

The Jewish Vegetarian



© H. George Caspari, Inc. New York/Zurich

The language of flowers

No. 153 June 2005 Iyar 5765 £1.50 Quarterly

לא ירעו ולא-ישחיתו בכל הר-קדשי...

"...They shall not hurt nor destroy in all my holy mountain" (Isaiah)

The Official Journal of the Jewish Vegetarian and Ecological Society Founded by Philip L. Pick. Registered Charity No. 258581 (Affiliated to the International Vegetarian Union)

Administrative Headquarters: 853/855 Finchley Road, London NW11 8LX, England.

Tel: 020 8455 0692 Fax: 020 8455 1465 E-mail: jewishvegetarian@onetel.com

Honorary Secretary: Shirley Labelda

Honorary Treasurer: Michael Freedman FCA

Honorary Auditors: Michael Scott & Co.

ISRAEL

Honorary President: Rabbi David Rosen

Honorary Solicitors: Shine, Hunter, Martin & Co. 119 Rothschild Boulevard, 65271, Tel Aviv.

The Jerusalem Centre: Rehov Balfour 8, Jerusalem 92102, Israel

Tel/Fax: 972-2-561-1114. Email: ijvsjlem@netmedia.net.il

Friendship House (Orr Shalom Children's Homes Ltd): Beit Nekofa, POB 80, DN Safon Yehuda 90830. Tel: (972)2 5337059 ext 112. www.orr-shalom.org.il

AUSTRALASIA

Honorary President: Stanley Rubens, LL.B.

Convener: Dr Myer Samra

Victoria Secretary: Stanley Rubens. 12/225 Orrong Road, East St Kilda. Vic 3183.

THE AMERICAS

Honorary President: Prof. Richard Schwartz Ph.D.

(Representation in most Western Countries)

PATRONS

Rabbi Raymond Apple (Australia); Justice Zvi Berenson (Israel);

Mordechai Ben Porat (Israel); Chief Rabbi Shear Yashuv Cohen (Israel);

The Count di Alba K.C, K.L, K.S.L, (UK); Rabbanit Goren (Israel);

Prof. Alex Hershaft (USA); Dr Michael Klaper (USA); Prof. Richard Schwartz (USA);

Roberta Kalechofsky (USA); Rt. Hon. The Lord Weatherill P.C.,D.L. (UK);

Prof. Louis Berman (USA).

JVS MAGAZINE

Editor: Shirley Labelda

ADVERTISING RATES

Full Page	£150	Half Page	£75	One-third Page	£65
Quarter Page	£45 1"(full width)		£25		
	\$225	\$113		\$98	\$68
					\$38

CONTENTS

Why a Jewish Vegetarian Society?	3	Hair For Life	21
Turning Words Into Deeds	4	Water Fluoridation – Poison On Tap	22
Society News	5	News From The Vegetarian Society	24
Greetings from Orr Shalom	6	Bowel Cancer	25
Poem	7	Leicester City Council	27
Viva!'s Incredible Road Show		Becoming a Batmitzvah	28
– Update	8	Cookery Corner	30
Dear Sir	10	'Insight Eco Store'	36
Health Column	11	Book Reviews	38
Food For The Future	15	Gardeners' Corner	47
Consumer Corner	16	Classified Advertisements	50

WHY A JEWISH VEGETARIAN SOCIETY?

Because of the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of flesh foods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era. "When they shall no longer hurt nor destroy".

**Support the International Jewish Vegetarian Movement
- a worldwide fellowship**

**The JVS is an International Movement and
Membership is open to everyone**

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

- A.** Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- B.** Non-Vegetarians who are in sympathy with the Movement.

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.
Please state whether 'A' or 'B' (above)

Name (in full – clearly) Tel. No.
Address (clearly)

Occupation Fee enclosed £

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of £
2. I would like to 'Covenant' my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).
Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

The Jewish Vegetarian is published quarterly by The Jewish Vegetarian Society.
853/855 Finchley Road, London NW11 8LX, England. Subscription price is USA \$20. Canada £20.
Please note: Periodicals Class postage paid at Rahway NJ.
Post master: Send address corrections to: The Jewish Vegetarian, c/o Mercury Airfreight International Ltd.,
365 Blair Road, Avenel, NJ 07001. USPS 001-377.

TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.
£25 Dr & Mrs T. Bloomberg, Guildford, Surrey

DONATIONS RECEIVED

We wish to thank all those who send in donations towards the Society's funds. Although items £3 and under are not listed to save expenses, all are appreciated and put to good use.

£28 Dr W. L. Austria. £10 Mr P.C-B Dorchester. £10 Mr R.H. Paignton, Devon. £10 J. & T.J. London SE22. £10 Mr B.N. Stanmore, Middlesex. £5 Mrs B.J. London NW11. £5 Mr E.M.P. London NW11.

BUILDING FUND DONATION – LONDON HQ.

£10 Mr R.H. Paignton, Devon. £8 Mr P.C-B. Dorchester.
£5 Mr B.R.C. Birmingham. \$35 L. & K.S. ME. USA.
\$15 Rabbi A.L.R. CO. USA.

FRIENDSHIP



HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa. POB 80.

DN Safon Yehuda 90830 Tel: (972) 2 5337059 ext 112.
Visitors are always welcome.

A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you.

DONATIONS RECEIVED:

£36 Mrs E.J. Northampton. £20 Mrs B.P. Radstock, Bath. £20 The R. Family, London W5. £15 Mr R.H. Paignton, Devon. £10 Dr & Mrs S. Redbridge, Essex. £8 Mr M.S.M. London NW8. £8 Mrs J.L. London NW2. £5 Mr B.R.C. Birmingham. £5 Ms T.L. Cuffley, Herts.

SOCIETY NEWS

MRS ROSALIND BERZON – LIFE MEMBER

We are delighted to welcome Rosalind as a Life Member of the Society. Although she has been a member of the JVS for about 30 years, she has only now decided to take this step.



Rosalind and her husband Michael lived in Barkingside, Essex, for many years and when Michael retired, they decided to sell their house and move to Bournemouth, as over the years they had rented a flat on a regular basis, fell in love with the area and always promised themselves that they would retire to there.

Rather than settle for a small flat by the sea, which was what they had planned, they decided to buy a large bungalow with a spacious garden, 3 miles away from the sea as Michael is a keen gardener and grows lots of 'organic' vegetables and fruit.

Rosalind now works part time as the Nutritional Counsellor for the Wessex Healthy Living Foundation in Southbourne and really finds it most rewarding. She also finds time of paint and sketch, which was a hobby that she never had time for. So much for retirement!!

We recently did an article (September 2004 Issue of the J.V.) on their life since moving to Bournemouth and it seems that they are busier now than ever!

Please see the notice that Rosalind has put into this magazine under 'Wessex Jewish Vegetarian Group'. Why not give her a ring, it would be nice for her to run a group in that and surrounding area.

EMERGENCY BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations. **Please Help. Any donations, large or small will be much appreciated.**

GREETINGS FROM ORR SHALOM

These past few months Orr Shalom has been very fortunate to hold many celebrations. Fifteen of our children celebrated their Bar/Bat Mitzvah during this period in our different homes/frameworks throughout the country. During the final days of December last, eight of our "lost boys" from Friendship Home, began their Bar Mitzvah celebration at a neighbourhood synagogue. During the course of the same week, the boys had two separate parties at their home with many guests, including their biological or foster families. They performed some skits, read (if possible) some personal thoughts; barely a dry eye was to be found. Each and every one of the boys up on the stage was beaming all over with pride at their accomplishments; they had been working on the many different aspects of their Bar Mitzvah for months and months. Another seven Bar/Bat Mitzvah celebrations were held in our homes in Eilat, Holon and new Goldschmidt home in Mevasseret.

In January, we had a house dedication ceremony in one of our national homes in Mevasseret as well as the official opening for Goldschmidt home, the first therapeutic closed home in Israel for young adolescent girls (ages 9-13) who have suffered unspeakable abuse and neglect. On both occasions, the children in the homes were able to give thanks in such a personal and moving manner that each and every guest was overwhelmed with emotion.

All of these wonderments that the children are learning are a reflection on all of those who continue to support them and to believe in what we do. For this we are most obliged and again thank you. We invite you to be our guests at one of our upcoming celebrations. So please get in touch with us when you visit Israel. A phone call first would be appreciated. We look forward to hearing from you. **Tel: (972) 2 5337059. ext 112.**

Debbie Faier – Development

BEQUEST TO THE SOCIETY

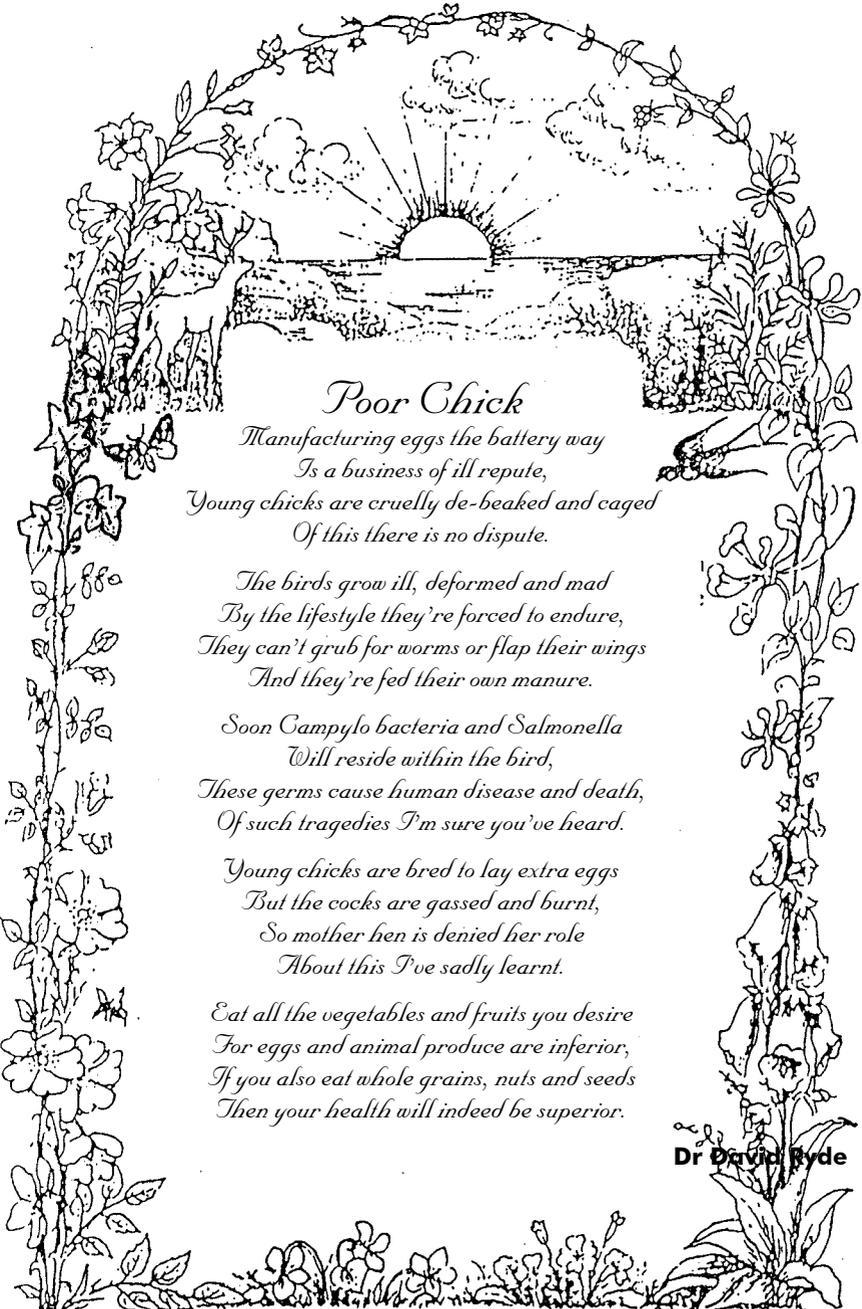
Ensures its Future Activities.

Forms are available on request from
the Society's Honorary Solicitors Communications
to Headquarters "Bet Teva", 855 Finchley Road

London NW11 8LX.

Tel: 020 8455 0692

POEM



Poor Chick

*Manufacturing eggs the battery way
Is a business of ill repute,
Young chicks are cruelly de-beaked and caged
Of this there is no dispute.*

*The birds grow ill, deformed and mad
By the lifestyle they're forced to endure,
They can't grub for worms or flap their wings
And they're fed their own manure.*

*Soon Campylo bacteria and Salmonella
Will reside within the bird,
These germs cause human disease and death,
Of such tragedies I'm sure you've heard.*

*Young chicks are bred to lay extra eggs
But the cocks are gassed and burnt,
So mother hen is denied her role
About this I've sadly learnt.*

*Eat all the vegetables and fruits you desire
For eggs and animal produce are inferior,
If you also eat whole grains, nuts and seeds
Then your health will indeed be superior.*

Dr David Hyde

VIVA!'S INCREDIBLE ROAD SHOW – UPDATE

Campaigning animal welfare group Viva! launched **The Incredible Veggie Road Show**, as part of its 10th Anniversary celebrations, last October. (See The JV Issue No.151. December 2004 for venues and full details)

The first road show took place in **Viva!**s home town of Bristol where they joined forces with the Vegan Fayre and the last road show will take place on the 12th November at the Wembley Conference & Exhibition Centre. 10am-5pm.

The Incredible Veggie Show will be the largest event of its kind in the UK with over 85 exhibitors representing every aspect of a vegetarian and vegan lifestyle from food and drink, clothing and footwear, cosmetics and toiletries as well as baby products. **Viva!** will have a large exhibition area based on their road show concept which will include cookery demonstrations, a large selection of food tasting, nutritional advice, campaign information and a large selection of merchandise. Every visitor to the show will also go away with a free copy of their **Time To Go Veggie** magazine which covers everything anyone could possibly need to know about going and staying veggie. If you are unable to visit any of the shows, you can obtain a free copy of **Time to Go Veggie** direct from **Viva! 8 York Court, Wilder Street, Bristol, BS2 8QH** either telephone or email the address below.

Once inside the venue, visitors are greeted with lots of veggie food to try including hot Indian, Thai and Chinese dishes, meat-like alternatives to sausages, burgers and pies, sandwiches filled with non-meat slices, pates and cheeses; savoury snacks; biscuits and flapjacks; chocolate; and refreshments. To complement the food tasting there are also a series of talks to advise how people can and why they should go veggie, and what's more it is free.

In case you do not have your copy of The Jewish Vegetarian Magazine handy, further information on the road shows can be found on www.viva.org.uk/roadshows or Contact Angie Greenaway at Viva! on: 0117 944 1000 – Email: info@viva.org.uk

DATELINES

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.

SOCIETY NEWS

WESSEX JEWISH VEGETARIAN GROUP

Dear Readers,

Is there any reader interested in belonging to a 'Wessex Jewish Vegetarian Group?' (We would be affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green, London NW11)

We could meet say four times a year – Spring – Summer – Autumn and Winter for socials, picnics, walks, talks and exchange of recipes.

I am inviting all ages to join. If you are interested, telephone **Rosalind Berzon – 07715 419 193** leaving your name and telephone number.

Looking forward to meeting friends we have yet to meet!

N.B. We have now had our first meeting with a small group. Bertha Klug MBE has agreed to be our first speaker on July 10th 2005. We are now planning a Chanukah party for December 2005. **Bring your favourite vegan/vegetarian dish!!**

CONTACT CENTRE

THE LARGE CONTACT ORGANISATION TO SUIT SMALL PURSES

Contact Centre was established in April 1980 and is probably the first UK based contact organization which is open exclusively to vegetarians and vegans. They do not enrol "aspiring vegetarians" or those "sympathetic to vegetarianism" as this would not be fair in the interest of their valued members.

The fees are as low as possible and the membership fee is payable only once. Membership will not be terminated as long as the members wish to keep using the service and will only be terminated in cases such as if a member moved house without notification. There are all types of members, such as those into green issues, alternative therapies, the protection of the environment, spirituality, yoga, healthy lifestyles, animal welfare etc., etc.

The Contact Centre operates a caring, effective and comprehensive range of discreet and personal contact services by post, covering all interests, at a low membership fee.

Full details of the service provided by Contact Centre can be obtained by writing to them direct. (See their advertisement on the back cover of this issue of The Jewish Vegetarian)

DEAR SIR

Dear Sir

I am enclosing herewith a cutting from the London Jewish Tribune and was utterly amazed when I read it as I cannot believe that cruelty to animals is sanctioned by halacha. I wonder what your readers think! W. Sulzbacher – Jerusalem.

‘FORCE FEEDING GEESE FOR FOIE GRAS IS KOSHER’

BY BATYA SEGALOVITS – JERUSALEM.

Rav Yosef Shalom Elyashiv has ruled there is no halachic restriction against force-feeding geese for foie gras.

Rav Elyashiv, the most pre-eminent living halachic authority, was asked by a charedi foie gras producer to give his opinion after Knesset member Moshe Gafni (Degel Hatorah) voted against Israeli foie gras production in Committee. He argued that it contradicted the Halacha prohibiting tsar baalei chayim.

Ze’ev Friedman, a resident of Bnei Brak, who has a 30 percent share in Foie Gras, a meat production plant in Petah Tikva that markets goose liver, concerned a meeting of a group of rabbis including Rav Elyashiv, Rabbi Avraham Yosef, the Chief Rabbi of Holon, and Rabbi David Yehiel Verner, the Chief Rabbi of Hadera.

The Rabbonim described the entire process of foie gras production to Rav Elyashiv, who, when asked if foie gras production was a violation of halacha, replied unequivocally that it was not.

Halacha permits causing animals to suffer if, as a result, there is some tangible benefit to man. That is why animals may be slaughtered, used for ploughing or for ferrying heavy loads.

Rav Elyashiv ruled that the enlarged liver resulting from forced-feeding practices is a tangible benefit to man.

As further evidence that there is no halachic restriction against foie gras, Friedman, a sixth-generation foie gras producer, cited the case of the Chasam Sofer, who lived at the turn of the 19th century, and ate foie gras on a regular basis.

Foie gras producers force-feed newborn geese with high-caloric food by inserting a tube into the oesophagus, resulting in the swelling of the liver. The process lasts about three months, after which the geese, which have a life expectancy of about 60 years in their natural habitat, are slaughtered.

HEALTH COLUMN

NEW HEALTH DANGERS OF ANTACID DRUGS

When we think of pneumonia, we think of it being caused by bugs that infect the lungs – such as bacteria, viruses, parasites, and fungal spores.

Research just published by consumer health watchdog, What Doctors Don't Tell You, points to a new culprit – one of the world's most commonly prescribed drugs. Antacid drugs – such as Zantac, Losec and Tagamet – used for treating stomach ulcers are big business with worldwide sales of \$16 billion each year. But this latest research has revealed that, not only are these drugs responsible for doubling the number of pneumonia cases, particularly among older patients, but also that people taking cimetidine (Tagamet) are doubling their chances of a non-ulcer related death.

Antacids work by neutralizing stomach acid, which acts as a powerful natural defence against bacteria and viruses. However, when stomach acid is neutralized, it allows pathogens in the stomach to travel up the oesophagus and into the lungs. And with many of these antacids becoming increasingly available over the counter without prescription, it is feared that cases of pneumonia are set to soar over the next decade.

Unfortunately it doesn't just end with antacid drugs – nitrofurantoin, a commonly prescribed antibiotic routinely given to children; amiodarone, one of the top drugs prescribed to heart patients; and methotrexate, a popular anti-cancer drug which is also used against arthritis, have all been found to attack the lungs, causing irreversible damage. And as if this were not worrying enough, there is also a five-fold increase in the risk of heart attack or stroke for people suffering from a lung infection such as pneumonia.

Readers Offer: Free copy of this report will be sent to readers who call 0870 444 9886 or email their full address to offers@wddty.co.uk quoting "PNEUMONIA REPORT".



This is the Universal Symbol for Vegetarianism.

It carries the message of peace and compassion wherever it is seen. Use it on your stationery, car, window or manufactured goods. Stickers and rubber stamps available – Stamp everything!

Send for circular (s.a.e. please) to Universal Symbol Committee
855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

HEALTH COLUMN

FISH CONCEPTIONS

Dispelling Modern Myths about Fish!

BY GINA SHAW D.Sc. MA DIP NH AIYS DIP. IRID.

It seems that everywhere you look these days, there are people out there telling you that fish is healthy, and that it should be eaten as part of a healthy diet. Even on alternative health programmes, such as Dr Gillian McKeith's TV series, as well as plenty of legumes and cereals, she plugs fish as a so-called health food. The latest popular diet, called the GI diet, also recommends fish as a low-GI food. In this article, we will have a look at some of the claims and see how they have led to so much false information and dangerous dietary advice.

The British Heart Foundation advocate fish eating as part of a healthy diet to avoid heart disease, and yet in their leaflet entitled 'Eating for Your Heart', they say that as well as providing Omega-3 fats (a particular type of polyunsaturated fat which is supposed to prevent blood clotting and help to reduce triglyceride levels), polyunsaturated fats also lower HDL cholesterol which is the protective cholesterol. Indeed, research based on studies concerning Omega-3 oils show that the risk of secondary heart attacks are reduced by 70% on plant-based Omega 3 fats as compared to only half this amount with fish oils. A UK study comparing fish oil and flax seed (linseed) oil observed that fish oil also increased the susceptibility of cholesterol to oxidation, potentially increasing the risk of heart disease, whilst the flaxseed oil diet did not.

It's quite odd when you think about it, but considering the Food Standards Agency have set up 'safe' levels of eating fish, stating that twice per week is the maximum amount anyone should be consuming fish, that fish is still being promoted as a 'healthy option' food. Any food, which is advisable only in small amounts, certainly needs reconsidering as a healthy option! The traces of deadly pollutants, associated with birth defects, nervous system disorders and poor brain development would, it seems, be worthy of more than a second glance. In addition, there is no carbohydrate in fish (essential for a healthy human body), no dietary fibre and no vitamin C.

FISH FAT

Animal fats have proven in many studies to be carcinogenic (cancer-causing). Fish is high in fat – often 60% of its calories come from fat, which is effortlessly incorporated into a person's body fat – contributing to the risk of obesity. In

HEALTH COLUMN

fact, there is considerable evidence that fish fat will increase a person's risk of cancer and also will increase the risk of metastasis (spread of cancer to other body parts). Fish fat is also known to paralyse the actions of insulin and increase the tendency for high blood sugars and eventually diabetes, it is known to suppress the immune system and is also known to increase the tendency for serious bleeding (haemorrhage) (see the Eskimo section in my book 'The Undigestible Truth about Meat').

FISH CHOLESTEROL

Like all animal products, fish are high in cholesterol. Based upon weight, mackerel contains 95mg of cholesterol, haddock 65mg, tuna 63mg and halibut 50mg. This compares to beef at 70mg, chicken at 60mg and pork at 70mg. However when the comparison is based on calories, fish is higher in cholesterol than beef or chicken.

FISH PROTEIN

As a Natural Hygienist, I teach people that cooked protein is denatured and denatured protein is largely unusable by the human body. To consume protein in a bio available way to the human body, we would need to consume the animal whole, raw and complete with all the blood, offal and bones. This is what is termed as complete protein. Wouldn't you rather eat some nuts?

That aside, the kinds of protein that make up fish are very acidic in nature. The high acidic load caused by ingestion of fish results in bone loss, which eventually leads to osteoporosis. Eskimos are among the highest consumers of fish on Earth and they also have the highest rate of osteoporosis (as well as high rates of haemorrhage).

MERCURY AND HEART DISEASE

Our discussion of fish would not be complete without some reference to mercury contamination. Methyl mercury (MeHg) is a global environmental problem and is listed in the International Program of Chemical Safety as one of the six most dangerous chemicals in the world's environment. In an article in the New England Journal of Medicine, it was warned that many fish contain such high levels of mercury that they may increase the risk of heart attack. Indeed, people in the study who had high mercury levels were thought to have more than double the risk of a heart attack compared with those who had lower mercury levels. Mercury is also known to be toxic to the nervous system and the kidneys with long-term exposure being linked to atherosclerosis (furring of the arteries).

FISH OIL SUPPLEMENTS

HEALTH COLUMN

Unless these have been specially processed to remove cholesterol, fish oils contain large amounts of cholesterol (as well as pesticides and other toxic chemicals) and they will raise the blood cholesterol in those people consuming them. Even when the fish oil is purified of cholesterol, the Omega-3 fat itself will cause the LDL (the bad cholesterol) to rise. The final results are published in a study on the effects of fish oil on artery closure, where the authors concluded, "Fish oil treatment for 2 years does not promote favourable changes in the diameter of atherosclerotic coronary arteries". Furthermore, from studies, fish oils are reported to 'Suppress the immune system, which can promote cancer and increase the susceptibility to viral infections and can cause severe bleeding' and 'Fish fat also inhibits the action of insulin, thus increasing a person's tendency to suffer from diabetes'.

References

1. 'Eating for Your Health' The British Heart Foundation 2001.2.
2. 'Fish and Health' by Stephen Walsh PhD (The Lancet 1999 354: 447-455) Veggie Health 2004 Issue 6.
3. 'Fish is not a Health Food' Report by Dr McDougall – February 2003.

Dr Gina Shaw is a health and nutrition consultant and an iridologist. She currently runs a health retreat in South Devon, England and is also available for personal health and nutrition consultations by telephone or email. You may contact her by email at Ginashw@aol.com or Telephone: 01626 352765. Website: <http://www.vibrancy.homestead.com/pageone.html>.

New IJVS E-mail Address
jewishvegetarian@onetel.com

IMPORTANT - AMERICAN & CANADIAN MEMBERS

Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.

FOOD FOR THE FUTURE

FOOD FOR THE FUTURE

Greencuisine runs a wide variety of residential courses and retreats that highlight the interplay between diet and health

Through practical teaching in a specifically designed cookery school each course looks at ways to ensure the essential nutrients for life are in our food. Additionally a range of treatments and therapies are offered to complement each course ranging from yoga, nutritional therapy, aromatherapy and colonic hydrotherapy.

Greencuisine is based on the belief that our food should be organic, local, as near to its natural state as possible and in season. The courses are packed with fascinating and arcane facts and techniques from how to make hazelnut milk to the value of using hemp oil. Numbers are kept small to insure individual attention from the experienced team.

Courses running throughout 2005 are:

- Food & Health – How to create a healthy diet.
- Woman's Health – Prevention of menopausal problems, breast cancer, osteoporosis and other health issues.
- Seeds of Change – Foods to maintain weight, create balance and vibrant health.
- A Time to Heal – Intensive healing and recuperation.
- Ultimate Sports Nutrition
- Mama Heaven Retreat – for mothers & babies
- Organic Gardening with Bob Flowerdew.

All courses are residential and guests are accommodated in individual ensuite rooms at the renowned Organic Restaurant & Hotel, Penrhos Court. The venue offers a relaxing and private environment for guests and is a special and unique place to learn, to recuperate, to taste, to make a change, to enjoy and to maintain health and quality of life.

Greencuisine is directed and run by Daphne Lambert (Nutritionist, Chef) and Dr Kim Jobst (Integrated Physician).

For further information:

Claire Delaney: Tel: 01544 230720 Email claire@penrhos.co.uk
<<mailto:info@greencuisine.org>>
Website: www.greencuisine.org

CONSUMER CORNER

NOUVELLE CUISINE!

ORGANIX EXTENDS ITS SUCCESSFUL FRENCH FRUIT COMPOTE RANGE FOR BABIES

French fruit compotes, introduced to the UK by Organix in 2004, have proved a real hit with mums of weaning babies. The range of 8 Organix fruit purées launched last year now dominates the UK's top-selling babyfoods as measured by market research house IRI. The fruit purées were one of the many reasons that Organix won the Mother & Baby Magazine Gold Award in November 2004.

Organix has worked with their French partner to create six more delicious varieties, extending them out beyond first weaning age to older children, including Toddlers.

Two 'Stage 2' 100% fruit purées is for babies that are used to weaning foods and are ready for some texture. Two varieties – **100% Fruit Apple & Banana** and **100% fruit Apple & Apricot** contain tiny pieces of apple, which help babies to develop cheek muscles and speaking skills by encouraging chewing. They make ideal breakfasts, desserts or snacks for weaning babies of 7 months and older.

Prunes! Every parent knows that they sometimes have to deal with constipation during their baby's first year. And prunes are a food that often helps! Because of this, Organix has launched a new purée – **Apple & Prune Porridge** which is a valuable, natural source of fibre and contains 96% fruit (organic apple purée 76% and organic prune purée 20%) and 4% cereals (organic rice flour 3% and organic maize 1%). **This is a Stage 1 purée, suitable for all babies from first weaning onwards.**

Three 100% fruit organic fruit purées for older children – **Organix goodies Strawberry, Banana, Mango and Blackcurrant.** Organix is keen to encourage children to get their five portions of fruits and vegetables a day, as recommended by the government. Each pot in the three new four-packs contains 100g of pure fruit in child-friendly flavours. This is a full 'portion' of fruit with a delicious texture and taste that all children will love.

All purées are free from any added sugar, flavourings and colourings and are 100% organic. They are made using gentle French 'compote' cooking methods, which ensure the fruits retain their full taste and goodness.

Organix Goodies fruit purées are available in most major

CONSUMER CORNER

supermarkets including Tesco, Sainsbury's, Waitrose, Asda, Boots, Co-op, Safeway and Morrisons and are priced at £1.59 for 4 x 100g pots.

AMANDA HOLDEN REVEALS CELEBRITY HEALTH TREND THAT SHE CAN'T LIVE WITHOUT

Hot on celebs' lips and off the hips –soya breakfasts– the new health and beauty regime that's a nutritional goldmine.

What have Natasha Bedingfield, Gwyneth Paltrow, Cameron Diaz and Amada Holden, to name but a few celebrities, all got in common? Their love of soya milk.



With so many celebrity diets coming and going, it is hard to know what to stick with and what is going to be the next big thing. But soya milk seems to be a constant health trend that is here to stay. According to Amanda Holden, there is nothing better than getting the day started with a bowl of porridge made with soya milk or a soya smoothie.

Amanda says, "I drink gallons of soya milk because I love the taste, but it has also got great health benefits which is why I have made it part of my daily breakfast routine. So, it is an easy choice for me to make as an alternative to dairy milk.

It really has made a difference to how I feel in the mornings and I think if you asked other people why they drink it, they would say the same thing.

Of course, soya milk has a low GI, so it gives you the slower release of energy I need to get me all the way through the morning – you just cannot beat it with porridge!

But it is not just about the taste. So Good provides me with the vitamins and nutrients to keep me feeling healthy, it's even got more calcium than dairy milk. In fact it seems to be helping to strengthen my nails. How great is that? A food and beauty product all in one."

Top tips to Amanda Holden's healthy soya breakfast regime:

- A quick and easy breakfast routine will give you more energy in the

CONSUMER CORNER

mornings – so don't leave home without it.

- Best winter soya breakfast is porridge made with So Good soya milk – it will release fibres and carbohydrates slowly, making you less likely to snack before lunchtime.
- Best summertime soya breakfast is a fruit soya milk smoothie – it is refreshing and the combination of soya milk and fruit will give you the extra energy boost you need.

For a free copy of 'Healthy living the Soya Way' simply write your name and address on the back of an envelope and send it to: SO GOOD – Free Healthy Living Guide, PO Box 202, Peterborough PE1 1GW.

FRESH WAYS TO COOK WITH TOFU

Mouthwatering recipes, such as creamy stuffed peaches, a colourful warm salad, or a delectable Thai dip, are varied and tempting ways of adding tofu to your diet. All these quick, simple and healthy ideas can be found in Cauldron's new tofu recipes leaflet, proving that tofu can be used for a large variety of delicious dishes.

If you have read about the many health benefits of tofu, but are unsure how to cook with it, then this is the leaflet for you, the second in a series to help you enjoy tofu from Cauldron, the country's leading tofu maker.

Full of handy cooking hints and easy to follow recipes, the leaflet demonstrates that tofu can be readily used as an ingredient in savoury and sweet recipes. Made from natural soya bean curd, tofu is protein-rich, contains all eight essential amino acids, and yet is low in saturated fats and cholesterol-free.

Tofu is the ideal alternative calcium source for people with dairy allergies, vegans, vegetarians, the health conscious or anyone who simply dislikes dairy products. Because the isoflavones in tofu are similar to the oestrogen in a woman's body, tofu is an effective natural alternative to HRT for alleviating menopausal symptoms.

For a "Cooking with Tofu" leaflet send a stamped, addressed A5 envelope to Cauldron Foods Limited, Units 1-2 Portishead Business Park, Portishead, Bristol. BS20 9BF.

CONSUMER CORNER

GLUTEN FREE – AND GORGEOUS!

Chocolate heaven has arrived in the shape of a brand new cookie – the **Glutano Caramel Crunch** – and what's more they're gluten free and wheat free! Treat yourself to the latest chocolate dream – moist shortbread cookie topped with caramel all wrapped decadently in delicious thick milk chocolate. One will never be enough!



Glutano Caramel Crunch is priced at £2.49 per pack.

As well as being **gluten free and wheat free, Caramel Crunch Cookies** are suitable for vegetarians and kosher, how can you resist?

Glutano gluten free and wheat free products have been specially developed for the dietary management of conditions requiring the restriction of gluten and wheat.

Glutano Caramel Crunch cookies are available from leading health stores nationwide – in-store from 1st April 2005.

For the full range of products visit the Gluten Free Foods website at www.glutenfree-foods.com or call 020-8953 4444. Email: sales@glutenfree-foods.co.uk

EAT NATURAL

Fed up with artificial flavourings? Had enough of E numbers? Then why not try **Eat Natural's NEW Blueberry, Pistachio and Yoghurt bar?** They are made using whole blueberries and pistachios, mixed with a selection of **Eat Natural's** favourite nuts and then dipped in real yoghurt, they are simply irresistible!

The blueberries which you will taste in every bite, are succulent and juicy, as well as being good for you. They are considered one of a group of Superfoods and protect against heart disease and cancer. They also improve our sense of balance, memory and other thinking skills.

It is said that wild bears have been known to travel up to 15 miles a day to sniff out a blueberry patch? Luckily, we don't have to go that far because

CONSUMER CORNER

Eat Natural bars are stocked in Tesco, Waitrose and Sainsbury's at 69p per bar or £1.99 for a 3-bar multi-pack.

Some interesting facts about **Eat Natural's Blueberries and Pistachios**:

- Blueberries contain vitamin C, Folic Acid, fibre and hundreds of other nutrients
- Blueberries have thick skins which is where most of the nutrients are stored
- One serving of blueberries provides as many antioxidants as five servings of carrots, apples, broccoli or squash
- Blueberry jam- similar fruit to the blueberry – was invented in the court of James V who became King of Scots in 1513
- Pistachios date back to the Holy Lands of the Middle East
- Legend has it that lovers met beneath the trees to hear the pistachios crack open on moonlit nights for the promise of good fortune
- A rare delicacy, pistachios were a favourite of the Queen of Sheba who demanded all her land's production for herself and her court
- American traders imported pistachios in the 1880s, primarily for US citizens of Middle Eastern origin. 50 years later, pistachios became a popular snack food.

All Eat Natural bars are a simple combination of fruits and nuts and are 100% natural. They are free from artificial flavours, colours and preservatives, gluten free and suitable for vegetarians. For more information visit www.eatnatural.co.uk

NOTICE

WE ARE DESPERATELY SEEKING CONTRIBUTIONS/ARTICLES ETC. FOR INCLUSION IN THE JEWISH VEGETARIAN. UNFORTUNATELY WE ARE UNABLE TO PAY FOR SUCH ARTICLES, BUT WILL, OF COURSE, GIVE CREDIT TO THE SOURCE. PLEASE CAN YOU HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

HAIR FOR LIFE

FULL ON GORGEOUS HAIR THE SOLUTION WOMEN HAVE BEEN WAITING FOR



For an increasing number of women, a lack of longed-for volume is more serious than a desire to pump-up less than lustrous locks everyday. The problems of hair thinning and female hair loss, which can occur at any stage of life – after childbirth and other times of hormonal change, or after a traumatic experience or period of extreme stress – can be psychologically devastating and have a real impact on self-confidence.

More often than not, the condition is hereditary, with symptoms first appearing during a woman's mid-thirties, when she is busy juggling a family, work and home. A genetic predisposition to hair thinning can set in even earlier, from ages 18-24. Recent research shows that of the 1.6 million women in the UK that experience hair loss, 69% use a thickening shampoo to treat the condition. Now there is more that can be done to help women feel great about their tresses – and themselves again.

Enter **Regaine® for Women** a new, clinically proven product formulated to treat hereditary hair loss. Available at pharmacies without prescription, this trouble-shooting, topical solution is applied to the scalp twice daily, when hair is dry (it is suitable for all hair types, even permed or colour-treated).

Regaine® for Women Regular Strength contains an active ingredient, minoxidil, which can stimulate hair growth. Use of the product helps to stabilize further hair loss in 4 out of 5 women and promote re-growth in approximately 3 out of 5 women in 32 weeks.

Whilst you will find it in the haircare section, **Regaine®** goes one step further than body-building shampoos, conditioners and styling products. Thickening shampoos can play a crucial cosmetic role, but **Regaine®** actually gets to the root of the problem, working on the cause rather than the effect of hair thinning and loss.

Regain® for Women Regular Strength costs £24.95 for a one month supply. It is available at pharmacies nationwide.

WATER FLUORIDATION – POISON ON TAP

We have received the following from one of our members Mr Clive Rogers of Bradford and thought our readers should be aware of this.

WATER FLUORIDATION – POISON ON TAP

98% plus of Europeans do not consume fluoridated drinking water. The dumping of this highly toxic chemical waste product of the aluminium and fertilizer industries into drinking water is almost totally confined to the British Isles. The Irish movement to stop fluoridation is growing daily, when they succeed, England and 3% of Spain will be the only places in Europe where it is allowed.

Switzerland has now stopped after 41 years, having found no evidence that it is safe or effective. New Labour are very keen to see the chemical added to your drinking water: fluoride is too toxic to be allowed into the environment through normal channels and corporate profits are not helped by the need to spend large amounts on this waste problem: adding the chemical to drinking water is the ideal solution. 99.5% of the water is not drunk: it is merely dumped, by way of domestic water supplies, into the environment, avoiding all investigation of its polluting effects.

The fluoridation scam started in the 1930s when the giant Aluminium Company of America, faced with a multi-million dollar disposal problem, hired a biochemist to spread the word that the answer to tooth decay was fluoride. The fluoride bandwagon quickly ran over the scientists who were concerned about a fluoride water content of 0.1 part per million and recommended a figure ten times this level. On the 7th July 1951 the US “Chemical Week” announced **“WATER BOON FOR FLUORIDES”**. All over the country, slide rules are getting warm as waterworks engineers calculate the cost of adding fluoride to their municipal supplies, urged on, by the US Public Health Service, the American Dental Association, The State Dental Directors, various State and local health bodies and vocal women’s clubs. It adds up to a nice piece of business on all sides and many firms are cheering the US Public Health Service.

Fluoride is not a nutrient. It is an enzyme inhibitor, an immune suppressant, a listed carcinogen and a cumulative poison. As fluoride levels rise, calcium levels decrease. Its narcotic properties made it popular with the German and Soviet prisoner-of-war camp commandants who dosed the drinking water

WATER FLUORIDATION – POISON ON TAP

with it, for the same reason, fluoride is a major component of tranquillisers, anaesthetics, pesticides and nerve gasses. The chemical added to drinking water, hexafluorofluosilicic acid, is accompanied by lead, arsenic, beryllium and mercury. Over 80% of children in fluoridated areas suffer from dental fluorosis, the first sign of fluoride poisoning.

There is **NO** scientifically valid evidence that this chemical is beneficial to health, all the available evidence points to a large range of ill effects from osteoporosis to osteosarcoma, headaches to infertility and thyroid dysfunction.

One teaspoon of fluoride is enough to kill a human being. Birmingham, fluoridated for 40 years, has the highest rate of infant mortality in England.

HOW LINCOLN GOT FLUORIDE

In 1982, fluoridation of Lincoln's water had been discontinued due to the highly corrosive acid having worn out the dispersal equipment used to dump the waste produced by Fisons, a small firm with insufficient clout to persuade the local health bureaucrats to repair the damage.

Then Fisons were taken over by the European giant, Norsk Hydro. Within 6 weeks the North Lincolnshire, AHA met and decided that Lincoln's children's teeth were in immediate need of the very same waste-producing chemical, which Norsk were producing, in vast amounts. £300,000 – £750,000 at today's value – of public money was spent on the equipment and, in June 1983, Anglian Water, against the wishes of its paying customers, began to dump the waste in the public supply. Not only was Norsk's problem solved, the taxpayer was, and is, paying for the acid.

Public opposition to fluoridation is overwhelming, in one poll, carried out by the Leicester Mercury, 61,821 voted against, whilst 4,394 voted for, a 93% rejection.

Avoiding drinking the water is not enough, around 75% of exposure to water-borne pollutants occurs through the skin, i.e. washing, showering, bathing.

"FLUORIDATION IS THE GREATEST CASE OF SCIENTIFIC FRAUD OF THIS CENTURY, IF NOT OF ALL TIME." Robert Carton PhD. former US Environmental Protection Agency scientist.

NEWS FROM THE VEGETARIAN SOCIETY

NEWS FROM THE VEGETARIAN SOCIETY OF THE UNITED KINGDOM LIMITED.

Vegetarian Society seeks nominations for prestigious annual food & lifestyle awards.

The Vegetarian Society is currently seeking nominations for the prestigious Vegetarian Society Awards 2005. The categories are:

- * Best retailer for vegetarian ready-meals
- * Best range of vegetarian soup
- * Best entirely vegetarian, cruelty free body and skincare range
- * Best 100% vegetarian box of chocolates
- * Best meat or fish substitute
- * Best provision for vegetarians in a pub or pub chain
- * Best vegetarian bistro or café
- * Imperfect world award

The Vegetarian Society Awards present an opportunity to celebrate vegetarianism and highlight those businesses striving to improve the choice and range of vegetarian products and services enjoyed by the UK's 3 million vegetarians – as well as the growing band of 'meat reducers' (around half the population) who tuck into vegetarian meals several times a week.

Visit www.vegsoc.org or phone 0161 925 2000 for a nomination form

QUORN CELEBRATES 20TH BIRTHDAY WITH NATIONAL VEGETARIAN WEEK SPONSORSHIP DEAL

A firm favourite with veggies everywhere, Marlow Food's Quorn brand joined forces with The Vegetarian Society to celebrate the brand's 20th birthday and the 13th National Vegetarian Week recently with an exciting new sponsorship deal.

Guy Longworth, marketing director at Marlow Foods, spoke enthusiastically of the partnership:

"We are particularly delighted to be working with The Vegetarian Society as well as having promoted National Vegetarian Week, as 2005 marks the 20th anniversary of Quorn's launch in the U.K. National Vegetarian Week represented a great opportunity for us to raise the profile of vegetarian foods

NEWS FROM THE VEGETARIAN SOCIETY

and to show how easy it is to lead a healthier lifestyle.”

As headline sponsors of a vegetarian awareness campaign Marlow Foods outlined the benefits their products offer for those who would love to enjoy a veggie diet – without giving up their favourite meal or recipe.

Available as vegetarian mince, fillets, sausages, slices and many other delicious healthy varieties, the Quorn slogan ‘It might just surprise you!’ really rings true and will definitely help people go veggie and stay veggie for life.

The Vegetarian Society’s chief executive Tina Fox, commented: “It is a privilege to work with Quorn and the popularity of their products comes as no surprise to The Vegetarian Society and we applaud their success in steering vegetarian food into the mainstream.”

For more information about Quorn products and recipes please contact Trudi Smith at Revolver Communications on 020 7251 5599 trudi@revolvercomms.com

BOWEL CANCER

BOWEL CANCER: “MORE MUST BE DONE FOR PATIENTS AND THE PUBLIC”

Call from CCC at Launch of Bowel Cancer Awareness Month

Colon Cancer Concern (CCC), a leading bowel cancer charity in the UK, is calling for more to be done for patients and the public in overcoming the UK’s second biggest cancer killer. The charity’s announcement coincides with the launch of this year’s Bowel Cancer Awareness Month (BCAM), which ran throughout April.

Every year, 35,000 people are affected by bowel cancer and of this number about 16,000 will die from the disease. When diagnosed early, bowel cancer is highly treatable which is why it is so important that its profile is raised.

Jola Gore-Booth, CCC’s Chief Executive, says: “The launch of BCAM is the optimum time for us to raise awareness of just how much more needs to be

BOWEL CANCER

done for bowel cancer: for patients, in terms of waiting times, treatment standards and choice; and for members of the public, in terms of raising awareness of a disease that is still shrouded in ignorance, embarrassment and fear."

CCC is marking this year's BCAM with a broad range of activity designed to combat the disease. This includes the charity:

- * Opening its Scottish office in Edinburgh: Scotland has one of the highest incidences of bowel cancer per head of population in Europe so we'll be taking our messages and campaigns north of the border
- * Carrying out a comprehensive patient survey: the charity will be asking patients about their experience of the disease from diagnosis through to treatment and released the results in April
- * Concluding its awareness campaign: April was the culmination of the charity's 18-month National Lottery funded awareness campaign. CCC will be continuing its awareness raising activity throughout 2005
- * Launching a '1000 Get Togethers' initiative as part of its targeted fundraising campaign: CCC will be asking 1000 supporters to each organise a get together and raise funds for the charity.

Actress and long-term CCC supporter Honor Blackman is backing CCC's 1000 Get Together campaign. She says: "Taking part in the '1000 Get Togethers' is a perfect way of meeting up with friends and raising money for CCC's important work. It's good fun, for a good cause and helps to save lives from bowel cancer."

Bowel cancer patient Helen Crowe, 45, from Cambridge says: "I'm passionate about helping to raise awareness levels of bowel cancer because it was such a surprise to be diagnosed with the disease – not least because it was something I wasn't particularly aware of. I was healthy and in my forties – so why would I think I had bowel cancer?"

Jola Gore-Booth concludes: "In this country, we are still lagging behind our European and American counterparts when it comes to all aspects of bowel cancer, including access to treatment and services. The introduction of a national bowel cancer screening programme in the UK in 2006 gives us an enormous opportunity to raise awareness of the disease and encourage more people than ever before to take action against it."

LEICESTER CITY COUNCIL

LEICESTER CITY COUNCIL LEADS THE WAY WITH ALL PARTY SUPPORT TO HELP ANIMALS

Leicester City Council hopes to become the first to ensure their cleaning products have not been tested on animals by checking they belong to the BUAV's (British Union for the Abolition of Vivisection). Humane Household Products Standard. The recommendation came about due to overwhelming support from a Cross Party Scrutiny meeting attended by many city councillors.

Caryl M Sandringham, Lib Dem spokesperson for the Arts, Leisure and Environment Scrutiny Meeting said: "I recently lost two of my pet dogs in a house fire. It really brought home to me that on the one hand; we value animals highly yet on the other, and behind closed doors, we treat them extremely cruelly. There is no need to be testing products on animals, so all City Councils should be following our lead and making sure that they only use products approved by the British Union for the Abolition of Vivisection's Human Household Products Standard."

If agreed, it could mean that Leicester City Council's cleaning supplier and main cleaning company will only supply and use products approved by the Standard, and staff will be audited and appraised to make sure they adhere to the new guidelines.

Lauren Bates, Corporate Relations Manager from the BUAV said, "It is fantastic to see Leicester Council taking a stand on animal testing in this way. If they ensure that all the products they use are approved by our Humane Household Products Standard, they will be making a huge difference to the lives of thousands of animals in the UK and worldwide who are subjected to cruel toxicity tests such as the force feeding of chemicals."

Consumers can also identify which cosmetic, household and toiletry products that have not been tested on animals, by either looking for the rabbit and stars logo on the product packaging or contacting the BUAV for the free consumer pocket-guide, "The Little Book of Cruelty-Free", that lists other cruelty free household and cosmetics manufacturers, or downloading the list from www.buav.org/gocrueltyfree or phoning 020 7700 4888.

BECOMING A BATMITZVAH

The following was written by Abbie Cavendish on the occasion of her Bat Mitzvah at the Bromley Reform Synagogue on 15 Adar 2.

By becoming a Bat Mitzvah and by trying not to require redemption in the first place, as well as maintaining a commitment to your synagogue, you can become sure of your religion and your background. You can also be positive that you are being good to G-d without costing any living creature their lives. There is evidence, however vague or sketchy, that in Abraham's time, humans were sacrificed. We all know the story in Genesis 22, when Abraham is ordered to take Isaac to the lands of 'Moriah' and to offer him there as a burnt offering to show his devotion to G-d. We also know that just as Abraham raises the knife G-d tells him to stop. He sees a ram stuck by its horns and slaughters that instead. This shows how, over time, human sacrifice has been replaced by animal sacrifice and we must assume that this is because it is not acceptable to G-d.

As well as this, in our culture it would not be viewed as socially acceptable either. Human sacrifice is, of course a very old idea, and was stopped thousands of years ago, but what about animals? I personally think that animal sacrifice belongs to a more primitive stage of religion.

Society around us has changed considerably since the time of Moses and we are now a lot more concerned about animal welfare. In Moses' time, the killing of animals was to provide your family with food, whereas today vegetarians and vegans all survive perfectly well without meat in their diets. This just proves that there are not very many valid reasons for animal sacrifice at all today. We hear in my parashah how Moses takes his portion from a sacrifice and is able to eat it. If someone pulled up an altar and began to kill animals on it – claiming that he or she was following a religious law – I imagine that they could and would be arrested and could well be deemed insane.

We see that Society has moved on and that we are able to communicate with G-d in a more humane and less bloodthirsty way! I can see that some may argue that if we are the 'hands' or the people of G-d, why are we not providing Him or Her with 'food' or the pleasure that He or She gets from animal sacrifice. This is extremely apparent in my portion, as you will see. Whilst there is no exact answer to this, I would argue that, as the people of G-d and as today's generation, it is our duty to protect all who are living, as best we can. Why should we have the power to take the life of an animal, because of our own conscience?

BECOMING A BATMITZVAH

In my portion we hear about Aaron and his four sons placing their hands on the head of the bull and the rams. I've found out that this was a way of transferring our guilt to an innocent animal, a victim. Whilst we obviously should be grateful that it isn't our lives that are being taken, we should still think seriously about whether animal sacrifice rids us from guilt. If you really were guilty, can the guilt be lifted by sacrifice? I don't think it can be, after all, you have taken a human life.

The simple answer to this question is that most people do not equate human life with animal life and put human life above animal life. Even if it was different, some people would still ask where we draw the line. Insects, bacteria? The answer to this is that we should not wish harm of any sort on anything living at all. However, I think we have the right to draw the line at bacteria; after all, what has the cold germ ever done for us!

So, if sacrifice belongs to a less modern stage of Religion, why do we still study its laws? Why does my portion even exist? I think that it is important for us to study the sacrificial laws today because it is important for us as Jews to accept what life was like in Moses' time and for us as humans to accept how lucky (or unlucky depending on how you look at it) we are today. From my portion we can see the significance of religion and the importance of rules. In the portion following mine, two of Moses' four sons are 'struck' with divine fire from the sky when they approach the altar with 'strange fire'.

Possibly in olden times animal sacrifice was seen as a stage, which was an advance over human sacrifice. However, I think that depends on an individual's idea of sacrifice. If one believes that sacrifice is a symbolic gesture, it does not matter what you give. Whether you give fruit, life, bread or just pray and give up your time, you have made a symbolic gesture to G-d and none can argue with that. However, if you believe that sacrifice is giving up something you will miss, you will need and you will want, then human sacrifice has to be the way to go.

One of the more recent advances is that sacrifice is confined. You cannot sacrifice animals in the street! Apparently these rules were made in the hope that sacrifice would eventually be given up and would make way for a more spiritual Judaism. The question is: Has it worked? Is Judaism spiritual? Is the Laying, the Hebrew, the Torah and the sermons in today's synagogue moral and spiritual? Or would chanting by an altar as a sacrifice of animals, bread or any other kind bring us closer to the ideal model and religion that G-d so wanted to create?

COOKERY CORNER



SHAVUOT WITH DENISE PHILLIPS

We are privileged to have Denise Phillips, the leading Jewish chef, writer and broadcaster providing some more Shavuot recipes for this issue.

SPINACH, AVOCADO AND ASPARAGUS SALAD WITH PESTO DRESSING

The subject of healthy eating is always in the news – especially at this time of the year when ‘low fat’ and ‘salads’ are not one’s first menu planning choices. In recent years much has been made of lists of ‘miracle’ foods, which promote wellbeing and prevent disease.

Although I cannot promise any ‘miracles’ my three main ingredients are healthy, nutritious and very tasty – buy them fresh and enjoy at their best.

Asparagus is an excellent source of folic acid as well as potassium, fibre, vitamin B6, vitamins A and C, iron and thiamine. It is high in protein, low in sodium and calories and has no fat or cholesterol. Eat five or six spears daily as one portion in your ‘5 portions of fruit and vegetables a day’ healthy eating plan.

Spinach originated in the Middle East arriving in Europe via Spain in the 8th Century. It became very popular – and was known as the ‘Spanish Vegetable’ by the English. Its leaves contain high amounts of iron, vitamin B and C and beta-carotene.

Avocado is a valuable source of protein, fibre, calcium, iron, potassium and vitamins. Its high levels of vitamin E are particularly beneficial – this antioxidant helps to prevent the ageing process (no more wrinkles!) and fertility and plays a significant role in preventing infections, cancers, heart attacks and strokes. Recently avocado has been found to be a good source of lutein, which prevents certain eye conditions. Avocado is high in calories and fat

COOKERY CORNER

but the fat is mono-saturated and helps to lower bad cholesterol levels.

Any you may be intrigued to know that avocados allegedly have certain aphrodisiacal properties – enjoy your salad!

Preparation Time: 15 minutes **Cooking Time:** 2 minutes **Serves:** 4

Ingredients

225g baby spinach leaves; 200g fresh asparagus tips; 2 avocados – peeled; 8 slices of Parmesan cheese

For the Dressing

50g pine nuts; 50g fresh Parmesan cheese – grated; 3 tablespoons – fresh basil; 100ml olive oil; salt and freshly ground black pepper; juice of 1 lemon

Method

- 1) Boil some water in a small saucepan. Cook the asparagus for 2-3 minutes until just soft. Drain and refresh under cold water. The helps to prevent further cooking and preserve the beautiful green colour. Set aside
- 2) Place the pine nuts in a dry saucepan. Fry them for approximately 2 minutes until golden and remove from the pan.
- 3) To make the dressing, place the Parmesan cheese, basil, and pine nuts in the food processor. Whiz together to form a paste.
- 4) Gradually add the olive oil and whiz for a further 5 minutes.
- 5) Season to taste.
- 6) Slice the avocado lengthways. Sprinkle with the lemon juice to prevent them from going brown.
- 7) Arrange the spinach, asparagus, Parmesan and sliced avocado on individual plates.

To serve the stylish way: pour some dressing over the salad and serve immediately.

BEETROOT WITH GOAT'S CHEESE TOWERS

This is a quick and easy to prepare tasty starter. It looks colourful and the goat's cheese and beetroot combine well. For many people it is one of those vegetables you either like or dislike but when I made this for a cookery class, my students were pleasantly surprised!

Beetroot as a hot vegetable is generally unappreciated. When buying raw beetroot look for firm, unblemished roots with fresh leaves. Handle

COOKERY CORNER

beetroots carefully. If the skin is broken they will bleed, losing its sweetness and colour. Store the unwashed beetroots in the refrigerator in an open bag.

Beetroots work well with cucumbers, potatoes, apples, pears, vegetarian sausages, balsamic vinegar, sour cream, oranges, mustard, horseradish, soy sauce, lime and mint – just

a few ideas for a change. They can be steamed, boiled or roasted or even grated and eaten raw.

On a healthy note, beetroots are rich in complex carbohydrates, vitamin C and potassium. They have a moderate amount of protein and sodium and are also low in fat.



Can be made in advance

Preparation Time: 10 minutes **Cooking Time:** 30 minutes **Serves:** 6 people

Ingredients

3 goats cheese circles – cut 6 thin slices per cheese; 3–4 ready cooked beetroots – sliced in thick rounds (you need 18 in total); 2 tablespoons olive oil; 2 red onions – peeled and sliced; 2 tablespoons brown sugar; 200g fresh rocket salad; 6 cherry tomatoes; 6 cocktail sticks

Method

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Heat the olive oil in a saucepan. Sauté the onions with the brown sugar on a low light with the lid on for 25 minutes so that they are sweet and golden. (Burnt onions taste bitter!)
- 3) Heat the grill to its highest setting.
- 4) Make a goats cheese tower by placing a round of goats cheese followed by a round of beetroot on a baking tray. Do this twice more and secure with a cocktail stick. Sit a cherry tomato at the end of the stick. Put under the hot grill for 5 minutes or until just melting.
- 5) Reheat the onions so they are warm.

To serve the stylish way: Place the caramelised onions in a circle

COOKERY CORNER

on the plate and the rocket leaves around the outer layer. Sit a beetroot and goats cheese tower in the centre.

BLUE CHEESE RIGATONI WITH TOMATOES AND BASIL

This is a great recipe for Shavuot; enjoy it cold or warm. A green salad is all that is required to accompany it.

Preparation Time: 10 minutes **Cooking Time:** 25- 30 minutes **Serves:** 4 people

Ingredients

400g dried rigatoni or penne pasta; 2 tablespoons olive oil; 4 cloves garlic – peeled and finely chopped; 8 salad tomatoes – cut in quarters; 75g blue cheese – cut into cubes; 1-2 red chillies – cut in half, deseeded and finely chopped; 2 tablespoons fresh basil; Salt and freshly ground black pepper

Garnish: Sprigs of fresh basil

Method

- 1) Pre-heat the oven to 200°C/400°F/ Gas mark 6.
- 2) Place the prepared tomatoes, chilli, garlic, basil, on a baking tray. Drizzle with olive oil, season well and roast for 20 minutes.
- 3) Bring a large pan of water to the boil. Add a teaspoon of salt and cook the pasta according to the packet instructions. Once cooked, drain and return to the saucepan. Add the cooked tomatoes and stir in the blue cheese.
- 4) Transfer to a serving dish.

To serve the stylish way: Dust with black pepper and top with sprigs of fresh basil

VANILLA & LEMON CHEESE CAKE

Shavuot is not the same without a good old traditional cheesecake. There are so many recipes available but nevertheless it is always nice to have a recipe that has been passed down through the generations which one knows is tried and tested.

This particular cheesecake can also be adapted for Passover as the base

COOKERY CORNER

can be made with plava and the flour substituted for potato flour – so keep it for next year.

Preparation Time: 20 minutes **Cooking Time:** 30 minutes **Serves:** 8



Ingredients

1 packet trifle sponge bases – cut into slices; 675g cream cheese; juice and zest of 1 lemon; 55g soft margarine plus 1 tablespoon – to grease tin; 2 eggs, separated; 75g caster sugar plus 1 tablespoon; 1 tablespoon corn flour/potato flour for Passover; 1 tablespoon vanilla sugar; 1 teaspoon vanilla essence; 150ml double cream.

Garnish: Zest of lemon and a dusting of vanilla sugar; Thick yoghurt with vanilla seeds stirred in or buy vanilla yoghurt

Method

- 1) Pre-heat the oven to 190°C/375°C/Gas Mark 5.
- 2) Grease and line a loose based bottom 22cm/9 inch cake tin.
- 3) Arrange the trifle pieces on the base of the cake tin overlapping where necessary.
- 4) Put the cheese, sugar, zest and juice of lemon into a mixing bowl.
- 5) Add the margarine, yolks, corn flour and finally the cream. Whisk together until smooth.
- 6) Whisk the egg whites in a separate bowl until they are at soft peak stage. Add 1 tablespoon of caster sugar.
- 7) Carefully fold the egg whites into the cheese mixture. Pour the mixture over the sponge base.
- 8) Bake for 30 minutes or until the cake is set around the edges and slightly brown.
- 9) Leave to cool in the oven for 2 hours and then transfer to the fridge.

To serve the stylish way: Remove from the cake tin. Garnish with zest of 1 lemon and a dusting of vanilla sugar. ARN TO COOK

THE STYLISH WAY

Denise's popular Cookery Demonstrations are the ideal, yet informal way of adding to your cookery skills. These comprehensive "hands-on" classes,

COOKERY CORNER

presented in her trademark simple but stylish manner, will enhance your love of food and add to your cooking repertoire. Pick a theme and see the difference it will make.

Choose from

Wednesday	29 June 2005	Salads for all occasions
Thursday	30 June 2005	Salads for all occasions
Wednesday	14 September 2005	Jewish Mama's Cooking, The Classics Made Easy!
Thursday	15 September 2005	Jewish Mama's Cooking, The Classics Made Easy!
Wednesday	9 November 2005	Divine Italian
Thursday	10 November 2005	Divine Italian
Wednesday	23 November 2005	Before and Afters
Thursday	24 November 2005	Before and Afters
Wednesday	7 December 2005	Quick and Stylish Entertaining
Thursday	8 December 2005	Quick and Stylish Entertaining

Venue : Northwood, Middlesex

Time: 10.00 am – 1.30 pm

Cost: £50 per class. All materials provided

Booking : Call Denise Phillips on 01923 836 456

or email denise@jewishcooking.co.uk

**KNOW ANY SINGLES KEEN TO IMPROVE THEIR
CULINARY SKILLS AND TO ENJOY A DINNER PARTY
WITH A DIFFERENCE?**

Get them to try Date on a Plate

Denise Phillips, International chef and renowned expert on stylish cooking, has created a new concept in dating. Within an informal setting, a group of 6 men and 6 women will have fun learning to cook a three course meal from scratch.

The evening starts with a glass of Champagne and a "get to know your fellow guests". Then the preparation and cooking commences before you relax and enjoy the meal you have created, together with fine wines and quality

COOKERY CORNER

company! All ingredients and equipment are provided.

Sunday 12 June 2005

Age: Mid 30s to late 40s

Venue: Northwood, Middlesex

Time: 7.30 – 11.00 pm

Cost: £50 bookings require payment in advance

**Bookings/Information: 01923 836 456 or denise@
jewishcookery.com**



‘INSIGHT ECO STORE’

‘INSIGHT ECO STORE’ SAVES TIME, MONEY AND THE ENVIRONMENT WITH STYLISH RANGE OF GREEN PRODUCTS

The Insight Eco Store an online retailer of stylish environmentally-friendly products launched by Brighton-based lifestyle magazine, The Insight, is helping reduce damage to the environment caused by ‘everyday’ hazards such as effluent from washing machines, non-bio degradable plastics, and household items that waste energy.

The Eco Store’s best selling product, Eco Balls, is an ecologically sound clothes-washing system that provides an alternative to harmful, conventional washing powders, which cause pollution. The set of three balls works by producing ionized oxygen which raises the pH level of the water and naturally activates molecules so they penetrate deep into clothing fibres and lift dirt away.

Eco Balls perform over 1,000 washes at an average of 3p per wash, compared to 25-30p for normal washing powder. As there are no harsh detergents, the rinse cycle can be shortened, saving water and electricity. Furthermore, the Eco Balls don’t fade bright colours or damage clothing fibres. They are hypoallergenic and suit people with sensitive skin, including babies and children. They also have antibacterial action that kills Escherichia Coli and Staphylococcus Aureus.

Eco Balls cost £34.99 and come with free refill pellets, a stain remover

'INSIGHT ECO STORE'

for those stubborn, greasy marks, and a 30-day money back guarantee. Unsurprisingly, in view of the benefits, more than one million Eco Balls have been sold in the UK to date.

The Eco Store also sells a range of hard-to-find eco tableware from renowned Habitat designer and creative director, Tom Dixon, which protects the environment by bio-degrading after five years. Tom has used one of the new wave of husk and fibre plastics, based on bamboo fibre, to create rugged, functional tableware that is smart enough for formal occasions, touch enough for outdoor use, and robust enough for everyday use: unlike glass and china, it won't easily break!

All products sold by The Eco Store are environmentally sound. Made of natural, organic, re-cycled and energy-efficient materials, they avoid contributing to global warming or climate change.

**For further information contact Nigel Berman Tel: 01273 245956.
Email: nigel@theinsight.co.uk <http://www.theinsightecostore.com>**

MICHAEL H. SCOTT & COMPANY

Chartered Accountants · Certified Accountants

**Accounts and Audit
Tax Planning**

*For individuals, sole
Traders, partnerships
and family companies.*

**Michael H. Scott, B.Eng., FCA, FCCA
Tel: 020 8907 9200
Fax: 020 8909 1503**

**107 Kenton Road
Kenton, Harrow
Middlesex HA3 0AN**

HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

£2.50 including P&P

BOOK REVIEWS

THE VEGETARIAN LOW-CARB DIET

The fast, no-hunger weight-loss diet for vegetarians

By ROSE ELLIOT



At last, the diet vegetarians have been waiting for! Have you ever had the feeling of being left out? Many are the vegetarians or vegans who have watched their meat-eating friends with envy as they followed the Atkins diet and the pounds dropping off. There is no doubt about it: a high-protein, low-carbohydrate diet really does work.

What about vegetarians and vegans? Is it possible to follow a high-protein diet without the fry-ups or the meat? And can it really be a healthy way of life? The answer to all these questions is a resounding 'yes'.

Top vegetarian cookery writer **Rose Elliot** has devised an easy to follow, meat-free answer to the Atkins diet. Scientifically formulated to make your metabolism stop burning carbs and start burning fat, her diet helps you to lose weight and make carb cravings, mood swings and energy lows a thing of the past.

With over 140 delicious, mouthwatering recipes, top tips for losing weight and staying slim, carbohydrate counters, menu plans and an explanation of why the diet works, this is the must-have book for any vegetarian or vegan who wants to lose weight.

Published by Piatkus Books Ltd. Price £9.99 paperback, Plus P&P £2.00. Available from JVS.

(Readers – please note that this book is not the same as 'The Low-Carb Vegetarian' by Celia Brooks Brown reviewed in the March issue of the JV)

30 MINUTE VEGETARIAN ITALIAN COOKBOOK

By MARLENA SPIELER

Marlena's recipes are always internationally popular and she is the first to admit that Italian food is her first love. Here she introduces you to the finest tastes of Italy with delicious and simple step-by-step recipes, which are ideal for quick meals and after-work suppers.

BOOK REVIEWS

All the recipes are vegetarian, most of them are vegan, and all the ingredients she uses are easily available. The book also contains a handy store cupboard list.

The Italians' passion for good food is legendary, they love to eat well – healthily and pleurably – several times a day! Most people live busy lives, juggling their career commitments with home, family and social life. Few Italians are able to spend all day cooking, any more than those of us in northern Europe or America are able to.

These fresh and invigorating recipes show that it is the simple foods that are the best. Delicious pasta dishes using herbs, tomatoes and a host of other fresh vegetables, leafy salads, garlicky bruschetta, satisfying soups and tasty risottos are all ready to serve in 30 minutes or less.

Published by Thorsons an Imprint of HarperCollins Publishers. Paperback. Price £5.99 plus P&P £1.50. Available from JVS.

VEGETARIAN PREGNANCY & BABY BOOK

By AMANDA GRANT

'There is no reason why a vegetarian women eating a healthy, well-balanced diet should not conceive, give birth and breast-feed normally.'

In **Vegetarian Pregnancy & Baby Book** well-known baby and toddler writer Amanda Grant provides the most comprehensive nutrition and healthy guide available to vegetarian mums-to-be. Amanda outlines what is a well-balanced diet, giving comprehensive information about the five main food groups. She explains which foods are in each group and what nutrients they provide. Amanda identifies all of the nutritional watch-points for each key stage of a vegetarian pregnancy and for breast-feeding.

For babies, Amanda looks at the benefits of breast-feeding and includes an easy-to-follow guide to the stages of weaning and gives straightforward advice on how to prepare and cook different foods during your baby's first year.

As babies grow so rapidly, they need more protein than adults compared to their body weight, so protein intake is vital during weaning. Amanda provides insight into the various ways to ensure that mothers and babies get a sufficient amount of protein without having to resort to meat.

BOOK REVIEWS

This colourful and inspiring book contains helpful advice and more than 100 easy recipes for expectant mums and babies, making it an indispensable guide for all vegetarians considering motherhood.

Published by Mitchell Beazley an imprint of Octopus Publishing Group Price £10.99. Plus P&P £2.00. Available from JVS.

HITTING THE SPOT FOR VEGGIE VISITORS TO THE LAKE DISTRICT

Viva!'s new edition of the Vegetarian Guide to the Lake District leads the way

If you're thinking of getting away from it all for a weekend or holiday, then the beautiful Lake District has much to offer with breathtaking scenery at every turn and to suit all tastes, with its heady and stark hills to conquer, serene lakes to glide across or deep wooded valleys to meander through.

The area's wonderful villages come up trumps too, providing an amazing choice of eateries, accommodations and shops. And vegetarians and vegans, not to mention the growing number of people choosing to reduce their consumption of animal products for health and welfare reasons, need not struggle or deprive themselves as they are increasingly very well-catered for ... as the latest edition **Vegetarian Guide to the Lake District** clearly demonstrates.

Published by vegetarian group Viva! and now in its 18th year, this indispensable and popular guide, available for just £1 incl. p&p offers a wonderful choice of more than 70 guest houses, hotels, B&Bs, restaurants, cafés, tearooms, health stores and shops selling cruelty-free products, including over a dozen establishments that will welcome you and your four-legged friend with open arms. And, for the first time, disabled access is also highlighted for several entries, something Viva! hopes to expand upon in future editions.

Copies of the Vegetarian Guide to the Lake District are available from local tourist information centres in the region or directly from Viva! 8 York Court. Wilder Street. Bristol BS2 8QH. Tel: 0117 944 1000. Email: info@viva.org.uk

BOOK REVIEWS

FLOOD YOUR BODY WITH OXYGEN

By Ed McCabe

Reviewed by Mark G. Lester

“Flood Your Body with Oxygen” is the most comprehensive book published yet on the relatively unknown area of health known as “Oxygen Therapy.” In this book, the author Ed McCabe offers more than 100 years of European and American research, testing, and application of various forms of oxygen as his proof of the efficacy of the treatments described. As well as oxygen (O_2), the book incorporates the use of medical ozone (O_3) therapy, hydrogen peroxide (H_2O_2) therapy, and every other known way of oxygenating the body.

Ed McCabe’s original book “Oxygen Therapies: A new way of approaching disease” published in 1988 sold 250,000 copies purely by word of mouth (the book was never advertised, and was self published). Reading the more detailed sequel “Flood Your Body with Oxygen” book leaves the reader surprised at the common sense and simplicity of the concept underlying oxygen therapy, and astounded at the way in which this inexpensive, highly effective, gentle, and non toxic approach to treatment has been ignored in medical circles. The author, Ed McCabe, is reluctant to point fingers. Yet the reasons are often hinted at: namely the conflict between the effectiveness and inexpensiveness of the various oxygen therapies in contrast to the vested corporate and financial interests of the medical ‘industry’, and at times the egos of self styled experts who refuse to examine the overwhelming evidence in favour of the therapy.

The books details remarkable cures of AIDS, cancer, arthritis, chronic fatigue and other supposedly incurable diseases that employed any of the various methods described in the book of flooding the body with singlet oxygen. The back of the book details many practitioners and clinics offering the therapy – especially in North America and Europe – as well as information on where to access products for self treatment or simple home supplementation. The book is therefore more than just theoretical, but gives the reader the power to take his health into his own hands through the use of the various oxygen therapies.

As an aside, the author has personally witnessed enormous benefit from the use of Oxygen Ozone therapy in his clinic, and the associated products particularly for people who are HIV+, arthritic or suffer from Chronic Fatigue Syndrome.

Although this groundbreaking book is a massive 640 pages, the author

BOOK REVIEWS

explains near the beginning that he actually had to miss out a lot of valuable material in order to keep it down to a practical length! It is conveniently divided into five distinct sections. Part I – The Problems details the reasons why we get sick; pollution, toxicity, lack of available oxygen, etc. Part II – The Solutions contains sections on how to obtain clean food, clean air, how to flood the body with oxygen using breathing methods, ozone oxygenated liquids, hyperbarics, exercise, hydrogen peroxide's use (internally and externally). This section also documents the astonishing results ozone has had with AIDS and HIV, as well as the importance of minerals, enzymes, colon cleaning and mental balancing. This section focuses especially on the various methods of delivering ozone to the body which include direct IV (putting the gas into a vein), auto-haemotherapy (removing blood, ozonating it and then returning it to the body), polyatomic apheuresis (removing the blood and continuously ozonating it and filtering it before returning to the body, rather like dialysis) insufflation methods (insufflation meaning entering a gas into a cavity) such as rectal insufflation, vaginal insufflation and ear insufflation. Part III – The Evidence both chronicles the published evidence of success, and 'anecdotal' reports the author has reviewed from interviewing literally thousands of people using the various oxygen therapies. It also contains further discussion of the results obtained with the various oxygenating liquids and powders available commercially and through self-treatment options using ozone. Part IV – The Politics is perhaps the most controversial section of the book – detailing the harassment and suppression of the practitioners of ozone therapy, including my own experience of being raided simultaneously by Environmental Health, the Medicines Control Agency and Medical Devices Agency here in the UK. Part V – The Resources is the shortest section of the book. It details where to find clinics, practitioners and products.

This book will hopefully interest open-minded medical doctors, but it is written by a layman (actually a journalist) primarily for the layman. Though the somewhat American style may be off putting at times, where the reader can overcome this minor irritation, reading this book will not leave you baffled by medical jargon and gobbledegook. The underlying message leaves one satisfied by the power and logic of the principle that flooding the body with oxygen is one of the safest and most effective methods of detoxifying your body and improving health that you are likely to come across.

For those concerned about the supposed damage caused by the so-called oxygen free radical, the book documents the misunderstandings that have arisen. Quoting Professor William F. Koch, Professor of Medicine and Chemistry "The cause of (harmful) free radicals in the body is a lack of

BOOK REVIEWS

oxygen." Other allegations concerning the safety of the therapies are also effectively addressed (unfortunately these claims have too often been made by those who have not actually investigated the treatments, or by organisations with vested interests in sneering at Oxygen therapy).

I do have a couple of minor criticisms. Firstly, I found myself slightly frustrated at times when reading the first section of the book as there was too much setting of the scene and occasional waffle about our general state of poor health before getting onto the more important material: describing the various treatments designed to rectify the problems. My one more serious criticism of the book concerns the lack of verifiable references for some of the statements made. To be fair, there are a reasonable number of fully referenced highly authoritative papers and documents. There are also too many times when I found myself thinking that readers (especially medical and health professionals) who do not have personal possession of the abstracts and papers written on oxygen and ozone therapy may question the accuracy of the statements made. A trawl through the Internet, as well as a read of some of the more academic/medical books on the various oxygen therapies will successfully address most of those concerns, but it's a pity that the hapless reader is left to do this without any help from this book. However I would not suggest that these criticisms should dissuade anyone from buying the book, which overall is highly informative, readable and in my opinion belongs on the shelf of every health care professional.

Mark G. Lester runs The Finchley Clinic in North London. His interest in Oxygen and Ozone therapy was initially inspired as a result of his mother's death from endometrial cancer in 1996, and the disastrous conventional 'treatment' she received. Mark practises Oxygen / Ozone therapy, Bowen Technique Plus, Electro-Crystal therapy, The Rife machine and Nutrition from The Finchley Clinic in North London. He has seen the therapy heal many conditions ranging from M.E. / Chronic Fatigue, to HIV. Mark can be contacted by email – marklester@thefinchleyclinic.co.uk

"Flood Your Body with Oxygen" is available by telephoning the Clinic on 020 8349 4730, or can be purchased through the web site online shop www.thefinchleyclinic.co.uk (click on "Products"). The 640-page book is £19.95. Due to the heavy weight of the book there is a £5 postage cost.

The following are the two latest books by Linda Majzlik, both of which are available from JVS.

BOOK REVIEWS

A VEGAN TASTE OF CENTRAL AMERICA

The low-lying plains of Central America, with their rich volcanic soils, offer ideal growing conditions for all kinds of fruits, vegetables and grains, while the volcanic uplands are ideally suited to growing coffee, a major export. Corn and beans, the mainstays of the diet, can be cultivated at all altitudes and there is evidence that these two staples have been grown here for around 7,000 and 4,000 years respectively. In fact, many of the foods that sustained indigenous people centuries ago are as important today as they were then. Along with corn and beans the ancient diet was also based on avocados, cassavas, chillies, peppers, squashes, tomatoes, various types of potato and many soft fruits.

The main meal of the day may consist of soup or little savoury appetisers, followed by a main course usually accompanied by a grain dish, salad, salsa, a vegetable dish and tortillas or bread. Afterwards there is fresh fruit, while more elaborate dishes are made for special occasions. Fruit drinks are often served with the meal and coffee or hot chocolate are favourites to round off a meal.

Central American cuisine, with its mixture of native, Spanish and Afro-Caribbean influences, offers a very homely style of cooking with lots of easy-to-prepare dishes based on fresh wholesome ingredients. The book contains a large variety of recipes from soups, main courses, salads, breads, desserts etc. There is also a section entitled "The Vegan Central American Store Cupboard".

A VEGAN TASTE OF EAST AFRICA

EAST AFRICA is a huge and geographically extreme part of the continent with pockets of very fertile ground that sustain various grains, sugar cane, nuts, tea, coffee, spices and an abundance of vegetables and tropical fruits.

East African cuisine is sadly often overlooked outside the region, with many people believing that it consists only of starchy tasteless stodge! Hopefully this book will help dispel any myth and show that instead there are dozens of creative, richly-flavoured traditional dishes made from an exciting array of exotic and nutritious ingredients. As all the basic ingredients are plant-based, the recipes are eminently suitable for vegans and with many of the dishes extremely quick and easy to prepare.

BOOK REVIEWS

This, as with all Linda's books, it contains a large variety of recipes from soups, main courses, vegetables, salads, breads, desserts, etc. as well as a section entitled "Vegan East African Store Cupboard".

Both books are published by Jon Carpenter, Alder House, Market Street, Charlbury, OX7 3PQ. (Tel: 01689 870437) Price £5.99 post free. Available direct from the Publisher.

PATRICK MOORE – THE AUTOBIOGRAPHY

Sir Patrick Moore, the Godfather of Astronomy, has only now, after 82 years, given us this long-awaited opportunity to read his truly remarkable life story, and which is well worth reading.

Throughout his distinguished career, Patrick Moore has, without a doubt, done more to raise the profile of astronomy among the British public than any other figure in the scientific world. As a presenter of *The Sky at Night* on BBC television for over 45 years, he was honoured with an OBE in 1968 and a CBE in 1988. In 2001 he was knighted 'for services to the popularisation of science and to broadcasting'.

The BBC first aired *The Sky at Night* in April 1957 and it is now in the record books as the world's longest running TV series with the same presenter. Patrick is also the author of over 60 books on astronomy, all of which, including this autobiography, have been written on his Woodstock 1908 typewriter.

Patrick's early research was concentrated on mapping the moon. In 1959 the Russians used his charts to correlate the first Lunik 3 pictures of the far side of the satellite and he was also involved in the lunar mapping carried out prior to the NASA Apollo missions.

Partly thanks to his larger-than-life personality, Sir Patrick's own fame extends far beyond astronomical circles. A self-taught musician and talented composer, he has displayed his xylophone-playing skills at the Royal Variety Performance and as a passionate supporter of cricket, he has played for the Lord's Taverners charity cricket team.

Published by Sutton Publishing Price £7.99 plus P&P £1.50. Available from JVS.

THE VEGETARIAN STUDENT COOKBOOK

BOOK REVIEWS

All the basics in one book! This is the essential cookbook for students learning to cater for themselves.

Leaving home for the first time and moving to a new house or room in a new town or city is potentially a very daunting prospect. For many of you it will be the first time you have really had to take full responsibility for every single aspect of your life, from getting up on time in the morning, to doing all your own washing, ironing, cleaning and shopping. However, it is the all-important aspect of food that is covered in this book.

- Over 200 recipes ranging from cheap eats for one, to meals for entertaining friends.
- All the recipes are easy to follow with clear instructions so that even the most inexperienced of cooks can attempt them with confidence.
- Recipes include the favourites like veggie burgers and nut roast as well as more adventurous dishes like mushroom and mozzarella stacks.

Absolutely every recipe you will need, from curries, stir-fries and pasta to desserts, cocktails and even hangover cures!!

As part of your choice to follow a vegetarian diet, you may feel strongly about any contact with meat or meat products, but remember that it is not just meat-eaters who are susceptible to food poisoning, or food-related illnesses, its just as important for you to follow a few simple rules when preparing and cooking your food.

Always wash salad, fruit and vegetables thoroughly before preparing them; you don't know how many people handled them before they went into your shopping basket. If you are sharing your fridge with meat-eaters, make sure they keep any meat or fish on the bottom shelf, so that the juices don't drip on to and contaminate other food and most of all, always wash your hands thoroughly in hot, soapy water before you start cooking. Everything else is just common sense!

**Published by Hamlyn, a division of Octopus Publishing Group Ltd.
Price £6.99 plus P&P £3.00. Available from JVS.**

GARDENERS' CORNER



GARDENERS' CORNER – SUMMER 2005

There are certain corners of the British Isles where one finds the unexpected. We were fortunate to revisit the Scilly Isles this spring.

Some say they are the remains of the lost Atlantis. Once this was a substantial landmass of the South West of Britain, early man came and cultivated and defended it. This was at the time of the last Ice Age. Then as the ice retreated about 10,000 years ago the sea level rose, separating Britain from Europe and drowning this landmass, just leaving a cluster of small islands and rocky outcrops.

Our stay was to be on Tresco, a jewel of an island with silver sands set in a blue sea 28 miles off Lands End. Though small there is much to attract and reward the effort of reaching this haven of tranquillity.

For the keen gardener the must attraction is the Abbey Gardens. Set on the East coast, the Smith family took a long lease from the Duchy of Cornwall in the mid 19th century and set about exploiting its mild climate. Partly working with nature and partly battling with the elements of this exposed area.

They planted trees to provide cover from the fierce westerly winds. This distinguishes Tresco from the other islands where trees are absent. Taking advantage of the tree cover they established the Abbey Garden, as a sub tropical and beautiful garden.

Many of the plants were collected from passing ships, as this was a way of introducing exotic species from abroad.

For me the most striking and signature plant is the Echium, which has marvellous purple blue flower spikes reaching up to 10 feet. These are smothered in bees collecting nectar and returning to the small apiary set up by one of the lady gardeners.

GARDENERS' CORNER

Palm trees of various kinds typify the upper terrace walk, while cacti and succulents, which could come from a Wild West movie scene, grow happily alongside. Impressive Aloes throw up flower spikes to tree sized proportions. In a quiet corner lies Valhalla, a collection of striking and beautifully crafted figureheads retrieved from some of the many wrecked vessels which have foundered here over the centuries, a fitting and silent memorial to the many who lost their lives at sea.

In contrast on the western side of Tresco the waves roll in from the Atlantic with a fetch of 2,000 miles, crashing into the granite cliffs and creating a sculpture of ever moving and changing scene.

It is possible and desirable to walk completely round Tresco, a walk of 5 or 6 miles, but with amazing contrasts and still beauty.

Underfoot all along the path grow Dog Violets in profusion. Once the Scillies were noted for their early daffodils and with the coming of railways to Britain in the 19th century growers would pick and pack their flowers and rush them to the mainland to the flower stalls of London's Covent Garden. Now with modern transport carrying produce from all over the world by air the economics of this form of horticulture has made it a thing of the past with only the evidence of scattered plantations evoking the toils of yesteryear.

Now tourism has replaced these old occupations with the islanders making visitors very welcome to their unspoilt ecology. This is a place where the



GARDENERS' CORNER

otherwise ubiquitous motor car has failed to dominate, there being no public transport and with all communication by a motley number of small ferries acting as the bus service.

On the remoter outcrops in the rough Atlantic bird life flourishes with colonies of Puffins and Guillemots using them as feeding and breeding grounds, while Grey Seals bask and frolic here.



St CHRISTOPHER

A SCHOOL WHICH ENCOURAGES INDIVIDUAL FULFILMENT

At St Christopher School we teach girls and boys to value their own efforts and achievements and those of others. Our approach encourages self-confidence and brings out the best in both the moderately able and intellectually outstanding. We develop individual talents in a wide range of courses leading to 21 AS and A Levels.

Our many day pupils benefit from being part of a full boarding community with an extensive activities programme. Local parents can join in many aspects of School life.

The School has been co-educational and vegetarian since 1915. Our campus has the informal atmosphere of a friendly village with many fine facilities including a purpose built theatre and a new 25m indoor swimming pool.

We are a family school – girls and boys can enter from age 2½ upwards and there is then no barrier to Senior School entry. If you think your child might benefit, please phone for a personal tour or for more details.

Main entry: 8, 9 and 11
Full and weekly boarding from age 6
Direct entry possible to our lively Sixth Form
(Bursaries available)

ST CHRISTOPHER SCHOOL

Letchworth, Herts SG6 3JZ

tel: 01462 679301 fax: 01462 481578

email: admissions@stchris.co.uk web: www.stchris.co.uk

The School is an Educational Charity which aims to treat all children as individuals and to develop their proper self confidence.

LIFE MEMBERS

Life Members are the pillars of the Society. Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

UK Life Membership
£175

Israel Life Membership
\$275

American Life Membership
\$275

or 5 annual payments of
£40 (\$60)

SEMI-DISPLAY & CLASSIFIED ADVERTISEMENTS

PLEASE MENTION "THE JEWISH VEGETARIAN" when replying to adverts

Pre-payment only.

Rates:- UK: 20p per word (minimum £2.00)
 Semi-display £5.00 per single inch
 Box Number £1.00 extra

USA: 30 cents per word (minimum \$4.00)
 Semi-display \$8.00 per single inch
 Box Numbers \$3.00 extra.

To: The Jewish Vegetarian, 853/855 Finchley Road, London NW11 8LX, England.

HOLIDAYS

DEVON, Dartmoor (Lydford). S/C for N/S visitors in bungalow in nature reserve (Vegfam's headquarters). S.A.E. to "The Sanctuary" Nr. Lydford, Okehampton EX20 4AL. Tel/Fax: 01822 820203. £10 per night or £49 per week per person. Reductions for children.

BLACKPOOL WILDLIFE HOTEL, 100% Vegetarian and Vegan. Special diets catered for (non-meat). No Smoking. All rooms en-suite. Two minutes Promenade and amenities. Good food and cleanliness assured. For further details please phone Audrey, Tel: 01253 346143.

LONDON B & B in comfortable friendly home. Garden overlooking park. No smoking. Five minutes walk Finchley Central Underground Station. Please telephone Dora on 020 8346 0246.

TEKELS PARK Vegetarian Guest House, Camberley, Surrey. Tel: 01276 23159. Send SAE for further details and special Winter mid-week breaks.

North Devon. Exclusively vegetarian/vegan guest house. En-suite, non-smoking rooms. Cordon Vert host. **01769 550339. www.ferntor.co.uk**

BATES method for natural vision improvement and relaxation.
ALEXANDERTECHNIQUE.
 Details of lessons and courses.
 Golders Green & Old Street.
 David Glassman, 020 8455 1317.

VEGAN COMMUNITY. New venture. Needs people any age with energy, vision and humour. Spacious garden with land (live in or nearby). Business possibilities. Write to: Malcolm Horne. Brynderwen, Crymlyn Road, Llansamlet. Swansea SA7 9XT. Tel: 01792 792 442.

EVERY THURSDAY – FELDENKRAIS CLASSES

Feldenkrais classes for ladies/men, 6.30–7.30
Held at JVS, 855 Finchley Road, London NW11
For further details please contact Meir Pfeffer – 020 8346 0258

CLARIDGE HOUSE

Quaker Centre for Healing,
Rest and Renewal

Registered Charity No. 228102

- Warm, peaceful welcome
- Delicious vegetarian food.
- Non-smoking
- Weekend courses with healing focus
- Convenient for Surrey/Sussex and Kent countryside

Midweek Breaks (Full Board)
throughout the year

Mon-Fri £98–£160 (depending on season)

Contact us for full details
Claridge House, Dormans Road,
Lingfield, Surrey RH7 6QH
Telephone: 01342 832150
Fax: 01342 836730



Email: welcome@ClaridgeHouse.quaker.eu.org
Website: www.ClaridgeHouse.quaker.eu.org

**Orr Shalom
Children's Homes
Ltd**

Please note
our new address:

Beit Nekofa
POB 80
DN Safon Yehuda 90830
Tel: (972)2 5337059 ext 112
Visit our new website:
www.orr-shalom.org.il

The world's best Aloe Vera by Forever Living Products

www.aloevera-flp.co.uk or call 01908 671641
for free info pack.

**Jewish Vegetarian Professional living in Miami
Beach, seeks healthy like minded lady for permanent
relationship.**

Tel: U.S.A (305) 673 0771.

Details: PO Box 40-2044 Miami Beach 33140. FL. USA

Dr Gina Shaw's mother, living in Devon, would like to make contact
with any Jewish Vegetarians/Vegans living in that area.
Please contact Dr Shaw direct: Telephone: 01626 352 765



'SPECIAL VEGETARIAN FOOD'

A range of frozen, soya-based vegan products that are approved by The Vegetarian Society. They are GMO free, Kosher, and Shudda. Cholesterol free, no preservatives or colourants and no Hydrogenated oil.

Excellent source of protein

Available from your local independent health food shop.

For further information or to place an order please contact...

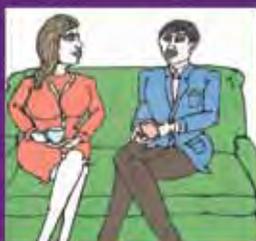
BEANIE'S HEALTH FOODS (WHOLESALE) LIMITED

Unit 4 Cherry Tree Industrial Park, 512 Botley Road, Burridge, Southampton SO31 1BQ

Tel: 01489 574555 Fax: 01489 582005

email: info@beanieshealthfoods.co.uk

www.beanieshealthfoods.co.uk



CONTACT CENTRE

is a caring, so low fees friendship agency catering exclusively for vegetarians and vegan, both in Britain and abroad for any purposes, for Jew and Non-Jew alike.

If you seek friends, a soul-mate, a holiday companion etc. etc., we can help.

CONTACT CENTRE provides you with a service attuned to your personal wishes and so much so that you don't even have to complete a form.

As we cannot tell all in this advertisement, please write for membership details from: CONTACT CENTRE, DEPT VJ, BCM CUDDLE, LONDON WC1N 3XX U.K. stating your gender.

If you live in Britain, please enclose SAE. If you live outside Britain, please enclose TRC, US \$1 or something equivalent, but no coins.

Languages understood: French, German, Dutch and English.

Write clearly please.