PCRM’s Clinical Research

New GEICO Multicity Study: Workers Lose Weight, Improve Diabetes on Plant-Based Diet

Improving Toxicity Testing

Doctors Urge FDA to Ban Multivitamins Containing Iron or Copper

Harvard Will Close Primate Facility

The Physician’s Role in Nutrition-Related Disorders: From Bystander to Leader

Court Orders Wayne State to Provide Records of Heart Failure Experiments

New Nutrition Curriculum

Congress Goes Plant-Based for the Planet
Research Smarter, Not Harder

Earlier this year, the National Research Council and the Institute of Medicine published a review on health in the United States. As the country that spends more than any other on medical research, we ought to have a great deal to show for it. But that is not what the report found. Quite the contrary. America lags behind others in life expectancy and in prevention of chronic diseases, disability, and infant mortality. Of all developed countries, the United States has some of the worst statistics for obesity, heart disease, and diabetes. Somehow the research investment is not paying off.

It is clear that we need a different kind of research.

In centuries past, when infectious diseases were the major scourges of the day, researchers were preoccupied with minutiae, and rightly so. The more we learned about the bacteria responsible for TB or the viruses causing smallpox, rabies, or yellow fever, the more power we had to counter their attack.

That approach only goes so far. In research on lung cancer, teasing out a single chemical in tobacco smoke that caused cancer proved an impossible task. There were at least 20 potential culprits. Instead, it was the science of epidemiology that tracked cancer trends in large populations and conclusively linked lung cancer to smoking. And that was tobacco’s undoing.

Today, our most deadly epidemics are caused, not by bacteria, but by behavior. Heart disease, diabetes, obesity, and hypertension are not caused by microbes, but by McDonald’s—and Wendy’s and KFC and Burger King, and by the meaty, cheese-laden culture that has insinuated its way into our lives with the stealth of a virus but that easily eludes detectives using microscopes and petri dishes.

In this issue, we discuss PCRM’s research program. In many cases, our work follows on large population studies that have identified nutritional risk factors for diabetes, obesity, or lipid disorders. Our job is to change those risk factors. In other cases, such as chronic pain, large population studies have not been done, and our research efforts are exploratory, based on prior human studies or on our understanding of human biology.

The primary thrust of our work is to test nutrition interventions in human patients. We are finding ways to tackle diabetes, hypertension, obesity, cholesterol problems, arthritis, migraines, and other conditions. We do not ignore human behavior; we embrace it. By designing methods that help people to understand how foods affect them, we can give them the tools they need to change and to track their results. We also scale these interventions for large businesses or the Internet, creating a model for a new, results-oriented kind of research. Our hope is that this is the sort of inquiry that will allow us to reach our health goals.

Today, our most deadly epidemics are caused, not by bacteria, but by behavior.
**RESEARCH ETHICS**  By Kristie Sullivan, M.P.H.

**SAFETY TESTING**

Chemical Giant Develops Nonanimal Test

The global chemical company BASF recently teamed up with Promega, a company that provides scientific support to the chemical industry, to develop an alternative method that can reliably detect the allergenic potential of chemicals. In the test, the reaction of human skin cells to allergenic substances can be easily viewed with a fluorescent signal in a test tube.

The new testing method, which was extensively tested at BASF, was submitted to the European Center for the Validation of Alternative Methods, which will determine whether it can be recognized as a standard method for toxicological studies in Europe.

**UK/Norwegian Collaboration Will Develop In Vitro Skin Test**

Epistem, a U.K. biotechnology company, and ScandiDerma, a Norwegian company which develops dermatological ingredients, are developing a new in vitro human skin model to test for inflammatory responses from cosmetics.

**Korean Cosmetics Company Ends Animal Testing**

Korean cosmetics company Amore Pacific announced in March that it will end partnerships with manufacturers that supply animal-tested ingredients for its products. Amore Pacific stopped testing its final products on animals in 2008.

**NONANIMAL RESEARCH ALTERNATIVES**

Spinal Cord Injury Researchers Move Toward Reducing Live Animal Use

Researchers are beginning to move away from using live animals for spinal cord injury tests, which typically involve severing nerve fibers in live animals, often by breaking their backs with small weights. The National Centre for the Replacement, Refinement and Reduction of Animals in Research recently recognized researchers from the University of Glasgow for developing an in vitro method that uses stem cells from rats. This drastically reduces the number of live rats used in these experiments.

The process involves creating cell cultures in petri dishes that are similar to a piece of human central nervous system tissue. The researchers then cut across the nerves using a scalpel blade to make an area that looks like a lesion that is similar to injuries seen after spinal cord injury is induced in experiments using animals.

The Physicians Committee continues to work with spinal cord injury researchers to help them completely transition to nonanimal methods.


Researchers at the University of Miami are collaborating on the Human Spinal Cord Injury Model Project, which uses imaging techniques, post-mortem analysis, and nerve conduction methods to understand human spinal cords. Other directions involve computer modeling, in vitro research, and study of human cadavers.
HEART HEALTH

Researchers Discover Another Way Meat Causes Heart Disease

A byproduct of dietary choline, a component abundantly present in animal products, leads to greater risk for heart attack, stroke, and death, according to a study published in the New England Journal of Medicine. Researchers followed 4,007 participants and found that those who had the highest levels of these byproducts were 2.5 times as likely to suffer from an adverse cardiovascular event, compared with those who had the lowest levels. The authors point out that a vegetarian or high-fiber diet can reduce choline intake and modulate the risk for heart disease.


Eggs Boost Risk of Heart Disease and Diabetes

Eggs increase the risk for heart disease and diabetes, according to a meta-analysis published in Atherosclerosis. Researchers reviewed 14 studies and found that those who consumed the most eggs had a 19 and 68 percent increased risk for developing cardiovascular disease and diabetes, respectively, compared with those who ate the fewest eggs. For those who already had diabetes, the risk for developing heart disease from eating the most eggs jumped by 83 percent.


CANCER

High-Fat Dairy Intake Linked to Mortality

Women who consumed the most high-fat dairy products were more likely to die during a 12-year follow-up, compared with those who consumed the least, according to a new study published by the National Cancer Institute. Researchers followed 1,893 women who had previously been treated for early-stage breast cancer as part of the Life After Cancer Epidemiology Study. They found that the participants who consumed one or more servings of high-fat dairy products per day, compared with none to less than half a serving, were at a 64 percent increased risk for dying and 44 percent increased risk for dying from breast cancer.


Fish Oil Does Not Improve Heart Health

Supplementing with omega-3 fatty acids does not improve heart health, according to a new study published in the New England Journal of Medicine. Researchers analyzed data from 12,513 men and women from the Risk and Prevention Study in Italy. After an average follow-up of five years, patients taking the omega-3 supplements did not reduce their risk of death or hospitalization from heart disease, compared with those who took a placebo. These findings support two recent reviews published in 2012.

Diabetes and prediabetes affect an enormous number of people around the globe, including more than 100 million Americans. Alzheimer’s disease affects nearly half of people by age 85. Cancer remains a major threat. Chronic pain is a challenge for millions. To tackle these diseases and many more, it is clear that we need enlightened research. But how shall we go about it?

We can draw some inspiration from President John F. Kennedy. Facing the prospect of Soviet domination in space in 1961, President Kennedy set as a national goal of “landing a man on the moon and returning him safely to Earth,” and called for it to be achieved within a decade. Whether reaching the moon was a worthy goal or not, the method used to achieve it is what counts. President Kennedy did not dole out a series of grants—a few thousand here, a million there—to anyone who had an idea for how to launch a rocket. Rather, the project was delegated to NASA, which followed a single-minded strategy. And on July 20, 1969, Neil Armstrong set his boots on the lunar surface.

Medical research is very different. It tends to use a scattershot approach, moving in many unrelated directions, often using a variety of animal “models” that may or may not apply to the human condition. For now, the end of diabetes, Alzheimer’s, and cancer remain as distant as the moon in 1961.

Like the space race, research needs to follow a logical trajectory from launch pad to target. Research on heart disease provides a useful model. First, large population studies, such as the Framingham Heart Study, identified the risk factors for heart disease—high cholesterol levels, smoking, obesity, hypertension, and others. Next, intervention studies tested ways of changing these risk factors, showing that, indeed, stopping smoking, reducing blood pressure and cholesterol, and...
Researchers have been exploring the potential of exercise to prevent heart attacks and even reverse heart disease. Although there were many distractions along the way, including a baboon heart transplant into a human baby, various experimental medical devices that never made it to market, and countless drugs that crashed and burned, research that followed the sequence from human population studies to intervention trials paid off.

Diabetes research has lagged behind. Although the first step—solid population studies—has been largely fulfilled, showing that obesity, meaty diets, and other factors lead to type 2 diabetes, research on changing these risk factors has been slow in coming. There have been a few exemplary studies, such as the Diabetes Prevention Program, which showed that diet and exercise could prevent diabetes even more powerfully than medications. But many intervention studies are needed to show how to solve the problem population-wide.

Similar considerations apply for Alzheimer’s disease. Population studies have shown that dietary factors may play as decisive a role in Alzheimer’s disease as they do in heart disease or diabetes, but studies putting those findings to the test have been few and far between.

The Physicians Committee’s Clinical Research

In the late 1990s, PCRM was approached by a private diabetes foundation that had wearied of requests to fund experiments on rats and mice, and instead was interested in funding research with humans. The Diabetes Action Research and Education Foundation provided a grant to PCRM to conduct a pilot study of the effect of a plant-based diet on type 2 diabetes. Prior studies had shown that populations following largely plant-based diets had low rates of obesity and diabetes; it made sense to put the diet to the test in people diagnosed with the disease. As it turned out, the project was very successful. Participants lost weight and greatly improved their blood sugars. Other PCRM studies followed, showing that plant-based diets reliably cause weight loss and improve insulin sensitivity, which are key factors in diabetes, as well as dramatically reducing cholesterol levels.

Predicated on this success, the National Institutes of Health awarded PCRM a grant in 2003 to conduct a larger test of a plant-based diet as a treatment for type 2 diabetes, comparing it head-to-head with the dietary recommendations of the American Diabetes Association. Competition for NIH funding is intense, of course. But PCRM had a solid research plan, it had tested the plan in pilot studies, and it had a team of experienced researchers.

The study quickly bore fruit. It showed that a plant-based diet improved blood sugar control, body weight, and cholesterol more effectively than a conventional “diabetes diet” could. The reduction in the key indicator of blood sugar control, hemoglobin A1c, was three times greater with the plant-based diet, compared with a diet based on American Diabetes Association guidelines—greater even than typical oral diabetes medications. The diet itself turned out to be well-accepted by the participants, many of whom lost substantial amounts of weight, reduced their medication use, and felt better than they had in years.

The results were published by the American Diabetes Association in its journal *Diabetes Care,* the *American Journal of Clinical Nutrition,* and in *Diabetes.*

Peer Review

PCRM’s research work is always peer-reviewed. First, to gain approval for studies involving human participants, PCRM’s studies are reviewed by an independent Institutional Review Board that tracks the conduct of each study from inception to completion. Second, research findings are published in peer-reviewed journals and presented at medical and scientific conferences. Studies that receive grant funding have an additional layer of peer review.
Research Issues

Research Changes Policy

PCRM’s research findings have fueled changes in federal nutrition policy. In 2009, PCRM submitted to the U.S. government a novel design, called The Power Plate, intended to replace the pyramid-shaped diagrams in use since 1991, and actively worked for the incorporation of plant-based nutrition in the Dietary Guidelines for Americans. On January 31, 2011, the revised Dietary Guidelines for Americans used the word “vegan” for the first time, and devoted considerable space to the health benefits of vegetarian and vegan diets. In the same year, MyPyramid was replaced by MyPlate, which is strongly reminiscent of PCRM’s design.

Journal of Clinical Nutrition, the Journal of the American Dietetic Association, and in other leading journals, and were presented at key scientific conferences, leading to their incorporation in the official policy documents of the American Diabetes Association and the Academy of Nutrition and Dietetics.

The next step was to test the approach in a wider audience. To do this, PCRM worked with the Government Employees Insurance Company (GEICO). The first GEICO study included company offices in Chevy Chase, Md., and Fredericksburg, Va. The second test included GEICO offices in 10 cities across the United States. Once again, participants lost weight, diabetes improved, and cholesterol levels fell. These findings were published in four peer-reviewed medical journals. The studies proved that the intervention could work, not only in a Washington, D.C., research center, but right where people live and work. These studies led to the incorporation of plant-based nutrition programs at the Potomac Electric Power Company (PEPCO), Capital One bank, SanDisk, and many other companies.

Along the way, the research findings turned into a book published by Rodale and influenced many other books and articles. A man in Detroit who tried the approach found dramatic improvements in his diabetes and suggested to Detroit Public Television that it consider a television program on vegan diets for diabetes. This became a Public Broadcasting System program that debuted in 2010 and aired in local PBS markets more than 6,000 times. People began to use the diet approach with great success and word spread to more and more people.

These research efforts have drawn on prior investigations that established risk factors in large populations, and aimed to develop methods to prevent illness and reverse it to the extent possible.

The Research Team

Clinical research is complex and requires a team effort. The Physicians Committee’s research programs are headed by Ulka Agarwal, M.D., chief medical officer and director of clinical research. Anne Bunner, Ph.D., Francesca Valente, Rosendo Flores, Joseph Gonzales, R.D., Jill Eckart, C.H.H.C., Mallory Huff, and Susan Levin, M.S., R.D., coordinate the studies, teach classes, and keep participants on track, and many other PCRM staffers keep the gears of research turning.

The Physicians Committee is currently conducting a 28-week study examining the effects of diet changes on painful neuropathy, a serious complication of long-standing diabetes. The team is also testing a dietary intervention that can be used by clinicians in the practice setting. Two other studies tackle the pain of rheumatoid arthritis and migraines. Medications play an important role in the management of these potentially debilitating conditions, but are limited in effectiveness and often have side effects. Dietary interventions have appeared promising in investigations carried out by numerous research teams, but most have been small and poorly controlled. PCRM’s research aims to develop and test practical interventions that can be used by doctors and patients.

PCRM also conducts detailed reviews of the scientific literature, including meta-analyses. Current studies are reviewing the evidence on nutrition’s role in weight disorders, Alzheimer’s disease, migraine, and diabetes.

In conducting its studies, the Physicians Committee has often partnered with other institutions, notably the George Washington University School of Medicine, Georgetown University School of Medicine, and the University of Toronto, and works with scientific consultants from a variety of research centers.
The Physicians Committee is pushing the National Institutes of Health (NIH) to withdraw millions of dollars in funding from university research during which devices are surgically implanted in dogs—like Queenie—before forcing the animals to run on treadmills. Queenie was sold to a university laboratory that performs cruel, unnecessary experiments on live animals. In the lab, Queenie and countless other healthy dogs were cut open, devices were implanted in their blood vessels, and they were forced to run on treadmills. Then the experimenters induced hypertension in Queenie by reducing the flow of blood to her kidneys. After nine torturous months, Queenie was killed.

It is too late for Queenie, but not thousands of animals like her.

In September 2012, the Physicians Committee requested updated records about Wayne State’s heart experiments. In November, the university responded by refusing to provide any details on the experiments and filing a lawsuit in the Wayne County circuit court to assert that it should be exempt from Michigan’s Freedom of Information Act. On Dec. 18, the Physicians Committee filed a counterclaim, asking the court to require Wayne State to provide the records.

“We need to shift the focus to research that is relevant to humans,” says cardiologist John Pippin, M.D., F.A.C.C., the Physicians Committee’s director of academic affairs. “That means population studies, human-based basic science and clinical trials, especially. Modeling heart failure in animals has not proved its worth.”

Epidemiological studies such as the Framingham Study and the Methodist Study have allowed researchers to identify the causes of heart failure, and human clinical trials provide details into specific aspects of the disease.

**TAKE ACTION: Ask NIH to Reform Heart Failure Research**

The Physicians Committee is pushing the National Institutes of Health (NIH) to withdraw millions of dollars in funding from university research during which devices are surgically implanted in dogs—like Queenie—before forcing the animals to run on treadmills. Queenie was sold to a university laboratory that performs cruel, unnecessary experiments on live animals. In the lab, Queenie and countless other healthy dogs were cut open, devices were implanted in their blood vessels, and they were forced to run on treadmills. Then the experimenters induced hypertension in Queenie by reducing the flow of blood to her kidneys. After nine torturous months, Queenie was killed.

It is too late for Queenie, but not thousands of animals like her.
Harvard Persuaded to Close Primate Facility

Following two years of pressure from the Physicians Committee and its members, Harvard University announced in April that it will close its New England Primate Research Center where numerous monkeys have been seriously injured or died in recent years.

In September 2011, the Physicians Committee issued its report, Animal Welfare Act Violations at Ivy League Universities, which detailed how a primate (later revealed to be an endangered cotton-top tamarin) was found dead in a cage at the Harvard facility after going through a machine that uses near-boiling water and caustic chemicals to wash cages.

Following the Physicians Committee’s report, other accounts of animal deaths and mistreatment continued to surface, including:

- A marmoset was found to have died after escaping, being captured, and then undergoing an imaging procedure. Physicians Committee’s sources from within the primate center claimed that the marmoset was traumatized during his capture and that he was hyperventilating and distressed when he was forced into the constricting imaging tube.
- A cotton-top tamarin died of dehydration as a result of accidental water deprivation.
- A primate died after being overdosed with anesthetics.

The Physicians Committee took this evidence of animal cruelty to the United States Department of Agriculture and NIH’s Office of Laboratory Animal Welfare and called on the agencies to investigate Harvard. The Physicians Committee also charged Harvard with violating the federal Endangered Species Act by negligently killing cotton-top tamarins in a complaint filed with the U.S. Fish and Wildlife Service in July 2012. Harvard responded by claiming that it would relocate its nearly 170 tamarins—critically endangered monkeys native to Colombia—to “other institutions, such as wildlife preserves or sanctuaries.” The complaint is still pending.

Lawsuit Over Princeton Baby Marmoset Death

The Physicians Committee filed a lawsuit on June 13 stating that the U.S. Department of Agriculture violated the Freedom of Information Act by not providing documents on the death of a baby marmoset in a Princeton University laboratory.

The Physicians Committee requested information on this incident in 2012, but two-thirds of the pages received were entirely redacted. In the pages not entirely withheld, USDA provided an Animal Welfare Complaint submitted by a whistleblower describing an incident in which a dead newborn marmoset was confiscated and the veterinarian was not allowed to investigate the baby’s death. The federal investigators determined that the complaint was valid.

“Princeton’s research facility receives millions in public funding and the public has a right to know if the researchers’ actions resulted in the death of a marmoset,” said John Pippin, M.D., the Physicians Committee’s director of academic affairs.

The documents provided details about two other Princeton incidents, one in which a monkey possibly had an infection along the edges of a “head implant” device and another indicating that water was withheld from nonhuman primates for more than 24 hours at a time.

In the Physicians Committee’s 2011 report on Animal Welfare Act violations at Ivy League universities, Princeton ranked second worst. Starting in 2010, USDA inspectors noticed that primates held at Princeton facilities were systematically deprived of adequate water.

In addition to the death of the baby marmoset and the pregnant marmoset not receiving adequate care, Princeton laboratory personnel failed to adequately deal with postsurgical pain. Aside from the many animal-related violations, Princeton was cited repeatedly for incomplete and inconsistent recordkeeping.

Despite this history of violations, Princeton received more than $36 million in government research funding in 2012.
Petition Urges Air Force to Shift to Nonanimal Methods

The Physicians Committee recently petitioned the U.S. Air Force to halt its plans to use live animals in combat trauma training courses at Joint Base Lewis-McChord in Tacoma, Wash., and to transition to non-animal training methods.

According to a military document used to solicit the contractor that conducted the trainings this spring, live animals were subjected to:
- Limb amputation
- Limb fracture
- Burns
- Wounds resulting in severe bleeding
- Needles and tubes inserted into the chest cavity

Pigs or goats are used in these military training courses. But since all of these procedures can be taught using realistic human-based medical simulation methods, the recent training exercises were in violation of the Department of Defense’s Use of Animals in DoD Programs.

The DoD mandates that “methods other than animal use and alternatives to animal use (i.e., methods to refine, reduce, or replace the use of animals) shall be considered and used whenever possible to attain the objectives of RDT&E or training if such alternative methods produce scientifically or educationally valid or equivalent results.”

The Cut Suit® from San Diego-based Strategic Operations Inc. was specifically designed for combat trauma training courses and replicates the experience of performing emergency medical procedures on a living trauma patient. Trainees can apply tourniquets, control severe bleeding, and manage collapsed lungs. This device can also teach arterial hemorrhage control of organs and extremities, surgical incisions to the thoracic and abdominal cavities, and suturing or stapling of organs and skin.

Improving Pediatrics Training at University of Virginia

The Physicians Committee has successfully urged the University of Virginia to end its use of live cats to teach endotracheal intubation. UVA now joins the 98 percent of pediatrics residency programs that view nonanimal methods as not only more humane but educationally superior.

This change is the result of the Physicians Committee’s campaign that began in September 2010 and the support of members—including retired pediatrician Roberta Grey, M.D., who started a Change.org petition that received more than 185,000 signatures from people asking that UVA stop using live cats to teach endotracheal intubation.

The Physicians Committee also filed federal and state complaints against UVA’s animal use and held a demonstration outside the president’s office, and more than 200,000 supporters e-mailed UVA’s administrators encouraging the university to take this progressive step.

Endotracheal intubation training is now commonly taught using simulators, such as PREMIE Hal®, that match human anatomy and—unlike animals—are anatomically correct based on human physical structures and can be used repeatedly until the trainee has achieved mastery.
Animal Tests

Animal tests used to identify the effects of inhaled chemicals have on the human respiratory system pose ethical and scientific issues. The Physicians Committee hosted a workshop on May 1-3 that outlined steps regulators and companies should take to replace animal tests with human-relevant methods.

The nearly 20 presenters at the Inhalation Toxicity: Pathways to Better Methods workshop included Kristie Sullivan, M.P.H., director of regulatory testing issues for the Physicians Committee, as well as representatives from the U.S. Environmental Protection Agency and Dow Chemical Company.

Extensive efforts have been made to develop in vitro and computer-based tests to detect toxicant-induced damage to the human respiratory system. However, no approach has been accepted by any regulatory agency.

Conference presenters recommended developing Adverse Outcome Pathways (AOPs) as a possible solution. AOPs can help avoid animal tests by organizing existing data on chemicals to predict whether they will cause respiratory damage.

For example, an inhaled chemical that binds to lung cells may cause an allergic reaction in humans. Instead of using an animal to test for an allergic reaction, the scientific case can be made that chemicals that bind to an in vitro lung cell model will likely cause an allergic reaction.

Attendees called for creating and submitting an AOP to the Organisation for Economic Co-operation and Development (OECD), an international body that coordinates testing policies from various countries. Physicians Committee scientists have held the secretariat position of the International Council on Animal Protection in OECD Programmes since 2006. OECD acceptance of the proposed AOP would pave the way for regulatory acceptance of nonanimal inhalation testing methods.

Best practice recommendations for conducting in vitro tests using human cells and tissues were also developed during the conference. These recommendations will help ensure that data from respiratory studies using in vitro methods are used for regulatory purposes.

These outcomes of the conference promise to advance human health by increasing knowledge of respiratory system toxicity and developing methods to better predict it.

Congress Moves to Improve Toxicity Testing

The Physicians Committee and other groups have spent several years working with Congress to improve toxicity testing legislation. The Chemical Safety Improvement Act, introduced May 22, aims to move toxicity testing away from its heavy reliance on animal tests and toward more human-relevant methods.

The Chemical Safety Improvement Act of 2013 (CSIA), introduced by Sens. Frank Lautenberg and David Vitter, contains many provisions recommended by the Physicians Committee and by the National Academies in their 2007 report Toxicity Testing in the 21st Century: A Vision and a Strategy. Importantly, it requires the U.S. Environmental Protection Agency to fund research and validation studies to replace, reduce, and refine the use of animals.

“We are pleased to see that our legislators understand the need to upgrade toxicity testing with more human-relevant, nonanimal methods and have proposed legislation that will speed this transition,” said Kristie Sullivan, M.P.H., director of regulatory testing issues for the Physicians Committee. “However, faster progress could be made by requiring, rather than encouraging, new methods to be used in place of animals wherever possible.”

Principles to replace and reduce animal-based test methods and to increase the use of information from human-based and mechanistic tools are integrated into the legislation. The bill’s prioritization process will focus first on chemicals likely to be hazardous. The bill also directs the EPA to consider all available information on a chemical and similar chemicals, including mechanistic and “toxicity-pathway” information, in assessing safety and before requiring new testing. New testing requirements are to follow a tiered, strategic approach.

The bill is not perfect. Unfortunately, by directing the EPA to “encourage and facilitate”—rather than require—the use of nonanimal test methods, grouping of chemicals, formation of industry consortia, and other strategies to minimize animal testing, lawmakers may have missed an important opportunity.

The Physicians Committee is urging Congress to harmonize the bill with the European Union law, which requires the use of more human-relevant, nonanimal methods where reasonably and practicably available. Such a requirement is crucial to the rapid development and uptake of new methods and the continued improvements in toxicity testing policy that offer superior protection for public health and the environment.
Brain disorders are the newest frontier in medical science.

Come and hear leading experts share the latest insights on the role of nutrients and lifestyle in Alzheimer’s disease, multiple sclerosis, Parkinson’s disease, and other conditions.

July 19-20, 2013
Grand Hyatt Washington • 1000 H St., NW, Washington, DC 20001

Jointly sponsored by The George Washington University School of Medicine and Health Sciences and the Physicians Committee for Responsible Medicine

Learn more and register at www.NutritionandtheBrain.org
Congress Goes Plant-Based for the Planet

The Physicians Committee hosted a Vegetarian Caucus luncheon on Capitol Hill on Earth Day to raise awareness among congressional staff about the health and nutrition benefits of a plant-based lifestyle.

The lunchtime reception, held in coordination with the Congressional Vegetarian Staff Association, also included a presentation on antiaging foods by John Pierre (personal trainer to stars such as Ellen DeGeneres), lunch from Washington’s Elizabeth’s Gone Raw vegan restaurant, and vegan desserts from Sticky Fingers (two-time winner of the Food Network’s *Cupcake Wars*). Participants also received a Vegetarian Starter Kit, an invitation to the 21-Day Kickstart, and other nutrition resources from the Physicians Committee.

“More and more people are choosing vegetarian meals because it increases the health and vitality of humans, animals, and the planet,” says Noah Gittell, director of government affairs for the Physicians Committee. “The Veggie Caucus event was standing room only as hundreds of congressional staffers came to learn more about plant-based nutrition.”

Suicide Burger Among Five Worst Fast-Food Secret Menu Items

Secret menus at McDonald’s, Chipotle, and other restaurants are the latest dangerous fast-food tactic used to deceive customers. In an attempt to sidestep the calorie labels, restaurants are putting meals with the most fat, meat, and cheese on hidden, unregulated “secret” menus that leave customers playing Russian roulette with their health, according to a new report from the Physicians Committee.

What are secret menus? Restaurants allow customers to purchase items not available on the posted public menus. These are usually over-the-top combinations of existing menu items devised by customers and unofficially circulated via word of mouth, such as the eight-burger Monster Mac at McDonald’s.

But many secret menu items are created by fast-food companies and posted on their websites, such as those at Panera and In-N-Out Burger. Calorie counts and nutrition information for these items do not have to be posted in restaurants because they are technically off-menu.

“The Monster Mac at McDonald’s or Burger King’s Suicide Burger should not get a get-out-of-jail-free card,” says Susan Levin, M.S., R.D., director of nutrition education for the Physicians Committee. “Nutrition information protects consumers and helps them make educated choices. It would be a lot harder for a conscious consumer to purchase a Monster Mac if a whopping 1,390 calories was listed alongside it. Restaurants using this secret menu loophole are deceptive and deadly.”

Based on the ingredients described in recently revealed fast-food secret menu items, dietitians collected data from restaurant websites and other sources to conduct a nutritional analysis. The report highlights McDonald’s Monster Mac as the worst offender with 1,390 calories, 2,920 milligrams of sodium, and 92 grams of fat. Multiply the staggering fat, cholesterol, and sodium of a single Big Mac by about eight to approximate McDonald’s secret Monster Mac.
Doctors Urge FDA to Ban Multivitamins Containing Iron or Copper

The Physicians Committee is urging the Food and Drug Administration to require vitamin manufacturers to reformulate common multivitamins that contain iron or copper, due to possible links with Alzheimer’s disease.

The Physician Committee’s new report, Metals of Concern in Common Multivitamins, finds that common multivitamins, including One a Day Women’s 50+ Healthy Advantage and One a Day Women’s Active Metabolism, contain up to twice the amount of copper a person should consume in an entire day. In research studies, ingestion of copper and iron in even slightly elevated quantities is associated with increased risk of cognitive problems.

“We need traces of iron and copper for health, but because most people already obtain these metals from everyday foods, the added amounts in multivitamins increase the risk for overdose,” Neal Barnard, M.D., president of the Physicians Committee, writes in a letter to FDA Commissioner Margaret Hamburg, M.D. “Given that nearly half of Americans develop Alzheimer’s disease by age 85, we need to urge consumers to err on the side of caution.”

Dr. Barnard asks the FDA to work with vitamin manufacturers to remove metals from the formulations.

“Research on the links between metals and brain damage is ongoing. Even so, the evidence that excess iron and copper contribute to brain deterioration has reached the point where we have to take it seriously,” says Dr. Barnard.

Be Sure to Take Vitamin B12 and Vitamin D

Vitamin B12

Vitamin supplementation is mainly required for vitamins B12 and D.

The U.S. government recommends vitamin B12 for everyone over age 50. However, it is prudent for everyone, regardless of age, to take vitamin B12. Drugstores and health foods stores sell B12 supplements, as well as “B complex” (a mixture of B-vitamins), including B12. All typical brands have more than the 2.4 micrograms adults need, and there is no toxicity from higher amounts. Fortified breakfast cereals, fortified soy milk, and fortified meat analogues often supply the vitamin, as well.

Vitamin D

Although vitamin D’s best-known function is to help you absorb calcium from the foods you eat, it also has a cancer-preventive effect. The natural source is sunlight. Fifteen or 20 minutes of direct sunlight on your face and arms each day provides the vitamin D you need, but if you are indoors most of the time, you’ll want to take a supplement.

The U.S. government recommends 600 IU per day for adults up to age 70 and 800 IU per day for older people.

Because of vitamin D’s cancer-preventing effects, some authorities recommend daily doses as high as 2,000 IU per day. This level of supplementation appears to be safe, but higher doses should be taken only under a physician’s directive.

Fortified cereals, grains, bread, orange juice, and soy or rice milk are healthful foods that sometimes provide vitamin D, as you’ll see on their labels.
New GEICO Multicity Study
Workers Lose Weight, Improve Diabetes on Plant-Based Diet

Companies that offer employees a low-fat, plant-based diet in the office can help workers lose weight and improve diabetes, according to a new study by Physicians Committee doctors and scientists published in the European Journal of Clinical Nutrition.

In the study, employees from the Government Employees Insurance Company (GEICO) in 10 cities across the United States were offered the chance to follow a low-fat vegan diet. Instructors provided by the Physicians Committee taught weekly group classes and worked with cafeteria managers to make vegan options available. The experience led to marked improvements in body weight, cholesterol levels, and, in individuals with diabetes, blood sugar control.

“The workplace is an ideal location for nutritional interventions. It is where many individuals make dietary choices, receive health information, and spend much of their day,” say the study authors, including Ulka Agarwal, M.D., director of clinical research for the Physicians Committee. “Employers have an economic interest in employee health, particularly given that obesity is associated with increased use of sick leave and disability expenditures, reduced job productivity, and increased absenteeism.”

In a recent study, the total cost of obesity in the workplace was estimated to be $73.1 billion.

The study authors conclude that their findings should encourage other employers to follow suit with similar programs.

In a 2010 Physicians Committee study published in the American Journal of Health Promotion, GEICO employees following a low-fat vegetarian diet at work lost 11 pounds on average, placing them at lower risk for heart disease, high blood pressure, and diabetes.
The Physician’s Role in Nutrition-Related Disorders

From Bystander to Leader

“T

It is time for doctors and hospitals to make the transition from being bystanders in food-related illnesses to becoming role models and leaders in the fight for health,” says Physicians Committee president Neal Barnard, M.D., in the recent issue of the American Medical Association’s Virtual Mentor.

Dr. Barnard says, “Doctors not only need to encourage patients to make major lifestyle changes, they have an obligation to do so, and must include in their consideration those family members who may not be in the examination room but who are put at risk by bad food habits.”

In the article, he says that some useful lessons come from the war on tobacco and recommends doctors:

• Turn waiting time into learning time. Patients pacing around examination rooms scour the fine print on the certificates and diplomas and flip through old magazines while waiting for their doctor to arrive. Clinicians can turn that time to advantage with nutrition-oriented posters and booklets. More than one smoker was motivated to quit by a booklet in a medical office, and the same may be true of people who need a dietary improvement.

• Talk with patients about the power of foods, and be ready with a dietetic referral.

• Invite patients to an after-hours nutrition class held in your waiting room. Patients with diabetes, weight issues, or other diet-related problems can be efficiently taught in groups by a qualified dietitian.

• Make hospitals exemplary. Just as hospitals made the conscious decision to go smoke-free, healthfulness should be the rule for foods served to patients and visitors, food vendors renting space on hospital grounds, and wellness programs offered to employees.

New Nutrition Curriculum for Health Care Professionals

The Physicians Committee created the new Nutrition Education Curriculum website in response to the growing number of physicians who want to offer nutrition information to their patients. The website allows health care professionals to stream video lectures and download supplemental resources for their patients.

The Nutrition Education Curriculum is designed for medical offices, worksites, and anywhere else people will benefit from learning about the lifesaving effects of healthful eating. The 18 sessions cover subjects ranging from diabetes and hypertension to digestive health and cancer prevention. Other topics include dining out and dealing with addictive foods.

Each session has an overview of the topic, a list of tools and resources for teaching the class, a streaming video to show during the class, and lecture and discussion topics.

The Physicians Committee has tested this approach in two clinical studies with GEICO—the well-known insurance company—finding that participants lost weight and improved their health.

Visit the Physicians Resources page on PCRM.org. It gives doctors the tools they need to make nutrition a central part of their practices and transform their patients’ lives.

You’ll learn about the Physicians Committee’s continuing medical education programs, medical conferences, and resources that help physicians help patients prevent and reverse obesity, diabetes, heart disease, and other serious conditions.
Join Neal Barnard, M.D., in the Hamptons
Saturday, Aug. 3, 2013 • Amagansett, N.Y.

Physicians Committee members John Bradham and Michael Schwarz will host a fundraising event that is quickly becoming a summer tradition for supporters who travel from all over to attend. The event will be held in a stunning private home in Amagansett. Guests can expect wonderful food and music and fabulous party guests. Special guests Marilu Henner, Elaine Hendrix, and the cast of the off-Broadway play It's Just Sex will be there—we hope you will be, too!

Sponsors:

Visit PCRM.org/Events for tickets or contact Debbi Miller at 202-527-7340 or dmiller@pcrm.org to find out how you can support this event.

Become a PCRM Lifetime Partner

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

- Please send me PCRM’s brochure “Wise Giving to Ensure a Compassionate Future.”
- I have already named PCRM in my will, trust, life insurance policy, or retirement plan. Please contact me to activate my Lifetime Partner status.
- I have questions! Please contact me at the phone or e-mail listed below.

NAME

ADDRESS

CITY     STATE/PROVINCE

ZIP/POSTAL CODE     COUNTRY

E-MAIL     PHONE

Please mail to: PCRM, Attn:Betsy Wason • 5100 Wisconsin Ave., NW, Suite 400 • Washington, DC 20016

At PCRM, we have a very special group of dedicated and visionary supporters—our Lifetime Partners—who have each made long-term commitments to end the use of animals in education and research and to support the advancement of preventive, ethical medicine. Lifetime Partners plan ahead to help PCRM’s future work in a variety of ways, including naming PCRM as a beneficiary in wills, trusts, life insurance policies, and retirement plans. Planning ahead can provide tax-saving benefits now or for your estate in the future, and you will have peace of mind knowing that your hard-earned assets will be supporting a cause that is so important to you. If you’re thinking of leaving a lifelong legacy to support PCRM’s work, please contact Betsy Wason at 202-527-7366 or e-mail bwason@PCRM.org for more information. You can also return the form on this page to request our legacy brochure.
Fourth Annual Masters in April Golf Tournament Benefiting the Physicians Committee

Since 2009, Rob Weseman, the owner of Lone Star Health Inc., has sponsored Masters in April, a charity golf tournament benefiting the Physicians Committee. This April 20 marked the biggest and best year yet for the annual tournament. The full day of golfing fun was held at the Mansfield National Golf Club located near Dallas. The event brought together a record number of participants, including Physicians Committee staff members Dawnyel Pryor and Joseph Gonzales, R.D., and Texas-based Food for Life instructors Katherine Lawrence and Barbara Craft. Also contributing to the tournament’s success was the generous sponsorship of 23 individuals and companies. The funds raised will go directly to furthering the Physicians Committee’s efforts to save lives through preventive medicine.

New Crossroads Restaurant Features Power Foods for Brain

Moby, Kathy Freston, and James Costa hosted a star-studded evening to celebrate the release of Dr. Barnard’s latest book, Power Foods for the Brain. On April 9, Tal Ronnen’s just-opened Crossroads restaurant in West Hollywood, Calif., was packed with guests who were treated to a presentation by Dr. Barnard and then a five-course power foods meal created especially for the party. Special guests included Presidents Board Members Cindy Landon, Kimberly Edwards, and Dennis Erdman, as well as Kickstart Coaches Marilu Henner, Rory Freedman, and Brendan Brazier. Tony Kanal, bassist for No Doubt, Mayim Bialik of The Big Bang Theory, and Edwin Hodge of NCIS: Red and Cougar Town, were also there, lending their star power to help make the evening such a success.

Foundation Support

The Physicians Committee gratefully acknowledges the generous support of the following foundations:

- Fred & Jean Allegretti Foundation
- Fundacion Federico SA
- Institute for Integrative Nutrition
- Michele and Agnese Cestone Foundation, Inc.
- Park Foundation
- The Elizabeth B. and Arthur E. Roswell Foundation, Inc.
- The Greenbaum Foundation
- The Josephine Peiser Charitable Foundation
- The Pat Summitt Foundation
- The William Kistler Charitable Fund
- Wendy P. McCaw Foundation
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

The Exultant Ark: A Pictorial Tour of Animal Pleasure
Jonathan Balcombe
In more than 130 striking images, this book celebrates the full range of animal experience with dramatic portraits of animal pleasure. These photos, windows onto the inner lives of pleasure seekers, show two polar bears looking for a healthier lifestyle. 240 pgs, $19.95

HEALTH AND NUTRITION

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 in-depth examination of general nutrition, macronutrients, micronutrients, and nutritional requirements for all stages of life. 745 pgs, $49.95 Special Discount $36.95

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

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

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

Dr. Spock’s Baby and Child Care: 9th Edition
Benjamin Spock, M.D., and Robert Needlman, M.D.
For 65 years, parents have relied on the guidance of renowned pediatrician Dr. Benjamin Spock. Still providing reassuring advice on caring for a new baby, this new version also contains more information about obesity and nutrition, immunizations, and children’s learning and brain development. Largely vegan. 1152 pgs, $19.99

The Allergy-Free Cook Bakes Cakes and Cookies
Laurie Sadowski
This book is designed for anyone who needs to avoid gluten, dairy products, and other common food allergens but doesn’t want to feel deprived. Now those with food sensitivities can fearlessly indulge in delicious baked goods. Learn how to interpret food labels, prevent cross-contamination, and make ingredient substitutions. 144 pgs, $14.95

Skinny Bitch in the Kitch
Rory Freedman and Kim Barnouin
Here’s the companion cookbook to the outrageous best-seller Skinny Bitch. Seventy-five easy, satisfying recipes, served up with fun. “A hilariously bawdy vegan cookbook for the modern Mrs. Cleaver.” —Domino 192 pgs, $14.95

The Sublime Restaurant Cookbook
South Florida’s Ultimate Destination for Vegan Cuisine
Nanci Alexander
The flavors and beauty of south Florida’s award-winning Sublime Restaurant are compiled here with some of Sublime’s most famed culinary creations. From Asian, Latin, or Mediterranean influences to more typical American fare, each recipe is delightfully conceived, beautifully presented, and yet surprisingly quick to prepare. 117 pgs, $19.95
From Neal D. Barnard, M.D., PCRM president

**Power Foods for the Brain**

An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory

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

**21-Day Weight Loss Kickstart**

Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health

Based on PCRM’s popular online Kickstart program, Dr. Barnard’s 21-Day Weight Loss Kickstart will help you get fast results: drop pounds, lower cholesterol and blood pressure, improve blood sugar, and more. With more than 60 recipes, daily meal plans, and tips for grocery shopping, this book will get you on the fast track to better health. 368 pgs, $15.99

**The Get Healthy, Go Vegan Cookbook**

125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great

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

**A New Approach to Nutrition for Diabetes**

DVD

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

**Dr. Neal Barnard’s Program for Reversing Diabetes**

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

**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

**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. 350 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 addresses the reader beyond artificial “formula approaches.” 96 pgs, $7.95

**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

**Eating Right for Cancer Survival**

Neil Barnard, M.D., Chef Saaula 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

PCRM Marketplace

**Bravo!**

Health Promoting Meals from the TrueNorth Health Kitchen

Chef Ramesh Bravo, Foreword by T. Colin Campbell, Ph.D.

Bravo! features delicious recipes from the TrueNorth Health Center, whose dietary program has helped more than 7,000 people recover from chronic diseases, including diabetes, high cholesterol, obesity, and hypertension. No salt, oil, or sugar. Includes tips, guidelines, and 14 days of menus. 160 pgs, $19.95

**The Great Life Cookbook**

Whole Food, Vegan, Gluten-Free Meals for Large Gatherings

Priscilla Timberlake, Lewis Freedman, R.D.

Every Friday night for more than 17 years, the authors have been cooking for their family and community. They invite you to explore the monthly dinner menus and dare to cook wholesome and delicious vegan dishes for your friends! 96 recipes, from soup to dessert arranged in 12 seasonal menus. 240 pgs, $26.50

**Food for Life 90-Day Journal**

This portable spiral notebook helps you keep a daily record of fiber intake and physical activity. Additional features include a seven-day sample menu, 22 recipes, tips for breaking food cravings, pantry suggestions, how to track fiber intake and body mass index, recommended resources, and plenty of inspiration from PCRM. 144 pgs, $12.80, discount price $10.99

**The Nutrition Rainbow Poster**

The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The Nutrition Rainbow poster shows the cancer-fighting and immune-boosting power of different-hued foods. 17” x 22”, $6.00

**The Cancer Survivor’s Guide**

Neil 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
**PCRM Marketplace**

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

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

**Main Street Vegan**
Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World
Victoria Moran
Holistic health practitioner Victoria Moran offers a complete guide to making the shift to a vegan diet with an emphasis on practical “baby steps,” proving that you don’t have to have a lifestyle coach on speed dial to experience the benefits of being a vegan. 400 pgs, $16.95

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

**Go Vegan! Translation Shirts**
Say “Go Vegan!” in French, Italian, Hebrew, Swahili, Arabic, Hindi, German, Spanish, Dutch, and Chinese on quality royal blue shirts.
- **T-shirt** • Gildan, 100% cotton, 6 oz. Specify M, L, or XL - $17.99
- **Sweatshirt** • Jerzees, 50% cotton/50% poly, 6 oz. Specify M, L, or XL - $21.99

**Power Plate Poster**
“These healthful food groups help you live longer, stay slimmer, and cut your risk of heart disease, diabetes, and high blood pressure.” 18”x 24”, $6.00

**Show your support for humane research with Humane Charity Seal of Approval Items**
- **Cat Magnetic Bumper Sticker** $2.00
- **Dog Magnetic Bumper Sticker** $2.00

**Many PCRM fact sheets and booklets are downloadable without charge or available in print at minimal cost at PCRM.org/factsheets/**

**Order Form**

<table>
<thead>
<tr>
<th>Item</th>
<th>Size (if Applicable)</th>
<th>Qty.</th>
<th>Price</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SHIPPING AND HANDLING CHARGES**
For orders shipped to more than one address, please add shipping for each additional address.

<table>
<thead>
<tr>
<th>Orders within the United States</th>
<th>International and Express Shipping Orders:</th>
<th>Shipping and Handling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shipping via U.S. Postal Service or UPS.</td>
<td>Residents of CA, DC, MI, and NY please add applicable sales tax.</td>
<td>Residents of CA, DC, MI, and NY please add applicable sales tax.</td>
</tr>
<tr>
<td>For orders $1 to $20 = $5</td>
<td>Shipping charges vary depending on country and/or express shipping method.</td>
<td>Shipping charge to additional addresses.</td>
</tr>
<tr>
<td>For orders $20.01 to $40 = $7.50</td>
<td>Call for charges: 1-800-695-2241</td>
<td>TOTAL (U.S. dollars only)</td>
</tr>
<tr>
<td>For orders $40.01 to $70 = $10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For orders $70.01 to $100 = $13.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For orders $100.01 to $200 = $15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For orders more than $200 = $20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SUBTOTAL**

**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
Mouse Study Misgivings
The journal *Science* recently published papers from four separate groups of researchers who were unable to replicate a 2012 mouse study that showed the success of cancer drug bexarotene against Alzheimer’s disease. One researcher said, “Maybe there should be some caution going forward in regard to patients.”

Vegan-Fueled Racer
Racecar driver Leilani Munter plans on branding her racecar “VegNation” to promote a vegan lifestyle.

Chicken Products Promote Antibiotic Resistance
A new FDA report found that 74 percent of bacterially tainted chicken products in 2011 harbored germs that were resistant to one or more types of antibiotics. More than 30 million pounds of antibiotics were sold and used in livestock feed that year.

Apes’ Afternoon Appetite
Chimpanzees in the wild choose to eat from the Pterygota mildbraedii tree later in the day when the amount of sugars and starch in the leaves doubles, according to a study in the *American Journal of Primatology*.

Not in the Mouths of Babes
In a video that recently went viral on YouTube, a toddler named Luiz Antonio learns that he’s eating octopus and decides that regardless of the animal, “you gotta take care of them … and not eat them!”

Bacon Stinks
San Francisco’s Bacon Bacon restaurant was forced to close after neighbors complained about the stench.

Celebrities Sway Kids
Kids eat more junk food when a celebrity endorses it, according to a new study in the *Journal of Pediatrics*.

Gaul-ing Fast-Food Trend
Fast food now accounts for 54 percent of all restaurant sales in France.

McDonald’s Clogs City’s Arteries
A McDonald’s in Montreal was sued for cleanup costs after its discharged grease clogged sewers.
Spreading Success

Alfred Kafity, D.O., and Chris Kafity, R.N.

The Kafitys first learned about the Physicians Committee three years ago, after Ms. Kafity was told that she needed to start insulin shots—even though she was following the American Diabetes Association dietary recommendations and exercising. She Googled the term “reversing diabetes” and found a link to Dr. Neal Barnard’s Program for Reversing Diabetes. Ms. Kafity read the book, saw a reference to PCRM.org, and went to the website, where she ordered Dr. Barnard’s other books.

“My personal journey gives new meaning to my role as a nurse and mother,” says Mrs. Kafity, who is also a health coach trained at the Institute for Integrative Nutrition. “I enjoy helping others transform their lives.”

The Kafity’s oldest son lost 212 pounds, his wife lost 115 pounds, and another son lost 25 pounds.

“This transformation encouraged our oldest son—who previously had asthma, hypertension, and sleep apnea, and was heading toward type 2 diabetes—to study for his Medical College Admission Test,” says Dr. Kafity. “He is determined to go to medical school and help others realize the power of preventive medicine.”

Dr. and Ms. Kafity now both distribute plant-based prescriptions to patients. Dr. Kafity displays a copy of the Power Plate in his exam room and hears success stories from patients.

Ms. Kafity started Be Plant Healthy, a series of plant-based nutrition courses at Fisher-Titus Medical Center. Several participants have dramatically improved their diabetes, lost weight, and improved Crohn’s disease.

One of her patients lost 25 pounds in three weeks. His wife lost 15 pounds using the recipes and resources available at the Physicians Committee’s website NutritionMD.org. “This patient is off his daily insulin shots and, in fact, off all of his diabetes medications, and he no longer has numb feet, a foggy brain, or blurred vision,” says Ms. Kafity. “His blood pressure is also down 20 points. He says he has never felt so good.”

The Kafity’s also distribute mailers with information about the Physician Committee’s nutrition resources to more than 39,000 neighboring homes and encourage residents to get screened for colon cancer.