, in some situations, their lives to go and work in these facilities, wiring themselves with hidden cameras, and knowing that if they were discovered, they could be in a lot of danger. We should all be doing everything we can to support them – even if that’s just a matter of sharing these videos and getting the word out.

Just this past year we’ve seen ten states introduce ag-gag bills. A few states have already passed them. These bills criminalize undercover investigation at factory farms and slaughterhouses. Some of them are so broadly worded that they would criminalize this type of investigation or the taking of photographs or audio at any facility where someone has a “professional” relationship with animals. So, it could even affect a pet store or a pet groomer facility.

These bills are being opposed by a broad coalition of at least 30 different national organizations, including animal organizations. Also the ACLU, environmental organizations, civil rights organizations, and freedom of press organizations are opposing these.

We're seeing a coalition because these laws seek to silence whistleblowers and stifle freedom of speech and press. It's a very scary issue when you look at it, because these investigations not only help hold abusive industries accountable, they've also been responsible for protecting public health.

The largest beef recall in U.S. history, for example, was the result of an undercover investigation. An animal protection organization documented downed dairy cows, cows that are too sick or injured to even walk on their own, being kicked and prodded and moved with forklifts onto the kill floor, being slaughtered, and their meat going into the national school lunch program. Downed dairy cows are more likely to have mad cow disease, salmonella, E. coli, all of these various food-borne diseases and illnesses. So that's a real problem.

VW: Could you say a little bit more about

what you're doing and the efforts that you're making to help people to make the transition to a more plant-based diet?

NATHAN: We really believe in the power of grass-roots advocacy and education. So, we go into schools and make humane education presentations to high school and college students about the power and consequences of their food choices, encouraging them and providing resources to move towards a vegan diet.

We work with restaurants nationally to increase the vegan food options that they offer. We have national TV ad campaigns running that show footage of factory farming and encourage people to go to our website at chooseveg.com. We also have our website meatvideo.com, on which the video "Farm to Fridge" exposes the hidden reality of animal products and advocates for a vegan diet. That one's been viewed over



Undercover investigations also protect public health. The largest U.S. beef recall - involving sick, downed dairy cows in school lunches - was the result of a cruelty investigation.

4 million times since it was launched early in 2011.

VW: Nathan, are there any sort of final thoughts you'd like to share with people about what we can do to help change the violence and to help build a new world, a new way of living?

NATHAN: Absolutely. One of the biggest challenges that we face is that so often people feel disempowered and really underestimate the power that they have in effecting change. And I know that one person can have an incredible impact. Not to sound cliché, but as Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." And that is absolutely true.

I think that every single person has a very valuable place in the animal protection or the vegan movement, and that we all bring a unique set of skills, talents, and resources to the table. And I think it's important for us to really ask ourselves every day what we can do to make this world a kinder place. How can we leave it in a better condition than when we arrived?

I think that most of us can remember a time when we didn't know about these issues. And it was probably someone offering us information to see the reality of what was going on and having some amount of support or resources that allowed us to move in the direction that we did. So I think it's important for us all to be joyful vegans, to be respectful vegans, and to really be the

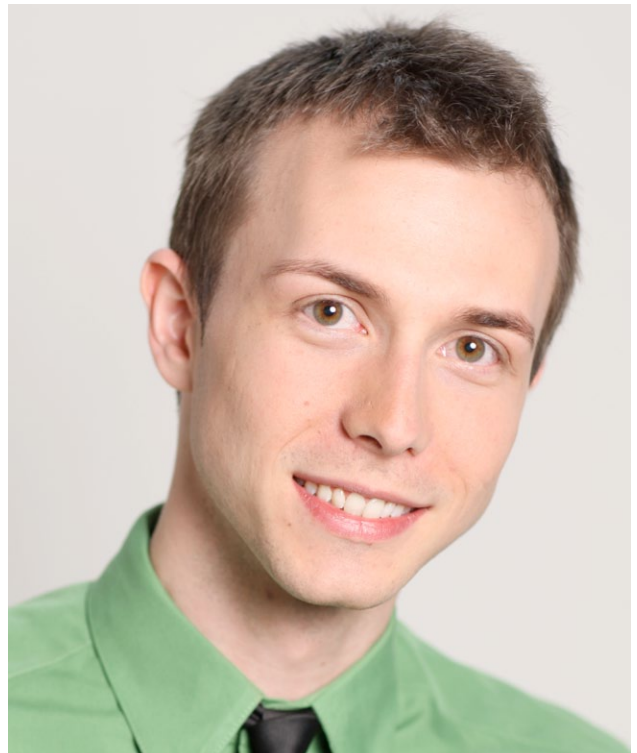
"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has."

- Margaret Mead

kind and compassionate ambassadors that the animals need us to be on their behalf.

VW: That was beautifully said. Thank you so much, Nathan Runkle, the founder and executive director of Mercy for Animals.

Learn more about Mercy for Animals and the work of Nathan Runkle and his staff at their website, mercyforanimals.org, and blog, mfablog.org.



IMAGINE

THE DAY WHEN **ALL** ANIMALS ARE FREE TO BE.



Working together, it's within reach. For over a decade, Mercy For Animals has been campaigning diligently to prevent cruelty to farmed animals and promote compassionate food choices and policies. Through education, undercover investigations, corporate outreach, and legal advocacy, we are changing the course of history for animals – inspiring both compassion and change.

MERCY FOR

ANIMALS

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MercyForAnimals.org

RECIPES FOR FOODIES

Roasted Apple, Butternut Squash,
and Caramelized Onion Pizza



Oyster Mushroom Tacos with
Sweet Mango Salsa



Cajun Yam Fries



Chocolate Fudge Brownie Bites



Berry Coconut Yogurt Parfait



Nacho-Cheese Kale Chips



Raw Power Trail Mix



chef
chloe

ROASTED APPLE, BUTTERNUT SQUASH, AND CARAMELIZED ONION PIZZA



Serves 4

This savory cheese-less pizza is bound by a creamy garlic white bean puree. If you double up on the bean puree, it also makes for a great dip or pasta sauce for another meal. Feel free to buy pre-made pizza dough and pre-cut (or frozen) butternut squash in the produce section.

Ingredients:

Pizza Dough (OR 1 to 1 ½ pounds store-bought pizza dough)

- 1 (¼ -ounce) package active dry yeast
- 1 cup warm water (110 degrees F)
- 2 ½ cups whole-grain flour, plus extra for rolling
- 1 tablespoon organic olive oil, plus extra for brushing
- 1 teaspoon Celtic Sea Salt
- 1 tablespoon Grade B maple syrup

Garlic White Bean Puree (can be prepared up to 2 days in advance)

- 1 (15-ounce) can organic cannellini or other white beans, rinsed and drained
- ¼ cup organic olive oil
- 2 tablespoons water
- 1 tablespoon organic lemon juice
- 2 cloves garlic
- ½ teaspoon dried thyme
- 1 teaspoon Celtic sea salt
- ½ teaspoon freshly ground black pepper

Pizza Topping

- 4 tablespoons organic olive oil
- 1 onion, thinly sliced
- Sea salt
- Freshly ground black pepper
- 2 cups (½ -inch) cubes peeled organic butternut squash
- 1 cup organic spinach
- 1 organic apple, peeled and thinly sliced (preferred: honeycrisp, gala, or fuji)

Procedure:

To Make Pizza Dough:

In a small bowl, dissolve yeast in warm water. Let stand until bubbles form, about 10 minutes.

In a large bowl, combine flour, oil, salt, sugar, and the yeast mixture. Using lightly floured hands or an electric mixer fitted with a dough hook, mix until a stiff dough has formed. If the dough is too sticky, sprinkle extra flour 1 teaspoon at a time as needed. Place the dough in a large well-oiled bowl and rotate the ball of dough so it is completely covered with the oil. This will prevent the dough from sticking to the bowl as it rises. Cover with a dry kitchen towel and place in a warm part of the kitchen until it has doubled in volume (about 1 to 1 ½ hours). Place dough on a lightly floured work surface, shape into a

disc, and knead for five minutes. Use dough immediately or cover tightly in plastic wrap and refrigerate or freeze for a later use. Thaw to room temperature before using.

To Make Garlic White Bean Puree:

Blend all ingredients in a food processor until smooth.

To Make Pizza Topping and Assemble Pizza:

Preheat oven to 375 degrees F.

In a large skillet, heat 2 tablespoons oil over medium-high heat and sauté onions until soft and lightly caramelized, about 20 to 30 minutes. Season generously with salt and pepper.

In the meantime, toss remaining 2 tablespoons oil with squash and season generously with salt and pepper. Transfer to a large rimmed baking sheet and roast for 30 to 35 minutes until squash is fork tender, turning once or twice with a spatula. Remove from oven and set aside. Turn heat up to 450 degrees F.

Brush a large rimmed baking sheet (approximately 9- x 13- inch) with oil.

Stretch pizza dough into a rectangle and fit it into the prepared baking sheet. Spread a layer of the Garlic White Bean Puree evenly over the rolled-out Pizza Dough. You may not want to use all of the puree, just enough to coat the dough. On top of the dough, arrange the spinach, caramelized onions, roasted butternut squash, and apple slices. Season with salt and pepper, and brush the edges of the crust with olive oil.

Bake for about 15 to 20 minutes, rotating midway, until the crust is slightly browned or golden. Let cool, slice, and devour!



OYSTER MUSHROOM TACOS WITH SWEET MANGO SALSA

Serves 4

These vegetarian tacos are fresh and healthy, but oh-so-delicioso! Note: This dish is best served with my Pineapple Guacamole.

Ingredients:

Mushroom Filling

- 2 tablespoon organic canola oil
- 1 onion, chopped
- 1 red, green, or yellow organic bell pepper, chopped
- 5 ounces organic oyster mushrooms, shredded with your hands or thinly sliced
- Himalayan or Celtic Sea salt
- Freshly ground organic non-irradiated black pepper
- 3 garlic cloves, minced

- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 (15-ounce) can organic black beans, rinsed and drained
- 8 (6-inch) non-gmo organic corn tortillas, warmed

Sweet Mango Salsa

- 1 mango, diced
- ¼ cup chopped fresh organic cilantro
- ½ red onion, diced
- 1 tablespoon raw organic agave nectar

Procedure:

To make the Mushroom Filling: In medium skillet, heat oil over medium-high heat. Sauté onions, bell peppers, and mushrooms until soft and lightly browned. Season with salt and pepper. Add garlic, chili powder, cumin, and oregano and let cook a few more minutes until fragrant. If spices stick to the skillet, add water as needed. Add black beans and let cook until heated through. Adjust seasoning to taste.

To make the Sweet Mango Salsa: Toss all the ingredients together in a small bowl.

To assemble the tacos: Fill tortillas with the Mushroom Filling and top with a spoonful of Sweet Mango Salsa.



VegWorld Magazine highly recommends that you always use organic corn and canola ingredients, as both are “at-risk”, meaning most crops grown in the U.S. are genetically modified.

An advertisement for Island Superfoods. The background is a beach scene with a blue sky, white clouds, and a turquoise ocean. Two surfboards are positioned vertically on either side of the central product display. The left surfboard is orange and yellow with a palm tree and a rainbow. The right surfboard is purple and green with a palm tree. In the center, five bottles of Island Superfoods products are displayed: a small blue bottle of Moringa, a dark brown bottle of DeMeds Chocolate, a clear bottle of Nani Fire, a white bottle of Nani Fire, and a purple bottle of Glow. There are also some green limes and small red fruits scattered around the bottles. The text "Island SUPERFOODS" is written in large red letters at the top. Below it, in orange, is "High quality superfood products for a healthy lifestyle". At the bottom, in orange, is "Enter the code VEGWORLD for 15% Off" and "IslandSuperfoods.com".

Island
SUPERFOODS
High quality superfood products
for a healthy lifestyle

Enter the code VEGWORLD for
15% Off
IslandSuperfoods.com



CAJUN YAM FRIES

Serves 4 - 6

Sweet, spicy, and oven-baked!

Ingredients:

- 2 large organic yams, peeled and cut into ¼ thick fries
- 3 tablespoons cold-pressed organic olive or organic coconut oil
- 1 ½ teaspoons Himalayan sea salt
- 1 tablespoon non-irradiated Cajun seasoning

Procedure:

Preheat oven to 425 degrees F.
Toss yam fries with oil, salt, and Cajun seasoning until coated. Spread out evenly on a large baking sheet. Bake for 15 minutes then flip fries with a spatula. Rotate pan and bake for another 20 to 30 minutes until nicely browned and crisp.

ABOUT THE CHEF

A lifelong vegetarian and vegan for more than eight years, Chloe aims to bring delicious, meat-free dishes to the mainstream. Her decadent desserts and savory entrees prove that vegan cooking offers healthy choices without sacrificing flavor.

Chloe is a graduate of The Natural Gourmet Institute and the University of California, Berkeley. She has also completed Cornell University's Plant-Based Nutrition program based on Dr. T. Colin Campbell's The China Study.

Her professional work includes Millennium Restaurant, San Francisco; Counter Organic Vegetarian Bistro, New York City; and Herbivore Restaurant, Berkeley.

Find out more about Chef Chloe by visiting her website [here](#).

THE ART OF LIVING FOODS WITH JENNY ROSS



CHOCOLATE FUDGE BROWNIE BITES

Makes 12 brownies, these brownies will keep for up to 7 days.

Easy, no bake delights perfect for sharing and enjoying all throughout the week! These cacao rich brownies are also dairy free, soy free and gluten free, high in protein, enzymes-making them of course guilt free!

Ingredients:

For the brownie base:

- 2 cups pecans
- 2/3 cup raw cacao
- 1/2 cup raw agave nectar or 1/3 cup raw honey
- 1 tbsp cinnamon
- 1 tsp sea salt

For the fudge:

- 2 avocados, peeled, with the seed removed
- 1 cup coconut water*
- 1/2 cup raw agave nectar or 1/3 cup raw honey
- 1/2 cup raw cacao
- 1/3 cup raspberries (optional)
- 1 tsp sea salt

Procedure:

To begin prepare a food processor with the s-blade attachment in place. Process the pecans from the brownie base down to a meal, add in the cacao, cinnamon and salt and pulse until combined. Then turn the processor on and add the sweetener of choice from the brownie base to the processor while on until a dough ball forms. Remove the dough ball and press into an 8 by 8 glass baking dish.

Then in a blender, blend all fudge ingredients, taking care to first place in the liquids followed by the avocado then the cacao. This will make blending easier. Blend until well combined and smooth. Spread this topping over the brownie base evenly. Freeze the entire baking dish for 2 hours until the fudge has set. Then cut to desired pieces and garnish with your choice of fresh berries.

*regular water may be substituted for coconut water, but we suggest you add another tbs of the sweetener of choice to the recipe to make the final product a bit sweeter.

YOGA & VEGANISM - MAKE THE CONNECTION WITH NATASHA & LUCA

INTIMATE SIZED RETREATS, EXOTIC LOCATIONS, INSPIRING PEOPLE, DELICIOUS FOOD.

31st August - 6th September 2013
Bahamas - Bimini, The Atlantis Rejuvenation Center

A tropical island, swimming with wild dolphins, gourmet nourishment, Deep Transformational Breathwork group session.

28th September - 3rd October 2013
Bali - Ubud, The Yoga Barn

An indigenous, spiritual space, set amidst terraced rice paddies, nestled in a quaint mountain village.

7th - 13th October 2013
Bali - Mambal, Fivelements- Puri Ahimsa

This deeply spiritual, healing, boutique resort also hosts retreats for world leading nutritional and Raw Food experts Dr. Gabrielle Cousens and David Wolfe.

27th October - 2nd November 2013
Australia - Victoria, Hepburn Retreat Center

A rustic Vegan sanctuary in the land down-under ... self-care and natural living, perfect for rejuvenation, self reflection and celebration.

All retreat packages include: accommodation, all Vegan meals, Yoga, Meditation, educational talks covering Yoga, Veganism, nutrition, cleansing, thoughts & emotions, food preparation class, conscious group activities.





BERRY COCONUT YOGURT PARFAIT

Coconut yogurt is a nice plant-strong, naturally alkalizing way to start the day and this recipe has an extra kick of antioxidants to boost your immune system!

Makes 2 servings, yogurt will save for up to 5 days in the refrigerator.

Ingredients:

For the parfait:

- 1 cup granola of choice
- 2 kiwi, peeled
- 4 large strawberries, with the stem removed
- 3 cups of Berry Coconut Yogurt

For the Berry Coconut Yogurt:

- 2 cups of young thai coconut flesh
- 1/3 cup fresh berries
- 1 tbsp coconut butter
- 2 tbsp inner eco*(optional)
- 1/3 cup lemon juice
- 2 drops vanilla stevia

*Inner Eco is a liquid probiotic supplement available at most health foods retailers. This is an option that will aid in the ability to digest the breakfast as well as provide a healthy dose of probiotic supplement.

Procedure:

To prepare the yogurt, blend well all yogurt ingredients. It's recommended to chill this recipe for about 20 minutes before serving. Then in a basic cup or mason jar, layer the yogurt, fresh fruit and granola. Enjoy!



ABOUT THE CHEF

Jenny Ross, the owner and executive chef of the living-foods restaurant 118 Degrees in Costa Mesa, California, has been a pioneering spirit of the raw-foods movement since 2000, beginning with her first Los Angeles café. As a chef, her unique creations have captivated customers nationwide, and her product line is available in health-food stores throughout the country. Jenny works with clients of all backgrounds, motivating them toward more vibrant health while teaching them about the healing power of living foods. Her award-winning cuisine has drawn a celebrity clientele to her restaurant and has been a positive catalyst for changing many lives.

Jenny's books "Raw Basics", "The Art of Raw Living Food" and "Simply Dehydrated" are available at www.jennyrosslivingfoods.com.

L.A.'s Largest All-Vegan Festival



2013

SUNDAY, MAY 19th
10:30am-7:00pm

Bands on Three Stages
Speakers on Five Stages

See website for pricing and discounted pre-sale tickets.

Sponsored By:



Woodley Park - 6350 Woodley Blvd., Lake Balboa, CA (1 mile west of the 405 between Burbank and Victory exits)

Sorry - no pets this year - **WORLDVEST IS A PROJECT OF TOWARDS FREEDOM - A NON-PROFIT 501(C)3** - <http://www.WorldFestEvents.com>



Organic Ingredients:

- 1 cup cashews
- 1 cup shredded carrots
- 1 cup filtered water
- 2 tablespoons nutritional yeast
- 2 teaspoons chili powder
- 1/2 teaspoon lemon juice
- 1 teaspoon salt
- 1 teaspoon pureed garlic (about 2 cloves)
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper
- 1/2 pound stemmed curly kale (about 1½ large bunches)

Procedure:

1. Soak the cashews in water for 4 to 6 hours. Rinse and drain.
2. To make the cheese sauce, combine the cashews, carrot, water, nutritional yeast, chili powder, lemon juice, salt, garlic, onion powder, cumin, and cayenne in a high-performance blender and blend until smooth and creamy.
3. Wash and towel-dry the kale and put it in a large bowl.

4. Toss the kale with the sauce, making sure all the sauce is clinging to the leaves.
5. Place the leaves on dehydrator trays covered with a nonstick sheet. Make sure that each leaf is separated from the others and none are on top of each other. This ensures that the leaves dry quickly and evenly. Dehydrate at 105 degrees until completely crisp, about 12 hours or longer.

Note: These snacks keep for a month or more in the pantry if they're good and dry and stored in a sealed glass jar. If the chips are exposed to air, they become soft. If this happens, return them to the dehydrator for a few hours to crisp.

Tip: To stem a kale leaf, grasp the stem firmly with your primary hand. Using the thumb and forefinger of your other hand, slide the leaf down the stem, removing it easily. Or, place the leaf stem-side-up on a cutting board and use a sharp knife to trace the leaf along the stem to separate it.

RAW POWER TRAIL MIX

Yield: 18 servings



Organic Ingredients:

- 1 1/2 cup raw almonds
- 1/2 cup raw walnuts
- 1/2 cup raw pumpkin seeds
- 1 1/2 cups chopped dried figs
- 1/2 cup raw Brazil nuts
- 1/2 cup dried unsweetened coconut flakes
- 1/2 cup raw cashews
- 1/2 cup dulse flakes
- 1/2 cup unsweetened dried blueberries
- 1/2 cup dried goji berries
- 1/2 cup unsulfured golden raisins
- 1 tablespoon ground cinnamon

Procedure:

1. Soak the almonds and walnuts in separate bowls of unchlorinated water for 8 to 12 hours. During that time, soak the pumpkin

seeds for 3 hours. Rinse and drain each. Dehydrate soaked nuts at 105 degrees for 8 to 12 hours or until completely dry.

2. Combine all ingredients in a large bowl. Toss until well mixed.

Note: Store your trail mix in an airtight container in the refrigerator for up to 1 week or in the freezer for 3 months.

Vary It! Change this recipe based on the ingredients you have handy. If you have sunflower seeds instead of pumpkin seeds, throw them in. If you're short on dried blueberries but have dried cranberries, it's all good. The nutritional information will vary, of course, but your trail mix will still be deliciously raw and healthy.

Follow *Raw Food For Dummies* on Facebook for more information on upcoming tour dates, recipes and daily tips. _

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SPOTLIGHT ON COMPASSION

Reconnect and Save
This Beautiful Earth





RECONNECT AND SAVE THIS BEAUTIFUL EARTH

by Dr. Will Tuttle

To me, the greatest joy and sense of wonder flows from opening to the beauty, intricacy, and magnificent abundance of our Earth. Swimming in lakes and streams, wandering through forests and mountains, snorkeling around coral reefs, and watching birds, fish, and other animals soaring, darting, and celebrating their lives fills the soul with joy. Camping in remote regions and sleeping on the living earth; gazing into the night sky; and contemplating the tiny wings of flies, the delicate veins in leaves and the ordered symmetry of flower petals and

pine cones makes me aware of being in the presence of an overwhelmingly intelligent and benevolent force.

I sense that the outer world is a manifestation of a consciousness that is the essence of creative exuberance, ecstatic joy, and a vast love that dwarfs all efforts to conceptualize or grasp it by intellectual means. "It" is ever-present and ever beckoning. Looking around at the other humans, young and old, with whom I share this Earth, I see beautiful manifestations of this same life-source.

OUR DISCONNECTION FROM THE EARTH HAS PUT OUR PLANET IN PERIL

The overwhelming tragedy of our world today is how deeply we have disconnected from our sense of belonging to a benevolent universe. This is also how we've turned this abundant paradise into a realm of fear, lack, competition, and an ongoing violence that blinds us to the truth.

We are all born into a culture of routine and unnecessary violence toward animals. We are injected with the basic behaviors and mentality that feeds an industrial machine that, in the U.S. alone, murders 75 million animals daily for food. We destroy over an acre per second of irreplaceable rainforest, devastate the oceans with overfishing, and pollute water, land, air, and genetic integrity with toxins and technologies that attack and undermine the living fabric of life on this beautiful planet.

OUR DISCONNECTION FROM THE EARTH HAS PUT US IN PERIL, AS WELL

We are growing enough food to feed between twelve and fifteen billion people, and there are only seven billion of us on this Earth. Yet about 1.2 billion of us suffer from chronic hunger and malnutrition, and another 15-20,000 starve to death every day.

At the same time, about 1.2 billion of us suffer from diseases of excess. Enormous amounts of grain (and land, petroleum, fertilizer, pesticides, and water) are used to feed animals, which are, in turn, used for meat, milk, and eggs. Consumption of these animal products leads to epidemics of cancer, diabetes, heart disease, kidney and liver disease, osteoporosis, autoimmune disease, arthritis, and obesity that physically cripple us. It also lends to the depression, stress, anxiety, and low self-esteem that mentally cripple us.



We easily grow enough food to feed the world. Yet about 1.5 billion suffer from hunger and 15-20,000 starve every year because our food crops are fed to livestock instead.



We are at home on this beautiful Earth. This is the message of Earth Day, which is a day of compassion for animals, people, ecosystems, and the future generations of all beings.

We live on such an abundant planet. There is easily enough to feed, house, and clothe all of us on a fraction of the land and resources we currently use. There is nothing stopping us from celebrating our lives in harmony on this Earth, except one thing: The culturally-imposed violence to our fellow Earthlings for our meals and the mentality of disconnectedness and reductionism that this behavior requires.

ONLY BY RECONNECTING TO THE EARTH CAN WE SAVE HER, AND OURSELVES AS WELL

There is nothing more loving and wise any human being can do today than to undertake the adventure of understanding and questioning the ramifications of our food choices and moving toward a plant-based diet for ethical reasons. The door is open! The beautiful Earth is calling us! Will we hear her and stop giving the order of destruction

when we take out our wallets and pay for the traditional foods of our culture?

Veganism is nothing to be proud of. It is simply leaving a man-made prison and returning home to our hearts and looking with our natural eyes of inclusion. It's seeing beings when we see beings, rather than reducing them to mere commodities. Veganism is love for all, expressed as respect and kindness. And veganism is just the first tiny step in a vast journey of spiritual awakening that I believe beckons all of us.

From this awakening, an understanding arises that we are at home on this beautiful Earth. This is the message of Earth Day, which is a day of compassion for animals, people, ecosystems, and the future generations of all beings. There's no better time to go deeper with our commitment to vegan living.



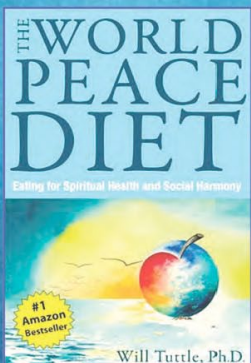
ABOUT THE AUTHOR

Will Tuttle, Ph.D., composer, pianist, and Zen priest, is author of the best-selling *The World Peace Diet* and creator of The World Peace Diet Facilitator Training.

Find out more about Dr. Will Tuttle by visiting his website [here](#).

Learn more about Dr. Tuttle's World Peace Mastery Programs by clicking [here](#).

Imagine the world we can create...



Are you concerned about our culture's mistreatment of people, animals, and the Earth?
Do you feel called to help create a positive future for our children and the world?
Do you aspire to develop skills to embody, share, and teach healthy
and compassionate living for service, fun, or livelihood?

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May All Beings Be Happy and Free!

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REVIEWS AND RECOMMENDATIONS

“Don’t Go Nuts” for Kids -
A New Hope for the Super-Allergic





VEGWORLD'S PICK OF THE MONTH

“DON'T GO NUTS”



Peanut and nut allergies are at an all time high and more severe than ever. This month, VegWorld Magazine applauds the efforts of one company to make super-allergic kids super safe: The aptly named, Don't Go Nuts. The company's products are all vegetarian (and almost entirely vegan), organic and non-GMO too!

The company's founders, Jane and Doug Pinto, transformed near tragedy into an inspired company after their daughter Lily went into anaphylactic shock when a grocery store accidentally put almond extract instead of vanilla into a dessert. From this experience, they became committed to creating a food company that eliminated all risk of nut contamination.

As a result of great research, care and effort, Don't Go Nuts developed its Field to Fingers™ Nut-Free Process. The company built a dedicated, nut-free food preparation facility in the Pintos' hometown of Salida, Colorado. It includes an ingredient receiving room, where dust is blown from ingredient packages

and removed from the building before ingredients enter other areas.

Initial products include five flavors of organic, non-GMO soy butter: Chocolate, Cinnamon Sugar, Slightly Sweet, Lightly Sea Salted and Pure Unsalted. The soy butters are gluten free, vegan and kosher. Six nutritional energy bars will launch next month. Find out more [here](#).

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