It's time to retire the Pyramid. Yes, its shape was appealing. And its message was reassuring. Whether you gravitated toward the grains, fruits, and vegetables at its base, or the meats and dairy products pictured on its upper levels, the Pyramid had you covered. But that was exactly the problem. From the beginning, the diagram was at odds with scientific evidence. It was intended to promote a solid premise, that the basis of the diet should be vegetables, fruits, and whole grains. But its recommendations for meat and dairy products flew in the face of countless studies showing that people who eat these products daily are less healthy than people who steer clear of them.

In 1991, when the Eating Right Pyramid was about to debut, three colleagues joined me in suggesting a better way. T. Colin Campbell, Ph.D., who led the China Study; Denis Burkitt, M.D., who established the value of fiber in the diet; and Oliver Alabaster, M.D., an oncologist from The George Washington University, spoke at a PCRM press conference near the White House. We held that the dietary staples should be the New Four Food Groups—vegetables, fruits, whole grains, and legumes (beans, peas, and lentils). All other foods were deemed optional—and some “optional” foods (e.g., meats, dairy products, eggs, greasy and sugary foods) are best left off the plate entirely.

A week later, the Pyramid was released. The National Cattlemen’s Beef Association, already reeling from our suggestion that meat no longer be a daily requirement, was scandalized by meat’s seemingly reduced prominence on the Pyramid. The group descended on the U.S. Department of Agriculture, and demanded that the diagram be withdrawn—which it was, in no time flat. Not until a year later did it reappear nearly unchanged under the name “Food Guide Pyramid.” In 2005, the diagram was redrawn to replace the depictions of food with uninterpretable colored stripes. Users had to go online to find out what was recommended. And that’s the Pyramid we know today.

Enter the Power Plate. It is a simple and reasonably literal diagram that shows the healthy foods that belong on our plates. It is both more accurate than the Pyramid and much easier to implement. PCRM has developed and released the Power Plate with posters in doctors’ offices, advertisements in nutrition journals, and a full Web presence. And we have asked the federal government to adopt it—or something like it—as federal policy.

There are many uncertainties in nutritional science: Is it better to emphasize whole grains, or should our plates be more abundant in vegetables and fruits? Is raw better than cooked? The Power Plate does not tackle these questions. Rather, it sticks to the basics: a healthy diet emphasizes vegetables, fruits, whole grains, and legumes. It also points out the importance of getting vitamin B12 from either supplements or fortified foods (a recommendation that the government currently limits to older people, but is sound advice for everyone). And it presents these ideas in a framework that anyone can understand.

An up-to-date teaching tool is just a first step in improving people’s eating habits. But if our educational tools can keep up with what we know about nutritional science, our message is that much more powerful.

We have asked the federal government to adopt it—or something like it—as federal policy.

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

T. Colin Campbell, Ph.D., Denis Burkitt, M.D., Neal Barnard, M.D., and Oliver Alabaster, M.D., in 1991

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Doctors and laypersons working together for compassionate and effective medical practice, research, and health promotion.
RESEARCH ETHICS  By Kristie Sullivan, M.P.H.

VETERINARY TRAINING

Model Dog Trains Veterinary Surgeons and Students

A simulated dog named FRED, or Flexible and Rigid Endoscopic Training Device, is training veterinary students and veterinarians to perform high-tech surgeries and could save the lives of dogs currently used in training.

Created by University of Tennessee professor Jacqueline Whittemore, Ph.D., D.V.M., and former student Katy Kottkamp, D.V.M., FRED allows veterinarians and students to practice stomach endoscopy surgeries. Endoscopy uses an instrument to examine the interior of an organ or cavity of the body. Students of veterinary endoscopy are currently trained using live dogs, who are often killed afterward.

Dr. Whittemore and the University of Tennessee received a provisional patent for FRED in late 2009, and Dr. Whittemore plans to build models to distribute to other veterinary schools. Future models will offer the opportunity to practice bronchoscopy, feeding tube placement, laparoscopy, and urinary surgery.

CHEMICAL TESTING

Research Program on Track to Reduce Animal Testing

A federal government research effort could be the beginning of the end of toxicity testing using animals. The ToxCast program aims to develop a suite of hundreds of cell-based tests to predict how chemicals might affect human health.

The Environmental Protection Agency has published the results of the first phase of the project, which tested a set of more than 300 pesticide chemicals. Researchers found strong correlations between existing data on chemical effects and the results of cell-based assays. This is the first step toward providing the scientific support needed to persuade regulatory agencies to use nonanimal testing batteries. The next phase of the program will expand to several thousand chemicals, including pharmaceuticals and industrial chemicals.

This approach could completely replace animal-based toxicity testing. Cell-based and other nonanimal testing methods allow many more chemicals to be tested at once. The results are more relevant to humans since human cells and tissues are used, and much more information can be obtained on how each chemical—and even mixtures of chemicals—might interact with human biology.

The cell-based tests are designed to capture a chemical signature that can help regulators decide which human organ systems a chemical might affect. The signatures also allow regulators to categorize chemicals with similar effects. Scientists can use computer modeling to translate the results from cellular tests to humans.

The ToxCast program has been in progress since 2007, and represents one step toward implementing the 2007 National Research Council report Toxicity Testing in the 21st Century: A Vision and a Strategy.
**DIABETES**

**Restaurant Burgers and Fried Chicken Increase Diabetes Risk**

Researchers found that African-American women who ate two or more restaurant hamburgers per week were 40 percent more likely to develop type 2 diabetes, while two or more fried chicken meals led to a 68 percent increase in diabetes risk. The research followed more than 44,000 participants who were originally diabetes-free and were part of the Black Women’s Health Study.


**Mental Health**

**Animal Protein Linked to Diabetes**

Diabetes risk increases with higher intake of total protein and animal protein, according to a recent study in *Diabetes Care*. Researchers analyzed the diets of 38,094 Dutch participants from the European Prospective Investigation into Cancer and Nutrition (EPIC) study and found that for every 5 percent of calories consumed from protein instead of carbohydrate or fat, the risk of developing diabetes increased 30 percent. Increased animal protein intake also coincided with increased body mass index, waist circumference, and blood pressure. Vegetable protein intake was not associated with diabetes risk.


**Urinary Health**

**E. Coli from Chicken Causes Urinary Tract Infections**

Bacteria from chicken products may be a major cause of urinary tract infections, according to a new Centers for Disease Control and Prevention study. Researchers examined urine samples from women who had urinary tract infections and matched E. coli in the samples to E. coli from contaminated foods. They found that most of the E. coli was ingested through retail meat products (61 percent of which were chicken products) and ready-to-eat products (73 percent of which were meat products). The authors concluded that chicken was the main source of urinary tract infection-causing E. coli. Researchers also warned that animal-product sources of E. coli may be drug-resistant, which can require more costly and complicated treatments.


**Cutting Out Meat Improves Mood**

Avoiding meat improves mood, according to a report presented at a recent American Public Health Association conference. Researchers at Arizona State University divided 39 participants into three diet groups: One group was asked to have no meat or eggs; a second was asked to have fish three to four times per week, but no other meat; and a third made no diet changes. The vegetarian group experienced mood improvements in both tension and confusion categories, while the meat-eating participants and fish eaters showed no mood improvements.

A New Direction
Food Pyramid Yields to PCRM’s Power Plate

The Food Guide Pyramid has adorned classroom walls and food packages since 1992, but a new, more accurate, and more user-friendly graphic has been developed by PCRM experts for use by schools, health care professionals, and individuals looking for up-to-date nutrition advice.

The U.S. Department of Agriculture created the Eating Right Pyramid diagram in 1991. Unlike the Basic Four diagram it replaced, it promoted grains, vegetables, and fruits, with somewhat less emphasis on meats and dairy products, and even less on sugar and added fats. It was quickly withdrawn, however, under objections by the meat industry.

A year later, the Food Guide Pyramid re-emerged, nearly identical to its predecessor. However, as the paint dried on the new graphic, it was clear that it was already out of date. Even with reduced graphic emphasis on meats and dairy products, it still called for two to three servings of both each day. Studies had already shown, however, that people who follow its advice to consume meat and dairy products are, as a group, less healthy than people who avoid these products altogether.

For many, the Pyramid seemed overly abstract and did not translate very well into daily choices. After all, people eat from plates, not pyramids.

In 2005, the USDA modified the graphic again, introducing its current—and even more controversial—food guide, MyPyramid. The graphic—a series...
Prevention & Nutrition

New Building Blocks

PCRM dietitians and doctors saw the need for a set of easy-to-use dietary guidance tools that serve the current needs of the public—to curb dietary excesses and fight chronic diseases.

After identifying principles and goals to guide the materials’ development, PCRM’s director of nutrition education Susan Levin, M.S., R.D., and other PCRM experts examined the Institute of Medicine and World Health Organization reports on dietary intake and identified the most healthful sources of nutrients.

The team concluded that the new food diagram should focus on grains, vegetables, fruits, and beans. These foods are nutrient-rich, free of cholesterol and animal fats, and can aid in preventing heart disease, type 2 diabetes, obesity, and other chronic diseases plaguing Americans. PCRM’s nutrition experts excluded meat, dairy products, and eggs since they are unnecessary and present serious health risks.

Thinking Outside the Pyramid

Historically, food diagrams have used shapes that have no connection to food. But several leading health organizations, including the American Institute for Cancer Research and the American Diabetes Association, use plate images to communicate nutrition information with more literal meaning.

To determine what shape would be best for PCRM’s diagram, the team developed and tested four versions: a triangular shape similar to MyPyramid, a square, a stylized plate, and a simple plate. These were evaluated by children and adults using an anonymous online survey. The plate-shaped diagram had a higher aesthetic rating, compared with square and triangular diagrams. It also had a high rate of content recall.

PCRM’s new diagram presents the basics of a menu for optimal health through the concrete image of a plate. The Power Plate eliminates portion suggestions and food hierarchies and simply recommends a variety from all four groups. The graphic can translate into grain-based meals, as might be familiar in Asian cuisine, legume-based meals for Latin American tastes, or meals

Take the Power Plate for a Spin

Learn more about the Power Plate on PCRM’s new interactive Web site, ThePowerPlate.org. This colorful site is geared toward consumers and also includes sections for educators and health care professionals. It provides puzzles, coloring pages, and a quiz for kids and a free, printable Power Plate poster. See the plate in action: ThePowerPlate.org.

1956: The seven food groups are condensed to the Basic Four in the USDA publication Essentials of an Adequate Diet. The guide focuses on eating habits to prevent nutrient deficiencies. It recommends a minimum number of servings of milk products, meat products, fruits and vegetables, and grains.

1977: The Senate Select Committee on Nutrition and Human Needs issues the Dietary Goals for the United States. The goals address intake of protein, carbohydrate, fat, fatty acids, cholesterol, sugars, and sodium—but they do not translate into food plans or guides.

1979: The USDA’s new Hassle-Free Guide to a Better Diet adds a fifth food group to the Basic Four: fats, sweets, and alcohol.

1980: The USDA releases the first Dietary Guidelines for Americans, which have been revised every five years since then.

1991: PCRM calls on the federal government to replace the Basic Four with the New Four Food Groups: grains, legumes, vegetables, and fruits. Meats and dairy products were considered no more than optional—and best avoided altogether.
based on vegetables and fruits for Mediterranean flavors, and easily accommodates macrobiotic or raw-food diets. Foods that are not depicted (e.g., meats, dairy products, and nuts) are considered strictly optional (and some are best avoided altogether).

The USDA is set to release its new Dietary Guidelines for Americans this year. As the department deliberates over the new guidelines, PCRM hopes the Power Plate will help Americans understand the basics of a healthful diet.

Complete Nutrition

Protein

It was once thought that plant-based diets could provide adequate protein only if specific foods, such as grains and beans, were consumed together, a concept known as “protein complementing.” It is now known that a diet based on grains, vegetables, fruits, and legumes provides all the essential amino acids needed to produce complete protein, even without special combining.

Minerals

Calcium, iron, and other minerals are especially abundant in legumes and green leafy vegetables, or “beans and greens.”

Vitamin B12

Vitamin B12 is not found in most plant foods. For individuals following a diet free of all animal products, vitamin B12 needs can easily be met through fortified foods, including many breakfast cereals, some meat substitute products, and fortified soymilk. Most common multivitamins also contain B12. Seaweed and products like tempeh are generally not reliable sources of vitamin B12.

Regular intake of vitamin B12 is important to meet nutritional needs. The recommended dietary allowance for adults is 2.4 micrograms per day, with increased requirements for women who are pregnant or breastfeeding.

Plant-Powered Athletes

Step up to the plate. That’s what Prince Fielder, Milwaukee Brewers’ power-hitting first baseman, did before winning Major League Baseball’s Home Run Derby last year. He stepped up to the plant-based Power Plate—and skipped the meat.

Many athletes have transitioned to a vegan diet and now credit their strength and endurance to this healthful source of energy. Ultramarathon champion Scott Jurek fuels his body on a completely vegan diet while competing in 10 to 12 ultramarathons per year. All seven of his consecutive wins at the Western States 100 Mile Endurance Run were performed on vegan fuel.

Four-time NBA champion John Salley, Canadian icy hockey player George Laraque, Ironman triathlete Brendan Brazier, and Carl Lewis, the track and field star who won 10 Olympic medals, are on the growing list of plant-fueled athletes.

A vegan diet provides the high-carbohydrate content balanced with the protein and fat the body needs for training sessions and competition. A variety of wholesome grains, vegetables, legumes, and fruits create the optimal diet to perform, recover, and perform again.

ONLINE > Take Action: Submit comments about the USDA’s dietary guidance materials at DietaryGuidelines.gov.
Introducing the Healthy School Meals Act of 2010

Millions of children could soon have access to nutritious vegetarian school lunches if Congress passes a bill introduced this March.

The Healthy School Meals Act of 2010, introduced by Rep. Jared Polis, D-Colo., would create a pilot program to provide select schools with plant-based vegetarian options and healthful nondairy beverages. The bill would also reward school districts with additional food aid if they offer most students nondairy vegetarian food choices every day.

For years, PCRM doctors and dietitians have encouraged lawmakers to make changes to child nutrition legislation to support healthful vegetarian foods. Now PCRM is playing a major role in supporting this measure, which would put vegetarian meal options and nondairy beverage choices into school cafeterias. The bill has been introduced as Congress considers the reauthorization of the Child Nutrition Act, which lays the groundwork for school meals and other food assistance programs.

“One in three children is now overweight,” says PCRM dietitian Kathryn Strong, M.S., R.D. “One in five teens has an abnormal cholesterol level. If children never have an option other than the usual meat-and-dairy-based meals, those figures are not likely to change.”

One federal study showed that 70 percent of schools serve meals that exceed recommended levels of saturated fat. PCRM nutrition experts are meeting with Members of Congress and other school nutrition stakeholders to explain how the Healthy School Meals Act could fight childhood obesity and improve children’s overall health.

If the law passes, the U.S. Department of Agriculture would follow the pilot program by making plant-based vegetarian options and nondairy beverage choices available to schools through the commodity program. It would also provide training materials on the nutritional benefits of these foods. Students would no longer have to provide a doctor’s note to choose a milk alternative.

**Simple Choice, Big Difference**

Give our children the option

<table>
<thead>
<tr>
<th>Hamburger</th>
<th>Veggie Burger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 301</td>
<td>Calories: 220</td>
</tr>
<tr>
<td>Protein: 19 g</td>
<td>Protein: 19 g</td>
</tr>
<tr>
<td>Total fat: 15 g</td>
<td>Total fat: 5 g</td>
</tr>
<tr>
<td>Saturated fat: 5 g</td>
<td>Saturated fat: 0 g</td>
</tr>
<tr>
<td>Fiber: 2 g</td>
<td>Fiber: 5 g</td>
</tr>
<tr>
<td>Cholesterol: 26 mg</td>
<td>Cholesterol: 0 mg</td>
</tr>
</tbody>
</table>

**Online >** Urgent: Please ask Congress to support the Healthy School Meals Act of 2010. Go to HealthySchoolLunches.org.

**Online >** Become a fan of the PCRM School Lunch Revolution on Facebook at www.Facebook.com/PCRMSchoolLunchRevolution.
Dr. Barnard Helps ‘Viewers Like You’ Fight Diabetes

Millions of Public Broadcasting Service viewers learned about a new approach to controlling diabetes this March. PCRM president Neal Barnard, M.D., traveled to PBS stations everywhere from Pittsburgh and Miami to Des Moines, Iowa, and Bowling Green, Ohio, to inform Americans that a low-fat vegan diet can help manage and even reverse type 2 diabetes.

The 60-minute program, titled “Taking Control of Diabetes with Dr. Neal Barnard,” is aimed at people with diabetes and those at risk of developing the disease. Dr. Barnard presented the program live in 10 cities, and hundreds of other PBS stations nationwide aired it, reaching approximately 80 percent of the PBS market.

Dr. Barnard explained his three-part system for taking control of diabetes through a diet that is vegan, low in fat, and composed of foods with a low glycemic index.

The plant-based approach is based on a landmark study funded by the National Institutes of Health and published in *Diabetes Care*, the *American Journal of Clinical Nutrition*, and the *Journal of the American Dietetic Association*. Rather than compensate for malfunctioning insulin, as other treatments do, the diet appears to help people's own insulin work better by altering what goes on inside cells. It also leads to weight loss, better control of cholesterol and blood pressure, and better overall health.

Just two weeks before Dr. Barnard’s PBS tour, a government report surfaced about the dangers of Avandia, a common diabetes drug. The report found that in just three months in 2009, more than 300 deaths were linked to the oral medication. Dr. Barnard explained to PBS viewers that a vegan diet can effectively treat diabetes and has only positive side effects.

PCRM’s online 21-Day Vegan Kickstart has caught the eye of a growing number of health-conscious celebrities, including Ginnifer Goodwin of HBO’s *Big Love* series.

Goodwin was a leader of the 21-Day Vegan Kickstart program in March. Also joining the Kickstart leadership in March were Persia White of the television show *Girlfriends*; Alexandra Jamieson, author of *Living Vegan for Dummies* and *The Great American Detox Diet*; and Joey Kern of *Super Troopers* fame. They shared recipes, as well as provided practical advice and inspiration for exploring a vegan diet.

The March Kickstart also included an all-new 21-day meal plan, live weekly chats with Marilu Henner, and an exclusive Doctors’ Forum teleconference featuring Hans Diehl, Dr.H.Sc., M.P.H., author of *Health Power* and *Dynamic Living* and founder of the Coronary Health Improvement Project.

Nearly 30,000 people joined the New Year’s Kickstart, and more than 20,000 joined the March program.
Congress Pushes Military to End Animal Use

A new bill introduced in the U.S. House of Representatives would require the military to institute modern medical training methods in courses that currently subject thousands of animals to stab wounds, burns, and other injuries. PCRM medical experts recently joined military physicians, medical simulation experts, and Rep. Bob Filner, D-Calif., on Capitol Hill to explain why the military should replace live animals in its medical training courses with ethical and educationally superior human-based methods.

At February’s briefing, Rep. Filner, chair of the House Committee on Veterans’ Affairs, discussed his efforts to modernize military training by introducing the Battlefield Excellence through Superior Training (BEST) Practices Act. This bill, H.R. 4269, would end the Department of Defense’s use of animals in combat trauma and chemical casualty care training courses.

Hope Ferdowsian, M.D., M.P.H., PCRM’s director of research policy, presented an overview of the military’s reliance on live animals for medical training. Lt. Col. William Morris, M.D. (ret.), chief of neurosurgery at MultiCare Health System, discussed his personal experiences with animal use in combat trauma training. Adam Levine, M.D., director of human simulation and director of residency training at Mount Sinai School of Medicine, and Martin Eason, M.D., director of the Center for Experiential Learning at the James H. Quillen College of Medicine, presented a hands-on medical simulation demonstration. The briefing was standing-room only.

Each year, the military’s trauma training courses subject more than 8,500 goats and pigs to severe injuries. In chemical casualty care courses, live vervet monkeys are given a toxic dose of the drug physostigmine, which can induce seizures, breathing difficulty, and death.

“Caring for wounded troops under fire requires quick thinking, and there is no time to translate from animal-based training to lifesaving care for your human patient,” says Dr. Ferdowsian. “The BEST Practices Act ensures that the military’s medical training meets 21st-century standards.”

The BEST Practices Act would require the military to use human-based medical simulators for chemical casualty care training to ensure that medical personnel receive effective training before deployment. The bill would also phase out the use of pigs and goats in combat trauma training courses.

The BEST Practices Act currently has 27 congressional co-sponsors.

Nonanimal Chemical Testing for a Safer Environment

PCRM scientists are urging lawmakers to revise chemical legislation to protect humans and animals, and PCRM members can help.

Congress is considering revisions to the Toxic Substances Control Act (TSCA), the law that regulates industrial chemicals. The new framework could call for thousands of chemicals to be tested on animals.

PCRM scientists are meeting with Members of Congress to explain the scientific, practical, and ethical problems with continuing to rely on animal-based toxicity tests.

“The best way for Congress to create a safer chemical market is to encourage a move to modern testing methods,” says PCRM toxicologist Kristie Sullivan, M.P.H. “Animal-based testing methods are not just cruel; they are too slow to efficiently assess the huge number of chemicals that need to be tested. The TSCA revision must encourage strategies that avoid animal tests.”

The existing TSCA inventory contains between 30,000 and 80,000 chemicals, according to the Environmental Protection Agency (EPA). Testing all of these for even one kind of toxicity—such as reproductive toxicity—in animals could take more than a century.

Sullivan recently submitted testimony to the U.S. Senate Committee on Environment and Public Works and its Subcommittee on Superfund, Toxics, and Environmental Health. In her testimony, she recommended that TSCA revisions incorporate recommendations made by the National Research Council’s Toxicity Testing in the 21st Century: A Vision and a Strategy. The report, which the EPA commissioned, calls for the development of human-based in vitro cell and tissue tests instead of animal tests for chemical assessment.

Learn more about TSCA and sign up to persuade Congress to reform chemical testing at ReformToxicityTesting.org.

Urging REACH Administrators to Reach Out

PCRM toxicologist Kristie Sullivan, M.P.H., traveled to Helsinki, Finland, in February to hold joint talks with the European Chemicals Agency on how to reduce the use of animals in toxicity tests.

The European Chemicals Agency (ECHA) was set up to administer the 2006 European REACH legislation, which requires the registration and testing of industrial and consumer chemicals and prohibits animal testing if other methods are available. PCRM has been working through its role as Secretariat of the International Council for Animal Protection at OECD (ICAPo) to ensure nonanimal test methods are accepted for generating information required under REACH.

This visit was a chance to urge ECHA officials to reach out to American companies, who must also register their chemicals to market them in Europe, and American lawmakers to share their progress and expertise in reducing animal testing. PCRM hopes Congress will apply these lessons directly as lawmakers consider revisions to the Toxic Substances Control Act.

Action Alert

Contact the FDA About Animal Testing

Every day, thousands of animals are experimented on and killed to create and test drugs, many of which will never help a sick human being. That’s why PCRM and an international coalition of scientists, doctors, and animal-protection organizations filed the Mandatory Alternatives Petition with the U.S. Food and Drug Administration. The petition asks the FDA to mandate the use of validated nonanimal testing methods, when those alternatives exist, to create safer drugs for American consumers.

The FDA is currently reviewing the initiative. During this time, we need you to contact the FDA and urge the agency to mandate the use of validated alternatives to animal tests. Please write to:

Margaret A. Hamburg, M.D., Commissioner
U.S. Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

UPDATE: As of April 2010, more than 120,000 PCRM members and supporters have signed petitions that have been sent to the FDA.

To learn more about the Mandatory Alternatives Petition, visit Alternatives-Petition.org. To sign PCRM’s online petition to the FDA, go to Support.PCRM.org/FDA_Petition.
PCRM Urges NASA Inspector General to Block Monkey Experiment

A proposed NASA-funded experiment will bombard squirrel monkeys with harmful ionizing radiation to test the dangers of interplanetary travel, according to a government document recently uncovered by PCRM.

PCRM physician John Pippin, M.D., F.A.C.C., and other PCRM experts obtained the research protocol through the Freedom of Information Act and conducted an in-depth analysis. In February, PCRM submitted a formal legal petition to NASA’s Office of the Inspector General demanding a full investigation of this $1.75 million experiment.

“NASA’s monkey radiation experiments are profoundly cruel,” says Dr. Pippin. “They are also unscientific. That is, they will not give NASA the information it is looking for.”

From the protocol, PCRM experts learned that the squirrel monkeys will be housed individually in steel cages. After bombarding the animals with radiation, researchers will test them for cognitive impairment.

NASA has not used monkeys for radiobiology research since 1990, when government researchers ended four decades of radiation experiments on monkeys after concluding that monkey data did not translate to humans. The experiments were the basis of the 1987 movie Project X. Many researchers—including NASA scientists—now use high-tech, human-centered methods of studying space radiation exposure.

Bill Maher Calls on NASA to Drop Monkey Radiation Plan

Talk show host Bill Maher has joined PCRM in urging NASA to halt its plan to irradiate live squirrel monkeys. In January, Maher wrote a letter to NASA administrator Charles F. Bolden Jr.

“Years ago, NASA and the Air Force sponsored extensive radiation research on monkeys,” Maher wrote. “Those experiments did not answer the important questions about human radiation exposures, and many experts doubt that this new experiment will do so either. There are better, more humane ways of understanding the potential dangers of interplanetary travel for humans.”

ONLINE> Join Bill Maher in asking NASA to halt this experiment at PCRM.org/NASA.

Hard-Fought Victory for Animals at Medical College of Wisconsin

After years of outreach by PCRM and its members, the Medical College of Wisconsin finally announced it has stopped using pigs in its first-year physiology course. Before using pigs, the laboratory used dogs. Now, students will observe human patients and use computer simulation. The college first announced that it would pilot this human- and computer-based program after a February 2009 PCRM demonstration.

The Medical College of Wisconsin (MCW) used frogs, rats, and rabbits in other physiology laboratories as recently as January. But a school spokesperson says these small animal laboratories are under review and may not be offered next year. PCRM will urge MCW to complete the transition to nonanimal methods for all physiology teaching.

ONLINE> Learn more about alternatives to the use of animals in medical school curricula at PCRM.org/Resch.

Second Nature Book Tour

PCRM ethologist and biologist Jonathan Balcombe, Ph.D., is on an international tour making the case for animal intelligence and emotion. In his new book, Second Nature, Dr. Balcombe explains that animals, once viewed only as mindless automatons, actually have rich sensory experiences and emotional complexity. He spells out why the human-animal relationship needs a complete overhaul. Dr. Balcombe’s tour began in March and will continue through the summer. For tour dates and locations, go to PCRM.org/SecondNature.
Another Canadian Trauma Training Course Goes Animal Free

Queen’s University in Kingston, Ontario, recently informed PCRM that it stopped using live pigs in its trauma training program. The university will instead use the TraumaMan System simulator, which provides a more realistic, human-centered training experience.

Like many of PCRM’s Advanced Trauma Life Support (ATLS) victories, this one was achieved through a coordinated approach. While PCRM cardiologist John Pippin, M.D., F.A.C.C., was in discussions with the university’s ATLS course director, PCRM attorney Mark Kennedy was pursuing access to the institution’s records through Ontario’s Freedom of Information and Protection of Privacy Act.

This latest Canadian victory follows others in 2009. Last year, PCRM persuaded both Sunnybrook Health Sciences Centre and the University of Saskatchewan College of Medicine to stop using live pigs in their ATLS programs and exclusively use the TraumaMan System.

Now, 95 percent of U.S. and Canadian facilities that provide ATLS training use human-patient simulators. But a handful of programs continue to use live animals.

Animals, Research, and Alternatives: Call for Abstracts

Fifty years after the development of the model to reduce, refine, and replace animals in research, PCRM is bringing global experts together to discuss the progress that has been made—and the opportunities that lie ahead.

The “Animals, Research, and Alternatives: Measuring Progress 50 Years Later” conference will take place on Aug. 26 and 27, 2010, in Washington, D.C. The conference is sponsored by PCRM and the George Washington University Medical Center, along with the Johns Hopkins University Center for Alternatives to Animal Testing, the Institute for In Vitro Sciences, and the Kennedy Institute of Ethics at Georgetown University.

Attendees will discuss animal experimentation, changing cultural perspectives about the status of animals in society, and new alternatives to animal research.

Scientists, researchers, medical professionals, ethicists, students, policymakers, and government officials are encouraged to join the conversation by submitting abstracts on alternatives to animal experimentation or ethical or scientific considerations regarding using animals in experiments.

PLoS ONE has agreed to create a collection of those articles that (a) are accepted for presentation at the conference, and (b) pass the PLoS ONE editorial criteria. PLoS ONE is a large, peer-reviewed, online-only open access journal from the Public Library of Science. If an abstract is accepted by the conference, the author will receive instructions for making a full submission to PLoS ONE. Each paper must fit the scope of PLoS ONE and will be subject to all of the conference and PLoS ONE conditions for publication. The journal will peer review each article and render an accept/reject decision based on the merits of each individual article.

The deadline for submission is May 15, 2010. If you are unsure whether your paper will fit the scope of the journal, please contact Leah Engel at lengel@PCRM.org. For more information on PLoS ONE and for specific PLoS ONE guidelines, visit PLoSONE.org.

Supported by

ONLINE: Learn how you can help end the use of animals in other trauma training programs at HumaneTraumaTraining.org.

ONLINE: Submit an abstract, register for the conference, and learn more at ResearchAlternatives.org.
Chimpanzee Protection Gains Wide-Ranging Support

Lawmakers, physicians, scientists, journalists, students, and many others have joined the campaign to pass the Great Ape Protection Act, which would end chimpanzee experimentation and release federally owned chimpanzees to sanctuaries.

More than 140 members of Congress have signed on in support of the bill, H.R. 1326. PCRM experts continue to meet with Members of Congress who have not yet signed on. PCRM is also working to facilitate the introduction of a Senate companion bill. The campaign to save America’s chimpanzees has been covered in various media outlets.

“Most people don’t realize that laboratories are allowed to confine chimpanzees for their entire lives in cages about the size of a kitchen table,” said PCRM’s director of research policy Hope Ferdowsian, M.D., M.P.H. “Beyond the cruelty of the experiments, chimpanzees living in laboratories are denied the social contact they need. They can become depressed, and some even severely mutilate themselves.”

One of the most dedicated supporters of H.R. 1326 is also one of the youngest. Nine-year-old Brandon Wood of Kissimmee, Fla., recently learned about chimpanzees and the problems with using them for experiments or entertainment. He started his own campaign, Make a Chimp Smile, to raise money for chimpanzees in sanctuaries and to urge Congress to pass the Great Ape Protection Act.

University of Washington Allows Monkey to Starve

A male pig-tailed macaque housed at the University of Washington’s National Primate Research Center died last year after losing a quarter of his body weight. A September 2009 U.S. Department of Agriculture report found that the animal had not been weighed in more than two months, twice as long as required by the university’s own protocols.

The University of Washington’s (UW’s) primate center is one of eight federal primate centers in the nation. This is not the first time UW has come under scrutiny for its animal research centers. A UW primate-breeding center near Spokane was closed in 1995 after five baboons died of cold-weather exposure or thirst. In 2005, three rooms in a UW facility reached 104 degrees Fahrenheit, killing more than 500 mice. And in 2006, the university was put on probation after inspectors from the Association for Assessment and Accreditation of Laboratory Animal Care found “serious deficiencies” in the facilities.
Teaching Youth Food for Life

The best way to prevent cancer and other obesity-related diseases is to establish good eating habits early in life. The Cancer Project has started a pilot cooking and nutrition program for youth, starting with a Washington, D.C., charter school through the Knowledge Is Power Program (KIPP). KIPP is a network of free, open-enrollment, college-preparatory public schools that aim to prepare students in underserved communities for success in college and in life. The Cancer Project hopes the knowledge shared with the nearly 40 ninth-grade students at KIPP will help them make food choices to support their health. For more information about The Cancer Project's youth program, e-mail info@CancerProject.org.

Rank Worst Gourmet Burger Fast-Food Restaurant
1 Bacon Deluxe Triple Wendy’s
2 The Guacamole Bacon Six Dollar Burger Carl’s Jr.
3 Steakhouse XT Burger Burger King
4 Sirloin Cheeseburger Jack in the Box
5 Angus Bacon and Cheese McDonald’s

Cancer Project Names Worst ‘Gourmet’ Burgers

Fast-food chains are trying to lure in customers with “gourmet” burgers. With a staggering 1,140 calories and more saturated fat, cholesterol, and sodium than anyone should eat in an entire day, Wendy’s Bacon Deluxe Triple Burger topped The Cancer Project’s list of the five most unhealthful gourmet burgers sold by fast-food chains.

Cancer Project nutrition experts analyzed premium burgers from Burger King, Carl’s Jr., Jack in the Box, McDonald’s, and Wendy’s, finding that all are high in calories and fat, and many contain ingredients (e.g., bacon and high-fat dairy products) that are associated with cancer risk.

The five worst gourmet burgers are:
Alcohol and Red Meat: Precursors to Prostate and Colon Cancer

Alcohol and red meat increase the risk of prostate and colon cancer, respectively, in people with a certain genetic variant, according to a new study. As part of the European Prospective Investigation into Cancer and Nutrition (EPIC)-Norfolk study, researchers examined genes, diet, and lifestyle factors related to colorectal, breast, and prostate cancers. They found that people with the variant gene had a decreased ability to repair DNA when they consumed red meat, processed meat, and alcohol. This put the group at a higher risk for developing cancer. Higher antioxidant intake, specifically vitamin E and carotenoids, showed a protective effect for cancer risk in those with the genetic variant.


Soy Fights Breast and Lung Cancers

Soy consumption improves breast cancer survival and helps prevent lung cancer, according to two new publications. In a study in the Journal of the American Medical Association, researchers found that women diagnosed with breast cancer who consumed soy products had a 32 percent lower risk of recurrence and a 29 percent decreased risk of death, compared with women who consumed little or no soy. The report included 5,042 women in the Shanghai Breast Cancer Survival Study, the largest population-based study of breast cancer survival, and followed them for a four-year period.

Researchers in the Japan Public Health Center-based Prospective Study found that soy consumption may also help fight lung cancer. They looked at 76,661 participants and found that those who consumed the most soy had the lowest risk of lung cancer. Among men who never smoked, researchers saw a significantly lower risk of lung cancer in those who consumed the most soy, compared with those who consumed the least. Researchers saw similar results in nonsmoking women, but they could not rule out statistical chance as the reason for these results. People who consumed the most soy may have participated in other activities that could lower risk such as eating more fruits and vegetables. Soy foods in this study included miso soup, soymilk, a variety of tofu dishes, and fermented soybeans.


Smoking and Meat Consumption Linked to Leukemia

Meat consumption and cigarette smoking significantly increase the risk of acute myeloid leukemia (AML), according to new findings from the National Institutes of Health-AARP Diet and Health Study. AML, a cancer that starts in the bone marrow, is the most common acute leukemia affecting adults. Researchers looked at nearly 500,000 participants and found that those who ate the most meat had an increased risk of AML, compared with those who ate less meat. They also found that former and current smokers had an increased risk, compared with those who never smoked. Participants who drank coffee had a lower risk of AML.

This year marks PCRM’s 25th anniversary, and we are grateful to all our members for their support over the years. Because PCRM’s membership spans the United States and beyond, we have many ways to help members stay connected with our campaigns and programs. We hope you’re taking advantage of them all:

- **PCRM’s Online Community**: Get up-to-the-minute news with our monthly e-newsletter, action alerts, special events notifications, Breaking Medical News, and much more! To sign up or manage your preferences, go to PCRM.org/Community.

- **Good Medicine Magazine**: PCRM’s quarterly magazine covers the broad scope of our efforts, all in one place! Health and ethical research articles, along with news from our campaign staff, make this a fantastic benefit for members who make an annual contribution of $20 or more.

- **Conference Call Updates**: PCRM’s unique calls provide our membership with direct access to PCRM’s president, special guest presenters, and key campaign staff. It’s simple (and free) to participate in these calls, which are scheduled throughout the year. Invitations are sent via e-mail.

- **Events**: In addition to our 25th anniversary gala we are planning many smaller events this year, ranging from intimate get-togethers to large-scale lectures. For more information, go to PCRM.org/Events. If you are interested in helping PCRM set up a member event in your city, please contact our membership assistant at 202-527-7304.

And if you ever want to know more, just call! We always want to hear from you.

Betsy Wason, C.F.R.E.  
Director of Development

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**Creating a Compassionate Future**

Most of us want to be sure that our work for a more compassionate world carries on well into the future. A simple bequest provision can make that happen. Investment accounts and tangible property, such as real estate and artwork, can be identified in a will and designated to benefit a particular person or organization. Many people are now creating wills at a younger age, and it’s never too early if you have assets to pass along. PCRM recommends working with an attorney specializing in wills. The cost for creating a basic will is very reasonable, and the resulting peace of mind is invaluable. Every five years, you should evaluate your will and make updates as needed.

Members who include PCRM in their wills are part of our special group of Lifetime Partners. To learn more about our Lifetime Partner program and about creating a will, visit PCRM.PlanYourLegacy.org or return the form on the left.
PCRM Credit Card

We’re excited to announce a brand new way that you can support PCRM. When you apply for and use our new FREE Platinum Visa Rewards Card, the bank will donate $50 and a percentage of all your future purchases on the card to PCRM. Call 202-527-7304 to request an application, or learn more and apply at CardPartner.com/App/PCRM.

American Airlines Business ExtrAA

Whenever you fly on American Airlines, you can help PCRM at the same time. Simply provide PCRM’s Business ExtrAA number 789977 when you make a reservation on American Airlines. Your flight will help PCRM accumulate points for free flights, which PCRM staff will use when traveling to speaking engagements, medical conferences, and grassroots campaign activities. You will still earn personal frequent flyer points, and the price of your ticket won’t be affected. It’s an easy way to help PCRM stretch its travel budget as we promote ethical research and lifesaving nutrition.

Sublime Event

On March 20, Nanci Alexander hosted a very special night for PCRM in her Fort Lauderdale restaurant, Sublime. For the third year in a row, she hosted a Bon Voyage Party on the eve of the Holistic Holiday at Sea Cruise to benefit PCRM. Guests included PCRM president Neal Barnard, M.D., PCRM director of government affairs Elizabeth Kucinich, PCRM legislative director Sen. Chip Rogers, actress Marilu Henner, and vegan chef Christina Pirello. The event was an opportunity for PCRM to introduce its legislative powerhouse and discuss its Capitol Hill efforts. After the event, guests stayed to savor a Sublime gourmet dinner.

ONLINE > View the event photo gallery at PCRM.org/Events.
Prisoned Chickens, Poisoned Eggs Revised Edition
An Inside Look at the Modern Poultry Industry
Karen Davis, Ph.D.
In this newly revised edition, Davis again looks at the horrific conditions chickens endure at the hands of the poultry industry—-in spite of free-range and cage-free claims—and at the heightened risks consumers face from avian influenza, food poisoning, global warming, and effects of genetically engineered animals. 224 pgs, $14.95

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

“Best in the World” Matched Set Offer
Get both beautiful volumes for $18

Macro for the Mainstream DVD
Sheri DeMaris
TV host Sheri DeMaris believes “your kitchen is your medicine cabinet.” In this exciting DVD, she prepares easy-to-follow macrobiotic recipes using whole, organic foods and offers simple suggestions for improving one’s health and the health of our planet. $24.95

Speed Vegan
Quick, Easy Recipes with a Gourmet Twist
Alan Roettinger
Chef Roettinger’s fun and creative cooking style results in meals that stand out from the ordinary. Includes recommendations for basic kitchen staples and ways to save money on essential kitchen equipment. All dishes can be completed in 30 minutes or less. 192 pgs, $19.95

Thrive Fitness
The Vegan-Based Training Program for Maximum Strength, Health, and Fitness
Brendan Brazier
Professional Ironman triathlete Brendan Brazier presents his own easy-to-apply system of total health and fitness. Learn how to get maximum results in minimum time, sharpen mental clarity, increase energy, and prevent injuries. Includes 6-week workout plan and list of 15 top foods to fuel workouts, as well as 30 vegan recipes. 272 pgs, $15.95

Skinny Bitch
A No-Nonsense, Tough Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous!
Rory Freedman and Kim Barnouin
This bestselling vegan guide pulls no punches. Entertaining and sassy, the book rests on a solid health and nutrition foundation. “Many priceless-yet-unprintable dictums certainly make you laugh in a way few diet books can.”—iVillage 224 pgs, $13.95

Skinny Bitch in the Kitchen
Kick-Ass Recipes for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!)
Carol J. Adams and Patti Breitman
Out of time and out of ideas? Cook fast, cook healthy with more than 250 shortcuts, strategies, and simple solutions. More than a cookbook—though it abounds with recipes—this guide will get you started on a healthier path with a few flips of the page. 214 pgs, $20.00

The Spectrum
A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health
Dean Ornish, M.D.
Whether you want to lose weight, lower your cholesterol, reverse a major disease, or find a sustainable, joyful way of life, this book can make a powerful difference. Dr. Ornish’s latest research shows how changing your lifestyle changes your genes, turning on disease-preventing genes while turning off disease-promoting genes—even affecting parts of chromosomes that control lifespan. Includes 100 recipes. 416 pgs, $17.00
**From Neal D. Barnard, M.D., PCRM president**

**A New Approach to Nutrition for Diabetes DVD**
Neal D. Barnard, M.D.

Turn back the clock on diabetes through a low-fat vegan diet. In eight compelling lessons, Dr. Barnard explains his groundbreaking research, funded by the National Institutes of Health, 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, $15.95

**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, $14.95

**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

**The Kind Diet**
Alicia Silverstone, Introduction by Neal Barnard, M.D.

Deliciously empowering, The Kind Diet opens the door to effortless weight loss, high energy, clear skin, and smooth digestion, all while protecting the planet. Three separate dietary tracks—from Flirting to Superhero—help readers make the vegan transition at their own pace. Discover food that satisfies every level. Hardcover, 320 pgs, $29.99

**Building Bone Vitality**

A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis

Amy Lanou Ph.D., Michael Castleman

Bone vitality doesn’t come through dairy products, calcium pill, or drugs. Using the latest clinical studies, Dr. Lanou explores the calcium myth and explains why a low-acid diet is the only effective way to prevent bone loss. 256 pgs, $16.95

**Vegan Soul Kitchen**

Fresh, Healthy, and Creative African-American Cuisine

Bryant Terry

Reinterpreting popular dishes from African and Caribbean countries as well as his favorite childhood dishes, chef Terry reinvents African-American and Southern cuisine, capitalizing on the complex flavors of the tradition without the animal products. Includes Black-Eyed Pea Fritters with Hot Pepper Sauce, Baked Sweet Potato Fries with Ginger-Peanut Dipping Sauce, and many more. 256 pgs, $18.95

**The Kind Diet**

and smooth digestion, all while promoting weight loss, high energy, clear skin, and slow aging. Dr. Barnard explains his groundbreaking research, funded by the National Institutes of Health, 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

**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, $16.99

**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, $14.95

**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, $14.95

**The Love-Powered Diet**

Victoria Moran

This book is not a diet—it’s a comprehensive program that takes the reader beyond artificial “formula approaches.” 96 pgs, $7.95

**Permanent Weight Control**

A Physician’s Slimming Guide for Everyday Ailments and Cure Chronic Illness

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, $14.95

**The Cancer Survivor’s Guide**

Neal Barnard, M.D., Jennifer Raymond

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**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**

Neal Barnard, M.D., Chef Sualua Tupolo, Stephanie Beine, R.D.

This exciting 2-disc set is designed to work hand in hand with the companion book, The Cancer Survivor’s Guide. Nine nutrition presentations and nine cooking lessons provide powerful tools for making changes in health and well-being. 270 mins, $19.95
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Or order online at: www.pcrm.org
Ancient Arteries
CT scans of Egyptian mummies show evidence of heart disease, which is usually thought of as a disease caused by the modern diet and sedentary lifestyles. High-status Egyptians ate a diet high in fatty meat from cattle, geese, and ducks.

Smart Chicks
Scientists in Italy have observed that chicks only three or four days old can do simple arithmetic. With no training, chicks were able to keep track of object shifts representing math problems such as 4-2=2.

Patent Pending
Wild spider monkeys have invented a new tool—a body scratcher that may release medicinal compounds. Scientists observed spider monkeys using small sticks and branches to scratch themselves. The monkeys chewed the tools’ tips between scratches, possibly to release medicinal compounds from the plants.

And Speaking of Spiders…
A spider living in Central America and Mexico turns out to be a vegan. Named after an agile panther in Rudyard Kipling’s 1894 children’s classic, *The Jungle Book*, *Bagheera kiplingi* jumping spiders must dodge armies of ants to get to their favorite food—the tips of acacia plants.

Vegetarian Strongman
Joe Rollino once lifted 635 pounds with one finger. He could bend quarters with his bare hands. Reputed to be the strongest man in the world, Joe was a lifelong vegetarian. He finally died at age 104 after being struck by a minivan while walking in his Brooklyn neighborhood.

New Center Honors Gandhi
The Mahatma Gandhi-Doerenkamp Centre for Alternatives to Animal Use in Life Science Education opened in October at Bharathidasan University in Tiruchirappalli, India. The opening marked the 140th anniversary of Mahatma Gandhi’s birth and will promote humane science, blending the political and spiritual leader’s philosophy of nonviolence with life science education.

French Women Do Get Fat
The myth that French women stay slim forever has been exposed after new statistics revealed that 15 percent of French women are obese. The trend for ever-meatier diets, including more fast food, has not spared France.

A Royal Feast
This past fall, England’s Windsor Castle threw a vegan feast for 200 dignitaries from around the world as part of the Celebration of Faiths and the Environment. The royal banquet was hosted by the Duke of Edinburgh.

A Side of Carbon Emissions
Swedish diners are now aware of the carbon footprint of their meals. New food labels include the greenhouse gas emissions used to produce the product. Meat production is a leading source of greenhouse gasses. Experts believe the labels could help reduce Sweden’s culinary carbon footprint by as much as 25 to 50 percent.

Caterpillar Meat?
Some scientists are pushing lawmakers to consider replacing beef with crickets and caterpillars to combat climate change. The Food and Agriculture Organization of the United Nations is expected to release policy guidelines later this year encouraging countries to include insects in their food security plans.

Butter Ban
A leading London heart surgeon has called for a ban on butter. Shyam Kolvekar, M.D., says a butter ban could save thousands of lives by reducing saturated fat intake. He also advises people to eat less meat.

Big Win for Animals
The Swiss Supreme Court recently ruled against the Polytechnic School of the University of Zurich, whose researchers wanted to conduct two neurological experiments on macaques. The experiments would have involved the maximum suffering of animals on the Swiss scale of severity with no direct benefit for human health.
Physician Profile

Peas vs. Pills
Nandita Shah, M.D.

Nandita Shah, M.D., asks her patients to listen to their symptoms, which often provide clues to how the body can heal. She believes that the best way to keep the body healthy is to work with it rather than against it.

“Take, for example, back pains,” says Dr. Shah. “The body produces pains to prevent us from making certain movements so that it can heal. If we take pain killers and continue to make all the movements, we end up with chronic backaches.”

Dr. Shah works with her patients in Tamil Nadu, in southern India, and encourages them to adopt a healthful plant-based diet and exercise to help fight disease and pain.

“In India, eating animal products is relatively recent,” says Dr. Shah. “However, today, India is the largest producer of milk in the world, and the consumption of animal products has increased, especially in cities. Although there are many people who are still vegetarian, most consume dairy products with every meal. The result is that they are not much healthier than meat-eaters and suffer from heart disease, diabetes, cancer, and obesity.”

Dr. Shah conducts health workshops and cooking classes entitled “Peas vs. Pills” in India and abroad. She teaches participants about the health benefits of a plant-based diet and includes as many meals as possible in every course.

“The goal is to show people that there’s a huge variety of foods to enjoy, and that the meals can be really tasty,” says Dr. Shah. “And, of course, to let them observe how their bodies feel when they have eaten this way.”

In December 2009, PCRM president Neal Barnard, M.D., went to India to conduct health seminars with Dr. Shah. In workshops in Bangalore and Mumbai, they shared findings from the latest research showing that a low-fat vegan diet can help many diabetes patients cut their blood sugars, improve their insulin sensitivity, and reduce, if not eliminate, their medications. Dr. Shah presented cooking classes to demonstrate how to prepare healthful plant-based meals that can help fight disease.