

IVU Online News – September 2010

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Interview with World Veg Congress Keynoter

Mr Indra Gunawan of Gramedia, Indonesia's leading chain of bookstores, will be a keynote speaker at the IVU World Vegetarian Congress, 1-6 Oct in Jakarta, Indonesia: www.wvc2010.org.

The event promises to be huge with both in terms of Indonesian attendance and in terms of national visibility. Thus, we hope for a good turnout of overseas visitors. Mr Gunawan kindly agreed to be interviewed for 'IVU Online News'.



1. Hi, Mr Gunawan. How old are you now, please? How and when did you become a vegetarian?

I am already 70 years old. I became a vegetarian about 1999, because of my teacher in pranic healing, Grandmaster Choa Kok-Sui. According to him, if you want to become a good healer, your life energy should be subtle and fine and that could be accomplished by becoming a vegetarian.

2. You head Gramedia, which is the largest bookstore chain in Indonesia. Please tell us a bit about Gramedia.

I headed Gramedia bookshops until 2004. Now, I am one of the company directors. Gramedia group is a media company. We do radio and publish newspapers, magazines, books, online news, etc.

3. Gramedia is now working with Indonesia Vegetarian Society (IVS) to encourage people to go without meat at least one day a week. Please tell us about that.

Due to our friendship with Mr Bambang Sumantri, founder of Indonesian Vegetarian Society (IVS), and Mr Susianto Tseng, COO of IVS, the management of Gramedia is willing to support the noble mission of IVS, in this case, to convince people to refrain from meat at least one day a week. To make people healthy is noble indeed.

4. Other than Gramedia, do other Indonesian companies encourage people to eat less meat?

I think there are some other companies who encourage people to become vegetarian. If the head of the company is a vegetarian, directly or indirectly he/she will persuade the people to follow her/his eating habit. An example is Royal Progress hospital in Sunter, Jakarta.

5. In your lifetime, how have the eating habits of Indonesians changed? Are there differences between generations?

Yes there are a lot of changes. Now, many people prefer to "eat out". Many new restaurants with many variations of menu have emerged. Perhaps their foods are delicious, but not necessarily healthy for people or the environment.

6. What about the Indonesian government? What do they do to encourage useful change in people's diets?

The government is more concerned with stabilizing the price of foods than with the healthfulness of food. Thus, they have not encouraged people to become vegetarian, although some officials personally support the idea of vegetarianism.

7. What reasons do you give to convince people to improve their eating habits?

We can convince people to become health conscious by setting good examples by providing vegetarian foods which are "healthy and delicious". Healthy but not delicious will not attract people to become vegetarian.

8. What is your vision for the future of IVS and of the vegetarian movement in Indonesia?

The future of IVS depends on the quality of their leaders, whether they have the capability and time to lead the organization, and certainly also the support of the members, Leaders can not work alone; so, full participation from the members is needed. Also, IVS should work hand in hand with other organizations who have the same mission.

9. What is a book, film, article, etc. that has recently inspired you?

I have been inspired by all the vegetarian cookbooks and by vegetarian cooking shows that I have seen on television. The quality and quantity of vegetarian options are most impressive. Thus, we can easily please our taste buds at the same time that we promote our health, protect the environment and show kindness towards our fellow animals.

A Note of Caution – B12

By now, readers of *IVU Online News* should be aware that vegetarians need to pay attention to their B12 levels. As Dr Michael Greger explains in this video (starting about minute 13) from our friends at Vegetarian Society of Hawaii - video.vsh.org/Greger5.html - (see their website for videos of talks by other veg experts), the consequences of low B12 levels are very serious, including death and lifelong incapacitation. Other sources of information on B12 include www.vegansociety.com/lifestyle/nutrition/b12.aspx and <http://www.veganhealth.org/b12>



Here is a summary of a study comparing B12 levels among meat eaters, lacto ovo vegetarians and vegetarians. The findings strongly suggest that vegetarians on plant based diets may be more susceptible to low B12 levels and their consequences.

European Journal of Clinical Nutrition. 2010 Jul 21

Serum concentrations of vitamin B12 and folate in British male omnivores, vegetarians and vegans: results from a cross-sectional analysis of the EPIC-Oxford cohort study.

Gilting AM, Crowe FL, Lloyd-Wright Z, Sanders TA, Appleby PN, Allen NE, Key TJ. Cancer Epidemiology Unit, Nuffield Department of Clinical Medicine, University of Oxford, Oxford, UK.

Background/Objectives: Vegans, and to a lesser extent vegetarians, have low average circulating concentrations of vitamin B12; however, the relation between factors such as age or time on these diets and vitamin B12 concentrations is not clear. The objectives of this study were to investigate differences in serum vitamin B12 and folate concentrations between omnivores, vegetarians and vegans and to ascertain whether vitamin B12 concentrations differed by age and time on the diet.

Subjects/Methods: A cross-sectional analysis involving 689 men (226 omnivores, 231 vegetarians and 232 vegans) from the European Prospective Investigation into Cancer and Nutrition Oxford cohort.

Results: Mean serum vitamin B12 was highest among omnivores (281, 95% CI: 270-292 pmol/l), intermediate among vegetarians (182, 95% CI: 175-189 pmol/l) and lowest among vegans (122, 95% CI: 117-127 pmol/l). In all, 52% of vegans, 7% of vegetarians and one omnivore were classified as vitamin B12 deficient (defined as serum vitamin B12 < 118 pmol/l). There was no significant association between age or duration of adherence to a vegetarian or a vegan diet and serum vitamin B12. In contrast, folate concentrations were highest among vegans, intermediate among vegetarians and lowest among omnivores, but only two men (both omnivores) were categorized as folate deficient (defined as serum folate < 6.3 nmol/l).

Conclusion: Vegans have lower vitamin B12 concentrations, but higher folate concentrations, than vegetarians and omnivores. Half of the vegans were categorized as vitamin B12 deficient and would be expected to have a higher risk of developing clinical symptoms related to vitamin B12 deficiency.



2012 in San Francisco

It will be difficult to top the World Vegetarian Congress that our friends in the Indonesia Vegetarian Society are planning for 1-6 Oct, 2010, but the San Francisco Vegetarian Society - www.sfvs.org - has taken up the challenge, and they will be hosting the 2012 WVC.

For a taste of what's in store in two years' time, here is a sample of what our San Francisco colleagues have planned for their 11th annual World Veg Festival Weekend 2010, 2-3 October.

Speakers, including John Robbins and Michael Greger;
A vegan fashion show, with Rory Freedman;
A children's corner;
Live entertainment; and, of course,
Lots of plant based food;



IVU Spreads Its Wings

The IVU World Vegetarian Congress in Jakarta 1-6 Oct - www.wvc2010.org - will be an exciting opportunity to meet face to face with veg activists from many different places and to participate in talks and workshops about what they are doing.

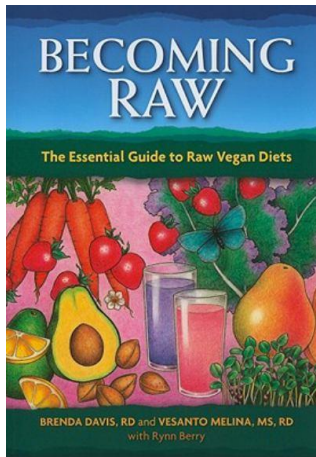
IVU historian and manager, John Davis, will be doing a keynote address that chronicles IVU's transformation from a largely Europe based organisation at the time of its founding in 1908 to a truly global organisation today. If you can't wait to reach Jakarta to hear and interact with John in person, a sample of his address can be found in this week's edition of John's blog on Vegsource: www.vegsource.com/john-davis/learning-from-the-developing-world.html

The Power of Asking

Here's an activist tip from Erik Marcus at Vegan.com www.vegan.com/blog/2010/07/20/animal-advocacy-and-the-power-of-asking Erik recounts his and others' experiences with the power of simply asking people to do something that you judge they might be ready to do. Examples could be asking someone to join a campaign you are organising or asking someone else to help maintain your organisation's website. When we ask people, we show that we value them and that we have high expectations for them.



So, please give it a try. IVU is asking you.



Review of 'Becoming Raw'

From Paul Appleby - a veg activist in Oxford - www.ivu.org/oxveg - and a researcher in a major study of the links between food and health: EPIC: epic.iarc.fr

Becoming Raw: The Essential Guide to Raw Vegan Diets by Brenda Davis and Vesanto Melina with Rynn Berry, Book Publishing Company, 374pp, pbk; ISBN 978-1-57067-238-5

Canadian dieticians Brenda Davis and Vesanto Melina have co-authored several titles on vegetarian/vegan nutrition including The New Becoming Vegetarian and Becoming Vegan. In their latest book, Becoming Raw, they turn their attention to raw vegan diets, with historian Rynn Berry contributing a chapter on the history of the raw food

movement in the United States.

As a mainly 'cooked food' vegan, I have never been convinced by the health arguments for a raw food diet: adopting a raw vegan diet has always seemed like an unnecessary and perhaps risky step too far. Indeed, the authors declare that from a health perspective science does not support the assertion that the greater the raw food content of the diet the better, and that "the optimal percentage of our diet that should be raw is not clear".

Choosing not to cook your food has no clear animal welfare benefits, although the savings in fossil fuels from not cooking or processing foods has an obvious (though perhaps relatively small) environmental benefit. That said, you don't have to be a dietician to realise that a fresh salad of tomatoes, greens, peppers and avocado together with a protein source such as nuts, seeds or sprouted grains is much more nutritious than a plate of overcooked vegetables or a fat-laden meal of vegeburger and chips. As always, variety is the key to a successful raw vegan diet, together with a reliable source of vitamin B-12 (the authors recommend taking a daily supplement containing at least 10 micrograms B-12 or a 2,000 microgram supplement once per week) and the information contained in this book.

Becoming Raw is authoritative and detailed, but also very readable. The thirteen chapters include a summary of the small but growing number of research studies of raw vegan diets and cover the nutritional adequacy and potential health benefits (and risks) of such a diet, including nutrition guidelines and menus, a glossary and a 50-page recipe section. The recipes use metric measurements as well as the standard North American 'cups' measure, and each one is followed by a nutritional analysis.

I can do no better than to use the authors' own words in describing Becoming Raw as "a reliable, well-researched guide for those who are moving toward a raw vegan diet (containing 75-100 percent raw food by weight) or a high-raw diet (containing 50-74 percent raw food by weight) and those who want to increase the amount of raw food they are eating. You can use it with confidence, knowing that it provides science-based answers to the tough questions about raw vegan diets, offers sound nutrition guidelines that are based on current research, shows you how to construct a raw or mainly raw diet that meets recommended (nutrient) intakes, and includes simple, delicious, and highly nutritious recipes". As such, it is likely to be of use to many readers and comes highly recommended.

A Brief Musical Interlude

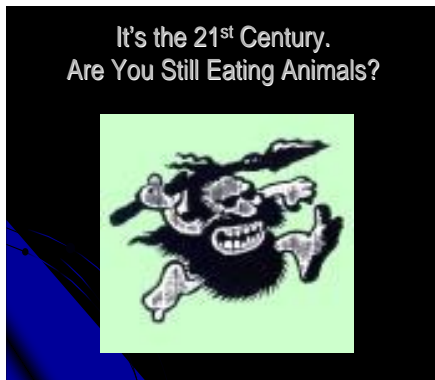
'IVU Online News' consists of words and pictures. Nice, but a bit of spicing up with music wouldn't hurt. That why we were very happy to receive the following from a reader in Canada. Please click on the url and have a listen.



I just built the world's first vegan accordion (to my knowledge). No leather, no animal glue or animal varnish. There's a picture on my website: www.veganquebec.net/spip.php?article189, and if you scroll down, you'll find a link to a video of a brief performance.

Stéphane Groleau
www.veganquebec.net
Québec, Canada

Were Our Ancestors Meat Eaters?



In this blog entry, a vegan palaeontology student reflects on whether our early ancestors were vegetarian and whether that is relevant to whether we should be vegetarian today.

Here's the beginning of the entry:

I suppose it's inevitable. I suppose I bring it on myself. Whenever people learn that I am both an ethical vegan and a paleontology student, they throw meat-eating cavemen in my face. I have hence adopted the habit of pre-empting these inquiries by keeping abreast of developments in

the study of hominin diets, even though hominin evolution isn't really my primary interest.

Read the rest at paleovegan.blogspot.com/2010/08/afarensis-may-have-used-stone-tools-so.html

On a related matter, here's a recent article from the American Journal of Clinical Nutrition, 'Latitude, local ecology, and hunter-gatherer dietary acid load: implications from evolutionary ecology', in which the researchers report that the diet of *Homo sapiens*' East African ancestors appears to have been predominantly plant based: www.ajcn.org/cgi/content/abstract/ajcn.2010.29815v1

Here's a note from Stephen Walsh of the Vegan Society to help us understand the concept of 'acid load' which is utilized in the article. In terms of hunter gatherers, animal foods (meat and fish) are acid and plant foods (leaves, fruits, tubers, flowers and many nuts) are alkaline. However, milk is essentially neutral and grains are mostly acid. For more on this, see page 63 of Stephen's *Plant Based Nutrition and Health*, which you can order from the Vegan Society shop.vegansociety.com/product_info.php?cPath=1&products_id=153&osCsid=t12k25lk0d3ifeapc4b5quc961

Welcome to New IVU Members and Supporters

Trikon Limited - www.trikon.co.uk - Importer and exporters of vegetarian meals, convenience foods, herbs, and spices.



- ✓ Raw Spirit Festival – 24-26 Sep, 2010, West Lake Park, Arizona, USA - www.RawSpirit.com
Music, food, research summaries, food demos and tastings, playshops, children's programmes, dancing, bicycling and more.
- ✓ IVU World Vegetarian Congress – 1-9 Oct, 2010, Jakarta and Bali
www.wvc2010.org
The 39th IVU World Vegetarian Congress will be held in Indonesia in two places, Jakarta, the capital (and the economic centre of the country) and Bali, the country's most famous tourist destination. An outline of the programme is available at the congress website.
- ✓ The Indian Vegan Society will be organising the IVU India, South & West Asia Vegetarian Congress - ISWAVEG- (a vegan event) from 30 Oct to 2 Nov at E-Inn - www.e-inn.in - a vegetarian, non-alcoholic, non-smoking, business class hotel in Bangalore, India. Dr. Will Tuttle, author of 'The World Peace Diet', will be a keynote speaker. The theme is 'Practicing Ahimsa: The Core of Our Values'. Among the other confirmed speakers are Dr. B.M. Hegde - www.bmhegde.com - a renowned cardiologist and a votary of vegetarianism and Mr. John Davis (UK), a historian of vegetarianism. PETA founder, Ingrid Newkirk, has agreed to send a representative on her behalf. Vegan Mohan Santanam will present a carnatic vocal music concert on 30 Oct evening. For further information, contact Shankar Narayan at indianvegansociety@rediffmail.com
- ✓ East Africa Vegetarian Congress – 3-5 Dec, 2010, Nairobi, Kenya. Contact the IVU Regional Coordinator for Africa, Emmanuel Eyoh - nigveganimal@yahoo.com
- ✓ Middle East Vegetarian Congress, 6-7 Dec - Dubai, UAE. Contact IVU International Council member, Sandhya Prakash - sandhya@meveg.info The Congress will take place during the 8th Middle East Natural & Organic Foods Expo 2010, 6-8 Dec - www.naturalproductme.com – which will include 16 booths in a dedicated MEVEG Pavilion.
- ✓ 2nd Latin American Vegetarian Congress in Bolivia – Jan, 2011 – exact place and date to be announced - marly.winckler@gmail.com
- ✓ 13th International Vegan Festival – Jun 4-12, 2011 - Malaga, Spain
- ✓ 5th Asian Vegetarian Congress – Oct, 2011, Hangzhou, China

Welcome to Organisations That Have Recently Registered with IVU

CANADA

Manitoba Harvest Hemp Foods & Oil - www.manitobaharvest.com

IRAN

Rupking - www.rupking.com

UK

Extreme Vegan Sporting Association - www.extremevegansports.org

Quaker Concern for Animals - www.quaker-animals

USA

Beauty Without Cruelty (USA) - beautywithoutcruelty.com

Logona USA - logona-usa.com

Oshadhi USA Professional Aromatherapy - oshadhiusa.com

VegCookin - vegcookin.com

Other Online Sources of Veg News

In addition to *IVU Online News*, there are many other places to go online for general veg-related news, rather than news mostly about one country or one organisation. Here are some.

1. Dawn Watch - www.dawnwatch.com/alerts.htm
2. European Vegetarian Union - www.evana.org
3. Farmed Animal Net - www.farmedanimal.net
4. Vegan Outreach - www.veganoutreach.org/enewsletter
5. VegE-News - www.vege-news.com
6. VegNews - www.vegnews.com
7. VegSource - www.vegsource.com/cgi-bin/dada/mail.cgi
8. AnimalConcerns.org doesn't have a newsletter, but they post stories daily at www.animalconcerns.org/categories.html?do=shownews
9. IVU-Veg-News E-Mail List <http://www.ivu.org/news/veg-news>



Please Send News to IVU Online News

| [Dear Veg Activist](#)

Please use this newsletter as a way to share your knowledge, ideas and experiences with fellow veg activists.

| [Thx.](#) --[george](#) jacobs - george@vegetarian-society.org



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