

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/09 – September 2009

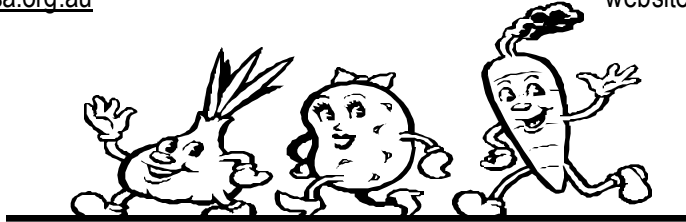
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Attention all Vegans/Vegetarians: Time to get involved!

AUSTRALIA'S NATIONAL VEGETARIAN WEEK

Monday September 28th to Sunday October 4th

Australia's National Vegetarian Week (sponsored by Sanitarium Co.) will coincide with Kindness to Animals Week and finish on St Francis Day (Patron Saint of Animals) on October 4th. Considerable media coverage is being organised by the national coordinator and all official events planned for South Australia will appear from the end of August on the National Vegetarian Week website: www.vegetarianweek.com.au/ Your participation is most welcome! Events planned to date in South Australia are:

◆ **Vegetarian Cooking Demonstration and Tasting: Sunday 27th**

September 2.30pm at the Seventh Day Adventist Church, 13 Olivedale Street, Birdwood.

Contact Julie Zilm: 08 8568 5130 or 0407 799 874 for information and bookings. It's FREE but a donation would be welcome. Please book by Friday 18th September.

Transport: Bus from Modbury Interchange (800 or 801 to Mt Pleasant) at 10.15am and 12.40pm. Leaves Birdwood at 5.20pm. Cost \$6.75 each way (\$3.75 concession)

◆ **Annual Parade for the Animals: Friday 2nd October.** Starting 1pm at Hindmarsh Square. Organised by the SA Federation of Animal Societies. Contact George Karolyi Ph: 08 8370 8539 or VegSA. (More details on page 2 'Society News')

◆ **VegSA Picnic in the Botanical Gardens: Saturday 3rd October.** Meet at the rotunda near North Terrace entrance 12.30pm. Bring vegetarian/vegan food to share, seats, family, friends and enjoy a relaxing day with VegSA! There'll also be a lively discussion on '*Being Vegetarian: alive and well and living in Adelaide*'. Contact VegSA 8260 2778 for more information.

◆ **Information Stalls (at two of Adelaide's largest shopping centres): Sunday 4th October.** Organisers: Animal Liberation SA. Contact 08 8340 8878 animal.lib.sa@gmail.com



Society News

- **VEGSA E-MAIL ADDRESSES:** Many thanks to the people that contacted us with updated e-mail addresses. However we are still receiving quite a few returned e-mails so please keep VegSA up-to-date of address changes. Now days the majority of information comes to us electronically – we aim to pass that information (particularly important issues) on to our members. Whilst this is a quick and relatively cheap way of communication we realise that not every member appreciates their inbox overloaded! Please tell us if you wish only to receive VegSA messages so that we can place you on a separate contact list.
- **RECYCLE YOUR MAGAZINES and HELP VEGSA.** Do you recycle? Of course you do! What about your Natural Health and Vegetarian Life magazines? Do you keep them for reference, pass them on to a friend or just recycle them in the normal way. Here's a suggestion: Why not leave them at the local Laundromat, the waiting room of your GP, dentist or natural healer or even donate them to your GP! If all else fails bring them to VegSA – we will make good use of any back issues by including them in an info pack for new members and enquirers. Any surplus is donated to the Vegetarian Eateries for customers to read – who, in turn (sometimes) join VegSA as a new memberand so it goes on.....!
- **VEGEWISE (formerly Vege Seniors). Not just for Seniors!** Yes, the group has finally decided on a new name! Although we do not pretend to be all wise - members of Vegewise do have a lot of experience between them. The group is currently meeting on the 3rd Tuesday of each month, usually at one of the Vegetarian Eateries in the Adelaide CBD, to socialize, share info and ideas. Members – young, old, wise or unwise are welcome to join us. But please book as some venues are not large and attendance numbers are essential. Contact VegSA if you would like to be included in the group. Note non-VegSA members are also welcome. See Diary Dates on page 8 for upcoming events.
- **VEGSA NAME CHANGE.** Shortly before printing we received notice that the name change to **Vegetarian and Vegan Society (VegSA) Inc** had been accepted by the Office of Business and Consumer Affairs. This is expected to make no substantial difference to how we function. All forms, web site, phone book entry etc. will be changed in due course.
- **ARRANGEMENTS FOR 'PROCESSION FOR THE ANIMALS':** The South Australian Federation of Animal Societies 'Procession For The Animals' through Adelaide streets is an annual event. Its aim is to draw public attention to 'Kindness to Animals Week' observed in a number of countries. While some advances in animal welfare have been made in recent years, much remains to be achieved, especially in the areas of animal husbandry and animal experimentation. If you care about animals and are available please participate. There will be plenty of banners for walkers and posters for cars. If wishing to drive OR bringing your own banners please inform the organizer. The procession is always orderly and held with the approval of the Adelaide City Council and the Police who determine the route and escort the procession. Drivers are requested to assemble in Hindmarsh Square opposite the RAA before 12 o'clock and walkers by 12.30 pm. The procession will leave the Square at 1.00 pm and return before 2.00 pm.
- **VEGAN FESTIVAL** for 2009 has been cancelled as the usual organisers will not be available. However there will be a 'Peaceful Living Fair' on Sunday Nov 8th 10am-3pm at Dunstone Grove Reserve, Nelson Street, Stepney. Activities include food, information and entertainment. VegSA is planning to hold a stall – your help would be appreciated!

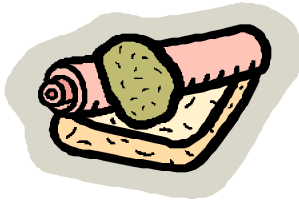
VegSA 'Food for Thought' Acknowledgements

Editor: Anne Sanders **Layout/Editorial:** Pam Marshall **Mail-out:** Committee

Disclaimer: *Opinions expressed in Food for Thought are those of the authors and not necessarily those of the Vegetarian Society of SA.*

Many Thanks to Chris Pyne (MP) office for photocopying





GOING RAW: UNFIRED BREAD

(Essene Bread)

Basic recipe for Essene Bread:

Ingredients - any organic grain or mixture of grains of your choice and any legumes or mixture of legumes. Use one fifth quantity of legumes to grains.

Method - .

1. Soak the grains and lentils over-night. Rinse thoroughly the next morning and leave to sprout. (If using chickpeas allow two days for sprouting, for grains and lentils one day).
2. When ready (i.e. tiny shoots should be just visible) place in the fridge overnight to prevent further sprouting. (N.B. Time of sprouting depends on temperature).
3. Next morning place grains and legumes in a food processor and pulverize thoroughly. Place on a board and knead into a firm dough (for about 5 minutes).
4. Transfer to an oiled tray. Flatten to desired thickness (i.e. between one eighth and half inch or 3 -12mm).
5. Leave in warm place to dry – such as in the sun, dehydrator or similar.

Editor's note. *After soaking the vitamised grains and lentils make quite a firm dough. I use a hand mincer and dry the bread in the gap under my wood stove. In the summer I dry it on trays on the trampoline.*

The Origins of Essene Bread

(from Health & Healing – Victoria Dec. 1981)

WARNING: *If religion does not interest you - give this bit a miss. However, for the rest of us, it contains quite a salutary message. .*

Essene bread originated from the Gospel of Jesus Christ. The Gospel was derived from the ancient aramaic manuscripts found by the Nestorian priests third century after Christ. How these ancient texts travelled from Palestine to the Nestorian priest of interior Asia has not been determined. However, these versions of the Gospel of Christ spread to the west as the Nestorian priests fled from the East towards the West during Genghis Khan's conquest.

The description of Essene bread is given by Christ to the people when he is telling them to eat nothing "which is a stronger fire than the fire of life (body temperature) has killed", "it is the fire that blazes outside your body which is hotter than your blood that is Satan's fire which will destroy your food and your bodies." To this the people asked of Christ, "How should we cook our daily bread without fire - Master?" Jesus answered, Let the angels of God prepare your bread. Moisten your wheat, that the angel of water may enter it. Then set it in the air, that the angel of air also may embrace it. And leave it from morning to evening beneath the sun that the angel of sunshine may descend upon it. And the blessings of the three angels will soon make the germ of life to sprout in your wheat. Then crush your grain, and make thin wafers, as did your forefathers when they departed Egypt, the house of bondage. Put them back again beneath the sun from its appearing, and when it is risen to its highest in the heavens, turn them over on the other side that they be embraced there also by the angels of sunshine, and leave them there until the sun be set. For the angels of water, of air and of sunshine fed and ripened the wheat in the field, and they, likewise, must prepare also your bread. And the same sun, which with the fire of life, made the wheat to grow and ripen, must cook your bread with the same fire. For the fire of the sun gives life to the wheat, to the bread, and to the body. But the fire of death kills the wheat, the bread and the body. And the living angel of the living God serve only living men. For God is the God of the living, and not the God of the dead."



In the Media

Animal rights issues dominate - the good, the bad and the downright ugly!

◆ **BOLIVIA: Circus animals banned.** BOLIVIA has enacted what animal rights defenders are calling the world's first law that prohibits the use of animals in circuses. Some other countries have banned the use of wild animals in circuses but the Bolivian ban includes domestic animals. The law, which states that the use of animals in circuses "constitutes an act of cruelty", took effect on July 1 and operators have a year to comply, says the Bill's sponsor, Representative Ximena Flores. The law was proposed after an undercover investigation by the non-profit London-based group Animal Defenders International found widespread abuse in circuses in Bolivia.



The Advertiser 1/8/09 www.adelaidenow.com.au

◆ **WILDLIFE MADE TO SUFFER (wild-life used for experimentation)**

It is appalling that wildlife is being used in experiments in South Australia – this standard of treatment is just another reason to get rid of the practice of animal experimentation. This article is taken from a report by MILES KEMP (Sunday Mail 19/4/09). A scathing report into the use of wildlife in animal experiments, accessed by Greens MLC Mark Parnell under freedom of information laws, has found scientists are not properly supervised to prevent cruelty. Wildlife often is killed or injured by university researchers and hospitals testing or developing human drugs or studying animal behaviour (strict pain control and welfare rules are supposed to apply.)

The independent review audited the results of a sample of 11 experiments which had been approved by the Environment Department's animal ethics committee and found one provided no evidence injured tortoises were humanely killed, and two others had used an unapproved method of removing blood from animals. Only three of the experiments had records of painless euthanasia, how injured animals were treated or how the welfare of the animals was protected. The review has caused increased monitoring of animal welfare and pain management, including inspection visits to the South Australian Museum and Adelaide and Monarto zoos. A new application form required more justification of the number of animals used, how pain would be minimized and how sick or injured animals would be managed. However Mr. Parnell said there was no excuse for animal cruelty. "Wildlife are under increasing threat from a range of human activities. It would be tragic if we had to add scientific research to the list of threatening activities alongside pollution and habitat destruction."

◆ **CAMPAIGN AGAINST JUMPS HORSE RACING:**

Jumps Racing (where horses race at speed over hurdles) is banned in all states of Australia except Victoria and SA. In 2008 14 horses died as a result of injuries sustained from falls during these races (mainly "put down" after breaking legs, shoulders, etc.) and this year



(at the time of writing) there have already been 13 fatalities. Racing authorities have attempted to make the courses safer by lowering the jumps but this only enables the horses to go faster and does not reduce the danger. A campaign to have jumps racing banned is being conducted by the Coalition for the Protection of Race Horses (which includes Liberation SA). Animal Liberation SA has held demonstrations at Oakbank and regularly outside Morphettville Racecourse, the last of which on Aug 22nd was extensively covered by the media, including a good segment on ABC TV's 7.30 Report.

Jumps Horse Racing obviously contravenes the Animal Welfare Act in that these fatal injuries are entirely predictable and so can be deemed "reckless about causing, the death of, or serious harm to the animal". However, the matter is being dealt with by the Minister for Racing Hon Michael Wright MP (instead of by the Minister for Animal Welfare Hon Jay Weatherill) who has referred it to Racing SA who, in turn, have said that they will not consider a ban or suspension until the end of the current racing season.

Meanwhile there are a number of online polls asking readers whether they think jumps racing should be banned, most people are voting "Yes". Greens MP Mark Parnell has promised to present a petition (copy available from ALSA animal.lib.sa@gmail.com Ph 8340 8878 or from VegSA) to the Legislative Council.

In Victoria the RSPCA has been active in supporting the need for a ban, but less involved until now in SA. However we have just heard that RSPCA is planning to investigate the deaths of the 2 horses in SA. Hopefully this will lead to some real action.

Next Jumps racing protest at Morphettville: 19/9/09. Please give your support

South Australia Animal Welfare Act 1985:

In the light of the number of current animal rights issues it is interesting to note the Animal Welfare Act which states:

Part 3—Animal welfare offences No. 13— Ill treatment of animals

- If — (a) a person ill treats an animal; and
- (b) the ill treatment causes the death of, or serious harm to, the animal; and
- (c) the person intends to cause, or is reckless about causing the death of, or serious harm to, the animal, the person is guilty of an offence.
Maximum penalty: \$50,000 or imprisonment for 4 years.
- (2) A person who ill treats an animal is guilty of an offence.
Maximum penalty: \$20,000 or imprisonment for 2 years.
- (3) Without limiting the generality of subsection (1) or (2), a person ill treats an animal if the person — (a) intentionally, unreasonably or recklessly causes the animal unnecessary harm or
- (b) being the owner of the animal —
- (i) fails to provide it with appropriate, and adequate, food, water, living conditions (whether temporary or permanent) or exercise; or
- (ii) fails to take reasonable steps to mitigate harm suffered by the animal; or
- (iii) abandons the animal; or
- (iv) neglects the animal so as to cause it harm; or
- (c) having caused the animal harm (not being an animal of which that person is the owner), fails to take reasonable steps to mitigate the harm; or
- (d) uses the animal in an organised animal fight; or
- (e) releases the animal from captivity for the purpose of it then being hunted or killed;
- (f) causes the animal to be killed or injured by another animal; or
- (g) kills the animal in a manner that causes the animal unnecessary pain; or
- (h) unless the animal is unconscious, kills the animal by a method that does not cause death to occur as rapidly as possible; or
- (i) carries out a medical or surgical procedure on the animal in contravention of the regulations; or
- (j) ill treats the animal in any other manner prescribed by the regulations for the purposes of this section.

HOWEVER:

43—Act does not render unlawful practices that are in accordance with prescribed code of animal husbandry practice

Nothing in this Act renders unlawful anything done in accordance with a prescribed code of practice relating to animals.

42A—Codes of practice

Where a code is incorporated into or referred to in this Act or the regulations-

- (a) a copy of the code must be kept available for inspection by members of the public without charge and during normal office hours, at an office determined by the Minister; and (b) evidence of the contents of the code may be given in any legal proceedings by production of a copy of a document apparently certified by or on behalf of the Minister to be a true copy of the code.

◆ **LIVE ANIMAL EXPORTS:** In 2008 over 36,000 animals died being exported live from Australia (mainly from salmonella infection, enteritis etc) according to a report on ABC News Radio 20/7/09. Whilst Life Corp claims that Australia has the highest standards of any country with vets on ships and constant monitoring, it is still 36,000 too many and a tiny fraction of the animals suffering in this trade.

◆ **The Cove - slaughter of dolphins in Taiji:** World-famous dolphin trainer of the *Flipper* TV series Richard O'Barry and an undercover team went to extraordinary lengths in filming the full horror of the Taiji dolphin slaughter as revealed in the internationally acclaimed documentary **The Cove** due for release in Australian cinemas in August.



About 23,000 dolphins and porpoises are being slaughtered each year and their meat, containing toxic levels of mercury, is being sold as food in Japan, often labelled as whale meat. The dolphins are killed in a secluded cove three hours south of Osaka. The slaughter is hidden from public view with tarps and nets. Access is blocked by steel gates, barbed wire, razor ribbon and guards. Migrating dolphins and porpoises are rerouted by 13 fishing boats. They become disoriented when the fishermen bang on long, metal pipes that have been lowered into the water, eventually getting herded, then sealed, into the cove by nets drawn across the entrance.

What can you do? ACTION PLAN:

1. **Sign** the letter at http://thecovemovie.com/what_can_you_do/letter_writing.htm
2. **Contact** Australian Broome City Council as they are the Sister City of Taiji and ask that they suspend their sister city relationship until the killing stops.
Cr Graeme (Shire President) shirepresident@broome.wn.com.au
Ph: (08) 9192 1366 Mob: 0407 477 544 Fax: (08) 9193 5854
3. **Watch** the video on 'YouTube'. (Warning it's very graphic and disturbing).
<http://www.youtube.com/watch?v=VkgCTDqQYBE&feature=related>

For more info and action please visit: <http://www.savejapandolphins.org>
<http://thecovemovie.com> <http://www.opsociety.org>

◆ **\$1000 VEGAN EASY CHALLENGE:** Altruism, ethics and enviro-friendly motives are being combined with a cash giveaway in Animal Liberation Victoria's (ALV) 30-day Vegan Easy Challenge in September. With a membership of about 800, ALV wants to encourage the idea of veganism which excludes animal products such as eggs and dairy. 17 million lambs are slaughtered each year, along with 8 million steers and cows. Millions of tonnes of grain are grown to feed meat chickens. But some think it is better for the environment to give up dairy before meat. Thirty-five per cent of the irrigation in Victoria is used for the dairy industry. "We want to get the idea across that eating vegan is not something weird but a perfectly acceptable and normal way of eating. "It's not just for the animals," says President Patty Mark.

◆ **FESTIVAL OF DANGEROUS IDEAS** (Sydney Opera House, Utzon Room)
4pm Saturday 3 October - \$20 (\$15 for Festival Pass holders)

Dr. Denise Russell (AAHR* member) presents a powerful case against animal testing, comparing it with the now largely illegal practice of human slavery. The founding editor of the journal *Animal Ethics* argues that animal slavery is condoned and supported by government grants, charitable organizations, honors and awards: "The slave owners are given vast sums of money and praise. The animals who die are the lucky ones, as their suffering has ended. The supposed status of science and the secrecy involved in animal experimentation protects these practices from critical scrutiny. Yet millions of animals suffer and die in Australian experiments each year. Meanwhile in other countries, alternative ways of seeking knowledge about pharmaceuticals, biological responses to injury, surgical interventions or psychological processes have been developed. Entrenched power structures mean that in Australia there is resistance to implementing alternatives. Scientific experiments using animals could and should be abolished"

*AAHR = Australian Association for Humane Research *Thanks to AVU/SA for this info.*



Products on the Market



◆ **The importance of Vitamin D:** As summer is approaching it's a good time to remind ourselves of the importance of Vitamin D - that essential nutrient we produce via the skin while in the presence of sunshine. However it seems that some of us are not manufacturing sufficient Vit. D because of our increased concern about developing skin cancer. Vit. D is essential for the absorption and utilization of calcium. People with particular needs (such as people with increased risk of bone fractures) may need to take extra measures to ensure sufficient intake. The best way to absorb Vit. D is from sunshine directly onto the skin. (One respected doctor recommends 15 minutes daily of sunshine exposure in the mid part of the day in summer). However for those not able to do this a 'once a month' liquid Vit D is available on prescription from GPs. **WARNING:** Check that this is not animal based as most Vit D (D₃) are animal sourced. VegSA has been assured that the Vit D dispensed by Green Dispensary (46 Beulah Road Norwood Ph 8363 7322 and several of it's branches) are based on corn. Margarine and table spreads in Australia must, by law, contain Vits D and A. The only brands that are known to use non animal Vit D are **NUTALEX** and **MELROSE OMEGA 3**. If you know of others, please let us know.

◆ **Bliss Organic Cafe** - Your 1-STOP VEGAN SHOP. Now has a range of vegan groceries as well as vegan food to eat in or take away. Voted South Australia's BEST VEGETARIAN RESTAURANT 2009. 7 Compton Street, Adelaide SA 5000 (just off Gouger Street – opposite the Adelaide Central Market). Tue-Sat 10am - 4pm plus Friday nights 6pm-9pm. Ph 08-8231-0205 www.blissorganiccafe.com

◆ **The Organic Shop** – All Organic Fruit & Vegetables, Products and Personal Items. 37 The Broadway, Glenelg South Ph: 8295 7767. (Note: Also sells organic meat)

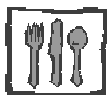
◆ **Products to Avoid!** Don't brush your teeth until you have checked you are not using PROCTOR AND GAMBLE products (owners of such household names as Duracell, Gillette, Vicks, Max Factor, MUM and Orall B). They routinely test their products on animals even when there is no legal requirement to do so. To emphasize the message that this is unacceptable the Anti Vivisection Union is asking that we join the boycott of P&G's wide range of products. (See enclosed flier for list of all P&G Products)

-Advertisement-

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never been tested on animals and never used animal by-products, formulated without mineral oils, dyes or chemical fragrances.

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Vegan/Vegetarian Eatery & Cooking Classes

- ◆ **VEGETARIAN BANQUET:** Held last Wednesday each month.
Addis Ababa Café 462 Port Rd West Hindmarsh. \$25 Phone 8241 5185 to book.
Delicious traditional Ethiopian dishes.
- ◆ **Compassionate Cooking Classes** (Animal Liberation SA)
Sun Oct 25th: Appetisers and Finger Foods 1 – 4pm Cost \$10/\$5
Sun Dec 6th: A Compassionate Christmas Menu 1 – 4pm Cost \$10/\$5
Venue: 19 Green St Brompton, Bookings Ph 8296 3803 or diphilcom@gmail.com



VegSA Diary Dates

VEGEWISE Group

Meets 3rd Tuesday each month (12 noon - unless otherwise stated)

Everyone Welcome!

- ◆ **Sept 15th - Zen House** 17-19 Bent Street Adelaide
- ◆ **Oct 20th - Vegetarian Garden** Shop12 Renaissance Arcade, Pultney St, Adelaide
Contact Alice on 8568 5181 by previous Friday to book a place
- ◆ **November 17th - Pure Vegetarian**, Shop 8 Market Plaza Food Court, Moonta St Adelaide. West end of "new" food court, off China Town. No need to book but try to arrive by noon so we can get a table together. If not sure of direction phone Anne on 8260 2778
- ◆ **December 15th - Christmas Garden Party** at Pam's - St Marys. Bring food and drink to share for a Vegan/Vegetarian Christmas celebration. Everyone welcome!
Phone 8374 2531 or email: theshoppe@chariot.net.au for bookings and address details.
(May be cancelled if above 36 °C).



NATIONAL VEGETARIAN WEEK

Monday Sept 28th to Sun Oct 4th

- ◆ **SUNDAY 27th SEPTEMBER 2.30 pm Vegetarian Cooking Demonstration and Tasting**, Seventh Day Adventist Church, Birdwood. Contact: 08 8568 5130 mob 0407 799 874
- ◆ **FRIDAY 2nd OCTOBER Annual Parade for the Animals** 1pm from Hindmarsh Square.
SA Federation of Animal Societies: contact George Karolyi 08 8370 8539. Details – page 2
- ◆ **SATURDAY 3rd OCTOBER 12.30 pm Picnic in Botanical Gardens**: Meet at rotunda near Nth Ter entrance. Bring vegetarian/vegan food to share, seats, family, friends. contact VegSA 8260 2778. Discussion: **Being Vegetarian: alive and well and living in Adelaide**

M.A.D (meat & dairy) Free Weekend

at Bliss Organic Cafe, 7 Compton Street, Adelaide.

- Friday November 13 - 8pm **Rosie Burgess Trio concert** (\$10 OR \$5 if dining at 6pm)
- Saturday November 14 - **Movie Night** - 6pm 'Zeitgeist' and 8pm 'Secret' (entry by donation)
- Sunday November 15 - 11am to 4pm – **Festival**: Stalls, live music at the courtyard garden, workshops, massage, food and more! FREE ENTRY
Ph 08 8231 0205 www.blissorganiccafe.com

NORTHERN VEGETARIAN GROUP Shared Lunch

Saturday October 17th 12.30pm

5 Enford Street, Elizabeth. Contact Yin on 8252 9098 or 0416 880 388.
Bring vegetarian/vegan dish to share and ideas for future events



PEACEFUL LIVING FAIR

Sunday November 8th 10am-3pm Dunstone Grove Reserve Nelson Street, Stepney
Stalls, food, entertainment Contact VegSA or Animal Liberation SA for information

Natural Health Society (SA)

1st Tuesday each month 7.30pm: Meeting & lecture at Unley Citizens Centre,
18 Arthur Street Unley. Members \$2, visitors welcome \$4/\$3

Information: Secretary 8277 7207 website www.naturalhealthsa.com.au

October 6th Pam Marshall "Living in Harmony with the Planet". **November 3rd** TBA
(Contact Secretary for details). **December 1st** Paul Kern (Naturopath) "The Acid/Alkaline
Balance and how it affects the different organs of the Body"

VegSA Box 311 Kent Town SA 5071 phone 08 8260 2778 info@vegsa.org.au www.vegsa.org