RABIES EXPERIMENTS
PCRM EXPERTS CALL FOUL

PCRM 2013:
Year in Review

Get Smart About
Brain Health at
NutritionCME.org

Congress Gets
Hands-On Demo of
Combat Trauma
Training Simulators

Fly Vegan!
Annual Airport Review

The Future Is Here for
Nonanimal Toxicology

Golden Carrots Honor
Nation’s Healthiest
School Lunches

Washington University:
Last Civilian Pediatrics
Program Using Animals

Helping Our Daily Bread
Provide Plant-Based
Meals
No, We Don’t Need Another Animal “Model”

When a new rabies strain broke out in Taiwan, local officials decided to inject the rabies virus into beagle puppies to see what would happen.

What would happen is this: As the virus attacked the puppies’ brains, they would exhibit behavioral changes, becoming first hyperactive, then progressively weak. As paralysis spread to their legs, they would become unable to walk. As paralysis spread to their throat muscles, they would lose their ability to swallow. Soon, they would die of respiratory arrest.

PCRM experts called foul. If the idea behind this gruesome proposal was to see whether the virus could infect the dogs and pose a threat to people, we pointed out that it can be safely assumed that the virus would infect dogs. After all, rabies is highly transmissible. Moreover, we showed that the latest scientific methods use test-tube techniques, not animal experiments, and can quickly determine whether existing vaccines can block the virus. As you will read in this issue, the puppies’ fate is still hanging in the balance.

A rush to animal experiments is a frighteningly common response to emerging diseases. Some scientists find ways to cause cancer in animals. Others create genetic changes in animals, feed them fatty diets, and cut out portions of their pancreases to cause diabetes. The idea is to create conditions that resemble—if only vaguely—the human disease.

We showed that the latest scientific methods use test-tube techniques, not animal experiments, and can quickly determine whether existing vaccines can block the virus.

Why so many animal “models”? One might blame Robert Koch, the 19th-century German physician who, studying cholera and tuberculosis, developed a set of principles to prove that a microbe is the cause of disease. Koch’s postulates, still memorized by medical students today, called for testing suspect organisms in animals.

The idea of using animals as living test tubes has, of course, spread far beyond the world of infectious disease. But cancer, diabetes, heart disease, Alzheimer’s disease, and innumerable other health conditions can now be studied with better methods that zero in on human biology. Starting with population studies, risk factors can be elucidated and can then be tested in clinical trials. Genetic, in-vitro, and pathology studies can help clarify the mechanisms of disease. This does not mean that research is easy, but human-based methods have power and direct applicability that animal research lacks.

Neal D. Barnard, M.D.
President of PCRM
SAFETY TESTING

ICAPO Wins Prize for Nonanimal Policymaking

The International Council for Animal Protection in OECD Programmes (ICAPO) won a $64,000 Lush Prize in November for outstanding contributions to replacing animal testing—specifically recommending policy reform that includes nonanimal test methods.

Since 2006, the Physicians Committee has served as the Secretariat of ICAPO, which works for the widest possible implementation of measures to replace, reduce, and refine animal tests within Organisation for Economic Cooperation and Development (OECD) guidelines and programs. The OECD is an intergovernmental organization headquartered in Paris that sets chemical testing guidelines worldwide. ICAPO is made up of groups from most OECD member countries, including in Europe, North America, and Asia.

“Body-on-a-Chip” Made on 3-D Printer

Wake Forest Baptist Medical Center’s Institute for Regenerative Medicine is developing a “body-on-a-chip” that will use 3-D printer technology to build a miniaturized system of human organs that can mimic the body’s response to chemicals.

Human cells will be used to create tiny organ-like structures that function like the heart, liver, lungs, and blood vessels. A 3-D printer will be used to place the structures onto 2-inch chips. The chips will be connected by a system of channels that guide the chemicals being tested from one tissue to the next, modeling the human organ system and its response to the chemicals.

Animal Testing Ending for Some Chinese Cosmetics

The Chinese government announced in November that domestically manufactured cosmetic products with “ordinary” purposes, such as soap and shampoo, will no longer be required to undergo animal tests. Companies will have the option to use nonanimal methods to prove safety. Cosmetic ingredients will continue to be animal tested, as will “special-use cosmetics” such as sunscreen, hair dye, and antiperspirant deodorants. In addition, imported cosmetics will continue to undergo required animal testing. Scientists from the Physicians Committee continue to work with U.S. and international regulators to show how cheaper and faster nonanimal methods produce more accurate information.

Harvard and AstraZeneca Collaborate on Organs-on-Chips

The Wyss Institute for Biologically Inspired Engineering at Harvard University and the pharmaceutical company AstraZeneca are collaborating on new organs-on-chips to better predict drug safety in humans and reduce animal testing.

Human organs-on-chips are created from human cells and allow researchers to measure the safety of potential new drugs in humans. The new Harvard-AstraZeneca collaboration will develop animal versions. These organs-on-chips could replace some animal experiments that regulators currently require before giving approval to test a new medicine in humans. AstraZeneca says the technology could play a critical role in both improving patient safety and reducing the need for animal testing.
**NUTRITION** By Susan Levin, M.S., R.D.

**BONE HEALTH**

No, Milk Products Don’t Actually “Build Strong Bones”

Drinking milk as a teenager does not prevent hip fractures later in life, according to a new Harvard study published in *JAMA Pediatrics*. Researchers analyzed diet and hip fracture risk for 96,000 postmenopausal women from the Nurses’ Health Study and men aged 50 years and older from the Health Professionals Follow-Up Study. While women saw no protective effect from consuming dairy products, men who consumed dairy products, including low-fat, skim, and whole milk and cheese products, had a 9 percent increased risk for hip fractures later in life from each additional serving beyond one serving consumed per day as a teen.

Feiskanich D, Bischoff-Ferrari HA, Frazier L, Willett WC. Milk consumption during teenage years and risk of hip fractures in older adults. *JAMA Pediatr.* Published online November 18, 2013.

**MORTALITY**

Bacon Kills

Consumption of red meat and processed meat products, like bacon, ham, and sausage, is associated with increased risk of death, according to a review published in the *American Journal of Epidemiology*. Researchers looked at nine studies with years of follow-up ranging from 5.5 to 28 years to calculate a 23 percent increase in mortality risk for those consuming the most processed meat and a 29 percent increased risk for those consuming the most red meat, compared with those who consumed the least.


**WEIGHT CONTROL**

Vegan Diets Keep You Slim and Healthy

People who follow vegan diets weigh less and have healthier diets overall, according to a recent study in the *Journal of the Academy of Nutrition and Dietetics*. Researchers collected data from 71,751 participants enrolled in the Adventist Health Study 2 for five years. Participants were categorized into five dietary patterns: vegan, lacto-ovo vegetarian, semi-vegetarian, pesco-vegetarian, and nonvegetarian. Those who followed nonvegetarian diets ate the most saturated fat and the least fiber, compared with the vegan group. The vegan group consumed the most beta-carotene, fiber, potassium, and magnesium, compared with all other dietary groups. The vegan group also had the healthiest body weight and the lowest prevalence of obesity.


**HYPOTHYROIDISM**

Vegan Diets Improve Thyroid Function

Vegan diets protect against hypothyroidism, according to a new study published in the journal *Nutrients*. As part of the Adventist Health Study 2, 65,981 men and women completed diet questionnaires and reported whether they had been diagnosed with hypothyroidism. Compared with the omnivorous group, the vegan group had fewer diagnoses of hypothyroidism. Hypothyroidism is a condition in which the thyroid gland fails to produce enough of the hormones that are essential for a wide variety of functions in the body, including proper cardiac, nerve, gastrointestinal, and psychologic function.

Physicians Committee scientists had to act quickly this summer when the Taiwanese government announced plans to infect beagle puppies with rabies by exposing them to rabid ferret-badgers—a terribly cruel and crude approach to addressing a recent outbreak of the virus.

The deadly experiments were proposed to see whether the puppies could be infected with the specific rabies strain affecting the ferret-badgers. But associate director of laboratory medicine Kenneth Litwak, D.V.M., viral immunologist Sarah Cavanaugh, Ph.D., and toxicology research fellow Mei-Chun Lai, Ph.D., knew there was no question among rabies experts that the dogs would succumb to the virus.

The scientists immediately began a campaign condemning the experiments as cruel and unnecessary and calling for valid research conducted without harming animals. Worldwide media were also alerted to the Taiwanese Council of Agriculture’s (COA) plans to subject the puppies to paralysis, anxiety, confusion, hallucinations, muscle spasms, and death—all to show that the puppies could be infected with rabies.

**Cruel and Unnecessary**

The COA hoped that the world would turn a blind eye to the awful experiments. But the Physicians Committee’s message immediately began to spread across the globe.

“It sounds like a scene from a horror movie: injecting rabies into beagle puppies and watching as they succumb to one of the most miserable of diseases,” wrote Physicians Committee president Neal Barnard, M.D., in a blog on the Huffington Post on Aug. 30. “This isn’t fiction. It’s a cruel experiment that is real and imminent.” Dr. Barnard’s blog also asked that the COA take a very different approach and urge the citizens of Taiwan to vaccinate their dogs and other animals by World Rabies Day on Sept. 28.

As World Rabies Day approached, more than 85,000 people worldwide signed a Physicians Committee petition asking the COA to focus on an aggressive rabies vaccination campaign instead of moving forward with the misguided experiments.

Despite these efforts, the Taiwanese officials refused to back down. But Physicians Committee scientists weren’t backing down either.

**Rabies Experts Speak Out**

In continued and frequent communications with the COA and the media, Dr. Litwak pushed for in-vitro tests and other nonanimal methods that could quickly address the outbreak without harming any animals.

Dr. Litwak and the other Physicians Committee scientists were soon joined by a global team of rabies experts speaking out against experiments.

“A search of the biomedical literature reveals that dogs are no longer used for either vaccine development or academic experiments,” wrote Zhen F. Fu, D.V.M., Ph.D., a researcher in the field of rabies virus biology from the University of Georgia.
The rabies specialists called for proven in-vitro methods that would spare animals from the deadly and futile experiments.

“After decades of research, the infectivity of the rabies virus and the resulting course of infection in dogs have been well-established,” wrote Jaime E. Castellanos, Ph.D., head of the Institute of Virology at Universidad El Bosque in Bogota, Colombia. “Vaccine efficacy in canine populations...can be determined through a simple blood draw from previously vaccinated dogs.”

Veterinarians also spoke out about the ethical problems of the experiments. “I would have thought that Taiwan is at the forefront of modern science and ethical responsibility toward animals,” wrote Katie Loeffler, D.V.M., Ph.D. “It comes as a significant surprise to me to learn that Taiwan is planning such a primitive and inhumane experiment.”

**International Clout**

News of the looming experiments on beagle puppies and other animals soon spread to international celebrities, who Dr. Lai invited to write letters on behalf of the Physicians Committee.

Taiwanese media and English-language news outlets around the world covered letters by actors Alec Baldwin and Maggie Q, Taiwanese entertainer Han-ya Liu (Aya), and Taiwanese model I-Hwa Wu, all urging the Taiwanese government to cancel the experiments.

“Having lived and worked in Taiwan, I know it to be a place of progressive ideas and practices,” wrote Maggie Q. “I am concerned that these experiments are a step backward, not forward. I strongly believe that the lives of animals matter and that we must not cause harm to one to protect another when the only result will be to prove what has already been repeatedly demonstrated.”

Alec Baldwin wrote, “I have two dogs myself, and want them to be safe from the threat of rabies, so I understand your concern about the recent rabies outbreak in Taiwan and your desire to protect the city’s animals and humans. But infecting beagle puppies with this new strain of rabies isn’t the answer.”

A Physicians Committee petition also urged U.S. senators to send a message to the Taiwanese government that the international community will not tolerate animal cruelty in the name of faulty science.

**Promising Resolution**

In November, news that an unvaccinated puppy had become infected with rabies and euthanized proved the obvious: that the new strain does not differ significantly from other rabies viruses.

“We hope the Taiwanese government will reconsider plans to infect unvaccinated animals with the rabies virus....” Dr. Cavanaugh wrote to Jiang Yi-huah, the premier of the Republic of China. “Doing so will undoubtedly save animal lives.”

As Good Medicine went to print in December, the Physicians Committee had successfully delayed the deadly experiments. But until the Taiwanese government officially announces that it will spare beagles and other animals from rabies infection, Physicians Committee scientists will continue to work to stop them.

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**Research Issues**

**The Facts**

How many animals have been found to be infected?

- 1 dog
- 1 Asian house shrew
- 201* Formosan ferret-badgers

*of 2,316 wild animals tested

How many animals are planned to be used in testing?

- 100 mice
- 14 beagle puppies
- Unannounced Number ferret-badgers

In the last 20 years, 338 out of 340 scientific papers about rabies contained no mention of infecting dogs to test a vaccine, according to a PubMed search.

**Known Solution**

In mainland China, vaccination efforts of unvaccinated dogs have proven effective.
Complaint Says Wayne State Dog Experiments Don’t Help Humans

Local doctors and concerned citizens joined the Physicians Committee in November at Wayne State University to protest the use of dogs in heart failure experiments. Doctors also delivered a petition with more than 1,000 signatures to Wayne State’s new president.

It appears that Wayne State violated Michigan state law by bringing at least 21 dogs across state lines without interstate health certificates or official certificates of veterinary inspection, alleges a Physicians Committee complaint filed Nov. 14. The dogs were purchased from a facility in Virginia to be used in painful heart experiments and then killed. The authorities should immediately seize and quarantine any illegally imported dogs now being held in the laboratory at Wayne State, according to the Physicians Committee.

In a related case, a Michigan judge recently ruled in favor of the Physicians Committee and ordered Wayne State to provide medical records and other documents relating to the dog experiments.

The documents reveal that Rogue, a small hound, was forced to exercise on a treadmill just four days after one of her surgeries. After less than five months, Rogue was euthanized. When the experimenters removed their equipment from Rogue, they found that she had a hole in her aorta and had been bleeding into her chest for four days. Rogue’s short life in the laboratory failed to provide any data that would lead to treatments for human patients.

ONLINE> Learn more about the experiments and read Rogue’s story at RogueExperiments.org.

Ads Slam Alcohol Experiments on Live Animals

Hard-hitting Physicians Committee bus shelter ads in Providence, R.I., recently targeted Brown University experimenters for conducting cruel experiments on pigs while ignoring the real problems caused by alcohol. PCRM also filed a complaint with federal authorities alleging violations of the Animal Welfare Act.

The Brown experimenters first operated on the animals, surgically reducing blood flow within the animals’ coronary arteries in an attempt to simulate heart disease. They next administered toxic amounts of alcohol—the equivalent of 20 shots of liquor per day—to the animals. They then cut the animals open expose their hearts and take measurements, and finally killed them. The experiments were supposedly aimed at the problem of heart disease caused by excessive alcohol consumption. PCRM’s bus shelter ads call for a very different approach to understanding health problems caused by alcohol.

ONLINE> Learn more about human-based alcohol research at EducationNotExperimentation.org.
Congress Gets Hands-On Demo of Combat Trauma Training Simulators

Members of Congress came face-to-face with life-threatening injuries at a combat trauma training simulation event sponsored by the Physicians Committee in October.

The makers of three simulators demonstrated their products’ potential to revolutionize the care of wounded service members on the battlefield. Attendees also heard from Rep. Hank Johnson and Robert DeMuth, M.D., a physician and former Army Major who credits countless lives saved on the battlefield to simulation devices.

“When I served in Iraq, I made sure that every medic under my command trained with advanced medical simulators,” said Dr. DeMuth. “In my opinion, the use of animals for trauma training is simply not necessary, given the availability of this technology.”

The audience even had a chance to get their hands dirty trying out the new era of medical training simulators, including the HemaSTaT training system from Simulution, Inc., the Cut Suit from Strategic Operations, and SimMan from Laerdal Corporation. The devices feature lifelike skin, anatomically correct organs, breakable bones, and realistic blood flow and clotting.

Medical technology has advanced rapidly over the last decade, making older training methods—like operating on live animals—unnecessary.

ONLINE: Watch a video of the Cut Suit in action at the demo at PCRM.org/CutSuit.
Washington University Is Last Civilian Pediatrics Program Using Animals

Signs reading “Wash. U: Using Cats to Teach Human Medicine?” at PCRM’s October physician-led demonstration urged Washington University School of Medicine in St. Louis to move toward human-relevant research.

Although the university’s Saigh Pediatric Simulation Center allows residents “to develop skills and experience in managing complex situations and high-risk conditions,” pediatrics training at Washington University still involves using live cats and ferrets for endotracheal intubation. This includes repeatedly forcing a plastic tube into the mouth and windpipe of a live cat or ferret. Animals used in this training procedure can suffer tracheal bruising, bleeding, scarring, severe pain, and even death.

The vast majority of pediatrics programs use purpose-designed infant and neonatal simulators, which mimic the airway of a low birth weight premature newborn.

Doctors Tell Southern Illinois University to Switch to Simulation

Doctors with the Physicians Committee joined students and Springfield-area residents in October for a “To Improve Education, Switch to Simulation” demonstration outside the Southern Illinois University School of Medicine.

“Southern Illinois University’s planned use of animals is an unacceptable educational method,” says Marjorie Cramer, M.D., F.A.C.S. “SIU residents deserve the best possible educational experience to prepare them to care for patients. A pig’s anatomy is vastly different from a human’s, and residents can get a better education using state-of-the-art, human-centered technology.”

The physicians also delivered a petition that asks the U.S. Department of Agriculture to eliminate gaps in its enforcement of Animal Welfare Act so that nonanimal alternatives are used to the greatest extent possible.

Superior nonanimal education methods are exclusively used by 83 percent of U.S. emergency medicine residency programs surveyed by the Physicians Committee. Simulab’s TraumaMan System, SynDaver’s Deluxe Cric Trainer, and CAE Healthcare’s Human Patient Simulator can be used for the procedure skills taught in emergency medicine residency training.
Elizabeth Arden: Come Clean About Animal Testing

A mobile billboard outside the Elizabeth Arden headquarters in Miramar, Fla., for the November shareholders meeting asked that the cosmetics company come clean about its animal testing. A Physicians Committee resolution requested that Arden make information on its animal use publicly available on its website and accessible on a constant basis, updated annually. The resolution also asked Arden to contribute to an effort to implement nonanimal testing methods in China. Nearly 15,000 people signed a Physicians Committee petition asking Arden CEO Scott Beattie to pass the resolution. The campaign is part of the Physicians Committee’s ongoing efforts to replace animal experiments in cosmetics testing with human-relevant cellular methods, which are cheaper and faster, ensuring safer cosmetics for all.

The Future Is Here for Nonanimal Toxicology

Organs on chips and virtual embryos are the future of chemical toxicity testing. In October, scientists gathered for the Second Annual Scientific Meeting of the American Society for Cellular and Computational Toxicology to discuss these and other emerging tools that are replacing animal testing and improving human health.

“The Future Is Here: Practical Applications of Emerging Scientific Tools,” was well-attended by new and established members of the ASCCT, which was formed by the Physicians Committee and the Institute for In Vitro Sciences in 2010 to promote nonanimal toxicological testing methods in the pharmaceutical, chemical, pesticide, and consumer product sectors.

“When a group of scientists representing interests as diverse as Dow Chemical Company, Harvard University, and the Environmental Protection Agency agree that nonanimal toxicology testing is the future, it’s time to invest in and explore those technologies,” says Kristie Sullivan, director of regulatory testing issues for the Physicians Committee. “These new methods better protect human health while putting an end to cruel tests that kill countless animals each year.”

“Human Organs on Chips as Replacements for Animal Testing,” the keynote address given by Donald E. Ingber, M.D., Ph.D., of the Wyss Institute at Harvard, kicked off the meeting, which featured a dozen lectures and poster presentations on making toxicology a more human-relevant science. The chips, which are about the size of a quarter, are made from living human tissues and model human organs such as the lung, liver, and heart.

Other topics included methods to replace live animals in eye irritation tests and computer-based virtual embryos that show how chemical exposures might affect developing embryos.
GOOD NUTRITION

Thanks to the Physicians Committee’s nutrition department, more and more people worldwide are learning about the power of a plant-based diet for health.

Power Foods for the Brain

Power Foods for the Brain, by Physicians Committee president Neal Barnard, M.D., was published in February, highlighting the link between foods and brain health, with a special focus on preventing Alzheimer’s disease. Dr. Barnard followed up with a book tour and the PBS program Protect Your Memory with Dr. Neal Barnard. In July, the Physicians Committee’s International Conference on Nutrition and the Brain brought more than 500 health professionals to Washington to learn how plant-based diets can help protect against Alzheimer’s disease and other brain disorders.

The Kickstart Craze

The Kickstart programs have now reached more than 300,000 people and continue to grow under the guidance of nutrition program manager Jill Eckart, C.H.C. This year, the myKickstart Health Tracker helped participants track weight, cholesterol, and blood pressure. The international programs also expanded. Kickstart Japan launched in September, and Jia Xu, Ph.D., and Zeeshan Ali, Ph.D., added new recipes and webcasts to Kickstart China and Kickstart India, respectively. New Spanish Kickstart webcasts featuring Aurora Leon, M.D., helped the Physicians Committee’s Spanish resources page go viral.

Educating Health Care Professionals

“It is time for doctors and hospitals to make the transition from being bystanders in food-related illnesses to becoming role models and leaders in the fight for health,” wrote Dr. Barnard this year in the American Medical Association’s Virtual Mentor.

In 2013, more than 3,000 continuing education certificates were awarded through NutritionCME.org, the Physicians Committee’s free continuing education website, jointly sponsored by The George Washington University School of Medicine and Health Sciences. Videos from the International Conference on Nutrition and the Brain are now available on the website.

To help the growing number of physicians who want to offer nutrition information to their patients, the new Nutrition Education Curriculum website features 18 health topics, each featuring an overview, list of tools and resources, streaming video, and lecture and discussion suggestions.

The Physicians Committee also exhibited at more than 20 events attended by more than 100,000 health professionals and laypersons and distributed more than 30,000 pieces of nutrition education literature.

Healthy Eating at Work

The Physicians Committee’s Food for Life community-based nutrition education program now includes 151 instructors in 43 states and the District of Columbia and 87 Educational Alliance Partners who teach the Food for Life curriculum in 14 countries. Food for Life Employee Wellness classes also launched last year, and 24 businesses have already joined the program.

Revealing Reports

At the International Conference on Nutrition and the Brain in July, the Physicians Committee unveiled the Dietary Guidelines for Alzheimer’s Prevention, featuring seven principles that promote brain health—including choosing multivitamins without iron and copper. The Metals of Concern in Common Multivitamins report found that common multivitamins can contain more than twice the amount of iron and copper recommended for an entire day, increasing risk for brain disorders.

This year’s Five Worst reports included the Five Worst Children’s Hospital Food Environments, the Five Worst Fast-Food Secret Menu Items, and the Five Worst Contaminants in Chicken Products.

Cutting-Edge Clinical Research

The Physicians Committee’s clinical research team conducted three studies in 2013 on how plant-based diets can help with diabetic neuropathy, migraines, and rheumatoid arthritis. Preliminary data show benefits of a dietary approach for these conditions.

The European Journal of Clinical Nutrition published two papers, and the American Journal of Health Promotion published one from the Physicians Committee’s 10-site GEICO study, which found that a plant-based diet improves overall nutrition, in addition to promoting weight loss and reducing cholesterol and blood sugar. PCRM’s clinical research team also published a commentary on plant-based sources of iron for children in Infant, Child and Adolescent Nutrition.

Delivering the Diabetes Message

Caroline Trapp, M.S.N., C.D.E., heads the Physicians Committee’s efforts to stem the type 2 diabetes epidemic, and in June became a fellow in the American Association of Nurse Practitioners. In 2013, more than 200 clinicians attended a presentation at the American Association of Diabetes Educators annual meeting, and Food for Life diabetes classes reached more than 9,000 attendees. Efforts to reduce diabetes in Native American communities also continued. In collaboration with the Navajo Nation Special Diabetes Project, the Physicians Committee presented three live seminars and distributed more than 1,000 pieces of patient education literature.

ETHICAL MEDICINE AND RESEARCH

Humanizing Medical Education

The Physicians Committee’s legal complaints, demonstrations, and member support have been instrumental in eliminating animal use in medical school curricula, trauma training courses, and residencies in North America and abroad.
In June, the Medical College of Wisconsin announced that it finally ended all animal use in its medical education programs, after years of pressure from the Physicians Committee. In September—afer a battle that started with proposed beagle experiments in the 1980s—the Physicians Committee successfully stopped the use of animals at the Uniformed Services University of the Health Sciences, the U.S. military’s medical school.

The Physicians Committee also persuaded Tulane University to replace the use of live pigs with the TraumaMan System simulator in Advanced Trauma Life Support courses and successfully urged the University of Virginia to end its use of live cats to teach endotracheal intubation.

In 2013, the Physicians Committee launched new campaigns to replace the use of animals in emergency medicine and anesthesiology residency programs.

Promoting Effective Research

Kenneth Litwak, D.V.M., Ph.D., associate director of laboratory medicine, and Sarah Cavanaugh, Ph.D., a viral immunologist, both joined the Physicians Committee in 2013, bringing their expertise in alternatives to animal experiments for human disease research.

Litwak, Cavanaugh, and Mei-Chun Lai, Ph.D., a Physicians Committee research fellow, immediately took action in August when they learned of the Taiwanese government’s plan to infect beagle puppies with rabies to test the infectivity of a new strain of the virus. Working with infectious disease experts in the United States, they showed that test-tube methods can easily replace animal tests. Actors Maggie Q and Alec Baldwin used their international celebrity to help raise awareness of the ongoing campaign.

Several other Physicians Committee campaigns in 2013 also furthered humane and human-relevant research under the leadership of associate director of research policy Ryan Merkley.

Director of legal affairs Mark Kennedy, Esq., and senior counsel Leslie Rudloff, Esq., successfully fought a Wayne State University lawsuit that attempted to stop the Physicians Committee from accessing public records showing the details of its cruel and pointless heart failure experiments on dogs.

In response to immense public pressure led by the Physicians Committee over the previous three years, the National Institutes of Health announced that it would retire nearly all of its chimpanzees from experimentation. Following a Physicians Committee report on Animal Welfare Act violations at Ivy League universities and a legal complaint, Harvard University also announced that it will close its primate experimentation facility.

Physicians Committee scientists also increased public awareness about mice and rats who needlessly suffer and die in laboratories. A literature review published in the Journal of Applied Animal Welfare Science raised serious questions about whether experimenters and institutions are appropriately implementing the 3Rs—replacement, reduction, and refinement—in mice experiments.

Cruelty-Free Chemicals and Cosmetics

Kristie Sullivan, M.P.H., director of regulatory testing issues, and Aryenish Birdie, regulatory testing policy coordinator, are also active in efforts to globally implement the 3Rs in chemical and cosmetics testing.

As a result of comments to government agencies on chemical test plans, Physicians Committee scientists saved hundreds of animals from chemical testing last year, including a proposed Environmental Protection Agency study that would have killed dozens of animals to test the pesticide triphenyltin hydroxide. Sullivan also led a federal advisory committee that recommended the EPA replace several required animal tests with in-vitro methods to better determine the toxicity of pesticides.

Representatives from the EPA and Dow Chemical Company, among others, also attended the Physicians Committee’s three-day Inhalation Toxicity: Pathways to Better Methods workshop, which outlined steps regulators and companies should take to replace animal tests with human-relevant methods in experiments used to identify the effects of inhaled chemicals.

As Secretariat of the International Coalition for Animal Protection in OECD Programmes (ICAPO), the Physicians Committee ensured animal protection representation on more than 15 global OECD panels discussing chemical testing. ICAPO also won a $64,000 Lush Prize in November for outstanding contributions to replacing animal testing, specifically for recommending policy reform that includes nonanimal test methods.

The Come Clean campaign was equally successful at helping end cosmetics tests on animals. In March 2013, the European Union banned the marketing, import, and sale of animal-tested cosmetics and their ingredients. The Physicians Committee spent 2012 rallying support for the ban and is now working with U.S. lawmakers and cosmetics manufacturers to help the United States join the EU ban.

Legislative Focus

The legislative team, led by director of government affairs Noah Gittell, worked with the House Armed Services Committee to include language in the 2013 House National Defense Authorization Act on the replacement of live animal use in combat trauma training by 2018. The BEST Practices Act, which the Physicians Committee also champions, would require the Department of Defense to phase in human-based training methods and replace the use of live animals in military medical training courses.

The Physicians Committee also supported legislation to improve federally funded nutrition programs, prohibit the nontherapeutic use of antibiotics in livestock, and ban the slaughter of horses for human consumption.

“Healthy on the Hill” luncheons co-hosted with the Congressional Vegetarian Staff Association gave members of Congress, staffers, and interns the opportunity to learn more about the benefits of a plant-based diet.

In the Spotlight

Getting the Word Out

In the past year, the Physicians Committee’s work has been featured in major newspapers, including The New York Times, USA Today, The Washington Post, and The Wall Street Journal.
Street Journal, and covered by major television networks including NBC, CBS, FOX, ABC, CNN, and PBS.

Expert interviews appeared on The Dr. Oz Show, Anderson Cooper, and The Ellen DeGeneres Show, among many others. Magazines such as O, The Oprah Magazine, AARP The Magazine, and Prevention have printed articles.

Media coverage has increased awareness of preventive nutrition and ethical research globally with coverage in the UK’s Times and Daily Express and coverage in Hindi-, Mandarin-, and Spanish-language media.

Hundreds of letters to the editor and opinion pieces were published by newspapers, magazines, and websites, including The Wall Street Journal and The Washington Post.

The Physicians Committee’s websites—which received more than 3 million visits—and our 14 social media pages—with more than 200,000 followers—also spread the word.

Visual Appeal

From billboards and ads to publications and websites, the publications department’s materials are designed to grab attention.

A billboard in Little Rock, Ark., in July warned consumers that chicken in grocery stores is often contaminated with chicken feces. Men who went to see the Pittsburgh Pirates at PNC Park during Prostate Cancer Awareness Month saw ads urging them to “Play Hardball against Prostate Cancer” by eliminating milk from their diets. And demonstrators at Southern Illinois University carried signs and banners reading “End Pig Lab,” “SIU: Using Pigs to Teach Human Medicine?” and “To Improve Education, Switch to Simulation.”

Other projects included Capitol Hill hearings, nutrition conferences and seminars, Web and print nutrition materials in Chinese, Japanese, and Spanish, and ads promoting food safety and Alzheimer’s prevention.

Contributions and Donations ...............................$ 6,785,479
Legacies and Bequests ........................................$ 1,496,424
Grants ............................................................$ 203,581
Other Revenue ..................................................$ 943,023
TOTAL SUPPORT AND REVENUE .....................$ 9,428,507

Net Assets, End of Year ......................................$ 14,939,858

Mission statement: Founded in 1985, the Physicians Committee for Responsible Medicine (PCRM) is a nonprofit organization that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

PCRM Board of Directors: Mindy Kursban, Esq., Chairperson Neal D. Barnard, M.D., President Russell Bunai, M.D., Secretary and Treasurer Mark Sklar, M.D., Director Barbara Wasserman, M.D., Director

Physicians Committee for Responsible Medicine is a 501(c)(3) nonprofit organization. Contributions are tax-deductible. PCRM, 5100 Wisconsin Ave. NW, Suite 400, Washington, DC 20016, 202-686-2210, PCRM.org
Fly Vegan!

Denver Soars to First Place in Annual Airport Food Review

Travelers passing through 18 of the nation’s busiest airports can find healthful vegan meals in most terminals. The Physicians Committee’s 13th annual Airport Food Review found that 76 percent of restaurants offer at least one cholesterol-free, plant-based entrée.

The number of airport restaurants offering healthful nutrient-packed foods, such as leafy green salads, veggie wraps, and black bean burgers, has steadily increased since 2001, when PCRM’s inaugural airport food review found just 57 percent of airport eateries offering at least one healthful option.

Denver International Airport topped the report with a score of 86 percent. Washington National Airport made the most impressive gain, with a 14-point increase, and tied with Los Angeles International as the third healthiest airport this year.

But healthful food choices remain harder to find in some airports. Las Vegas McCarran International Airport took a nosedive, with a 23-point decrease from last year’s score. Atlanta’s Hartsfield-Jackson lost seven points and finished last with a score of 51 percent.

**Airport** | **Score** | **Healthful Restaurants/Total Restaurants**
---|---|---
1. Denver International Airport | 86% | 55/64
2. (tie) Detroit Metropolitan Wayne County Airport | 85% | 46/54
2. (tie) Chicago O’Hare International Airport | 85% | 78/92
3. (tie) Los Angeles International Airport | 83% | 49/59
3. (tie) Ronald Reagan Washington National Airport | 83% | 24/29
4. (tie) Baltimore/Washington International Airport | 80% | 33/41
4. (tie) Washington Dulles International Airport | 80% | 32/40
5. (tie) Phoenix Sky Harbor International Airport | 79% | 46/58
5. (tie) Dallas/Fort Worth International Airport | 79% | 81/103
6. San Francisco International Airport | 76% | 52/68
7. Newark Liberty International Airport | 74% | 56/76
8. Houston George Bush Intercontinental Airport | 73% | 53/73
9. Minneapolis-St. Paul International Airport | 72% | 48/67
10. (tie) Orlando International Airport | 71% | 30/42
10. (tie) Miami International Airport | 71% | 55/78
11. Charlotte Douglas International Airport | 70% | 31/44
12. Las Vegas McCarran International Airport | 68% | 40/59
13. Hartsfield-Jackson Atlanta International Airport | 51% | 53/103

**Spotted at Chicago’s O’Hare International Airport**

“Vegan meals are going mainstream,” wrote Physicians Committee president Neal Barnard, M.D., in a recent blog. “This Cibo sign promoting vegan choices is just one example of some of the excellent changes airports have implemented in the past few years.”
Golden Carrots Honor Nation’s Healthiest School Lunches

School lunch got a huge upgrade at The Active Learning Elementary School in Queens, N.Y., this year where kids now dine on healthful falafel salads, Brooklyn baked beans, and Malini’s chickpeas. The school was recognized by the Physicians Committee’s Golden Carrot Awards for its innovative plant-based menu options.

The Active Learning Elementary School (TALES) P.S. 244Q, tied for the grand prize award for dishing out a vegetarian menu to pre-K through third grade elementary school students. The Physicians Committee gave $2,500 to principal Robert Groff to benefit the school’s vegetarian lunch program. Actress Mayim Bialik, NFL players Devin and Jason McCourty, and other celebrities wrote letters congratulating the school on their award.

On behalf of Deerfield Academy, Michael McCarthy, director of food service, also received a $2,500 grand prize to support the academy’s dining program, which includes a variety of ancient grains, leafy greens, fresh fruits, and plant-based proteins, such as tofu, tempeh, and hummus.

Get Smart About Brain Health at NutritionCME.org

More and more health care professionals want to learn about the revolutionary research linking diet and brain health. To meet this demand, nearly 20 new video presentations from the Physicians Committee’s International Conference on Nutrition and the Brain are now available for continuing education credit at NutritionCME.org.

Watch the world’s foremost experts share the latest insights on the role of nutrients in Alzheimer’s disease, multiple sclerosis, Parkinson’s disease, and other conditions.

Groundbreaking topics include:
- A Starch-Based Diet Treatment for Multiple Sclerosis
- Cognitive Decline Following Chemotherapy
- Diet, Longevity, and Cognition
- Dietary Fat Composition and Dementia Risk
- Dietary Recommendations for Brain Health in Clinical Practice
- Nutrition and Migraine
- The Effect of Exercise on Brain Structure and Function

Helping Our Daily Bread Provide Plant-Based Meals

The Physicians Committee worked with Our Daily Bread—a Baltimore-based, low-income service center—this summer to create plant-based recipes for its lunch program that serves 600-700 people daily.

The tasty and healthful recipes that were tested in a five-week pilot program featured affordable, simple, and easy-to-find ingredients: a veggie burger with a six-vegetable side dish and fresh fruit salad; rice-and-veggie wraps with carrot-and-raisin salad; and three-bean salad with fresh fruits and vegetables. Based on the popularity of these items, a lunch option will now be offered daily.

The Physicians Committee followed up with an education session that included vegetable wraps, vegan chocolate mousse, and seitan stir-fry for staff to sample. The staff also learned about nonperishable items to keep on hand at the food bank and how to create quick meals such as a breakfast of oatmeal, soymilk, and an apple or a lunch of pasta, black beans, and salsa.

Physicians Committee Food for Life classes, which provide skills needed to prepare healthful meals and lower risk of chronic disease, are taught at Christopher Place Employment Academy, which is affiliated with Our Daily Bread.

The David P. Tenberg Charitable Foundation has generously provided the grants for the Physicians Committee’s work with Our Daily Bread.
Member Support

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Lifetime Partners Create a Legacy of Compassion

Planning for the future ensures continued support for the people and causes that are closest to your heart. PCRM’s Lifetime Partners are a special group of members who have included the organization in their wills or have made other provisions for future support, such as naming PCRM as a beneficiary of a retirement account or insurance policy. If you would like information about becoming a Lifetime Partner or options for making a legacy gift, please contact Betsy Wason at 202-527-7366 or bwason@pcrm.org. You can also find information on a wide range of gift options and an example of bequest wording at PCRM. PlanYourLegacy.org. If you have already included PCRM in your future giving plans, please let us know so that we can activate your Lifetime Partner status and acknowledge your plans!

Learn More About PCRM’s Lifetime Partner Program and Planned Giving Opportunities at PCRM. PlanYourLegacy.org.

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Volunteers Make the Difference!

PCRM hosts a weekly volunteer party where members gather to stuff envelopes, sort petitions, assemble campaign materials, package literature, and support other activities that move PCRM’s work forward. Volunteers also provide valuable help with outreach events, conferences, phone calls, data entry, media interviews, legislative meetings, community presentations, and so much more. We couldn’t do it all without them! If you are interested in learning about PCRM’s volunteer and spokesperson opportunities, please contact Clarissa Barton at volunteer@pcrm.org or 202-527-7368.

Join us during cherry blossom season for a unique, action-packed event where you will get to know PCRM staff, learn all about our lifesaving work, and meet other members who share your dedication to creating a better future for animals and people.

Visit www.PCRM.org/Events for details or call us at 202-686-2210.

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This comprehensive medical reference manual covers nearly 100 diseases and conditions, including risk factors, diagnoses, and typical treatments. Most importantly, it provides the latest evidence-based information on nutrition's role in prevention and treatment. Includes an in-depth examination of general nutrition, macronutrients, micronutrients, and nutritional requirements for all stages of life. 745 pgs, $18.95 Special Discount $17.95

Veganist
Lose Weight, Get Healthy, Change the World
Kathy Freston
Veganist is filled with compelling facts, stories of people who have improved their weight and health conditions as a result of making the switch, and Q&As with leading medical researchers. The book concludes with a step-by-step practical guide to becoming a veganist easily and gradually. It is an accessible and illuminating book that will change the way you eat forever. 304 pgs, $15.00

Whole: Rethinking the Science of Nutrition
T. Colin Campbell with Howard Jacobson
The author of the classic book The China Study proposes that the ideal human diet consists of plant-based foods consumed in forms as close to their natural state as possible. Beautifully and clearly written, the text is thoroughly supported by peer-reviewed science sources. Hardcover, 352 pgs, $26.95

Dr. Spock’s Baby and Child Care: 9th Edition
Benjamin Spock, M.D., and Robert Needlman, M.D.
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My Beef with Meat: The Healthiest Argument for Eating a Plant-Strong Diet, Plus 140 New Engine 2 Recipes
Rip Esselstyn
Get facts, inspiration, and recipes from a firefighter, best-selling author, and former professional triathlete. Esselstyn debunks diet myths and put the reader on track to lose weight and feel great! Hardcover, 288 pgs, $25.00

The Best in the World
Fast, Healthful Recipes from Exclusive and Out-of-the-Way Restaurants
Neal D. Barnard, M.D., Editor
This popular collection of wonderfully healthy recipes comes from the world’s best and most unusual restaurants. Enjoy these vegan delicacies at home. Hardcover, 71 pgs, $11.95

The Best in the World II
Healthful Recipes from Exclusive and Out-of-the-Way Restaurants
Jennifer L. Keller, R.D., Editor
Travel around the world to discover treasures from side-street cafes and elegant hotel dining rooms. Attractively illustrated, this delightful vegan cookbook is the sequel to PCRM’s original international recipe collection. Hardcover, 71 pgs, $11.95

The Best in the World III
Healthful Recipes from Exclusive and Out-of-the-Way Restaurants
Neal Barnard, M.D., Editor
Discover delicious and unique recipes from restaurants across the globe. Join monks in a temple courtyard in the Far East, passengers on a French luxury yacht, or even a rock star in Akron, Ohio, for an unforgettable culinary adventure. Often exotic and always flavorful, these plant-based recipes are designed to be within the abilities of any amateur chef. Hardcover, 71 pgs, $11.95

Artisan Vegan Cheese: From Everyday to Gourmet
Miyoko Schinner
Create tempting nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts. Schinner explains how to make aged cheeses, air-dried cheeses, melttable cheeses, and almost-instant cheeses, as well as nonnaive sour cream, yogurt, and whipped cream. Includes recipes that use nonnaive cheeses. 149 pgs, $19.95

Grills Gone Vegan
Tamasin Noyes
Move over meat! Plant-based proteins, vegetables, and even fruits take center stage. Think beyond burgers and kabobs and create everything from quick appetizers and sandwich fillings to side dishes and even a surprising array of sweets—all on the grill. Tamasin’s rubs and sauces make tofu, tempeh, and seitan explode with flavor, and her marinades infuse portobello mushrooms and other succulent vegetables with savory depth. 192 pgs, $19.95

Becoming Vegan: Express Edition
The Everyday Guide to Plant-Based Nutrition
Brenda Davis, R.D., and Vesanto Melina, M.S., R.D.
Explore this completely updated version of the classic introduction to vegan eating. Includes how to use plant foods to fight serious illness and become fit, getting calcium without dairy, understanding the role of B12, and incorporating a balanced vegan diet at all stages of life. Designed to be accessible for anyone who wants an optimal plant-based diet. 284 pgs, $19.95

The Allergy-Free Cook Bakes Cakes and Cookies
Gluten-Free, Dairy-Free, Egg-Free, Soy-Free
Laurie Sadkowski
This book is designed for anyone who needs to avoid gluten, dairy products, and other common food allergens but doesn’t want to feel deprived. Now those with food sensitivities can fearlessly indulge in delicious baked goods. Learn how to interpret food labels, prevent cross-contamination, and make ingredient substitutions. 144 pgs, $11.95

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From Neal D. Barnard, M.D., PCRM president

**Power Foods for the Brain**
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In *Power Foods for the Brain*, Dr. Neal Barnard has gathered the most important research and studies to deliver a program that can boost brain health, reducing the risk of Alzheimer's disease, stroke, and other less serious malfunctions, including low energy, poor sleep patterns, irritability, and lack of focus. 320 pgs, $26.99

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125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great
These recipes are based on Dr. Neal Barnard’s landmark two-year study, which shows that a vegan diet effectively controls type 2 diabetes. In fact, it’s also beneficial for weight loss, the reversal of heart disease, and the improvement of many other conditions. Dr. Barnard and nutritionist Robyn Webb offer easy, delicious meals to improve your health. 248 pgs, $18.95

**A New Approach to Nutrition for Diabetes** DVD
Turn back the clock on diabetes through a low-fat vegan diet. In eight compelling lessons, Dr. Barnard explains his groundbreaking research and how to put it to work in your life. Includes cooking demonstrations by chef Toni Fiore and a grocery store tour by Susan Levin, R.D., and Caroline Trapp, M.S.N., C.D.E. 192 mins, $19.95

**Dr. Neal Barnard’s Program for Reversing Diabetes**
If you have diabetes or are concerned about developing it, this program could change the course of your life. Dr. Barnard’s groundbreaking clinical studies, the latest funded by the National Institutes of Health, show that diabetes responds dramatically to a low-fat, vegetarian diet. Rather than just compensating for malfunctioning insulin like other treatment plans, Dr. Barnard’s program helps repair how the body uses insulin. Includes 50 delicious recipes. 288 pgs, $15.99

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**Turn Off the Fat Genes**
Genes, including those that shape our bodies, actually adapt to outside influences. Dr. Barnard explains the process and provides a three-week gene-control program complete with menus and recipes by Jennifer Raymond. Here are powerful tools for achieving long-term weight loss and better health. 350 pgs, $16.00

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**DVDs from PBS**

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More than 100,000 people have participated in PCRM’s Kickstart program. Here Dr. Barnard describes the 21-day plan for a smarter, slimmer, and healthier you. Achieve lifelong results with this quick and easy approach. 60 mins, $9.95

**Tackling Diabetes with Dr. Neal Barnard**
Drawing on the latest scientific research, Dr. Barnard explains how a low-fat vegan diet can fight diabetes by controlling blood glucose, weight, and heart disease risk. In many cases, it will even eliminate the need for some medications. 60 mins, $9.95

**From PCRM**

**Food for Life 90-Day Journal**
This portable spiral notebook helps you to keep a daily record of fiber intake and physical activity. Additional features include a seven-day sample menu, 22 recipes, tips for breaking food cravings, pantry suggestions, how to track fiber intake and body mass index, recommended resources, and plenty of inspiration from PCRM. 144 pgs, $12.00; discount price $10.99

**The Nutrition Rainbow Poster**
The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The Nutrition Rainbow poster shows the cancer-fighting and immune-boosting power of different-hued foods. 17”x22”; $6.00

**The Cancer Survivor’s Guide**
Neal Barnard, M.D., Jennifer Reilly, R.D.
Find out how foods fight cancer and the advantages of a high-fiber, low-fat, dairy- and meat-free diet. Includes updates from the latest research, special prostate and breast cancer sections, tips for making the dietary transition, and more than 130 recipes. 245 pgs, $19.95

**Eating Right for Cancer Survival DVD**
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**PCRM Marketplace**

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5-Minute Targeted Body-Shaping Workouts
_Lani Muelrath_

Develop a flatter belly, shapelier thighs, firmer arms, a tighter tush, a whittled waist, and a strong core with targeted exercises—with illustrations and step-by-step instructions. Muelrath backs up her exercise plan with guidance regarding a plant-based diet and mind-set mastery. 270 pgs, $19.95

**Kitchen Divided**
Vegan Dishes for Semi-Vegan Households
_Ellen Jaffe Jones_

What do you do if you’re vegan, but your spouse—or your child or parent—is not? This diplomatic and practical guide addresses the heated issues that can arise when vegans and meat-eaters share the same kitchen. Streamline meal preparation and simplify your life so you can juggle the demands of cooking for diverse needs even if you and your family members never end up on the same page of the menu. 160 pgs, $19.95

**Main Street Vegan**
Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World
_Victoria Moran_

Holistic health practitioner Victoria Moran offers a complete guide to making the shift to a vegan diet with an emphasis on practical “baby steps,” proving that you don’t have to have a lifestyle coach on speed dial to experience the benefits of being a vegan. 400 pgs, $16.95

**Unlocking the Power of Plant-based Nutrition DVD Series**
You can buy all three Unlocking the Power of Plant-based Nutrition DVDs—Food for Life, Weight Control, and Heart Health—for $29.95. That’s a savings of nearly $15. Each disc features the segments “Getting Started” with Neal Barnard, M.D., and “In the Kitchen” with TV’s Totally Vegetarian Chef Toni Fiore. Discs average 58 minutes in length. $29.95

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<th>Orders within the United States</th>
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<td>Shipping charges vary depending on country and/or express shipping method.</td>
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<tr>
<td>For orders $20.01 to $40 = $7.50</td>
<td>Call for charges: 1-800-695-2241</td>
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<td>For orders $40.01 to $70 = $10</td>
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<td>For orders $70.01 to $100 = $13.50</td>
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Truth in Advertising
The owner of the Heart Attack Grill recently brought the cremated remains of a customer who died of a heart attack in his restaurant and displayed them on a table in the establishment.

Apes Keep Calm and Carry On
Like humans, bonobos who are better able to manage their emotions have better social skills and show more empathy toward others, according to findings published in the Proceedings of the National Academy of Sciences of the United States of America.

Safer Stargazing
A nonanimal test was used by NASA scientists to test the toxicity of lunar dust—a concern for astronauts. The test used MatTek’s EpiOcular nonanimal eye irritation test, which is derived from human cells.

Plant Power
Patrik Baboumian, a 34-year-old vegan weightlifter from Germany, recently carried 550 kilograms (about 1,212 pounds) 10 meters (about 33 feet), attempting to break a world record.

Vegan Nonagenarian Marathoner
Ninety-one-year-old Mike Fremont, who has run 42 marathons, including September’s Indianapolis Monumental Marathon, holds the world record for his age group in the marathon and half marathon and credits his success to a vegan diet.

Norwegian Army Enlists Vegetarian Diet
The Norwegian military announced in December that it is adopting Meatless Mondays to help battle climate change.

Vegetarian Diet
Men who eat processed meats may have more abnormalities in sperm count, size, and shape, according to a presentation at the American Society for Reproductive Medicine’s annual conference. A recent study in Human Reproduction showed similar defects from dairy products.

Salad Days
University of Massachusetts Amherst set a Guinness World Record by creating a 15,291-pound fresh fruit salad this autumn. Among the dozens of fruits, the salad included 3,640 pounds of apples, 450 pounds of mangos, 1,297 pounds of berries, and 2,580 pounds of melon.

Plant-Based in Poland
Plant-based diets are gaining popularity in Poland: Three percent of Polish citizens now follow vegetarian or vegan diets, according to a Homo Homini Institute poll.

Plant-Based Insurance Policy
Australia’s Make a Difference Insurance charges vegetarians $300–$675 less than meat eaters, who the company says impose higher costs on the health system.

Deploy the Black Bean Burritos!

Vegan Oktoberfest
Herzkasperl, a restaurant in Munich, Germany, highlighted vegan dishes in its 2013 Oktoberfest menu, including a vegan version of Käsespätzle, a noodle bake traditionally made with eggs and cheese.

After You
In vocal communications with each other, marmosets take turns in conversation, according to a recent study in the journal Current Biology.

Meat Harms Fertility
Men who eat processed meats may have more abnormalities in sperm count, size, and shape, according to a presentation at the American Society for Reproductive Medicine’s annual conference. A recent study in Human Reproduction showed similar defects from dairy products.
Jennifer Giordano, D.O.
Working for the Well-Being of Others

Jennifer Giordano, D.O., became a Physicians Committee member in 2009 because she wanted to be part of a unique organization founded and led by physicians who advocate for human and animal lives.

"I was delighted to find a group of doctors speaking out about the dire—but often preventable—health care issues facing the world," says Dr. Giordano.

This past November, Dr. Giordano, who went to medical school at Michigan State University, took part in a Physicians Committee demonstration against Wayne State University's painful and futile use of dogs in heart failure experiments (see page 8).

"Human health suffers, while these animals needlessly face innumerable acts of exploitation and cruelty," Dr. Giordano explains. "It's so wonderful that a voice against the experiments comes from within the medical community via the Physicians Committee."

She also co-signed a legal complaint against Wayne State alleging that the university illegally obtained the dogs used in the experiments, which have failed to give insight into the causes of heart failure in humans.

"What I'm interested in is any kind of research that forwards human health," said Dr. Giordano in an interview with Fox News following the demonstration.

"What we are really finding is that animal research in general is not providing the answers or the benefits we had thought previously."

Dr. Giordano, who in her private practice sees patients struggling with mental illness or simply struggling in life, says that her passion is health and that she wants people to be well, so it was natural for her to speak out about the experiments.

She adds, "As physicians, we see so many diseases—like heart disease—that are preventable simply through what people choose to eat. We could unburden our health care system if people would simply switch to a plant-based diet."

Dr. Giordano also stays active in Physicians Committee campaigns by sending e-mails, making calls to her legislators, sharing posts on Facebook, and advocating a plant-based diet for friends, family, and patients.

"'Let food be thy medicine' is not some fanciful statement," she says. "It's the hardcore truth, and I appreciate that the Physicians Committee is out there on the front lines raising awareness of how a plant-based diet can improve the well-being of everyone—humans and animals alike."