

CANADA Earthsaver

Healthy People. Healthy Planet. Published by EarthSave Canada.

JULY / AUGUST 2004

www.EarthSave.bc.ca

Soy: Friend or Foe?

Two nutritionists, Brett Stone (RHN) and Kathy Nowak (RNCP, RHN), answer this question.

Brett Stone (RHN):

Walk into any North American grocery store these days and you're sure to find a variety of products such as milks, tofu, sausages, cheeses, oils, flour, protein powder, infant formula and waffles all made from soy. With frightening reports of mad cow disease and avian flu reaching consumers on a daily basis, more and more people are using these products as an alternate source of protein, turning this much revered dietary staple into the food industry's vegetarian cash cow.

But is it safe?

Soybeans have been around since 11th century BC where they were one of the first crops to be domesticated in Northern China. Their high nutritional benefits, cheap cultivation, versatility and vegetarian status appealed to a wide range of tastes, lifestyles and religious dietary guidelines. Benjamin Franklin helped bring soy to North America when he mailed seeds to a botanist friend in 1770. It was cultivated soon after to make soy sauce for export and as an inexpensive animal feed. By the 20th century, research

began to reveal soy's nutritional benefits and the growth of the industry grew from a mere 9 million bushels in 1929 to 2.8 bushels in 1998. It seems to be a characteristic of the North American cultural makeup that when a good thing is discovered nutritionally it is taken to the extreme. You only need to look at the large amount of low carb labels in the grocery store these days to know this to be the case. True to the stereotype, soy is experiencing the same fate. Instead of steak we're told to substitute a slab of grilled tofu. Calcium fortified soymilk replaces dairy milk. Soy cheese fills in for traditional mozzarella on pizza. And if you need an alternative to traditional cream cheese or ice cream, soy fits the bill there too. There's no question that soy's chameleon-like nature and low cost to farm make it an attractive substitute for many foods that traditionally come from animals.

Whether this increased consumption of soy is a danger or benefit, though, has less to do with the actual bean itself and everything to do with its usage. A 1998 survey in Takayama City, Japan revealed the soy

soy beans. Most significantly, these foods were consumed in small quantities as complements to a meal, rather than as a main course. This is quite different from your typical soy crazy North American who will easily down 8 ounces of tofu, several glasses of soy milk, a soy protein bar and a serving of soy ice cream in a day thinking they are improving their health.

If you want to make soy a part of your diet, then look to Asia where they've been receiving healthful benefits from it for centuries and not at the food industry's marketing information. Consume only products that have been subject to a long process of fermenting. These include miso, tempeh, tofu and milks. Long fermenting destroys any toxins and increases its digestibility. Avoid products that are overly processed such as "hot dogs" and other luncheon "meats". These may be linked to depressed thyroid function. And finally, when it comes to portion size, think small. Think condiment instead of main course and you'll find soy can be a healthful addition to a well balanced diet.

Kathy Nowak (RNCP, RHN):

Although soy has many beneficial properties, when it is used in large quantities, some of the plant chemicals in soy can be toxic to humans. Present day processing methods can be harmful as well. I only recommend soy to my clients if they understand the importance of it being organic, properly prepared and consumed in small amounts.

"Soy: Friend or Foe?" continued on page 4...


EarthSave Canada
HEALTHY PEOPLE. HEALTHY PLANET
2150 Maple Street
Vancouver, B.C., Canada V6J 3T3

CANADA POSTES
POST CANADA
Postage Paid Post Payé
Publications Mail Poste-publications
004739493

products regularly consumed in a traditional Japanese diet (a diet where regular consumption of soy products has been linked with lower incidences of several cancers including breast and prostate) were miso, tempeh, tofu, milk and boiled

Letters to the Editor

Submissions of articles and letters are gratefully accepted. Please send your contributions to newsletter@earthsave.bc.ca.

To the editor,

I really appreciated Dave Way's article on Animal Rights in the last issue of *Canada EarthSaver*. It was an excellent article and the arguments fit very well into my own worldview. My only concern is that some of the arguments leave open the possibility that treating some humans and all animals terribly might be moral. If I may, I'd like to offer a related argument that I prefer and personally try to live by. My argument may be no better but perhaps a few readers might find it useful. It goes like this:

We don't know if there is 'life after death' or not. We do know, however — each and every one of us — that we *personally* matter in this life. We know it deeply in our hearts. From our own extremely personal, yet universal emotions and instincts we really, really know it. Yet we're all the same in this regard. Billions and billions of us. We're all worthwhile and important. We're all equal in a very deep sense; we're all deeply special. All of us. *We're persons!* To me, this realization speaks volumes about the depravity of selfishness. It has had a profound influence on my life, anyway.

But are we as humans particularly special? It seems to me that we are — but only in that we are unusually capable of considering our effects on others. That's pretty special actually — it confers on us unusual responsibility. But awareness of the needs and viewpoints of others is not what makes us *persons*. To me it seems obvious that a person is any living being who has wants and desires, who feels emotion, who has a conscious experience of life. I have a canine friend, Tasty, who's lived with me for almost 10 years now. And I know from simply interacting with her that she's every bit as much a person as I am. If we're honest with ourselves, realizing that we human persons really matter, we must recognize the personal value of and our deep equality with the non-human persons who surround us. If you think about it, the only real alternative is that we consider ourselves all valueless. None of us lives as if we believe that!

Dave Steele

Living Economies

By Suzanne Rushton

With the advent of the corporation, the idea of buying locally has been left by the wayside. All of our food and clothing seems to come from the States or overseas somewhere and the money goes anywhere but back into our community. There IS an alternative! The Business Alliance of Local Living Economies (BALLE), launched in Vancouver on February 25th, is an international organization dedicated to connecting consumers with local businesses and fueling the local economy. BALLE envisions a sustainable global economy as a network of Local Living Economies. Local Living Economies build long-term economic empowerment and prosperity in communities through local business ownership, economic justice, cultural diversity and a healthy natural environment.

A Local Living Economy provides secure and fulfilling livelihoods for all people, works in harmony with natural systems, supports biological and cultural diversity, and fosters fulfilling and enjoyable community life. It is an investment that contributes to a sustainable economy. Just as we make investments in ourselves by choosing what we eat carefully, we can also choose to promote health and vitality in our community.

The distinction is that BALLE sees an intricate, inter-connected, global network of locally-owned, locally controlled businesses trading with one another. In the process of promoting local economy, we naturally buy local first. If we can't find what we need here, there is an online marketplace growing that will help us find the next closest sustainable source to buy it. Which might be in Alberta, across the border in Bellingham, or it might be from the coffee growers Co-op in Chiapas.

You can become involved by visiting their website at www.ballebc.com. Attend a local function and be a part of this growing community!



2150 Maple Street
Vancouver, B.C., Canada V6J 3T3
Tel: 604-731-5885
Fax: 604-731-5805

Office manager: Alison Cole
E-mail: office@EarthSave.bc.ca
Internet: www.EarthSave.bc.ca

Canada EarthSaver

EarthSave Canada is a non-profit, educational organization dedicated to educating the public about the effects of food choices on the environment, personal health, and animal compassion.

EarthSave International, which was founded in California by John Robbins, was founded in response to overwhelming public support of his ground-breaking book, *Diet for a New America*.

Canada EarthSaver is published six times a year on 100% recycled paper, printed with soy-based ink. The opinions and

ideas expressed in this publication do not necessarily represent the views of EarthSave Canada.

Submissions

Editorial submissions are welcome and must be received no later than the 1st of the month preceding publication. Advertising submissions must be received not later than the 15th of the month preceding publication. Articles may be edited where appropriate. If possible, please submit your material by e-mail to newsletter@EarthSave.bc.ca.

Editor

Nancy Callan

Production

Alison Cole

Contributors

Brett Stone, Nancy Callan, Patrick Dubois, Kathy Nowak, Bill Pope, Suzanne Rushton

Advertising

Advertising space is available in *Canada EarthSaver* — please contact the office for current rates.

Super Size Me – A Film of Epic Portions

A Film by Morgan Spurlock

Review by Patrick Dubois

It's hilarious. It's disgusting. It's informative. It's reformative.

Winner of Best Director at the 2004 Sundance Film Festival, Morgan Spurlock, documents a simple yet innovative experiment. Since a recent lawsuit against McDonald's failed because the defendants couldn't prove it was a McDonald's diet alone that caused their health problems, Spurlock films himself eating only McDonald's food for a month, Super Sizing whenever they offer, and trying everything on the menu. To be thorough, he also limits his exercise to the American average, forcing him to take a cab rather than walk home from his neighborhood golden arches — and there's four every square mile in Manhattan. "Every 8-year-old's dream", he says. The medical team he enlists confirms he's in perfect health at the outset and imagine he might gain a little weight and his triglycerides might go up a bit, but otherwise he'll be fine. After all, why should he have problems eating what is served to 46 million people every day?

As may be no surprise to readers of this newsletter, he almost dies. This 96-minute

overdose of Spurlock, statistics, stomach stapling surgery and footage of fat food and fat people engages with the simple thrill of "what happens next?", spiced by the curious fact that Spurlock's (I think heroic) girlfriend is a dedicated organic vegan chef. At the end, she nurses him back to health, but along the way she also confides how his sex life went down the tubes as his weight, cholesterol and body odor went through the roof.

Between bites of burgers, the ever intrepid Spurlock explores school cafeterias, public health and food politics, corporate duplicity, and kids' consciousness which recognizes Ronald McDonald more than Jesus Christ, who, in my favourite moment, is mistaken for George Bush. The disturbing cultural reality revealed genuinely earns this documentary its description as "The Bowling for Columbine of Fast Food." Veteran EarthSavers will be delighted to see brief appearances of Dr. Neal Barnard and John

Robbins.

For anyone who ever ate at McDonald's, knows anyone who ever did, or, God forbid, ever considers doing so again, this film is a must-see. Like the ersatz entertainment industry of convenience food that supplies 40% of the American diet, this is a fast, fun, saturated experience, but with exceptional intellectual nutrition. For startling stats like "In the U.S., we eat more than 1,000,000 animals an hour" and "French fries are the most eaten vegetable in America" see the "by the lb" page of the movie's website www.supersizeme.com <<http://www.supersizeme.com>>, but for the full-meal-deal, you gotta see this show.

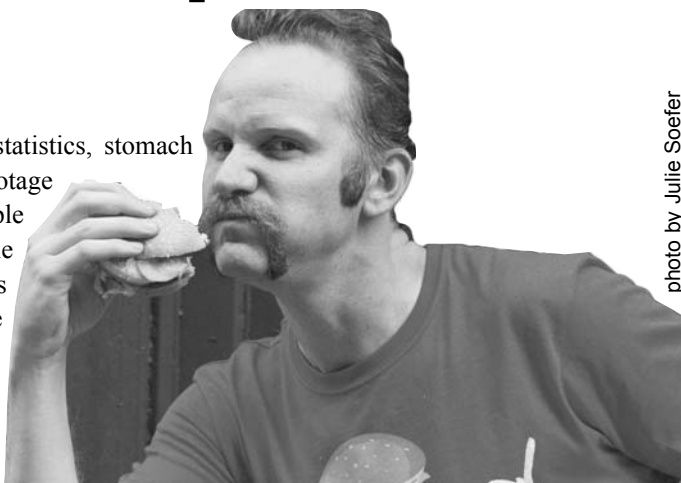


photo by Julie Soefer

Restaurant Review: OM Restaurant

by Bill Pope

Fans of the Bo Kong have a new restaurant in town to tempt their palates. The OM (3466 Cambie St.) has the same owners trying to broaden their appeal to a larger clientele. Its menu has many carry-overs from Bo Kong, with some non-Asian additions such as burgers, while the décor strives for a more contemporary and intimate feel.

On May 7, EarthSavers gathered for our monthly dine-out and this establishment did not disappoint. Starting with delicious spring rolls and potstickers as appetizers, we were given a choice of three soups. The hot and sour was among the best I have ever tasted and the Dam Yam Kung is a Thai-style creation and quite impressive.

Our group was then served very generous portions of eight entrees. The spicy green beans and vegetable crepe were stand-outs, while the veggie drum sticks and sweet and sour nuggets

raise the art of meat simulation to new heights. Bean curd roll with mixed vegetables, Hawaiian fried rice, pumpkin and taro hot pot, and satay vegetable chow mein rounded out the main courses and were all well received. Service was very attentive with constant refills of tea.

OM's management is trying hard to build a strong customer base and it shows. Portions were so large that many of us left with multiple lunches for the coming week, and on a previous visit, my wife and I were treated to a complimentary helping of a tasty pumpkin soup.

The menu is totally vegetarian, though there are a few non-vegan choices so it's best to ask before ordering. Regulars of the Bo Kong may find some items not quite up to the old standard yet, but this is definitely a worthwhile addition to the vegetarian dining scene in Vancouver and highly recommended.

Review of the Soyquick Automatic Soy Milk Maker

by Nancy Callan

Imagine the wonderful fresh nutty aroma of soymilk brewed in 13 minutes in your own home. And at about 1/5 the cost of store bought soy milk, even with organic beans, the advantages for the home cook in particular are obvious. This is what you'll find with your own Soyquick Automatic Soymilk Maker.

Soyquick soymilk makers can make nut and seed milks, rice milk and soymilk, not to mention tofu. So far, I've only tried soy and rice milk with mine. I found the rice milk had good flavour, but the watery consistency was less appealing than the store bought version. The best surprise, though, was the delicious porridge-like food that was left in the filter cup after making rice milk. It's worth making the milk if only to get the porridge!

With all milks from the soymilk maker, you add sweeteners or other flavourings to your own taste. This is appealing to me, as I find store bought rice milk too sweet. You can also add supplements, such as liquid calcium.

The soymilk maker also comes with the magnesium chloride and a mould to make tofu. So, what's my next experiment? Tofu with herbs from my garden perhaps? Or maybe almond milk. Whatever I decide, I'll be having lots of fun!



"Soy: Friend or Foe?" ...continued from page 1

Benefits of soy:

Health benefits: There are several compounds in soy which are known to lower LDL cholesterol, reduce the risk of prostate cancer in men / breast cancer in women, and help with menopause. Some studies show that just one serving a day of soy foods contributes to a reduction in cancer risk. In TCM (Traditional Chinese Medicine): the soybean is known to have a cooling thermal nature; it strengthens the spleen-pancreas; moistens dryness; cleanses the blood vessels and heart, improves circulation, promotes clear vision and lowers fever.

Lecithin: Soybeans are also a natural source of lecithin — a brain food and fat emulsifier.

Canadian Food Guide: Health Canada is acknowledging the importance of soy in diets, and may actually emphasize soy prod-

ucts in the new *Canadian Food Guide*.

Dangers of soy:

Phytic acid: Soy beans have the highest phytic acid (then chickpeas) of all plant foods. Phytic acid is a phosphorus compound, present in all whole plant seeds, grains, legumes, nuts and seeds. It protects the plant and binds to essential minerals (calcium, iron & zinc), preventing absorption of these minerals. If the soy is "predigested" by bacteria and fermented, the problem is virtually eliminated. Eat soy with mineral rich food such as sea vegetables, which help reduce the effects of the anti-nutrients in soy.

Allergies: Many people are allergic to soy. Soy allergens may affect up to 20 percent of our population. It is 1 of the 8 foods that cause 90% of all allergic reactions.

Pesticides/GMO: Soy is commonly treated with pesticides (Round Up) and if it's not organic — it's most likely genetically modified. Make sure it's organic!

Potential dangers of soy baby formulas: There's new research suggesting high concentrations of aluminum and manganese found in soybean-based baby formulas may lead to altered behaviors in adolescents among other things.

Some soymilk is made with soy protein powder or soymilk powder — avoid these.

Sunrise is one reputable company I know of who soaks the whole soybeans before making their Organic Soymilk. The soy is in its whole form, organic and prepared correctly.

Avoid Soy in the form of Soy Protein Isolate (or TSP), which is used in many food products such as soy burgers, protein bars, shakes, soy cheese etc. My concern is in the destructive methods in which they isolate soy proteins. Soy Protein Isolate is highly processed and is often:

- 1) acid washed in aluminum tanks
- 2) soaked in a chemical solution to extract proteins — produces carcinogens
- 3) and spray dried using high temperatures which may form nitrates.

Estrogen: Soy contains phytoestrogens, similar to human estrogen. Women with estrogen-positive (ER+) breast tumors and breast cancer should avoid eating soy because these tumors are stimulated by estrogen.

Summary

Soy, like many foods, if eaten in high enough concentrations, can cause problems. So enjoy soy in moderation if you want its health benefits. Avoid the more processed products, such as soy isolates and powders. Choose whole, organic soybean products, which have been naturally fermented or sprouted, such as miso, tempeh, tamari or soybean sprouts.

Brett Stone and Kathy Nowak are registered holistic nutritionists and regular contributors to the EarthSaver.

Ask Nancy

EarthSave Past President, Nancy Callan, answers your veggie related questions



Q: Are humans the only species that milk other animals?

A: With the exception of the regular antibiotic use, growth hormones, machinery and enforced cramped conditions, ants farm aphids much the way humans farm cattle. Ants milk aphids for their honeydew, by stroking their abdomens to get them to release it. In return, they shelter them in storms and from predators and move them to more plentiful food supply.

Q: What is meant by the term “vegetarian driving”?

A: Well, it may be called vegetarian, but it smells more like BBQ chicken when you drive! Vegetarian driving refers to the use of straight vegetable oil to fuel a diesel engine. The vehicle modifications are minimal and unlike biodiesel, no caustic chemicals are required to make your own fuel.

“Greasecar drivers” usually obtain the oil for free from restaurants, snack food companies or vegetable oil distributors, who are happy to save the usual removal fees. Like the human body, greasecars prefer non-hydrogenated oils, since the tendency of hydrogenated oils to become thick or solid makes them more trouble to filter. Asian restaurants, with their preference for canola and peanut oils, are some of the best sources of free non-hydrogenated oil.

Complete vehicle conversion kits can be purchased and the cost recouped within a few months in the savings from free fuel. Emissions are greatly reduced and there is no loss of engine power and no additional engine wear.

The trend toward using vegetable oil is not limited to cars. Shimano brakes for mountain bikes use vegetable oil, instead of hydraulic fluid. When a sea breaks, no toxic sludge is dumped onto the ground.

Vegetable oil — it’s not just for french fries anymore.

Q: Is it true that vegetarians do not get Alzheimer’s?

A: Diet has long been suspected as a causative agent in Alzheimer’s. To date, there is no hard science to show more than correlation. But take a look at the correlations and judge for yourself.

Alzheimers is a modern disease. It did not even appear in Japan and Korea until 1960, just ten years after their populations switched from a predominately vegetable and fish diet to one that included meat imported from Western countries. India, a predominately vegetarian nation, has the lowest rates of Alzheimer’s in the world.

McVegan Event

by Suzanne Rushton

Are you interested in spreading the Gospel of veganism in a non-intrusive fashion? With summer on the way, a McVegan event, initiated by Vegan Action, is a fun way to educate the general public about the many benefits of becoming vegan.



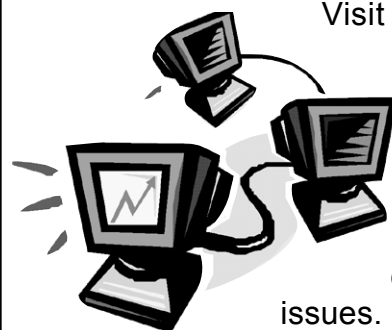
Many non-vegans feel that it is difficult to eat vegan foods because of the belief that the choices are limited. The goal of a McVegan function is to enlighten the curious public and demonstrate the wide variety of tasty dishes that we enjoy on daily basis.

It goes further than that. Many people are becoming aware that the additives and hormones in their meat and dairy products are contributing greatly to many of the modern degenerative diseases. Those interested in being socially responsible will be glad to know that their choice to limit their meat consumption and move towards a plant based diet will boost their general health and energy levels as well as contribute to the sustainability of the planet. We are all in this together!

In order to host a McVegan event, the four steps are: preparation, contacting Vegan Action, advertising and execution the day of. It is a group effort that will require at least a month’s planning and several people to help. Plan to approach various local companies for sponsorship in the way of food, water, etc. in exchange for advertising and promotional opportunities. Have a live band, buskers, booths with crafts, invite everyone to participate and make a fun afternoon of it!

More information is available through EarthSave or Vegan Action. office@earthsave.bc.ca or www.veganaction.com

EarthSave Launches Internet Forum!



Visit our website and check out our new internet forum. Hook up with others with similar interests, find out about events, or discuss issues. Make friends and have fun!

Go to www.earthsave.bc.ca and click on the forum link.

TASTE of HEALTH

The Healthy Food Festival presented by EarthSave

from
the Garden
to your
Kitchen

August 14-15, 2004, Chinese Cultural Centre of
Greater Vancouver, 50 East Pender Street

Award-winning film maker Jennifer Abbott, whose recent film *The Corporation* has won rave reviews around the world, joins Western Canada's largest and best known vegetarian festival of tasty food and original and provocative workshops on food, gardening and healthy living, as the Taste of Health returns to Vancouver for its sixth year. Expanded now to two days, this year's theme "From the Garden to your Kitchen" will feature a display of local organic farmers and live entertainment in the outdoor courtyard as well as workshops for both novices and aficionados alike on:

- Gardening in an eco-friendly manner
- Permaculture
- Health for the body and mind-tai chi, feng shui, herbal medicines and more

Mouth watering cooking demonstrations from Sally Errey, Veera Montague, and many more, as well as raw food demonstrations from Tonya Kay, Katherine Marion will leave participants inspired to create!

In addition to a talk from film maker Jennifer Abbott (*The Corporation* and *A Cow at My Table*) on The Politics of Food, Taste of Health's wide array of speakers will include:

- Internationally renowned rawfoodist, Dr. Douglas Graham
- Vegan athlete – Brendan Brazier
- Dietician and author – Vesanto Melina
- Nutritionist and author – Sally Errey

Many more volunteers are needed for this year's event. For more information, visit: www.tasteofhealth.com

UPCOMING VEGETARIAN DINE-OUTS — OPEN TO ALL!

Monday, July 12th at 7pm

Aphrodite's Café & Pie Shop

3598 West 4th Avenue (next to Banyen

Books)

We will start with fresh from the farm organic salad followed by organic vegan pizzas made with wheat and spelt crust.

Price: \$15 Members; \$17 non-members

Saturday, July 24th at 7pm

Bon Manger Cafe

2670 West Broadway

Two crepes — Tuscan (roasted mushrooms, eggplant, zucchini, red onions, peppers and olives) and Artichoke Pesto (artichokes, spinach, red onions, mushrooms and pesto), followed by tofu cheesecake, with a strawberry topping, and masala tea.

The crepes are made with Urdal and Rice Flour and contain no eggs, dairy or wheat. Please pass this information on to anyone on a gluten-free diet.

Interested guests are welcome to join a

group going to the Illuminares Festival after the dineout, around 9pm.

Price: \$15 members; \$17 non-members

Thursday, August 26th at 7pm

Raw Indian Dine-out

by Martin Faucher

SPEC Building

2150 Maple Street at 6th Avenue

A smooth icy mango lassi made with creamy cashew yogurt, followed by a cream of tomato soup, containing no dairy, but rather coconut, marrying flavours of fresh tomatoes creamy coconut, cilantro, cumin and curry leaves.

A vegetable sabji will be accompanied by special naan (little pancakes) and tamarind chutney. (And for heat lovers, a "fire" chutney.) Coconut cream pie with a coconut pie crust which feels and tastes somewhat like white chocolate, topped with coconut custard and fresh sweet mangos, will be the dessert.

Price: \$15 members; \$17 non-members

Wednesday, September 1st at 7pm

Chao Phraya Thai Restaurant

2325 Cambie Street

Menu TBA. Please check the website or call the dine-out line for more details closer to the event.

Price: \$15 members; \$17 non-members

How to register: send an email to dineout@earthsave.bc.ca or call 604-736-4636 and leave a clear name and phone number and which event(s) you are booking for.

Unless you hear otherwise, you're on the list if you leave a message. The deadline is always 2 days (48 hours) before the event. If you are not able to make it to a dine-out that you have registered for, please remember to cancel at least 24 hours in advance as ES will be charged for the extra meals.

Members' News & Special Events

UPCOMING POTLUCKS

When: Sunday, July 11th & Sunday, August 8th

What time: 6pm

Where: SPEC building, 2150 Maple Street, Vancouver at 6th Avenue, in the multi-purpose room. Parking lot and street parking available.

What to Bring: a plate, cup and cutlery, a serving spoon, and a dish containing no animal products and six adult servings.

Call 604-736-INFO for updated information on the speaker. EarthSave potlucks are now held monthly — the 2nd Sunday of every month. Location will always be the same, at 2150 Maple Street.

CLASSIFIED ADS

Vegetarian cooking classes: Indian, Chinese, Mexican, Middle Eastern

Professional Chef & teacher.

Also Vegetarian Catering – 604-535-5150 (Veera)

Vegetarian Housemate Wanted to share Kerrisdale ground floor suite with UBC scientist and his very friendly dog. Large private room. Laundry, High speed internet. Great for student.

Easy access to UBC, Langara College. \$450/month
Call 604-454-1919

VOLUNTEER NIGHTS AT EARTHSAVE

Join other like-minded individuals every Thursday evening from 6:30-9:30pm at the EarthSave office, 2150 Maple Street (the SPEC building on 6th Avenue), to help with general office duties. It's a great opportunity to get involved on a casual, drop-in basis and to meet new people.

SPEED DATING

Come out and support a great cause and meet 12 other singles for brief, anonymous dates. Unlike other speed dating in Vancouver, you're guaranteed to have something in common with most participants since the event targets those with an interest in the environment, animal welfare, and/or healthy eating. Vegetarians and non-vegetarians are welcome. You will meet 12 other singles for 6 minute dates. Events are guaranteed to be gender balanced and anonymous. Contacts are facilitated afterwards by the organizers.

\$20 members, \$25 non-members.

At least one match is guaranteed. If you do not receive a single match, you can attend one additional event for free.

For details on the next event and target age group, please visit our website:
www.earthsave.bc.ca

EARTHSAVE GROUPS

EarthSave Launches Parents' Group

Come out and join other like-minded parents (raising their children with minimal animal products and junk food) on the 4th Saturday of each month at the SPEC building (2150 Maple Street at 6th Avenue) from 11am to 12:30pm to discuss issues of mutual interest and gain support. This is a child friendly meeting, but please bring crayons or toys for your children to play with.

All interested parents are welcome to attend — bring friends! — but there is a \$3 drop-in fee for non-EarthSave members.

Next two meetings are July 24th and August 28th.

For more information about the group, contact parents@earthsave.bc.ca or phone the office at 604-731-5885.

EarthSave's Raw Group

Join EarthSave's Raw group to find out about raw events and connect with other members with an interest in raw food.

Email raw@earthsave.bc.ca

EARTHSAVE'S Health

Partnership Program

10% discount to EarthSave Members (unless otherwise stated)

B.C. - LOWER MAINLAND

Ayurvedic Center Inc.	5182 Victoria Dr., Vancouver	604-761-9442
BC Gelati	1102 West Broadway, Vancouver	604-733-2979
Best Bread Co. (No Discount - No delivery fee for first order)	Tri-City Area and Maple Ridge	604-468-2504 www.BestBread.ca
Bo Kong (5%)	80-8100 Ackroyd, Richmond 3068 Main Street, Vancouver	604-278-1992 604-876-3088
Buddhist Vegetarian Restaurant	137 East Pender Street, Vancouver	604-683-8816
Empowering People	101-2145 W. Broadway, Vancouver	604-323-6669
Gaia Garden Herbal Dispensary	2672 W. Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (\$1 off reg. admission fee; 5% on related events)	Various locations, Greater Vancouver www.goddessgiftgathering.com	604-879-5867
Greens & Gourmet Vegetarian Restaurant	2582 W. Broadway, Vancouver	604-737-7373
Happy Veggie World	378 - 13988 Cambie Rd., Richmond	604-501-4878
Health Connection, The (15%)	Unit 2 - 2773 Barnet Hwy., Coquitlam	604-464-2723
Health is Wealth (5%)	4455 E. Hastings, Burnaby	604-298-0051
Healthy Green Wheatgrass	Home Delivery Service	604-879-2280
HOC Health Centre	112-250 Schoolhouse St., Coquitlam	604-520-6867
Kitsilano Hemp Company	2918 West 4th, Vancouver	604-730-1865
Levin, Tony - Massage Practitioner (\$5 off)	Vancouver	604-879-7776
May 3rd Enterprises, Electrolysis & Ear Candling	2023B Hyannis Dr., North Vancouver	604-929-0694 earcandles@aol.com
Nordic Living Water Systems	432 Dollarton Hwy North, North Vancouver	604-990-5462 or 1-888-644-7754
Nyala Restaurant	2930 West 4th, Vancouver	604-731-7899
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Planet Veg Restaurant	1941 Cornwall St., Vancouver	604-734-1001
Rainbow Vegetarian Restaurant	2-8095 Park Road, Richmond	604-273-7311
Rainforest Reptile Refuge Society	1395 176th St., Surrey	604-538-1711
Dr. Raith, Sukhvinder - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver	604-761-6537 www.ayuryogi.com

Saladmaster Healthy Desserts, Ltd.	4326 Fraser St., Vancouver www.healthy-desserts.com	778-837-0045
Sea Spray (Kelp Growth Supplement)	300-1497 Marine Dr., West Vancouver	604-926-3352
Semperviva Natural Health Food Stores	2608 West Broadway, Vancouver	604-739-1958
Shiatsu Therapy with Colin Vankeith, RST		604-682-7339
Simply Vegetarian Restaurant	135-8291 Ackroyd, Richmond	604-278-0852
Small Potatoes Urban Delivery (no percentage discount; \$15 off first order)		604-215-7783
Swagat Restaurant	1726 Davie St., Vancouver	604-688-9400
Sweet Cherubim (Restaurant Only)	1107 Commercial Drive, Vancouver	604-253-0969
Tachia Bakery and Deli	4111 Macdonald Street, Vancouver	604-731-7766
Thai Body Work by Bernard Dalziel	332 E. 4th Ave., North Vancouver	604-984-1260
Unique Nutrition Health Centre	2-555 W. 12th Avenue, Vancouver	604-872-8647
Vadhwana, Gita Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413
West Wood Organic Produce	2183 West 41st, Vancouver	604-261-4363

OUTSIDE LOWER MAINLAND LOCATIONS

Black Sea Health Foods	7054 Pioneer Ave., Agassiz	604-796-3677
Canadian Wilderness Ecotours	3080 Earl Grey St., Victoria	250-595-1835
Green Cuisine	Market Square, 560 Johnson St., Victoria	250-385-1809
Hoodoo Ranch Organic Fruit	Box 155, Spences Bridge, BC	604-980-2217
Interlude-Kripalu Massage	Victoria, BC andreakober@interludes.ca	250-514-6223
Johnstone, Stacy - Reiki Practitioner	845 Birch Ave., Kelowna, BC	250-763-4033
Lotus Pond Restaurant	617 Johnson St., Victoria	250-380-9228
Mandy & Me Trailriding	174 Bear Creek Rd., Kelowna, BC	250-769-5735
The Soap Exchange	1393A Hillside Ave., Victoria	250-475-0033 250-475-0077
Tree House Health Foods	800 3rd Ave., Hope	604-869-5545
Yoga Garden Healing Retreat	515 Spruce Ave., Gabriola Island	250-247-7127

* Bold = New Addition

Support EarthSave — Become A Member

Annual membership rates:

\$12 Student	\$48 Family
\$24 Senior	\$96 Corporate
\$36 Individual	

Phone the EarthSave office (Tues-Sat, 12-4pm) at
604-731-5885 to become a member.

Earn Money For EarthSave!!

BUYING or SELLING a HOME?

Allow me to represent you

16 years experience - Recipient of Realtors
Care Award 2002 for community service.
Always collecting donations of goods for the needy.

For each EarthSave related sale a donation will be made to EarthSave Canada.



*"Please Support A
Cruelty-Free World!"*

Laura-Leah Shaw



604.551.9297

laura-leah@telus.net