

Testimony Against Milk

Excerpt from a statement by Robert Cohen made before the United States Department of Agriculture Dietary Guidelines Committee, 3/10/2000.

(Under-secretary Eileen Kennedy had instructed each speaker to state his/her name, organization, and source of funding - Cohen had three minutes to speak, and had no prepared statement):

...Milk. Eighty percent of milk protein is a substance called casein, C-A-S-E-I-N. That's the glue they use to hold together the wood in this podium. You eat casein, you produce histamines and you make mucous. We've got soaring rates of asthma and diabetes, breast cancer.

The New York Times last week had a full page article in their science section that breast cancer rates in women are soaring. Thousands of things cause breast cancer. The key factor in its growth, the only hormone in nature exactly alike between two species, IgF-1 human and cow, has been identified as the key factor in breast cancer.

We've got our children in the schools. You talk about cholesterol and animal fats. You know they're dangerous. You take the combined intake of dietary cholesterol from cheese, milk, butter, ice cream, for the average American its equal to the same amount of cholesterol contained in 53 slices of bacon. That's today's intake. That's, 19,345 slices a year. By age 52 the same cholesterol in a million slices of bacon.

You've got to examine, you've got a hearing, an obesity hearing coming up in America and you've got to examine the 29.2 ounces a day or 666 pounds per American of milk and dairy products that we're eating and how intolerant that is, especially to African Americans.

Robert Cade, University of Florida, attributed one natural hormone in milk - casomorphine as the reason for attention deficit disorder and autism. One out of three kids in our Washington schools are on ritalin.

Thank you, ladies and gentlemen.

From: www.notmilk.com

MARK YOUR CALENDAR!

Earthsave's Speaker Series

Join us for an evening with provocative writer and speaker Dr. Robert Cohen, author of Milk "The Deadly Poison", as he delivers the fascinating and disturbing facts about milk and the North American dairy industry.

When: Saturday March 31.

Where: Vancouver Public Library, Main Branch, Alice McKay room.350 W. Georgia

Time: 7:30 PM, doors open at 6:30

Cost: EarthSave members \$8, nonmembers \$10.00

Tickets are available at the EarthSave office, Tel 731-5885, before March 17th, or at the door. Limited seating, so get your tickets early.

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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 was founded by John Robbins 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. The opinions and ideas expressed in this publication do not necessarily represent the views of EarthSave Canada.

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Editorial submissions are welcome and must be received no later than the 1st of the month preceeding publication. Advertising submissions must be received not later than the 15th of the month preceeding publication. Articles may be edited where appropriate. If possible, please submit your material by e-mail to:
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Advertising space is available in Canada EarthSaver — please contact the office for current rates.

Careful Diet Keeps Vegan Athletes Fit

By Mel Hatch Lumberjack staff

Being an athlete and not eating meat are not a contradiction of terms.

Dave Scott, the only man to win Hawaii's Iron Man Triathlon (2.4-mile swim, 112-mile cycle and 26.2 mile run) four times - while no one else has won it more than once;

- * stunt woman and 145 lb. body builder Spice Williams who squats 315 lbs;
- * HSU women's crew member Neele Bryant;
- * former HSU sprinter and marathon runner James Washington;
- * former HSU women's crew member Elke Shattuck;
- * Sixto Linares, record holder for the longest single-day triathlon;
- * Edwin Moses, 1984 Olympic Gold Medalist in the 400 meter hurdles;
- * Paavo Nurmi, the flying Finn who won nine Olympic Gold Medals and set 20 world records in long distance running;

All these athletes and more are vegetarians. Bryant, Linares and Williams are vegans.

Sports nutritionists, self-proclaimed health gurus and doctors all have varying opinions whether or not an athlete can be vegetarian or vegan.

A common concern among athletes confronted with the idea of a meatless diet is getting enough protein.

Protein requirements are given as percentages of calories derived from protein. The prescribed amount varies from 2.5 percent by the American Journal of Clinical Nutrition, 6 percent by the Food and Nutrition Board and up to 10 to 15 percent by others like HSU sports nutritionist Kathy Munoz.

In his book, *Diet for a New America*, John Robbins outlined diets that illustrate any of these levels are easily reached in a vegan diet, since foods like wheat have 17 percent of their calories from protein and some legumes as much as 54 percent.

He also theorized since the Textbook of Human Physiology and Biochemistry reported human mother's milk has a protein calorie content of 5 percent the requirement for an adult couldn't be any higher - because a human "clearly has more protein needs at this stage in life than at any other."

Munoz said Robbins has "absolutely no authority," and it's as easy when working with a vegetarian athlete who has a 5,000-calorie-a-day requirement, "which is not uncommon for a tall, well-built triathlete."

The issue, Munoz said, isn't protein but calories.

"The question is, "How am I going to get 5,000 calories into this guy?" For him I'm not sold on a vegan diet," Munoz said.

The reason, according to Munoz and Registered Dietician and co-writer of Sports Nutrition for the '90s Jacqueline R. Berning, is the vegetarian diet is so high in bulky, high-fiber, low-calorie foods like beans and pasta - and these foods contain the most protein among plant foods.

The athlete can't eat too much at once and thus lacks calories. The non-vegetarian consumes easy-to assimilate proteins from meat and high-calorie fruits and requires less whole grains and legumes.

"When a vegetarian comes to me because he feels that he's not performing adequately, it's not that hard to work with - especially when he's eating dairy and eggs which are great sources of protein. All we have to do is take the foods he likes and rearrange them a little and get him to eat constantly. Small frequent meals are the best."

Munoz suggests six meals a day for any of her athletes. This way they can get in all the needed calories and protein.

Munoz said maintaining physical performance is achievable by the vegan, but it's doubtful when one is trying to increase strength and mass.

Another concern for the vegan is amino acid combining. There are nine to 11 (sources differ) essential amino acids ("pieces" of protein which cannot be manufactured by the body). Humans must consume each and if just one is missing from the diet then the body has no repairing or growing capabilities.

Animal products are said to be "com-

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Respect, Embrace, Include

by Nancy Callan

What is the most effective way to win an argument with a meat eater? The question implies that we can convert others to a vegan diet by way of well-informed debate. In our Western style of thinking, we often believe that truth can be discovered through a point-counter point style of discussion, a style which inevitably puts the vegan and the meat eater on opposing sides and encourages attacking and point scoring. It is ego gratifying to be on the winning side. But does this style engender support?

Many of us want to leave as small a footprint on the planet as possible and believe that a plant-based diet is the best way. It's a message we strongly wish to share. Implicit in our message, however, is that there is something wrong with the way other people eat, which often puts people on the defensive - a big obstacle to communication.

Some of you may remember Justin Trudeau's eulogy to his father Pierre Trudeau. He stated that his father taught him that it is not enough to have mere tolerance of others who think differently from us. We must have genuine, deep respect.

I believe that what bogs us down sometimes and limits our ability to get our message across in a way that conveys respect is our tendency towards a dialectical style black and white, all or nothing, right or wrong kind of thinking.

Labels, in particular, are burdensome and one of the biggest threats to our cause. Many former vegans say they gave up the diet because of the perceived need and their inability to be one hundred percent consistent. All or nothing.

But can any of us truly be 100% consistent? The fact is that we live in a society based on the exploitation of the natural world. It is very challenging to live lives consistent with a desire for peaceful stewardship of the planet. And anyone who asserts that they live a completely cruelty-free lifestyle that does not contribute to animal deaths is probably poorly informed.

Whenever we have standard medical tests, such as home pregnancy tests, HIV tests, and many other tests, we are unwittingly contributing to the use of animals. Medical equipment is also often tested using substances derived from animals. Furthermore, mechanical plows and harvesting machines take a huge toll on wildlife. Commercially grown rice is one of the crops responsible for the greatest number of deaths of higher animals,

particularly amphibians. How many vegans avoid rice? And how about coffee? Bananas? The list goes on.

None of us lives a perfectly ethical or environmentally friendly lifestyle. Seen within this context, how much clearer it is that we need to encourage others to do what they feel able to do, without judgement.

If our goal is to get people to convert instantly to a vegan diet, we will inevitably fail. If we insist that people live up to puritanical standards in order to call themselves vegan, we may lose many of those who sympathized greatly with our case. They may, for example, when they find they aren't able to cut cheese out entirely, opt instead to eat cheese on a daily basis, because cheese is "allowed" on a vegetarian diet, believing they failed at being a vegan. Yet, it isn't about succeeding or failing and there is no final goal post. "Vegan" is a description of an eating pattern, not a set of rules. It isn't about not being allowed to eat dairy products, it's about choosing not to. And it isn't about guilt. It's about making daily choices which lessen our impact on the planet. And that is the message we need to convey.

If someone tells you that he could never go home for Christmas dinner and not eat his mother's turkey, then tell him he can be vegan 364 days of the year and go ahead and eat turkey on Christmas! Or if she says she could never give up cheesecake, suggest she give up everything but cheesecake.

Let's make love, not war. Respect, embrace, include. Everything we do to cut down on animal products helps to eliminate animal suffering, improve our health and the health of the planet. And the more we seek to include, the stronger our movement will become.

The logo for Park Georgia Realty features the word "PARK" in a bold, serif font at the top. Below it, "Georgia" is written in a large, elegant, cursive script. At the bottom, the word "REALTY" is written in a bold, serif font, with a horizontal line underneath it.

GRACE VAN HORNE

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Campaign Nets Massive Victory for Chickens!

After 11 months of PETA's intensive campaign against McDonald's, which has included more than 400 demonstrations in 23 countries and high-profile graphic ads and billboards, McDonald's has agreed to make the following major improvements in the lives of chickens raised for its restaurants. Because of these significant developments, PETA has been compelled to reconsider its campaign against McDonald's and has concluded that it will give McDonald's a break for one year to allow the company to concentrate on taking further steps.

What McDonald's is now doing:

- Exploring the "feasibility" of buying only from suppliers who raise sows in less cruel conditions (currently, pregnant pigs are confined in concrete stalls so cramped that they cannot turn around).
- Buying chicken flesh and eggs only from suppliers that don't debeak chickens.
- Ceasing to buy eggs from suppliers that give hens less than 72 square inches of space per bird.
- Ceasing to buy eggs from suppliers that withhold food and water in order to increase egg production (a process known as forced-molting).
- Instituting more-humane catching methods for chickens; offering financial incentives to employees who handle the birds carefully and don't break any bones.
- Initiating audits of slaughterhouses, and for the first time ever, cutting off several suppliers that are out of compliance with humane slaughter guidelines.

These improvements are significant steps forward and affect the lives of millions of animals. Sadly, no other major

buyer or producer seems to have taken any of these steps. However, much more must be done.

Here's what PETA is asking McDonald's to do next:

1) Phase out purchases from farms that confine sows to stalls.

In the U.K., McDonald's was a leader on this issue, refusing to purchase from farms that used stalls even before they were outlawed by the government.

2) Phase out purchases from suppliers that raise hens in battery cages.

Let's look at the U.K. again: The McDonald's U.K. representative, Mr. Mike Love, agrees that battery cages are cruel to animals and tells us that McDonald's in Britain phased out battery cages before the U.K. outlawed them. If McDonald's can do it there, McDonald's can do it here.

3) Sell only chickens raised truly free-roaming.

Intensively reared chickens are cruelly crammed into crowded warehouses with tens of thousands of other birds where they have less space per bird than a standard sheet of paper (.55 square feet). Cutting a hole in the side of currently used warehouses, as many "free-range" companies do, does not constitute free-roaming. There needs to be a nesting area, a sunning area, shelter from inclement weather, and food and fresh water spread out far enough so that birds do not have to fight each other to eat and the weak do not go without.

4) Relieve chronic leg pain in broiler chickens by requiring that its suppliers stop breeding animals for weight.

Currently, chickens are at full slaughter weight in less than two months. These birds suffer chronic leg pain and bone cracks as their upper bodies are forced to

grow so quickly that their legs cannot hold their weight.

5) Require that slaughterhouses effectively stun chickens before slaughter.

To do this, steps must be taken to ensure that every chicken's head passes through the stun bath, and power to these stun baths should be set at a level that renders chickens insensible to pain. Right now, power in the baths is set at a level that immobilizes chickens but does not render them unconscious. Thus, chickens who are still alive after their throats are slit enter the scalding tank for feather removal still conscious and are scalded to death.

6) Revise the standards for "Beef and Pork Handling Practices" to meet the Humane Slaughter Act's 100 percent stunning efficacy requirement for cows and pigs.

McDonald's current goal of 95 percent (cows) and 99 percent (pigs) stunning efficacy is in violation of federal law. Hiring a second stunner on the "kill floor" and slowing down the slaughter lines should be required.

7) Require suppliers to immediately and humanely dispatch any animals who arrive at the slaughterhouse unable to walk, with broken limbs, or in severe pain (frozen, suffering from heat stroke, etc.).

These animals should not be dragged or forced to walk to the kill floor, nor should they be left in "dead piles."

8) Make sure every slaughterhouse is inspected and increase the number of and conduct only unannounced audits.

Many of McDonald's slaughterhouses can't even pass pre-announced audits at a level of performance below legal standards. McDonald's current audit practices require a slaughterhouse that passes an inspection to be inspected for, at the very most, one hour in an entire year.

What You Can Do to Help

1. Thank McDonald's for taking the important steps it has taken, but ask that the company do more. Ask McDonald's to commit to PETA's list of specific steps to improve animals' lives. Please also ask McDonald's to offer a veggie burger at all its restaurants, as it does now in Europe and in some restaurants in New York.

Write to:

Jack Greenberg, CEO
McDonald's Corporation
1 Kroc Dr.
Oak Brook, IL 60523
Tel.: 630-623-6198
E-mail: www.mcdonalds.com

2. Please also write to the following fast-food and grocery store chains and ask them to meet or exceed McDonald's standards. Write to:

Colin Storm, President and CEO
Burger King Corporation
17777 Old Cutler Rd.
Miami, FL 33157
Tel.: 305-378-3535

Jack Schuessler, CEO
Wendy's International, Inc.
4288 W. Dublin-Granville Rd.
Dublin, OH 43017
Tel.: 614-764-3100

Chuck Rawley, CEO
KFC, Inc.
1441 Gardiner Ln.
Louisville, KY 40213
Tel.: 502-874-8300

Steven Burd, CEO
Safeway Stores
5918 Stoneridge Mall Rd.
Pleasanton, CA 94588-3229
Tel.: 925-467-3000

From: www.meatstinks.com

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Members' News & Special Event

Dining out with EarthSave

EarthSave dine-outs are a great way to enjoy a vegan meal and meet people who share your love of good, healthy food. Dine-outs are held the third Wednesday of every month at different restaurants in the Vancouver area. Dinner prices range from \$15 to \$22 per person, depending on the restaurant.

The restaurant of the month is usually listed on EarthSave's voice-mail message. To sign up for a dine-out, you must RSVP to Veronica Kendal at 683-4697 no later than noon the day before the dine-out. If you sign up, please show up!

Organic Public Market

Great deals on organic produce and grocery items! Saturdays only, 9am - 3pm, at Wild West Organic Harvest, 2120 Van Dyke Place, Richmond (nr. #6 Road and Burrows, one block north of Bridgeport).

Working conditions in Latin American Banana Plantations

By Gilberth Bermúdez Umaña
International Banana Conference, Brussels 4-6 May 1998

Conference document. The four largest producers of bananas are Dole, Del Monte, Chiquita and Fyffes.

The most elderly workers, worn out from working, exhausted from having sacrificed their best years to the companies, are quickly replaced by young blood. The banana companies know that by doing so, they also disempower trade unions as they obtain cheaper labor with less union awareness.

The inhabitants of the banana zones live in subhuman conditions of poverty. Rather than increasing, banana workers' wages have been falling. For example, in 1993, working an eight-hour day in Costa Rica was equivalent to a monthly wage of \$250. In 1997, for the same amount of work, the worker was receiving the equivalent of \$187 per month.

Working conditions can be summarized as follows:

- long and exhausting working days of 12-14 hours or more, without any overtime payment;
- wages which are not sufficient to cover the basic needs of subsistence for a family;

- dismissals without any social security or redundancy payments;
- intensive use of agro-chemicals which damage health and the environment;
- lack of medical attention;
- exploitative inter-personal relationships;
- lack of educational possibilities

The situation for women workers is particularly hard, and they face exploitation and discrimination. The majority of women receive lower wages than men for the same work, and because of inadequate protective clothing when handling pesticides they suffer illnesses from the constant contact with toxins.

The majority are single mothers who have to leave their children without supervision during the long working days. Women do not have either the economic resources or the land, but they have the responsibility for feeding, clothing and educating their children. In the banana zones, there are no other work opportunities with which to supplement the family income.

The women are constantly exposed to sexual harassment by their supervisors, even by their own male colleagues. The woman worker has to put up with the attitude of her superiors for fear of being left without work.

www.bananas.agoranet.be

Careful Diet Keeps Vegan Athletes Fit

plete proteins" because they contain all these amino acids. All are available to the vegan diet, but no one plant food contains all of them.

For this reason it was thought items like rice and beans had to be combined in order to supply adequate protein for the vegan. Most sources agree with Munoz, saying each of the essential amino acids need only to be consumed at some point in the day.

"It's just hard for any of the HSU athletes to get the proper nutrition because they have so little time, so much practice and five hours of classes - the problem gets really bad with a vegan diet because those foods aren't always available and most take a lot of preparation time." Munoz said. Munoz also said the vegetarian and vegan also need to pay close attention to their vitamin and mineral intake. "Iron is available in lots of plant sources but its not as (easily absorbed by) the body as it is in meat," Munoz said, adding that B vitamins, especially B-12 found only in meats, eggs and fermented foods, are hard to come by for the

vegetarian and vegan.

"When I get an athlete who's vegetarian we can usually deal with his diet no problem, but when say a girl refuses to eat dairy I get concerned - but we just have to talk about other sources."

The calcium issue is as disputed as daily protein requirements are.

Robbins cited five different studies which actually blame high meat diets for osteoporosis and other calcium deficiencies.

The Journal of Clinical Nutrition cited a 1983 Michigan State study found vegetarian women had an "average measurable bone loss" of 18 percent by the age of 65 compared to 35 percent for meat-eating women. For men those figures were 3 and 7 percent respectively.

The cause is uric acid, formed when meats are digested. Calcium must then be drawn from the blood in order to restore its pH balance and make the blood less acidic.

Sunday morning, Arcata marathon

runner James Washington went for an hour-and-a-half run in the forest. Later that morning Washington went on to take second place overall in the 6.2-mile Farewell to Arms Race. As a sprinter in high school, at the age of 14, Washington decided to experiment with his body and tried vegetarianism.

"I noticed a change," Washington said. "I didn't feel sluggish anymore, my energy was a lot higher."

Washington kept a journal of what he ate and how he felt as he experimented with different foods and food combinations and he did a lot of reading.

"I tried the vegan diet back then too, but I lost 15 pounds in six weeks, so I quit that," Washington said.

"I think I'm just as strong, can jump just as high, run just as far as someone who eats meat," said Washington, who runs a marathon in two-and-a-half-hours flat.

Washington said he's a creator in the kitchen and eats just about anything, including spaghetti, bean and cheese burritos, corn bread, lots of greens and tofu at least twice a week. On Oct. 15 he'll run the Humboldt Redwoods Marathon.

Neele Bryant became vegan at the age of 16 when she began to feel it was wrong to kill animals and eat eggs or cheese because of the way the animals are treated

"Then I started doing some reading and found that it was also nutritionally better than eating meat," Bryant said.

"During my first year (on crew) I had some problems, I felt like I didn't have enough energy for the workouts...but (my coach and I) we worked it out. I just wasn't getting enough calories."

Her coach, Robin Meiggs, is a vegetarian and former HSU crew member. Bryant said she doesn't think too hard about protein combining or nutrients like iron and calcium. She eats legumes frequently and never any protein or nutritional supplements except for a B-12 once or twice a month.

"I just eat all the time when I'm training 'cause I'm always hungry...I think that's what all athletes do," Bryant said.

It is better to give than to receive. But receiving is nice too.

Want to leave more money to a charity or organization than you're able to? There is a solution using life insurance. And yes, you will receive something in return — your annual contribution generates credits for your income tax. For information just give me a call.

Bev Colman, CFP

Financial Services Representative

2100 - 4720 Kingsway

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beverley_colman@sunlife.com



The Sun Life Companies

EarthSave Classifieds

EarthSave is looking for an interim Outreach member for our Board of Directors:

This individual would liaise with the community and the Board to fill requests for speakers on EarthSave issues surrounding our daily food choices.

Suggestions are welcomed, even for a member versed on EarthSave issues, who, although not wishing to be on our Board, would be willing to speak to our community groups, addressing topics covering health, diet, ethics and the environment. If you are interested, please call Diane at the EarthSave office: 731-5885.

* * *

Organic landscape gardener seeks seasonal help from spring to fall for flower bed maintenance, planting, pruning, clean-up and landscaping. Experience required. Please fax resume to Great Blooming Gardens at 874-9927 by March 1.

* * *

For EarthSave Canada members. Trade, donate or sell most any item, list your business services or shared housing! \$5 for first 15 words, 25 cents each additional word. Next advertising deadline: March 15.

Thanks

EarthSave would like to send heartfelt thanks the following volunteers:

Ian Bond
Rose and Lisa Cecily
Bev Coleman
Dhanook
Dorothy Holt
Veronica Kendal
Gary Miles

Members' News & Special Events

The Wellness Show

February 16 (12pm-8pm)
17 (10am-8pm)
18 (10am-6pm)

Location: Vancouver Convention and Exhibition Centre.

For general info, call 983-2794, or go to www.thewellnessshow.com

COME VISIT THE EARTHSAVE BOOTH!

For volunteer info, call Nancy: 733-0598.

2000 EarthSave Potlucks

Come celebrate the month of love at our February 11 potluck. Enjoy the healthy, wholesome vegan dishes that are good for the heart and the soul. Win a special prize for the most creative heart-smart Valentine dish.

Our guest speaker will be Vice-President of the Royal City Humane Society, Cheryl Rogers.

Everyone is welcome at our EarthSave potluck dinners, held at the Bonsor Recreation Centre (6550 Bonsor, near Metrotown Skytrain Station) in Burnaby from 6 - 9 pm. Upcoming potlucks are on:

February 11, April 8, June 3, August 12, October 28, and December 2.

Potlucks are free to anyone who brings food. Without food, the cost is \$8. To make our potlucks enjoyable for all, please bring a vegan (no meat/fish/milk/casein/egg/honey/gelatin) dish, such as a substantial soup, salad, entree or dessert that provides six adult servings. A list of ingredients must accompany each dish, whether store-bought or homemade.

Please bring a serving utensil and your own plate, cutlery, serviette and cup. We will supply hot tea.

To volunteer at our potlucks, or for more information, please call Penny: 731-7396 or Evelyn: 527-7077.

Other Potlucks

Outside the BC Lower Mainland, EarthSave potlucks and other activities are coordinated by local members. For more information, contact:

EarthSave Okanagan
Grant & Devra Rice
1223 Richter St.
Kelowna, BC, V1Y 2K8
(250) 979-0009
ridebike@okanagan.net

Sandra Carlson
EarthSave Victoria
(250) 361-1709
<esvictoria@home.com>

Don & Fay Johnson
Powell River
(604) 485-4297

Virginia Queenan - Calgary
(403) 640-4560
<queenan@cadvision.com>

Sandra Rae - Courtenay
(250) 334-2715

David Schouela - Montreal
(514) 937-1346
<david.schouela@rnb.com>

Alida Farrell (EarthSave Montreal)
2545 Jeanne d'Arc Ave.
Montreal, Que.
H1W 3W1
jf.alida@globetrotter.net
(514) 251-1936

EarthSave - McGill
c/o Quebec Public Interest
Research Group
3647 University, 3rd Floor
Montreal, Que.
H3G 1B7
(514) 398-7432
qpirg@ssmu.mcgill.ca

If you'd like to coordinate potlucks in your area, contact the EarthSave office to add your name to this list.

Speak out for a Healthy World!

Join EarthSave Toastmasters and learn how to speak out for the causes you believe in. Toastmasters meet Monday nights at 7:30 p.m. at SPEC, 2150 Maple St. at W. 6th Ave. in Vancouver. For details, call Silvia Wilson at 879-3886.

Come and have fun with our 4-E club - energetic, encouraging, educational and environmentally-oriented.

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EARTHSAVE'S Health

Partnership Program

10% discount to EarthSave Members (unless otherwise stated)

B.C.—Lower Mainland

Aurasense Botanical Products
PO Box 29525, Maple Ridge
(604) 467-1111 or 1-888-922-4111

BC Gelati
1102 W. Broadway, Vancouver
733-2979

Bo Kong Vegetarian Restaurants
(5% discount)
80-8100 Ackroyd, Richmond—278-1992
3068 Main Street, Vancouver—876-3088

Buddhist Vegetarian Restaurant
137 East Pender St. Vancouver
683-8816

Dancer Vegetarian Foods Home Delivery
Service (5% discount to all items)
942-2315

Ecco Il Pane Bakery
(10% Discount on vegan bread only)
238 West 5th Ave., Vancouver
873-6888

Elanta—Reiki Master/Teacher
318-3218

Empowering People
101-2145 W. Broadway, Vancouver
323-6669

Evergreen Vegetarian Foods
4166 Main St., Vancouver
879-3380

Gaia Garden Herbal Dispensary
2672 W. Broadway, Vancouver
734-4372

May 3rd Enterprises, Electrolysis & Ear
Candling
2023B Hyannis Dr., North Vancouver
929-0694 E: earcandles@aol.com

Greenspot Vegetarian Cafe
2220 Marine Dr., W. Vancouver
925-2218

Greens & Gourmet Vegetarian Restaurant
2681 W. Broadway, Vancouver
737-7373

Happy Veggie World
#205-12882 85 Ave., Surrey
501-4878

Health is Wealth (5% discount)
4455 E. Hastings, Burnaby
298-0595

Healthy Green Wheatgrass Home Delivery
Service
879-2280

Kitchen to Kitchen Catering
899-8909

Kitsilano Hemp Company
2918 West 4th, Vancouver
730-1808

Krishna Pure Vegetarian Restaurant

1726 Davie St., Vancouver
(604) 688-9400

Life Time Organics (10% on vitamins only,
5% on food)
2099 152nd Avenue, White Rock
541-0933

Minutillo, Leonarda—Nikken Independent
Distributor
Ph/Fax: (604) 513-0288

Nordic Living Water Systems
904 Leovista Ave., North Vancouver
990-5462 or 1-888-644-7754

Nyala Restaurant
2930 West 4th Ave., Vancouver
731-7899

Ocean Park Health Foods
12907 16th Ave., South Surrey
531-7011

Organics to You
304-3815 East 1st Ave., Burnaby
473-5001

Pacific Institute of Reflexology
535 West 10th Ave., Vancouver
875-8818

Planet Veg Restaurant
1941 Cornwall St., Vancouver
734-1001

Rainbow Vegetarian Restaurant
2-8095 Park Road, Richmond
273-7311

Rainforest Reptile Refuge Society
1395 176th St., Surrey
538-1711

Sea Spray (Kelp Growth Supplement)
300-1497 Marine Dr., West Vancouver
926-3352

Semperviva Natural Health & Fitness
2608 West Broadway, Vancouver
739-1958

Simply Vegetarian Restaurant
135-8291 Ackroyd, Richmond
278-0852

Smith, Penny—Reiki Practitioner
Granville Island location
731-7396

Sweet Cherubim (Restaurant ONLY)
1107 Commercial Drive, Vancouver
253-0969

Tanle Basic Foods
124 E. Broadway, Vancouver
876-0270

Thai Body Work by Bernard Dalziel
332 E. 4th Ave., North Vancouver
984-1260

Unique Nutrition Health Centre
2-555 W. 12th Avenue, Vancouver
872-8647

Vadhwana, Gita
Ayurvedic Cooking Instructor
7437 Willard Street, Burnaby
522-1413

The Vitamin Connection
(Coquitlam Centre outlet—15% discount)
2929 Barnet Hwy, Coquitlam
464-2723

Wang, Dr. David, Naturopath
2nd Flr., 1962 W. Broadway, Vancouver
733-0266

West Coast Yoga
903-4660 W. 10th Ave, Vancouver
224-3505

West Pointe Organic Produce
2839 W. Broadway, Vancouver,
736-2839

West Wood Organic Produce
2183 West 41st, Vancouver
261-4363

Woodlands Restaurant
2582 W. Broadway, Vancouver
733-5411

Outside Lower Mainland Locations

Canadian Wilderness Ecotours
923 Catherine St., Victoria
(250) 595-1835

Bar None Cafe
244 4th Street, Courtenay
(250) 334-3112

Black Sea Health Foods
7054 Pioneer Ave., Agassiz
(604) 796-3677

Cell Tech—Super Blue Green Algae
Andrea Kober, Independent Distributor
(250) 386-ALGA

Community Natural Foods
1304 10th Ave S.W., Calgary
(403) 229-2383

D & A Natural Health Services
757 Wardlaw Ave, Kelowna
(250) 762-5538

Green Cuisine
Market Square, 560 Johnson St., Victoria
(250) 385-1809

Hoodoo Ranch Organic Fruit
Box 155, Spences Bridge, BC
(604) 980-2217

Inspirit Consulting Services
5145 Lark St., Kelowna, BC
(250) 764-7699

Johnstone, Stacy—Reiki Practitioner
845 Birch Ave., Kelowna
(250) 763-4033

The Juicy Carrot
254 Ellis St., Penticton
(250) 493-4399

Lotus Pond Restaurant
617 Johnson St. Victoria, BC
(250) 380-9228

Mandy & Me Trailriding
174 Bear Creek Rd, Kelowna, BC
(250) 769-5735

Organic Express, Okanagan Home
Delivery Service (Vernon-Kelowna-
Penticton)
(250) 862-2266

Ortho-Bionomy Int.
2483 Pandosy Street, Kelowna
(250) 868-0823

Potpourri Farm—Hack House Organic
Orchard (20% discount at farm location)
29686 Hwy. 97 S, Oliver
(250) 495-3226
City office:
200-328 W. Hastings St., Vancouver
(604) 688-1688

The Soap Exchange
1393A Hillside Ave., Victoria
(250) 475-0033/475-0077

Tanner's Naturals Herbal Products
(10% of sales donated to EarthSave)
2453 Hamm Rd., Black Creek
(250) 337-8002

Torontow, Michael
Registered JSD Acupressure Therapist
#201-1040 Rockland Ave., Victoria
(250) 480-7733

Towards Freedom—Cruelty-free and Eco-
Friendly Products
PO Box 13, Shawnigan Lake, BC
877-833-8383

Tree House Health Foods
100 Fort St., Hope
(604) 869-5545

Wild Roots Cafe
299 Wallace St., Nanaimo
(250) 753-0200

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Fax: (604) 731-5805

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