

CANADA Earthosaver

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www.EarthSave.bc.ca

Top Researchers Say Tofu A Powerful Aphrodisiac!

By Dave Way

Today in the newspaper you read a study claiming that people eating large amounts of artichokes have less cancer of the nose. Simultaneously an internet news item reported that high consumption of chick peas is associated with spontaneous human combustion. Is that artichoke hummus worth eating or not?

We live in a world of information overload, with so many forms of media competing for the public's attention. To keep that attention, they need to supply a constant diet of interesting and hopefully useful stories. So when the benefits of oat bran are not news, any study that suggests the opposite is welcome, to stir things up. The media are not necessarily intending to misrepresent the facts, but they are often ill-prepared to determine whether a study is trust-worthy and what the actual results are.

So how can one read about a medical study and understand it without a university degree? It is hard but here are some hints: the most important point is that 'correlation does not prove causation'. That is,

there may be a relationship between two things, but one might not cause the other. For example, if the highest heart attack rate in North America is in Tucson, Arizona, can we conclude that this locale is dangerous to heart health? A more likely explanation is that those with heart disease are encouraged by their doctors to move from other parts of the country to Tucson for climate reasons. They eventually die of heart disease anyway, leading to the high statistics. So science can't generally answer the question of 'did my behaviours or other factors cause my medical condition?' Rather it can just show that there is a relationship between the two. Most studies reported in the media are correlational only.

Another issue with studies is the scientific rigour of their design. Some works are basically an analysis of a small group of patients after the fact. Other than being authored by an MD, they are not much more use than the anecdotal gossip of your friends or neighbours about who seems to be gaining the most weight. How can one

determine if a link is 'strong enough'? Statistics! Yes, that's right, math is the answer. There is no point in doing a 'scientific study' of 12 vegetarians if the results could later be explained away as easily as coincidence. Better to figure out that you need 150 at the outset and not

sabotage the work.

Size and design of a study is often determined ahead of time by statistical methods. It is also necessary to make sure that the group in question is actually giving different results than the general population. In a 'cohort study', the group of interest is compared to a normal group. This is often called the 'control'. One example might be to look at a bunch of veggies versus non-veggies to see how much heart disease they have. Another form of design is sort of the reverse of this: in a 'case-control study', one would look at a group with a certain outcome, say heart disease, and a healthy group. We would then ask 'is there more meat consumption by those that got the disease than in the healthy group?'

Even if the study appears to be large and well-designed, there could be flaws or misrepresentations. One of the main defenses against this is the standard of peer-reviewed or refereed journals. The idea is 'who better than an eminent immunologist to analyze and critique an immunological study?' One example of where this was not done is the *Eat Right 4 Your Type* book, in which author and naturopathic doctor Peter D'Adamo claims that your blood cell markers make certain foods appropriate or not for you. Since he talks about only one type of blood marker (the ABO groups) out of several, and reports associated responses to foods that no one else in the medical field has found, it's all a bit suspect. When one reads the footnotes, it turns out that most of his 'clinical studies' or evidence have been reported in a nutrition

"Tofu" continued on page 5...



Letters to the Editor

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

To the EarthSaver:

I recently attended one of your EarthSave Events, namely the Speed Dating session for 30-45yrs held on Sept 24, 2004. My best friend who is an EarthSave member convinced me to attend this social gathering. She thought it would be a great way to meet people who share our common interests in healthy eating and the environment. I was skeptical at first, 12 women six minutes with each... hmmm? How can you possibly determine anything about a person in such short period time let alone determine if they're, pardon my expression, "datable". Well despite my hesitancy I decided to take the plunge. I was kindly greeted that night by several of your hosts and upon entry received my name tag along with refreshments. When all the suitors arrived they quickly briefed us on the do's and don'ts, as most of us attending the event were all first timers. This was great because it really put everyone at ease and we even managed to learn a trick or too.

Then the moment came and they escorted us into two rooms where the anxious, but patient women were waiting. Well the night proceeded... and let me tell you after the first half houryou could feel the excitement in the room and the high energy that was being dissipated. I had surprisingly good conversations with several of the women and was quick to discover how interesting someone can be in just six minutes!

Well to put it briefly, it was a great experience and I had a lot of fun participating! Everyone was friendly and cheerful and, to top it off, there was a good diverse group of women. I left that night with a definite buzz, a high that lasted throughout the night. I would definitely recommend this type of event to anyone who is in the dating scene. I found it very refreshing compared to the tiresome bar and night club scene. Looking forward to the next Speed Dating event!

Cheers and smiles,
Dennis Gamboa

Taste of Health Follow-Up

by Chris Yli-Luoma

One of the new areas at the TOH was the Silent Auction where local businesses provided gifts and services. The monies raised support various ES projects. Would you like to donate? Email us at office@earthsave.bc.ca

One of the items was a massage gift certificate that I bid on and won.

Mary Benson, the director, and Saba, her dog gave me a welcome when I redeemed the certificate. After signing the release form, I entered the treatment room where I undressed and slid under the country quilt. Mary entered and placed an eye-mask on me allowing me to slip into relaxation mode. A gentle aroma filled the room as her skilled hands started. The massage was wonderful. Just enough pressure. The release of some tension knots and tangles. She added in a touch of energy healing and reflexology. I came out renewed and relaxed, ready to face work. Prices range from \$35-\$85.

Mary is a practicing vegetarian, at times a raw foodist and can speak smartly on macrobiotics.

**SEE YOUR LETTER TO THE
EDITOR IN PRINT HERE!**

**Email the *Canada EarthSaver* at
newsletter@earthsave.bc.ca to express
your views on topics related to
EarthSave or its mission of food
choices and the environment, nutrition
and animal welfare.**



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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.

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Advertising

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

That Holiday Drink May Be Good For You But Look Out For Animal Products in Your Beer or Wine

By Dave Steele, PhD

Once again, we're nearing the Holiday Season. Most of us will be celebrating with friends and family. We'll likely include alcohol in our celebrations. And, for most of us – drinking moderately – that's not bad at all.

We all know about the big downsides of alcohol. Alcoholism is a serious affliction involving 1 in 13 adults. Drunk drivers kill and maim thousands every year. Heavy alcohol use can do serious damage to the heart, liver and brain. Drinking alcohol moderately, though, is quite a different story.

Recent studies from Harvard and Emory Universities (see references below) have found that moderate alcohol consumption (up to 4 drinks a day) dramatically reduces the risk of coronary artery disease and heart attack. And if heart attacks do occur, the chances of dying are almost two-thirds lower for moderate drinkers than for teetotallers. Other studies have shown that moderate alcohol consumption increases HDL (“good” cholesterol) levels; atherosclerotic disease in general is reduced. Grape juice, by the way, confers none of these benefits.

It doesn't matter what kind of alcoholic beverage you drink. Contrary to public perception, red wine confers no special advantage. A 12 year study of over 38,000 beer, red wine, white wine and liquor drinkers found all to have dramatically lower heart attack rates.

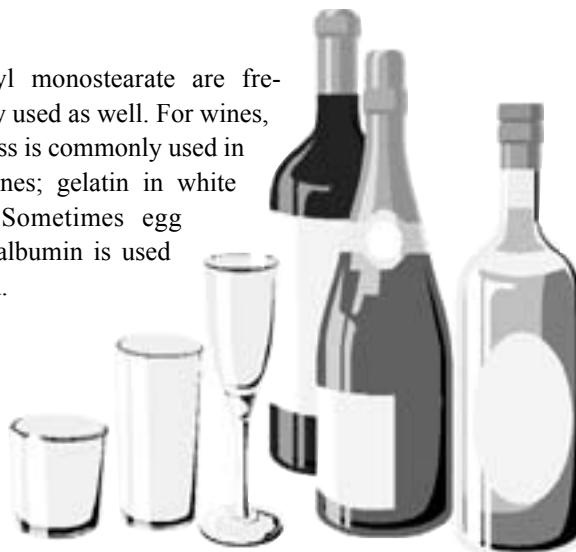
Keep in mind though that these statistics do not apply to heavy drinkers. People drinking 6 or more drinks a day double their risk for cardiac arrhythmias. Drinking alcohol to excess for 20 years or more can directly damage the heart muscle. Heavy drinkers have a much higher risk of developing cancer. Accident rates, of course, are tremendously higher. If you drink heavily, you are dramatically increasing your chances of dying before your time.

As always, it is prudent to consult your health-care provider if you have any concerns about alcohol and your health.

Speaking of health, it's not just your personal health that is at stake when you purchase an alcoholic beverage. There is another concern, especially for vegetarian and vegan drinkers. It's something you may not have thought about. Whether your holiday beverage is a hot toddy or gluehwein, or just plain beer or wine, animal products may have been used to make it. It's not just the honey in that hot toddy. Many beers and most wines are made with animal products.

To remove the cloudiness that is natural in beers and wines, brewmasters and winemakers add “fining agents.” These combine with the silt and debris in the beverage and sink with them to the bottom where they can be easily removed. In the British Commonwealth, isinglass is the most common fining agent for beers. It is an almost pure form of gelatin made from the air bladders of sturgeon and other fish. Some brewers use gelatin from other animals. Animal-derived foaming control agents like

glyceryl monostearate are frequently used as well. For wines, isinglass is commonly used in red wines; gelatin in white ones. Sometimes egg white albumin is used instead.



Fortunately, it's not that hard to avoid animal products in beer. While most British brewers (with the notable exception of my favourite, Sam Smith's) use isinglass, most European beers do not. German purity law allows only water, grain, hops and yeast. Most American beers are vegan. And so are many Canadian beers. Locally, Granville Island Brewing uses no animal products. Molson's seems to do likewise. Undoubtedly others do the same. You have to ask.

It's more difficult to find vegan wines. Very few wines are produced without the use of animal products. For a guide to some that are vegan friendly, go on the web to <http://homepage.eircom.net/~thewbu/vegan/wine.html>. Unfortunately, no Canadian wines are included on that list. A Google search for “vegan wine” or “vegan beer” may go a long way towards answering your questions.

So, whatever your preference, alcohol drunk in moderation is probably good for you. When choosing which beverage to buy, though, you may want to consider just how good it is for some of our animal relatives, as well.

A few key references:

- Abramson, J.L., et al. (2001) Moderate alcohol consumption and risk of heart failure among older persons. *Journal of the American Medical Association* 285:1971-1977.
- Klatsky, A.L. (1999) Moderate drinking and reduced risk of heart disease. *Alcohol Research and Health* 23:15-24.
- Mukamal, K.J., et al. (2001) Prior alcohol consumption and mortality following acute myocardial infarction. *Journal of the American Medical Association* 285:1965-1970.
- Mukamal, K.J., et al. (2003) Roles of drinking pattern and type of alcohol consumed in coronary heart disease in men. *New England Journal of Medicine* 348:109-118.

Welcome Two New Board Members and Thanks to the 2004 Volunteers

By Nancy Callan and Dave Steele

EarthSave is very pleased to welcome UBC research scientist Dave Steele, PhD, as our new Vice President. Dave has been an activist for over 20 years and is an expert in the area of GMOs. We are proud to have him represent EarthSave Canada.

EarthSave also welcomes Adbusters database administrator, Julian Killam, as our new Information Systems Coordinator. Like Dave, Julian comes to us with extensive Board experience and we are so pleased he chose to devote his energy to our cause.

Several people deserve special recognition for their work in 2004. First of all, thanks to Alison Cole, our office manager, for her outstanding organizational skills, dedication to EarthSave and her much appreciated support of the Board of Directors. Alison also gives volunteer time to EarthSave, without being requested. Thank you to Andrea Jung who reliably runs our volunteer night every single Thursday, always with a welcoming smile and a professional demeanor. Thank you to Darrel Yurchuk who has spearheaded a major overhaul of our information systems, improving electronic communication and organization among the Board. And thank you to Dave Way, our President, for representing EarthSave admirably at various events throughout the year, and for mostly single-handedly keeping the Healthy School Lunch Program together. Special Thanks to Umeeda Switlo for putting in countless, dedicated hours producing the *Taste of Health 2004*. Thank you to Chris Yli-Luoma for running the *Taste*

of Health Committee with very little assistance. Thank you to Nancy Callan, without whose work on organization building, strategic planning, EarthSave special interest groups, dine-outs and more, EarthSave Canada would be nowhere near the vital organization that it is today.

Thank you to all the other volunteers who have donated their time without whom EarthSave could not function. A partial list includes Anita Norman, Heather Freeland, Justis Raynier, Alvaro Heiden, Ana Simeon, Denise Swanson, Layne Powell, April Desilets, Ahlaam Mahmood, Charmaine Roy-Kromm and Lyle Lexier. We all share the same vision of a healthier, more compassionate world.

See yourself on this list! Get involved! There are countless volunteer opportunities all the way from behind the scenes office work, to newsletter writing, to *Taste of Health* committee to emceeing potlucks and much much more. We have volunteer jobs we haven't even invented yet! We have work for introverts, extroverts and anything in between. We love accountants! We have work for vegans, raw foodists, pesco-vegetarians and pollo-porcine-bovine-semi-vegetarians and freegans. Although many of the key volunteers are personal friends, virtually all met through EarthSave, not before, so not knowing anyone is not an impediment. January 2005 is the time to stop going to the gym, turn off that tv, and help us change the world one bite at a time!

Meet Like-Minded Singles – Try EarthSave's Speed Dating!

Come out and support a great cause and meet 10-12 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.

Where? 2150 Maple Street
Cost? \$20 members, \$25 non-members – includes a drink and appetizers (paid by phone by credit card)

How to register? Call 604-731-5885. For more details and next events, please visit our website: www.earthsave.bc.ca/events/speed_dating.html

What happens at the event? You will meet 10-12 other singles for 6 minute dates. Events are guaranteed to be gender balanced and anonymous. Contacts are facilitated afterwards by organizers.

EarthSave Speaker Series

Topic: Food Allergy Survival

Speaker: Vesanto Melina, MS, RD

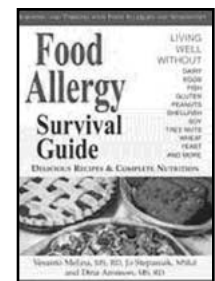
Book: *Food Allergy Survival Guide: Delicious Recipes & Complete Nutrition*

Date: November 23, 2004

Time: 7:30 PM

Location: 2150 Maple Street (SPEC Building), Vancouver

Fee: By donation



Ask Nancy

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



Q: Is it true that fish are smarter than dogs?

A: Fish, as Rodney Dangerfield would say, “can’t get no respect!” Contrary to popular belief, recent studies at a number of universities have found that fish are far more intelligent than previously thought. One variety of fish was found to have remembered how they learned to escape from a specific net 11 months later, the equivalent of a human recalling something they learned 40 years ago. Another variety was found able to use a mental map of their surroundings to spot changes in an obstacle course, an accomplishment beyond the ability of hamsters and perhaps some dogs. Fish also enjoy the intellectual stimulation of toys in their aquaria and have been reported to be able to recognize their owners. Ultimately though, intelligence evolves in response to a species’ unique environmental challenges. Expecting a fish to understand pointing or a dog to effortlessly navigate a coral reef obstacle course might not be the best comparative measurement of intelligence.

Q: I am a vegan. My parents say they cannot give up animal products, but they have now switched to organic animal products. How much of a difference does such a change actually make with regard to the environmental, ethical and health impacts of their food choices?

A: On the health front, the risk of atherosclerosis, heart disease and susceptibility to cancer all remain a concern on a diet centred around organic animal products. However, if you believe that the preventative and routine use of antibiotics and other drugs or the use of hormones and growth promoters on livestock all impact human health, then organic meat and dairy are a significant improvement, as the use of these is banned.

On the environmental front, your parents are still eating high on the food chain, requiring intensive water and land use. There is no question, however, that organic livestock management standards are more environmentally friendly. Manure handling, water runoff and livestock watering systems that pose threats to groundwater are all prohibited on organic farms. Furthermore, organically raised animals are prohibited from grazing on non-organic pasture, which means far less pesticide and inorganic fertilizer use on the land that is being used to grow food for livestock. This fosters biodiversity on organic farms, all the way from bacteria to mammals. The tendency towards mixed arable and livestock farming on organic farms is also of benefit to many other animals, particularly certain bird and bat species.

On the ethical front, the prohibitions in the *BC Certified Organic*

Management Standards read like a litany of all that is wrong with conventional farming. And although there are improvements on all fronts, the standards are still deplorable on some counts. You might ask your parents if they’d be agreeable to being sent on an all expense paid trip to Toronto in a crowded truck with standing room only, where they would be allowed get out, stretch, rest, eat and drink only once in a 24 hour period. This final vacation of their lives aside, though, all organic livestock practises are required to be done “in the most humane and least stressful manner possible”. This requirement pertains not only to their housing, health care, feeding and access to outdoors, but even to their slaughter, which is required to be done humanely. Housing must allow fresh air, daylight and free access to pastures, paddocks or runways, weather permitting. Animals must be given enough space to comfortably rise, lie down, groom, turn around, stretch and socialize. There is no crowding. Piglets must be allowed to nurse for four weeks.

My advice to you would be to praise your parents for switching to organic animal products. It’s a worthwhile first step. Your parents may also be willing to cut down on their overall consumption, if they are not willing to eliminate animal products entirely.

“Tofu” ...continued from page 1

journal (read magazine) that he himself edited. No peer review was going on, therefore no one to keep it trustworthy. All of the more famous scientific journals (*Lancet, Nature, Science, JAMA*) are trusted because of this peer review and their rigorous standards.

An equally important consideration is the author bias. Do they seem determined to persuade the audience, or do they qualify their views by acknowledging opposing views? What do they have to gain from the acceptance of their study? Are they selling products? Books? A religion? In the case of the Atkins diet, all three?

If the author seems to be free of commercial associations, it’s worth checking who they work for or who sponsored the study. The BC Dairy Foundation employs certified nutritionists, but it’s hard to imagine these folks giving any publicity to a study they come across that associates dairy intake with a medical ailment. It’s just not in the interests of their employer, whose mandate is to increase consumption of dairy products for their members. Admittedly, a writer for EarthSave may have a bias too.

If you want to get a better handle on this issue, there is an article on the internet called ‘Getting the Story Straight on Nutrition’ which was written to help reporters and editors look for bias and report scientific studies accurately. Really keen? Try Manfred Kroger’s book *Studies Show: A Popular Guide to Understanding Scientific Studies*.

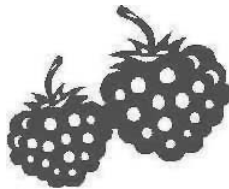
In addition, you can go closer to the source and search on PubMed, a portal to summaries of thousands of actual medical and scientific journal articles. Good luck and remember, one study is not enough to make significant life decisions (like eating only blue foods). It’s just a starting point for more research.

Food Poisoning: What's Safe to Eat?

By Brett Stone

For many people, making the change over to a vegetarian diet is simply for reasons of safety. Currently, there are between 200,000 and 800,000 reported cases of food poisoning in North America each year. It's suspected that that statistic may only be a tenth of the actual amount of cases, since most who are afflicted tend to just suffer through their symptoms for a few days without ever seeing a doctor. It has been well reported that foods posing the greatest risk for food poisoning are animal in origin: seafood, meats and dairy. Thus, it's no surprise to see carnivores and omnivores alike making the switch to a strictly veggie life.

What is not commonly known, however, is that incidences of food poisoning from supposedly "safe" foods, fruits, vegetables, grains, even chocolate, are on the rise. It is estimated that as much as 1/3 of all cases of food poisoning originate from tainted produce, with fresh vegetables, sprouts, berries, herbs and salads being the biggest culprits. You may recall recent scares in the media of tainted raw scallions, raspberries laced with cyclospora, salmonella covered cantaloupe or even fresh pressed apple juice containing life threatening e-coli.



It's enough to make a person wonder, is there anything left to eat that's safe? The rise of contamination of vegetarian options can be attributed to several factors.

1. Many crops are grown near farms that raise animals. Bacteria from manure can leach into soil and water, contaminating it.
2. Produce washed with contaminated water may then become contaminated itself.
3. Improper handling by food preparers who are infected or fail to thoroughly wash



their hands can spread parasites.

4. Increase in importation of produce, particularly in winter, from countries where sanitized conditions may not exist.
5. Many parasites lodge onto insects and then make their way into the body when they are unknowingly eaten with improperly washed organic produce.

Rest assured, though, there is some good news. Despite recent outbreaks, a vegetarian diet is still the best protection

against food poisoning and it's easy to manage risk. Here's what you can do:

1. Cleanliness is key – Wash hands, cutting boards, utensils and any other equipment needed for food preparation thoroughly before use. Wash all produce (even those with tough skins like cantaloupe before cutting) and rub it dry with paper towels. (this reduces pathogens)

2. Follow the 2 hour rule – For picnics and other occasions where food will be left out, keep food cold until ready to eat and never leave out more than 2 hours. Food that should be served hot, should be kept hot to



avoid bacterial growth as food cools.

3. Maintain a strong immune system – Reduce or eliminate the white foods in your diet (refined

flour, sugar, pastas and rice) and keep the digestive system healthy by supplementing with probiotics and digestive enzymes. This will increase your resistance should you come into contact with contaminated food.

4. Report it – If you do get sick, log onto www.rusick2.com and make it known. The more health officials know about outbreaks, the easier it will be to control, understand and prevent them in the future.

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Always collecting donations of goods for the needy.

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



Laura-Leah Shaw



604.551.9297

laura-leah@telus.net

Members' News & Special Events

UPCOMING POTLUCKS

Potlucks are held the second Sunday of every month, and always feature a speaker presentation. To find out details on the speakers for upcoming potlucks, please either call our info line at 604-736-INFO, or visit our Potluck webpage at: <http://www.earthsave.bc.ca/events/potluck.html>

All potlucks begin at 6pm and are located at 2150 Maple Street at West 6th Avenue. Please bring a vegan dish to the potlucks (no animal products, including honey, milk, etc), as well as a plate, cup, cutlery and serving utensil.

Potlucks are vegan so that everyone from omnivore to vegan may partake. Potlucks are free for members and \$3 for non-members.

CLASSIFIED ADS

Ear, hand and foot reflexology certificate courses prepare you to practice reflexology competently – \$295.00. Professional and student clinics, books, charts, instructional video, etc. Pacific Institute of Reflexology
(604) 875-8818 or www.pacificreflexology.com

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 way to get involved on a casual, drop-in basis and to meet new people.

EARTHSAVE YOUTH GROUP & PARENTS GROUP

EARTHSAVE YOUTH GROUP

If you are under 25 and a freegan or a vegan, a vegetarian, semi-vegetarian or veg-curious, come and hang out with other like-minded youth concerned about the environment, animal welfare and personal health at our EarthSave Youth Group.

Contact Ahlaam at youth@earthsave.bc.ca for more info.

EARTHSAVE PARENTS GROUP

If you have children under 18, come and meet other like-minded parents at our EarthSave Parents' Group. To find out about the next meeting date and time, contact Charmaine at

parents@earthsave.bc.ca

UPCOMING VEGETARIAN DINE-OUTS — OPEN TO ALL!

Friday, November 19th at 7pm
Sejuiced
1958 West 4th Avenue, Vancouver

We'll be starting with an African red lentil, fresh ginger and spinach dhal soup, followed by a winter organic raw salad of anise, pomegranate & pear with raw pumpkin dressing and brazil nuts. The main course will consist of three dishes: *Bliss* has organic quinoa, steamed vegetables and almond patties with cranberry sauce; *Ananda* has organic Basmati brown rice, tofu steak on a bed of spinach, sunflower sprouts and tomatoes with tahini sauce; and *Swami-G* has basmati rice, mixed vegetables and tofu with peanut-coconut sauce. For dessert, spiced carrot and walnut cake with tofu cream cheese maple icing and fresh herbal tea.

Price: \$19 inclus./person (\$16 for members)

Wednesday, December 8th at 7pm
Paradise Vegetarian Noodle House
8681 10th Avenue, Burnaby

Finally a dine-out outside Vancouver! One of only two vegetarian restaurants in Burnaby, this little known gem is located in the Crest Shopping Centre strip mall, on the border between New Westminster and Burnaby. With its mix of Vietnamese and Chinese cuisine, Paradise offers unique creations you won't find elsewhere. We'll be having spring rolls, veggie-fish salad, vegetarian thick soup, spicy lemon grass tofu, sesame eggplant tofu, stir fried vegetable chowmein, sauteed garlic veggie-beef, and fried bananas for dessert.

Price: \$19 inclus./person (\$16 for members)

Friday, January 14th at 7pm
East is East
3243 West Broadway, Vancouver

The Afghani-Indian food is to die for, the atmosphere like no other. East is East's main premises is already fabulous, but wait until you see their new lounge upstairs. Come and join 50 diners as we spend an evening in an Arabian Nights fantasy, with Persian rugs adorning the walls and floors, complete with a belly dancer. We will be having mango butter squash, followed by cauliflower and potatoes, then spinach with mushrooms, Tibetan Mantu vegetarian dumplings, eggplant with sundried tomatoes, channa masala, and a surprise dish. Mark it on your calendar – DON'T MISS THIS DINE-OUT!

Price: \$22 inclus./person (\$19 for members) Tips required for belly dancer only.

To register for any of these dine-outs, please send your full name and phone number as well as those of any guests you are registering to dineout@earthsave.bc.ca no less than 48 hours before the dine-out. If you do not have convenient internet access, you can also register by phoning 604-736-INFO (604-736-4636). Your registration is your commitment to attend. No shows may result in EarthSave being charged for your meal.

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 www.BestBread.ca	604-468-2504
Bodhi Choi Heung Vegetarian Restaurant	3932 Fraser Street, Vancouver	604-873-3848
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
Evergreen Vegetarian Foods	4166 Main St., Vancouver	604-879-3380
Everybody Loves Veggies	555 W. 12th Ave., City Square Mall, Vancouver	604-873-4417
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	604-278-5519
Health Connection, The (15%)	Unit 2 - 2773 Barnet Hwy., Coquitlam	604-464-2723
Health is Wealth (5%)	4455 E. Hastings, Burnaby	604-298-0595
Healthy Green Wheatgrass (50% off first tray)	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
Life Time Organics (10% on vitamins only, 5% on food)	2099 152nd Avenue, White Rock	604-541-0933
May 3rd Enterprises, Electrolysis & Ear Candling	2023B Hyannis Dr., North Vancouver	604-929-0694 earcandles@ad.com
My Private Chef, Organic Personal Chef Service	www.mypivatechef.ca	604-876-7759
Nordic Living Water Systems	904 Leovista Ave., North Vancouver	604-990-5462 or 1-888-644-7754
Nowak, Kathy - Nutrition Consultant	10-2495 Commercial Drive, Vancouver	604-251-6879
Nyala Restaurant	2930 West 4th, Vancouver	604-731-7899
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
OM Vegetarian Restaurant	3466 Cambie Street, Vancouver	604-873-6868
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Paradise Vegetarian Noodle House	8681 10th Ave., Burnaby	604-527-8138
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
Raith, Dr. S. - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver	604-761-6537 www.ayuryogi.com
Sea Spray (Kelp Growth Supplement)	300-1497 Marine Dr., West Vancouver	604-926-3352
Sejuiced	1958 West 4th Avenue, Vancouver	604-730-9906
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
Transilvania Peasant Bread	3474 West Broadway, Vancouver	no phone
Truffle Café, The	118 West 6th Avenue, Vancouver	604-873-5508
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 Best Vegetarian Market (discounted items & bulk packs excluded)	4834 Victoria Drive, Vancouver	604-323-2362
West Pointe Organic Produce	2625 West 4th Ave., Vancouver	604-736-2839

OUTSIDE LOWER MAINLAND LOCATIONS

Black Sea Health Foods	7054 Pioneer Ave., Agassiz	604-796-3677
Canadian Wilderness Ecotours	923 Catherine 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	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	100 Fort St., Hope	604-869-5545

* 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.

Paradise Vegetarian Noodle House

8681 10th Ave., Burnaby (in Crest Plaza) is almost totally vegan, with only milk used in the coffee and in a few desserts. A wide variety of delicious Vietnamese cuisine, from “fish” salads to “beef” noodle soup to “chicken” curry is served at inexpensive prices. Open 11am to 9pm, closed Sundays. Phone 604-527-8138.

Transilvania Peasant Bread

3474 West Broadway Ave., Vancouver on the South side of the street. Just bread. No eggs, no oil, no milk, no chemicals. No phone! Just bread, baked in a wood stove. Step into old Transilvania in this traditional style bakery.