American Medical Student Association Rejects Animal Use in Education

‘Reverse Diabetes’ Tour Spreads Message of Hope

NutritionMD.org: Your Personal Nutrition Expert

Die Like a Man

Compassion Wins in Texas

The Cancer Project Heads South
Not Your Father’s Medical Students

They trail behind their professors like ducklings, just as we all did at first. A bit awkward in their white coats and nervous in their first patient encounters, they fit the nerdy medical student stereotype.

But appearances aside, today’s bright medical students are a new breed, and they are asking new and important questions: When will animal laboratories be eliminated from our curricula? How can we bring a new emphasis on prevention and nutrition?

In March, the American Medical Student Association went on record as follows: “AMSA strongly encourages the replacement of animal laboratories with non-animal alternatives in undergraduate medical education.” At the AMSA annual convention, the resolution became organizational policy. The association went further, condemning the practice of pound seizure, in which animals are removed from pounds and shelters and sold for experimentation. The measures were brought by students from the University of Virginia School of Medicine, University of Texas Health Science Center at San Antonio, Medical College of Wisconsin, and Mount Sinai School of Medicine.

As AMSA noted, the vast majority of schools have done away with animal laboratories already. Thanks largely to PCRM’s work on this issue for more than 20 years, alternatives are in place and animal labs are definitely out. In the 1980s, when animal laboratories were not only offered but often required, AMSA spoke out against faculty intimidation of students who wanted to opt out. The new resolution goes much further. The last handful of schools that insist on using animals now have to contend with a new student attitude. No more are live dogs or other animals to be laid out on a table, experimented on, and killed for educational purposes, if the students have anything to say about it. Many medical students are members of both AMSA and PCRM, and PCRM has often come to the aid of students working for ethical medical education.

Today’s medical students are also eager for a change of emphasis in medical practice—a new focus on prevention and nutrition. They have heard of Dean Ornish’s research showing that lifestyle changes can reverse heart disease and improve prostate cancer treatment. They know about PCRM’s studies on diet and diabetes. They know of Caldwell Esselstyn’s studies showing that the right kind of diet can make patients practically heart-attack-proof. They want to put these principles to work. PCRM will help them do it.

Our new Nutrition Guide for Clinicians confirms their sense that diet is critical to health, and gives them practical tools to put it to work. Distributed free of charge to medical students and other health care students, the 900-page guide moves knowledge out of research laboratories and medical libraries and puts it into their hands, ready to be shared with patients.

PCRM’s new Web site, NutritionMD.org, goes a step further, giving health care providers and patients access to the latest information on diet and health, along with all the means to simplify the process of change.

Yes, they still wear awkward white coats and are as nervous as ever about getting it right when it comes to clinical care. But, with the right information and encouragement, today’s students can build a new kind of ethical and effective medical practice.

Neal D. Barnard, M.D.
President of PCRM
Pollution Testing Gets a Breath of Fresh Air

Scientists looking for alternatives to using animals in their research now have a new online tool: DB-ALM. The European Centre for the Validation of Alternative Methods has launched an online database containing the latest non-animal toxicology testing methods.

Methods are categorized into in vitro and in silico (computer-based) selections. The database also includes an extensive bibliographic section with thousands of supporting research papers, validation reports, and specific protocols for use of the methods.


Human Cellular Metabolism—Computerized

By collecting and analyzing decades worth of research on metabolic pathways and combining this data with the decoding of the human genome, Dr. Natalie Duarte and colleagues have used a supercomputer to do what no scientist working with genetically modified animals has ever been able to do: create a model of detailed metabolic processes at work in human cells. This very promising new technology, developed at the University of California at San Diego, could allow researchers to study and potentially alter the metabolic underpinnings of some diseases. It also could be used to model metabolic reactions to chemicals using human cells, which would help improve in vitro toxicity test methods.

**HEART HEALTH**

**Red Meat Linked to Heart Disease in Women with Diabetes**

A new study finds increased iron intake and red meat consumption add additional risk for heart disease among women with type 2 diabetes. Researchers from the Harvard School of Public Health studied 6,161 women with type 2 diabetes from the Nurses’ Health Study. Women with the highest intake of heme iron (iron found mainly in red meats, poultry, and fish) had a 50 percent greater risk of coronary heart disease than those with the lowest intake. Red meat in particular was associated with an increased risk. Adults with diabetes are already at least twice as likely as others to have heart disease or a stroke.


**BONE HEALTH**

**Plant Sources of Omega-3 Fatty Acids Beneficial to Bone Health**

A study at Pennsylvania State University showed that omega-3 fatty acids from plant sources (for example, walnuts and flaxseed) promote bone formation and inhibit bone loss. A randomized crossover study looked at 23 adult participants on three different diets with varying ratios of omega-6 to omega-3 acids. The group with the lowest omega-6-to-omega-3 ratio had significantly lower levels of a biomarker for bone loss compared with the other two groups. Experts often emphasize the ratio (with a smaller ratio being ideal) of omega-6 to omega-3 and not the total consumption of omega-3. Consumption of walnuts and flaxseed has also shown a beneficial effect on risk of cardiovascular disease.


**PLANT-BASED DIETS**

**Medical Students and Vegetarian Diets**

A new study shows that many medical students now follow vegetarian diets and that these students had better health and improved nutrition compared with their non-vegetarian classmates. Emory University researchers examined the prevalence of vegetarian diet patterns among nearly 900 medical students and found that 7.2 percent of students identified themselves as vegetarians. This number declined slightly throughout the years of medical school, paralleling an unfortunate overall decline in positive health-related habits among doctors in training.


Photo credits: ©IStoCkpHoto by dulcie ward, r.d., and Susan Levin, M.s., r.d.
Fruits, vegetables, and other vegetarian foods play a key role in fighting disease and promoting health, but medical students do not always get the nutrition facts they will need to help their patients adopt better eating habits. To supplement nutritional training in medical curricula, PCRM created a 900-page nutrition guide designed for medical students. This spring, the Nutrition Guide for Clinicians will be made available to every second-year medical student in the United States and Canada free of charge.

The Nutrition Guide for Clinicians is a comprehensive manual on nearly 100 diseases and conditions. The guide...
not only provides basic information about each disease, such as risk factors and typical treatments, but it also provides evidence-based information on how nutrition can play a role in prevention and treatment. In addition, the guide contains in-depth information on general nutrition, including the roles of macronutrients and micronutrients and specific nutritional requirements for all stages of life.

PCRM president Neal Barnard, M.D., first envisioned the guide years ago when he noticed the demand among medical students for more information on nutrition in clinical medicine. Nutrition is often a neglected topic in medical school curricula, and many times even when it is taught, the lessons are focused on the biochemical aspects. For example, a student might learn the chemical structure of a vitamin but might not know what kind of diet changes to prescribe a patient with diabetes.

But nutrition is enormously important in clinical medicine. Studies have shown that a wide range of diseases and conditions, such as diabetes, hypertension, and high cholesterol, can improve dramatically with diet changes. The guide was created to bring these issues to the attention of future doctors.

Medical schools will begin receiving shipments of the Nutrition Guide for Clinicians in April, and the books will be distributed to the approximately 19,000 second-year medical students in the United States.

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Want easy access to hundreds of delicious recipes? Need tips on healthy weight management or in-depth information about heart disease, diabetes, and other medical conditions? This spring, PCRM launched NutritionMD.org, a new Web site aimed at helping consumers and health care professionals understand the links between healthy eating habits and good health.

For consumers, the site details the role good nutrition plays in overall health. The site outlines specific health conditions in easy-to-understand language, and provides risk factors, typical treatments, and nutritional considerations for each. For physicians, the site contains more technical information on specific diseases, as well as in-depth information on general nutrition, including the roles of macronutrients and micronutrients and specific nutritional requirements for all stages of life.

The site also contains an extensive “Nutrition Tips” section that provides information on everything from reading food labels and dining out healthfully to reducing salt intake and improving kids’ birthday party menus. There are also more than 800 recipes that help make eating healthy easy and delicious.

But the site’s best feature is a meal planner that helps users select a healthful meal plan, which automatically provides nutrient analyses, recipes, and even a shopping list for your selected dishes.

To learn what good nutrition can do for you, log on to www.NutritionMD.org.
‘Reverse Diabetes’ Lecture Tour Draws Hundreds to Each Stop

For the last three months, PCRM President Neal Barnard, M.D., has been bringing a message of hope to people with diabetes. He’s taken his program to 26 cities across the United States so far, and he isn’t done yet.

It’s no wonder that Dr. Barnard has been met with standing-room-only crowds in cities across the country: More than 20 million Americans have type 2 diabetes, and that number is growing every year. His new book, *Dr. Neal Barnard’s Program for Reversing Diabetes*, offers a nutrition plan that helps individuals cut their blood sugars, reduce their medications, lose weight, and trim their cholesterol levels.

The program is based on PCRM’s research funded by the National Institutes of Health, whose initial results were published in *Diabetes Care*, a journal of the American Diabetes Association. At each tour stop, Dr. Barnard gave the crowd an insightful look at exactly what diabetes is and how different foods affect insulin sensitivity. He discussed the extensive research behind his nutrition plan and explained why it works.

On many stops, Dr. Barnard was joined by a local chef or cooking instructor who demonstrated for the audience how to prepare a variety of delicious healthful dishes. These presentations showed participants that low-fat, low-glycemic vegetarian dishes can be beautiful, appetizing, and easy to prepare.

Coverage of Dr. Barnard’s tour by local media has had a far-reaching effect. A truck driver from Mobile, Ala., tuned in to a radio interview with Dr. Barnard and decided to change his diet. Two weeks later, he called the radio station to announce that the new way of eating had saved his life: His blood sugar and insulin doses had plummeted.

Dr. Barnard’s book tour will continue through the spring. To find out if the tour is coming to your area, please visit www.ReverseDiabetesTour.org.

Find Diabetes Resources Online

PCRM has created a one-stop Web shop of resources for Dr. Barnard’s diabetes program. The Web site has a step-by-step guide on how to reap the greatest benefits from the diet change, as well as more than 75 delicious recipes. The Frequently Asked Questions section answers questions about topics such as the role of carbohydrates, the glycemic index, and omega-3 fatty acids.

The Video Support Group features live sessions with Dr. Barnard and PCRM dietitians Dulcie Ward, R.D., and Susan Levin, M.S., R.D., including demonstrations of how to prepare delicious, healthful dishes. Participants can have their questions answered live during these sessions. Also available on the site is the “Nutrition Discussion Group”—a message board where you can connect with others looking to improve their diet.

To get started, visit www.pcrm.org/diabetes.
Die Like a Man

Burger King’s “Eat Like a Man” anthem was voted the worst men’s health commercial by PCRM Web site viewers. The online poll asked readers to choose between Burger King and two other ads: Hummer, which suggested a tofu-buying man could regain his manhood by purchasing a Hummer, and TGI Friday’s, which featured men making fun of a friend for eating vegetables instead of meat.

All three commercials convey the message that eating unhealthy foods, especially meat, makes one more masculine. The ads shame men for choosing low-fat, healthful items. However, voters determined that the most egregious advertisement was by Burger King.

In Burger King’s advertisement, a parade of men of all ages, shapes, and sizes marches to Burger King while flaunting their muscles and singing about not wanting to eat “chick food.” A voiceover at the end of the commercial asserts, “Eat like a man, man.”

Apparently, eating like a man means buying the Burger King Texas Double Whopper, which packs in 195 milligrams of cholesterol and a staggering 24 grams of saturated fat, which is more than double the daily limit for saturated fat recommended by health organizations. Research shows that high-fat, meat-based diets have been linked to increased rates of heart disease, diabetes, stroke, and many cancers, including prostate cancer, the most common cancer in men.

PCRM’s Milton Mills, M.D., Leads Health Seminar

This February, PCRM member physician Milton Mills, M.D., led a two-day health seminar in Oakland, Calif., featuring sessions on the link between diet and disease. The course covered cancer, heart disease, diabetes, dementia, and other chronic diseases.

Dr. Mills, who graduated in 1991 from Stanford University School of Medicine, practices clinic-based outpatient medicine in northern Virginia and works as a critical care physician with Fairfax Hospital in Fairfax, Va. You might recognize him as a video nutrition spokesman for the Discovery Health Channel or as one of the featured doctors in PCRM’s public service announcement on childhood obesity.

To receive e-mail alerts about PCRM events in your area and to sign up for PCRM’s free e-publications, visit support.pcrm.org/subscriptions.

PCRM Needs Help Informing Public About Heart Health

Interested in polishing your public speaking skills while informing listeners about the benefits of a vegan diet? Our Heart Health program will allow you to do just that. We are looking for speakers to spread the word about how a vegan diet can help prevent, treat, and reverse heart disease.

Members of service organizations around the country, such as Rotary clubs and similar venues, are eager for good speakers on health topics. We will train you and provide a model speech, visuals, and handouts to guide your 15-minute presentation. What we’ll need from you is a willingness to spread a healthful message.

Learn more about becoming a Heart Health speaker by e-mailing Susan Levin, R.D., at slevin@pcrm.org.
Compassion Wins in Texas; Wisconsin Lags Behind

Texas A&M Health Science Center College of Medicine and its affiliated Scott and White Hospital have joined the growing list of schools that no longer use live animal labs in education. Previously, pigs had been used in a third-year surgery clerkship held at Scott and White. This development reduces the number of medical schools in the United States that still use live animals to 14.

Meanwhile, PCRM stepped up its efforts to encourage the Medical College of Wisconsin (MCW) to choose an alternative to killing 60 dogs in a first-year physiology course at the end of February. Although the school decided to continue with the lab this semester, PCRM has brought a tremendous amount of attention to this issue in the Milwaukee area and in the medical community, and will continue to do so until the animal lab is canceled.

A PCRM billboard along the busy Zoo Freeway in Milwaukee called on motorists to encourage the school to adopt non-animal methods. The billboard, along with a new Web site—www.SaveMCWanimals.org—garnered the attention of both the media and concerned citizens. Many people who had seen the billboard braved the cold to join PCRM and the Wisconsin Humane Society for a demonstration in January at MCW.

PCRM senior medical and research adviser Aysha Akhtar, M.D., M.P.H., delivered to a representative of MCW more than 550 petitions signed by physicians around the country opposing the use of live animals in medical education.

Dr. Akhtar also announced that a coalition of humane societies and rescue organizations in Wisconsin and Minnesota pledged to take in all 60 dogs if the lab were canceled.

The class involves anesthetizing the dogs, opening their chest cavities, injecting pharmaceuticals, and then killing the animals. More than 85 percent of U.S. medical schools, including Dartmouth, Stanford, and Yale, have abandoned the use of animals in medical education. Human patient simulators and other human-centered alternatives are the preferred instructional tools. The MCW campus already has four human patient simulators.

PCRM recently filed a complaint with the federal government asking for an investigation of the use of live dogs at MCW. Last year an inspector for the U.S. Department of Agriculture found that alternatives to using animals for medical education exist and that a “written narrative must justify why the alternatives were not used.” PCRM contends that MCW has not and cannot provide meaningful justification for using dogs instead of one of the many educationally superior non-animal alternatives. The school’s Institutional Animal Care and Use Committee approved the dog lab for only a one-year term, and will be reassessing its validity in the spring.

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Don’t put man’s best friend under the knife. Stop the Medical College of Wisconsin’s dog lab. www.SaveMCWanimals.org
PCRM Ethologist
Reports from Lecture
Tour of India
By Jonathan Balcombe, Ph.D.

Jonathan Balcombe, Ph.D., an ethologist and research scientist with PCRM, spent the last three weeks of January in India on a 10-city speaking tour on animal sentience and other topics from his book Pleasurable Kingdom: Animals and the Nature of Feeling Good.

It has been half my lifetime (23 years) since my one previous visit to India. I was excited to return for a 10-city tour with 15 scheduled lectures at medical colleges and veterinary schools, plus five press conferences.

My first presentation, at Chennai Medical College, was attended by about 90 medical and nursing students and faculty. Titled “Animal Sentience and Human Ethics,” it showcased animals’ sensory, cognitive, and emotional capacities, and concluded that our treatment of them is totally out of step with these qualities. Next, we drove to Sri Ramachandra Medical College, where I spoke in a small but packed room and was presented with a beautiful gold-woven red shawl.

January 23 to 25 were a blur. I spoke at three universities and a natural history museum, led a press conference, and spoke to many media reporters, including an interview with New Delhi Television about an Indian one-horned rhinoceros who has been housed alone for 20 years at Mumbai’s zoo. I had a tour of the facilities at the Bombay Veterinary Science College, where I saw dogs being prepared for surgery, ponies and goats convalescing under the care of students, and a cattery, and I petted the silky fleece of a newborn goat. In each case, I worked to bring ethics front and center.

If there is one thing India isn’t, it’s dull and uninteresting. Dogs and cattle were commonplace, less so pigs, goats, buffalos, and monkeys. At one point, I got out of the car and approached a young bull who was ambling by. When I stroked his neck, he stopped and gently turned his muzzle to me, clearly enjoying the contact, which differed from what is all too common: Many cattle here labor under thick yokes with heavy loads. Many have ropes through their nostrils and endured the pain of having their nasal septums pierced with a red-hot poker when they were calves. At the veterinary school, I learned that the common practice of trimming and painting their horns often leads to cancer of soft tissue inside the horn.

Overall, with PCRM’s support, I gave 15 lectures to about 1,700 people, held five press conferences, and generated at least 15 articles in such prominent national papers as The Times of India, The Hindu, and The Tribune. Students were keenly interested, stacks of PCRM literature were eagerly snatched up, and I was sometimes mobbed following the lecture Q&A. India, as everywhere else, has far to go before animals get just treatment, and before compassionate, effective medical practice reigns. But we’re making a difference.

Alternatives to Dissection:
Share Your Experience

Are you a student who has recently taken a stand against classroom dissection? Are you a teacher who has replaced dissection with humane alternatives in your classroom? We want you to share your experiences with us!

More and more people are becoming aware of the ethical problems involved with dissection and the increasing number of alternatives. While many classrooms have switched to humane and educationally superior methods such as interactive computer software, many students are still asked to participate in classroom dissection.

However, there are other options. Students who are asked to dissect animals should talk to their parents and teachers about their reasons for objecting to dissection and should be prepared with a list of alternatives. In some states, schools are legally required to allow students to opt out of dissection.

Students can help each other by sharing their dissection-related experiences. If you or someone you know has a story to share, you could be featured on our Dissection Alternatives Web site. Please send your story to dissection@pcrm.org.

For tips on how to make your classroom dissection-free, information about available alternatives, a list of states with student choice laws, and to order a free copy of the interactive CD-ROM Digital Frog 2, please visit www.DissectionAlternatives.org/students.
PCRM’s Article About Cruelty-Free Insulin Assay Published in Clinical Biochemistry

In the January issue of Clinical Biochemistry, scientists and researchers with PCRM explained the method they used to develop the world’s first cruelty-free insulin ELISA. The article will serve to promote the use of the new technique and encourage chemists, biochemists, immunologists, biologists, and other scientists around the world to develop and use alternatives to other tests that use animal-derived ingredients.

The ELISA, or enzyme-linked immunosorbent assay, is a method of detecting specific proteins in complex protein mixtures—in this case, insulin in human blood. Laboratories traditionally detect human insulin using antibodies produced by cells that had been placed into the abdomens of living mice. The procedure, called the ascites method, is so cruel that it is banned in some European countries. Even when the antibodies are produced from cells in test tubes, fetal bovine serum is commonly used to grow live cells. The serum is obtained from bovine fetuses by puncturing their hearts without anesthesia.

PCRM decided to develop its own assay when PCRM President Neal Barnard, M.D., launched a clinical trial in 2003 to test the effect of a low-fat vegan diet on patients with type 2 diabetes. PCRM worked with researchers at Linco Research of St. Charles, Mo., to develop this cruelty-free insulin assay.

The cruelty-free assay works as well as the traditional one—or even slightly better. In addition to having ethical advantages, growing cells without animal serum ensures that fewer variables are introduced into experiments, meaning that results are easily reproducible by different laboratories. The method outlined in Clinical Biochemistry, the official journal of the Canadian Society of Clinical Chemists, permits the growth of antibody-producing cells in a medium free of animal serum, enabling scientists to make cell cultures safer and more humane.

PCRM’s insulin assay is now marketed by Millipore (formerly Linco Research) as the company’s preferred assay for human insulin. Millipore has sold enough kits to run almost 10,000 insulin tests, and researchers are so pleased with the accurate results that PCRM’s cruelty-free assay has replaced the conventional kit sold by the company.

ACTION ALERT

Urge the FDA to End Mandatory Animal Testing

We want to demonstrate to the Food and Drug Administration that there are many thousands of people who support alternatives to animal testing. The FDA’s own statistics reveal that 92 percent of drugs tested as safe and effective in animals fail when tested on humans. Of the remaining 8 percent of the drugs that reach the public, more than half are relabeled or withdrawn because of serious toxic effects that were not predicted by animal experiments.

Without further efforts to encourage the use of non-animal tests, drug companies will continue to put countless human and animal lives at risk. Proven and less expensive alternatives to animal testing are available and are widely used in Europe. Tell the FDA that it is time for a change. Write to the FDA commissioner and urge him to end mandatory animal testing for every drug sold in the United States:

Andrew C. von Eschenbach, M.D.
Commissioner
U.S. Food and Drug Administration
5600 Fishers Lane
Room 14-71
Rockville, MD 20857

In addition to having ethical advantages, growing cells without animal serum ensures that fewer variables are introduced into experiments, meaning that results are easily reproducible by different laboratories.
What do the Alexis Foundation, International Suicide Prevention Inc., and Birth Defect Research for Children Inc. have in common? They have all been awarded the Humane Charity Seal of Approval and have recently been featured on the Humane Seal’s Web site.

The Humane Charity Seal of Approval recognizes charities that meet their research needs by exclusively using non-animal methods. The Humane Charity Seal of Approval is the easiest way for donors to spot charities that are committed to providing vital services and care to patients or advancing research while following the highest ethical standards.

Every few months, the Humane Seal recognizes one of these charities in the Humane Charity Seal Spotlight on www.HumaneSeal.org.

An individual wishing to donate to a particular cause is sure to find a compatible humane charity with the Humane Seal. The latest three charities to be highlighted illustrate this diversity in the services they provide and communities they serve.

- **Birth Defect Research for Children** provides birth defect information to parents and investigates the causes of birth defects that could have been prevented. The organization provides informational publications and telephone counseling to new and expectant parents about a variety of birth defects, especially those caused by environmental exposures. The organization also developed and sponsors the National Birth Defect Registry, which collects data on more than 300 categories of birth defects and developmental disabilities. For more information, visit www.birthdefects.org.

- **The mission of International Suicide Prevention, Inc.** is to raise suicide awareness and prevent this tragedy. Additionally, the organization strives to aid families who are coping with the aftermath of a suicide. Its services include training, free informative materials, referrals, and family support. For more information, visit www.supportisp.org.

- **The Alexis Foundation** provides information on autism, Angelman Syndrome, Asperger Syndrome, Rett Syndrome, and other related disabilities. The foundation offers parents resources about legislation, programs, therapies, and diet. Learn more at www.alexisfoundation.org.

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New Human-Based Study Refutes Past March of Dimes’ Findings on Visual Deprivation in Kittens

Among the most infamous of the animal experiments funded by the March of Dimes was a study in which experimenters sewed the eyes of kittens closed in order to show that early visual deprivation permanently affects the brain. A new Massachusetts Institute of Technology study shows that the March of Dimes’ experiment was as pointless as it was cruel. The new study found that a young woman who was born blind and whose sight was restored at age 12 had almost normal vision 20 years later—showing that, in humans, early visual deprivation does not preclude the possibility of regaining sight. This finding also brings new hope to people with congenital blindness.

To help urge the March of Dimes to focus on human-relevant research, sign up to hand out leaflets at a March of Dimes Walk-America event near you this spring. Order your leaflets today! Visit www.ReformTheMarchOfDimes.org, or call 202-686-2210, ext. 385.
AMSA Passes Resolution Encouraging Replacement of Live Animal Labs

This spring, the American Medical Student Association (AMSA) took a major step toward modernizing medical education. AMSA passed a resolution encouraging the replacement of live animal laboratories with non-animal alternatives in undergraduate medical education. The AMSA resolution also condemned the practice of pound seizure and obtaining animals from Class B dealers.

AMSA amended its official position regarding alternatives to animal laboratories from a statement that the organization “urges that alternative educational materials, such as films, videotapes and computer simulations be provided for students who do not choose to attend these classes and labs (1986),” to “AMSA strongly encourages the replacement of animal laboratories with non-animal alternatives in undergraduate medical education.”

AMSA also completely reversed its stance on obtaining animals from local pounds for use in vivisection in medical education. The resolution states that AMSA condemns the use of household pets from pounds, shelters, or Class B random source dealers. This replaces a position taken by AMSA in 1986, in which the group endorsed pound seizure.

AMSA’s resolution is part of a growing trend promoting the use of alternatives to live animal labs. More than 85 percent of U.S. medical schools have eliminated the use of live animals to teach basic concepts in human physiology, pharmacology, or surgery. The American College of Surgeons no longer uses live animals in any of its training exercises. Innovations in medical simulation technology, availability of alternatives, increased awareness of ethical concerns, and a growing acknowledgement that medical training must be human-focused have all facilitated this shift.

Donors Look for the Humane Seal

Sixty-seven percent of donors prefer to support health charities that fund vital patient services or life-saving medical research, but never animal experiments — charities with the Humane Seal.

Use of the Seal is free to approved charities and includes advertising in national media.

For more information, please visit www.HumaneSeal.org or contact info@humaneseal.org.
The Cancer Project works to spread the message of good health and preventive medicine as far and wide as possible. In an effort to reach residents of a region that lays claim to some of the highest rates of obesity, diabetes, and other diet-related diseases in the country, The Cancer Project held a half-day seminar and cooking demonstration in Selma, Ala.

“How to Eat Your Way Into Good Health in 2007” was hosted by Grosbeck Parham, M.D., a cancer surgeon from the area, and his wife, Katherine Parham, a cooking instructor for The Cancer Project. The event featured a cooking demonstration, food tastings, free recipe books, and health lectures.

Hubert Brandon, who serves on the board of directors of the Georgia Washington Community Development Corporation, called the event a tremendous success. Instead of presenting traditional health programs that are not typically well attended, Mr. Brandon said, the group was able to bring together a diverse coalition of local community organizations, cancer survivors, citizens, and elected officials and ask them what the community needed. The Cancer Project event was designed for the community using that information and knowledge of the region accrued by Dr. Parham and Mr. Brandon over the past decade.

The program "created a buzz and excitement the likes of which I’ve not seen during my 10 years in the region," Mr. Brandon said. “To have the community embrace the program sponsored by The Cancer Project and so eloquently presented by the Parhams is nothing short of a miracle.”

Although the event was extremely well-attended, Mr. Brandon says The Cancer Project’s message will reach many more. The excited participants took materials and information home to share with family and friends across the region. Mr. Brandon was immediately contacted by several community organizations, universities, and elected officials for a repeat of The Cancer Project program.

“The Cancer Project’s mission is being spread throughout the region and deserves a sincere thanks for traveling ‘outside the box’ and providing this opportunity in a region where it was desperately needed and obviously appreciated,” Mr. Brandon concluded.
Broccoli Compound Helps Destroy Breast Cancer Cells

New research suggests that a specific compound in cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, cabbage, kale, etc.) may be especially helpful in inhibiting breast cancer development. Researchers at the University of Leicester looked at the effect of indole-3-carbinol (I3C) on four different types of breast cancer cells. Previous studies have shown that foods rich in indoles may help to kill breast cancer cells by diminishing the expression of the epidermal growth factor receptor, which protects cancer cells. This study found that I3C helped to reduce these receptors in three of the four types of breast cancer cells. Consuming cruciferous vegetables daily may significantly lower breast cancer risk and increase survival.


Fiber Lowers Breast Cancer Risk

A follow-up of the U.K. Women’s Cohort Study involving more than 35,000 women found that premenopausal women who ate 30 grams of fiber a day had half the risk of breast cancer compared with those who ate less than 20 grams per day. In addition, high protein consumption and low vitamin C intake were associated with increased breast cancer risk among premenopausal women. Researchers suspect that since estrogen levels are higher in premenopausal women, dietary fiber earlier in life may be more important for regulating female hormones and lowering breast cancer risk. Fiber helps the body remove excess hormones, carcinogens, and toxic compounds. Fiber is not present in animal products, but is found in virtually all plant foods: whole grains, legumes, vegetables, and fruit.


Cancer-Related Hormones Associated with Protein and Dairy Consumption

A study recently published in the European Journal of Clinical Nutrition found that elevated insulin-like growth factor-1 (IGF-1) levels were positively associated with the consumption of protein (mainly from animal sources), milk, cheese, calcium, magnesium, phosphorous, potassium, and vitamins B2 and B6. The study examined 2,109 women from eight European countries who had been subjects in a previous breast cancer study (the European Prospective Investigation into Cancer and Nutrition). Inverse relationships were found between IGF-1 levels and the intake of vegetables and beta-carotene (found in orange-colored fruits and vegetables as well as dark leafy greens). Previous evidence has revealed that elevated IGF-1 levels are associated with a variety of cancers, including colorectal, prostate, and premenopausal breast cancer.

Member Support Is Changing the Future of Health Care

This issue’s cover story details PCRM’s Nutrition Guide for Clinicians, a comprehensive manual that explains the link between nutrition and health for America’s health care providers in training. Including nutrition in the treatment for preventing and treating disease is a giant step forward for them and for their patients. That means a big step forward for us all.

Many resources went into the launch of this extraordinary guide. Member contributions funded the thousands of hours that it took our physicians and dietitians to create the guide and covered the cost of printing and distributing the manual to approximately 19,000 second-year medical students, as well as many nurses, dietitians, and other health professionals. The continued support of PCRM members will help ensure that the Guide will be updated and placed in the hands of more medical students in 2008. Along with the Guide, PCRM experts have also developed the comprehensive Web site, NutritionMD.org, medical conferences, Web materials, monographs for continuing medical education, and outstanding educational materials for physicians, scientists, and the lay public. Participating in the education of tomorrow’s clinicians is an effort that should make us all very proud—and just one of the many ways that your membership gifts are effecting positive change in our world.

To learn about opportunities to support the Guide or another PCRM program, please contact me at 202-686-2210, ext. 366, or bwason@pcrmfoundation.org.

Betsy WasoN
Director of Development

Including PCRM in Your Will

A bequest is an important way to ensure that your resources work for the causes you support. The following sample is language that may be used in a will:

“I give, devise and bequeath to the Physicians Committee for Responsible Medicine, Inc., federal tax identification number 52-1394893, 5100 Wisconsin Ave., Suite 400, Washington, DC 20016, the sum of $_______ (or describe the real or personal property or percentage of the estate) as a charitable contribution to be used for its general purposes.”

Explore more gift options to help you achieve your goals at pcrm.planyourlegacy.org.

Renew Your Membership Online

Your annual membership renewal funds all of PCRM’s important work and enables us to meet unexpected challenges when they arise. To securely renew your membership online, visit support.PCRM.org/renew2007 or call 1-866-416-PCRM, ext. 304. If you have already renewed, thank you for your continuing support!
Chris and Bob Anderlik, supporters of PCRM since 1989, are two of the best friends PCRM and animals could ask for. Chris, a 30-year vegan and dedicated environmental activist, first heard PCRM president Neal Barnard, M.D., lecturing in Michigan back in the 1980s and has been one of PCRM’s strongest supporters ever since. Bob, who has been vegan for 17 years, quit eating animals after seeing photos taken inside a slaughterhouse. Together, they are a formidable pair promoting a vegan diet for a healthy and compassionate life.

Bob and Chris met while students at the University of Illinois. Chris, a chemistry major, refused to major in biology because of its use of live animals. To her dismay, however, a biochemistry honors course involved animals, and afterward she vowed to never use animals again. Bob was a skilled baseball player who played center field more than four years in the Chicago Cubs’ farm system. He was given an opportunity to play for the Yankees farm system but chose to retire from the game. He received his master’s degree in education with a minor in mathematics. Both have spent their professional lives being positive influences on youth as school teachers in the Midwest, Michigan, and the metropolitan Washington, D.C., area. Bob, a math teacher, also coached baseball and football, and Chris, a chemistry teacher, coached girls’ sports.

The Anderliks now live in Liberty Lake, Wash., just outside of Spokane, with their rescued cats, Wilbur and Orville, and dogs, Woofy and Patty. Their daughters, Kerry Masters and Christy Anderlik, are also dedicated activists and PCRM supporters. Kerry adopted one of her dogs, Sammy, after she was rescued on her way to a Washington State University research lab.

The Anderliks are retired in name only, because they are working harder than ever. They founded and run the nonprofit organization Animal Advocates of the Inland Northwest, the only animal advocacy group in all of eastern Washington. “We advocate for animals, tackling such issues as companion animal overpopulation, wildlife protection, farmed animals, vegetarianism, vivisection, and animals in the entertainment and fur industries.” The organization they started in northern Michigan several years ago, For Animals, is also still going strong.

After accidental exposure years ago to a dangerous chemical compound in the lab where she was working at the time, Chris developed what could have been a life-threatening and debilitating condition. She believes her body has been able to overcome this because of her healthy diet, and when they see her amazing strength and stamina, her doctors agree.

“We support PCRM because it is filling an absolutely unique niche,” Chris said. “People may come to a vegan diet because their health is compromised and they are looking for a more healthy way to live. People believe in M.D.’s, and PCRM has credibility with the public in the scientific basis of its message.” Bob especially appreciates that PCRM addresses prevention of disease.

Both the Anderliks and their daughter Kerry have put their donations to PCRM to long-term use by becoming Lifetime Partners, dedicating funds for a charitable gift annuity. “We believe that PCRM needs support for the long term for the great work it is accomplishing, so we wanted to be part of that long-term support. PCRM is solid,” Chris said. “We trust you.”

“We like everything you guys do!” Bob added.

Member Support in Arizona

Lovin’ Spoonfuls owner Dr. Peggy Raisglid welcomes guests to a benefit dinner at her vegan restaurant in Tucson, Ariz. On Dec. 3, 2006, the restaurant was packed with PCRM members and new friends to hear a program update from PCRM president Dr. Neal Barnard. Volunteers organized a silent auction featuring local artwork and treasures to help raise funds in support of PCRM’s programs and campaigns. Thank you, Peggy!

Dr. Deborah Wilson (shown with PCRM’s director of toxicology and research, Dr. Chad Sandusky, husband Steve Wilson, and PCRM president Dr. Neal Barnard) opened her home in Paradise Valley, Ariz., to fellow PCRM members on Dec. 4, 2006. The evening garnered new friends and funds for all of our programs, including efforts to halt the construction of a giant animal research facility in nearby Chandler. Thank you, Debbie!
RESEARCH ISSUES
What Will We Do If We Don’t Experiment on Animals?
Medical Research for the 21st Century
C. Ray Greek, M.D., and Jean Swingle Greek, D.V.M.
The Greeks answer the title’s question with a tour of truly modern medical research. With advances in the study of human genetics and the ability to measure human responses to drugs at the molecular level, researchers will find it increasingly difficult to justify the crude data accumulated from animal experimentation. 262 pgs, $24.99

New Landmark Book from PCRM
Experimental evidence from animal research—like humans—find enjoyment in touch, food, aesthetics, companionship, anticipation, and more. Full of insight and humor, the book poses vital ethical questions. 256 pgs, $24.95

Pleasurable Kingdom
Animals and the Nature of Feeling Good
Jonathan Balcombe, Ph.D.
Life as experienced by animals is not a grim struggle for survival, according to animal behavior researcher Balcombe. He presents persuasive evidence that animals—like humans—find pleasure in touch, food, aesthetics, companionship, anticipation, and more. Full of insight and humor, the book poses vital ethical questions. 256 pgs, $24.95

HEALTH AND NUTRITION

NEW LANDMARK BOOK FROM PCRM
Nutrition Guide for Clinicians
Physicians Committee for Responsible Medicine
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. 884 pgs, $39.95

Your Vegetarian Pregnancy
A Month-by-Month Guide to Health and Nutrition
Holly Roberts, D.O., F.A.C.O.G.
Fulfilling every nutritional guideline recommended by the American College of Obstetrics and Gynecology, this book is the first authoritative guide to maintaining a healthy plant-based diet before, during, and after the birth of your child. 378 pgs, $15.00

Healthy Eating for Life book series from PCRM
PCRM’s series of medically sound, reader-friendly books explain diet’s role in wellness and disease prevention. Each book includes at least 80 healthy, delicious vegetarian recipes. Forewords by PCRM president Neal D. Barnard, M.D.

Healthy Eating for Life for Women
PCRM with Kristine Kieswer
Learn how the right foods can ease menstrual and menopausal symptoms, strengthen bones, encourage weight loss, protect the heart, and help prevent certain cancers. 260 pgs, $14.95

Healthy Eating for Life to Prevent and Treat Diabetes
PCRM with Patricia Bertron, R.D.
Studies show that diabetes can be highly responsive to diet and lifestyle changes. PCRM explains these changes and how to put them into practice. 244 pgs, $14.95

Healthy Eating for Life to Prevent and Treat Cancer
PCRM with Vesanto Melina, M.S., R.D.
This book provides a complete nutrition program to prevent and fight cancer. Packed with tips and guidelines for lifelong good health. 244 pgs, $14.95

Healthy Eating for Life for Children
PCRM with Amy Lanou, Ph.D.
When children learn proper nutrition early in life, they are more likely to avoid heart disease, obesity, and diabetes. Here’s how to get them started. Includes kid-tested recipes. 258 pgs, $14.95

Super Size Me DVD
Directed by Morgan Spurlock
In this award-winning documentary, filmmaker Spurlock lives on a McDonald’s-only diet for one month, with devastating results. Mixing humor with commentary by medical experts, Super Size Me exposes the consequences of the national romance with fast food. 96 minutes, plus bonus footage and interviews. Parental advisory: language, graphic medical scenes. $26.99

Don’t Eat This Book
Fast Food and the Supersizing of America
Morgan Spurlock
Funny, optimistic, and fact-packed, this book presents the backstory of Super Size Me. It also details how the fast-food industry endangers health in the United States, often with the cooperation of government. 320 pgs, $21.95

The Great American Detox Diet
Alex Jamieson
Morgan Spurlock’s vegan chef fiancée presents the detox program that undid the damage caused by his monthlong, nothing-but-McDonald’s diet. Jamieson’s eight-week program includes nearly 90 recipes that eliminate animal products, sugar, caffeine, and potential allergens. 288 pgs, $14.95

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

**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, $14.00

**Breaking the Food Seduction**

We all have foods we can’t resist, foods that sabotage our health. But banishing those cravings for chocolate, cookies, cheese, or burgers isn’t a question of willpower, it’s a matter of biochemistry. Drawing on his own research and that of other leading institutions, Dr. Barnard reveals how diet and lifestyle changes can break the craving cycle. 324 pgs, $14.95

**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. Paperback, 350 pgs, $14.00

**A Physician’s Slimming Guide for Permanent Weight Control**

You can succeed in becoming and staying slimmer! This book is not a diet—it’s a comprehensive program that takes the reader beyond artificial “formula approaches.” 96 pgs, $7.95

**Foods That Fight Pain**

Did you know that ginger can prevent migraines and that coffee sometimes cures them? Drawing on new research, Dr. Barnard shows readers how to soothe everyday ailments and cure chronic pain with common foods. 348 pgs, $14.00

**Food for Life**

The breakthrough book on aging, heart disease, cancer, weight control, and general health. Preface by Dean Ornish, M.D. Loads of tips on changing your diet, 21 days of menus, plus delicious recipes by Jennifer Raymond. 334 pgs, $14.00

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**Appetite for Profit**

**Michele Simon**

Law professor and health food policy expert Michele Simon exposes the misleading messages from fast-food, beverage, and processed-food corporations. Through advertising and political manipulation, this misinformation finds its way into governmental policy and consumer beliefs. The result is a national epidemic of obesity, heart disease, and diabetes. Fascinating and empowering reading. 416 pgs, $15.95

**Don’t Drink Your Milk**

**Frank Oski, M.D.**

Milk is the perfect food—for a calf. For humans, however, milk poses several health risks, as outlined in this very readable book by the former director of the Johns Hopkins University Department of Pediatrics. 92 pgs, $9.95

**The Whole Foods Diabetic Cookbook**

**Patricia Stevenson, Michael Cook, Patricia Bertron, R.D.**

It’s not just about sugar anymore! A low-fat, vegetarian diet high in fruits, vegetables, whole grains, and beans will keep blood sugar at a more constant level and help control excess weight. Delicious recipes make it easy. Includes background info on diabetes and nutrition. 159 pgs, $12.95

**More Great Good Dairy-free Desserts—Naturally**

**Fran Costigan**

Chef-instructor Fran Costigan teaches the fine art of creating vegan pastries, pies, cakes, puddings, and frozen desserts. Everyone from novice bakers to gourmet cooks will find valuable tips on equipment, techniques, and all-natural ingredients. 221 pgs, $19.95

**Vegan Microwave Cookbook**

**Nancy Berkoff, R.D.**

Award-winning chef and columnist Nancy Berkoff offers over 165 easy recipes, many of which take less than 10 minutes to prepare. Microwave magic can make dream meals mesh with a busy schedule. 287 pgs, $16.95

**Fat-Free and Easy**

**Jennifer Raymond**

Great Meals in Minutes! 288 pgs, $12.95

**From The Cancer Project**

**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

**Prescription for Life Poster**

This whimsical work of art introduces your patients to the importance of fruits, vegetables, whole grains, and beans in cancer prevention and survival. It also tells how to obtain free information about nutrition, recipes, and classes from The Cancer Project. 17”x22”, $6.00

**The Survivor’s Handbook:**

**Eating Right for Cancer Survival**

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 recipes. Spiral bound, 145 pgs, $14.95

**Eating Right for Cancer Survival video**

This groundbreaking new video is designed to work hand-in-hand with the companion Survivor’s Handbook. Together they’ll provide you with empowering information on how simple, everyday choices can cause major changes in your health and well-being. Contains eight presentations by Neal Barnard, M.D., Jennifer Reilly, R.D., and Amy Lanou, Ph.D. 103 mins. DVD $14.95

**SPECIAL VIDEO / HANDBOOK COMBO OFFER**

**Survivor’s Handbook: Eating Right for Cancer Survival**

DVD / Handbook $24.95

**Prescription for Life Poster**

VHS / Handbook $24.95
### PCRM MARKETPLACE

**MARKETPLACE ORDER FORM**

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**SHIPPING AND HANDLING CHARGES**

For orders shipped to more than one address, please add shipping for each additional address.

- Orders within the United States:
  - Shipping via U.S. Postal Service or UPS: For orders between $1 and $20 = $5 For orders between $20 and $40 = $7 For orders between $40 and $70 = $9 For orders between $70 and $100 = $12 For orders more than $100 = $15

- International and Express Shipping Orders:
  - Shipping charges vary depending on country and/or express shipping method. Call for charges: 1-800-695-2241

**Mail to:**
PCRM Marketplace
P.O. Box 180
Summertown, TN 38483
(Do not use the membership envelope in this issue.)

Or call toll-free: 1-800-695-2241
Or order online at: www.pcrm.org
A Song Is Just a Song?

Gibbons, a small species of ape who live in the south-eastern Asian rainforest, rearrange the notes in their songs to convey complex messages. Their songs include predator warnings, as well as duets performed by the males and females, who mate for life. The gibbons’ use of syntax demonstrates a similarity to human language that had not previously been noted in nonhuman primates.

Vegetarian Diets: A Smart Choice

Children with higher intelligence are more likely to follow a vegetarian diet later in life, according to a study in the British Medical Journal. Researchers from the University of Southampton analyzed data on 8,170 participants from the 1970 British Cohort Study and concluded that a higher IQ at age 10 was associated with a 38 percent increased chance of being vegetarian at age 30. The study included 366 vegetarians, which was 4.5 percent of the total sample. These data may help explain why having a higher IQ in childhood or adolescence leads to a reduced risk of heart disease during adulthood.

Global Warming: Don’t Have a Cow, Man

Eating meat may be as bad for the earth as it is for our own health. According to a new report by the United Nation’s Food and Agriculture Organization, the greenhouse gases produced by farmed animals may be doing more damage to the environment than the pollution from our cars. These animals produce 35 percent to 40 percent of all methane emissions (which have 23 times the global warming potential of carbon dioxide), 65 percent of nitrous oxide (which is 320 times as warming as carbon dioxide), and 64 percent of ammonia, which contributes to acid rain. According to the report, livestock take up 30 percent of the Earth’s entire land surface, and total meat production is projected to double from 2001 to 2050. Global meat production, which adds immensely to water pollution and the reduction of forests for livestock grazing, continues to grow and threaten the health of the planet.

Chinese Obesity, American-Style

China’s children are facing an obesity crisis, American-style. Due to the country’s economic boom over the past decade, more children have access to McDonald’s, Kentucky Fried Chicken, and other American fast-food restaurants in China’s cities and surrounding areas. Families can now afford more high-fat meat and dairy products, and the population is increasingly leading sedentary lifestyles because of access to cars and the Internet. About 8 percent of 10- to 12-year-olds in China’s cities are considered obese, according to Education Ministry data, and an additional 15 percent are overweight. Six-year-old boys in urban areas of China are 2.5 inches taller and 6.6 pounds heavier on average than their counterparts from 30 years ago.

Cruel Monkey Experiments Halted

David Waitzman’s experiments on rhesus monkeys have been halted after U.S. Department of Agriculture inspectors found multiple violations in his laboratory at the University of Connecticut Health Center. For 15 years, Waitzman has been inflicting brain damage on rhesus monkeys to study the effect on eye movements. Violations included failure to use non-animal alternatives to painful or distressful procedures and failure to provide adequate water and veterinary care. One monkey was given unapproved injections in his brain, and some experimenters were cited for causing bruises around a monkey’s eye, face, and neck. Waitzman was reprimanded by the school.

A Chemical Addition to the Diet

A laboratory analysis found high levels of toxic chemicals in a popular brand of omega-3 fish oil supplements. OmegaPure was found to contain DDT, Dieldrin, and polychlorinated biphenyls (PCBs). All three chemicals have been deemed by the Environmental Protection Agency as “probable” carcinogens and have been banned in the United States. OmegaPure is manufactured by the largest producer of fish oil in the country, Omega Protein Inc.
As a child, Paulette Chandler was always interested in the effect lifestyle choices had on disease. This relationship struck especially close to home when Dr. Chandler’s father was diagnosed with lung cancer when she was only 14 years old. Dr. Chandler chose to attend Duke Medical School to pursue internal medicine. This field of medicine was the broadest in scope and gave her the most opportunity to encourage people to make healthy lifestyle changes.

Dr. Chandler now influences lives and individuals’ habits every day. As a clinical faculty member of Harvard Medical School practicing at Brigham and Women’s Hospital in Boston, she encourages her patients to become actively involved in managing their diseases and gives them detailed information about nutrition to read at home. “When they are in charge, they can see it as a win-win situation,” she said.

Dr. Chandler became involved with The Cancer Project in the spring of 2006. She began teaching Food for Life nutrition and cooking classes in the Boston area and loves the opportunity to educate and help participants encourage each other.

Dr. Chandler was one of five speakers at The Cancer Project’s 2006 Symposium held in Bethesda, Md. Her presentation, “Keys to Keeping the Change,” looked at the benefits of a plant-based diet, the better quality of life that diet could bring, and how to make the change. She spoke about personal motivators, such as having better health for one’s children, and provided a specific plan for making a big lifestyle change and embracing it. Dr. Chandler will continue working closely with The Cancer Project as a new member of The Cancer Project’s Advisory Board.

So, does Dr. Chandler feel that she’s reached her childhood goal of educating people about how lifestyle changes can affect health? “I’ve definitely reached my goal,” she said. “It’s so rewarding to see people healthy and happier. And it’s not just an internal change—it’s visible.”