

C.H.I.P. CHAT

The Official Newsletter of the Penticton Branch of the
Coronary Health Improvement Project



Volume 9, Issue 5

Sept./Oct. 2009

Editorial:

Summer is over and once again, autumn will settle us into somewhat regular routines. A CHIP program was eagerly anticipated for October of this year, but unfortunately, it will have to be postponed until February 2010. The CHIP team could not find a suitable location. Nevertheless, we have some openings for venues during the month of February so plans are to incorporate February's "Heart Month" as "CHIP Month". We will keep you posted! Meanwhile, you are all encouraged to attend our monthly CHIP Alumni meetings.

ANNOUNCEMENTS: UPCOMING EVENTS:

SEPTEMBER ALUMNI MEETING:



Mexican Vegan Pot-Luck Supper (Our June Meeting pot-luck was such a success, we have decided to have another one!)

Date & Time.....Monday, Sept. 21st @ 6:00 PM

Place.....Penticton Senior's Drop-In Center

Bring.....Our theme will be "Mexican." So ...bring your burritos, enchiladas, etc., etc....



OCTOBER CHIP ALUMNI MEETING:



Date & Time..... Monday, October 19 at 7:00 P.M.

Place..... Penticton Senior's Drop-In Center

(More details will be revealed as we get closer to October.)



OKANAGAN HEALTH FORUM 2009 DVD'S - Would you like to share the last Health Forum's fabulous talks of Dr. Neal Barnard and Dr. Ron Cridland with your family and friends, or simply add them to your library?



These DVD's are still available.

Please contact Margie by phone (250-493-6306) or email: muggiec@yahoo.ca.



THE "HEALTHY HARVEST BOX" – If anyone is interested in eating locally by committing to a surprise box of fresh, tasty local fruits and vegetables from Okanagan farmers, please call 493-1188 or visit this website: www.localmotive.ca.

PENTICTON COMMUNITY CENTER:

Get Active!

Call the Community Center at 250-490-2436 or email www.getactivepenticon.com

for more information.

Get Inspired....Get Connected.....Get Active!



CHIP WEBSITES:

Our local CHIP website is www.help4bc.ca. The National CHIP website is www.chiphealth.org. Occasionally you may know of someone in another locale that is interested in the CHIP program. Please see the national website for a list of CHIP programs happening in areas around North America.

What About Omega-3 Fatty Acids?

Many people are concerned as to whether they are getting their adequate Omega-3 fatty acids. This issue of the CHIP-CHAT has two articles on whether or not we should be using fish for our Omega-3 source. First....here is what Dr. Joel Fuhrman has to say about the matter.....

Omega-3 fatty acids are healthy fats that reduce inflammation, inhibit cancer development and protect our blood vessels. There are long-chain and short chain fatty acids. Short-chain omega-3 fats are found in some green vegetables, walnuts, and flax, chia, and hemp seeds. The basic building block of short-chain omega-3 fat is alpha-linolenic acid (ALA). Our bodies are only capable of converting a small amount of these short chain fats to long-chain omega-3 fats, called docosahexanoic acid (DHA) and eicosapentaenoic acid (EPA).

Studies show that people have varying ability to convert ALA into DHA and EPA. Apparently, some people eating sufficient ALA from greens, seeds and walnuts can achieve adequate levels while others cannot. Men generally convert less than women. Conversion of ALA by the body to these longer-chain fatty acids is inefficient: < 5-10% for EPA and only 2-5% for DHA¹.

DHA is one of the crucial building blocks of human brain tissue. It has been shown to protect against dementia, depression, inflammatory diseases, attention deficit and hyperactivity disorder (ADHD), allergies, and to offer significant benefits for overall cardiovascular health.

Early in life, DHA is supplied via the placenta and from breast milk. While adequate DHA is particularly important for [pregnant and nursing women](#) and young children, it is beneficial for all ages!

- Improves your child's intelligence
- Aids depression and Attention Deficit Disorder
- Improves memory
- Important for brain and eye development
- Promotes smoother skin; prevents wrinkles
- Helps prevent heart disease and arthritis
- Lowers risk of Alzheimer's and senior dementia
- Lowers "bad" cholesterol

Omega-3 fatty acids are found in oily fish like salmon and flaxseed and canola oils



These long-chain omega-3 fatty acids are also produced by marine algae which serve as the source of DHA and EPA in fish. Although, fish is a good source of EPA and DHA, unfortunately, it's one of the most polluted foods which we eat. Therefore, it can not be considered a safe source of these healthy fats. Fish have been shown to contain fat soluble petrochemicals, such as PCB's and dioxins as a result of the dumping of toxic waste and raw sewage into our oceans. Fish also contains mercury. According to the Center for Disease Control, 1 in 12 women of childbearing age in the United States have unsafe mercury levels (and the CDC's threshold for safety is high). Multiple studies have illustrated most of the body's mercury load comes from the consumption of fish.

For these reasons, I recommend consuming little or no fish. If you choose to consume fish, try to stay away from those high in fat and known to be high in mercury such as shark, swordfish, mackerel, pike, tuna, snapper, lobster, grouper, sea bass and bluefish. Instead, use the lower fat (less polluted) fish such as trout, and ocean perch.

Some nutritional advisors encourage consuming high amounts of flax seed oil to promote the conversion of enough DHA. I do not agree. First of all, flax seed oil is an empty calorie food with little or no vitamins, minerals, phytochemicals and flavonoids that were present in the original seeds.

Furthermore, we have a significant collection of data that indicates that the consumption of high doses of ALA from flax oil may increase, not decrease the risk of prostate cancer². In contrast, flax seed consumption has been shown in multiple studies to lower the risk of both breast cancer and prostate cancer³.

I prefer people not consume much fish to assure sufficient consumption or conversion of omega-3s. Since the ability to self-convert short chain ALA into long-chain DHA is so variable from person to person, I recommend a mixture of natural omega-3 containing plants plus some extra plant-derived DHA. I advise people obtain their omega-3 fats by consuming the cleaner, plant sources such as walnuts, flax, chia, and hemp seeds and by also taking a daily DHA supplement like my [DHA Purity](#). My DHA Purity is a laboratory cultivated DHA product made from microalgae. It is a pure form of DHA without environmental contamination or unnecessary disruption of our ocean life.

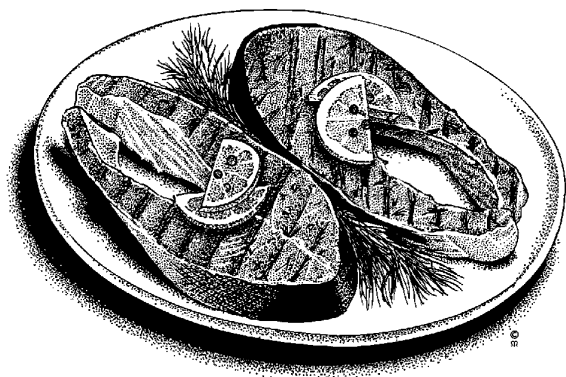


- Yours to good health, Joel Fuhrman, M.D.

And here is what Dr. John McDougall writes in his newsletter of June, 2009.....

Fish Is Not Brain Food

Dietary intake of fish and omega-3 fatty acids in relation to long-term dementia risk by Elizabeth E Devore published in the July 2009 issue of the *American Journal of Clinical Nutrition* found, “In this Dutch cohort, who had a moderate consumption of fish and omega-3 PUFAs, these dietary factors do not appear to be associated with long-term dementia risk.”¹ This study of 5395 people, 55 years of age or older, for 10 years, found people who never ate fish had a similar risk of developing dementia, including Alzheimer’s Disease, as those people who had a high fish intake (on average, one ounce—29.6 grams—daily). In the same issue of this journal, researchers reported on the findings of the Canadian Study of Health and Aging.² Blood samples of a population of 642 people were analyzed for substances found in fish: total n-3 PUFAs, docosahexaenoic acid (DHA), eicosapentaenoic acid (EPA), and mercury. The results were then compared with the incidence of dementia and Alzheimer disease. No associations between n-3 PUFAs and dementia or AD were found.



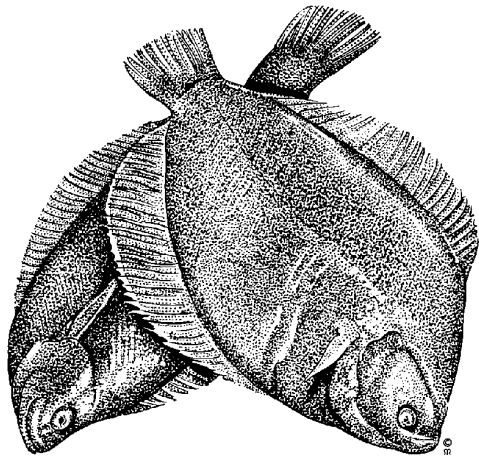
A disturbing report was released on June 17, 2009:

Bovine Spongiform Encephalopathy and Aquaculture by Robert P. Friedland published in the *Journal of Alzheimer’s Disease*.³ Scraps from slaughterhouses are used as food in the fish farming industries, and the authors of this report are concerned that consumption of farmed fish may provide a means of transmission of infectious prions from cows with bovine spongiform encephalopathy to humans, causing variant Creutzfeldt Jakob disease—commonly known as “mad cow disease.”

These scientists urged government regulators to ban feeding cow meat or bone meal to fish until the safety of this common practice can be confirmed. The publication of this important news comes before a new FDA rule that would block the feeding of rendered cows to certain animals, but not fish.

Comment: Fish is not health food. The truth is fish is an animal muscle made up primarily of proteins and fats, with no carbohydrates or dietary fibers—fish muscles are nutritionally just like the muscles of cows and chickens. They are all loaded with cholesterol and chemical contaminants, and deficient in vitamin C. Fish-fat easily accumulates in the human buttocks, thighs, and abdomen, leading to obesity and type-2 diabetes. All that excess animal protein will cause bone loss (osteoporosis), and the pharmacological activity of the fats (omega-3) will suppress the immune system (cancer and infection) and cause [bleeding](#).

Fostering the myth that fish is a miracle food is a slogan many of us grew up with, “better living through chemistry.” In the case of fish, the miracle chemical is omega-3 fatty acids, which have been advertised to prevent and treat diseases ranging from Alzheimer’s disease to strokes. The most thorough review ever conducted (48 randomized controlled studies of 36,913 subjects) of fish and omega 3 fats on health was published in the April 2009 issue of the *British Medical Journal* and the



authors reported, “Long chain and shorter chain omega 3 fats do not have a clear effect on total mortality, combined cardiovascular events, or cancer.”⁴ Other research explains the origin of the felonious belief that fish is health food: people who choose fish are the same people who choose an overall healthier diet, consciously avoiding coronary-artery-damaging saturated fats—eating the fish does not prevent heart attacks, it is the not eating beef, chicken, and cheese that saves lives.⁵

The erroneous belief that these magnificent swimming animals will improve the health of people is at the root of the decimation of our oceans. People are eating more food from the sea every year and the result is industrial fishing has depleted the world’s fish stocks by 90% since the 1950s.⁶ I love the ocean and am saddened by this loss. Fortunately, I am

not demented (from lack of fish consumption) and neither are you. We can stop this runaway destruction of planet Earth and return health to its entire species—but we must act quickly. One major step is to reintroduce the natural human diet of starches to people. If you want to know more about this one big simple solution then read the first chapter of my new book, [The Starch Solution](#) (to be published in about a year).

- 1) Devore EE, Grodstein F, van Rooij FJ, Hofman A, Rosner B, Stampfer MJ, Witteman JC, Breteler MM. Dietary intake of fish and omega-3 fatty acids in relation to long-term dementia risk. *American Journal of Clinical Nutrition* 2009 Jul;90(1):170-6.
- 2) Kröger E, Verreault R, Carmichael PH, Lindsay J, Julien P, Dewailly E, Ayotte P, Laurin D. Omega-3 fatty acids and risk of dementia: the Canadian Study of Health and Aging. *American Journal of Clinical Nutrition* 2009 Jul;90(1):184-92.
- 3) Friedland RP, Petersen RB, Rubenstein R. Bovine Spongiform Encephalopathy and Aquaculture. *Journal of Alzheimers Disease* 2009 Mar 6. [Epub ahead of print]
- 4) Hooper L, Thompson RL, Harrison RA, Summerbell CD, Ness AR, Moore HJ, Worthington HV, Durrington PN, Higgins JP, Capps NE, Riemersma RA, Ebrahim SB, Davey Smith G. Risks and benefits of omega 3 fats for mortality, cardiovascular disease, and cancer: systematic review. *BMJ*. 2006 Apr 1;332(7544):752-60.
- 5) Cundiff DK, Lanou AJ, Nigg CR. Relation of omega-3 Fatty Acid intake to other dietary factors known to reduce coronary heart disease risk. *American Journal of Cardiology*. 2007 May 1;99(9):1230-3.
- 6) Myers RA, Worm B. Rapid worldwide depletion of predatory fish communities. *Nature*. 2003 May 15;423(6937):280-3.

SAD NEWS.....but funny!

Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes.

If this made you smile for even a brief second, please rise to the occasion and take time to pass it on and share that smile with someone else who may be having a crummy day and kneads a lift.

The following is a response by Dr. John McDougall to the article that received world headlines on July 2, 2009....

“Vegetarian Diet ‘Weakens Bones’ ” (Worldwide headlines July 2, 2009)”

A joint Australian-Vietnamese [meta-analysis](#) of 9 observational studies of 2,749 people found that vegetarians had bones five percent less dense than meat-eaters and vegans were six percent weaker. However, the results were of such little significance that the authors ended their paper by saying: “In conclusion, the results of this meta-analysis suggest that there is a modest effect of vegetarian diets, particularly a vegan diet, on BMD, but the effect size is unlikely to result in a clinically important increase in fracture risk.”

This article, released ahead of scheduled publication, which gives the public the perception that the news was so important that it could not wait, in the *American Journal of Clinical Nutrition* was by the same authors as the vegan-osteoporosis [article](#) I discussed in my June 2009 newsletter. The article I reported on received little press worldwide and showed results very favorable for a vegan diet and bone health. Published in the April 2009 issue of the journal *Osteoporosis International*, the same researchers directly examined 105 postmenopausal Mahayana Buddhist nuns, and compared them to 105 omnivorous women and found, “...although vegans have much lower intakes of dietary calcium and protein than omnivores, veganism does not have (an) adverse effect on bone mineral density (BMD) and does not alter body composition.”

The highly publicized study showing negative effects of a vegan diet was a meta-analysis—a selected compilation of similar studies. This kind of analysis is notorious for showing bias and is easily manipulated by the choice of studies included or excluded in the research paper. Because of the ease of exploitation, meta-analysis has been referred to as an exercise in “[mega-silliness](#).” Their original research found 922 studies, but after applying exclusion criteria there were only 9 studies left, which included 2749 individuals; 5 studies were of Asians, populations where osteoporosis-related fractures are much lower because of the healthier diet and greater physical activity, than Westerners.



This analysis found no correlation between dietary calcium intake or protein intake and BMD. The results comparing diets of vegetarians and omnivores with BMD were considered clinically insignificant by the authors. Furthermore, [BMD is a poor predictor](#) of future fracture risk. The criticisms could go on, making this one of the worst studies ever published in a respected journal. So why did this article condemning eating a vegan diet get so much attention?

This flawed research telling people worldwide that vegan diets are bad for the bones was funded by the AMBeR alliance incorporated in Malaysia, which owns Amber F&B Nutrition Sdn Bhd, a dairy products producer and wholesaler. This company's [business](#) is the "manufacturing of sweetened condensed milk, evaporated milk and dairy products." Once a study is published then the public relations department of the industry takes over and sends "Press Releases" to the media worldwide. Because people love to hear "good news about their bad habits (eating beefsteaks, fried chicken, cheese, and ice cream)," the press and the public revel in this good news, even when the conclusions are untrue as in this case. You might think there would be at least one curious reporter who would read the research before spreading the lie.

You can write the authors at: tuan.nguyen@unsw.edu.au and ask your questions about the two studies and why the one funded by a dairy industry showing no relevance to a person's choice of a vegan diet and the risk of fracture received so much worldwide attention.

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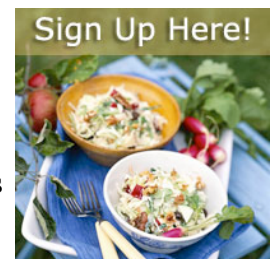
Get Ready to Kickstart Your Health on Sept. 8!

Dear PCRM supporter,

Whether you're drawn to chocolate, cookies, potato chips, cheese, or burgers and fries, we all have foods we can't seem to resist—foods that sabotage our best efforts to lose weight and improve our health. But PCRM's Vegan Kickstart will help you win the food fight.



Based on research by Neal Barnard, M.D., PCRM president and one of America's leading health advocates, this 21-day program is designed for anyone who wants to explore and experience the health benefits of a vegan diet.



During these three weeks you will have an all-access pass to:

Daily e-tips that will put you on the path to weight loss, better health, and greater well-being

- ✓ A delicious, easy, and satisfying recipe sent every day that will help you break your cravings for unhealthy foods
- ✓ Weekly motivational nutrition webcasts featuring Dr. Barnard
- ✓ Social support of other Kickstart participants through a message board where nutrition professionals answer your health and diet questions
- ✓

The Kickstart begins Sept. 8, 2009.

Sign up at: <http://support.pcrm.org/kickstart>

Sign up now to receive e-mail messages so you can follow along. Our preprogram countdown has already begun—it's a perfect time to join in!

Best regards, Susan Levin, M.S., R. D., Director of Nutrition Education



Physicians Committee for Responsible Medicine,
5100 Wisconsin Ave., N. W., Ste. 400, Washington, DC 20016

“Vegetarian Food for Thought”

“Based on my experience in Los Angeles, my advice to the public is not to eat meat.

— GREGORIO NATAVIDAD (Los Angeles Meat Inspector for 23 years)

“Lobsters roasted alive, pigs whipt to death, fowls sewed up, are testimonies of our outrageous luxury. Those who (as Seneca expresses it) divide their lives betwixt an anxious Conscience and a Nauseated Stomach, have a just reward of their gluttony in the diseases it brings with it.

— ALEXANDER POPE 1688-1744 (Poet)

“Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and the vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct by eating the food that God provided for our use!

— ELLEN WHITE 1827-1915 (Author, one of the founders of the Seventh Day Adventist Church)

“Comparative anatomy proves that man is naturally a frugivorous animal, formed to subsist upon fruits, seeds, and farinaceous vegetables.”

— SYLVESTER GRAHAM 1794-1851 (Health reformer, author, Presbyterian minister, Inventor of The Graham Cracker)

RECIPE CORNER: *Thai-Style Curry*

- 1 cup diced carrots
- 1 onion, diced
- ½ cup each green & red peppers, or yellow (I just use red & yellow)
- 2 cloves garlic
- 4-5 small zucchini or similar vegetable, diced small
- 1 cup tomato sauce
- 2 tbsps peanut butter
- 2 tbsps Bragg Liquid Aminos (or 1 tbsp soy sauce)
- 1 tablespoon Homemade curry powder (or reg. curry powder) to taste
- ½ tsp or more salt to taste
- ½ cup fresh cilantro (optional)
- 1 cup cooked garbanzos or lentils
- 1 cup frozen peas



1. Place diced carrots, onion, peppers and garlic (not the peas yet) in a kettle with a small amount of water and curry powder. Simmer about 5 minutes until tender.
2. Add zucchini, cover, and simmer 5 more minutes.
3. Blend all the remaining ingredients (except the peas and garbanzos or lentils) in a blender until smooth, and add to the cooked vegetables along with the frozen peas and garbanzos or lentils.
4. Heat and serve over brown rice. Makes about 8 cups.

*This recipe has been made by Connie on several occasions and is delicious.
It comes from the recipe book entitled “7 Secrets Cookbook”, page 33. Enjoy!*

CHIP WEBSITES:

Our local CHIP website is www.help4bc.ca. The National CHIP website is www.chiphealth.org.