



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/22 June 2022

PO Box 311 Kent Town SA 5071 email: info@vegsa.org.au vegsofcsa@gmail.com

website: www.vegsa.org.au

Phone 0466 972 112

In this issue: VegSA AGM and speaker Pp1-2 B₁₂ sources Pp 4-5 Products P5
Eateries Update P6 Classes and Courses P8. Media P7 Diary Dates and resources P8

VEGSA NEWS

VegSA held its AGM on Sunday, May 1st. at the Joinery. Reports were received from the President, Secretary, Treasurer, Events and Local Groups Coordinators and our representative with the Conservation Council. It was generally agreed that events for the society have run fairly smoothly in the last 12 months. It was good to see income exceeding expenditure for the first time in a few years, although this was partly due to the fact that we did not have some of the usual expenses e.g. Animals Australia no longer has member groups so no need to pay a subscription there now and our biannual website payment was also not due. Our representative at the Conservation Council S A, Ken Lawson, reported a few issues that have concerned the Society, particularly the SA government continuing to allow an open season to shoot native ducks and quails. Being a member of the Conservation Council allows VegSA to have some input into issues that are conveyed to the Government.

(See President's Report P2 and State and Federal Politics P3.)

The business meeting was followed by a shared lunch, although some people brought their own and then a talk from **Dr Helene Roex of Doctors For Nutrition (DFE).**

Dr Roex concentrated mainly on the work that she and her organisation are doing to assist medical practitioners in understanding the role of diet (i.e. wholefood plant-based) in health care and encouraging them to use this knowledge to assist their patients. DFE is contacting a growing number of doctors and medical students through seminars, stalls at conferences, food at student events, a series of webinars etc. DFE has made up an information pack for medical practitioners with diet information that they can pass on to their patients. This can be downloaded from the DFE website or, if you have a GP or specialist that would benefit from having this in print, you can request this, via the DFE website, to be posted out (currently free) to you or your practitioner. See:

<https://www.doctorsfornutrition.org>



DFE Info Pack for medical Practitioners

VegSA AGM PRESIDENT'S REPORT

In 2021, the Society managed to keep member numbers constant and finances adequately accounted for. Our costs are continuing to be covered with our receipts and cash surplus.

We had several lunches and dinners at some of our favourite eateries during the year with Su organizing lunches down South at Great Nature and Karin and Anne organizing lunches out North. Although we didn't have a stall at the Vegan Festival, the two-day event continues to be well attended. The highlight of the past year was the birthday celebration in January marking 70 years of service to the vegetarian and vegan community in South Australia. The food and atmosphere at Veggo Sizzle was excellent and the no-sugar cake was supreme! The lunch was well attended considering this age of COVID.

The committee has been asking the question this year "Are we relevant and still useful in 2021?" It seems with social media and a big online presence necessary for any organization in these current times that VegSA's importance in the community has greatly diminished over the nearly two decades I've been on the committee. However, the general consensus is that the Society still plays an important role in educating people on the benefits of a plant-based lifestyle and facilitating events for its members and general public where food and ideas can be shared and enjoyed.

Hopefully, we can continue our good work in educating people on the benefits of a cruelty-free, plant-based diet and continue to see many members at lunches, picnics and dinners. Over this coming year I look forward to welcoming new members to the Society and seeing lots of familiar faces. Anthony McAulay.

Little Shining Stars Vegetarian Child Care Centre



Outside the Little Shining Stars (LSS) Child Care Centre at Klemzig is a sign saying "VEGETARIAN". The centre provides all-day care, including meals and snacks. The directors have decided that the best way to cater for the children's individual needs, including any allergies, is to provide vegetarian food. In this way the children learn incidentally about healthy food. The Centre caters for 6-week to five-year olds with a comprehensive development and educational program in which the children learn from first hand practical experience about the environment, conservation and recycling and, of course, a healthy diet.

LSS is open from 6.30am to 6.30pm Monday to Friday except public holidays. It can cater for up to 89 children and currently has vacancies. It has another centre at Wayville and is working on opening one in Pooraka. (Check if they are veggie.) Little Shining Stars: 10, OG Road, Klemzig, 5087. ph. 8464 0424. email: klemzigelc@gmail.com.au www.littleshiningstars.com.au

"A wise man considers his steps. The naïve believes everything"

Proverbs 14:15

STATE AND FEDERAL POLITICS

The elections have come and gone. SA has put Labor in charge. What does that mean? In early March, before the state election, Conservation Council SA (CCSA) invited member groups' reps and other interested people to attend a meeting that was addressed by The Greens' Bob Simms and Labor's Dr Susan Close. (Liberal had been invited but did not attend.) These reps outlined their parties' policies with reference to environmental issues. Three VegSA members attended.

Questions from the CCSA representative included the parties' policies in respect to banning the current **Duck And Quail Shooting Seasons**. Greens were obviously in favour of the ban. Labour's Susan Close said that Labor would initiate an inquiry into it if was elected. She was, at that time, Shadow Minister for Environment and Water with a very strong background in environmental issues. She is now the Deputy Premier and Minister for Climate, Environment and Water (as well as Minister for Industry, Innovation and Science and Minister for Defence and Space Industries). We need to see that Labor follows through with this intention and push for the 2022 duck and quail shooting season to be the last!

Federal election issues. By the time you read this the federal election will have come and gone.

Prior to the federal election the CCSA hosted an interesting webinar in which candidates for the seat of Grey discussed their thoughts about the prospect of a **nuclear waste storage facility** being established in their electorate **at Kimba** i.e. part way between Port Augusta and Ceduna on Eyre Peninsula. This is an issue that has concerned some VegSA members including our CCSA rep. Issues expressed by the candidates included: waste would need to be transported across NSW and a large section of SA; the proposed site is on valuable cropping land (which is a tiny percentage of Australia's agricultural land); the traditional owners have not been consulted and have launched a court case which will be heard around mid-June; the whole process has been rushed and is faulty; the medium level waste for which the site is proposed will take up to 10,000 years to decompose, but the site is proposed to be temporary for 100 years; low level waste decomposes much more rapidly, some in just a few days, and can be safely cared for where it is. Others argued that the site would bring business to the town and that, as other loads had travelled without incident before, so can radio-active waste. Currently SA legislation does not allow the dump but this can be over-ridden by federal legislation.

Live Animal Exports



This remains a serious issue, but not very obvious in the federal election campaigns. According to an election score cards prepared by Australian Alliance for Animals (a group of prominent animal rights

organisations, including Animals Australia, Humane Society International, Voiceless and World Animal Protection), the parties supporting the phasing out of live animal exports included: The Greens, Animal Justice Party, Central Alliance, Sustainable Australia, TNL (The New Liberals), Fusion, Darryl Hinch's Justice Party and the Australian Federation Party. Before the 2019 election Labor committed to phasing out the trade over five years but this time has said it would not make changes to the live cattle export trade and has not set a timeline for ending the trade in live sheep. (ABC News 5 May 2022) This needs to be checked after the election. On the Saturday before the federal election a group of concerned individuals (including some from VegSA and Animal Liberation SA) held a small rally in Rundle Mall to see that this issue is still out there.

VegSA 'Food for Thought' Acknowledgments:

Editor: Anne Sanders, **Proof reading and Mail out:** Committee and members.

THANKS to all those who have contributed.

Thanks to Liane from Let Them Eat and Elisa from Sanitarium for information about their companies' products.

WHICH PRODUCTS ARE GOOD TO OBTAIN SUFFICIENT VITAMIN B₁₂?

In our last issue Simone asked: "In my on-line search for Vitamin B₁₂ fortified foods in Australia I have found very little information as to which foods and which brands? There are vague references to fortified plant milks, soy sausages, soy burgers and yeast extracts but no examples."

Dear Simone,

Thank you for your question (Food For Thought March 2022) about obtaining the vitamin B₁₂ we need from fortified foods rather than supplements. Yes, we need B₁₂ in minute quantities (2.4 µg or, according to European Food Safety Authority, 4 µg*). Short of going to the shop and examining every vegan product, it is not easy to discover which of them has B₁₂ in adequate amounts. This is what we have found out:

B₁₂ is produced by bacteria and usually comes into the human diet via animals that acquire it from the environment e.g. whilst grazing. Otherwise it has to come from manufactured supplements or fortified foods. Whilst we need minute amounts, lack of B₁₂ can cause serious health problems. B₁₂ is best absorbed by taking regular small amounts and is better absorbed from fortified foods than from supplements. However, whilst the dose for supplements is clear, it is not so easy to work out how much we are getting from foods. If looking on the internet a product's "ingredients" might include B₁₂ but, unless there is a picture and you can read the relevant part of the label, it's difficult to discover how much you can get to add up to the necessary amount. So far we have found:

* µg or mcg = microgram i.e. one millionth of a gram.

PLANT MILKS

Sanitarium's So Good plant milks are all fortified with B₁₂.

Vitasoy Soy Milk Original and **Vitasoy Calci Plus Soy Milk** (but not all Vitasoy "milks") have B₁₂.

Sanitarium Up and Go "liquid breakfast" all have B₁₂. Some, but not all, are vegan i.e. some have cow's milk.

YEAST EXTRACTS

Sanitarium's Marmite, **Salt Reduced Vegemite** and **Three Three's Mightymite** each have B₁₂ at the rate of 0.5 µg (5 micrograms) per serve of 5 milligrams i.e. 1 standard teaspoonful.

Note: All these spreads use caramel¹ as colouring, which some people prefer to avoid. Also, although Mightymite is gluten free, its thickener (1412¹) is questionable and its emulsifier (471¹) could be animal derived.

MEAT SUBSTITUTES

There are so many of these in the shops now that it is virtually impossible to check them all. However, all **Sanitarium Veggie Delights** Have B₁₂ - check individual items for amounts and see how big your "serve" is.

BREAKFAST CEREALS

Although it has been suggested that breakfast cereals could be fortified with B₁₂ we have not found any so far.

TO SUM UP (from Vegans Australia)

"To get the full benefit of a vegan diet, vegans should do one of the following:

- take one B₁₂ supplement daily providing at least 10 micrograms (µg or mcg) or
- take a weekly B₁₂ supplement providing at least 2000 micrograms or
- **eat fortified foods two or three times a day to get at least three micrograms of B₁₂ a day.**

If a fortified plant milk contains 1 microgram of B₁₂ per serving then consuming three servings a day will provide adequate vitamin B₁₂. There is no harm in exceeding the recommended amounts or combining more than one option."

<https://www.veganaustralia.org.au/search?q=B12>

RESOURCES

Some information on the internet seems to be questionable. However we found a few very credible articles:

<https://www.freshnlean.com/blog/vegan-b12-sources/>

<https://nourishmagazine.com.au/health/be-smart-b12/> by Deeni Betar-Young Lead Dietitian, Doctors For Nutrition.

Most useful article was in Your Questions Answered **in Food for Thought** magazine Winter 2021 P10. If you do not get this magazine with your VegSA subscription, but would like to see this article, we can print and post a copy to you.

1. Bill Stathan's **The Chemical Maze** available as a phone app. from the App Store or Google Play. **The Chemical Maze Shopping Companion** (pocket size) now out of print, but available 2nd hand, including from online book-sellers. **The Chemical Maze Bookshelf Companion** currently \$19.95 from <https://chemicalmaze.com>



Products on the Market

PRODUCTS FORTIFIED WITH B12

PLANT MILKS.

Each of these products has **1.0 mcg* of vitamin B₁₂ for each 250ml serving**, which means that 3 serves per day is sufficient to provide the daily requirement .

Vitasoy Soy & Protein Unsweetened Milk 1L cost \$4.50 at Woolworth.

Vitasoy Calci Plus Soy Milk 1L cost \$3.00 at Woolworth.

Sanitarium So Good Unsweetened Almond Milk 1L cost \$2.70 at Woolworth.

Sanitarium So Good Unsweetened Oat Milk 1L cost \$3.50 at Woolworth.

Sanitarium So Good Long Life Regular Soy Milk 1L \$1.90 at Woolworth or Coles.

* Other Sanitarium “milks” have this quantity of B₁₂. Costs vary between stores and for individual products.

Sanitarium Up and Go in a number of flavours (some containing cow’s milk). Each 250ml carton/serving contains 0.5 mcg vitamin B₁₂. Available in packs of three cartons at \$4.80, six cartons at \$9.00 or twelve cartons at \$13 at Coles.

YEAST EXTRACTS

Sanitarium’s Marmite 250g: 0.5 µg (5 micrograms) of B₁₂ per 5 milligrams serve. \$4.80 at Coles.

Vegemite Salt Reduced 440g cost \$7.00 and 235g \$4.90 at Coles.

MEAT SUBSTITUTES

Sanitarium Veggie Delights Have B₁₂ - check amounts in individual products.

V2 products all have B₁₂ listed as an ingredient but only two show the amount: Mince 2mcg/125g serve, Burger 2mcg/113g serve. We have not been able to find anywhere they are for sale in SA.

LET THEM EAT PRODUCTS - 95% fresh and local ingredients

Looking for products made mainly from fresh ingredients VegSA contacted Let Them Eat (LTE) to find out more about the products it sells to eat or to take away at its eateries. We found that they are made in its Mile End production kitchen and distributed from there to its five retail outlets at James Place (City), Norwood Place, Burnside Village, Westfield Marion and the Adelaide Central Market. The product range is similar at each of them and also at its events and farmers markets at Stirling and the Adelaide Showground.

LTE products are all plant based, made primarily from 95% fresh and local ingredients. They do not use TVP and do not include B₁₂ or other vitamin or mineral supplements. As products are served ready to eat (or take away) they do not have wrappers with lists of ingredients, but sales people can usually alert the customer to any allergens.

Vegan products include:

Burgers each \$6.75 include Curried Chickpea, Mexican Black Bean and Sesame Crusted Tofu.

Fritters each \$6.75 (200g) include Kimchi and Sweet Potato and Beetroot and Caramelised Onion.

Parcels each \$8.35 include Mushroom and Caraway and Mushroom Moussaka.

Salads from \$9.50 to \$20, according to size, are mostly vegan.

Recently added: Vegan chocolate bar range, Vegan lemon ‘tease’ cakes and Vegan pesto pasta salad.

LTE opened a new Vegan Deli as part of its Adelaide Central Market location, introducing its new (gourmet) vegan deli ‘meat’ range, consisting of vegan sausages, vegan ‘ham’ slices, vegan ‘turkey’ slices and the vegan Christmas range which included vegan ‘baby ham’ and vegan ‘turkey’ stuffed roast.

A few retail outlets also sell LTE products. IGA Hutt Street Adelaide and Foodland stores at Nuriootpa, South Brighton, Glen Osmond Road Frewville, The Parade Norwood, Fiveash Drive Pasadena, Main North Road Salisbury Park and Main North Road Sefton Park. Email: enquiries@let-them-eat.com.au or ph 8352 1334

Some bakeries and veggie cafes also make savouries with fresh ingredients. Can you recommend any?

BOOK AND DVD REVIEW

SQUARE ONE - HEALING CANCER COACHING PROGRAM TWO BOOKS AND DVDs

Chris Wark: chrisbeatcancer.com

In his late 20s Chris Wark was diagnosed with advanced colon cancer. Despite a poor prognosis he avoided chemotherapy, had the tumour removed and then explored the options for healing cancer holistically, looking thoroughly into many natural and standard medical treatments.

He recovered and since then has helped many people to cope with cancer diagnoses, particularly through his organisation **Chris Beat Cancer** (chrisbeatcancer.com). Chris's approach is objective and includes clear recommendations about diet (wholefood plant-based), supplements, fasting, exercise, sleep, rest and, most particularly, **mental attitude**. Chris states clearly that his Christian faith is an important part of his life and of his healing journey. This does not intrude into the general text but he does have a short section in this Guide Book showing Bible verses that he found useful. Another interesting section is "20 questions For Your Oncologist".

If you or anyone close to you could benefit from this information and you would like to borrow the two books (**Guide Book and Coaching Program**) and DVDs contact VegSA. (It belongs to a member, not VegSA.)

Alternatively books are available from Amazon. **Chris Beat Cancer: A Comprehensive Plan For Healing Naturally**. Paperback from \$7.59, Hardcover \$45.67. More information on www.chrisbeatcancer.com



Eateries Update



On Sunday March 25th a group of 11 people attended lunch at **Sky Restaurant in Port Adelaide**. Food is traditional Vietnamese cuisine, using fresh, healthy ingredients, 100% vegan. The huge variety of dishes include laksa, curries, pizza and desserts. It was difficult to choose. Everybody enjoyed the food and the company.

It was a very welcome change

for most of us to be visiting The Port with all its well-kept historic buildings. Before lunch some of us visited the People's Market (45 St Vincent St) and bought organic fruit and vegetables. After lunch some also visited the Port Adelaide Emporium with its huge range of second-hand goods. Sadly, after more than thirty years, this is scheduled to close in spring. A pleasant day.

NEW

THE GOLDEN CUP CAFE 2/491 Brighton Road Brighton SA 5048 ph. 0410 955 955 website: <https://thegoldenmonth.com>

Caters particularly for young children and their carers but everyone is welcome to eat and drink there.

Works in conjunction with its sister organisation, The Golden Month, a business which supports new mothers.

Open: Tuesday to Friday 7am-2pm, Saturday 8am-12pm. Sunday & Monday CLOSED

ANNADAN (traditional Indian cuisine). The Vishva Hindu Parishad invites visitors to share a free, home-cooked lunch once a month at Clarence Park community Centre 72 - 74 East Avenue, Black Forest (opposite Clarence Pk railway station). Time: 12 p.m. to 1 pm. Important to book. Phone or message Deepti: 0428 174 699 or Daya: 0469 570 186. For the rest of 2022 lunches are planned for the 1st Saturday of the month.

Editor's note: meals are basic but filling, mostly vegan except for raita (yogurt "dressing"). Advisable to book early and probably better to text rather than phone. You can also visit **Clarence Pk Co-op** 10.30am – 12.30pm.



From the Media

Dishwasher use linked to allergies

In a study of more than 1000 Swedish children, those with increased microbial exposure were less likely to develop allergies... and this included potential exposure to hand washed dishes. In a household where dishes were always washed by hand, rates of allergies in the children were half those from household that used dishwashers. The children using hand washed dishes were less likely to develop eczema, asthma and hay fever....The hygiene hypothesis – the theory that early exposure to dirt and germs programs your immune system to properly identify and countermand threats – has been gaining slow but steady support over the past decade. Quite simply, if you're too clean you deprive yourself of the exposure to bacteria that your body needs in order to program itself to keep inflammation at bay, as well as to respond properly when a threat does occur. The answer is not to eat dirty food... but food that has been grown in healthier soil and contains beneficial bacteria is incredibly important.

From an article "Your body is crying out for... Dirt" by Dr Joseph Mercola, in Nexus magazine Dec '21-Jan '22.

Rodent glue traps to be banned in England following unanimous House of Lords support. The use of glue traps to catch mice, rats and other rodents by anyone without a pest control licence is set to be banned in England, with breaches of the new law carrying a fine or up to a year in prison. The legislation contains a limited exemption for so-called "pest" control operatives to apply to the Secretary of State for a licence to use a glue trap, which may be granted where there is "no other satisfactory solution" and where the action is required for "the purpose of preserving public health or safety". The exemption mirrors that of the 2015 glue trap ban in New Zealand, where glue trap licences have fallen year on year since the ban's introduction, with no approvals for use in 2021. April 26 2022 <https://www.surgeactivism.org/articles/rodent-glue-traps-banned-england>

Healthy Food Options in Health Care Facilities – American Medical Association

1. Our AMA encourages healthful food options be available, at reasonable prices and easily accessible, on the premises of health care facilities.
 2. Our AMA hereby calls on all health care facilities to improve the health of patients, staff, and visitors by: (a) providing a variety of healthy food, including plant-based meals, and meals that are low in saturated and trans-fat, sodium, and added sugars; (b) eliminating processed meats from menus; and (c) providing and promoting healthy beverages.
 3. Our AMA hereby calls for health care facility cafeterias and inpatient meal menus to publish nutrition information.
 4. Our AMA will work with relevant stakeholders to define "access to food" for medical trainees to include overnight access to fresh food and healthy meal options within all training hospitals.
- <https://policysearch.amaassn.org/policyfinder/detail/Healthy%20Food%20Options%20in%20Hospitals%20H-150.949?uri=%2FAMADoc%2FHOD.xml-0-627.xml>

What we find in the **Seventh Day Adventist Health Study-2** which was so fascinating, when we give that study such a high degree of credence, because not just the large number of people, but also the fact that they have..... the whole different cohorts eating different diets. And we could see, with these large numbers of people, following them for decades how long they live and what they die of. And what they find, which is really fascinating, is more plant protein in the diet extends lifespan, reduces risk of cancer, and more animal protein increases risk of cancer. Dr Joel Fuhrman: Conquering Cancer: The Anti-cancer Diet (E-book)

Currently, about 80% of the agricultural land on the planet is destined for the production of grains for animal feed in the livestock sector. Research shows that if only half of that were used for crops intended for human consumption, a billion more people could be fed. (International Vegetarian Union). See more by clicking: <https://ivu.org/13-ivu/2249-hunger-manifesto.html>

In Australia, 42 percent of people are eating less meat or none at all in 2019. Among them, 10 percent of the people identified themselves as vegan or vegetarian, 12 percent as meat reducer, and 20 percent as flexitarian. Australia: share of people avoiding or reducing meat . <https://www.statista.com>



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ♦ Sunday June 26th 12.30pm **Lunch at Simply Vegan and Veg**, Shop 1, Montague Farm Shopping Centre, 2 Montague Road Pooraka. Book by Thursday June 23rd with Karin: phone/text 0416 899 813 or email: info@vegsa.org.au.
- ♦ Wednesday July 20th at 11.30pm **Brunch at The Golden Cup Cafe** 2/491 Brighton Road Brighton. Book by Sunday July 17th with Su: email: vegus2003@yahoo.com.au or text/phone: 0468 397 219 (See brief review P.6.)
- ♦ **VegSA's Northern Star Group** meets once or twice each quarter for a shared meal either at a member's home or at a vegetarian or vegan eatery. For further details contact Karin: phone/text 0416 899 813 or email VegSA (address below).
- ♦ Second Saturday each month at 12.30pm **VegSA Southern Social Group's** get-together at **Great Nature** 3/48 Beach Rd Christies Beach. No need to book, but check in case of changes, with Su: ph. 0468 397 219 or vegus2003@yahoo.com.au
- ♦ **VegSA mail-out workshop**. Usually quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help is always appreciated. Next mail-out is planned for Sunday August 28th. Check with Anne: 0466 972 112 or email vegusoca@gmail.com Also 1pm, VegSA Committee meeting. Members welcome to participate (but only Committee vote). Bring lunch or, regulations permitting, food to share.

Classes and Courses

- ♦ **Devashon Temple** Conducts One Day Workshops at Littlehampton on a range of interesting subjects. Recent topics have included: Frequency Healing, The Microbiome, Plant Medicine, Sound Patterns In Water & Sand, Fermented Foods, Identifying and Cooking Mushrooms. Sessions last around four hours, including time for a shared lunch and networking. Cost is around \$30 Contact Devashon on 0421 595 191 or devashont@hotmail.com
- ♦ **WEA Vegetarian Cooking Courses** 223 Angas St Adelaide. See www.wea-sa.com.au or phone. 8223 1979 for details and booking. Note: concessions apply for some courses.
- ♦ **INTRODUCTION TO FERMENTATION WORKSHOP** Sat July 30th 10am-2.30pm. Preserving foods without artificial preservatives. Hands-on workshop making sauerkraut, kefir & milk yoghurt, yoghurt cheese & apple vinegar. Note some processes involve milk and may not be suitable for everyone. Students will be asked to bring some ingredients. Fee \$126.
- ♦ **THE ITALIAN VEGETARIAN-WITH ROSA MATTO** Saturday 6th Aug 11am-3pm (Wea Centre) Explore delicious, traditional plant-based dishes for everyday meals and for lavish entertaining. Fee: \$133
- ♦ **Food for Life Course** The next whole food plant-based Food for Life Course will be held from November 7th to December 5th. Contact Coordinator Dr Heleen Roex: heleen@drroex.com or phone 0432 994 909.

Resources

- ♦ **Animal Liberation SA** conducts demonstrations and campaigns, e.g. against animal abuse. Members' meeting held 1st Sunday each month at The Box Factory, Regent St, South Adelaide. (If driving enter off Halifax St.) See website for information: www.animalliberation.org.au or phone 0401 870 957 or email: animal.lib.sa@gmail.com
- ♦ **Adelaide Vegans** brings vegans together for networking and social gatherings most weekends - dinner on Friday or lunch on Saturday, usually at vegan or vegetarian establishments, sometimes at places with good vegan options. Bookings essential to enable them to reserve a table. For details see 'EVENTS' page at: www.adelaidevegans.org or ph Ken 0415 382 121. Also interesting and useful information on the Adelaide Vegans Facebook page: <https://www.facebook.com/groups/7023024642/>
- ♦ **Doctors for Nutrition** is working to ensure that medical practitioners of the future are trained in sound basic knowledge of nutrition. Meanwhile Doctors for Nutrition has prepared a pack of evidenced-based information on whole food plant-based nutrition across all life-stages. This can be seen and ordered from its website. However if ordering these resources, please make sure you hand them to your doctor who needs this educational material. For more information as well as ordering material go to: www.doctorsfornutrition.org
- ♦ For more events in SA and around Australia see **Vegan Australia's** website: www.veganaustralia.org.au/events
- ♦ **One Green Planet** has very good articles even though it has lots of adverts: www.onegreenplanet.org
- ♦ **Messy Veggies** website is a guide to vegan eating, products for either Adelaide or Melbourne plus interesting/informative videos. Venues are listed by suburb or township. See: <https://messyveggies.com/adelaide/>

VegSA PO Box 311 Kent Town 5071 ph. 0466 972 112 e-mail: info@vegsa.org.au website: www.vegsa.org.au

BOOK AND DVD REVIEW

SQUARE ONE - HEALING CANCER COACHING PROGRAM TWO BOOKS AND DVD

Chris Wark: chrisbeatcancer.com

In his late 20s Chris Wark was diagnosed with an advanced colon cancer. Despite a poor prognosis he avoided chemotherapy, had the tumour removed and then explored all possible options for healing cancer holistically, looking thoroughly into many natural and standard medical treatments.

He recovered and since then has helped many people to cope with cancer diagnoses, particularly through the organisation which he has established: **Chris Beat Cancer**.

Chris's approach is objective and includes clear recommendations about diet, rest, exercise and mental attitude

Chris Beat Cancer: A Comprehensive Plan For Healing Naturally. Paperback from \$7.59, Hardcover \$45.67.



Review of this pack + picture

Chris Beat Cancer: A Comprehensive Plan for Healing Naturally Paperback by [Chris Wark](#)
Paperback from \$7.59 Hardcover \$45.67

Devashon Temple Conducts One Day Workshops at [Littlehampton](#) on A Range Of Interesting Subjects. Recent Topics Have Included: Frequency Healing, The Microbiome, Plant Medicine, Sound Patterns In Water & Sand, , Fermented Foods, Identifying And Cooking Mushrooms. Sessions last [around four hours, including time for a shared lunch](#), Cost is around \$30 [Contact – Devashon on 0421 595 191 or \[devashaont@hotmail.com\]\(mailto:devashaont@hotmail.com\)](#)

FROM THE MEDIA

Dishwasher use linked to allergies

In a study of more than 1000 Swedish children, those with increased microbial exposure were less likely to develop allergies... and this included potential exposure to hand washed dishes. In a household where dishes were always washed by hand, rates of allergies in the children were half those from household that used dishwashers. The children using hand washed dishes were less likely to develop eczema, asthma and hay fever....The hygiene hypothesis – the theory that early exposure to dirt and germs programs your immune system to properly identify and countermand threats – has been gaining slow but steady support over the past decade. Quite simply, if you're too clean you deprive yourself of the exposure to bacteria that your body needs in order to program itself to keep inflammation at bay, as well as to respond properly when a threat does occur. The answer is not to eat dirty food... but food that has been grown in healthier soil and contains beneficial bacteria is incredibly important.

From an article "Your body is crying out for... Dirt" By Dr Joseph Mercola, in Nexus magazine Dec '21-Jan '22.

What we find in the **Seventh Day Adventist Health Study-2** which was so fascinating, when we give that study such a high degree of credence, because not just the large number of people, but also the fact that they have..... the whole different cohorts eating different diets. And we could see, with these large numbers of people, following them for de- cades how long they live and what they die of. And what they find, which is really fascinating, is more plant protein in the diet extends lifespan, reduces risk of cancer, and more animal protein increases risk of cancer. Dr Joel Fuhrman: Conquering Cancer: The Anti-cancer diet (E-book)

Rodent glue traps to be banned in England following unanimous House of Lords support. The use of glue traps to catch mice, rats and other rodents by anyone without a pest control licence is set to be banned in England, with breaches of the new law carrying a fine or up to a year in prison. The legislation contains a limited exemption for so-called "pest" control operatives to apply to the Secretary of State for a licence to use a glue trap, which may be granted where there is "no other satisfactory solution" and where the action is required for "the purpose of preserving public health or safety". The exemption mirrors that of the 2015 glue trap ban in New Zealand, where glue trap licences have fallen year on year since the ban's introduction, with no approvals for use in 2021. April 26, 2022 <https://www.surgeactivism.org/articles/rodent-glue-traps-banned-england>

Currently, about 80% of the agricultural land on the planet is destined for the production of grains for animal feed in the livestock sector. Research shows that if only half of that were used for crops intended for human consumption, a billion more people could be fed. See more clicking at the

<https://ivu.org/13-ivu/2249-hunger-manifesto.html> (International Vegetarian Union)

In Australia, 42 percent of people are eating less meat or none at all in 2019. Among them, 10 percent of the people identified themselves as vegan or vegetarian, 12 percent as meat reducer, and 20 percent as flexitarian. Australia: share of people avoiding or reducing meat . <https://www.statista.com>

Healthy Food Options in Health Care Facilities – American Medical Association

1. Our AMA encourages healthful food options be available, at reasonable prices and easily accessible, on the premises of health care facilities.
2. Our AMA hereby calls on all health care facilities to improve the health of patients, staff, and visitors by: (a) providing a variety of healthy food, including plant-based meals, and meals that are low in saturated and trans-fat, sodium, and added sugars; (b) eliminating processed meats from menus; and (c) providing and promoting healthy beverages.
3. Our AMA hereby calls for health care facility cafeterias and inpatient meal menus to publish nutrition

information.

4. Our AMA will work with relevant stakeholders to define “access to food” for medical trainees to include overnight access to fresh food and healthy meal options within all training hospitals.

<https://policysearch.amaassn.org/policyfinder/detail/Healthy%20Food%20Options%20in%20Hospitals%20H-150.949?uri=%2FAMADoc%2FHOD.xml-0-627.xml>

Did you know? According to the FAO, around 10 million hectares of deforestation (nearly the size of Iceland) takes place every single year, with a huge 95 percent of this taking place in tropical forests. These areas are incredibly important ecosystems that support two-thirds of global biodiversity despite covering just 10 percent of the planet’s surface. Everyday products including palm oil, [coffee](#), soy, and [beef](#) are all linked to deforestation, which increased significantly in 2020. Halting this destruction, and expanding reforestation efforts, will be central to climate mitigation and the preservation of future biodiversity.

<https://www.livekindly.co/tropical-forests-can-regrow>

Micronutrient status and intake in omnivores, vegetarians and vegans in Switzerland

Conclusions: Despite substantial differences in intake and deficiency between groups, our results indicate that by consuming a well-balanced diet including supplements or fortified products, all three types of diet can potentially fulfill requirements for vitamin and mineral consumption.

Eur J Nutr. 2017 Feb;56(1):283-293.doi: 10.1007/s00394-015-1079-7. Epub 2015 Oct 26.

<https://pubmed.ncbi.nlm.nih.gov/26502280/>

Currently, about 80% of the agricultural land on the planet is destined for the production of grains for animal feed in the livestock sector. Research shows that if only half of that were used for crops intended for human consumption, a billion more people could be fed. See more clicking at the <https://ivu.org/13-ivu/2249-hunger-manifesto.html> (International Vegetarian Union)

What we find in the Seventh Day Adventist Health Study-2 which was so fascinating, when we give that study such a high degree of credence, because not just the large number of people, but also the fact that they have..... the whole different cohorts eating different diets. And we could see, with these large numbers of people, following them for de- cades how long they live and what they die of. And what they find, which is really fascinating, is more plant protein in the diet extends lifespan, reduces risk of cancer, and more animal protein increases risk of cancer. Dr Joel Fuhrman: Conquering Cancer: The Anti-cancer diet (E-book)

What we find in the Seventh Day Adventist Health Study-2 which was so fascinating, when we give that study such a high degree of credence, because not just the large number of people, but also the fact that they have the whole different cohorts eating different diets. And we could see, with these large numbers of people, following them for de- cades how long they live and what they die of. And what they find, which is really fascinating, is more plant protein in the diet extends lifespan, reduces risk of cancer, and more animal protein increases risk of cancer. Dr Joel Fuhrman: Conquering Cancer: The Anti-cancer diet (E-book)

In Australia, 42 percent of people are eating less meat or none at all in 2019. Among them, 10 percent of the people identified themselves as vegan or vegetarian, 12 percent as meat reducer, and 20 percent as flexitarian. Australia: share of people avoiding or reducing meat . <https://www.statista.com>

Dishwasher use linked to allergies

In a study of more than 1000 Swedish children, those with increased microbial exposure were less likely to develop allergies... and this included potential exposure to hand washed dishes. In a household where dishes were always washed by hand, rates of allergies in the children were half those from household that used dishwashers. The children using hand washed dishes were less likely to develop eczema, asthma and hay fever....The hygiene hypothesis – the theory that early exposure to dirt and germs programs your immune system to properly identify and countermand threats – has been gaining slow but steady support over the past decade. Quite simply, if you're too clean you deprive yourself of the exposure to bacteria that your body needs in order to program itself to keep inflammation at bay, as well as to respond properly when a threat does occur. The answer is not to eat dirty food... but food that has been grown in healthier soil and contains beneficial bacteria is incredibly important.

From an article “Your body is crying out for... Dirt” By Dr Joseph Mercola, in Nexus magazine Dec '21-Jan '22.



Eateries Update

[Type here]



VegSA Diary Dates

Cooking Classes and Courses



VegSA News



Products on the Market

Classes and Courses

WEA Vegetarian Cooking Courses

COOKING CLASSES: Next **Food for Life Course** will be November 7th to December 5th. Contact Coordinator Dr Heleen Roex: heleen@drroex.com or phone 0432 994 909.

Devashon Temple runs (usually) one-off

Su

On Sunday March 25th a group of 11 people attended lunch at Sky Vietnamese in Port Adelaide. Food is traditional Vietnamese cuisine using fresh, healthy ingredients, 100% vegan, huge variety of dishes including laksa, curries, pizza and desserts. It was difficult to choose. Everybody enjoyed the food and company.

THE ITALIAN VEGETARIAN-WITH ROSA MATTO Explore delicious, traditional dishes for everyday meals and for lavish entertaining. Saturday 6th Aug 11am – 3pm (Wea Centre) Fee: \$133

Sat 11.00am 6 Aug. 1 sess x 4 hrs **Available Session Times - select from the following sessions:**
27039 -

Fees available for this course:[\(Which Fee?\)](#)

THE ITALIAN VEGETARIAN-WITH ROSA MATTO

class: 27039

Sat 11.00am 6 Aug. 1 sess x 4 hrs (Wea Centre)

[Type here]

INTRODUCTION TO FERMENTATION WORKSHOP

WEA 223 Angas St Adelaide. See www.wea-sa.com.au or phone. 8223 1979 for details and booking. Note concessions apply for some courses.

INTRODUCTION TO FERMENTATION WORKSHOP Sat July 30th 10am – 2.30pm. Preserving foods without artificial preservatives. Hands-on workshop making sauerkraut, kefir & milk yoghurt, yoghurt cheese & apple vinegar. Note some processes involve milk and may not be suitable for everyone. Students will be asked to bring some ingredients. Fee \$126.

THE ITALIAN VEGETARIAN-WITH ROSA MATTO Explore delicious, traditional plant-based dishes for everyday meals and for lavish entertaining. Saturday 6th Aug 11am – 3pm (Wea Centre) Fee: \$133

WEA Vegetarian Cooking Courses

COOKING CLASSES: Next **Food for Life Course** will be November 7th to December 5th. Contact Coordinator Dr Heleen Roex: heleen@drroex.com or phone 0432 994 909.

Learning to make cultured foods through the fermentation process. Cultured foods provide a way while providing the body with probiotics, enzymes and vitamins to support gut health. Recent research shows that gut health is linked to mood-related disorders, so learning to make and include cultured foods in our daily diet can support our holistic well-being. This, where participants will learn to make different cultured foods,. Taste-testing is included in the class. Students are required to bring along some of the ingredients and you may wish to contact our Enrolment Office for further details prior to enrolling.

