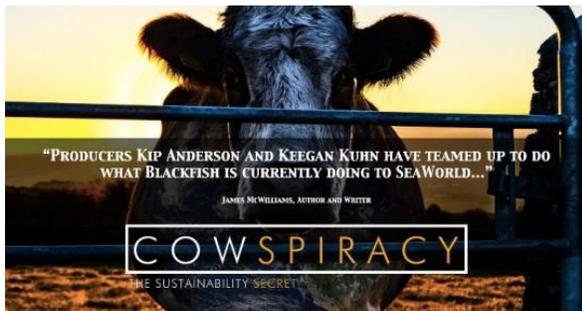


EVEN NOW UPDATE 2/15/16



Vegan Awareness Year celebration at the Cornbread Café

Vegan Awareness Year celebration at the Cornbread Cafe on 2/3/16 was fantastic! **Thank you to all** who attended, thank you to EVEN volunteer, **Chloe**, for your help, and thank you **Cornbread Café** for donating 20% of the proceeds to EVEN's vegan education and outreach! [See some photos here.](#)



Cowspiracy!

A public screening of the film, **Cowspiracy on Wednesday, 2/17/16, 6 to 8 pm** in **Straub Hall, room 145, University of Oregon** campus. The showing is

free and open to the general public. **Dale Lugenbehl** from LCC will be introducing the video and facilitating a question and answer session afterwards for those who choose to stay for it. Parking at U of O is free after 6 pm and Straub Hall seats a maximum of 140 people, so there should be room for everyone.

The amazing thing about Mayor Kitty Piercy proclaiming 2016 as **Vegan Awareness Year** is not only the encouragement to others to explore the compassion and healthfulness of veganism--although that is certainly present and essential in a proclamation as proactive as this one. But it is so exciting that each bulleted "whereas" item in the proclamation highlights the precise points present in the documentary, *Cowspiracy*. This brings to the

forefront the critical points so long disguised, hidden and ignored by the majority of people in the world.

Thank you, Mayor Piercy! Thank you, *Cowspiracy!*

OFFICE OF THE MAYOR
City of Eugene, Oregon

PROCLAMATION

WHEREAS: the United Nations Food and Agriculture Organization concluded that the livestock sector was one of the most significant contributors to the planet's most serious environmental problems, at every scale from local to global. Each year, animal agriculture produces 32 billion tons of carbon dioxide and 3.7 trillion pounds of excrement; uses 34-76 trillion gallons of water; is accountable for 20-33% of all fresh water consumption worldwide, the desertification of 1/3 of the planet, and 91% of Amazon rain forest destruction; and has created more than 500 dead zones in our oceans; and

WHEREAS: each year, 10 billion land animals are killed in the U.S. for food, 58 billion are killed worldwide, and 2.7 trillion sea animals are pulled from our oceans. Animal agriculture is the leading cause of species extinction, and every day, up to 137 plant, animal and insect species are lost forever due to rain forest destruction for grazing and feed crops. We are currently undergoing the largest mass extinction in 65 million years; and

WHEREAS: the United Nations Environmental Programme declared that a global shift towards a vegan diet would help save the world from devastating hunger, widespread fuel shortages and catastrophic climate change. Each day, a person eating a vegan diet saves 1,100 gallons of water, 45 pounds of grain, 30 square feet of forested lands, the equivalent of 20 pounds of CO2, and one animal's life; and

WHEREAS: the American Dietetic Association (ADA) declared that appropriately planned vegan diets are healthful for all life-cycle stages, including pregnancy, lactation, infancy, childhood, and adolescence. The ADA also declared that vegan diets are associated with lower blood cholesterol, lower risk of heart disease, hypertension and type-2 diabetes, lower body mass index, and lower overall cancer rates; and

WHEREAS: we enjoy ready access to vegan-friendly dining in our city with numerous restaurants, cafes and markets. Vegan alternatives to cheese, ice cream and burgers allow us to enjoy delicious meals while ensuring the least harm to ourselves, the animals, and our planet.

NOW, THEREFORE, I, Kitty Piercy, Mayor of the City of Eugene, Oregon, do hereby proclaim 2016 to be

"Vegan Awareness Year"

in Eugene, Oregon, and urge everyone in our community to explore and educate themselves about this healthy and compassionate lifestyle.



Kitty Piercy

Kitty Piercy
Mayor of Eugene
January 1, 2016

Here's Why You Love Cheese So Much

Turns out, there is a scientific reason you just can't get enough fromage in your face, be it in a classic grilled cheese sandwich, laid out atop a decadent cheese plate, or melted on a deliciously ooey, gooey pizza pie. Cheese is, quite simply, addictive because of the "casein-derived, morphine-like compounds" it contains, reports *Thrillist*.



Cheese might as well be called "dairy crack," says **Dr. Neal Barnard**, founder and president of the **Physicians Committee for Responsible Medicine**. Your brain essentially reacts to it in the same manner it would to any addictive substance thanks to a protein found in dairy called casein, which is super concentrated during the cheese making process. So every time you break into the Brie, your body has to break down the casein it contains.

Photo: Ken McKay/ITV/Rex USA

Casein, like all proteins, is basically a bead-like string of amino acids. But when your body digests it, "the beads don't entirely separate. Some of them stay attached in strings of four, five, or seven amino acids," explains Dr. Barnard. These shorter strings are the "casein-derived, morphine-like compounds" called casomorphins, and can attach to the opiate receptors in your brain. All that makes you crave another block of cheddar like a junkie in need of a fix, minus the shaking hands and general life-damaging behavior. (Assuming, of course, that you've never tried to sell off all your personal possessions in exchange for a block of Gruyere. Hey, no judgment here.)

Source: Sara Murphy

Read below for **MORE** info on the problems with dairy

Health Concerns about Dairy Products

Many Americans, including some vegetarians, still consume substantial amounts of dairy products—and government policies still promote them—despite scientific evidence that questions their health benefits and indicates their potential health risks.

Bone Health

Calcium is an important mineral that helps to keep bones strong. Our bones are constantly remodeling, meaning the body takes small amounts of calcium from the bones and replaces it with new calcium. Therefore, it is essential to have enough calcium so that the body doesn't decrease bone density in this remodeling process. Though calcium is necessary for ensuring bone health, the actual benefits of calcium intake do not exist after consumption passes a certain threshold.

Women who drink three or more glasses of milk per day have a **60% increased risk** for developing a hip fracture.

Drinking three or more glasses of milk also **increases mortality risk by 93%.**

For each glass of milk, risk of dying from all causes increases by 15%.

PCRM.org/Dairy
PhysiciansCommittee
for Responsible Medicine



BMJ 2014;349:g0015

Consuming more than approximately 600 milligrams per day—easily achieved without dairy products or calcium supplements—does not improve bone integrity.

Clinical research shows that dairy products have little or no benefit for bones. A 2005 review published in *Pediatrics* showed that **milk consumption does not improve bone integrity** in children.

In a more recent study, researchers tracked the diets, physical activity, and stress fracture incidences of adolescent girls for seven years, and concluded that dairy products and calcium do not prevent stress fractures in adolescent girls.

Similarly, the Harvard Nurses' Health Study, which followed more than 72,000 women for 18 years, showed no protective effect of increased milk consumption on fracture risk.

It is possible to decrease the risk of osteoporosis by reducing sodium intake in the diet, increasing intake of fruits and vegetables, and ensuring adequate calcium intake from plant foods such as kale, broccoli, and other leafy green vegetables and beans. You can also use calcium-fortified products such as breakfast cereals and juices. Soy milk and fortified orange juice are two examples of products which provide about the same amount of calcium per serving as milk or other dairy products.

Exercise is one of the most effective ways to increase bone density and decrease the risk of osteoporosis, and its benefits have been observed in studies of both children and adults.

Individuals often drink milk in order to obtain vitamin D in their diets, unaware that they can receive vitamin D through other sources. Without vitamin D, only 10-15 percent of dietary calcium is absorbed.

The best natural source of vitamin D is sunlight. Five to 15 minutes of sun exposure to the arms and legs or the hands, face, and arms can be enough to meet the body's requirements for vitamin D, depending on the individual's skin tone. Darker skin requires longer exposure to the sun in order to obtain adequate levels of vitamin D. In colder climates during the winter months the sun may not be able to provide adequate vitamin D. During this time the diet must be able to provide vitamin D.

Few foods naturally contain vitamin D, and no dairy products naturally contain this vitamin. Therefore, fortified cereals, grains, bread, orange juice, and soy or rice milk exist as options for providing vitamin D through the diet. Supplements are also available.

“Milk money is misspent money.”

Cameron Wells, M.P.H., R.D., Physicians Committee for Responsible Medicine, on the School Milk Nutrition Act of 2015.

Physicians
Committee
for Responsible Medicine



Fat Content and Cardiovascular Disease

Dairy products—including cheese, ice cream, milk, butter, and yogurt—contribute significant amounts of cholesterol and saturated fat to the diet. **Diets high in fat and especially in saturated fat can increase the risk of heart disease and can cause other serious health problems.**

A low-fat, plant-based diet that eliminates dairy products, in combination with exercise, smoking cessation, and stress management, can not only prevent heart disease, but may also reverse it.

Dairy and Cancer

Consumption of dairy products has also been linked to higher risk for various cancers, especially to cancers of the reproductive system. Most significantly, **dairy product consumption has been linked to increased risk for prostate and breast cancers.**

In the Physicians Health Study, tracking 21,660 participants for 28 years, researchers found an increased risk of prostate cancer for those who consumed ≥ 2.5 servings of dairy products per day as compared with those who consumed ≤ 0.5 servings a day. This study, which is supported by other findings, also shows that prostate cancer risk was elevated with increased consumption of low-fat milk, suggesting that too much dairy calcium, and not just the fat associated with dairy products, could be a potential threat to **prostate health.**

These metabolites can affect cellular proliferation such that cells grow rapidly and aberrantly, which can lead to **cancers of the breasts, ovaries, and prostate.** Consumption of milk and dairy products contributes to the majority (60-70 percent) of estrogen intake in the human diet.

In a large study including 1,893 women from the Life After Cancer Epidemiology Study who had been diagnosed with early-stage invasive **breast cancer**, higher amounts of high-fat dairy product consumption were associated with higher mortality rates. As little as 0.5 servings a day increased risk significantly. This is probably due to the fact that estrogenic hormones reside primarily in fat, making the concern most pronounced for consumption of high-fat dairy products.



The consumption of dairy products may also contribute to development of **ovarian cancer**. The relation between dairy products and ovarian cancer may be caused by the breakdown of the milk sugar lactose into galactose, a sugar which may be toxic to ovarian cells.

In a study conducted in Sweden, consumption of lactose and dairy products was positively linked to ovarian cancer.

A similar study, the Iowa Women's Health Study, found that women who consumed more than one glass of milk per day had a 73 percent greater chance of developing ovarian cancer than women who drank less than one glass per day.

Lactose Intolerance

Lactose intolerance is common among many populations, affecting approximately 95 percent of Asian-Americans, 74 percent of Native Americans, 70 percent of African-Americans, 53 percent of Mexican-Americans, and 15 percent of Caucasians.

Symptoms, which include **gastrointestinal distress, diarrhea, and flatulence**, occur because these individuals do not have the enzyme lactase to digest the milk sugar lactose. When digested, the breakdown products of lactose are two simple sugars: glucose and galactose. Nursing children have active enzymes that break down galactose, but as we age, many of us lose much of this capacity. Due to the common nature of this condition, and in order to avoid these uncomfortable side effects, milk consumption is not recommended.

Dairy Contaminants

Milk contains **contaminants that range from hormones to pesticides**. Milk naturally contains hormones and growth factors produced within a cow's body. In addition, synthetic hormones such as recombinant bovine growth hormone are commonly used in cows to increase the production of milk. Once introduced into the human body, these hormones may affect normal hormonal function.

When treating cows for conditions such as mastitis, or inflammation, of the mammary glands, **antibiotics** are used, and traces of these antibiotics have occasionally been found in samples of milk and dairy products. This treatment is used frequently, because mastitis is a very common condition in cows, due to dairy product practices which have cows producing more milk than nature intended.

Pesticides, polychlorinated biphenyls (PCBs), and dioxins are other examples of contaminants found in milk. Dairy products contribute to one-fourth to one-half of the dietary intake of total dioxins. All of these toxins do not readily leave the body and can eventually build to harmful levels that may affect the immune, reproductive, and the central nervous systems. Moreover, PCBs and dioxins have also been linked to cancer.

Other contaminants often introduced during processing of milk products include **melamine**, often found in plastics, which negatively affects the kidneys and urinary tract due to their high nitrogen content, and carcinogenic toxins including aflatoxins. These are additionally dangerous because they are not destroyed in pasteurization.

Milk Proteins and Diabetes

Insulin-dependent (type 1 or childhood-onset) diabetes is linked to consumption of dairy products in infancy. A 2001 Finnish study of 3,000 infants with genetically increased risk for developing diabetes showed that early introduction of cow's milk increased susceptibility to type 1 diabetes.

In addition, the American Academy of Pediatrics observed up to a 30 percent reduction in the incidence of type 1 diabetes in infants who avoid exposure to cow's milk protein for at least the first three months of their lives.

Health Concerns about Milk for Children and Infants

Milk proteins, milk sugar, fat, and saturated fat in dairy products pose health risks for children and encourage the development of obesity, diabetes, and heart disease. While low-fat milk is often recommended for decreasing obesity risk, a study published in the *Archives of Disease in Childhood* showed that children who drank 1 percent or skim milk, compared with those who drank full-fat milk, were not any less likely to be obese. Moreover, a current meta-analysis found no support for the argument that increasing dairy product intake will decrease body fat and weight over the long term (>1 year).

For infants, the consumption of cow's milk is not recommended. The American Academy of Pediatrics recommends that infants below 1 year of age not be given whole cow's milk, as iron deficiency is more likely due to the low amount of iron found in cow's milk as compared with human breast milk. **Colic** is an additional concern with milk consumption. Up to 28 percent of infants suffer from colic during the first month of life. Pediatricians learned long ago that cow's milk was often the reason. We now know that breastfeeding mothers can have colicky babies if the mothers consume cow's milk. The cow's antibodies can pass through the mother's bloodstream, into her breast milk, and to the baby.

Additionally, **food allergies** appear to be common results of cow's milk consumption, particularly in children. Cow's milk consumption has also been linked to **chronic constipation** in children.

Conclusions

Milk and dairy products are not necessary in the diet and can, in fact, be harmful to health. It is best to consume a healthful diet of grains, fruits, vegetables, legumes, and fortified foods including cereals and juices. These nutrient-dense foods can help you meet your calcium, potassium, riboflavin, and vitamin D requirements with ease—and without facing the health risks associated with dairy product consumption.

Source: [Physicians Committee for Responsible Medicine \(PCRM\)](#)

Note: Substitute natural, organic nut milks, organic vegan cheeses, and organic soy yogurts. Buy commercial or make your own, as described in most excellent vegan cookbooks and vegan resources online.



EVEN Exclusive Interview with Jeffrey Moussaieff Masson, PhD

If you missed this wonderful
EVEN exclusive interview,
[check it out again here.](#)

ADHD Link with Childhood Obesity

Girls with attention deficit hyperactivity disorder (ADHD) are more likely to become obese adults, according to a study published online in ***Mayo Clinic Proceedings***. Researchers compared height, weight, and other measurements in 5,718 participants as part of the Rochester Epidemiology Project. Those with ADHD during childhood were more likely to be obese or become obese later in life when compared to those without ADHD. Researchers suspect neurological abnormalities as a result of ADHD inhibit satiety and satisfaction and recommend dietary counseling as part of treatment.

Source: Physicians Committee for Responsible Medicine

Castaneda RLA, Kumar S, Voigt RG, et al. Childhood attention-deficit/hyperactivity disorder, sex, and obesity: a longitudinal population-based study. ***Mayo Clin Proc***. Published online February 4, 2016.

A New Frontier in Animal-Free Testing

We urgently need a better way to make sure the chemicals we use in everyday products are safe. Using animal tests, it takes chemical companies three years and six million dollars to test just one chemical. Every day, experimenters cram animals into small tubes and make them inhale toxic chemicals for hours. They also put potentially harmful substances into animals' eyes, skin, or internal organs. Animals are not given any pain relief for these experiments.



Because humans and other animals often react differently to the same chemicals, these tests are highly unreliable.

It's up to us to change this.

Most of these crude tests were invented in the 1930s and '40s. Science has come a long way since then. In the past 10 years, scientists have developed a number of powerful, computer-based (in silico) tools. These can help us test chemical safety faster, more accurately, and without harming animals.

Physicians Committee scientists have contributed to one especially powerful tool called the **OECD Quantitative Structure-Activity Relationships (QSAR) Toolbox**. When scientists want to see whether a new chemical is safe, they can use the QSAR Toolbox to compare its shape and structure with those of chemicals we know are harmful. In this way, the QSAR Toolbox allows scientists to reliably predict how a new chemical will interact with our bodies.

We're bridging the knowledge gap.

The EPA already uses the QSAR Toolbox to see which chemicals may cause cancer. However, nearly all chemical regulators rely almost entirely on crude and painful animal tests. As a result, many regulators are unaware of alternative methods—like the QSAR Toolbox—that could reduce or replace animal tests.

Governments and companies, content with the status quo or budget-strapped, typically will not pay to train their regulators to use nonanimal methods. To accelerate the adoption of these modern testing methods, the Physicians Committee is taking the initiative by bringing regulators at the EPA, the California EPA, and other agencies up to speed on cutting-edge, nonanimal testing tools.

No single tool will be adequate to test chemical safety all by itself. In vitro methods, such as cells grown in petri dishes and organ-on-a-chip, and epidemiological studies will have to be used. But teaching scientists to use the QSAR Toolbox is an important step toward a future in which no animals are harmed in chemical safety tests.

Source: Physicians Committee for Responsible Medicine, Kristie Sullivan, MPH, Director of Regulatory Testing, PCRM

Watch McDougall's Moments

SHORT VIDEO LESSONS FROM JOHN A. MCDUGALL, M.D.

[Dr. John McDougall: Milk---It Does A Body Harm](#)

[Dr. John McDougall: Atherosclerosis](#)

[Dr. John McDougall: Your Bowel Digestive System](#)

[Sign up for McDougall's Moments - Free!](#)

10 Reasons You Should Never Drink Soda

Whether you're a fan of diet or regular, soda may be worse for you than you think.

Whether bottled or canned, sugar-free or regular, and no matter what the color — sodas can be very problematic.

The health dangers of soda have long existed: whether they are regular or diet, caffeinated or caffeine-free, **soda is just plain bad news**. Willingly drinking soda is almost like opting to smoke: if you know how harmful it is, then why do it?

Here are some reasons that will make you think twice before reaching for soda, whatever variety or flavor it may be.

Most sodas have **caffeine** which has a number of detrimental effects on the body such as **increase in blood pressure, heart palpitations, migraines, breast tenderness, urinary problems**, just to name a few.

One can of regular soda holds approximately 33 grams or **10 teaspoons of sugar**. Can you imagine how much insulin your body needs to make to combat the excess sugar? Over time, this has disastrous consequences, often leading to **obesity, diabetes, insulin resistance, and heart disease**. Even one soda daily can lead to these long-term issues, thus causing a downward spiral of health.

Caffeine and sugar aren't the only things your body won't agree with after drinking soda, though. There are also things like **high fructose corn syrup, phosphoric acid, and caramel coloring**. So, next time you go to open that can of pop, you might want to stop and think about your health.

10 Reasons You Should Never Drink Soda.

1. **Caffeine** - Sodas that contain caffeine can cause everything from heart palpitations to incontinence.
2. **Sugar Content** - One can of regular soda holds approximately 33 grams or 10 teaspoons of sugar. Can you imagine how much insulin your body needs to make to combat the excess sugar?
3. **High Fructose Corn Syrup** - High fructose corn syrup, found in most sodas, is manufactured using traces of mercury.
4. **Osteoporosis** - Soda has phosphoric acid which antagonizes calcium, leading to osteoporosis, bone loss, and dental decay.
5. **Aspartame** - Aspartame, found in most diet sodas, is typically used as the sugar substitute, which ironically is more harmful than sugar: aspartame may be incredibly toxic, and has been associated with everything from cancer (in a study published in Environmental Health Perspectives) to mood disorders (in a study published in Biological Psychology).
6. **Weight Gain** - Forget about beer belly, you can also get diet soda belly. Researchers from the University of Texas Health Science Center studied 475 adults over ten years. They noted a 70 percent increase in waist circumference compared to non-soda drinkers. Those who consumed two or more diet sodas daily resulted in a whopping 500 percent increase in weight size.
7. **Cans** - Soda cans have bisphenol A (BPA), which prevents acids from reacting with metal. BPA is linked to altering hormones, obesity, cancers, and infertility.
8. **Plastic Bottles** - You think switching from soda cans to plastic soda bottles is better? Think again. Plastic soda bottles and unrecycled plastic caps cause



widespread damage to sea and wildlife, especially birds. The "Great Pacific Garbage Patch" is a mass of plastic debris in the Pacific Ocean and is responsible for thousands of animals dying each year unnecessarily, due to human ignorance.

9. **Caramel Coloring** - The caramel coloring found in many sodas is known to cause cancer, according to Consumer Reports.
10. **Water Pollution** - Artificial sweeteners do not break down in the body. So what happens? It enters water supplies. Scientists in Switzerland tested waste water treatment plants, rivers, lakes and found alarming levels of sucralose, saccharin and acesulfame K.

Source: The Daily Meal, [article by Deepa Verma, MD](#)

This Is What Happens To Your Body When You Stop Drinking Soda

Soda is an addiction — similar to tobacco, alcohol, or drugs, it feels good when you consume it, but it can wreak havoc on your body long-term. As more and more research investigates the ill effects of soda on the human body (and the environment), it may be time for you to give it up, or at least reduce the amount you intake on a daily or weekly basis.

The evidence speaks for itself: Your health will drastically improve once you begin replacing your daily Coke or Mountain Dew with water. Pretty much every organ will benefit from quitting soda, as explained below.



HEART

First and foremost, you'll be taking better care of your heart the moment you put down the soda. A 2012 Harvard University study found that sugary drinks increased a person's risk of chronic heart disease (CHD). Participants who drank the most soda were 20 percent more likely to have a heart attack, the researchers discovered. Another study, published in 2011, found that sugary beverages raises a person's blood pressure, and it increases the more you drink. Even cutting back by one soda per day can decrease your blood pressure and improve your heart health.



BRAIN

Many people reach for a Diet Coke or a soft drink in the drowsy after-lunch hours at work, hoping to get a caffeine and sugar boost. It may help you focus temporarily, but in the long-term drinking a lot of soda can have a negative effect on your brain function and thinking processes.

One study found that long-term consumption of sugar could lead to impaired learning, memory, and behavioral plasticity.

"We have investigated a potential mechanism by which a diet, similar in composition to the typical diet of most industrialized western societies rich in saturated fat and refined sugar (HFS), can influence brain structure and function via regulation of neurotrophins," the authors of the study write. They found that animals placed on this high-sugar diet had reduced amounts of a chemical called brain-derived neurotrophic factor (BDNF), which in turn impacted their ability to learn and remember things.

Various other studies have also found a link between drinking a lot of soda and an increased risk of Alzheimer's disease or other types of dementia; the link showed an increased amount of plaque deposits in mice that were given sugary sodas — signals of Alzheimer's or other disorders.



TEETH

Soda destroys your teeth, so stepping away from this vice will lead you toward better oral health and a whiter smile. In some extreme cases, drinking a lot of soda can leave your mouth as corroded as that of a meth abuser, according to a 2013 study. In the study, researchers found that a woman who drank 2 liters of diet soda every day for three to five years had the same level of severe tooth erosion as that of a methamphetamine addict, as well as a crack cocaine addict. The citric acid in soda erodes tooth enamel, making it softer and more vulnerable to cavities and yellowing. Stepping away from soda and replacing it with water will protect and clean your teeth.



BLADDER

Soda is a diuretic, essentially meaning that it will make you need to pee urgently and frequently. It has also been known to irritate your bladder and exacerbate bladder infections or urinary tract infections. Switching it out with drinking clear fluids, like water, unsweetened juices, or seltzer water, could instead help keep your body and bladder clean.



BONES

Abstaining from soda will also improve your bone health and decrease your risk of osteoporosis....



KIDNEYS

Your kidney is also going to be in better shape once you kick the dirty sugar habit. Studies have shown that drinking a lot of soda can increase your risk of kidney disease and ultimately kidney failure. Diet sodas aren't exempt from this damage, either: researchers from the Nurses' Health Study found that women who drank a lot of diet soda every day had decreased liver function compared to women who didn't drink soda. So stay away from it and your kidneys will thank you.



REPRODUCTIVE ORGANS

In some cases, soda cans may contain bisphenol-A or BPA, which has been linked to an increased risk of cancer as well as impairment of endocrine function. Some studies have also shown that BPA is linked to premature puberty or infertility, essentially messing up a person's reproductive organs.

According to the Breast Cancer Fund, BPA is one of the most common chemicals out there — exposed to us via food and drink containers to dental fillings. It's a synthetic estrogen that impairs the hormonal system, increasing a person's risk for breast cancer, prostate cancer, metabolic disorders, and even type 2 diabetes.

Choose to lower your exposure to this chemical by not touching those soda cans and your risks will be lower.



WEIGHT LOSS

One of the easiest ways to lose weight is to cut soda from your diet. If you're a rabid drinker (drinking it several times a day without fail, day and night), cutting down to one can a day could be a good start, at least until you're eventually comfortable with cutting it out to once a week or leaving it behind completely.

According to Malia Frey, a weight loss expert writing on *About Health*, dropping a daily large Coca-Cola from McDonald's completely (if you drink about one per day) would result in reducing your annual calorie intake by over 200,000 calories — or about 60 pounds — in one year. Replace that soda with water and overcome obesity.



FIGHT DIABETES, OTHER CHRONIC DISORDERS

As the obesity epidemic continues to surge in the U.S., Americans will continue to stubbornly order McDonald's and their giant Coca-Colas, then proceed to sit on their couch for hours and watch TV — or sit in their office for hours. All of these factors lead to obesity, an increased risk of diabetes, and a higher chance of developing other chronic disorders like cancer or heart disease. Long-term consumption of large, sugary, fatty sodas will ultimately contribute to, and directly cause, diabetes. Lose the soda and lose the pounds.



LIVE LONGER

Here's one easy way to live longer: Drop the soda. A recent study published in the American Journal of Public Health found that people who drank a lot of soda had shorter telomeres in immune cells, meaning their risk of dying sooner was higher. Telomeres are protective DNA units that are situated at the ends of chromosomes, and the shorter they get, the more a person ages and is at risk for disease and death. So cutting out that good-for-nothing sugary drink from your life will seemingly only offer you good things, by lengthening your telomeres as well as your life span, and improve your overall health.

Source: MSN Health and Fitness

Editor's Note: We love the taste of good, pure water, but if you need to perk it up in a healthful way for your own preferences, you can add a fresh lime, lemon or other citrus slice, or any other whole, natural fruit. Our favorite is a slice or two of cucumber!

The Big Business of Killing Exotic Endangered Animals in America

by Meg McIntire, Friends of Animals

After the tragic killing of Africa's **Cecil the lion** in July by a trophy hunter [Walter J. Palmer, Bloomington MN dentist] provoked public outrage on a global scale, it left us wondering why the exact same type of animal exploitation that occurs on a regular basis in America isn't garnering the same reaction.



Cecil the lion's final photograph courtesy of the Elephant Journal

In pursuit of a trophy to hang on the wall or a videotape of their sick exploits, well-to-do hunters in the United States are paying thousands of dollars to shoot defenseless exotic animals at point-blank range. All manner of exotic animals---including the Arabian Oryx, the Nubian ibex, yaks, and even the odd rhino, zebra and tiger---are being conscripted into the canned-hunt game and offered for "trophy fees" of up to \$20,000.

There are more than 1,000 game preserves in the United States, and the business has become exceptionally lucrative for those who raise the animals for canned hunts. According to some industry estimates, Texas alone brings in \$1 Billion a year from canned hunting.

So where is the uproar over these ranches? Where are the protests, the public shaming and the front-page news articles? Thousands of exotic animals are being shot down in our own backyards and not many people are discussing it.



“Harvesting” animals on canned hunts should not only be illegal, it should be viewed as horrendously shameful...

[>>MORE](#)

Source: Friends of Animals
[Highlights and photos EVEN's]

♥ The Eugene Veg Education Network (EVEN) will be tabling at the **Public Interest Environmental Law Conference** at the University of Oregon again this year in March.

♥ EVEN is also involved in **University of Oregon's Earth Week activities** and

♥ **Pleasant Hill High School's** Impact Festival, both in April.

EVEN is sponsoring various speakers at the **Eugene Library** this summer---**Dr. Orestes Gutierrez** on **June 11**, presenting *3 Steps to Superior Health*; **Erica Meier, Executive Director, Compassion Over Killing**, on **July 23**, *Choosing Compassion at Every Meal*; and **Dr. Janice Stanger** on **August 20**, speaking on *The Dangerous Truth About Protein*. Mark your calendars. More information forthcoming.

Thank you to all EVEN donors for making all of EVEN's vegan education and outreach activity possible!

! If you want to be invited when EVEN hosts a **dineout**, let us know. We have a special and separate mail list for that activity.

! **If you have skills to offer EVEN and would like to volunteer, let us know.** We are currently looking for volunteers

with writing, communication, media, computer and office skills who can commit to at least 3 hours/month. Help!

! If you are not receiving regular emails from EVEN, please **add eugvegedunet@comcast.net to your address book** to prevent your undeliverable mail that bounces back to us.

! If you would like to invite EVEN to table at your health fair, market, business, organization or event, just ask. There is no charge to you.

! If you want to support EVEN's vegan education and outreach, go **[HERE](#)** to see the various ways you can do that!

###

www.eugeneveg.org

Eugene Veg Education Network

---EVEN - serving as a vegan resource since 2005---

Check Out **[EVEN's News Blog](#)** for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's **Mission Statement** is **to inform, educate & encourage our members**--- as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace.**

