

ISSUE 56 | JAN/FEB 2020

# VEGWORLD

## MAGAZINE



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## EDITOR'S NOTE

A message from **VEGWORLD** Magazine  
Editor-in-Chief, Courtney Garza

Entering a new year is always exciting. The idea of starting fresh and clean is simply unlike anything else. We all have goals for ourselves and I too look forward to achieving new heights. But the biggest goal I aim to reach is about enlighten more individuals on how to live more compassionately.

When I started my career in journalism, I worked for a Dallas-local lifestyle magazine and loved it. Yet, there was something I felt was missing. It came to my attention that I lacked the ability to share my passion for my vegan lifestyle. I had no avenue to talk about that huge part of my life. I was constantly left wishing there was a way to spread the word about how rich and colorful being vegan truly is.

Now, I can't express enough how incredibly honored I feel to have something like VEGWORLD to do just that and so much more. All I can think to do to show my gratitude for this publication is by thanking all of the contributing writers that have written for **VEGWORLD** in the past, present, and future and thank you, our reader. It is all of us that make up this strong movement. Collectively, we are helping shape the world into a healthier, happier place to live for humans and animals alike.

Thank you for your time and shared interest to grow with us.

I look forward to seeing how **VEGWORLD** grows with all of you.

*Courtney Garza*

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## \$1 Million Offer to President Trump

Go Vegan for January and the Veterans Will Receive \$1M



Million Dollar Vegan, a nonprofit organization, has asked President Donald J. Trump to help "Make America Healthy Again" by going vegan for one month and encouraging American citizens to do the same. Led by Evan, President of Animal Hero Kids and ambassador to Million Dollar Vegan, the group says it is ready to sign the check within one hour if the president signals his agreement on Twitter. The donations for this cause are now in escrow.

This is the second \$1 million offer made by the group this year. In February, Million Dollar Vegan, offered the money to Pope Francis if he would go vegan for Lent. While that campaign resulted in more than 1,000 stories from media around the world, a meeting with senior priest Pawel Ptasznik at the Vatican and the pope's blessing, the pontiff did not confirm that he would go vegan for Lent. Now, that money is being offered to President Trump, with the aim of inspiring people across America and beyond to rethink their food choices and improve their health.

The campaign has the backing of some of America's leading medical doctors, including Dr. Dean Ornish, Dr. Caldwell B. Esselstyn, Jr., Dr. Michael Klaper, Dr. Angie Sadeghi, Dr. T. Colin Campbell, Dr. Joel Kahn and Dr. Neal Barnard. Alongside many other medical professionals, they advocate a plant-based diet to prevent, halt and reverse some of the country's big-

gest killers, including heart disease, type 2 diabetes and obesity. These diseases have a profound impact on the health and well-being of individuals and their families, and also on the economy.

In a full-page letter written to President Trump published in *The New York Times*, Evan writes, "Cardiovascular disease and stroke already create more than \$329 billion in healthcare costs and lost productivity, while the American Diabetes Association has estimated the total cost to the economy of diagnosed diabetes exceeded \$327 billion in 2017 alone. No wonder so many top healthcare professionals support our campaign!"

The campaign is supported by dozens of American citizens whose lives have been changed – or saved – by adopting a plant-based diet. These include: former US Marines Ronnie Penn and Marc Holley; Army veteran Thomas Chartier; US Navy fighter pilot and two-time veteran LCDR Charles Hallum; US Coast Guard Rescue Pilot Katie Pelkey; and Olympic medalist Dotsie Bausch.

Cardiologist Dr. Joel Kahn has lent his voice to the campaign and says that research shows workers who follow a whole foods plant-based diet reported less fatigue, anxiety and depression, and improved emotional wellbeing, daily functioning and general health. "The president is under significant daily stress and would

benefit from this diet change," said Dr. Kahn. "If he scheduled a visit to my preventive health clinic, I would review his diet, exercise, sleep and stress programs. I would advise him on increasing his intake of vegetables, fruits, legumes and whole grains while decreasing his intake of foods rich in added sugars and saturated fats (including cheese, processed and red meats, and processed packaged foods)."

"We really want President Trump to accept our offer," says Evan. "We want to write that check! But most of all we want to help 'Make America Healthy Again,' and that is why we have some awesome resources available for anyone who would like to go vegan for January and see what it could do for them. It's really not that hard and it can do so much good. Everyone should try it!"

Visitors to MillionDollarVegan.com will not only find many inspirational filmed stories of people whose health has dramatically improved since becoming vegan, they will also find practical and informative guides – a Vegan Starter Kit, a Health & Nutrition Guide and healthy and delicious plant-based recipes. Those wishing to go vegan for January can access all these for free and receive daily newsletters throughout January to help them get started.

As Evan says in his letter to President Trump, "There is nothing to lose and everything to gain!"

## Jaden Smith Brings 'Vegan Goes Hollywood' Moments to LA's Skid Row Inhabitants

by Diana O. Potter



Will and Jada Smith), discovering and benefiting from veganism himself wasn't enough. (Note: For personal health reasons, he is now a vegetarian.) Looking beyond his own comfortable life in the City of Angels, he witnessed the desperate conditions of the inhabitants of LA's Skid Row neighborhood, one of the largest homeless populations in the nation.

And decided he had to help.

He says, "Seeing it in real life, that's what made me decide to create the I LOVE YOU food truck ... to give back to the community."

Last July, he received many gifts for his 21<sup>st</sup> birthday (July 8), but the one he took most to heart was the satisfaction of providing vegan meals to the estimated 8,000 people living in Skid Row. After founding a company called the "I Love You Restaurant" and just after releasing his new album, "Erys," he took his food truck to the neighborhood and spent the day handing out hundreds of free vegan meals to the homeless. (A nearby second truck promoted the new album.)

On Instagram, Smith wrote that the truck was the first of such food trucks to come, "a movement that is all about giving people what they deserve, healthy, vegan food for free."

This wasn't his first philanthropic venture, either. In March, the Jaden Smith Foundation helped bring clean water to Flint, MI, with a new water filtration system.

Most recently, Smith collaborated with vegan LA restaurant Café Gratitude to give away 10,000 vegan meals on Skid Row. The "I LOVE YOU" meal will consist of black rice and quinoa topped with chili, roasted yams, maple Brussels sprouts, pickled onions, and carrots, with garlic tahini and smashed avocado. After 10,000 I LOVE YOU bowls have been sold at the restaurant, next year Smith's I LOVE YOU food truck will hand out the 10,000 bowls in Skid Row.

Gratitude Café's co-owner and Chief Inspiration Officer says of the plan, "Feeding your body with love but then also feeding another person who's less fortunate with love as well ... I feel like that's the way the world should work."



## Airbnb Is On a Mission to End Animal Exploitation

by Peter Manley

If Airbnb wasn't already a favorite of yours for travel and accommodations, perhaps this will sway you over.

Just this week, the home-sharing platform Airbnb made a massive donation in the amount of \$100,000 to the well-known People for the Ethical Treatment of Animals (or PETA), one of the largest players in the vegan and animal-rights industries. The donation was made as a gesture to support PETA's efforts to put an end to animal cruelty and mistreatment in the tourism industry.

"Airbnb is committed to promoting responsible animal tourism, and this support is provided in recognition of PETA's ongoing work to protect animal welfare and all of PETA's innovative and effective programs to advance empathy and end animal suffering," said Airbnb Experiences Policy Director Natalia Merluzzi.

In response, PETA Executive VP Tracy Reiman said, "PETA looks forward to putting Airbnb's generous donation to good use and is calling on others in the hospitality industry to follow the company's lead in promoting humane tourism."

While this is indeed a great step in the right direction, the hospitality company's large donation to PETA is not the only thing they've done right recently.

Earlier this month, Airbnb introduced a new category to its list of Experiences called Airbnb Animal Experiences. This new program, designed with the help of the World Animal Protection group, was born out of a desire to bring travelers and animals together in a cruelty-free and exploitation-free way. The program consists of more than 1,000 totally unique experiences that are based on the company's strict and satisfyingly vegan policy "The Five Freedoms," which sets rules and regulations to ensure that animals are never affected by hunger, thirst, pain, discomfort, humility, injury, or disease, and are allowed the freedom to act and exist as they normally would (e.g., not making a lion jump through a ring of fire).

Furthermore, Airbnb's new "Five Freedoms" policy mandates that existing hosts refrain from promoting any and all companies or attractions (such as SeaWorld, horse and dog racing, cockfighting, circuses, etc.) that involve the exploitation of animals by any means.

Aside from offering amazingly unique stays and experiences, Airbnb is an animal lover's dream company.

## World Animal Protection Petitions to End Dolphin Cruelty in Entertainment Industry

*"Many people feel excited when watching dolphin shows or when swimming with dolphins because they love animals, and the dolphins appear happy, but in reality, their smile is just a physical characteristic and not an emotional response," said Executive Director Alecia Soltanpanah, World Animal Protection, US. "What these dolphins actually feel is cruelty and suffering from being held in captivity."*



Last week, **World Animal Protection**, a global animal-welfare organization with offices in 14 countries, released **"Behind the Smile"**, a new report that reveals dolphin entertainment is extreme animal cruelty masquerading as innocent fun. Unsuspecting tourists are fueling this multi-billion-dollar industry while unethical travel companies are reaping the rewards.

Millions of animal lovers every year are led to believe that dolphin shows and experiences, sold by some of the world's largest travel companies, are cruelty-free, educational, and beneficial for conservation efforts. This could not be further from the truth. Rather, the industry is reaping billions of dollars in profits off the cruel captivity of dolphins kept for entertainment.

The report is the most comprehensive assessment of captive dolphins to date. It reveals that globally:

There are 336 dolphin entertainment venues in 54 countries – including the United States, Mexico, China, and many countries in the Caribbean – which hold at least 3,029 dolphins captive. The United States alone holds 400 dolphins captive.

These captive dolphins annually generate a staggering 1.1 to 5.5 billion USD for the venue owners. This does not include additional income from merchandise, food, sponsorships, and accommodations these captive dolphins generate.

Specifically, in the United States, **Miami Seaquarium** houses the Pacific white-sided dolphins with an orca named Lolita. The tank in which Lolita resides is reportedly the smallest in the world for an orca and she has not seen another orca since her tank-mate Hugo died in 1980. The white-sided dolphins have been recorded routinely attacking Lolita, harassing, chasing, and raking her with their teeth. Housing different species together in captivity – where there is no room for the animals to avoid each other – frequently leads to increased aggression and discomfort.

From these numbers, it's clear why this industry is built on deceiving the public: to protect the billions of dollars made at the expense of these animals. Inherent suffering is associated with all stages of dolphins' lives in captivity – although dolphins may appear to be smiling, they experience continuous stress and suffering when kept in captivity.

"Celebrities including Jimmy Fallon and Mariah Carey posting photos and videos with dolphins increases social acceptability of these experiences that leads to a lifetime of suffering for these animals. Dolphins are highly intelligent, social beings that suffer immensely when trapped in barren tanks to entertain humans," continued Soltanpanah.

In their natural environment, dolphins swim across a territory of more than 100 square kilometers (40 square miles) of the ocean

freely. However, when held in tiny, barren, concrete tanks 200,000 times smaller than their natural space – in which they are exposed to infection and chemicals and often drugged to cope with captivity – the dolphins sadly, can only swim a few feet at a time.

Many venues promote the rescue and rehabilitation of dolphins and claim to boost conservation efforts. In fact, as little as five to ten percent of zoos, dolphinariums, and aquariums are involved in substantial conservation efforts. The amount other venues spend on conservation is

often less than one percent of revenue. Dolphins bred in captivity are not endangered species or eventually released to the wild; they are used solely to sustain the captive population, demonstrating the falsehood of conservation claims the industry makes.

"Leaders in the tourism industry such as Airbnb and the global educational travel organization EF Education First have already cut ties with dolphin venues to become leaders in this space. It is time for Expedia Group to stop profiting from dolphin captivity and help ensure that this is the last generation of dolphins in captivity," said Soltanpanah.

Encouraging visitors to see dolphins in cramped, featureless tanks gives little insight into the complex lives of wild dolphins in a natural environment. Dolphins being used as live surfboards and facing large crowds of people daily with loud music and cheering while enduring a never-ending stream of tourists seeking that perfect selfie is not humane entertainment.

Join the movement at <https://www.world-animalprotection.us/expedia-dolphin-captivity> to call on Expedia Group to end the sale and promotion of venues that use dolphins for entertainment so that we can ensure this is the last generation of dolphins in captivity.

Photo courtesy of World Animal Protection

## For Tormented Circus Animals, Paris, the City of Light, Is Now the City of Hope

by **Diana O. Potter**



Once in a while we see on the news someone who's been locked up in a basement for years without adequate food or exercise, tortured, and only rarely brought out into the light to "perform" – act normally, say that everything's fine, what's all the fuss about? – for suspicious family or community investigators. We're shocked, shocked! How could anyone do that to another human being? It's not acceptable, period.

For years, however, many people have been doing just that to the many wild animals in circuses, with no concern for their health or the way they were born to live. What's more, except for the pleadings of the comparatively few animal advocates, it's not only been considered "fine" but essential for circuses in order to keep attracting customers.

These animals – most commonly lions, tigers, elephants, bears, and, oddly, parrots – have either been born in captivity or kidnapped from their natural environments, trained to perform human-style tricks by punishing and intimidating them

until they "get it," and then condemned to a life of traveling about in cramped, unsanitary cages with nothing to do until they are brought out to "perform."

### PARIS TAKES THE LEAD IN FRANCE

Although a number of countries have banned wild-animal circuses, including the UK, Italy, Austria, Costa Rica, El Salvador, Panama, Singapore, Israel, and Mexico, it is still not banned nationwide in France or, for that matter, in the US. (However, in 2019, Hawaii and New Jersey passed state-wide laws banning use of all wild animals in circuses, and California, Pennsylvania, and Massachusetts have introduced similar legislation.)

While France continued to lag what's becoming a trend, the Council of Paris decided to act on its own. In mid-November 2019 the council adopted a resolution, to take effect in 2022, to ban all wild-animal circuses from performing in the city.

The city had already moved, in 2017, to stop issuing licenses to these circuses. However,

three already had licenses and so have been able to continue in business in Paris. For these three, over the next three years, the council will offer financial assistance for adapting to the new resolution as well as help with safe retirement of their performing animals.

Understandably, People for the Ethical Treatment of Animals (PETA) applauds the Paris council's action. A spokesperson stated, "Forcing wild animals to perform confusing tracks is a barbaric practice that has no place in a compassionate society.... As the British Veterinary Association has said, 'The welfare needs of non-domesticated, wild animals cannot be met within the environment of a traveling circus, especially in terms of accommodation and the ability to express normal behavior.'"

In other words, the PETA spokesperson concluded, "[A]nimals forced to perform will always suffer. The only humane option is to keep them out of circuses altogether."

Surely we all agree.



## Race Car Top Dog Lewis Hamilton is Pushing Even Harder for Veganism

by Peter Manley

As it stands, the F1 titleist is known to regularly speak on the benefits of adopting a vegan diet.

However, in recent times, the Formula One champ has been pushing even harder for the spread of veganism.

Last week, Hamilton took to Instagram to prompt his millions of followers to avoid the support of any attractions that involve marine animal performances. In the post, in response to witnessing animal cruelty in Japan, he explained, "Please, don't go and support these shows around the world, don't buy tickets to show your kids. Instead educate them of these horrible things that are [happening] to the dolphins, whales, and other sea life. These beautiful creatures shouldn't suffer. Captivity isn't cool."

This past Tuesday, Lewis Hamilton also posted a series of Instagram Stories with a call to action for his followers to consider adopting a vegan diet. In the series of posts, the F1 champion shared information about the negative effects the meat market and overuse of resources have on

our environment. Below is a complete transcript of the content from his posts:

*I'm sad right now with the thought of where this world is going. Extinction of our race is becoming more and more likely as we overuse our resources.*

*The world is a messed-up place. World leaders are either uneducated or don't care about the environment at all. Agriculture farming is the largest pollutant we currently have by over 50 percent, far more than our travel industry combined. I'm sad to see so many people, even close friends, ignore what is happening daily. Education is key and we were taught that eating animal products was good for us but we've been lied to for 100s of years. It's taken me 32 years to understand the impact I'm having on the world and I'm figuring out daily what I can do to play a better part. I want my life to mean something and honestly, up until now my life had no meaning. Being part of the solution is and I'm striving to do better. I urge you to do some research, find the compassion I know you have within you to*

*recognize what you are in terms of what you eat which keeps the meat and dairy industry flourishing and, therefore, deforestation, animal cruelty, our seas, and climate decaying on a daily basis.*

*Go vegan, it is the only way to truly save our planet today. It can be done so quickly. All you have to do is put your mind to it.*

Lewis Hamilton has also opened his very own vegan burger joint in London, United Kingdom. Called Neat Burger, the restaurant was born out of a collaboration with The Cream Group and Beyond Meat, who will provide the vegan patties and meat alternatives. Neat Burger also offers Just Water, an eco-friendly water brand created by Will and Jaden Smith.

Hamilton plans to expand the restaurant globally within the next two years with a total of 14 franchises in large cities, including Los Angeles. As the vegan racer becomes more passionate about spreading the message about veganism, we look forward to seeing the amazing impact he continues to have on his supporters.

## Harvard's Animal Law & Policy Clinic Trains Attorneys to Fight for Animal Rights

by Diana O. Potter



Animal agriculture. Animal farming. Animal processing. As vegans, we know that all these suffering-neutral terms should rightly be grouped under just one stark and truthful heading:

Animals grown to be killed and eaten for profit with no regard for their suffering.

VEGWORLD is incredibly proud of the work our readers and thousands of others are doing in the effort to stop the terror, pain, and cruelty inflicted for profit on millions of living beings who happen to be non-human.

But...did you know that concern for the animals is already solidly represented in the highest ranks of our academic institutions? I didn't, and I'm thrilled to discover it's happening, especially at a place where what students learn will directly and importantly help in this urgent cause:

The Animal Law & Policy Program at Harvard Law School.

Starting with an Animal Law course in 1999, Harvard Law's commitment has steadily expanded. The Harvard Animal Law & Policy Clinic, introduced this past August as part of the Animal Law & Policy Program, is specifically designed to arm attorneys-to-be with the legal knowledge needed not only to advocate for animal rights, but to *fight* for them.

Students taking the course will receive direct, hands-on experience in litigation, administrative practice, policy-making, and legislation in the context of learning about and working on a wide range of animal issues, including farmed animals, animals in captivity, wildlife, and the effects of climate change on animals and humans alike.

The new clinic is headed by Faculty Director Professor Kristen Stilt, who stated at its opening: "The Animal Law & Policy Clinic at HLS will train and prepare our graduates to embark on careers in the animal protection field, produce impactful litigation and policy analysis to benefit the animal protection movement, and provide an internationally renowned platform for educating the broader public about the many pressing issues involving animal law and policy."

According to a statement from Harvard, animal protection has become a fast-developing area of public interest law: From just nine such programs nationwide in 2000, their number grew to 167 in 2019.

That's more good news for the animals. More support for our and others' work.

And more hope that, one day soon, humanity will accept that non-human animals deserve to live just as much as we do.

## How Did Plants Happen? At Last, We May Have an Answer

by Diana O. Potter

As vegans, we depend on plants for our food, our environment — our very existence. And we're so used to having them around, we don't question *their* existence. They're just here, like us.

But, like everything else on Earth, including us, they didn't *have* to arise from the primordial soup. And for years scientists have labored to discover how they did.

Now they believe they may know. And if you think human evolution is impressive, wait 'til you hear this.

### A World Without Plants Becomes Our Earth Because of Them

For billions of years, as our Earth cooled and oceans and land masses formed, there were no living things, including plants, on the barren, rocky land. Yet today, after their beginnings some 500,000 years ago, so-called land plants account for almost all the Earth's biomass — a fancy term for living organisms — including some 500 billion tons of carbon, *more than four times the amount accounted for by all other living things, combined.*

There's more: Land plants are also the reason we have soil to grow them in, oxygen to breathe, and animals who can live on land because they were able to develop from ancient life forms in the seas (including us!).

Scientists have known for a long time that land animals evolved from ancient sea creatures. They naturally suspected that land plants developed the same way, but despite years of research, they were unable to find out *how* — until now.

On November 14, 2019, researchers at the University of Alberta in Canada and the University of Cologne in Germany reported they believe they've cracked the mystery, using the science of genetics.

### Solving the Mystery — With a Surprising Discovery

First you need to know that once plants covered the land, they left a lot of fossils that might have offered the scientists help in tracing land plant evolution. But the very earliest land plants weren't documented well enough to be helpful. So according to an article in *The New York Times*, the scientists decided to work with living organisms, especially their DNA, to find the answers they were seeking.

Algae soon took center stage.

The researchers discovered that two species of a freshwater algae group with a very long name — Zygnematophyceae — had some of the key genes land plants need to grow and thrive. When the researchers sequenced the complete genomes

of these algae, they found that one set of genes stood out.

Why, you ask? Because the algae had apparently "stolen" the genes from bacteria, and not just any bacteria: These live in soil today, helping plants survive potentially damaging stresses such as drought. They even help today's plants make seeds and spores that can remain dormant (alive but not growing) for months or even years.

What was there about these bacterial genes in the two Zygnematophyceae species that made them able to help plants grow and thrive? Well, what two factors do plants need most to grow and thrive?

You're right: sunlight and carbon dioxide.

### What the Researchers Think Happened

Billions of years ago, according to the researchers, earlier forms of these bacteria, which lived in the ocean and were able to capture sunlight and carbon dioxide, appear to have been acquired by ancient amoeba-like organisms that evolved over millennia into algae.

Fine, you say. But how did the bacterial genes get into the DNA of the Zygnematophyceae algae, energizing millions of years of land plant evolution? Answer: The researchers aren't yet sure, but they make a strong case for the following explanation:

The algae formed a carbohydrate-rich sponge-like coat, which soaks up water.

Bacteria fed on the coat carbohydrates, in return producing vitamins that may have benefited the algae.

During this process, genes from the bacteria may have entered the algae's DNA.

Makes sense, but proving it will be difficult and take a long time, the researchers note.

That's okay with me, and likely with you, too. We're just glad the plants are here in such abundance, variety, and power to nourish the planet, right?

But it is nice to know at least something of how that may have happened. Stay tuned!



## The Rancher Advocacy Program Pioneers Groundbreaking Solutions for Farmers and Ranchers in Crisis

Farmers and ranchers are in crisis due to climate change and economic chaos. The Rancher Advocacy Program of Rowdy Girl Sanctuary leads with the answers.

The Rancher Advocacy Program (RAP), a five-year initiative of Rowdy Girl Sanctuary, Inc. is the first and only enterprise providing the knowledge of their Rancher Advisory Council working together with industry experts to transition cattle ranches and animal farms away from animal agriculture into viable veganic, compassionate businesses. The Rancher Advisory Council is comprised of business experts in their fields who are also former ranchers or members of former ranching families. Rowdy Girl Sanctuary announces the dates of its first annual RAP Summit, slated for September 18-20, 2020 in Austin, Texas. The RAP Summit is the first of its kind to bring cattle ranchers, animal farmers, plant-based industry experts, manufacturers, activists, and environmentalists together to debate and determine solutions to the imminent concerns around global food production, the economy, animal protection, and our climate.

Rowdy Girl Sanctuary, which has been featured nationally on *CBS Evening News*, *Animal Planet*, ABC's *More in Common* and other nationally syndicated shows, is a 501(c)(3) non-profit corporation and vegan farm animal sanctuary in the heart of Texas. As Rowdy Girl Sanctuary moves into the new year, their evolution from farm animal rescue and sanctuary to a state-of-the-art, animal care facility, a plant-based/environmental resource education center and endowment for ranchers and farmers transitioning begins. Rowdy Girl Sanctuary inspires other ranchers to experience a paradigm shift, and, through the Rancher Advocacy Program, provides them the expertise and tools to evolve away from the cruelty of factory farming to a financially stable business. Rowdy Girl Sanctuary was founded by Renee King-Sonnen and Tommy Sonnen in 2014.

Kip Andersen, Save Movement, Jane Unchained News, Miyoko's, VegFund, Egg-Truth, Womxn Funders in Animal Rights, Vegan Investors, Effect Partners, Pollution.tv, It's Jerky Y'all, Free From Harm, *Cowspiracy*, Waking Justice and Agriculture Fairness Alliance join Rowdy Girl Sanctuary in support of the Ranchers Advocacy Program and in launching this trailblazing conference.

For more information on Rowdy Girl Sanctuary, go to <http://rowdygirlsanctuary.org>.

For more information on the Rancher Advocacy Program go to <http://rancheradvocacy.org>.

Rowdy Girl Sanctuary as featured on CBS Evening News with Steve Hartman, On the Road, <https://www.cbsnews.com/news/cattle-ranchers-vegan-wife-turns-ranch-into-animal-sanctuary/>





As the result of an interview October 13 on the *SuperSoul Sunday* talk show, hosted by vegan environmentalist Suzy Amis Cameron, Oprah Winfrey committed to eating one plant-based meal each day for a full month.

In the interview, Amis Cameron, the wife of film director James Cameron, discussed her book *OMD: The Simple, Plant-Based Program to Save Your Health, Save Your Waistline, and Save the Planet*. In their exchange — which focused on the vegan lifestyle and the way simple changes in diet can have an effect on saving our planet — Winfrey was quick to see how eating one vegan meal a day fitted in with her long interest in healthy, particularly plant-based, eating.

The concept was readily “graspable,” she said, adding that, “My mind can hold that. I can receive that; that’s a doable thing. I can turn that into a fun exercise!”

But this is hardly Winfrey’s first foray into plant-based eating. She’s been interested in it for decades; the one-meal-a-day (OMD) regimen is only the latest regimen to capture her attention.

**A GROWING AWARENESS LEADS TO ANIMAL ADVOCACY**

Winfrey is well known for her long and passionate commitment to healthy eating. Her concern for the animals began back in 1996, when she announced she would no longer eat hamburgers after interviewing a guest on her talk show, a vegan cattle rancher she’d invited on to discuss controversial practices within the beef industry. He described the cruel practices involved in processing cattle into meat, including (now-banned) “rendering,” which involved turning cow organs into feed for other cattle.

Said Winfrey, “I learned a lot about how animals are treated and mistreated before they get to our tables.”

In 2016, Winfrey tweeted her then 33.5 million followers to urge them to join her in Meatless Mondays. More recently she established a chain of restaurants serving healthy food, called True Food Kitchen, which features a number of vegan and vegetarian dishes.

She has said, “It is appalling and beneath our humanity to allow the torture of animals for the sake of our gluttony.” Strong words from a strong — a plant-strong — woman.

**ONE INTERVIEW, WIDE-RANGING BENEFICIAL EFFECTS**

Winfrey published the interview in *O Magazine*, aired it on the Oprah Winfrey Network (OWN), and reached out to her huge Twitter audience (42.6 million at last count) to ask them to join her in eating just one totally vegan meal every day. So far, her tweet has garnered over 4,000 likes and 600 retweets!

She also talks about it in a video on her Instagram story. In it, Winfrey says, “If you’ve been thinking about going vegetarian or vegan, this is good way to lean into it, where you don’t have to give up everything you’ve been eating your whole life all at once.”

Her interview with Amis Cameron (co-founder of The MUSE School, the first plant-based school in the nation and now going global) was streamed on both the *SuperSoul Sunday* and Winfrey’s Facebook pages. You can find it now on Winfrey’s podcast, “Oprah’s SuperSoul Conversations.”

Planning to Travel? These Vegan-Savvy Hotels Want to Welcome You

by Diana O. Potter



Vegan mantras don’t exactly abound, but here’s one to remember:

*Checking in at a hotel? Check out their menu first.*

As a well-informed **VEGWORLD** reader, you know that traveling for business or enjoyment can be difficult when hotels don’t offer vegan food choices. Happily, in keeping with the burgeoning growth of plant-based lifestyles, more and more are doing so.

But now there’s even better news: Some of the world’s largest hotel chains are featuring plant-based meals at their properties all over the globe.

Here are just some of the growing numbers of these hip hostelryes:

**INTERSTATE HOTELS AND RESORTS**

Managing more than 500 hotels around the world including **Hilton** and **Courtyard by Marriott** chains, Interstate launched a vegan/vegetarian dining program in early 2019 that spans all of them.

Featuring 27 vegan and vegetarian dishes, their menu offerings include Corn Risotto, Eggplant Meatballs with Zucchini Noodles, Nashville Eggplant with Mac and “Cheese” and Wilted Kale, Pastrami Beets, Tuscan Avocado Toast (Are you hungry yet?), and... wait for it...Zucchini Squash Spaghetti with

Spigarello Hazelnut Pesto! These dishes clearly reflect the hotel chain’s commitment to well-crafted and delicious vegan and vegetarian food.

Interstate management’s commitment to plant-based offerings is underscored by its expressed understanding of the movement’s global value and importance: “More consumers today look to meat-alternative options for reasons supporting health and wellness, the environment, and animal welfare.”

Courtyard by Marriott hotels and inns have also partnered with Beyond Meat to offer the company’s products in dishes served in its Bistro Bar at more than 1,000 of its properties across North America. With over 1,000 locations, there’s likely to be one near you at home or on the road. Drop in to sample their special Beyond Burger or the chain’s signature Beyond Meat® Roasted Red Pepper Flatbread.

**FOUR SEASONS LUXURY HOTELS**

Yes, I said “luxury.” The Four Seasons is just as serious about their luxurious vegan dining as they are about the quality their guests find throughout their hotels. They’ve started small, however, offering the Folia vegan menu first at the Cabana Restaurant as well as in select rooms and suites. Now that’s what I call Room Service!

**BUT WAIT — DON’T FORGET VEGAN**

**IN-ROOM AMENITIES!**

You read that right: Increasing numbers of hotels are now offering those little bottles of shower gel, shampoo, creme rinse, and moisturizer in vegan form. Three high-end hotel chains, **InterContinental**, **Conrad**, and **Grand Hyatt**, make these quality amenities available to their guests in many parts of the world:

- **InterContinental Hotels & Resorts** provides vegan amenities by **Agraria**, offering the Lemon Verbena line at all their 170 properties worldwide.
- At **Conrad Hotels & Resorts**, vegan guests can select amenities from the **Tara Smith Collection**, which proudly declares that its products are “tested on film stars, not on animals.” The products are also certified by The Vegan Society.
- **Grand Hyatt** hotels provide vegan guests with in-room amenities from the **June Jacobs Spa Collection**. In addition to the usual small-bottle offerings, you can also enjoy a facial cleansing bar and a luxurious body balm.

Next time you travel, look to these and other vegan-aware hotels and inns to respect your veganism and, literally, cater to it. Bon voyage!

Restaurant Dining Data Shows Rise in Plant-Based Cuisine



October 1st was **World Vegetarian Day**, a day that brings global attention to the health and environmental benefits of a vegetarian lifestyle!

To celebrate non-meat eaters everywhere, restaurant apps like **Grubhub and Open Table** took a look at some of the top vegetarian eating trends across the nation, including top vegetarian-loving states, top vegetarian dishes nationally and regionally, and more.

**Impossible Burger Rises to the Top:** This year, the Impossible Burger joins the ranks as one of America's top 5 favorite vegetarian foods in 2019! New York, California, and Illinois are ordering Impossible Foods the most compared to the rest of the nation.

- Impossible Foods vs. Plant-Based Proteins:** Impossible Foods reigns supreme across the nation as it's ordered 9x more often than other

plant-based proteins.

- Top Vegetarian-Loving States:** The East Coast has been showing vegetarian dishes some love this year compared to the rest of the country. Top vegetarian-loving states include New Hampshire, New Jersey, Connecticut, and New York.

MOST POPULAR NATIONAL VEGETARIAN ORDERS

- Black beans and rice: 322% more popular
- Cheddar cheese curd: 299% more popular
- Mexican street corn: 259% more popular
- Impossible Burger: 129% more popular

Methodology: These food orders rose in

popularity the most in 2019 compared to 2018.

According to data from OpenTable, plant-based diets and meat alternatives have become much more prevalent in 2019 than in previous years with reviews featuring "plant-based" increasing by 200 percent since 2017. Additionally, there were fewer than 100 reviews before 2016 that mention "vegan," but that number has since increased by almost 15,000 per month.

"There's no doubt that plant-based dining is a trend as we're seeing increasing interest in vegetarian menu options from our diners," said Caroline Potter, Chief Dining Officer at OpenTable. "In honor of World Vegetarian Day, we thought it was a great moment to celebrate this change in dietary habits by spotlighting restaurants that serve up dining experiences guaranteed to satisfy any plant-based diet or omnivore appetite."

Featuring restaurants coast-to-coast across 20 states and Washington, D.C., the list is culled from more than 12 million verified diner reviews of over 30,000 US restaurants.

From locally grown, organic ingredients at Gracias Madre in West Hollywood, CA, to the cutting edge vegetable offerings from award-winning chef, Amanda Cohen, at Dirt Candy in New York City, the list is perfect for vegans and vegetarians everywhere and even their omnivore friends at the table. With 16 restaurants on the list, California takes the lead, followed by Pennsylvania and New York with 10 winners each. Washington, D.C., comes in fourth with seven restaurants, Florida is close behind with six, and Illinois and Texas each claim four restaurants.

OpenTable's list of the 50 Best Restaurants for Vegetarians in America for 2019 is generated solely from diner reviews collected between August 1, 2018 and July 31, 2019. Qualifying restaurants were scored and sorted according to the sum of tags spanning "good vegetarian options," "vegetarian options" or "vegan."

Based on this methodology, the 50 Best Restaurants for Vegetarians in America for

2019, according to OpenTable diners, are in alphabetical order as follows:

50 Best Restaurants for Vegetarians in America for 2019

- Âu Lạc Plant-Based Food & Drink - Los Angeles, California
- Bar Bombon - Philadelphia, Pennsylvania
- Bistro Aracosia - Washington, D.C.
- BLACKOUT - Dining in the Dark - Las Vegas, Nevada
- Blossom - Multiple Locations
- Brewery Bhavana - Raleigh, North Carolina
- Candle 79 - New York, New York
- Catch LA - West Hollywood, California
- Chaatable - Nashville, Tennessee
- Charlie was a sinner. - Philadelphia, Pennsylvania
- Delice & Sarasin - New York, New York
- Departure Restaurant and Lounge - Portland, Oregon
- Dirt Candy - New York, New York
- Divya's Kitchen - New York, New York
- Double Zero - New York, New York
- Ema - Chicago, Illinois
- Equinox - DC - Washington, D.C.
- Farmer's Table - Boca Raton, Florida
- Farmers & Distillers - Washington, D.C.
- Farmers Fishers Bakers - Washington, D.C.
- Farmhouse at Rogers Gardens - Corona Del Mar, California
- Fig + Farro - Minneapolis, Minnesota
- Founding Farmers - Multiple Locations
- Gracias Madre - San Francisco, California
- Gracias Madre - West Hollywood, California
- Greens Restaurant - San Francisco, California
- Harvest Beat - Seattle, Washington
- Harvest Seasonal Grill & Wine Bar - Multiple Locations
- Hell's Kitchen - Caesars Palace Las Vegas - Las Vegas, Nevada
- Irregardless Cafe - Raleigh, North Carolina
- Jaleo DC - Washington, D.C.
- Linger - Denver, Colorado
- The Little Beet Table - Chicago, Illinois
- Little Goat - Chicago, Illinois
- Modern Love - Multiple Locations
- Nix - New York, New York
- Oliver's - Santa Barbara, California
- Oyamel - Washington, D.C.
- P.S. & Co. - Philadelphia, Pennsylvania
- Plant Food + Wine - Venice, California
- Plant Miami - Miami, Florida
- Planta - Miami Beach, Florida
- Root Down - Denver, Colorado
- Sage - A Plant Based Bistro - Culver City, California
- Slanted Door - San Francisco, California
- Tamarind - Tribeca - New York, New York
- Terrain Garden Cafe - Glen Mills, Pennsylvania
- True Food Kitchen - Multiple Locations
- Wild Ginger Downtown Seattle - Seattle, Washington
- Zaytinya - Washington, D.C.

The complete list may also be viewed at <https://www.opentable.com/lists/best-restaurants-for-vegetarians-us-2019>.

Presidential Hopeful Cory Booker Takes Stance on Veganism

With an astounding number of Democratic candidates currently vying for the presidency, it's no surprise that there is a varying mix of professional, cultural, and political backgrounds on the stage during each of the Democratic presidential debates. Still, even with the mix of backgrounds, many of the candidates have similar or even identical stances on many of the important issues that have rightfully been the focus of the debates.



One issue that has candidates standing apart from others is the less-addressed issue of animal welfare. In fact, only two of the Democratic candidates, Senator Cory Booker and Julián Castro, have fully fleshed out plans for animal welfare in the United States. Of those two, Booker is the only vegan.

Booker, the Senator from New Jersey, has been vegan since 2014 and has received questions regarding his diet during past debates. During the last debate, Booker was the one to bring up veganism. In a response to questions regarding the health of the candidates running for the presidency in 2020, Booker stated, "I feel qualified to say this as the vegan on the stage. Going back to the fact that ... we asked three people about their health. When looking at this stage, we know that the most unhealthy person running for the presidency in 2020 is Donald Trump."

Booker first went vegetarian in 1992 after reading Gandhi's autobiography *The Story of My Experiments with Truth* while attending Oxford University. He remained vegetarian until doing further research into the impacts that animal consumption has on the environment, at which point he went vegan.

Now, running for president, his proposed animal welfare policies include measures to create a more sustainable environment, not only for humans but also for animals, as well as making it illegal for factory farming corporations to hide the horrific abuse that animals experience at the hand of factory farming.

The debates aren't the only thing the senator has brought veganism to. At the recent Iowa Steak Fry, Booker helped to cook and serve 1,000 vegan burgers during the meat-centric event in September.

NEWS UPDATE:

The Brazilian Rainforest Fires Rage On. But with Extraordinary Human Help, A Burned Tortoise Survives

by Diana O. Potter



Although this story was first reported in 2015, it has surfaced again in the news as this year's deliberately-set rainforest fires once more ravage the huge rainforest region of Brazil. It should be told over and over until people finally feel, and take action to end, the tragic agony of the millions of animals thoughtlessly burned and killed by humans who put profit above other living beings.

The November-December issue of VEG-WORLD Magazine carried two stories reporting on the huge, and hugely destructive, fires deliberately set in Brazil and Indonesia so farmers could grow more crops.

With this news update, we report from the animals' perspective.

As the Brazil brushfires continued to devastate ever more thousands of acres and destroyed too many animals to count, one tortoise, her protective shell almost entirely burned away, lived through 45 days without food until she was found beside a road, barely alive.

Rescued, she was ultimately restored to health, custom-made shell and all, through the creative and determined efforts of a passionately caring animal-rescue group — the Animal Avengers, a 3-D designer, four veterinarians, and a dental surgeon who combine technology with their love for animals. Their goal? To develop innovative ways to help wounded and maimed

creatures that might otherwise have to be euthanized.

They named the female tortoise Freddy and immediately set about designing an artificial shell for her; without it, she couldn't live even with the best care. Why did they think they could do such an amazing thing? Simple: They'd already constructed and fitted artificial beaks for seven badly hurt birds: three toucans, a parrot, and a goose!

The group — 3-D designer Cicero Moraes, veterinarians Roberto Fecchio, Rodrigo Rabello, Sergio Camargo, and Matheus Rabello, and dental surgeon Paul Miamoto — created a computer program to design Freddy's new shell, using 40 photos of another tortoise's undamaged shell and 40 of Freddy's shell (85% burned away). Then they 3-D-printed it in four separate, jig-saw-like pieces that fit around her to form a complete shell. Each piece took 50 hours to print!

Next, they surgically attached the shell to Freddy, who took to it immediately. But it was an all-over drab gray: What tortoise wants to go around looking like that? Enter Brazilian artist Yuri Caldera, who hand-painted the prosthesis to look like Freddy's original shell, using as a model the tortoise whose shell they'd photographed for the 3-D construction.

Freddy now lives with Rodrigo Rabello, who says of the Animal Avengers' extraordinary accomplishment, "This is a mark in veterinary medicine. From now on we'll have a new age, especially when it comes to wild animals."

No doubt he's right. But it does seem that the real new age will be the one that values the lives of animals as much as those of humans. The one that doesn't trade animal lives for profit.

The one we're still waiting for.

New Culture Improves Plant-Based Fermented Foods



Now, HOLDBAC® YM VEGE brings this effective and label-friendly spoilage prevention to plant-based, fermented foods and beverages, at a time when customer demand in this space has never been higher.

"The industry has seen enormous growth for fermented plant-based products in recent years, driven by higher numbers of flexitarian, vegetarian or vegan consumers around the world. These shifts in diets are driven by a number of factors, including a search for improved health that comes with a plant-based diet, ethical choices toward foods with lower environmental impact and which are deemed better for animal welfare, and switching to dairy alternatives for lactose-intolerant consumers," said Eve Martinet-Bareau, Global Product Manager, Cultures for plant-based fermented food and beverages.

However, with demand come certain challenges for producers of fermented goods, including the need to:

- Gain market share in the fast-growing plant-based food sector;
- Consistently ensure high-quality products with the desired taste and texture, particularly across regions

with differing consumer preferences;

- Secure that quality throughout a product's shelf-life;
- Address the fast-growing demand for friendly labeled consumer products;
- Make a substantial contribution to the sustainability of the food and beverage sector; and
- Provide consumers with products that improve their health and wellbeing.

"As more consumers look for fermented food and drinks, our HOLDBAC® YM VEGE cultures will help our customers meet that demand."

This innovative new ingredient also offers customers the ability to make a significant difference in terms of environmental and social impact through reduced food waste and plant-based alternatives.

The potential impact is massive: DuPont has estimated that if just 5 percent of the global yogurt market is replaced with plant-based alternatives made with Danisco® VEGE and HOLDBAC® YM VEGE cultures, the carbon dioxide emission savings would theoretically be as high as 3,000,000 tons of CO<sub>2</sub> annually.

This would be roughly equivalent to taking 1,700,000 EU-based cars off the roads.

"We are thrilled to add HOLDBAC® YM VEGE to our range of plant-based and sustainable offerings," said Mikkel Thrane, Global Sustainability Lead for DuPont Nutrition & Biosciences.

"We look at our environmental footprint through the lens of the UN's Sustainable Development Goals (SDGs), and we are proud to say that this culture supports at least three – SDG 3 (Good Health and Well-being), SDG 12 (Responsible Production and Consumption) and SDG 13 (Climate Action). HOLDBAC® YM VEGE is helping us facilitate the transition to a healthier and more environmental-friendly diet."

This transition to a healthier diet for people and the planet is powered by DuPont's expertise in microbiology, food protection, and fermentation, as well as its commitment to developing and offering more sustainable ingredients for customers.

For more information, visit <https://www.dupontnutritionandbiosciences.com/products/holdbac.html>.

# A Reverie for Vegans

by Carissa Danielle

A chance meeting between two baking enthusiasts sparked an instant friendship and the beginnings of a business in one serendipitous night. In the years that followed, Nancy Castillo and Racene Mendoza created vegan delights such as cake balls, chocolate-covered strawberries, and special-order cakes for a growing customer base. The desire to open a bakery was ever-present; however, the young entrepreneurs had several obstacles to overcome to succeed in making their luscious baked goods available to all North Texans. And they did just that.

After establishing a business plan, successfully securing funding, and locating the perfect spot for their sweet shop, Racene and Nancy were ready to make the leap into small business ownership.

Reverie Bakeshop was launched in the North Dallas college town of Richardson in September 2013 with an outpouring of enthusiasm from the community. Thanks in equal parts to support from family and friends, a crowdfunding effort, and a fair amount of grit and determination, Nancy and Racene’s dream of opening a bakery had finally come to fruition.



## An Immediate Success

The quaint bakeshop was an instant hit with vegans, families with dietary concerns, and those who were simply fans of amazing baked goods. Reverie sold out of every item that Nancy and Racene were able to produce every day in their first week in business. They began with a sweet assortment of cookies, muffins, Danishes, cupcakes, and cheesecakes, which are still staples six years later.

Today, visitors to the bakeshop enjoy a rotating menu of 300 recipes, including many customer-favorite items such as gourmet cupcakes and chick’n biscuits as well as special seasonal offerings including Thanksgiving kolaches and an assortment of pies. Additionally, approximately half of the current menu is gluten-free, due in large part to feedback from customers and employees alike.

But expansion hasn’t been confined to the menu. Reverie currently employs 20 individuals, to whom Nancy and Racene say all credit for their success is due. The owners cite open communication and a cooperative effort among the staff as the driving forces behind the success of the bakeshop’s daily operations.

I asked the duo how it felt knowing that, having opened the original fully-vegan standalone bakery in North Texas, they have inspired other vegan business owners in the area. Their down-to-earth and humble nature truly shined through in their responses:

“I love the bakery and cannot imagine my life without it. When people tell me that we are an inspiration, I have a hard time believing them. It doesn’t matter how long we have been open; I am still amazed that so many people come to our bakeshop,” said Racene.

“We’re just so excited to be a part of such a great community of vegan business owners in the area. Everyone is so supportive and helpful,” added Nancy.

*Reverie Bakeshop is located at 1930 N. Coit Road in Richardson, Texas. A select assortment of Reverie’s goods may be found at Grapevine Farmer’s Market, Trinity Hall Irish Pub, The Modern Well, University of Texas at Dallas, Kung Fu Tea, and Communion Café.*



## ABOUT THE AUTHOR

**Carissa Danielle** is the founder and director of North Texas Vegans. She is an intersectional vegan entrepreneur with a passion for educating others on the topic of living a vegan lifestyle. Carissa resides in Dallas, TX, with her partner and rescue dogs, where she works as a vegan business consultant and educator. In her spare time, Carissa enjoys hiking, camping, and traveling, as well as practicing yoga, meditation, and mindfulness.

Instagram:  
[@nooch.bunny](#)

# MAMASEZZ

## Shaping a new vision for healthy eating and a healthy planet

VEGWORLD chats with Founders Meg Donahue and Lisa Lorimer.

Some companies start with an idea scribbled on a napkin. Some are built over spreadsheets. MamaSezz, the leading whole-food plant-based meal delivery company in the US, comes from the heart.

In 2011, Meg Donahue and Lisa Lorimer were caring for Millie Donahue, Meg's then 80-year-old mother. Millie was in the final stages of congestive heart failure. Meg and Lisa moved her to their Vermont home to spend her last days near family.

But Meg and Lisa didn't give up. They sought out stories of heart disease survival and the science behind the stories. They first tried Millie on a low-sodium, organic diet with lean meats, but ER trips and intensive care happened, anyway.

That's when Meg and Lisa discovered whole-food plant-based eating. With characteristic curiosity and passion, they signed their whole family up for a four-week plant-based eating challenge.

Millie is now 89 years old. She swims, plays the ukulele, and drives herself everywhere. She's full of energy for her grandchildren. Her heart is healthy.

Meg's autoimmune issues cleared up, too. Lisa, founder of Vermont Bread Company and natural food industry veteran, saw her blood pressure drop dramatically. The changes were too evident, and too evidence-based, for them *not* to keep eating this way. But who had time for all the meal planning and prep?

They went looking for delicious, ready-to-eat, whole-food plant-based meal delivery. They found none. And MamaSezz was born.

In the midst of launching a weight loss program that includes meals and support, Meg and Lisa took a moment to share with our readers what's at the heart of MamaSezz.

### VW: How does MamaSezz meal delivery work?

**Lisa:** Lifestyle change is hard enough, so we made ordering as easy as possible. You place an order at [www.mamasezz.com](http://www.mamasezz.com) before Sunday, 8 pm, ET, and receive your food the following Thursday or Friday.

You can choose from different "bundles" that we offer, from Get Me Started to Healthy Heart. We also have specialty bundles created with our peers in plant-based eating, such as the American Institute for Cancer Research. Or you can order each meal "a la carte," if you want — say, an extra package of our Walnut Taco "Meat."

Our team prepares the meals fresh in our commercial kitchen. Orders are shipped in refrigerated boxes that keep food fresh for four days, and each box comes with meal plans, shopping lists, and recipes for side dishes.

You unpack and store your meals in the fridge or freezer and heat and eat as needed! Plus, we make it easy to return the box and packaging to us for reuse and recycling.

### VW: Who is the MamaSezz customer?

**Meg:** Our mission is to heal people and the planet one delicious meal at a time, so everyone is welcome at the MamaSezz table. Lifetime vegans. Fast-food junkies looking to change. People who want to avoid heart disease or type 2 diabetes but are worried about giving up cheesy pasta! (Our Mama's Mac is great for that.)

We're here for people who want to lose weight and keep it off. For people in middle age who want to prevent disease. For Millennials who want quick, delicious,



good-for-the-planet food. For people trying one more time to eat well. There is no shaming here. Only welcome.

### VW: How do you develop MamaSezz meals?

**Meg:** We work with our incredible chef, Caroline DiNicola Fawley, to develop most of our meals. There are a few criteria. First, our food has to be delicious and hearty. No rabbit food! Meals have to be prepared fresh. And the recipes are based on the most rigorous nutrition science. From Turmeric Chickpea Scramble to Lazy Lasagna, people can trust they're getting food that promotes and protects health.

We also are committed to "no BS" — you know, no Bad Stuff! All MamaSezz meals are free of oil, gluten, wheat, meat, egg, dairy, refined sugar, preservatives, peanut, and sesame. Some bundles are salt- and soy-free, too.

### VW: Why partner with others in the plant-based field?

**Lisa:** Change doesn't happen alone. Whether you're trying to change yourself or working to impact eating across the country, change sticks when you're in a network of support and collaboration.

Every time we partner up with a best-in-class organization or leader

in this field, we build on each other's strengths so that more and more people can choose and sustain a whole-food plant-based diet. For example, the Plant-Based Nutrition Support Group focuses on evidence-based advocacy of plant-based whole-food nutrition. We are the recognized authorities in whole-food plant-based meal production. Our partnership helps people connect with both the information AND the food they need to make change happen.

**Meg:** Also, we love this field. We love this food. We love people. We love the freedom and joy that people discover with plant-based eating. It's fantastic to be on this team.

### VW: What makes MamaSezz different from other meal delivery services?

**Meg:** I think a recent customer note says it best. This is a woman who really didn't believe change was possible for her:

After 60 days eating MamaSezz, she wrote, "What do we need to change? Tender loving care. That's what MamaSezz does. Mama lovingly cooks you delicious healthy meals, and brings them over to your house. She doesn't leave you hungry. She doesn't make you go out and buy fancy kitchen gadgets and fuss over learning a whole new way to shop, cook, and eat. She doesn't make you count points or ounces. Every bite delivers natural nutritional TLC to your body's brilliant internal wisdom. You look better, you feel better, your favorite clothes begin to fit you again. You feel like you again. And that can put you in a really, REALLY good mood."

It's just like Mama says: Eat more fruits and vegetables — and then go out and play! You can order MamaSezz meals at [www.mamasezz.com](http://www.mamasezz.com). Plus, you can join The Heartbeet Gang, our funny, informative newsletter on plant-based living.



**Meg Donahue** is co-founder of MamaSezz Foods and is passionate about working with medical professionals, scientists, and nutritionists to bring the healing power of food to everyone. She has a Plant-Based Nutrition Certificate from CNS, a Master's in Technology Management from Marlboro Graduate School, and a BFA from College of William and Mary. An avid tournament tennis player, she enjoys reading and spending time with friends and family.



**Lisa Lorimer** is co-founder of MamaSezz Foods. She spent most of her adult life as the owner and CEO of the Vermont Bread Company, supplying all-natural and certified organic breads, rolls, and English muffins to supermarkets and natural-product stores in the Northeast. She sold a majority stake in the company to a large private equity firm and worked with them to create the first national certified organic bread company.

Lisa is the co-author with Margot Fraser, founder of Birkenstock USA, of the book *Dealing With the Tough Stuff: Practical Wisdom for Running a Values-Driven Business*. She has an MBA from the University of Virginia Darden School of Business and is a graduate of the Harvard Business School Owner-President Management Program. Lisa lives with her family in southern Vermont.

<http://www.mamasezz.com>

# SO LONG, BEE FREE

by Carissa Danielle

Bee Free Honee exploded onto the market in 2016, following an appearance by co-owners Katie Sanchez and Melissa Elms on TV’s *Shark Tank*. Their pitch to a panel of celebrity “sharks” secured just over \$200,000 in investments in a collaborative deal among Barbara Corcoran, Mark Cuban, and Chris Sacca. Quite possibly even more impactful than the immediate spike in cash flow was the publicity generated by the show. In the 24 hours following the original airing of Bee Free’s episode, Sanchez and Elms were flooded with 5,000 new orders, which far surpassed the number of orders placed in the previous two years combined.



The once small honey-alternative company enjoyed rapid growth and expansion throughout the following two years as their flagship product landed on the shelves of Natural Grocers, Sprouts, H-E-B, Whole Foods, and many other independent shops and online retailers nationwide. By the end of 2018, Bee Free had reached the \$1 million sales mark and had plans to expand their partnerships to include bakeries, restaurants, and food trucks. Their sights were set on achieving the \$5 million mark and selling the company, in full, by the end of 2020.

Bee Free’s popularity and steady growth pointed to many more years of sweet success. That’s why the quiet social media announcement in August 2019 left their many customers and partners surprised and saddened. Sanchez and Elms were shuttering the operations of

Bee Free and moving on with their lives. All that remained of the company that launched the groundbreaking vegan honey were a few bottles of it. Once they were gone, Bee Free was gone, for good.

While we can hope that Bee Free Honee will soon make a triumphant return to store shelves, there’s no need to despair! We’ve curated a list of cruelty-free honey alternatives plus a DIY recipe to help fill the syrupy-sweet void.

These bee-friendly sweeteners are all vegan, gluten-free, and healthy alternatives to honey. Enjoy them atop pancakes, waffles, and oatmeal; drizzle them in your beverage of choice; or use them in place of refined sugar in your favorite baked goods.

## DATE LADY DATE SYRUP

\$7.99 for 12 oz.  
ilovedatelady.com

## D’VASH SWEET POTATO NECTAR

\$11.99 for 16.6 oz.  
dvashorganics.com

## JUST LIKE HONEY RICE NECTAR

\$6.99 for 16 oz.  
veganessentials.com

## AGAVE NECTAR

Average retail price \$6.00 for 16 oz.  
Available at most major grocery outlets nationwide.

## SUPER-SIMPLE VEGAN HONEY RECIPE

### INGREDIENTS

- 8-12 medium-sized apples, juiced (see Note)
- 1 cup vegan sugar of choice
- 1-2 teaspoons lemon juice (less for a sweeter final product)

NOTE: As a recipe shortcut, use 2 cups of prepared apple juice. Just be sure to choose a bottled juice that contains only the juice of apples and no additives.

### DIRECTIONS

1. Combine all ingredients in a saucepan and bring to a rolling boil over medium-high heat, stirring often to avoid scorching.
2. Reduce to a simmer until the liquid has reduced by half, about 20-30 minutes, stirring occasionally.
3. Pour into a glass jar and allow to cool before sealing.
4. Store your final product in the refrigerator.



## The Los Angeles Lakers Are Teaming Up With Beyond Meat

by Peter Manley

Beyond Meat is now making its way into the big leagues. In Fall 2019, the very successful NBA team the Los Angeles Lakers broadcast that it will be partnering with the ever-growing vegan meat brand Beyond Meat.

The partnership between the two entities is for Beyond Meat's "Go Beyond" campaign. The vegan brand has hopes to educate sports fans nationwide about the benefits of eating plant-based foods to potentially inspire them to eat more plants.

The Los Angeles Lakers were pleased to initiate the long-term partnership agreement with Beyond Meat. In a recent statement, Lakers President of Business Operations Tim Harris said, "We are excited to welcome Beyond Meat as a new sponsor of the Los Angeles Lakers. They are an

innovative and forward-thinking company with established and successful relationships with NBA players around the league. Anytime we can align with a company that is looking to improve the wellness of our players, as well as our fanbase, we think it's a very good fit and we look forward to a great relationship with Beyond Meat."

As a fundamental aspect of the partnership, Beyond Meat will be networking with LA Lakers fans in the form of promotions and opportunities to try the brand's plant-based offerings. To celebrate the launch of the partnership, a Beyond Meat food truck served up delicious vegan burgers right outside of the LA Lakers' solar-powered training facility located in El Segundo – where Beyond Meat just happens to be based as well.

In an effort to further promote the partnership with Beyond Meat, the vegan Los Angeles Lakers center JaVale McGee attended the event. "Shifting to a plant-based diet has been a literal game-changer," he said. "And I'm excited to have my two favorite LA brands partnering to make plant-based eating not only delicious, but accessible."

This serves as a major win for the Beyond Meat company and the vegan movement. Beyond Meat's CEO Ethan Brown says it best: "As an LA-based company, we are excited to team up with one of LA's most iconic brands to engage our local community and further amplify awareness of our delicious plant-based meats that serve both body and planet."

## Yogurt Brand Yoplait Introduces Dairy-Free Line

by Peter Manley



The big-time yogurt company Yoplait has introduced its very own dairy-free line, called Oui, made from coconut milk. It's planned for nationwide retailer distribution in 2020.

As part of Yoplait's new Oui line, you can expect a wide variety of flavors to choose from, including strawberry, raspberry, vanilla, mango, and other flavors. And, rather than coming in a plastic container, each serving of Oui comes in its own signature glass jar that's complete with fruit on the bottom.

As society continues to become more interested in plant-based alternatives to traditional foods, Yoplait plans to accommodate the growing need. In an interview with VegNews, Yoplait spokesperson Bridget Christenson said, "There is growing consumer interest in adding plant-based foods into their diets and we want to be able to serve a wide variety of consumers. There are many reasons that drive consumers to purchase dairy-free – some have strongly held beliefs about how dairy impacts the environment or concerns about dairy's impact on the body, some may have health reasons like dairy intolerance or avoid dairy as part of a weight-loss regimen."

In the interview, the Yoplait spokesperson further explains that the Oui brand was born out of an interest to cater to people who are experimenting with dairy-free food and beverage options. While Oui is definitely exciting news for the plant-based movement, it isn't the first step Yoplait has taken toward plant-based options. In March 2019, Yoplait introduced a coconut milk-based Panier de Yoplait Végétal au lait de Coco and the almond milk-based Panier de Yoplait Végétal au lait d'Amande in France. A January introduction of the Liberté Dairy-Free version in Canada is also planned.

## CEO of Vegan Fast Food Chain Makes the Forbes "30 Under 30" List

by Peter Manley

A few days ago, the international media company Forbes released its yearly "30 Under 30" list, which names thirty influential and inspiring leaders under the age of thirty. Of the more than 20,000 nominations, several vegans made the list for 2020, including co-founder and CEO of Plant Power Fast Food (PPFF), Zach Vouga.

Vouga was selected as the 29th listed in the Food & Drink category, being recognized for his bold and admirable mission to "create a vegan version of McDonald's."

Plant Power Fast Food, a Southern Californian vegan fast-food chain, is well known for its vegan versions of common American fast-food meals, such as chicken nuggets, almond milk-based milkshakes, and its popular Big Zac, a plant-based take on the



famous McDonald's Big Mac.

Vouga's fast-food company is a push toward a vegan future, especially in the fast-food industry. In an interview with vegan website Vegnews, Vouga mentions that "it's only a matter of time before we (vegans) take over." He continues, "The beef industry is on its heels, the dairy industry is shaking, and the fast-food industry is literally scrambling to maintain relevancy. It's a thing of beauty to live through and help actualize, and the nod from Forbes both signifies and fortifies the tidal change."



## Plant-Based Meat Company Turns Down \$1 Million Offer on *Shark Tank*

by Peter Manley

If you've ever watched the popular sitcom series *Shark Tank*, then you know that landing an investment opportunity from "the Sharks" can be a task. For most aspiring entrepreneurs, a \$1 million offer from Mark Cuban would be a one-way ticket to success.

For the co-founders of Atlas Monroe, however, this otherwise grandiose offer was less than ideal. In the eyes of the founders of the Atlas Monroe, Jonathan and Deborah Torres, their unique and vegan take on fried chicken was worth much more than Mark Cuban had to offer.

The company was born out of Deborah's desire to find a healthier and better-tasting plant-based alternative for fried chicken, especially after their father was diagnosed with type 2 diabetes.

According to an article published on CNBC, Deborah said, "My whole family

and I went on a raw, vegan and organic diet for 90 days. We grew really 'hangry' at each other from just eating salads and fruit salads. After the 90 days, [my father] was completely healed. We vowed to stay organic, plant-based and natural. We continued to experiment, and Atlas Monroe was born."

Jonathan and Deborah did such a great job in developing their plant-based fried chicken that the Sharks were nearly fooled. In fact, during the episode, Barbara Corcoran said, "You fooled me!"

After a session of number crunching, a standard procedure in the show, most of the Sharks decided to remove any offers from the table. All of them, that is, except for Mark Cuban and Rohan Oza.

Following a short series of back-and-forth offers and rejections, Cuban and Oza finally decided to team up with an offer

they believed the co-founders couldn't refuse. The two Sharks offered \$1 million dollars for 100% ownership of the company, with 10% in royalties given to Jonathan and Deborah.

However, the co-founders of Atlas Monroe quickly declined. The co-founders would "fulfill orders and hit a million dollars immediately," Deborah explained. "We walked away from a million dollars, and we're walking into \$24 million [which is the amount she estimates the business to generate]. We know we have something really extraordinary in our hands."

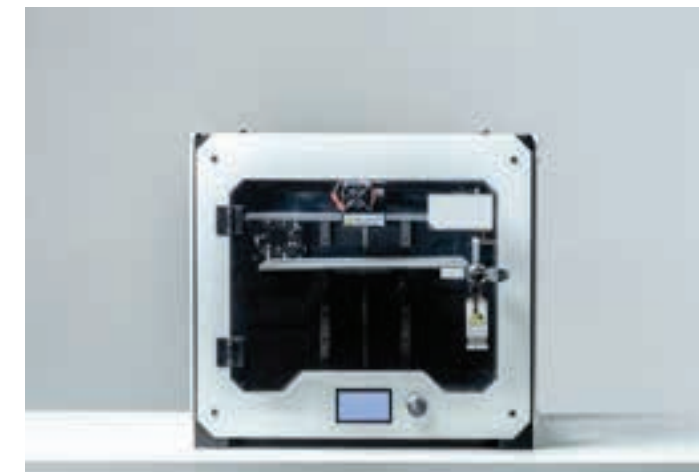
Deborah admits that Atlas Monroe is a child of her mother's secret recipe. Although it is known to be made entirely of wheat gluten, the secret to the surprisingly chicken-like taste and texture is all in the spices.

## Plant-Based Meat Market Attracting 3D Printing Firms

Meat alternatives are increasingly becoming mainstream and 3D printing businesses, such as Israel's Redefine Meat and Spain's Novameat, believe their technology can help improve plant-based products and speed up the manufacturing process. Such potential has seen both Redefine Meat and Novameat attract the backing of investors recently.

Companies behind the fast-developing 3D printing technology have set their sights firmly on working with the rapidly-growing plant-based food industry, writes GlobalData.

Andy Coyne, Food Correspondent at GlobalData, says: "If we thought about 3D printing and meat at all, it was probably the idea that at some stage in the future the process would lead to the creation of a steak in a lab. It had a feel of science fiction about it."



Coyne continues: "What these companies have now worked out is that their technology can help plant-based food manufacturers to make a better product. This is a more practical and possibly faster-to-market use for the equipment."

At the moment, most plant-based meat businesses use extruders to make their products, which generally do not allow them to create fibrous or "muscle-cut" meat substitutes. It also means they are often reliant on ingredients that may be seen as unhealthy such as soy and wheat gluten.

The 3D printing businesses say that, by using their technology, the plant-based industry will be able to ditch these ingredients and use more fibrous options such as pea protein and rice protein.

Coyne adds: "This is a classic case of the law of unforeseen circumstances. The 3D printing firms are on the cusp of solving a problem that they probably didn't know existed when they were perfecting their technology."



## Texas' First All-Vegan Cheese Shop Opens

Texas' first vegan cheese shop, Rebel Cheese Vegan Deli & Wine Shop, has opened in Austin, TX, after a long-awaited construction process.

Husband and wife team Kirsten Maitland and Fred Zwar have partnered to bring their vegan artisan cheese creations to the burgeoning Austin restaurant scene. The plant-based gourmet cafe will be the first of its kind south of the Mason-Dixon line.

The couple relocated to Austin 7 years ago via Fred's hometown of Seattle. Kirsten grew up in England and has an affinity for the concept of European cafes. This fueled her to create a unique upscale-vegan wine shop and deli that centers around plant-based cheeses that are made in-house, along with craft sandwiches and salad creations.

The pair is excited to use their passion for planetary change to provide good-tasting vegan cuisine and transform Austin's growing plant-based restaurant mecca.

They can be found & followed at <https://www.rebelcheese.com>

Inside a Vegan-vs.-Vegan Controversy: Where Do You Stand?

by Diana O. Potter



We VEGWORLD readers know all about it. And most of us are pretty happy about it.

But not all of us.

“It” is the dramatic and newsworthy large-scale growth of traditional meat and dairy companies that are enlarging their investments in plant-based foods. Of course, they’re doing so in response to the growing number of people with plant-based lifestyles demanding more foods they can eat at lower cost — and buying them in ever-increasing quantities. More buys equals more happy customers and more profits, the reasons why any company anywhere is in business.

So that’s great, right? What’s not to like about such a remarkable phenomenon, given that the American diet has been meat-based since long before there was an America? And we know so much now about the health benefits of eating plants instead of meat. Shouldn’t we be thanking the big meat and dairy companies for buying or investing in the small or start-up producers of the plant-based foods we love?

Turns out the answer depends on which vegans you talk to.

Vegan author Colleen Patrick Goudreau has researched vegans’ current perspectives and considered them alongside the reasons for the formerly non-plant-based companies’ moves in our direction. This article sums up her findings as follows.

Why Some Vegans Don’t Like “It”

Besides gratitude, many of us have considerable admiration, even affection, for the vegan companies that started plant-based foods’ huge growth in popularity. We may sometimes feel regret that the bigger animal-products companies have absorbed them, changing their character in a way — but some of us are *really upset* about it:

These vegans accuse the vegan companies of “selling out” and even call for boycotting their products now that they’re aligned with “big business.”

Although they may previously have eaten and enjoyed some of the vegan companies’ products, many of these vegans now condemn them as unhealthy, over-processed, and, surprisingly, worse for your

health than animal products!

And woe to those who attempt to defend the small companies for their “big-biz” decisions: They’re all too likely to hear themselves accused of being apologists for the big companies or even betraying the animals by defending the small firms.

How the Animal-Products Companies Might Reply

It’s unknown whether the animal-products companies are much aware of the negative views expressed by a relatively small number of vegans. But if they did, here’s how they might reply in their own defense:

“As with any company in business to generate profits, that has to be our goal. To achieve it, we can’t be in business to first satisfy anyone’s ideology.

“That said, we aren’t committed to killing animals. We’re committed to making profits. If we can make profits without killing animals, we’ll gladly do it.

“In fact, besides buying companies that make plant-based foods, some of us have begun making them ourselves, including Tyson Foods, Kroger, Kellogg’s, and Hor-

mel Foods — a clear indication of our growing concern for more than just profits: the animals, people’s health, and the environment.”

How the Plant-Foods Companies View “It”

The plant-foods companies selling all or a portion of themselves (as investments) to larger ones might have this to say:

“We were small, with small distribution of our products, and we might have stayed that way for a long time — meaning we would reach only a relatively small number of plant-based customers with products that would tend to cost more because of fewer sales.

“We took the risk and accepted the hard work involved in starting any new business, including finding the money not only to start it but also to keep it going and, if possible, growing. When we decided to sell, it was because we’d reached the limit of our own capabilities to do those things.

“We’re happy that a bigger company with far greater capabilities is producing larger quantities of our products and distributing them more widely, with the result that they are selling more of them at lower cost to our loyal customers.”

What Do You Think?

So, which side of the vegans vs. big-animal-products-companies-going-vegan do you identify with more closely?

Since the trend toward more production of more vegan products by more animal-products-based companies seems highly likely to continue, the vegans who don’t like it may become more marginalized with time. Or, their numbers may grow, and their voices may grow louder and have a greater impact.

Only time — and the rate of growth of the companies going vegan — will tell.



Matthew Kenney Opens New Restaurant Concept In Costa Rica In January 2020

Celebrity Chef and Wellness Entrepreneur Matthew Kenney is adding a notable location to his list of plant-based dining concepts. Matthew Kenney Cuisine, in partnership with Youri Benoiston, Lamia Funti, and Marcus Andrews, will open Casa Planta, a farm-to-table restaurant creating unique takes on local cuisine, located in the new IGLOO Beach Lodge hotel in Manuel Antonio, Costa Rica. The restaurant will be situated within walking distance to the area’s national park and just steps from the pristine beachfront.

The partnership will launch at the tail end of an expansive period for Matthew Kenney Cuisine (Kenney’s restaurant group). Adding to the recent opening of the incredibly successful Plant City in Providence, RI, MKC is set to open Hungry Angelina, a casual dining option in California and New York as well as an Italian concept in San Francisco and a raw-vegan restaurant on the top floor of the ALO Yoga flagship store in NYC – just to name a few.

Casa Planta will add to MKC’s international profile, which currently includes restaurants in Argentina, Bahrain, Brazil, and Australia, and will be the first of several projects to launch in Costa Rica in the coming months. With Casa Planta, Kenney will combine his extensive experience in hospitality and plant-based cuisine with his passion for the rich variety and unique flavors of Costa Rica using locally sourced ingredients.

Sustainability is at the core of Casa Planta’s mission. Kenney intends to practice sustainable ideals, put a high value on overall wellness, and focus on energy conservation, locally grown foods, and a connection to nature. The priority is to create a delicious, health-conscious way of life through a plant-based practice.

Costa Rica is taking the lead on environmental and sustainable practices and is set to become the first carbon-neutral free country by 2021.

“Opening my first restaurant in Costa Rica with my friend Youri brings me home. I grew up in Maine, where I was surrounded by wildlife and developed a deep love of and connection to nature. Costa Rica is abundant with fresh aromatic fruits and vegetables year-round, and aligns perfectly with my roots and values.”

The goal is to produce a better quality of life for everyone who steps foot in the space and create an all-encompassing effort to make a whole and “pure life.”

IGLOO Beach Lodge is a provider of luxury, eco-tourism accommodations and out-of-the-ordinary travel experiences. The property exists to meet the ever-increasing demand for such travel experiences and the growing desire for sustainable tourism in one of the world’s most breathtaking locations.

# VEGWORLD EVENTS CALENDAR



Looking for the most exciting, fun, inspiring, and informative vegan events worldwide?  
Here they are! If you have an event coming up, let us know.

Send the details to [editor@vegworldmag.com](mailto:editor@vegworldmag.com)

## [Fort Myers Veg Fest 2020](#)

Jan 5, 2020  
Fort Myers, FL

## [Naples Veg Fest 2020](#)

Jan 12, 2020  
Naples, FL

## [Sedona VegFest 2020](#)

Jan 18 - 19, 2020  
Sedona, AZ

## [The Humane Hoax Online Summit 2020](#)

Jan 18, 2020  
Online

## [Stroud Vegan Fair 2020](#)

Jan 25, 2020  
Stroud, England

## [Sactown VegFest 2020](#)

Feb 1, 2020  
McClellan Park, CA

## [Shamayim's 2020 Jewish Vegan Animal Advocacy Retreat](#)

Feb 7 - 9, 2020  
Brandeis, CA

## [4th Annual Gainesville VegFest 2020](#)

Feb 15, 2020  
Gainesville, FL

## [Arizona Vegetarian Food Festival 2020](#)

Feb 15 - 16, 2020  
Scottsdale, AZ

## [Get Healthy Sacramento Speaker Series 2020](#)

Feb 15, 2020  
Sacramento, CA

## [SWFL Veg Fest 2020](#)

Feb 16, 2020  
Bonita Springs, FL

## [Cheltenham Vegan Fair 2020](#)

Feb 22, 2020  
Gloucestershire, England

## [Miami Veg Fest 2020](#)

Feb 22, 2020  
Coral Gables, FL

## [Brighton Vegan Festival 2020](#)

Feb 22, 2020  
Brighton, England

## [Inaugural VegFest RI 2020](#)

Feb 23, 2020  
Providence, RI

## [PHX Vegan Food Festival 2020](#)

Feb 29, 2020  
Phoenix, AZ

## [PHX Vegan Food Fest 2020](#)

Feb 29, 2020  
Peoria, AZ

## [Space Coast Fresh Fest 2020](#)

Mar 1, 2020  
Cocoa, FL

## [Prevent And Reverse Heart Disease And Cancer For Women Conference By Jane Esselstyn](#)

Mar 7, 2020  
Lyndhurst, OH

## [Ocala Veg Fest 2020](#)

Mar 8, 2020  
Ocala, FL

## [Vegan Life Live](#)

Mar 14 - 15, 2020  
London, England

## [Essex Vegan Festival 2020](#)

Mar 14, 2020  
Colchester, England

# VW

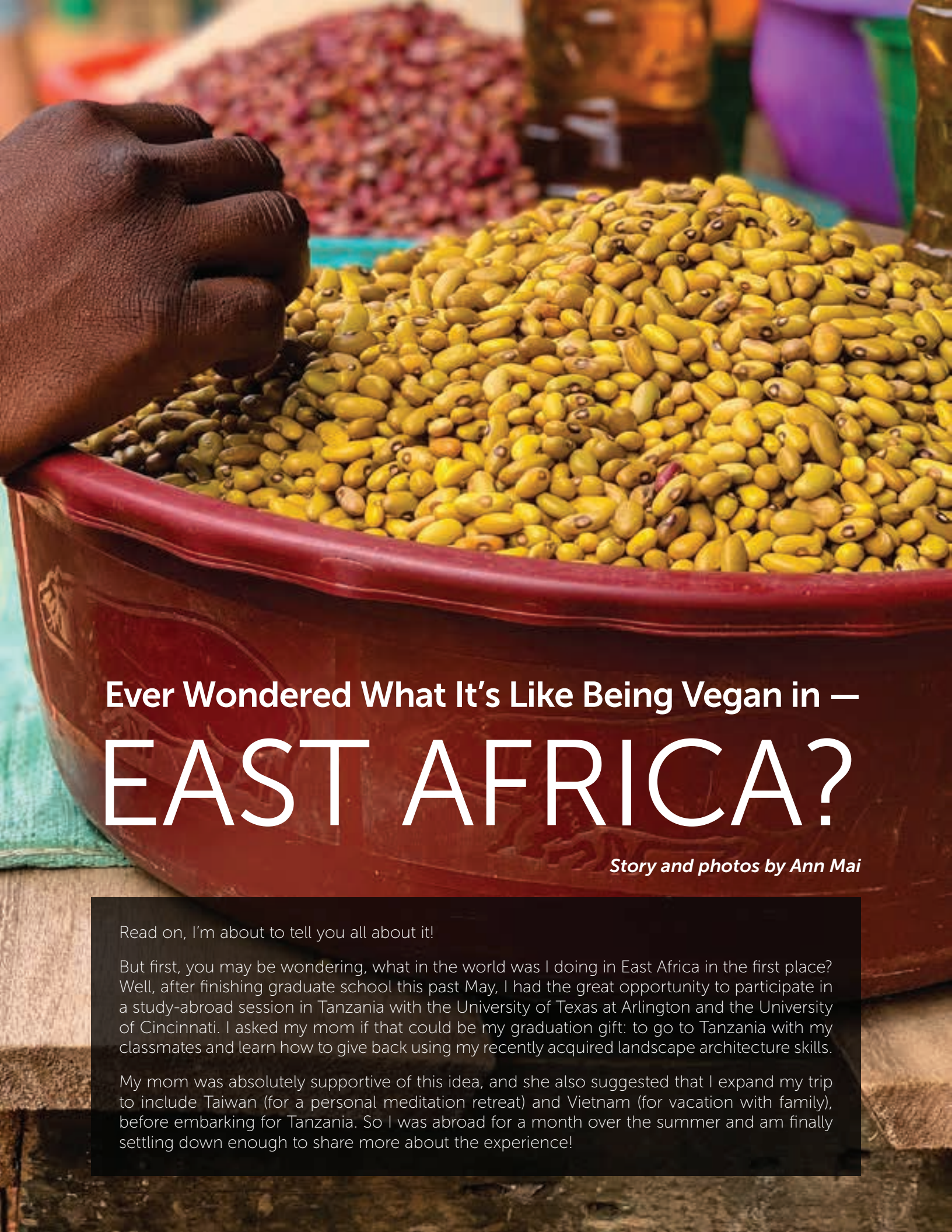
## JOIN THE VEGAN EVOLUTION ADVERTISE WITH US

VEGWORLD is passionate about capitalizing on the growing trend of vegetarianism and vegan eating and building a loyal community of readers. Our regular features are carefully designed to excite readers about being part of the vegan lifestyle; provide the latest news and information on the newest and best veggie products; help ease them through a transition; provide them with cutting-edge information about how to look and feel incredible; show them how to integrate veganism into their lifestyle; give them mouthwatering recipes to share with friends and family; and inject doses of compassion to help them stay on track.

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# Ever Wondered What It's Like Being Vegan in — EAST AFRICA?

*Story and photos by Ann Mai*

Read on, I'm about to tell you all about it!

But first, you may be wondering, what in the world was I doing in East Africa in the first place? Well, after finishing graduate school this past May, I had the great opportunity to participate in a study-abroad session in Tanzania with the University of Texas at Arlington and the University of Cincinnati. I asked my mom if that could be my graduation gift: to go to Tanzania with my classmates and learn how to give back using my recently acquired landscape architecture skills.

My mom was absolutely supportive of this idea, and she also suggested that I expand my trip to include Taiwan (for a personal meditation retreat) and Vietnam (for vacation with family), before embarking for Tanzania. So I was abroad for a month over the summer and am finally settling down enough to share more about the experience!

**WHILE IN TANZANIA**, we were hosted by an incredible non-profit organization called the Village Life Outreach Project (VLOP), based in Shirati. Their work focuses on empowering partnerships in three remote and impoverished villages in Tanzania (Burere, Nyambogo, and Roche). My classmates and I had the incredible opportunity to develop a landscape design for the developing Roche Health Center. I have a lot of photos of our transactive, collaborative process with the community, and I'll share more details about our time in Tanzania in a future blog post on my site.

Our trip in East Africa started in Kenya. The total trip lasted about 11 days, with a few days on the road and 5 days spent in Tanzania working on our respective projects. We concluded our trip in vacation mode with 1½ days of safari in the Maasai Mara National Reserve in Kenya.

As for eating vegan there...here you go!



1



2



3



4

**1. Nairobi, Kenya** | Breakfast at our hotel in Kenya — with a vegan blueberry muffin I got from the Dubai airport. Dubai's airport has a pretty great variety of options; I'll have to share them with you later!

**2. On the road in Kenya** | Lunch on our first day traveling in Kenya! It was very simple, but I loved the chapatis and the kale. I decided to combine everything in a wrap, and my friend told me I was totally being a food blogger/food stylist...of course, that's on-brand for me!

**3. Shirati, Tanzania** | Breakfast was usually PB&J for me, as the only other option was boiled eggs or non-vegan pancakes. The bread in Tanzania was a bit dry, so I wished I had packed some almond or soy milk to wash it down!

**4. Roche, Tanzania** | Lunch at our project site — what a view! Usually I would eat half my breakfast in the morning and pack the other half for lunch. I also brought plenty of snacks such as protein bars.

**OVERALL, MY TOP TIPS** for eating vegan in East Africa would be:

- Pack lots of healthy, filling snacks, such as vegan jerky, trail mix, and protein chips and bars! Snacks were important on this trip, because we were on the road quite a bit (sometimes driving for a whole day), so it was best to be prepared.
- Make arrangements with your accommodations but also go with the flow. Before we left, our VLOP hosts in Tanzania were made aware of my dietary restrictions, and my professor said it shouldn't be a problem as they've had vegetarians on the trip before. As it turned out, being vegan over there was pretty easy for me to navigate, because most of the meals were some combination of rice, meat, beans/legumes, and veggies (buffet-style in separate pots). I was able to serve myself what I needed, and on some off days when there were no beans or legumes, I would just pull out some vegan jerky to supplement my meal.



**DURING OUR STAY** with VLOP in Shirati, Tanzania, we were very well taken care of by a team led by Robert. Robert was The Man! He always checked to make sure I had enough to eat as a vegan. At first, he was surprised and concerned that my diet doesn't include eggs, but I assured him I had plenty to eat. I also made sure to pack plenty of snacks, as I've said and you'll see.



**MY FAVORITE MEAL** in Tanzania was the last dinner Robert made for us; unfortunately, it was too dark for a good-quality photo. He made us pilau (aka pilaf): rice cooked with potatoes and lots of spices, which made it so fragrant and unique. I don't know all the exact spices, but I could taste nutmeg, cloves, and some cinnamon in there! The pilau was served with a simple slaw (cabbage, bell peppers, tomatoes) and sautéed cabbage with tomatoes. I will remember the flavors forever.

**Shirati, Tanzania** | "That looks like an Instagram post!" This was one of my favorite meals that Robert made for us: You can't really go wrong with carbs, protein, and a green! This was mashed potatoes with sautéed kale and some kind of beans, cooked in a savory sauce with spices.



**1. Shirati, Tanzania** | Of course I had to bring ramen noodles (and my chopsticks) with me on this trip! Eating instant noodles can be so comforting and convenient, whether it was a late night at the airport or when I started craving Asian food during my time in Africa. I shared some with my classmates, too!



**2. Shirati, Tanzania** | Another favorite simple meal: chapatis, tomato cabbage slaw, and lentil soup! It was light but satisfying.



We also brought watermelon with us to enjoy at the top of the hike.



**4. Nairobi, Kenya** | Something I should mention is that throughout the whole trip, my group and I had to be sure to take our malaria medicine every 24 hours (either at breakfast or at dinner). Additionally, after the trip, we had to keep taking the malaria pills for another 7 days, to keep the medicine in our system. They say it's not a matter of whether you'll get malaria or not, because you will definitely be exposed to it; the important thing is to have the medicine in your system! Anyway, I'm glad those pills are over, because I'm really bad about remembering that stuff.

**HAVE YOU EVER HAD MANDAZI**, also known as a Swahili bun? It's a fluffy East African treat made of fried dough, and it reminded me a lot of beignets. Robert made these for our last breakfast in Shirati, and I packed some to eat on safari! Robert assured me there were no eggs or milk in them. The dough is typically made with water, flour, yeast, sugar, and, yes, sometimes milk, so you just have to check; it depends on who makes it! I ate mine with maple syrup, but they are also often eaten alone or with powdered sugar. I loved these because they're not too sweet!



**1. Maasai Mara National Reserve, Kenya** | This was one of our first meals at the lodge where we stayed during our safari in Kenya! There were plenty of vegan options in their buffet. I was particularly excited to see mashed taro on the menu...I love taro, but had never had it like that before! It was interesting; I might have to try making it like that at home one day.

**2. Maasai Mara National Reserve, Kenya** | While the sheer variety of food at the lodge was amazing, with tons of vegan options (mostly Indian-inspired foods), I actually found myself missing the simplicity of our meals from Robert in Shirati, back in Tanzania. Call me crazy, but a simple meal made with sincerity and love is something you can totally sense!

**3. Cedars Restaurant, Nairobi, Kenya** | For our last dinner in Kenya, our whole group went to Cedars for Lebanese food! I was very excited about this, as Mediterranean cuisine always has a ton of vegan options. My favorite part of the meal was the stuffed grape leaves and the lemon and herb potato salad — so refreshing and filling!



Well, that concludes the foodie highlights of my time in East Africa. I hope you enjoyed it! I still have tons more to share from the trip, and I hope to find time soon to work on recipes inspired by my journey. Let me know if you have any questions about traveling as a vegan — I'm happy to share my experiences and help! "Asante sana" for reading about my adventure. That's "Thank you very much" in Swahili!

Keep in touch with me for more content about my adventures!

Blog: [@plantcrush](https://plantcrush.co)

### ABOUT THE AUTHOR

**Ann Mai** is a vegan food blogger, photographer, and stylist. Outside of creating recipes to inspire others, she is an aspiring landscape architect and believes in the importance of embracing nature in our everyday surroundings.



Top: Photo by Elizabeth Carmen Martinez Photo

Middle: Photo by Sessions by Anne Salas /  
Magical Moments by Megan / Poppy +  
Rose Floral Co

Bottom: Photo by Joyce Malicse /  
Pink Salt Cuisine

"Oh, the  
weather outside  
is frightful, but  
we have tips to make  
winter entertaining  
delightful!"

# *winter entertaining tips,* **PLUS — YUM!**

*by Joyce Malicse*

The hectic holidays have come and gone, and now is the time to treat yourself and your friends to a quiet and elegant plant-based dinner. To create a memorable dinner event, the team from Pink Salt Cuisine first share their favorite tips for easy entertaining, then share their delicious recipe for **Red Lentil Soup with Cilantro-Pepita Pesto** (in the recipe section)!

## **Tablescapes**

Set the scene with rich colors like burgundy, navy, forest green, and gold.

"When we design tables during the winter, we love to use colors that lend [themselves] to warm feelings," says Melissa Carter, co-founder of Pink Salt Cuisine, a plant-based catering company in Southern California. "Deep colors like burgundy, navy, and forest green look elegant, and when you add metallic pops of gold or silver, it creates an extravagant feeling."

Textures also go a long way in setting the mood. From velvet table runners to smooth satin napkins, these luxurious fabrics add dimension to table settings. An easy way to dress up a place setting is to tie your napkin in a knot and set it on top of a plate with a sprig of rosemary tucked into the knot.

As the main decor during dinner, centerpieces can range from simple candles to elaborate floral arrangements. When selecting centerpieces, one of the most important elements to remember is height: Guests should be able to see each other while speaking without having to move the centerpiece!

This can be achieved by using staggered heights for candles or using low florals that are less than 12 inches high. Loose leaves, like eucalyptus, also add a nice, natural touch to table settings.



## Music to Your Ears

The perfect playlist can set the stage for a wonderful evening. For a quiet night filled with conversation, light jazz and acoustic guitar provide the perfect level of ambient music. For a festive gathering, top-40 is a crowd pleaser for most age groups.

For a more curated list, you can even have different genres for each part of the dinner. Start your first course with upbeat jazz, and move into slower acoustic during the entree. Music apps like Spotify feature playlists for every occasion and can serve as your personal DJ for your evening soirée.

## Menu

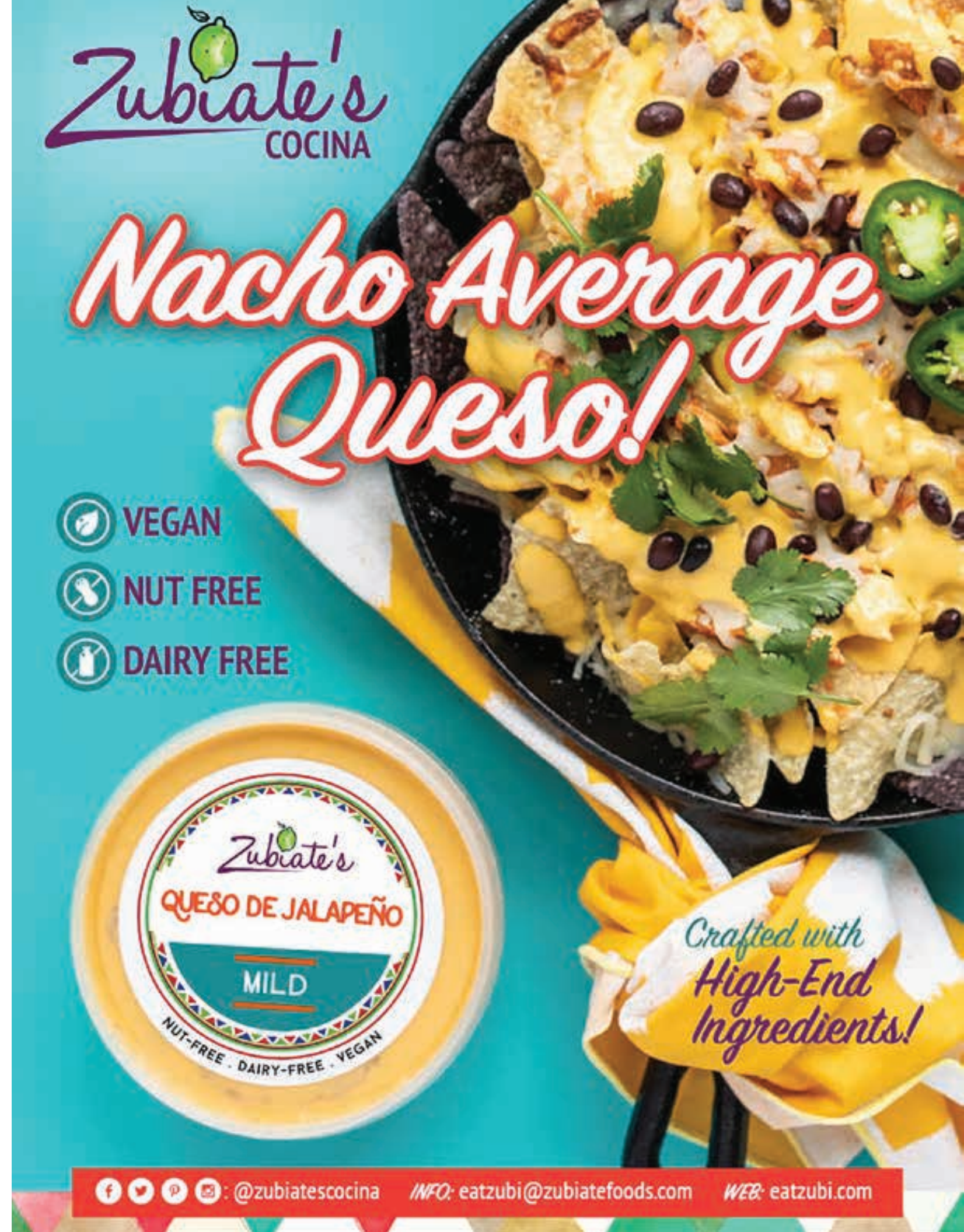
"I love serving soup for dinner, especially during the winter," says Hope Bailey, executive chef at Pink Salt Cuisine. "The warmth it provides is so soothing, and it can be creatively plated with a beautiful drizzle or garnish. The best part is you can serve soup as an appetizer, a first course, or an entree — it is so versatile!"

From vegetable chili to creamy lentil, soup is a simple dish that often tastes even better the next day. For hassle-free entertaining, make your soup the night before and serve it with the perfect bread to complement the flavors. Sourdough bread bowls are a great option, but Indian naan and rustic ciabatta also add delicious flavor and texture to a soup-based dinner.

"There is so much more to a meal than what you eat. Dining should be a full sensory experience, where you can taste, smell, see, touch, and hear," says Carter. "By incorporating these senses into your dinner, you leave yourself and your guests with a full belly and an evening they won't forget."

## ABOUT THE AUTHOR

**Joyce Malicse** is the co-founder of Pink Salt Cuisine, a Southern California catering company providing elevated and inspired plant-based culinary experiences. See what's cooking @PinkSaltCuisine on Facebook and Instagram, and at <https://www.pinksaltcuisine.com>.



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# TURN YOUR ‘I’LL NEVERS’ INTO REALITIES OF CHANGE!

by **Wendie Pett**

*“I’ll never eat like that again!”*

*“I’ll never drink that much again!”*

If you’ve ever muttered either one (or both) of those statements, and yet you actually did eat or drink like that again — you’re not alone.

The average person regrets but doesn’t *painfully* regret, at least not enough to quit the cycle of self-inflicted abuse and sabotage. Although it’s painful to go through and to watch others experience, staying stuck in the pain, balanced by the familiarity and comfort of unhealthy choices, can seem less stressful than actually taking intentional steps toward change.

The truth is...pain is real, but so is change, and change is a part of life. What’s more, when it’s about ending unhealthy habits, it doesn’t have to be painful. Quite the opposite, in fact, once you find your best path to it.

I’m sure you’ve heard the quote, “Life is a journey, not a destination.” It’s a great reminder that learning, growing, and evolving are musts if you want to live fully. You can’t stop learning if you want to become a better person.

As a health and wellness professional and naturopath, obviously my bent is toward more of the physical transformation process. But the physical process can’t fully change without a renewed mindset and spiritual recalibration.

Let’s think about the four seasons of spring, summer, fall, and winter for a moment. They offer a beautiful analogy to our life journeys. Each season requires change — change in everything from atmospheric pressure, the look and feel of habitats, and the output and reception of energy levels.

Yes, some seasons are more drastic in change than others. But can you imagine if there were only winter to experience? Life would be rather dull, right? Guess why?

***You wouldn’t get to see the full beauty of transformation that occurs along the way.***

We operate in a similar fashion. Staying in a “winter season” can deepen the pain of frigid dormancy resulting from our unhealthy choices. As we move into a new year, let’s celebrate the opportunity to take new steps for a new season in life. If you’re sick and tired of doing the same thing over and over

again and not getting the outcome you desire, then it’s time for change — time to do something different.

Keep in mind, different is only “different” for a short while, until it becomes your new normal.

## STEPS TOWARD CHANGE AND A HEALTHIER YOU

The first step for real change to occur in your health is to acknowledge that you don’t want to remain in your current state of health.

Next, you must step into a place of discomfort (and possible pain) for a

short time, but this time it feels different, because you’ve put loving accountability in place to ensure that you remain true to yourself and deliver on your commitments and goals. You feel confident in taking simple action steps with strategic follow-through to get the end result.

It also “takes a village” to break through into new seasons in life when you’re stuck. Community is a must. When you surround yourself with like-minded individuals, even if your mind hasn’t fully changed into the new ways of thinking, their support will help you shift and then lock-in the new habits you desire.

Soon, the uncomfortable becomes comfortable. Guess what that means? Yes, it means it’s time for change again. You won’t keep growing if you stay in one season too long.

No matter if your health goals are shedding unhealthy weight, running a marathon, or simply getting a massage once a month, growth takes change, which takes an investment of time, resources, and energy. And you’re in control. You get to decide and believe the truth: that you’re worth investing in to reach your greatest potential, especially as it pertains to your health.

Might I add, your greatest potential isn’t just for you and it’s not selfish. In fact, the healthier you show up in the world, in mind, body, and spirit, everyone benefits, including your family, community, and the world as a whole.

## HEALTHY CHANGE: A GIFT YOU GIVE YOURSELF

Think of healthcare not as insurance and going to the doctor, but as prevention, disease reversal, and maintenance of your body. Your body is a gift. *You* are a gift! Treat yourself as a gift as you move into this New Year; unwrap your new truth and know that you’ve earned what it gives back to you.

## ABOUT THE AUTHOR

**Wendie Pett** is a full-time business owner of Visibly Fit as well as a naturopathic doctor, wife, mother, fitness expert, author, speaker, TV host, and part-time volunteer. Her business consists of whole-food plant-based wellness coaching, emotional healing, personal online training, educational and motivational speaking, and creating new products/tools to assist clients along their wellness journey. To learn more, go to <https://www.wendiepett.com>.





# MEMORIES FROM MY FIRST *Vegan Bridal Fair*

by Daniela Degrassi

When I launched The Kind Bride website in February 2018, my goal was to provide online vegan wedding resources and inspiration. In the following months, I was mesmerized by the warm audience reception and quite surprised by the amount of real vegan weddings that I was able to feature on the blog. Witnessing this growing trend, I figured the time was ripe to also host a brick-and-mortar bridal fair to allow vegan couples to connect in person with vegan-friendly wedding suppliers. Los Angeles seemed like a great place to start, being among the most vegan-friendly cities in the US.

The opportunity also arose thanks to my connection with Los Angeles-based Laura Frecon, founder of **Verte Luxe**, an online eco-luxury lifestyle platform and marketplace, who loved the idea of co-hosting the World's First Vegan Bridal Fair with "The Kind Bride."

Together we embarked on a groundbreaking journey, and this year, on September 8, we hosted "The Luxe and Kind Bridal Boutique" in the beautiful settings of **The Bel Air Treehouse**, a boho-chic, plant-based, biodynamic hideaway in the city of Los Angeles owned by Hedda Leonardi.

Surrounded by a magical energy, the three-story boutique hotel was decorated in domestic garden roses by **Rose Lane Farm**, beautifully arranged with her unique designs by **Fibers and Florals**. Rose Lane



Farm is LA's only heirloom rose-cutting farm and collaborates with many local florists that are especially conscious about sustainable practices.

It's a fact: Sustainability and veganism often go hand-in-hand during planning for a plant-based wedding, something event planners **Amethyst Event Productions** know quite well. They provided a WOW! factor with their sustainable yet glamorous dinner table setting, taking home the Most Instagrammed of the Day award. Irresistible appetizers were provided by the **Scandylous Delights** team; they specialize not only in various types of vegan cuisine, from salty to sweets, but they can also accommodate gluten-free and other



special diet menus as well. Their avocado tacos and mozzarella sticks were such a hit! Their amuse-bouches were perfectly paired with a variety of vegan wines provided by **Scout and Cellar**.

**The Pizza Plant** delighted our “Dinner with the Press” with jalapeño poppers and keeping pizza coming out of their food truck in a variety of delicious flavors (my picky Italian palate can vouch for it), while **Pink Salt Cuisine** created a divine charcuterie tray filled with vegan cheeses and spreads that had everyone going back for seconds, thirds, and fourths....

All of our vendors serving food used compostable plates and napkins; wine and other drinks were served in small Mason jars.

Sustainability was indeed an important factor of our event. That’s why we decided to host a panel throughout the day, speaking with some of our exhibitors.

We spoke about the importance of reducing waste at weddings with **Amethyst Event Productions** and **Opus Agency** event planners. Our panel also included **Everlasting Vegan Events**, sharing tips on what to watch out for when planning a vegan wedding (it’s not just about the food!); photographer **Michelle Ray**, talking about the hidden animal products in photography practices and products; and clean-vegan beauty experts **Rebecca Casciano** and **Dr. Lily Rose**, sharing their knowledge and tips on plant-based makeup. The two also offered complimentary consultations to our guests.

We were so honored to welcome on our panel **Ashley Frohnert**, Senior Social Media Manager at People for the Equitable Treatment of Animals (PETA), to which we donated part of the event proceeds. Ashley came to share her experience planning her own double coast-to-coast vegan wedding and provided many helpful tips to our guests.

Our event also hosted a pop-up filled with shopping opportunities, from beauty to bling! **SUDSOURCE** is a Verte Luxe favorite, and I can see why they are so appreciated! Besides being organic and vegan, the brand is also eco-friendly for their refillable practices, which save on the unnecessary and harmful waste of single-use packaging. **Kristina Athey** displayed a wide variety of vegan-friendly **Arbonne** products. We were proud to showcase **Almaza Jewelry**: fine rings and jewels locally handcrafted using 100% recycled metals and raw, rose-cut, conflict-free diamonds. And **The Noces** raffia handbags were just the right touch for those already thinking about their honeymoons on sandy beaches. All the while, the effervescent team of **Special Event DJZ** delighted the attendees with just the right tunes.

The venue guests were also delighted by the presence of **Silviyana** models wearing eco-friendly wedding gowns made of banana leaves from the Philippines, styled with luxe and handmade bridal accessories by **Kata Banko Couture**, and the new **Venus** sandals by **Veerah**.

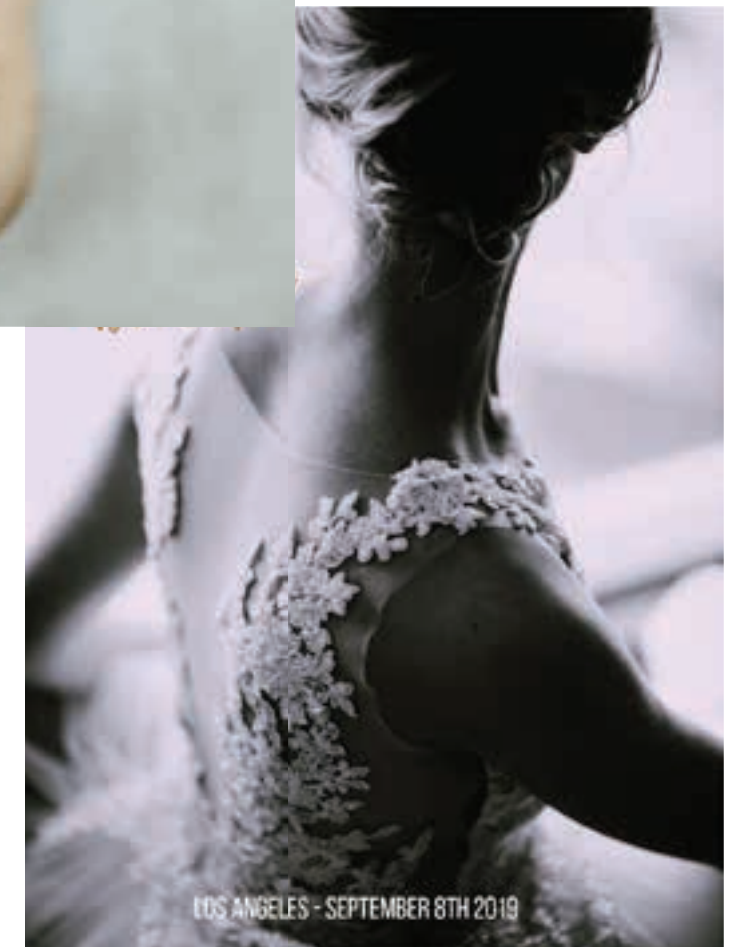
Of course, we couldn’t leave the vegan groom behind. All the way from Chicago we displayed the stylish tuxedos from **The Groomsman Suit** and had the honor to showcase their revolutionary new look: a sleek women’s tuxedo!



Photographers **The Hendrys** proudly displayed their new vegan photo albums and prints (a recent find through an East Coast supplier), while videographer Courtney Roberts of **Wild in Lace** captured highlights of the day on video camera! Courtney wowed everyone with her video album box, another groundbreaking vegan-friendly product we were able to showcase at our event. Our very own vegan bride **Alexandra**, whose wedding we featured on The Kind Bride in August, came to cheer for her photographer **Eve Rox**. **Vegan Nom Nom Tours** joined our lineup at the very last minute. And I am so glad they did, because their vegan food tours are a perfect fit for a wedding fair! Many are the occasions when you can use their services — even to keep wedding guests entertained during their stay while they learn the delicious ways you can stay vegan in the City of Angels.

Local, beloved **Donut Friend** not only supplied energy during our event setup with their delicious donuts but also donated a \$100 gift certificate as one of our raffle prizes. **Maya Eco Tours** donated an adventurous nature excursion in Tulum, Mexico, and **The Pizza Plant** offered a rehearsal dinner for a lucky bride-and-groom-to-be!

We joyfully handed out many gift bags with lots of jaw-dropping goodies from the suppliers in the house (the



# sustainability



eco-friendly

matcha chocolate cupcakes from **Aliment Kitchen** were one of my faves!), and a few from far away, like our own blog contributor and destination stylist **The Stylist Abroad** and, from **Wanna Date?**, their gluten-, nut-, and soy-free spreads.

Laura and I are extremely grateful to all these talented vendors who joined us in this first such memorable event. Not only are they talented professionals, but they are very caring individuals who believe in connecting on a personal level while helping you plan your compassionate wedding. It was especially heart-warming to see them happy to come together as a community for this unprecedented and joyful day.

To stay caught up with the newest finds in vegan wedding style, visit <https://www.thekindbride.com>

#### ABOUT THE AUTHOR

An incurable enthusiast and independent spirit since she could remember (her childhood heroines were Pippi Longstocking and Katharine Hepburn), **Daniela Degrassi** found her creative outlet as a lifestyle photographer, working mainly in Northern California. She currently splits her time between the San Francisco Bay Area and her native Italy to continue to be her autistic sister's primary caregiver. Vegan since 2014, she found a perfect way to carry her message of compassion while celebrating her love for the wedding industry, launching "The Kind Bride" in February 2018.

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# VEGAN ADVENTURES

## *On Main Street!*



by Victoria Moran

Four times a year, I get a week-long staycation in the Big Apple, where I visit charming vegan shops, dine in fabulous vegan restaurants, and learn from the best and brightest in the plant-based world.

How did I get so lucky? Well, seven years ago I wrote a book called *Main Street Vegan*. That spawned an eponymous podcast, a production company (we produced Thomas Jackson's documentary, *A Prayer for Compassion*), and Main Street Vegan Academy — training and certifying Vegan Lifestyle Coaches and Educators (VLCEs). It's the Academy that gives me those quarterly working holidays, along with some 18 lucky students.

Main Street Vegan Academy has a three-tier curriculum:

1. **Vegan Principles** – health, nutrition, animal rights/animal law, environment, vegetarian history, animal use, and alternatives in fashion
2. **Communication Principles** – presentation skills, coaching and counseling techniques, working with mixed and transitional families, and the art of the food demo
3. **Business Principles** – digital marketing, plant-based business and your place in it, and going from a fulltime day job to a full time (and self-supporting) vegan.

Our faculty includes Robert Ostfeld, MD, the cardiologist in charge of the Cardiac Wellness Program at Montefiore Medical Center Einstein Campus; Marty Davey, MS, RD, engaged in a five-year NIH study at the University of South Carolina; Chef Fran Costigan, author of *Vegan Chocolate*; Our Hen House co-founder and Columbia Law School professor, Mariann Sullivan, JD; fashion designer Joshua Katcher of the menswear brand Brave Gentleman; and Fred Beasley II (Doc G), executive director of NYC's Hip Hop Is Green. I also bring my 35 years' experience as a vegan, author, holistic health coach, and plant-based nutrition educator to the classes I teach in the program.

To date, we've graduated nearly 500 VLCEs from 28 countries including Australia, South Africa, and Tanzania. The student age range was 18 to 70+ until the most recent course welcomed a 16-year-old tennis prodigy from New Delhi, Ishat Jain, and the 8-year-old online influencer, Vegan Evan, both of whom attended with parents.

After an intense six days of lectures, discussions, and field trips, students graduate with their VLCE credential and membership in the private alumni Facebook group. They go out into the world to do amazing things. Among them are:

- **JL Fields**, cookbook author, journalist, vegan food and business consultant, and director, Colorado Springs Vegan Cooking Academy
- **Michaela Grob**, Riverdel Fine Foods Dairy-Free: vegan cheese shops in Brooklyn and on Manhattan's Lower East Side
- **Carolina Molea**, co-owner of the award-winning L'Artisane Bakery, Miami Beach



## *Vegan Principles*

## *Vegan Lifestyle Coaches and Educators*



They are just a few among the many others who are coaching, teaching, writing books, podcasting, starting businesses, and changing the world. Some start from scratch. Others use their VLCE certification to credibly add a vegan or plant-based component to their work as physicians, dietitians, social workers, fitness trainers, yoga teachers, clergy, and more.

In this digital age, there's magic in bringing your body to a place; immersing yourself in information taught by living, breathing presenters you can talk with and question; and meeting successful vegan entrepreneurs. We've graduated 27 classes so far, but after the very first course I knew we were onto something when one freshly minted VLCE wrote to me: "Next to having my children, this is the best thing I've ever done."

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### ABOUT THE AUTHOR

**Victoria Moran** is the author of 13 books including *Main Street Vegan* and *The Good Karma Diet*. Learn more about the Main Street Vegan Academy at <http://www.mainstreetvegan.net/academy>.

# OUR FAVORITE THINGS

From Oprah to Ariana Grande to Julie Andrews, many people look forward to their favorite things. At **VEGWORLD** Magazine, we are happy to be blessed with so many fun, new products that make checking the mail a little bit like Christmas every day! We are excited to share with you our staff's favorites.

1



## CASHEW QUESO FROM CREDO FOODS

Yes, there are a lot of quesos out there, but this one is our favorite for many reasons! It is in recyclable packaging, is certified non-GMO, gluten-free, soy-free, entirely oil-free, AND delicious with a solid kick! Now that's our kind of whole-foods plant-based queso!

2



## VEGAN ROB'S POTATO & SORGHUM CRISPS

Vegan Rob's Cauli, Dragon, and Turmeric Crisps are our answer to a veganized stacked chip that's also re-sealable for on the go! They are all made with potato and sorghum, and they are light and full of flavor and crunch! We're thankful for a healthier and totally vegan potato chip option for our snacking needs!

3



## A JOY FOREVER'S 'KEEP IT CLEAN' FOAMING FACE CLEANSER

A Joy Forever's 'Keep it Clean' Foaming Face Cleansers are gentle, refreshing cleansers that are made with 100% organic hydrosols, castile soap, and essential oils. That's it! Our editor-in-chief's favorite is the White Rose + Ginger. All bottles have a unique design and color palette over reusable aluminum spray 6-oz bottles for a fully vegan and sustainable skincare regime for both men and women.

5



## CHLOROPHYLL WATER

For those that don't know what Chlorophyll is, it is the vibrant green pigment found in plants that's a key part of plant survival and its growth process. So Chlorophyll Water distills and refines for purity and quality by going through a three-part purification process, which is triple filtered (including carbon filtration), and then UV treated to provide this enhanced drink that is optimal for our health. We love the ultra-refreshing flavors of spearmint and lemon that are incorporated in the water blend to give us that "extra" kick we're often looking for out of water!

4



## NO COW'S STICKY CINNAMON ROLL

We have always been impressed with No Cow's ability to make a protein bar taste like a candy bar. Now, they've really done it! Their newest flavor, "Sticky Cinnamon Roll," is sweet and smooth with a perfectly blended cinnamon flavor that will certainly have you reaching for another. Our staff couldn't get enough! The best part about their bars is that they are all dairy-free, certified gluten-free and kosher, non-GMO project verified, soy-free, vegan, and no sugar added. We'd say they're on a roll, for sure!

6



## ECCO BELLA'S LIPSTICK

The cleanest, safest, prettiest lipstick for those who love lipstick. And who doesn't? Ecco Bella's lipstick especially stuck out to us since it was created with a simple and healthy formula of vegetable waxes, oils, and mineral pigments that go on creamy without any flake. It feels like a lip balm, with a natural moisturizing effect that prevents flaking or chapping. It is made without gluten, FD&C dye, petroleum, or fragrances. All of their lipsticks are vegan with the exception of Claret Rose, Mauve Rose, Napa Grape, Pink Rose, Primrose, Sangria, Tuscany Rose, and REDvelation, which are colored with carmine.

# SIGN UP FOR NEWSLETTERS



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## VEGWORLD Style & Beauty

THE VEGAN FASHION REVOLUTION IS ON THE RISE, INSPIRING DESIGNERS, STIMULATING CREATIVITY, AND SAVING ANIMALS AS WELL AS, IN MANY CASES, THE ENVIRONMENT. CHECK OUT SOME OF THE LATEST TRENDS, TIMELESS PIECES, AND THE UP-AND-COMING INNOVATION OF VEGAN PRODUCTS.

# MORE LEATHER ALTERNATIVES = MORE VEGAN FASHION OPTIONS

*by Tess Chavez*

There are many alternatives to the unethical leather commonly used throughout the fashion industry, and some newer ones may surprise you!

Here's what you should know about the growing number of materials used for vegan-friendly "leather" handbags, shoes, jackets, hats, and other clothing items.



## COFFEE GROUNDS

Yes, coffee grounds! Recycled coffee grounds, fairly new to the vegan fashion markets, are used to make a type of faux leather. The kind of coffee depends on whatever kind is the most sustainable to harvest. The German sneaker brand **nat-2** launched a line of vegan shoes made from repurposed coffee grounds in late 2018. The shoes contain up to 50 percent recycled coffee grounds — not surprisingly, they also carry a natural coffee scent.



## MUSHROOMS

Mushroom leather, most popularly known as **MuSkin** (muh-skin) is created by extracting cells from a large parasitic fungus that grows in the wild; the cells are then grown in a lab. MuSkin is breathable but not waterproof. However, an eco-wax treatment can help resolve this, making it fully biodegradable. There are other names for mushroom leather, but MuSkin seems to be the most well-known and commonly used. Thankfully, unlike exotic animal skins, MuSkin can be dyed and tanned without harmful chemicals.

## VEGAN FASHION ALTERNATIVES



## CORK

Currently and most commonly used for handbags, wallets, and jackets. To get this material, bark is taken from a tree and transformed into soft cork leather. The trees are not harmed in the process; generally they are 20 years old when they are first harvested, and the bark grows back and is ready to be harvested after another 8-10 years. The cork oak tree has an average life span of 175 years and is also the only tree in the world that can be stripped of its bark and not die. This is what makes it sustainable.

Cork oak trees are grown primarily in Spain, Portugal, and France. Once the cork is harvested, it's boiled in water to make the cork cells expand, which allows them to be more easily manipulated. Then it is shaved down into very thin sheets so it can be used to produce the leather-like material. Bonus: Cork is also naturally water- and dust-resistant.



## RECYCLED PLASTIC BOTTLES

It's important to keep in mind that, although they aren't used in vegan leather production, recycled plastic bottles are in ever-greater use in fashion, in the process making a significant contribution to the environment. Brands like **Labante London** and **nat-2** are using recycled plastic bottles to produce beautiful bags and shoes! Not only is this vegan, it's a huge help in recycling waste that's not only harmful to the environment but also to the creatures that live in it — for example, the plastic that's disposed of in the sea and ingested by whales, birds, turtles, and, of course, many other animals. **Labante London** uses recycled polyester for the interior of all their handbags. **Adidas** uses a yarn that turns the ocean plastic into a polymer that is used to construct knitted footwear.



## SOYBEANS

Soybeans produce waste from tofu production that, like the other materials mentioned, can be used to create products of value in the fashion industry. To make this material, liquid waste from tofu production is boiled with vinegar, sugar, and fertilizer (to add bacteria). After sitting for 10 days, the mixture becomes microbial cellulose, at which point it can be dried and used as a vegan leather material.



## APPLE FIBERS

Apple leather is becoming more common among fashion brands that are pioneering and representing vegan fashion. Most commonly used for handbags, apple leather is produced by drying the apple peels and extracting their fibers. It is breathable, durable, chemical-free, and UV-resistant. It's not only a vegan source, but it also contributes to the recycling of industrial waste from food processing. For example, when someone buys mini-carrots, that's not how they grew originally: They were large carrots that were peeled down to size, creating significant food waste. Many brands that use apple fiber to make faux leather are sourcing it from similarly created apple waste.

# VEGAN FASHION ALTERNATIVES



## CORN

Another product from the food-wasting industry is corn leather, which constitutes some of the latest talk from brands like **Reebok** and **Vega** about their recently released sneakers. Most often, a product is made from 50% leftover corn waste combined with cotton, another vegan material.



## TEAK LEAF

Teak leaf leather is a layered material made from sustainably harvested teak leaves. The leaves are fused with fabric and then sealed to preserve their natural leaf-like design. This not only makes the material vegan, but it also makes each piece unique in its own right, as no one piece will look like any other. Teak leaf leather is said to be strong, durable, and water-resistant.

As you can see, vegan alternatives to leather are not only a much more ethical alternative but also a more sustainable and environmentally friendly option. And they aren't limited to the materials discussed here; vegan leather can also be created from other vegetables, kombucha tea, coconut water, classic polyurethane, paper, wood, linen, hemp, polyester, acrylic, and nylon — showcasing how unnecessary it is to continue to support unethical brands that kill animals just to produce leather.

## ABOUT THE AUTHOR

**Tess Chavez** is **VEGWORLD** Magazine's Style and Beauty Editor. She is passionate about being vegan for the animals, the environment, and for her health. The founder of *Vegan Bites Guide*, a guide to growing individual cities' vegan dine-out options, she aspires to open a vegan shop in the future. She currently resides in Dallas, TX.

1



2



3



# Simple Goals, Big Results

by Brandy Edwards

As a new year begins, it's easy to focus on health and fitness goals, but what about skincare goals? I challenge you to think about creating healthier habits and routines that you can, and will, implement this year — such as elevating your skincare routine (or maybe finally starting one).

While many might focus on detoxing their bodies from delicious holiday feasts and social gatherings, how about taking a different approach? You can start with a few simple and readily achievable goals, like detoxing and revitalizing your skin throughout 2020 with fabulous skincare products to enhance the unique beauty that you already have.

With that said, another year may have passed, but your skin doesn't have to show it (and you certainly don't have to feel like it), so let's get started!

1

## BABYFACIAL

BABYFACIAL™ IS A PRO-QUALITY AHA/BHA "FACIAL" THAT RESURFACES TO REVEAL GREATER CLARITY, IMPROVED SKIN TEXTURE AND TONE, AND A MORE YOUTHFUL RADIANCE.

2

## SEA & C LOVE

SEA & C LOVE IS A GIANT VITAMIN FOR YOUR SKIN. THIS MULTI-FUNCTIONAL SERUM CONTAINS THE BELOVED ANTIOXIDANT VITAMIN C IN COMBINATION WITH KELP, RED SEAWEED, GREEN ALGAE, HYALURONIC ACID, TURMERIC, AND GREEN TEA.

3

## UNDER-EYE GEL

A RICH AND CONCENTRATED FORMULA OF HERBS, FLOWERS, AND PLANTS LIKE LAVENDER, MORINGA, AND AVOCADO WORK TO COMBAT WRINKLES, DARK CIRCLES, AND AGING SKIN AROUND THE EYES. OUR UNDER-EYE GEL FIRMS AND PROTECTS THE SKIN AROUND YOUR EYES. AN ABSOLUTE MUST FOR YOUR AYURVEDIC SKIN-CARE ROUTINE.

# Prioritize Selfcare



You have sunblock to protect your skin from the sun. Make sure you're protecting your skin from all the blue light you're exposed to, as well.

## Conserve Under-Eye Collagen

While you're celebrating yourself this year for creating healthy habits and working towards your goals, make sure you treat yourself to a natural collagen boost with the **Under Eye Gel** by **Soma Ayurvedic**, which firms and protects the delicate skin around your eyes. This gel has a clean, soft scent and is created with simple ingredients from nature, such as lavender, moringa, and avocado.

For many of us, caffeine can only do so much to help us look, and feel, more awake as we start our day. Thankfully, not only does a little eye gel go a long way, it also helps to brighten and tighten your skin while simultaneously reducing the appearance of puffiness and dark circles. The best part? Soma Ayurvedic is a mission-based company that is eco-friendly and gives back to women and children in India. The bottles and jars are made from recycled glass and, for every product sold, the company donates a hygiene kit to a women's shelter and a set of school supplies to an orphanage. Talk about a return on your investment: self-care *and* philanthropy in a bottle!

Whatever your goals are for this year, make sure you prioritize time for yourself to practice self-care, which means anything that makes you happy and nourishes you, something *just* for you. While it's important to invest in your skincare routine, make sure you remember to invest in yourself — to love yourself while you work on yourself this year and every year thereafter.

## Exfoliate to Rejuvenate

A simple goal you can begin with is to exfoliate your skin, so you start the New Year by detoxing your built-up 2019 dead skin cells. You can bring pro-quality spa facials to your home with the **T.L.C. Sukari Babyfacial** by **Drunk Elephant**. The slight tingling sensation will let you know the mask is working with its blend of "dream team" glycolic, tartaric, lactic, citric, and salicylic acids.

This treatment resurfaces your skin so it can go from dull to radiant within 20 minutes. Who would have thought a baby-soft complexion could be achieved by using ingredients like chickpea flour and matcha tea?

## Take Skin-Loving Vitamins

Another goal you can work on is nourishing your face with more of the vitamins that benefit your skin. You know that a quality multi-vitamin can help give your body a boost, so make sure you include your gorgeous face when you think about your vitamin regimen. **Sea & C Love** is a new vitamin serum from **Pacific** with vitamin C, a fabulous antioxidant, and marine extracts from the sea like kelp, seaweed, and algae. Other ingredients include hyaluronic acid, turmeric, and green tea, a combination that was formulated to fight against blue light — the less appealing aspect of cell phones and computers that can age our skin.

## ABOUT THE AUTHOR

**Brandy Edwards** is an attorney turned Empowerment Speaker and Coach with an emphasis on self-love. She created The Self-Love Challenge to motivate, empower, and challenge women, as well as young girls, to love themselves while they work on themselves, in all aspects of their lives and without conditions. She is a health and fitness enthusiast who embraces self-love as a lifestyle, is obsessed with the color pink, and considers herself to be a structured free-spirit who lives in the moment. Her self-discovery journey led her to follow her happiness, to be strong and courageous, and to take action despite fear to create a life that she loves. Please visit <http://www.selflovechallenge.com> for more information and send speaking and coaching inquiries to [TheSelfLoveChallenge@gmail.com](mailto:TheSelfLoveChallenge@gmail.com). You can follow Brandy on Instagram [@TheSelfLoveChallenge](https://www.instagram.com/TheSelfLoveChallenge).

# TRUE BEAUTY

by Sharon McRae

This month, I'm sharing some new favorite products in the areas of skin care, makeup, and nail care.



*"I know better, so I'm determined to do better."*

First, one of my least favorite parts of my bedtime routine is removing my makeup. Usually, by the time I'm winding down for bed, I'm pretty tired, and I will admit that it's sometimes tempting to wash my face quickly and not worry about how much residual makeup is left behind. But I know better, so I'm determined to do better. I was thrilled to find a new dual-purpose product by **Pai Skincare, Camellia & Rose Gentle Hydrating Cleaner + Cloth**, that breaks down makeup and residual oils and carries them away quickly and easily.

Find it at <https://www.paiskincare.us/products/camellia-rose-gentle-hydrating-cleanser?variant=27961233799>.

Camellia oil, a naturally dry oil, is rich in omega-9 and vitamin E and has been used in Japan for centuries to cleanse and condition skin; damask rose otto oil helps skin to retain moisture. Included with the cleanser is a special dual-textured cloth with an ultra-soft terry side for cleansing the eye area and a gently exfoliating muslin side for the rest of the face. The creamy cleanser is applied to dry skin and, although it doesn't foam, it leaves my skin feeling thoroughly cleansed and refreshed. I love to run very hot water over the cloth and then use it to remove the cleanser and makeup; it feels like I'm having a facial! I always follow up with a toner, and I've never had any residual traces of makeup show up on the cotton pad. This cleanser is definitely my go-to product when I'm wearing makeup, and I wouldn't travel without it!

Next, I don't know about you, but I've never been able to line my eyes quickly and precisely with a gel or cream eyeliner; it's traditionally been the part of my makeup application that takes the longest. Yet, I feel it has the most impact. I'm so excited to have found a new eyeliner that is quick, easy, precise, AND long-wearing! It's truly a dream come true. I found out about it through a website called choosychick.com, which I highly recommend if you're interested in safe personal-care products.

The **Quick Flick Eyeliner** is an absolutely brilliant, innovative product from Australia; it consists of two pens, one for each eye, with dual sides. On one side is the "flick"; that's the wing that you can position on the outer corners of your top lash line for a more glamorous look,

*"I can't imagine ever using another eyeliner again!"*

and it comes in three sizes for a Petite- (8mm), Modest- (10mm), or Grand-length (12mm) wing. The other side of each pen is literally a fine-point marker, which allows you to line the rest of the eye and connect it to the inner edge of the wing to make it look seamless. I've never been able to line my eyes so quickly and have it last all day without any smudging or fading, even during prep for my cooking classes (with lots of onions) and the occasional tears when I yawn or get emotional. It's no wonder that this product is a 2019 Global Beauty Awards winner!

*"I'm really happy to be able to indulge in nail polish again!"*

I'm still on my first package, and I've been using it almost every day for several months now. I've been using the Petite size, but I've decided to go for the Modest size next and see how I like it. It's fairly easy to remove at the end of the day using the Pai cleanser described above or my **Inika Organic Micellar Cleansing Rosewater**. I can't imagine ever using another eyeliner again!

Find it at: <https://thechoosychick.com/collections/eyes/products/the-quick-flick-eyeliner>.

Last, one of the things I've missed most since making the switch to safe personal-care products is getting a mani-pedi. It just didn't feel right to wear products on my nails, even if they were supposedly "5-free," "7-free," or "9-free," when I knew they still contained some potential toxins and carcinogens — and I was trying to eliminate these from my life. So I was thrilled to learn that there is a completely non-toxic product on the market that is even recommended for use during pregnancy! **SOPHI Nail Polish** is a sister company to **Piggy Paint**, which is non-toxic nail polish created for little girls. It's an advanced water-based, non-toxic formula that's virtually odorless and leaves nails healthy without causing them to become yellow or brittle.

I decided to try it out for a manicure I had before a recent conference that I co-hosted, and I couldn't believe it — it really had no odor at all! The instructions say to use a blow dryer between coats; the salon I visited didn't have one, so we used a regular fan. I chose a beautiful purple-grey shade and had the manicurist apply it with the **PRIME + SHINE + SEAL System** that I'd purchased along with the colors. It looked gorgeous, and the polish didn't even start to chip until it was on my nails for over a week! I thoroughly expected to get just a few days out of the application, but I was very pleasantly surprised. I haven't yet used the acetone-free **Nail Polish Stripper** to remove the remains of it, but it sounds pretty straightforward. In any case, I'm excited to try some of the other shades I purchased, and I'm really happy to be able to indulge in nail polish again without concern!

Find these true beauties at <https://sophinailpolish.com/product-category/nail-polish/>.

## ABOUT THE AUTHOR

**Sharon McRae** is a wife and the mother of two young adults and a teen as well as a certified health coach and PCRM Food for Life instructor, residing in Columbia, MD. She has been adopting and applying principles of health and nutrition in her own life for more than three decades. She became a health coach to fulfill her passion of helping others take control of their health by making better lifestyle choices and adapting a whole-food, plant-based vegan diet. Connect with Sharon at <http://www.eatwell-staywell.com> or [@HealthyVegCoach](https://www.instagram.com/HealthyVegCoach) on Instagram and Twitter.



# VEGAN BEAUTY ON A BUDGET

## *My Personal Go-To List*

by Rose Bruno Bailey

### MY HAIR GO-TOS

I get my hair cut and colored at **AVEDA BEAUTY INSTITUTE**. They have nationwide locations and do a wonderful job. It may take a little longer, but you get the satisfaction of a new hair look on a budget that's provided by students who are eager to make you beautiful using vegan and cruelty-free products. (Note: A few of their products may contain beeswax, so be sure to mention that you want only vegan and cruelty-free products.)

**ALBA BOTANICA** products are available at the drugstore. A hair product I love is Hawaiian Colorific Shampoo and Conditioner, Plumeria. An inexpensive alternative to Aveda, it also happens to smell delicious.

### MY MAKEUP GO-TOS

My go-to makeup line on a budget is **NYX**. If you visit an NYX store, they will do a full makeup look for you if you commit to spending \$50.00. It's perfect if you have a special occasion and you need to restock all your vegan and cruelty-free makeup essentials. The staff is very helpful and will make you even more freshly beautiful than you already are! I personally love their eyebrow pencils, eyeliner, foundations, and primers. Be sure to mention you're vegan, as some products contain beeswax.

**ELF** is also a wonderful brand, found at Target and online, and is 100% vegan. My favorite products are their foundations and primers.

### AND FINALLY... MY SKIN GO-TOS

**PACIFICA** is the line I use for body spray, skincare, and lotion. I also use all-natural products like olive oil, aloe, and coconut oil on my skin. You can find Pacifica at Target, Whole Foods, and online.

The **BODY SHOP** is another of my go-to stores for skin and beauty products. I love the Coconut Spray. The Body Shop is an amazing brand, offering a lot of products, and they are always launching new ones. Product availability at stores is limited, so be sure to check online first.

The best beauty feature you can share with the world? It's **your big genuine smile** that comes from knowing you are living your most authentic life, all the while doing it with a vegan- and cruelty-free pop of red lip. Kindness never looked lovelier.

Together we make the world a better place for animals through education, advocacy, and compassion. You are beautiful, inside and out.

### ABOUT THE AUTHOR

**Rose Bruno Bailey** is a poet/writer, vegan weight loss/philanthropic blogger, and author of *Carnellia in Snow*. Her work is published online and in print magazines. She was born in Chicago and raised in Cleveland, OH. Her background is in theater, with an emphasis on dance. Rose's life journey has taken her from New York to West Hollywood, CA, and she now resides in Texas. Her partners in this journey are her husband, James, and two beloved Siamese cats, Spanky and Max.



## Vegan Fashion Brand Repurposes Apple Peels as Replacement for Vegan Plastic' Leather'

by Peter Manley



Rather than utilizing traditional plastic-based vegan leather, or 'pleather', in its products, the vegan fashion brand Samara has dedicated itself to using an eco-friendly alternative.

Those apple peels that many people discard? Samara is using them to create a vegan leather alternative that's fashionable and friendly. The small Toronto-based brand recycles the apple peels from the juicing industry, further contributing to the zero-waste movement as well.

Samara also avoids the use of polyvinyl chloride, or PVC, which is often used in the making of traditional faux-leather. While technically vegan in nature, PVC is harmful to the environment.

In a recent post on Instagram, the brand stated, "We tried creating our own plant-based leathers (in our kitchen sometimes) and experimented with coconut and pine-apple, too. Then we found that apple leather could look exactly like real leather, and if you mix it with a little bit of PU [polyurethane], it was durable, too."

Led by a team of two sisters, Samara recently introduced its Mini purse, which is the first fashion piece the brand has made out of their eco-friendly and vegan apple leather. Even though the purses use a bit of polyurethane as a binder, they are much more eco-friendly than pieces made with PVC.

Called the Apple Leather Mini, the purses are available at a price of \$50 and in the colors red, black, and blush. To add even

further to the brand's 'good samaritan' nature, every purchase through Samara covers the cost of a solar backpack (in collaboration with The Soular Backpack brand) for a child in need in East Africa, so that they can have access to light.

According to the brand's <https://samarabags.com/pages/our-story>, the brand "was born out of a need among women for small, minimalist purses and wallets that were not overtly branded, that were truly eco-friendly, not posing any harm to animals, without luxury markups but with the same quality as higher-end brands."

As the global warming crisis continues to be a pressing matter, we can only hope that other brands will find inspiration in the innovation displayed by Samara.

## Come 2020, Macy's Will Be a Fur-Free Organization

by Peter Manley

If you've ever walked through your local Macy's clothing and home departments, you've more than likely seen a large selection of mink blankets, fur coats, fur-lined bags, and other fur-based products. Come the end of 2020, however, fur products will no longer be seen at Macy's and Bloomingdale's.

By the end of the company's 2020 fiscal year, it will no longer sell a majority of the fur products you see today, with the exception of fur that is "a byproduct of domestic farming to feed our society" as outlined in guidelines administered by the Fur Free Alliance. This means that while the large department store will no longer carry a majority of fur products, you'll still find fur products that are "ethically" sourced. You'll also find faux fur products in Macy's and Bloomingdale's as well.



According to Macy's CEO Jeff Gennette, the shift was inspired by an obvious trend in today's society. "Our customer is migrating away from natural fur and we are aligning with this trend," Gennette explains, according to CBS. "Macy's private brands are already fur-free, so expanding this practice across all [stores and affiliates] is the natural next step."

While Macy's own private brands are already fur-free, the remaining private brands found Macy's will be fur-free by the end of fiscal 2020, or early 2021. Sure, this means the closing of hundreds of Fur Vault and Maximilian locations, but it also means better business and happier customers for the company.

On the subject of Macy's deciding to go fur-free, PJ Smith (director of The Humane Society's fashion policy) said, "It's just a changing tide. Consumers care about animal welfare more and more, and the idea of luxury is changing, where it's more about who's the most socially responsible and the most innovative."

You can learn more about Macy's Fur Policy by visiting their policy page <https://www.macysinc.com/sustainability/fur-policy>. As we move into the new year, you can expect to see more growth from Macy's. You might even want to buy some stock, because it can only go up from here.

## California Makes History as the First State to Ban the Manufacturing and Sale of Fur

by Alora Middleton

California has become the first state to ban the sale, donation, and manufacture of clothing, shoes, or handbags with animal fur.

Governor Gavin Newsom signed the new bill on Friday, October 11, 2019, and it will go into effect on January 1, 2023. The new legislation was signed along with a bill that bans most animals from use in circuses and follows another bill signed by Governor Newsom banning fur trapping in the state.

In a statement, Governor Newsom stated, "California is a leader when it comes to animal welfare, and today that leadership includes banning the sale of fur. But we



are doing more than that. We are making a statement to the world that beautiful wild animals like bears and tigers have no place on trapeze wires or jumping through flames."

There are exemptions, however. The fur ban does not apply to the sale of leather, dog and cat fur, cowhides, deer, sheep, and goat skin. Other exclusions include used fur and taxidermy, as well as fur products used for religious reasons and products used by Native American tribes.

The California cities of Los Angeles, San Francisco, Berkeley, and West Hollywood have already signed similar fur bans into law. Advocacy groups, such as Direct Action Everywhere, are hopeful that California's fur ban will spark action and that cities nationwide will pass similar legislation.

MOVIES, MUSIC — AND PASSIONATE VEGANISM

# An Interview with Harley Quinn

by Natalie Norman, JD

**Greetings, VEGWORLD Community!**  
For this issue, I had the immense pleasure of interviewing up-and-coming actress Harley Quinn Smith.

Harley, thank you so much for doing an interview with us! I know our readers will connect with you and will love to read about your story, as it relates not only to living plant-based but also to your growing work in the entertainment industry and the positive impact you are making on the world.

First off, thank you for being such an extraordinary YOU. I personally can't wait to watch your career evolve.

Let's begin!

You strongly urged your dad, filmmaker/actor/writer Kevin Smith, to go vegan when he was facing health issues, and it worked! Not everyone takes suggestions easily, despite our best intentions. How should we be encouraging our friends and loved ones to go plant-based? Any tips?

In my opinion, I think that the most efficient way to get someone to listen to your point of view is to approach them with respect and compassion. There are some activists who approach activism with aggression by almost "guilting" people into hearing what they're saying, and I feel like that ultimately just turns them away. Nobody wants to be yelled at or reprimanded, and they certainly don't want to listen to you if you approach

them in that manner. However, if you come at it from an angle of why it matters to you and rather more, just answer any questions someone may have, I think it makes all the difference.

I've honestly found that most people are curious about veganism. Even if they aren't considering it for themselves, they want to know what it is or why you choose to adopt the lifestyle, so I usually just wait until people ask me about it, and then I'll explain. That's how it went down with my grandparents. They would ask me questions on the occasion and we'd talk about it sometimes, but I was never pushy about it, and then one day they called me out of the blue to tell me that they had gone vege-

**"VEGANISM IS ABOUT COMPASSION AT ITS CORE, SO YOU NEED TO LIVE BY THE RULES OF THE LIFESTYLE AND TREAT EVERYONE WITH COMPASSION, VEGANS AND NON-VEGANS ALIKE."**

tarian. The same goes for my friends or followers, I've had tons of people tell me that just by reading my posts or my talking to them, they've really opened their minds and have been eating less meat or no meat entirely.

Veganism is about compassion at its core, so you need to live by the rules of the lifestyle and treat EVERYONE with compassion, vegans and non-vegans alike. However, that being said, I did give my dad no other choice but to go vegan, BUT that was because it was a matter of life or death. If someone you care about is in a health crisis, like a heart attack, I think that it's definitely okay to be pushy, because it could very well save their life, like it saved my dad's life.

You've been vegan since you were a teen. (Bravo!!!) That takes incredible conviction and vision, and clearly you're interested in advocating the lifestyle in a broader way, which is so commendable. What's your approach to advocating plant-based living on a broader scale, in the world?

Thank you! I take the same approach to advocating for a vegan diet no matter who I'm speaking to, family or not, but I definitely speak about it



more on my Instagram than I do in person. I usually wait for someone to ask me about veganism in person, but online I will definitely be more eager to post about it, because I want to reach as many people as I can. I don't like to post about it too often, because I don't want to overwhelm anyone and turn them away, so I try to create a balance for it on my Instagram. Also, that way, a lot of people who don't know that I'm an animal-rights activist will start following me because of acting or music, and then I'll hit them with the occasional vegan post and they'll be, like, "Oh, I never thought about that, maybe I should give it a try," whereas if I made it super-clear from the get-go (which I kind of do) that I'm an activist first and foremost, I may not get some people to listen to me.

**As a practical matter, what's your go-to vegan meal when you're in the midst of a busy work schedule? Give us a sample menu day in the busy life of Harley Quinn!**

I'm a major creature of habit, so I really will eat the same things every day. I will pretty much have a smoothie with vegan protein powder every morning, because it gives me the energy I need and makes me feel ready for the day! I usually then have some avocado toast for lunch. Dinner is usually a quesadilla or tacos!

**What were some of your biggest challenges, if any, in going vegan at such a young age?**

I always say that the most difficult part of being a vegan is knowing what we know. It's not easy to be aware of the fact that thousands and thousands of animals are being tortured, abused, and killed every day, but at the same time, I never want to live in ignorance again. Ignorance may be bliss, because you don't have to have the image of a cow getting their head bashed in by a sledgehammer in your mind forever, but ignorance is also stupid and selfish. I used to be the person who would be, like, "I don't want to know," because it was easier that way, but

now I'm so thankful to know what's happening in the animal agriculture industry, because it fuels me to be a better activist.

**Your mom is vegetarian. Did her lifestyle influence you to go plant-based? Did she help you convince your dad to go plant-based, too?**

I think that my mom being vegetarian was definitely a factor in my journey towards veganism. She never pushed it on me, and because of that, I think I naturally gravitated towards it. I was curious about why she chose to not eat meat and then asked questions, which she respectfully answered. Her gentle and compassionate approach to talking about her beliefs about animal rights definitely inspired me to approach it the same way. She supported my dad going vegan, but that was a thing that I forced upon him — ha, ha, ha! I wasn't going to have it any other way, because I knew it was vital to his health.

**Is it easy to be vegan in Hollywood today? Example: When you're on set, do you find there are ample or at least adequate vegan options available?**

I think that it is! Pretty much every set is accommodating of veganism, and if they aren't from the get-go, I've found that they are very willing to work with you on it. The most recent project I worked on filmed in Georgia, which was definitely the most difficult place I've worked as a vegan. The options weren't aplenty, to say the least, but the producers worked super-hard to make sure I always had something to eat.

**Some people hear Hollywood actors promoting veganism and respond dismissively by saying, "Oh, well, that's because they can afford it," or, "Well, they have personal chefs to make all their food taste good." What would you say to encourage folks that vegan living is for everyone, and that you don't need your own personal chef or a Hollywood budget?**

That always frustrates me so much, because truly, some vegan foods are

more affordable than meat! If you get a pound of uncooked rice from the grocery store, it's going to be immensely cheaper than a pound of any meat. Beans and potatoes are the same deal, they're so much cheaper than meat and there are SO many different things you can make with them!

Veganism doesn't mean you have to eat expensive meat substitutes every day. I think people often think of veganism this way because they have such a singular, and often judgmental, view of it. They're often quick to critique it, because that means that they don't have to acknowledge the benefits of it, so they'll really say whatever, even if it's nonsensical, just to avoid admitting that veganism is a beautiful and, quite frankly, amazing thing that they should be doing.

**You've starred in quite a few movies and television shows and already boast an impressive résumé at such a young age. What's next for you? What would your dream acting roles be? Who inspires you, and who might you want to work with next?**

*Jay and Silent Bob* reboot will be coming out in October! I also just filmed a horror movie called *Student Body* that will be coming out next after that! Other than that, I'm just mostly working with my band on our upcoming album. I've also been writing a lot of my own scripts. My dream role is to play Courtney Love in a biopic about her that I'd also like to write and direct. That's my biggest goal that I have in this life. She inspires me endlessly. I'm also extremely inspired by Winona Ryder and Shelley Duvall. I'd love to work with Tim Burton, as he is my favorite director.

**What can we expect to see from you in the music arena going forward? Or, do you think you'll focus more on acting?**

I definitely think I'll be splitting my time evenly between music and acting. They're both so important to me, and I think they both influence the

other. I also need more than one creative outlet, or else I'll go crazy. My band is working on our next album now, so you can expect new music from us in the new year!

**If you could give advice to young people who want to go vegan but feel unsupported at home, or who don't have their own resources yet due to being dependent on their moms and dads, what would you tell them to help them stay strong and succeed?**

It's definitely difficult when you are depending on your parents, but I think no matter what, you have to stick to your beliefs. I think you should be as open and respectful with your family as possible when explaining to them your decision to go vegan and why you've made it. Whether it's for the animals, for the environment, or for your health, always come at it from a lens of compassion when explaining it to others. It's hard to eat meat or animal products after knowing and acknowledging what happens in the animal agriculture industry, and hopefully your parents should respect your decision to not support that cruelty. You can always cook for yourself with recipes online like Forks Over Knives, too! You can reach out to other vegans to get their advice and support. The animal-rights community is a very welcoming and loving group of people for the most part, so there are tons of people to support you! Even if you don't have the support of all of your family, you're never alone.

**I went vegan at age 14 and was so grateful that my parents, while clueless about veganism, at least didn't try to stop me or say anything negative. How can parents best support their kids who have announced that they want to go vegan?**

Even if they don't understand it, parents should respect and, honestly, be so proud of their child's decision to go vegan, because it's a sign of





**"IT'S NOT EASY  
TO BE AWARE OF  
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ANIMALS ARE BEING  
TORTURED, ABUSED,  
AND KILLED EVERY  
DAY."**

compassion. Ask your kid about why they've decided to go vegan, and make them feel valid in their beliefs. Something my dad used to do, which is now ironic because he's also a vegan, is he used to make fun of me a lot, and it really hurt me sometimes. It made me feel bad, because even though a lot of times he was just teasing, it made me feel like he didn't support me or understand me, because veganism became such a huge part of my identity that when he would bad-mouth it, it felt like he was bad-mouthing me as a person.

So — make sure your kid knows that you support them and their choices! Also, you never know, you may end up going vegan one day, too!

THANK YOU so much, Harley! Huge CONGRATS to you on going vegan, being so strong about it, and positively influencing others. May you achieve ongoing success! I support you 100% and thank you for your time in talking to the **VEGWORLD** community!

#### ABOUT THE AUTHOR

**Natalie Norman** is proud and honored to be an ongoing contributor to **VEGWORLD** and pleased to have joined with its new editorial team to be able to share the raw vegan lifestyle with all of you. Please reach out to her and be sure to visit her website at <https://www.natalienorman.com> for recipes and additional support. You can also find her on Instagram **@rawnatalie** and on Twitter **@natalienorman**. She looks forward to connecting with you!

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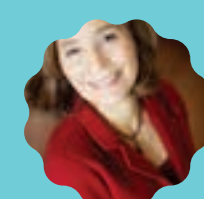
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Dr. Neal Barnard

## CREATING SUCCESS STORIES

# Because You Care — and Share

by Liz Sterling

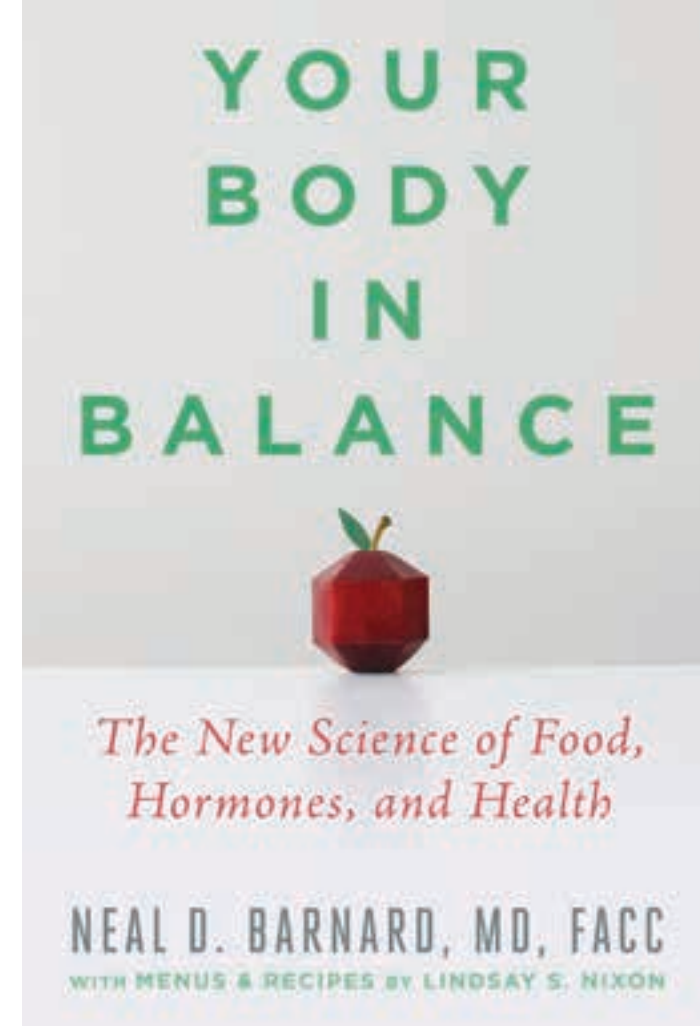
I suppose if you're reading this article, you're interested in vegetarianism, being a vegan, or contributing to balancing the energy expenditure on our planet through plant-based eating, or maybe you've developed a deep level of care and compassion for animal welfare. So what am I going to offer that will be of value?

You probably already know the benefits of eating a whole-foods plant-based protocol, but did you know that hormones have a dramatic impact on our health, and that food is a large contributor to how those hormones work? I would bet that someone you know and love absolutely needs to read this article and learn more about what Dr. Neal Barnard has discovered.

There's a new science of food, hormones, and health that Dr. Neal Barnard, president of the

Physicians Committee for Responsible Medicine, has researched and documented. His upcoming book, *Your Body in Balance: the New Science of Foods, Hormones, and Health* (to be published February 4, 2020), shows how to use foods to restore balance in our bodies and in our lives. It's designed to help those having issues with hormones, including insulin, and all the mischief they can cause when they are out of balance: infertility, menstrual cramps, endometriosis, hot flashes, hormone-related cancers (e.g., prostate cancer, breast cancer), menopausal symptoms, thyroid conditions, depression... and more.

I interviewed Dr. Barnard about his groundbreaking research. "The role of foods is not yet obvious to most people," he concluded in our interview. "*Your Body in Balance* is a new frontier and an



*"Your Body in Balance is a new frontier and an interesting one. It really helps people to make sense of problems they have been dealing with and gives them new power."*

interesting one. It really helps people to make sense of problems they have been dealing with and gives them new power."

I also interviewed Dr. Mike Cowan, a neurosurgeon and avid cyclist who suffered from hypothyroidism and was unable to sustain enough energy for his work or even his personal activities. Then he discovered the interconnectedness between food, the thyroid gland, and hormones. "Every patient I've seen in the last year, I send them out the door with much more than a script [prescription] for medicine. I tell them about Dr. Barnard and the Physicians Committee for Responsible Medicine. I send them to YouTube to watch Dr. Michael Greger's video *How Not To Die*, and I encourage them to start with the *OMD, One Meal a Day for the Planet* website founded by filmmaker and environmentalist James Cameron's wife, Suzy Amis Cameron."

I know you care — I hope you share — because everyone wants to be part of creating success stories!

<https://www.pcrm.org>

<https://omdfortheplanet.com>

## ABOUT THE AUTHOR

**Liz Sterling** hails from New York City and earned her Master's Degree in Counseling and Human Development from Hunter College. Thousands of clients and radio listeners have been impacted by her keen ability to elicit epiphanies through the forging of deep and meaningful connections that she creates. She is the author of *Behind the Scenes: Celebrity Interviews & Inspiring Life Lessons*. Liz writes, teaches, coaches, and lives a full and adventurous life!

Meet her at <https://www.AskLiz.com>. Archives at <https://SterlingSpin.com>.

# HOW NOT TO DIET

## AND OTHER DIETARY TIDBITS FROM

### DR. MICHAEL GREGER

by Cathy Katin-Grazzini



January, the month of resolutions and renewed resolve after excessively indulging in holiday fare... and we need help! With obesity at epidemic levels for adults and increasingly among kids, the weight-loss market is \$68 billion and growing. People are struggling not just with their waistlines but with increased risk of disease that so often follows in obesity's wake. Alarmed and confused, many fall prey to every new weight-loss scheme, supplement, and fad diet that comes along. There must be a better way!

For advice, I sat down with Dr. Michael Greger, MD, FACLM, nutrition expert extraordinaire, founder of the ever-popular, informative website [nutritionfacts.org](http://nutritionfacts.org), and author of the *New York Times* bestseller, *How Not to Die* and its companion cookbook. Surely, his newest book, *How Not to Diet*, an evidence-based roadmap to weight loss based on the latest peer-reviewed nutritional data, would help us find a way to get off the endless dieting merry-go-round once and for all!



*How Not to Diet* is already breaking sales records in presale! Congratulations! Can you give us a glimpse into how it will help folks lose weight, keep it off, and get healthy to boot?

Sure. I divided the book into four parts. The first discusses the causes, consequences, and solutions we have to date for the obesity epidemic: What happened in the late seventies that led to the explosion of the obesity epidemic in the first place? What does obesity actually do to people's health? And what about bariatric surgery, diet drugs, and weight-loss supplements?

In Part 2 I talk about 17 ingredients that enable us to build an optimal weight-loss diet from the ground up. In Part 3 we put all of it together and look at what diet best hits all 17 ingredients. Then, once we have the optimal weight-loss diet, we move into the final section which examines my weight-loss "boosters," that is, all the ways we can accelerate weight loss, *regardless* of what we eat. I compile them into 21 new "tweaks" to my "Daily Dozen" of recommended foods, so there will be 21 more things to check off every day if one is interested in losing weight (Dr. Greger's "Daily Dozen" app is free on Android and iPhone).

**Terrific! Finally, a comprehensive approach to weight loss that's grounded in science. However, before we delve further, perhaps you can solve this conundrum: One reason the Atkins diet spin-offs (paleo, keto, carnivore) keep drawing converts is because outwardly they do seem to work: People do lose weight, their blood sugar levels drop. But what's really going on inside their bodies, and at what costs to their health?**

Exactly! The ketogenic diets have been put to the test, but when you switch to a ketogenic diet *your body-fat loss actually slows down!* Just looking at the bathroom scale, though, a keto diet would appear to be a smashing success. There's a famous study where it showed that on a regular diet, people lose about a pound a week, then all of a sudden — BOOM! — 3½ pounds in seven days after switching to keto.

But what was happening inside the body told a totally different story: After going on a ketogenic diet, body-fat loss actually SLOWED by more than half, so what they're actually losing is mostly just water, but they're also losing protein, also losing lean mass, which may explain why the leg muscles of cross-fit trainees placed on a ketogenic diet may shrink by as much as 8% within two months. Weight training is supposed to make your muscles bigger, not smaller, but that's what we get from a ketogenic diet.

Of course, even if keto diets worked, the goal of weight loss is not to fit into a skinnier casket! Those eating a ketogenic diet live significantly shorter lives. Low-carb diets in general have been

shown to impair artery function and worsen heart disease. And so, it's kind of the worst of all worlds, and I'm glad my book can put to rest some of these myths.

**Another trend that's sweeping the country is intermittent fasting. How does it work? Does it also put the body into ketosis like the low-carb diets? How effective is it for weight loss and disease reversal?**

Well, intermittent fasting should not actually put someone in ketosis, because it takes 36, 48, even 72 hours for the body to switch over to ketosis. Most people who do intermittent fasting do a kind of alternate-day eating, which is too brief to put the body into ketosis. Intermittent fasting isn't really long-term fasting at all.

Probably the most health-promoting variation of intermittent fasting would be what's called time-restricted eating, where you extend the nightly fast by pushing more of your calories towards the morning. So, for example, having a really early supper or skipping supper altogether and then having a really big breakfast. There are metabolic benefits to pushing more of your calories earlier in the day.

**What does the scientific evidence suggest, then, as the optimal diet for human beings? And is it one-size-fits-all, or do one's genetics and state of health matter?**

One size fits all! A diet centered around whole-plant foods — PERIOD! Now look, that'll help some people more than others, based on their genetics, but the same diet should help everybody. That's the way Nature intended, right? For millions of years, before we learned how to sharpen spears, boil sugar cane, or mill grains, our entire physiology is presumed to have evolved in the context of eating what the rest of our great ape cousins eat, and that's plants! You know, the Paleolithic period, when we started using tools, only goes back about two million years. We and other great apes have been evolving since the Miocene era, more like 20 million years ago. So for 90% of our humanoid existence, our bodies evolved on mostly plants. It's no wonder, then, why our bodies may thrive best on the diet we were designed to eat. So maybe we should go back to our roots? (No pun intended!)

**And It seems we need to eat to nourish not just our human cells, but our gut microbes, too. Why is the gut microbiome pivotal to health?**

Oh, you just landed on one of my 17 ingredients when I do my weight loss diet! Microbiome-friendly is an important criterion. Our gut bacteria make anti-obesity compounds from the prebiotics we eat, largely fiber and resistant starch.

Fiber-rich foods are mostly whole grains and legumes (beans, split peas, chickpeas, and lentils). That's what feeds the friendly flora in our gut, which in turn produce short-chain fatty acids like butyrate that get absorbed back into our systems, circulate throughout our bodies, get up into our brain, and have appetite-suppressing effects. And so that's why, for example, if you eat a healthy meal like a bean burrito at night, your satiety can still be affected at lunch the next day! By then, your gut bacteria are having at it themselves and producing these anti-obesity compounds, which then dial down our appetite.

**These microbes are good friends to have! Now you've piqued my curiosity about those other key ingredients crucial to weight loss. Can I entice you to tip your hand?**

I'll give you a little teaser to whet your appetite (*pun intended!*) for some of the other 17 ingredients for my ideal weight-loss diet. Some are, as you may suspect, rich in legumes, low in salt, high in fiber, low in calorie density, and low in meat, for example. Others might not be as obvious, like anti-inflammatory foods, and those with a low insulin index and low glycemic load. In *How Not to Diet*, I dive deep into the importance of each of the seventeen ingredients and what role they play in helping us lose — and keep off — excess weight.

**Is it true that the more variety of plants we eat, the more resilient, diverse, and healthier the microbiome, and therefore we, are? How much should we be mixing it up with our diet and constantly trying out new foods?**

Oh yeah, dietary diversity is important. For example, healthy plant foods not only have prebiotics that feed our good flora, they actually have probiotics, i.e., gut bacteria that can be helpful for us. Different types of plants have different types of gut bacteria; for example, leafy vegetables have different probiotics than stem vegetables like celery and rhubarb, which are different than root vegetables. Mushrooms and grapes, for some reason, seem to be off in their own little kingdom.

Eating a variety has a bunch of benefits, although, when it comes to weight loss, monotonous eating — like, say, cabbage soup diets or potato diets, i.e., eating the same food over and over again — actually cuts down on calorie intake. There are experiments where you feed kids mac 'n' cheese every day, and by the fifth day, they eat less mac 'n' cheese than on the first day, because the monotony tires them out. However, if you introduce a little tweak, like changing pasta shapes with the exact same meal, with that small change alone, all of a sudden food intake jumps back up again. We have this interest in novelty that gives us an evolutionary

advantage, but with eating the same food repeatedly, we get a form of satiety. Haven't you found that the first bite of chocolate tastes better than the 10th bite? The reason for that is that we have this type of sensory deadening, and we can use that to our advantage to help us lose weight.

**Right, so monotonous eating may be advantageous for losing weight. But in terms of gut diversity and resilience?**

Yes, so what you do is diversify the good and monotonize the bad. If you're going to, say, eat meat or processed foods, you eat the same meat all the time and then you eat less and less of it, but you diversify your vegetables because those are the healthiest foods. One way you can increase your intake of vegetables is by giving kids a whole bunch of different shapes, different kinds of vegetables, different dips, that will keep the novelty high and increase vegetable intake overall.

**That's great. Now what about fermented plant foods, like sauerkraut, kimchi, etc.? They're loaded with beneficial probiotic microbes but made with an awful lot of salt.**

And that's why we shouldn't eat them.

**No kidding!**

Well, don't just listen to me, listen to the science. And the science is very clear that eating kimchi, for example, increases the risk of stomach cancer, the number-one cancer killer in Korea, and also in Japan as well, because they eat a great deal of these fermented salted vegetables.

**Wow. Okay. While we're at it, let's drill down on a few more controversial ingredients. Let's zero in on salt. Do we really all need to go salt-free if our blood pressure is normal or even a little low?**

Yes, yes! No added salt, period! We avoid processed foods, and we don't add salt in the kitchen or the dining room. That only accounts for about 30% of the amount of salt you add to food. Seventy percent of the sodium in the American diet is from processed foods. So, you don't buy things in boxes and packages; you buy fresh, healthy food instead that doesn't have salt added, and absolutely, you don't add salt to it. 1500 milligrams of sodium per day is American Heart Association's recommended maximum. Trying to do that if you're adding any salt at all is almost impossible. Basically they are prescribing a diet of whole-plant foods, salt-free.

**What is so injurious about salt?**

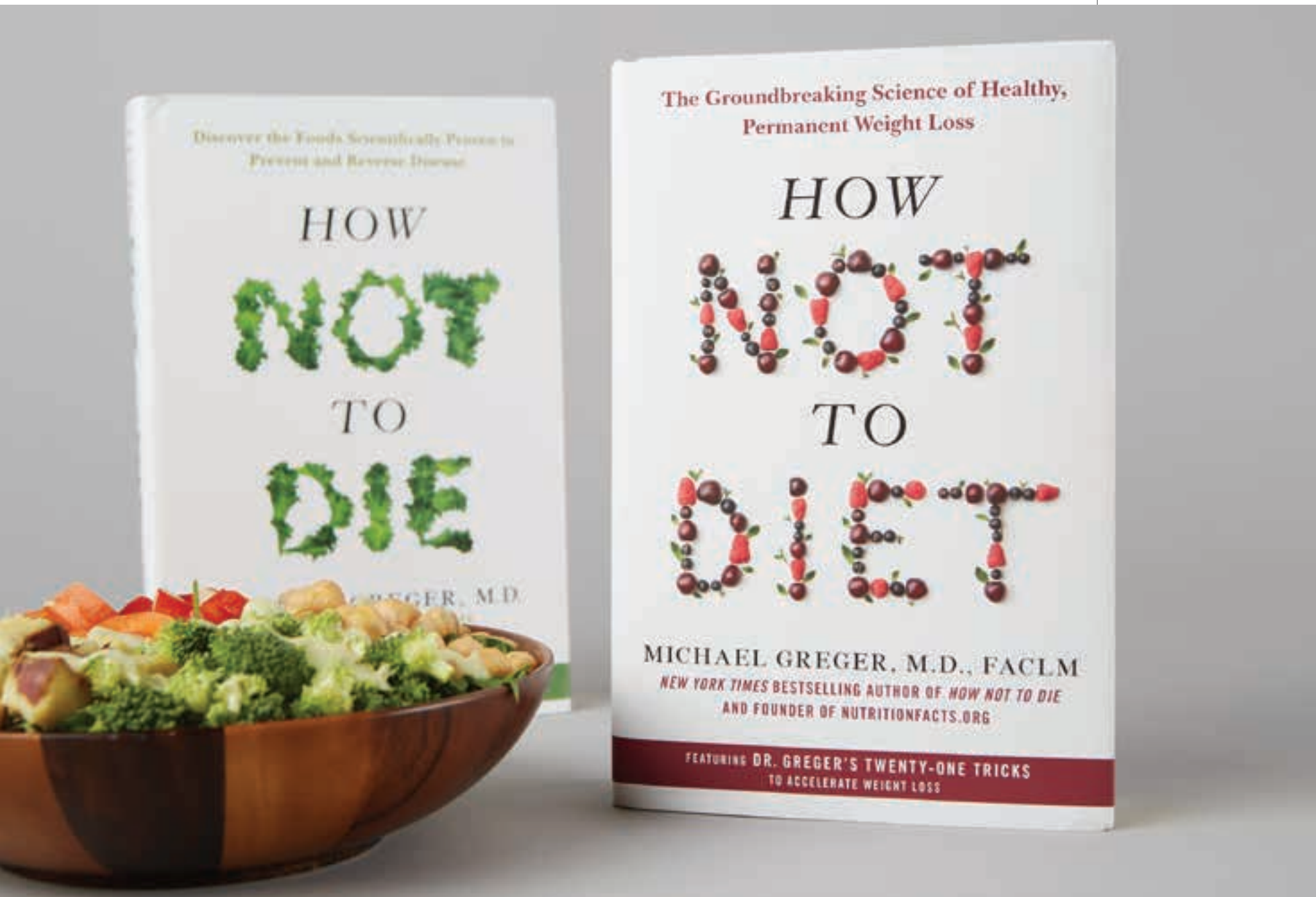
Salt damages your endothelium, the critical inner layer of your arteries, even if your blood pressure is normal.

Inadequate fruit consumption used to be the number-one dietary risk factor for death on planet earth, but now it's sodium intake, even when you control for blood pressure. Today, the worst thing about the world's diet, killing more people than bacon, soda, or candy, is too much salt. Of course, one of the reasons bacon is so bad for you is it has too much salt.

**Now let's talk about nuts. They are full of phytonutrients, but if you have a chronic illness like heart disease, diabetes, obesity, cancer, autoimmune**

# ABOUT DR. MICHAEL GREGER

A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger, MD, FACLM, is a physician, *New York Times* best-selling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. In 2017, Dr. Greger was honored with the ACLM Lifestyle Medicine Trailblazer Award. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. His latest book, *How Not to Die*, became an instant *New York Times* best-seller. He has videos on more than 2,000 health topics freely available at [nutritionfacts.org](https://nutritionfacts.org), with new videos and articles uploaded every day. All proceeds he receives from his books, DVDs, and speaking engagements are donated to charity. His new book, *How Not to Diet*, was released in December 2019.



conditions, do we need to avoid nuts because of their saturated fat content?

Then it's even more important to eat healthy! And what's healthy? Whole-plant foods! That means ALL plant foods, including high-fat plant foods such as avocados, nuts and seeds, nut butters, and seed butters. My only caveat is that you want them raw. You don't want roasted nuts, and you certainly don't want salted nuts.

So the saturated fat in nuts is not problematic for endothelial function?

The reason we care about saturated fat is because saturated fat does a number of things: It hurts your arterial function. It increases your LDL cholesterol. But what happens when you eat nuts? The exact opposite: Your LDL goes down; your artery function gets better. And the reason is because all the wonderful nutrients in nuts like their phytonutrients, plant protein, fiber, etc., overwhelm the adverse effects of their saturated fat.

And among nut varieties, are walnuts the one to shoot for?

Walnuts are the best.

How about coffee, specifically caffeinated coffee?

Well, compared to what, right? Coffee is a health-promoting beverage, but every cup of coffee is an opportunity for doing something even healthier, like a cup of green tea. And so that's why I don't recommend people drink coffee. It's not because coffee isn't good for you; it's because there's something even healthier, and that's green tea.

With all our attention on what to eat, what not to eat, how to eat, how much to eat, and when to eat, especially when it comes to weight loss, do we run any risk of inciting eating aversions and disorders in body-image-vulnerable individuals?

The one thing on the planet TO obsess about is the most important indicator of health and longevity, and that's our diet. According to the Global Burden of Disease Study, the largest study of disease risk factors in history, funded by the Bill and Melinda Gates Foundation, the number-one cause of death in the United States is our diet, killing more people than cigarettes. If you don't want to smoke cigarettes, that's great, but it's even worse if you have a bad diet. *The number-one thing that determines how long you live and how healthy you are is what you put in your mouth three times a day.* If you're going to obsess about anything in life, it might as well be something as life-and-death important as diet.

I imagine that you are focused on the launch of *How Not to Diet* right now, and its promotion. But once the launch is behind you, looking forward, what other projects are on your horizon that you're pumped about that we can all look forward to?

I've got a speaking tour! The book is out in December 2019, but then I'm on the road for 10 months, and I've got 200 cities already lined up. Hopefully, I will see everybody on the road.

We have tremendous power over our health, destiny, and longevity. The vast majority of premature deaths and disability is preventable with a healthy-enough diet. If anyone's interested in learning more about my work, go to [nutritionfacts.org](http://nutritionfacts.org).

We just had time to scratch the surface, and the irrepressible Dr. Greger was off and running. This indefatigable warrior for nutritional truth has done more than almost anyone to bring evidence-based research to the public's attention in an accessible, practical way. His *How Not to Die* covered our leading causes of death and disability, his cookbook showed us how delicious it is to eat healthfully, and now *How Not to Diet* gives us the tools we need to find our way back to health, both inside and out.

<http://nutritionfacts.org>  
<https://nutritionfacts.org/how-not-to-diet>

## ABOUT THE AUTHOR

Cathy Katin-Grazzini is Food Editor and a contributing writer at VEGWORLD Magazine and owner of Cathy's Kitchen Prescription, LLC. Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, she's also a graduate of Rouxbe Cooking School's Professional Plant-Based Program. She has a BA from the University of Chicago, attended graduate school at Harvard University, and received an MA from Johns Hopkins University. Cathy lives with her husband Giordano in Ridgefield, CT. She loves to run, hike, and adventure travel atop their trusty Ducati. See what Cathy's up to at <http://www.cathyskitchenprescription.com>.



# AN INTERVIEW WITH DR. JOHN MCDUGALL

by Maya Acosta

**D**r. John McDougall was recently named a recipient of the Lifestyle Achievement Award. This award, presented to individuals who have been devoted to the cause of Lifestyle Medicine for half their lives or longer, is awarded by the American College of Lifestyle Medicine and the Lifestyle Medicine Foundation.

Over the course of his career, Dr. McDougall's efforts have been concentrated on figuring out ways to get people to understand and adopt a diet that can help reverse diseases and give them control over their own health. As he says, "At least 80% of problems that people suffer from in developed countries such as the United States are due to what they eat!"

I sat down to chat with Dr. McDougall about his work over the past 50 years.

**Tell me about your observations while working as a sugar plantation doctor early in your career.**

In 1973, I took an internship on the Big Island of Hawaii to work as a sugar plantation doctor. Over the course of three years, I took care of around 5,000 diverse patients originally from the Philippines, Japan, China, and Korea. I basically worked with three to four generations of family members with the same genetic makeup who lived in the same environment. The original immigrants learned a diet of rice and vegetables, which they brought with them when they migrated to Hawaii. They maintained their diet and good health. Their kids learned more of the Western diet, and they got fatter and sicker. So right in front of me I saw this. That's how I learned that what we were eating was killing us.



**You went back into training to become an even more educated doctor. Then you discovered evidence-based literature that confirmed what you had already observed on the plantation.**

Yes! I went back into training to become a "good" doctor between 1976-1978. I became a Board-Certified internist. At that time, I developed a passion for the scientific literature. I had the fortune of having the Hawaii Medical Library right at the hospital where I was working. Every spare minute I would spend time in the library reading scientific studies. That's when I found out that I did not discover this... that eating a rich diet makes people fat and sick like the kings and queens of old. On the contrary, foods high in starch helped people get better from dietary diseases. As a matter of fact, in populations throughout the world where people ate diets rich in rice and vegetables, the people were thin, healthy, and hard-working. In Central America you had the Aztecs and the Mayans who were known as "the people of the corn." They thrived for 1,300 years with corn as their primary source of food. In South America you had the Incas, who mainly ate potatoes and eventually switched to quinoa because it was easier to carry. In the Far East, the Chinese diet was comprised of 90% white rice.

**You practiced standard medicine for a short time and then made a drastic change. Tell us about that.**

In 1986, I started practicing only dietary approaches to health problems. We started a program at a hospital in California where we took care of close to

3,000 people over the course of 16 years and had tremendous success. Now we run the program in Santa Rosa, CA, at a luxury spa. We take care of people by offering six 10-Day Programs throughout the year. Participants receive lots of healthy meals, an intense education, and tremendous support that keeps them compliant long after their residential experience. We also take care of businesses. For example, we take care of the employees of Century Link Telecommunications, Whole Foods, and Blue Cross Blue Shield. Employers are very much interested in keeping their employees healthy for obvious reasons. Healthcare costs are terrible!

**What are some of the immediate improvements participants will notice by being in the 10-Day Program?**

Within the first and second days, residents see a drop in their blood pressure and blood sugar. Some get off their insulin and diabetic pills. Indigestion goes away. Constipation goes away. They start to feel better. Ninety percent of people get off all their medication or reduce their medication within seven days. Patients with inflammatory diseases such as ulcerative colitis, Crohn's disease, and bowel diseases recover within 4 months. The compliance rate after the live-in program remains up to 85% even a year later.



#### What foods are allowed in the McDougall Diet?

The McDougall Diet is a starch-based diet with the addition of fresh fruits and vegetables. Starches such as rice, corn, potatoes, sweet potatoes, pastas, and breads should be about 90% of your plate. These are the foods that you naturally love. The McDougall Diet does not contain any animal products or any free oils.

#### What is wrong with consuming added oils?

Oil is not natural and does not occur anywhere in nature. It always has to be processed from a food. Take olive oil as an example. The oil is separated from all the other ingredients such as vitamins, minerals, and other phytochemicals, which are necessary for proper metabolism of the oil. When you are consuming oil, you are no longer eating a food. You are consuming an isolated, concentrated nutrient. It is the most concentrated in calories. So it will be fattening. "The fat you eat is the fat you wear." Oils will suppress the immune system. Then you run the risk of getting the flu and/or other infections. That same suppression of the immune system allows cancer to grow much faster. They are drugs at best and serious poisons at worst.

#### What does retirement mean for you?

What retirement has meant for me is that after personally seeing over 10,000 patients over the course of 50

years, I now have other physicians running the spa. But I am still working as hard as I ever did. Mary has worked side by side with me since we met 48 years ago. My son often says, "Dad, you are never going to be able to quit working, are you?" It's my whole life. I get great enjoyment out of helping people. Being a doctor puts you in a position where you can see how your efforts make such positive differences in other people's lives. The reward for me is tremendous. I do a lot of writing these days. I am the ultimate overseer of the McDougall Program. I am involved in legislation. I have laws on breast cancer and on educating doctors about nutrition. I'm still giving lectures.

#### What did you think of *The Game Changers*?

I think they did a good job! Particularly the segment on male "potency"! That was quite "stimulating." That's going to change a lot of people's ways of thinking.

Dr. John McDougall is a pioneer in plant-based nutrition and a founder of the American College of Lifestyle Medicine. His work and legacy continue to inspire and motivate many individuals to take control of their own health. As my husband prepares to sit for his board exam in lifestyle medicine, I am both mesmerized and honored to have interacted with one of the pioneers of the American College of Lifestyle Medicine. I am hopeful about the future of medicine as more physicians visit programs that have proven to be both effective in reversing disease and evidence-based.

Thank you, Dr. McDougall, for being an inspiration to many of us.

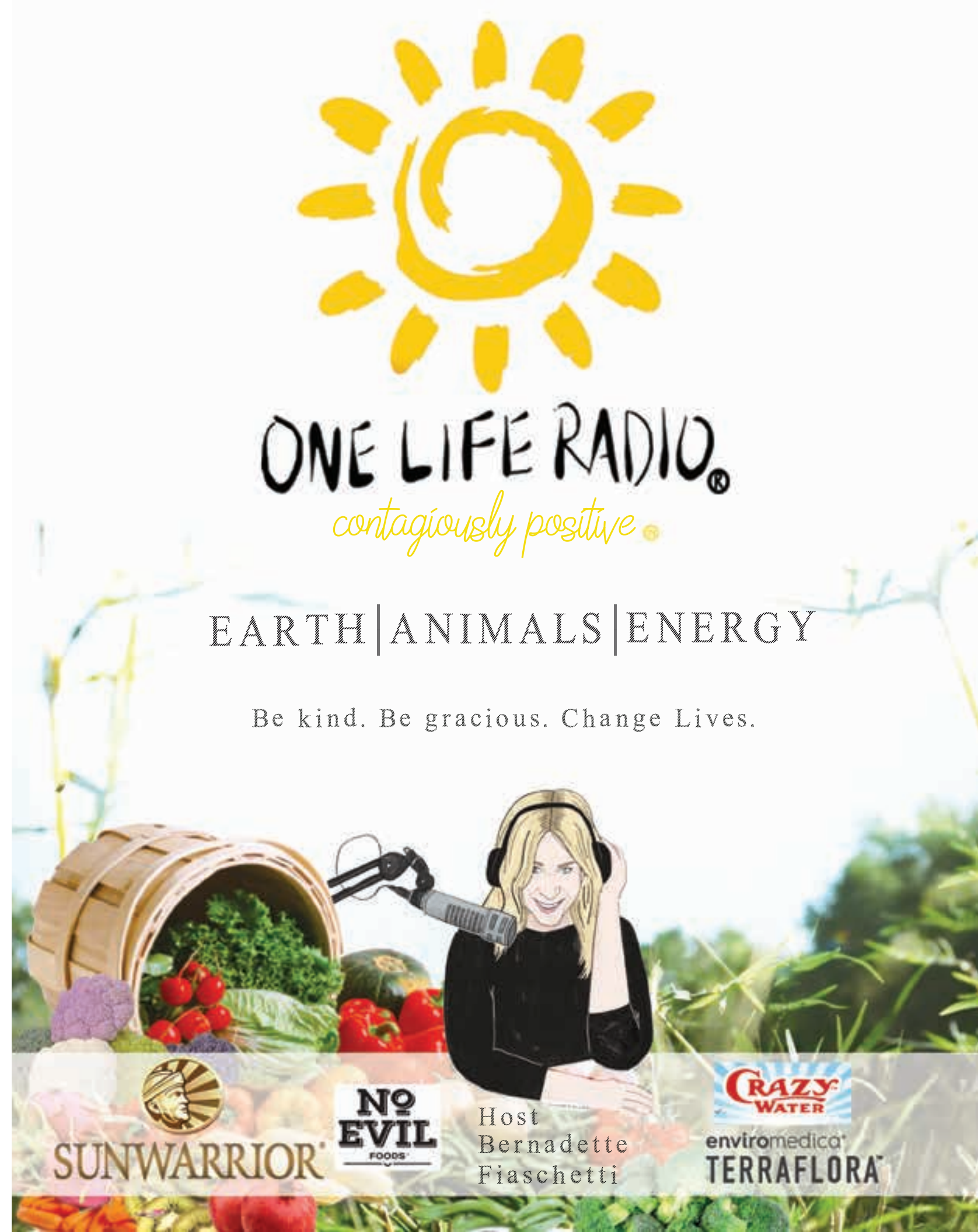
#### A LIFETIME OF WORK

Dr. John McDougall's contributions to lifestyle medicine can be found directly on his website: <https://www.drmcDougall.com>.

There you will find details about his live-in programs along with FREE resources, including more than 600 different recipes, lectures, and instructions on how to get started on the McDougall program.

#### ABOUT THE AUTHOR

**Maya Acosta** is a vegan and a Wellness Coach. Her role at her husband's practice, North Texas Vascular Center, has been to provide patients and community members with information and resources on getting started on a plant-based diet. Through her organization, Plant-Based DFW, she provides movie screenings, potlucks, lectures, and Walk With A Doc events to encourage wellness and to incorporate lifestyle medicine. She also works closely with physicians and medical students who are beginning to implement lifestyle medicine into their practices and interest groups. You can learn more about the work she and Dr. Bukhari are doing at <https://plantbaseddfw.com>.



# ALL IN THE FAMILY

The Esselstyn Family Foundation

*by Char Nolan*



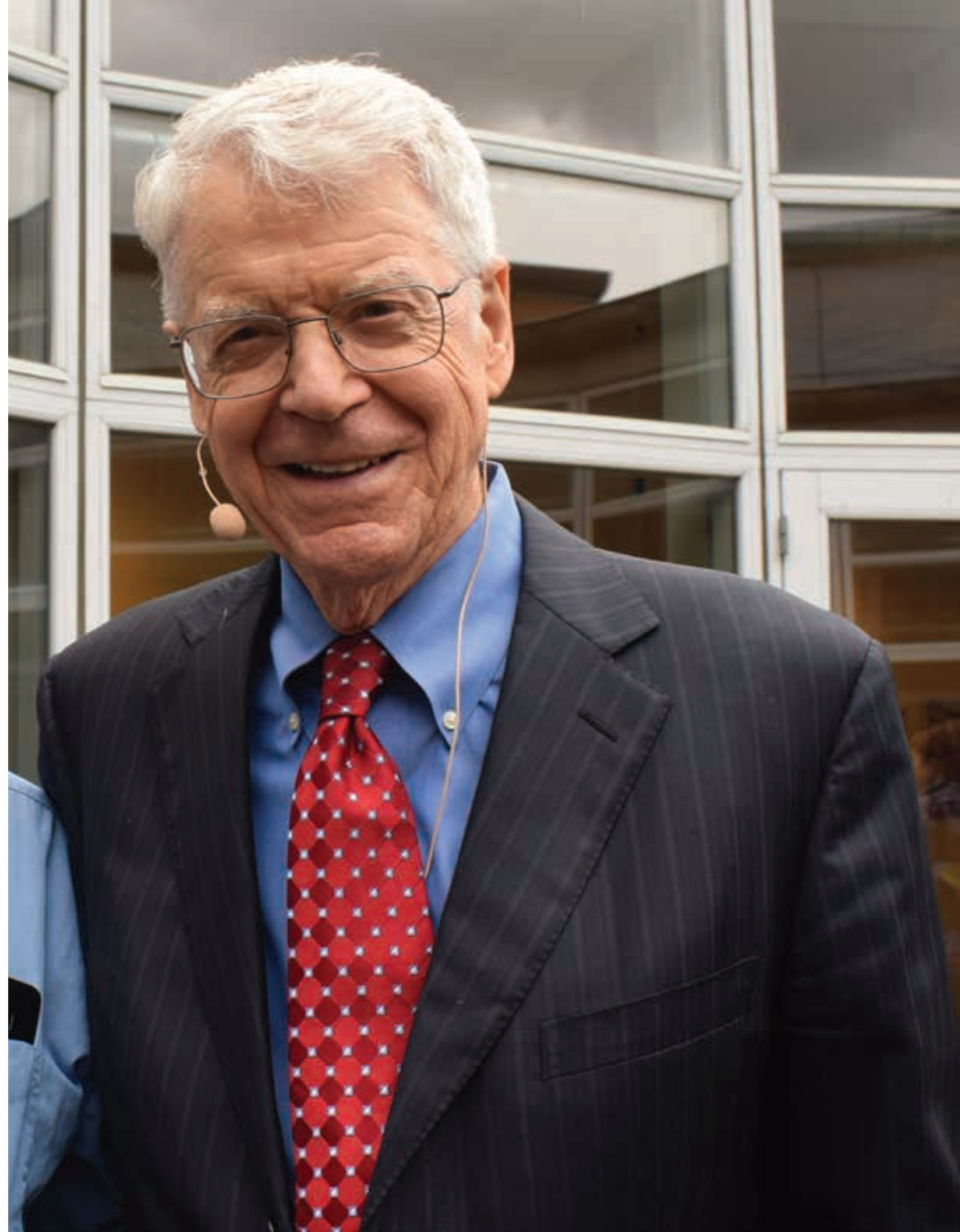
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ention the name Esselstyn to many in the plant-based arena, and most people will tell a story of gratitude and appreciation about Caldwell B. Esselstyn, Jr., MD, and Ann Crile Esselstyn. People openly express how their lives were transformed by the Esselstyns. In many cases, people will say, "The

Esselstyns saved my life." It's easy to see that Essy and Ann are a cornerstone to the plant-based movement, tirelessly dedicating their life's work to improving health outcomes for many.

According to Brian Hart, executive director of the newly established Esselstyn Family Foundation (EFF), "Essy and Ann have been working tirelessly and selflessly to get the whole-food plant-based (WFPB) message out to as many people as possible for the last 30 years. We decided, as a family, that it was time to honor them, broaden the scope of their work, and make sure the work can continue well into the future."

Yes, Brian is a member of the Esselstyn family, married to Jane Esselstyn. We all know Jane's work, especially the landmark cookbook, *The Prevent and Reverse Heart Disease Cookbook* (Avery, 2014), which she co-authored with her mom, Ann.





Ann, Essy, the children, grandchildren, and Ann's sister, Susan Crile

Jane and Rip Esselstyn, creator of the Engine 2 Diet, have collaborated on several books together.

It's such a family affair that the board president is experienced administrator and educator Jill Kolasinski, married to Rip Esselstyn and the busy mother of three. Jill heads the board and knows of what she speaks. According to Jill, "As the board chair, I create the basic structure for the board directors, support Brian in launching the organization, manage the board, and help raise funds."

Brian adds that the idea to create the foundation started when a friend, one who had experienced transformational changes in her health and life by going plant-based, asked point-blank why there wasn't a not-for-profit set up to push the plant-based message out to people. It was a great question and started the conversation. Brian called a family meeting, and everyone agreed that it was "time."

Brian's background in program design and education is the perfect fit for his new role. I recently sat down with him to gain insight about his role and visions for the EFF.

**Tell our readers a little bit about yourself and your own entry into becoming Executive Director of the EFF.**

My background and professional experience is in education. I started out as an outdoor educator with Outward Bound, which exposed me to "out of the box" teaching strategies and the magic of experiential education. I was a principal for five years, too. This background has set me up quite well for the Executive Director position at EFF, as I see the challenge that WFPB education faces is one of how best to educate. We know the research is sound, but much of the movement still relies on a "sage on the stage" model for spreading the word.

**As a 5(01)(c3), what sets EFF apart from other foundations that are promoting the plant-based message?**

What sets us apart from other WFPB organizations are three strategic commitments:

Cost: We want to offer our programing free of cost. While our mission is to prevent and reverse lifestyle-related diseases by promoting WFPB nutrition, our strategic vision is to make sure that

cost is not prohibitive. Money should not get in the way of someone living a vibrant and disease-free life. This is not common amongst WFPB organizations, even ones that are 5(01)(c3)s.

Collaborative Partnerships: We want to set up partnerships with existing non-profits and community health initiatives already in existence and collaborate. Behavior change does not come through one-time lectures. We want to build long-term partnerships with existing organizations (boards of health, schools, charity hospitals, medical student organizations, nurses' groups, rural health initiatives, etc.) and work closely with those groups to both bring the message and ensure that the work continues. Partnerships are the best way to do that, we feel.

Human-Centered Design (HCD): At the core of our work is human-centered design. That is, we will strive to work with folks on the ground and in the community to problem-solve hurdles that can make it difficult for community members to make healthy food choices. HCD is a methodology that involves interviewing, prototyping, and collaboratively designing solutions to real-world problems. We hope to make

this an integral part of our programing to ensure long-term success. We have been in contact with some experts in the field to assist us with this.

**What kind of involvement do Ann and Essy have in this project?**

Ann and Essy are an integral part of EFF. Not only are they core facilitators in our programs, they both play an active role in overall vision and strategic direction. Essy sits on our board, and Ann acts as an advisor to the board. They have been part of the process from the start. This is in their honor, so it has been really important for us to make sure that the organization itself reflects who they are and honors their value system. In fact, if you look at EFF's core values on the website, you will notice that they came directly from conversations with Ann and Essy.

Reversal and Prevention Are Primary:

- Our organization is built upon the foundational belief that making healthy lifestyle choices that both reverse and prevent disease is the best approach to living.

Inclusivity:

- We believe that this lifestyle education should be available to every person on the planet, regardless of where they live or their socio-economic status.

Compassion and a Spirit of Generosity:

- We view our clients as individuals, each with unique life experiences and stories.
- We strive to listen as much as we talk.
- We provide our services at greatly reduced or no cost to our clients.

Integrity and Science:

- We demonstrate honesty and respect for all individuals, even those who question us and chal-

lenge our assumptions.

- Our approaches to optimal health will always be rooted in sound, peer-reviewed science.
- We will continually pursue knowledge and uphold the highest caliber of expertise.

Respect and Collaboration:

- We maintain a positive, team-focused atmosphere built on mutual, professional respect.

- We collaborate with other like-minded organizations committed to furthering the whole-food, plant-based movement. In addition, we actively strive to promote other organizations doing similar work.
- We seek to establish long-term relationships with our client communities to ensure success.

Active and Meaningful Engagement:

- We always strive to bring enjoyment, passion, energy, meaning, and fulfillment to our work.

- We use a wide variety of research-based teaching strategies to fully engage as many clients as possible.

Accountability:

- We keep our commitments and make measurable progress to achieve our mission.

**Can you list a few programs that are on the horizon for 2020?**

Along with the board, this first year of EFF is mainly creating the vision, building the basic structure, raising the initial funds to get it up and running, and piloting some programs so we can hone what we do, how we do it, and where, when, and with whom.

**A Natural Leader at a Critical Time**

As the building blocks of EFF develop a strong foundation, Jill Kolasinski adds, "Brian is uniquely suited to the founding position of executive director for EFF. As a former teacher, he is an expert at creating programs, assessing the results, and pivoting as needed." She adds, "He knows how to assess program effectiveness, and he has a strong intuitive sense for the overall direction of the organization."

There's no fancy corner office for Brian Hart; he works from a small home office, getting the job done. Jill adds, "Brian and Jane are Ann and Essy's next-door neighbors. Brian is able to incorporate the feel of the Esselstyns as well as Ann and Essy's desires into the DNA of the foundation as he builds it."

We all agree when Jill says that "Brian knows how to just get it done. Whether it's figuring out which organizations to partner with or how to raise money needed to launch EFF, Brian does whatever it takes to get the job done well!"

As a 5(01)(c3), the EFF will build programs from tax-deductible donations. EFF will sustain Ann and Essy's messaging, although no one can sing the "Greens Rap" quite as well as Essy. (Essy's rap is a mellifluous list of sixteen greens packed with phytonutrients that made its public debut in the acclaimed documentary, *Forks Over Knives*, in 2010.)

For generations to come, EFF will help the general population develop a foundation for positive health outcomes and wellness.

To learn more about the Esselstyn Family Foundation, contact Brian at: [esselstynfamilyfoundation@gmail.com](mailto:esselstynfamilyfoundation@gmail.com).

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**ABOUT THE AUTHOR**

**Char Nolan** is a graduate of Temple University where she studied public health. At the present time she is enrolled at Philadelphia's University of the Arts where she is earning a certificate in social media marketing. She's busy teaching plant-based nutrition throughout various underserved communities of Philadelphia. Char received a certificate from eCornell in Plant-Based Nutrition and also attended Rouxbe where she earned a certification in Plant-Based Cooking. Char's true passion is teaching the underserved. She also holds a certificate in Food Literacy from the Cookbook Project.



## A Special Look at The Game Changers: Men with ED, Are You Listening?

by Diana O. Potter

If you’ve watched television at all since 1998, the year Viagra came on the scene and became a huge (okay, pun intended) sensation, you’re no doubt familiar with the ads for it and for the other ED (erectile dysfunction) treatments that were rushed to market after it. Maybe you wish those annoying ads would go away and let you watch in peace.

Wish no more, or at least less. You may get your wish someday soon, now that *The Game Changers* has shown how much a man’s sex life can benefit from eating plants (that’s right, guys, plants!) instead of that supposed manliest of muscle-bound males’ meal mainstays: meat.

Admittedly, this small but sexy segment of the award-winning documentary — produced by James Cameron, Arnold

Schwarzenegger, James Wilks, Jackie Chan and others and now streaming on Netflix — is, um, short. But it’s pretty convincing.

It’s also very entertaining.

### THE “BURRITO EFFECT” SHOWCASES ATHLETES’ ENHANCED VIRILITY AFTER PLANT-BASED EATING

In the film, three young male athletes ate meat-based burritos for their first evening meal and consumed plant-based “meat” in their burritos the next evening. The strength, longevity, and number of their erections were measured during both nights. The results elicited much embarrassed hilarity — along with changes in attitude about the “Meat is Manly” myth:

- Athlete No. 1 used a graph to report that, compared with the meat-meals results, the strength of his member increased by 9% after the plant-based burrito, and...wait for it...the number of minutes he experienced erections increased by 303%!
- Athlete No. 2 reported an increase of 477% in erection minutes, and
- Athlete No. 3 was thrilled with his increased response of 312%, exclaiming, “That’s like, an hour!”

Of course, this was not a scientific study. But perhaps it offers hope for some men that they can change their experience of ED from Erectile Dysfunction to, say, Erotic Dexterity.

Now *that* would be a Game Changer!



### JAMES WILKS ABLY DEFENDS *THE GAME CHANGERS*

Recently, on the podcast “The Joe Rogan Experience,” Paleo diet advocate and licensed acupuncturist Chris Kresser worked hard at trashing the claims for plant-based eating as a means to improving health. He called them “vegan propaganda.”

Uneasy about letting Kresser’s remarks stand without rebuttal, Rogan, an American comedian and mixed martial arts (MMA) fighter, invited Kresser back to face James Wilks, a producer of *The Game Changers*, for a debate about vegan claims that lasted almost four hours. As Rogan later said, Wilks knocked Kresser’s contentions “out of the park.” Examples:

- Kresser said there’s “no evidence” that animals farmed for food are given vitamin B12 supplements. Wilks calmly produced industry facts and photos that disproved that statement.
- Attacking *The Game Changers* directly, Kresser said the film was incorrect when it said that eating certain plant-based foods, such as peanut butter, can provide protein content that compares with ground beef. Wilks blew this off with simple industry information.

After the debate, Rogan called Wilks’ defense “fantastic,” to the point where he was considering removing the original Kresser-only podcast from his lineup.

When it comes to debunking false claims about plant-based eating, Wilks stands ready to debate “the ketogenic and carnivore diet folks,” as he describes them. *The Game Changers* is just one expression of his commitment.

## Grass May Very Well Be the Next Source of Vegan Protein

by Peter Manley

In recent news, a handful of researchers in Denmark are on a mission to make grass digestible for humans rather than having to go through cows first.

Yes, that’s right — the grass that you maintain in your front lawn may very well be the next source of vegan protein, at least according to a handful of scientists at the Technical University of Denmark’s National Food Institute and Aarhus University in Denmark.

As it stands, grass is not very human-friendly, due to the extremely fibrous nature of it that causes it to be hard for humans to metabolize. However, the Denmark scientists are developing a method of collecting proteins (in the form of a powder) from grass matter, ryegrass in particular.



The great thing about the grass protein powder that results is that its amino acid profile is near-complete, comparing similarly to eggs, soy, and whey. However, the powder still retains a very bitter flavor, which the researchers are working to reduce. Once the taste is improved, however, the grass protein can be used in many applications.

As the researchers test and improve on this protein, one of the primary goals of their research is to make the grass protein profitable as well as useful. This is because the protein would naturally be competing with existing cheap plant-based proteins, such as soy and protein-rich vegetables. According to Peter Ruhdal Jense, a professor at DTU’s National Food Institute, the grass protein “should be cheap to buy, offer good functionality in foods, and it must be tasty.”

Before becoming a commercially available product, grass protein would need to be approved by the European Union as a safe ingredient for human consumption. In hopes of expediting that approval process, the Denmark scientists are performing further intensive research to provide as much information as possible. “The Institute contributes to us moving closer to a radical change in our eating habits—away from animal proteins that have an adverse impact on the environment and towards more sustainable alternatives,” Jensen told FoodnavigatorUSA.



Eat Less Red Meat! Of Course, Right? Some Scientists Are No Longer So Sure.

by Diana O. Potter

The Physicians for Responsible Medicine, or PCRM, are responding to claims published September 30, 2019, in *The New York Times* that the popular advice to eat less red meat may not be justified by the data now available.

Since not eating red meat is a long-established guideline for good health, this report shocked many prominent physicians and health-committed institutions, including PCRM as well as The American Heart Association and the American Cancer Society.

The *Times* story reported the findings of a research-analysis article published in the *Annals of Internal Medicine* (AIM). The international group of researchers concluded that the health effects of red meat consumption are detectable only in the largest groups studied, meaning that the health advantages of not eating red meat are too seldom seen to be significant.

The red-meat health-data analyses published in AIM describe the results of three years of work by 14 researchers in seven countries. Some of the largest such studies ever conducted, the analyses involved more than 4 million participants and throw a new light on standard dietary recommendations — a light that PCRM and the others who refute the findings are demanding be extinguished. The steps they have taken include:

- Early on, calling for AIM to delay publication of the report
- Filing a petition against the journal with the Federal Trade Commission (FTC)
- Suggesting the evidence reported is flawed
- Publishing an online commentary that called the report “irresponsible and unethical”

*The Times* article suggests that most public health institutions will take the findings into consideration but are not planning at this time to make much if any change in their recommendation to eat less red meat for better health.

With the average American eating 4½ servings of red meat per week, however, their uphill battle is likely to continue — especially if the new findings that red meat may not so bad as previously believed become widely known.

PCRM asks individuals to ignore AIM’s report and support the mountain of evidence they have gathered that illustrates the ill effects on health of a diet based on red and processed meat.

Concerned about this controversy? To speak with a PCRM expert, contact Leslie Raabe at 202-527-7319.

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# Going Vegan, Full Circle

by *Jasmine Marie*

Admittedly, I used to be one of those, “I could never go vegan” meatheads. When I went vegan seven years ago, most of my friends in the fitness industry thought the decision was laughable at best, or the end of my career at worst. Although it did take me a while to translate my diet to make it work for me, I believed I was doing the right thing.

Not just from an ethical standpoint, but from what my body was telling me.

I was already in good shape when I started to swap out my chicken and egg whites for tofu and green smoothies. However, I felt noticeably different the longer I stayed plant-based. My allergies disappeared. My energy increased. My hair, skin, and eyes were more vibrant. My digestion improved. I just felt better all around. Which gave my entire life an upgrade.

Flash forward from then to now: My online coaching business, La Femme Vegan, is based on helping women reach their health and fitness goals on a plant-based diet. I met the love of my life while networking within the vegan community, and I travel with Robert Cheeke and the Vegan Strong Team to spread awareness at mainstream fitness expos across the country.



***My online coaching business, La Femme Vegan, is based on helping women reach their health and fitness goals on a plant-based diet.***



Being my own boss as a fitness professional was my goal way before I went vegan. However, I was intimidated about going all-in, working exclusively with women who want to achieve their goals with plant-based lifestyles. Yet, it wasn’t until I committed to that vision that I experienced real growth in my business.

The moral of this story could easily be, “Never say never,” but, more importantly, “Be open to opportunities you might not have considered before.” When you are driven, with a ride-or-die focus, things have a way of working out in the end. Maybe not the way you thought they would, but the way they’re supposed to.

And sometimes, that’s even better than you could have imagined.

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## ABOUT THE AUTHOR

**Jasmine Marie** is a graduate of the Institute of Integrative Nutrition, an NASM-certified personal trainer, a Precision Sports Nutrition coach, and an accredited Weight-loss Specialist, with over six years of experience helping people reach their fitness goals through a plant-based diet. She is also an NPC Bikini Competitor and a proud member of the Vegan Strong Team, a non-profit advocacy group founded by Robert Cheeke.



# THE SCIENCE BEHIND SOY

## IS IT BAD FOR YOU?

by Emily Folk

There's been a lot of controversy and debate over whether or not soy is bad for you. Many of the benefits have been noted, but the effects of the isoflavones in soy — plant-derived compounds which may be linked to a decreased risk of breast cancer — have been questioned. Most research points toward soy as a healthy choice, especially if used as a replacement for animal-based proteins and dairy. However, 94% of soybeans produced in the United States are genetically modified, which can increase your exposure to glyphosate, a potentially toxic herbicide.



### WHAT IS IN SOY?

Soy is a protein made from a soybean plant. Rich in amino acids, it's a recommended dietary alternative to animal protein. One cup of soy contains approximately 23 grams of protein, almost half the daily recommended value. It's packed with vital nutrients like omega-3 fatty acids, zinc, B vitamins, iron, antioxidants, and phytochemicals — all of which are great for your health.

Soy also includes a number of bioactive components, which have all received attention due to their potential to treat and prevent diseases.

In addition to isoflavones, bioactive components found in soy include:

**PEPTIDES:** Short chains of amino acids

**SAPONINS:** Toxic chemicals found in plants

**PHYTOSTEROLS:** Natural compounds found in plant cells

**PHYTIC ACIDS:** Natural substances found in plant seeds

**TRYPSIN INHIBITORS:** Proteins that reduce the activity of trypsin

Adding some soy to your diet can offer numerous benefits. But how can you determine which type of soy to stay away from?

### BENEFITS OF THE RIGHT KIND OF SOY

Soy has proven to be most healthy when minimally processed, allowing your body to retain all nutrients. Simple soy products — such as tempeh, edamame, miso, natto, and some soy sauces — are likely a better choice compared to processed proteins like ice cream, tuna, chips, milk, burgers, and nuts. Foods with concentrated amounts of soy protein can help you build and maintain muscle mass. Plus, you can achieve optimal amino acid levels in your body by choosing protein from real food sources such as soy instead of powders and supplements.

When talking about soy, it's also important to understand its two different types, fermented and unfermented.

**FERMENTED SOY**, the preferred kind of soy, is high in vitamin K2 and, when combined with vitamin D, is thought to help with heart disease, dementia, osteoporosis, and some aspects of cancer prevention.

Unfortunately, most types of soy consumed in the United States are processed and unfermented.

**UNFERMENTED SOY** products contain toxins, plant hormones, and anti-nutrients, which block the absorption of good nutrients in the body. People seeking alternatives to animal proteins commonly eat these products — which, it may surprise you to learn, include tofu, edamame, and soy milk. In addition, processed soy, also called soy protein isolate, lacks the fiber, fat, and carbs that make unprocessed soy healthy.

When you eat the right type of soy, fermented and unprocessed, you can see plenty of benefits. For example, soy has been shown to increase bone health. One study showed that women who consumed at least ¼ cup of tofu per day decreased their risk of bone fracture by 30%. Another study showed that during menopause, women who took soy isoflavone supplements for six weeks to 12 months reduced the occurrence of hot flashes by 21%.

Soy products have been found to have no adverse effects on males, and they may even help prevent cancer in men.



Soy products have been found to have no adverse effects on males, and they may even help prevent cancer in men. Epidemiological studies have found that consuming soy protein may reduce the risk for certain types of cancer including breast, colon, and prostate. However, to reduce the risk of breast cancer in women, soy consumption may have to take place earlier in a young girl's life, since breast tissue is formed during adolescence.

One study concluded inflammation could be decreased by consuming soy protein. This is beneficial because cancer, type 2 diabetes, and cardiovascular disease are all connected to inflammation. In addition to all these benefits, soy may also improve your cholesterol levels and fertility outcomes.

## THE DEBATE ON ISOFLAVONES

Although soy has a ton of benefits for the human body, the effects of the ingredient isoflavone are believed by

some to be more harmful than beneficial. These isoflavones change to phytoestrogens when they enter the body and thereafter act like estrogen.

While this can help with improving bone health and menopausal symptoms, it also brings an increased risk for blood clots and breast cancer. High levels of estrogen can increase the risk of breast cancer in women, and some believe consuming soy may deliver similar results. That's because soy's isoflavones are close in structure and have produced these effects in certain tissues. However, this does not mean we should avoid consuming soy.

The results from Shanghai's Breast Cancer Survival Study, conducted in 2009, found that women with breast cancer had a 29% decreased risk of death and a 32% lower risk of recurrence when consuming food with soy as opposed to consuming none. These results have been replicated in other studies that involved more than 10,000 breast cancer patients.

## ABOUT THE AUTHOR

**Emily Folk** is a sustainability and wellness blogger who advocates making choices to help you and the planet each day. You can read more of her work on her blog, [ConservationFolks.com](https://www.ConservationFolks.com).



Some studies even concluded that women who consume soy reduce their risk of developing breast cancer altogether. For this to occur, however, soy consumption may have to begin during adolescence or sooner.

It's believed by many that a few servings of soy each day can prove beneficial to your overall health. The negative effects are most likely to occur if you consume too much — which is where the skeptics come in. A suggestion is to **eat less than one serving** (30 mg) of soy per day.

## ADDING SOY TO YOUR DIET

If you haven't added soy to your daily diet yet, consider doing so. It's an excellent substitute for animal products and comes with an abundance of nutrients and health benefits. But it's important to be aware of the type of soy protein you are consuming — whether fermented or unfermented — and whether it's been processed or not. Keep track of your soy intake throughout the day to avoid exceeding the daily recommended serving of 30 mg.

When you consume the healthiest type and amount of soy, you may notice improved bone health and reduced symptoms of menopause; you may even be helping to prevent cancer. With benefits like these, why not try adding a little fermented, unprocessed soy to your diet?

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# LET'S FACE IT

## we all want to love the skin we're in

*by Christy Aguillard*

### Who wants clear skin?

Let's face it, Acne is a nasty word. It's a condition that occurs when your hair follicles become plugged with oil and dead skin cells. As a result, you experience pimples, whiteheads, and blackheads — Oh My!

Acne is most common among teenagers (but it affects people of all ages), and it's a big deal in our house right now. My 16- and 12-year-old daughters eat predominantly a plant-strong diet: that is, when they're at home. But we don't police them when they're out with friends or away at sleepovers. So they eat pretty healthfully, but on occasion they consume some animal products and the ever-popular teenage snacks like French fries, pizza, chips, and let's not forget candy....

Our younger daughter came to me the other day with tears in her eyes and said, "My face is so ugly." Not the words you want to hear from your beautiful, full-of-life baby girl. These words pulled at my mom heartstrings, and I had to take a deep breath to respond appropriately. Who was telling her this? Where did this low self-esteem talk come from, suddenly? She's always been confident in her own skin — but then I looked at her more closely and noticed through the tears that her face was all broken out. I hadn't even noticed,

I'm sure everyone's answer to that question is...ME! If you really want it, you have to make a few small changes to the foods you put in your body. The best thing is to follow a low-fat, whole-food, plant-based diet. Avoid the processed junk food, cooked in oils and loaded with fat. This way of eating works because you are eliminating animal fats that can create pore-clogging fatty material in the skin and you're adding those amazing antioxidants found only in plants.

but it was traumatizing to her. Her skin had been fairly normal up until this point.

Acne is a big factor in teen depression and social isolation. Obviously, at 12 years old, my daughter's at the prime of her pre-teen hormonal changes, and with that comes breakouts (and many other things we can discuss at a later time). So what else, if anything, was causing this?

I did what most moms would do: asked lots of questions: "Are you washing your face?" "Have you changed your face-wash products?" "Are you using your moisturizer?" Then I asked her what she'd been eating — and it was as if a lightbulb had gone off. At that moment, she realized that her diet had changed in the last few weeks because of a busy extracurricular evening schedule, and she was consuming more processed vegan junk food than usual.

I have to tell you that when she realized this on her own, I felt proud. That meant she'd been watching and listening to what I was teaching her about the foods we eat. Amazing, right? Sometimes we think we're just wasting our breath, and then moments like these happen. I call that a MOM



WIN! If you're a mom, you know that it's important to celebrate even small victories like these.

We decided to figure out what we could do about it. Because I'm 41, I looked up articles and listened to podcasts. She watched YouTube videos (since we all know that 12-year-olds live on that channel), and together we formed a plan for getting her clear skin back. Because this is a common problem in teens and adults, I wanted to share with you what worked for her.

She is telling all of her friends that are on prescription acne medications to ditch the drugs (of course with their doctors' okay) and just stop eating junk. I love it! Her confident, spunky personality is back. I'm pretty sure it's because her face has cleared up, but I also secretly believe that it's because with only a little help from Mom, she figured out a solution on her own and saw the results for herself. Seeing *is* believing (even with teens)!

Who wants clear skin?

I'm sure everyone's answer to that question is...ME! If you really want it, you have to make a few small changes to the foods you put in your body. The best thing is to follow a low-fat, whole-food, plant-based diet. Avoid the processed junk food, cooked in oils and loaded with fat. This way of eating works because you are eliminating animal fats that can create pore-clogging fatty material in the skin and you're adding those amazing antioxidants found only in plants.

When will I see results?

We live in a world where we want a quick fix, especially if acne is looking at us in the mirror every day. This actually happened for us: My daughter saw drastic results within the first week, when we were trying to clean up her diet and find ways for her to eat more foods with antioxidants that would help fight the inflammation that comes along with acne. Then, in weeks two and three, the results were even more obvious. What we realized quickly was that changing the foods she ate was a much quicker (and cheaper) fix than

ABOUT THE AUTHOR

**Christy Aguillard:** I was born and raised in Oil City, LA. Southern girl through and through. I couldn't get far from my parents after high school, so I went to Louisiana Tech University (Go Dawgs), which was only an hour away, and graduated from LA Tech in 1998 with a Bachelor of Arts. Then I went to South Western Baptist Theological Seminary and graduated with a Master of Arts in Christian Education in 2001.

I have served in Preschool/Children's ministry in churches in Louisiana and Texas for 20 years. Currently, I am The Preschool and Children's Pastor at The Simple Church in Shreveport, LA. Also, I am a Certified Food for Life Instructor with The Physicians Committee for Responsible Medicine. I love educating my community on the benefits of a plants through classes, events, and personal training.

My husband David and our two beautiful daughters, Taylor Anne who is 16 and Hilary who is 12, all made the transition together, three years ago, to a plant-strong lifestyle.

trying different medications and then waiting to see which one would work best for her. The answer to this question obviously varies from person to person and with the severity of the acne. Try it!

What foods should I eat?

Foods high in antioxidants: fruits and vegetables that are all the colors of the rainbow, plus:

- Green tea
- Foods that are rich in vitamin A, C, and E
- Grains and Legumes

Stay hydrated, and drink lots of water. (Fun fact: water makes up 50-70% of your skin's total weight.)

What foods should I avoid?

- All animal products
- Dairy: This is considered the biggest food-related cause of acne (stay FAR away)
- Highly processed sugars
- Foods with added oils

In addition, if your skin is currently broken out and you are eating a pretty healthy diet, try eliminating these foods for a short time: nuts, nut butter, avocado, and soy. These foods have a lot of natural oils and can cause your skin to become oilier if you have problem areas.

The skinny on clear skin

Take care of the skin you're in: It's your body's largest organ, which means you have a lot of it! We're all critical of ourselves — our skin tone, our size, our hair, and, if you're like me, the list could go on and on. But there is good news! We do have the power to change some of these things. Remember, your skin is an outward reflection of what's being put into your body. If you want to love your skin, then FACE the facts and make the small changes to your diet that can give you those amazing results!

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# FAIR TRADE IS ONLY THE BEGINNING

## HOW TO FIND CHOCOLATE THAT IS TRULY CRUELTY-FREE

by Emma Letessier

If a chocolate bar has the “vegan” or “Fair Trade” label on its packaging, most of us would assume that it’s a “safe” product to purchase, right? Unfortunately, those labels aren’t enough to guarantee that chocolate is cruelty-free.

True, our vegan chocolate bar may not contain any ingredients derived from animals. But over 70% of the world’s cocoa beans are sourced from West African countries (mainly Ghana and the Ivory Coast) where slave labor, including the enslavement of children, is common.

The cocoa beans produced in these countries are sold to the majority of chocolate companies including some of the biggest brands in the world, such as Hershey’s, Mars, and Nestlé, and, yes, some producers of vegan chocolate products as well.

### CHILD LABOR AND CHOCOLATE — A NOT-SO-SWEET STORY

The average age range of child workers on the farms is between 12 and 16 years old (40% of whom are girls), but some reporters have found child slaves as young as 5. An estimated 1.8 million children in the Ivory Coast and Ghana working on cocoa farms suffer the worst forms of child labor.

### THESE ARE JUST SOME OF THE DANGERS

A typical day for a child chocolate worker includes using sharp, heavy, and dangerous tools such as machetes or chainsaws to clear forest land. They are also expected to use machetes to harvest and open the cocoa beans, and many of the children carry scars from accidents that occurred while using these tools. Once the beans are harvested from the

I FELT THE SAME WAY I DID WHEN I LEARNED ABOUT THE VARIOUS EXPLOITATIONS OF ANIMALS; I FELT I NEEDED TO DO SOMETHING TO STOP IT.

-Lauren Ornelas, founder and executive director of the Food Empowerment Project



trees, they are packed into large sacks that the children have to drag through the forest.

The children are also often exposed to high levels of toxic industrial chemicals in the form of pesticides, which they are required to spray on the cocoa bean plants without any protective masks or clothing.

## EDUCATING THE CONSUMER

Despite their major role in contributing to child labor and slavery in Western Africa, the \$60 billion chocolate

industry has not taken significant steps to address this problem. In fact, they don't even pay the farmers from whom they source the cocoa beans a fair wage.

When Lauren Ornelas, animal rights advocate and founder and executive director of the Food Empowerment Project, learned about slavery in the chocolate industry, she decided she had to make education about chocolate a key focus of her organization's work.

"In the early 2000s I saw a documentary featuring a former slave in the chocolate industry," says Lauren, "and

the filmmakers asked him what he would say to Westerners who still eat chocolate. He said, "Tell them when they are eating chocolate, they are eating my flesh."

"I realized that that would be the same thing a non-human animal would say to someone who eats animals, and knew I would never look at chocolate the same way again. I felt the same way I did when I learned about the various exploitations of animals; I felt I needed to do something to stop it," she explains.

When Lauren started the Food Empowerment Project, she realized

that she had it in her power to combine human and non-human suffering in the name of food and create her own mission: 1) to remind vegans that just because something doesn't contain animal ingredients doesn't mean it is cruelty-free, and 2) to use the Food Empowerment Project to help end slavery and child labor in the chocolate industry.

## FAIR TRADE ISN'T A GUARANTEE

With the current certifications in place today, consumers have no way of knowing if a chocolate product has involved slavery in its production. There are several fair trade labels in existence, but no single label can guarantee that a product's cocoa beans were sourced without exploitative labor.

For instance, in 2009, the founders of the fair trade certification had to strike off several of their West African suppliers when evidence came forth that they were using child labor.

## A VEGAN, CRUELTY-FREE CHOCOLATE LIST

In addition to highlighting the plight of children forced into slavery in the chocolate industry, part of Lauren's work for the Food Empowerment Project was to compile a list of chocolate companies, offering at least one vegan product, that would allow the public to see if their favorite chocolate

brands were cruelty-free. This list is updated monthly.

"I want to be as transparent as possible with our list," says Lauren. "If a company doesn't make our 'recommended' list, it's important for me to let people know why."

Besides compiling the list, Lauren and her team work tirelessly to lobby chocolate companies to reveal where they source their cocoa beans and encourage them to switch to suppliers in areas where slave labor isn't used.

Lauren also makes the point that, "Consumers have the power to get companies to respond and change their suppliers. If a company won't respond [to a request to disclose where they source their cocoa beans], or if they consider it proprietary to simply tell us the country of origin for their beans," she says, consumers can buy their chocolate elsewhere.

## MAKE CHOCOLATE SHOPPING EASIER: DOWNLOAD THE FOOD EMPOWERMENT PROJECT'S APP

The Food Empowerment Project's chocolate list is also available via a handy and recently revised app, which has been downloaded over 10,000 times.

It's simple to use; you just type in the name of the chocolate company in

the search field and the app will tell you if the Food Empowerment Project recommends that company or not (and if not, they'll also tell you the reason why).

The app also allows you to discover which other countries the chocolate company is in and which subsidiaries they own. A user can send a message straight from the app to every company featured in the list, whether recommended or not, via Twitter or Facebook to thank them or encourage them to do more.

"As a vegan, I wouldn't only eat vegan foods with the exclusion of butter, for example," Lauren notes. "It's the same with our chocolate list in the sense that if a company's chocolate could possibly be sourced from an area where the worst forms of child labor — including slavery — take place, then their chocolate is not cruelty-free. We want everyone to eat their ethics and remember that their food choices have power!"

To find out more about slavery in the chocolate industry, please visit the Food Empowerment Project's website: <https://tinyurl.com/k6j9dre>.

You can access the Food Empowerment Project's chocolate list at: <https://tinyurl.com/kwz49be>.

And you can download the app for free at: <https://tinyurl.com/ycldsr3p>.

## ABOUT THE AUTHOR

**Emma Letessier** is the editor of BarefootVegan.com and co-founder of the Barefoot Vegan Farm, a micro-sanctuary and veganic permaculture farm in the southwest of France. In addition to her work with Barefoot Vegan, Emma is a contributor to *Hectic Vegan Magazine*, *Vegan Italy*, and the "Happy Happy Vegan" blog, and she's also the content manager for *One Bite Vegan Magazine*. Find out more at <http://www.barefootvegan.com>.



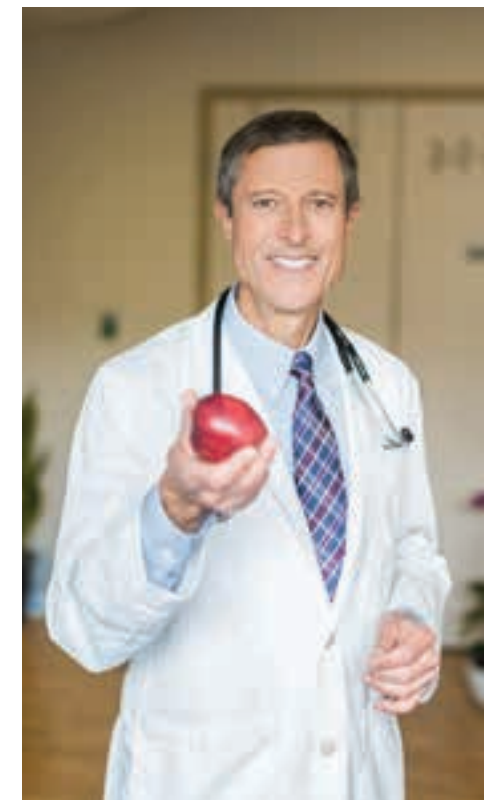
# DR. PATRICIA THOMSON'S TEXAS-SIZE AMBITION

## Dr. Patricia Thomson's Inaugural Food as Medicine Summit & EXPO Launches in the Heart of Cattle Country: Dallas, April 24-25, 2020

*by Karin Olsen / Plant Power Productions*

Texans love their BBQ, chicken-fried steaks, and prime rib, but a thriving vegan community in and around Dallas is bucking tradition. Made up of an ardent population of plant-powered enthusiasts who managed to stake an early claim in the heart of cattle country, the Dallas vegan scene is now teeming with meetup groups, restaurants, pop-ups, pot-lucks, events, cooking classes, and rallies. Now the city is also home to a new annual event, the Food as Medicine Summit & EXPO ([www.foodasmedicinesummittx.com](http://www.foodasmedicinesummittx.com)), coming April 24 -25, 2020, to the Richardson Civic Center and presented by TS Wellness Founder and President Patricia Thomson, PhD.

The seed for the Food as Medicine event was planted more than 10 years ago. Having lost her dad to heart disease, Dr. Thomson was convinced the same fate awaited her until she discovered Dr. Joel Fuhrman's book *Eat to Live*. Overnight, her life changed as she embarked on a journey to discover the power within to alter her genetic destiny and prevent chronic disease through a whole-food, plant-based diet. She devoured (pun intended) as many diet and nutrition books as she could find. She also pursued formal plant-based nutritional training through Dr. T. Colin Campbell's e-Cornell program and Food for Life instructor certification from Dr. Neal Barnard, founder of the Physician's Committee for Responsible Medicine (PCRM). Once certified, she began offering nutrition and cooking classes throughout the Dallas-Fort Worth Metroplex.



Dr. Neal Barnard



# FOOD as MEDICINE Summit & EXPO

Live Well. Eat Well. Be Well.

"I'D LIKE TO  
EXTEND THE IDEA  
THAT 'EVERYTHING  
IS BIGGER IN TEXAS'  
TO OUR SALAD  
BOWLS INSTEAD OF  
OUR WAISTS."

- DR. PATRICIA THOMSON

After 25 years of non-profit executive leadership, Thomson shifted her career focus to a new-found passion — working full-time to educate others about plant-based nutrition. She founded TS Wellness, a community-based health and wellness company dedicated to bringing whole-food, plant-based nutrition to the workplace and community. It was while brainstorming ways to reach larger segments of the general public that she developed the idea for the first Food as Medicine Summit & EXPO in Dallas and immediately started work to bring it to fruition.

Last spring she took a leap of faith, plunking down cash to reserve the Richardson Civic Center for a two-day Summit & EXPO that was a year away. To create an event of this magnitude, Thomson knew she needed a team and, from the beginning, has relied on volunteers, local businesses, healthcare professionals, community leaders, and others to make it happen.

Her first call was to fellow Food for Life instructor Katherine Lawrence-Ireland, owner of Food Saved Me. Ireland not only signed on as the event's lead sponsor but also worked with Thomson to secure the event's keynote presenter, best-selling author and PCRM founder Dr. Barnard. Empowered by Barnard's support and enthusiasm, Thomson brought on her next speaker: Dr. Caldwell Esselstyn. A legend in the whole-food, plant-based movement, Esselstyn is a pioneer in preventing and reversing heart disease through plant-based nutrition.

In addition to Barnard and Esselstyn, the event features other plant-based champions including Dr. Michael Klaper, Dr. Brooke Goldner, Dr. Linda Carney, Drs. Bandana and Munish Chawla, Dr. Jimmy Conway, Dr. Rizwan Bukhari, Registered Dietitian Brenda Davis, and fitness gurus Thomas Tadlock, No Meat Athlete Matt Frazier, Josh LaJaunie, Ellen Jaffe Jones, and the Plant Chics.

As part of the practical application component, the Summit will also feature a host of nutrition experts who will give food and cooking demonstrations and teach everyday plant-based practices. The roster includes Fat Free Vegan blogger Susan Voisin, Nature's Plate owners Annette Baker and Marianne Lacko, Viridescent Kitchen's (VK) owner Brooke Ali, Thomson, and fellow Food for Life instructors Leslie Harrison and Lawrence-Ireland, along with local expert Dianne Doyle. As part of the event's community-building component, organizers are forming local support groups so attendees can continue learning and sharing when they return home.

On Friday night there will be a fundraising dinner benefiting the Physician's Committee for Responsible Medicine. Founder and president Barnard will be the honored guest. Themed "Your Passport to the Vegan World," the evening will feature food stations representing a variety of ethnic plant-based foods prepared by Viridescent Kitchen chefs.

The exhibitor lineup, which filled up last fall, includes an impressive assortment of services, food, and products promoting a plant-based approach to health and wellness. For a complete listing, please visit [www.foodasmedicinesummittx.com](http://www.foodasmedicinesummittx.com).

One of the key components of the partnership between the Food as Medicine Summit & EXPO and the presenters, sponsors, and exhibitors has been a promotional marketing push for each partner, including a series of videos, social media ads, press releases, media interviews, and more, to help build visibility in the community.

Thomson says the marketing efforts have been important in establishing the event as well as in building a platform for speakers, sponsors, and exhibitors to reach more people and impact more lives. The saying "A rising tide lifts all boats" is an analogy she uses for the Food as Medicine movement:

"For every success, we all benefit by furthering the message, because there are thousands of studies showing how filling your plate with fruits, veggies, legumes, whole grains, nuts, and seeds leads to vastly improved health. If we can reach more people with this message, then more people will begin to see improvements in their health, have less reliance on pharmaceuticals, have better attendance at work, experience a reduction in obesity as well as a host of diseases, and live better lives overall. The relief on the medical industry alone would be a tremendous economic benefit."

Even before her first annual event in Greater Dallas, Thomson is already planning to expand into other markets including Houston and Austin. "Helping Texas become the state with the most healthy vegans would be my ideal end-goal and one that would help curtail the state's current status of having some of the highest obesity rates. I'd like to extend the idea that 'everything is bigger in Texas' to our salad bowls instead of our waists," she said.

## ABOUT DR. PATRICIA THOMSON

**Dr. Patricia R. Thomson** is a certified nutritionist, experienced speaker, coach, and consultant. She earned her nutrition certificate through the e-Cornell Center for Nutrition Studies and her teaching certification through the Physicians Committee for Responsible Medicine Food for Life program. She also earned her plant-based culinary certification through the Rouxbe Culinary School.

Thomson has taught courses in employee wellness as well as disease prevention and reversal for heart disease, cancer, diabetes, and Alzheimer's disease, in addition to weight-loss management, food addiction, thyroid and hormone control, digestive disorders, and child health. She has worked extensively with non-profit organizations in helping to raise awareness for a variety of compelling causes.

She is a published scientist, has a PhD in biological sciences with a focus on toxicology, and has worked in both the private and public sectors protecting human and environmental health.

<https://www.foodasmedicinesummittx.com>

**Keto and plant-based diets seem like polar opposites of each other, and yet people use them to achieve the same effect (weight loss). How is that possible?**

Chemotherapy, anorexia nervosa, heroin addiction, and chopping off your legs will also result in weight loss — but I don't recommend them. Any low-carb diet will result in quick weight loss in the short term, while you mortgage your health in the long term. While eating a WHOLE FOOD plant-based diet works beautifully for weight loss, it's not a temporary diet. It is a permanent lifestyle. For most people, a keto diet (which destroys the planet and also harms human and animal health) is not sustainable. We are designed to eat the majority of our calories from complex carbohydrates (fruits, vegetables, whole grains, and legumes), not from fat and protein. Eat WHOLE UNPROCESSED PLANTS; you'll be healthy — and fit into your pants.



**I'm a 29-year-old guy and, like many Americans, work long hours and really don't have the time or energy to cook. Do you have any advice for plant-based food options that aren't time-intensive to prepare?**

Yes, I do! Get married or get an electric pressure cooker!!! You can throw a bunch of healthy ingredients in the pot and, within minutes, enjoy a delicious meal. You literally set it and forget it. While your meal is coming up to pressure, you can take a bath, walk your dog, or play your favorite video game. Sign up for my newsletter at [www.eatunprocessed.com](http://www.eatunprocessed.com), and you'll receive five of my favorite easy pressure-cooker recipes.

If you really, truly will not cook, then consider a whole-food plant-based fresh-food delivery service like <https://www.mamasezz.com>. Be sure to use the code CAJ for a \$10 discount. For \$10 off an Instant Pot, use code AJ at <https://instantpot.com>. For \$10 off a Mealthy Multi pot, use code "CHEFAJ" at <https://mealthy.com>.

And here's one of my favorite soup recipes to help!

Love & Kale,  
Chef AJ

## ABOUT THE CHEF

**Chef AJ** has been devoted to a plant-exclusive diet for over 41 years. She is the Host of the television show *Healthy Living with Chef AJ* and the YouTube show *Weight Loss Wednesday*. She is the creator of the *Ultimate Weight Loss Program* and conference and the author of the popular book, *Unprocessed*, and the bestselling book, *The Secrets to Ultimate Weight Loss*. In 2018, she was inducted into the Vegetarian Hall of Fame; she is proud to say that her IQ is higher than her cholesterol.

Watch the free summit:  
<https://therealtruthaboutweightloss.com>  
<https://chefajwebsite.com>

# CREAMY CURRIED KABOCHA SQUASH SOUP

by Chef AJ



## INGREDIENTS

- 8 cups of cooked Kabocha squash
- 4 cups of water
- ¼ cup gluten-free rolled oats
- 3 cups of chopped onion (about 10 oz.)
- 4-6 cloves of garlic
- 1 Tablespoon Benson's Table Tasty or other salt-free seasoning or salt, to taste
- 2 teaspoons SMOKED paprika (different from regular paprika)
- 1 teaspoon mild curry powder
- ¼ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- 4 cups unsweetened plain almond milk

## DIRECTIONS

1. Cook squash according to your preferred method. The easiest way is to place the whole squash on the rack in the Instant Pot, fill the pot with water up to the rack, and cook at high pressure for 10 minutes.
2. Remove squash carefully when cool enough to handle, cut in half, and remove seeds.
3. Rinse out Instant Pot insert (the cook pot) to use again.
4. Place seeded squash and all remaining ingredients, except for the almond milk, into the insert and cook on high pressure for 5 minutes.
5. Release the pressure completely, then remove pot cover.
6. Using an immersion blender, add almond milk and purée soup right in the pot. Alternatively, carefully blend the contents in a blender.
7. This soup thickens as it cools, so feel free to thin it out the next day with water or additional almond milk.

### Chef's Note

- If you have time, use the pot's sauté function and brown the onions before adding the remaining ingredients. This is delicious served over black, red, brown, or wild rice. Garnish with fresh chopped chives and sprinkle with smoked paprika before serving.

# Chef Spotlight

Leah  
Vanderveldt



Photo by Michelle Fidman

## What was it that got you interested in cooking?

A combination of budget and deciding to become a vegetarian. I was working at my first job in publishing in New York and realized I couldn't afford to buy most of my lunches and dinners out, so I started experimenting with lots of vegetables and plant-based proteins. I quickly became obsessed with finding new recipes and inspiration on my lunch break and going home and cooking something new each night.

## What's the one ingredient you can't live without?

So hard to choose! Citrus might be my number one. I always have a big bag of lemons that I use in dressings, on grain bowls, in guacamole, to finish soups. Whenever I can't put my finger on what a dish is missing, some fresh lemon juice always helps. I'm also a warm- lemon-water- first-thing-in-the-morning person, too. It's the best reset.

## Where do you go for inspiration?

Restaurants and creative restaurant menus (of places I haven't even been to yet!), and, of course, cookbooks and Instagram. I rarely follow a recipe to the letter anymore (weird for a recipe developer, I know!), but I'm always looking for ingredient combinations and flavor profiles that get me excited.

## What's your go-to meal when cooking for guests?

Tacos, almost always. I love something that's customizable or a build-your-own situation with lots of options, so everyone can get the exact combination they like. It's great for prep, too, because you can prepare a bunch of stuff in advance, so you don't have to do much once guests arrive. And if you're serving meat eaters an all-veg menu, they tend not to care when there's good guacamole.

## What kitchen gadget do you recommend every vegan have at their disposal?

A good high-speed blender. Everything from dairy alternatives to delicious sauces and soups can be made better with a good blender. I use mine at least twice a day!

Thanks so much!  
Leah

## ABOUT THE CHEF

**Leah Vanderveldt** is a food writer and recipe developer in the health and wellness space. She began her career at Condé Nast, working for *Vogue* and *Vanity Fair*. When she moved to Sydney, Australia, Leah went on to become the food editor at health and wellness website MindBodyGreen.com, where she developed whole-food recipes and edited content on nutrition. In addition to *First-Time Vegan*, Leah is also the author of *The CBD Kitchen: Over 50 Plant-Based Recipes for Tonics, Easy Meals, Treats & Skincare Made with the Goodness Extracted from Hemp* (Ryland Peters & Small, 2019) and *Magical Self-Care for Everyday Life: Own Your Magic, Tap into Your Intuition, and Create Personal Wellness Rituals*, releasing on March 10, 2020. She is certified in Culinary Nutrition from the Natural Gourmet Institute in New York City and lives with her family in Brooklyn.

# RED LENTIL SOUP WITH CILANTRO-PEPITA PESTO

by Hope Bailey, Executive Chef, Pink Salt Cuisine



## To Make the Soup

### INGREDIENTS

- 2 Tablespoons olive oil
- 1 small onion, chopped
- 1 Tablespoon garlic, smashed
- 1 Tablespoon fresh ginger, grated
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons ground turmeric
- 2 teaspoons paprika
- pinch of red chili flakes
- 1 (15-oz.) can crushed tomatoes
- 6 cups vegetable broth
- 2 cups red lentils, rinsed and sorted
- juice of 1 lemon
- salt and pepper to taste
- cilantro-pepita pesto (recipe below)
- unsweetened coconut yogurt and micro greens, to garnish

### DIRECTIONS

- Sauté onion in olive oil on medium heat until translucent.
- Add garlic, ginger, and spices.
- Sauté until fragrant.
- Add tomatoes, broth, and lentils, and simmer until lentils are tender. Allow to cool.
- Purée in a high-speed blender until smooth. Add water as needed to achieve desired consistency.
- Add lemon juice, salt, and pepper to taste.
- Garnish with cilantro pesto, coconut yogurt, and micro greens.

## To Make the Cilantro-Pepita Pesto

### INGREDIENTS

- 1 large bunch cilantro
- ¼ cup toasted pepitas
- 4 garlic cloves
- ½ serrano chili, to taste
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup olive oil

### DIRECTIONS

- Place cilantro, pepitas, garlic, serrano, salt, and pepper in a blender.
- Blend on low speed and gradually add oil. Increase speed as needed to emulsify.
- Drizzle over hot soup. Any remaining pesto should be stored in an airtight container in the refrigerator.

# FROM THE VERY POPULAR *PLANT- BASED ON A BUDGET*, TONI OKAMOTO SHARES TWO DELICIOUS SOUPS WITH US

**Toni Okamoto** is the founder of Plant-Based on a Budget, the popular website and meal plan that shows you how to save dough by eating veggies. She's also author of the *Plant-Based on a Budget Cookbook*, *The Super Easy Vegan Slow Cooker Cookbook*, and the co-host of The Plant-Powered People Podcast. Okamoto's work has been profiled by *NBC News* and *Parade Magazine*, and she's a regular presence on local and national morning shows across the country, where she teaches viewers how to break their meat habit without breaking their budget. She was also featured in the popular documentary *What the Health*.



Photo by Michelle Cehn

From *Plant-Based on a Budget* by Toni Okamoto (BenBella Books, 2019)



## BLACK BEAN SOUP

This recipe can go one of two ways: If you want to save money and you have time to spare, buy beans in bulk and make this protein-packed recipe even more inexpensive. If you want to save on time, buy canned beans, and your prep time is only minutes.

**Cook Time** About 25 minutes **Makes** 6 to 8 servings

### INGREDIENTS

- 1 Tablespoon canola or vegetable oil (or 3 Tablespoons water)
- ¾ cup diced red, white, or yellow onion (about 1 small onion)
- 1 teaspoon minced garlic (about 2 small cloves)
- ½ jalapeño, seeded and minced
- 1 Tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 bay leaf
- 4½ cups water and 2 vegetable bouillon cubes, or 4½ cups vegetable broth
- 6 (15-ounce) cans black beans, drained and rinsed
- Salt to taste

#### Optional Addition

- 1 cup corn kernels, added after step 5

#### Optional Toppings

- Minced cilantro
- Diced red onion
- Hot sauce
- Squeeze of lime juice

### DIRECTIONS

1. In a large pot over medium-high heat, heat the oil (or water).
2. Add the onion, garlic, and jalapeño and sauté for 5 minutes or until the onion is tender and translucent.
3. Add the cumin, oregano, and bay leaf and cook for 2 more minutes.
4. Add the water and bouillon cubes (or broth), black beans, and salt, and reduce the heat to medium.
5. Cook for 15 minutes.
6. Remove from the heat and take out the bay leaf.
7. Using an immersion blender (or a regular blender, working in batches), purée the soup until it is the desired consistency.

**TESTER'S TIP:** If you want some texture, blend just two-thirds of the soup to leave in some whole black beans. —Caryn G. from Arlington, VA

**TONI'S TIP:** This works great in the pressure cooker. Throw everything in and cook on high pressure for 5 minutes. Then continue from step 6.



## COCONUT CURRY SOUP

A couple of years ago, my dear friend Gretchen shared a similar curry soup recipe with me. Over the years, I've tweaked it following my own tips, and it's evolved into a mainstay. I love that every ingredient is interchangeable. You can replace the rice with couscous or quinoa, throw in whatever veggies you've got on hand, and mix up the spice level to suit your palate. Below is my favorite version.

**Cook Time** About 15 minutes **Makes** 4 to 6 servings

### INGREDIENTS

- 1 Tablespoon canola or vegetable oil (or 3 Tablespoons water)
- ¾ cup diced red, white, or yellow onion (about 1 small onion)
- 1½ teaspoons minced garlic (about 3 small cloves)
- 1 cup diced green or red bell pepper (about 1 medium bell pepper)
- 1 (14.5-ounce) can diced tomatoes with their juice
- 1 (15-ounce) can chickpeas, drained and rinsed
- 4 cups water and 2 vegetable bouillon cubes, or 4 cups vegetable broth
- 1½ teaspoons ground cumin
- 2½ teaspoons curry powder
- 1 (13.5-ounce) can full-fat coconut milk
- ½ cup cooked brown rice
- Salt and pepper, to taste

#### Optional Toppings:

- Red chili flakes
- Minced cilantro

### DIRECTIONS

1. In a large pot, heat the oil (or water) over medium heat.
2. Add the onion, garlic, and bell pepper.
3. Cook, stirring occasionally, for 5 minutes or until the veggies are tender.
4. Add the tomatoes, chickpeas, water and bouillon cubes (or broth), cumin, and curry powder, and bring to a boil.
5. Reduce the heat to low and simmer gently, stirring occasionally, for 10 minutes.
6. Add the coconut milk and brown rice and cook for 5 minutes, stirring occasionally.
7. Add salt and pepper.

**TESTER'S TIP:** Try adding kale for some color and texture. I also recommend adding sliced mushrooms. —Cathy B. from Columbia, MD

**TONI'S TIP:** This works great in the pressure cooker. Throw everything in and cook on high pressure for 5 minutes. Then continue from step 6.



Photo by Aude Richards

# ROASTED VEGGIE RAMEN

by Aude Richard

This ramen is based on winter vegetables. The delicious broth is made with roasted carrots and sweet potatoes. This hearty meal is made oil-free, salt-free, and refined-product-free, to start the year off right!



PREP TIME  
45 minutes



MAKES  
2 servings



COOK TIME  
20 minutes

## INGREDIENTS (see Notes)

### For the kombu shiitake dashi

- 1 strip kombu (kelp) seaweed
- 3 dried shiitake mushrooms
- 4 cups of cold water

### For the soup

- 8 oz. carrots
- 8 oz. sweet potatoes
- 4 dates
- 1 teaspoon barley miso (dark)
- 2 garlic cloves
- 1 Tablespoon tahini (white sesame paste)
- 1-in. piece of fresh ginger
- 1 teaspoon sodium-reduced tamari (optional)
- noodles: whole grain ramen noodle or soba (buckwheat, gluten-free)

### Toppings

- spinach, blanched
- nori sheet
- scallions
- kimchi
- sesame seeds
- soybean sprouts
- doubanjiang (Chinese fermented bean/chili paste)

## NOTES

- All the ingredients can be found in Asian stores, on the internet, or even, sometimes, in organic stores.
- Be sure your soba are 100% buckwheat if you want them gluten-free.

## DIRECTIONS

### For the kombu shiitake dashi

1. Put kombu, shiitake, and 4 cups cold water in a pot on medium heat.
2. Slowly bring to almost boil, about 10 minutes.
3. Remove kombu and rehydrated shiitake (don't discard the shiitake, we will use them).

### For the soup

1. Preheat oven to 400°F (200°C) as you cut vegetables (carrots, sweet potatoes) into large slices.
2. Lay veggies and unpeeled garlic cloves out in a single layer on a baking sheet.
3. Roast vegetables for approximately 15 minutes, flipping them over after 7 minutes, until they are tender. Set aside to cool down.
4. Peel garlic cloves.

5. Put peeled garlic cloves, roasted carrots, and sweet potatoes in a blender (keep a few slices to garnish ramen as a topping), along with 3½ cups of the dashi (kombu/shiitake liquid), 1 rehydrated shiitake, 4 dates, the miso, ginger, tahini, and tamari.
6. Blend until completely smooth; if not, add ½ cup dashi and blend again.
7. Transfer to a saucepan.
8. In another saucepan, bring water to boil in order to cook the pasta.
9. Add noodles and cook them according to the time on the package.
10. Drain noodles and divide into two bowls.
11. Warm up the broth at a low simmer until you are ready to serve the ramen.
12. Pour broth over noodles in the bowls.
13. Top with slices of roasted sweet potato and carrots, sliced rehydrated shiitake, and blanched spinach as well as any other toppings you want to add.
14. Serve immediately.



## ABOUT THE CHEF

Aude Richard is a Rouxbe-trained, professional plant-based chef and photographer. Her blog, "The Greenquest," is dedicated to plant-based recipes with a focus on wholesome and fresh ingredients. As life is a matter of balance, delicious treats are also presented.

<http://thegreenquest.org>    instagram [@the\\_greenquest](https://www.instagram.com/athe_greenquest)

# Smoky Little Devils

by Ann and Jane Esselstyn

These tiny stuffed potatoes are absolutely beautiful and oh so delicious as hors d'oeuvres or the centerpiece of a meal. Be sure the potatoes are tiny. And remember to hold back! Don't eat them all before your guests arrive!

## INGREDIENTS

### For the hummus

- 1 (15-ounce) can no-salt-added chickpeas, drained and rinsed
- 2 large cloves garlic
- 2 Tablespoons fresh lemon juice
- 1½ Tablespoons spicy brown mustard, or to taste
- Freshly ground black pepper, to taste
- ¼ teaspoon salt (optional; we do not use it)
- 1 cup (4-5) chopped green onions
- 2 teaspoons Dijon mustard, or to taste
- zest of 1 lemon
- 1½-2 additional Tablespoons fresh lemon juice, to taste
- ½ teaspoon ground turmeric

### For the devils

- 12 small, red potatoes (roughly the size of large walnuts or small clementines)
- pinch of smoked paprika, for garnish
- 1 green onion, finely sliced, for garnish
- baby kale leaves, for garnish (optional)
- green-onion hummus

## DIRECTIONS

### To make the hummus

1. In a food processor, combine chickpeas, garlic, lemon juice, mustard, pepper to taste, salt (if using), and 2 Tablespoons water.
2. Process until hummus is uniformly smooth.
3. In a small bowl, stir together hummus, green onions, Dijon mustard, lemon zest, additional lemon juice, and turmeric.
4. Store in an airtight container until ready to use.

### To make the smoky devils

1. Set a steamer insert in a saucepan and add about 2 in. of water.
2. Bring to a boil over high heat, then place potatoes in steamer basket and steam for about 20 minutes.
3. Plunge them into cold water in a big bowl, or just run cold water over them.
4. Slice each potato in half.
5. With the small end of a melon-baller or a small spoon, scoop out a hole in the center. (Save the little scooped-out potato balls to put into a salad — or just pop them into your mouth!)
6. Fill each hole with hummus.
7. Sprinkle devils with smoked paprika. It's easiest to take a tiny bit between your fingers and sprinkle just enough for the color to show.
8. Garnish with green onions or, for a really fun look, use a tiny baby kale leaf as a "sail" in each little potato "boat."

From *The Prevent and Reverse Heart Disease Cookbook* (Avery, 2014), by Ann and Jane Esselstyn.

## ABOUT THE CHEFS



**Ann Crile Esselstyn** is a relentlessly energetic and creative advocate for the plant-based, whole-food way of life. She has devoted herself to inventing recipes to prevent and reverse heart disease in support of the research of her husband, Dr. Caldwell Esselstyn, Jr. Ann never stops looking for ways to bring that important agenda to delicious life, devising ever more practical and powerful ways to shop, cook, and engage even the most reluctant eaters in the plant-perfect diet.



**Jane Esselstyn** is a fresh and charismatic voice on the plant-based, whole-food diet scene. She brings her perspective and passion as a long-time health and sexuality educator to creating on-ramps to the plant-based way of life. Jane is an avid and inventive designer of plant-based recipes and the co-author of *The Prevent and Reverse Heart Disease Cookbook* with her next-door neighbor and mom, Ann. Jane and Ann live in Cleveland, OH.



# PEANUT BUTTER CHOCOLATE PROTEIN BALLS

by *Karina Inkster*

Looking for a scrumptious something-special that also packs some muscle-building protein? Try these. Great as a pre- or post-workout energizing treat!

## INGREDIENTS

- $\frac{3}{4}$  cup natural peanut butter
- $\frac{1}{4}$  cup natural- or vanilla-flavored protein powder (e.g., Sun-warrior brand)
- 1 cup puffed cereal (e.g., kamut puffs, puffed rice, 7-grain puffed cereal)
- 1-3 Tablespoons plant-based milk (if needed)
- $\frac{3}{4}$  cup non-dairy chocolate chips or chocolate bar, broken into small pieces

## DIRECTIONS

1. Line a baking sheet with parchment paper.
2. Place peanut butter into a medium mixing bowl and heat in the microwave for about 30 seconds to soften. Add puffed cereal and protein powder and mix well. If mixture is too dry to stick together, add a few tablespoons of plant-based milk. If it's too moist, add a few teaspoons of protein powder.
3. Use your hands to roll mixture into 16 1-inch balls and place them on the baking sheet.
4. In a separate bowl, melt chocolate in the microwave in 30-second increments, stirring each time. You can also melt the chocolate in a double boiler or in a small saucepan held over a larger saucepan containing a few inches of steaming water.
5. Dip each ball into the melted chocolate, turning to coat. Use a fork to remove each ball from the chocolate. Place on baking sheet to cool.

Place in the fridge for 1-2 hours to set. Then — enjoy!

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## ABOUT THE AUTHOR

Vegan since 2003, **Karina Inkster** is a fitness and nutrition coach, author of two books, and magazine writer. She holds a master's degree in Gerontology, specializing in health and aging. Karina hosts the "No-Bullsh!t Vegan" podcast, busting myths and providing evidence-based advice to kick butt with your health and fitness — on a vegan diet. Her award-winning online coaching programs help vegans worldwide live their healthiest, most plant-strong lives.



Visit her website at:  
<http://www.karinainkster.com>

Connect with her on Facebook at:  
<http://www.facebook.com/karinainkster>

# HINONA KABU MISO SOUP

by *Cathy Katin-Grazzini*



Photo by Giordano Katin-Grazzini

A lovely, light, and vegetarian “dashi” broth is the base for this soothing and restorative Japanese soup, which cooks up in no time at all. It’s delightful at any time of the year but especially in the winter, when our immune system needs some extra TLC. This miso soup features gorgeous, magenta-kissed, slender hinona kabu turnips and their greens (if you can’t find them, substitute white or purple daikon or vibrant watermelon radish), together with aromatic ginger and garlic, carrot, shiitake mushrooms, and tofu for a delicate and very nourishing lunch or supper. Miso, a living probiotic food, confers delicious umami flavor to the dashi broth as well as fiber, protein, and vitamins K and B12, all of which help fortify immunity and gut health.



## PREP TIME

Overnight soaking plus 15 minutes



## MAKES

3-4 servings



## COOK TIME

20 minutes

## INGREDIENTS

### Dashi

- strip of dried kombu seaweed, approximately 3x5 in. square (available online or at your health food or Asian grocer’s)
- 4-6 small dried organic shiitake mushrooms
- 5 cups water

### Soup

- 1 clove garlic, sliced émincé (that is, very thinly sliced)
- ½ inch ginger, peeled and cut into fine matchsticks
- ½ cake of tofu (soft, silken, or firm), sliced into bite-sized cubes or slabs
- ½ large Japanese or juicing carrot, peeled and sliced in half lengthwise, then in ¼ in. slices
- 4-5 hinona kabu turnips, peeled or scrubbed to remove root hairs, sliced into ¼ in. slices on the bias, or ½ medium daikon sliced in half lengthwise and then into ¼ in. slices, or 1 medium watermelon radish, quartered and sliced in ¼ in. slices
- 2 cups packed hinona kabu turnip greens, or any tender, leafy green, cut chiffonade into ½ inch ribbons
- 1 bunch scallions, green and whites, cut on the bias into ½ inch slices
- 3 Tablespoons mild white miso, or to taste

### Optional garnish

- Scallion green tops, sliced thinly

## DIRECTIONS

1. In two separate non-metallic bowls, soak kombu and shiitakes separately, each in 2½ cups water. Place in the refrigerator for 8 hours.
2. Discard kombu and reserve liquid.
3. Remove shiitakes and reserve liquid.
4. Separate shiitake caps from stems. Slice caps ¼ in. thick. Slice stems into matchsticks. Set mushrooms aside.
5. Combine both reserved liquids. (This is your dashi broth.)
6. Heat dashi to a gentle simmer.
7. Add shiitakes and cook for 10 minutes.
8. Add scallions, garlic, ginger, turnips (or radish), and carrot, and simmer until vegetables are tender.
9. Turn off heat, add greens, and gently transfer tofu. Allow to steep for 5 minutes for all flavors to blend.
10. Add some of the miso to a ladle or small sieve: Dip ladle partially into pot to allow some broth to mix in and stir with chopsticks to dissolve the miso, releasing it into the pot as you add more broth.
11. If using a sieve, submerge it partially into the dashi, stirring with chopsticks to encourage the miso to pass through the mesh into the broth.
12. Repeat until you reach desired strength and flavor. Very gently use the chopsticks to disperse the miso evenly throughout the soup.
13. Garnish with scallion greens, if desired, and serve immediately. Savor the aroma and flavor!

## TIPS

- Dashi is best eaten fresh. It will last a few days refrigerated, but it’s best to make only the quantity you need every time you make a batch of soup.
- Only add the miso to the pot if you plan to consume all the soup in one sitting. Reheating or boiling miso will kill its microbes and reduce its benefits.
- If you have more soup than you plan to use at once, refrigerate the rest. To serve, ladle the soup into bowls and then add miso to each individually, about a teaspoon of the miso per bowl, or to taste.

## ABOUT THE AUTHOR



**Cathy Katin-Grazzini**, Food Editor and feature writer at **VEGWORLD Magazine**, is a plant-based chef, nutritional coach, cooking instructor, and owner of Cathy’s Kitchen Prescription LLC. Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, Cathy is also a graduate of Rouxbe Cooking School’s Professional Plant-Based Program. She has a BA from the University of Chicago, attended graduate school at Harvard University, and received a MA from Johns Hopkins University.

Cathy lives with her husband Giordano in Ridgefield, CT. When she’s not inventing and fermenting, she loves to run, hike, and adventure travel atop their trusty Ducati. Cathy’s original recipes, cooking videos, and nutritional blog can be found at <http://www.cathyskitchenprescription.com> and a gallery of her dishes at <http://www.instagram.com/cathyskitchenprescription>.

# HEALING WINTER SOUP

by *MamaSezz Chef Caroline Di-Nicola Fawley*

Stay warm and cozy up this winter with a creamy, healing plant-based soup. Not only is this Plant-Based Healing Winter Soup delicious, but it's the perfect remedy for a cold, and will boost your immune system to prevent whatever bug is going around this week. Ingredients like garlic, lemon, and turmeric will keep you healthy and strong so you can get back out on the mountain, slip into your snowshoes, or just cuddle down with a good book.

Prep Time 10 minutes   Cook Time 1 hour   Makes 6 servings

## INGREDIENTS

- 7 cups low sodium veggie broth
- 1 onion, diced
- 3 cloves garlic, minced
- 2 stalks of celery, diced
- 1 large carrot, diced
- 1 can of garbanzo beans, drained and rinsed
- 1 teaspoon basil
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 teaspoon black pepper
- 1 teaspoon coriander
- 1 Tablespoon turmeric
- 1 Tablespoon parsley
- 2 Tablespoons lemon juice
- 1 can of coconut milk
- 1½ cups of wild rice
- 2 cups spinach
- Parsley for garnish

## DIRECTIONS

1. Sauté onions in a few table-spoons of veggie broth for 8 minutes (or until translucent).
2. Add garlic (and additional veggie broth if needed) and cook for 2 minutes.
3. Add carrots and celery and cook for 5 minutes.
4. Add garbanzo beans, spices, and 4 cups of veggie broth; simmer for 10 minutes.
5. Add 2 more cups of veggie broth, rice, lemon, spinach, and coconut milk. Cook until rice is soft (about 30 minutes).
6. Garnish with parsley.
7. Enjoy hot!



### ABOUT THE CHEF

**Chef Caroline Di-Nicola Fawley** is the head chef at MamaSezz Foods and is passionate about making plant-based eating accessible for everyone. She has a Plant-Based Nutrition Certificate from eCornell and a BA from Wheaton College, where she majored in anthropology and played on the tennis team. She enjoys traveling and searching out new adventures.



Photo by Lauren Lear Studio

# VEGETABLE STACKS

## WITH TOMATO/RED PEPPER SAUCE

by Michael Greger, MD, and Robin Robertson



Photo by Antonis Achilleos

This dish takes a little extra time to assemble, but the bit of effort is so very worth it. It's actually a quite simple dish to make and looks very fancy when plated. Perfect for when you want to impress your dining companion!



PREP TIME  
20 minutes



MAKES  
4 servings



COOK TIME  
67-68 minutes (stacks), 9 minutes (sauce)

Excerpted from *The How Not to Die Cookbook* by Michael Greger with Gene Stone, © 2018 by NutritionFacts.org. Reprinted with permission from Flatiron Books. All rights reserved.

### INGREDIENTS

- 1 large eggplant trimmed and cut into 4 rounds about ½-inch thick
- 1 large red onion cut into 4 slices about ½-inch thick
- 1 orange or yellow bell pepper, sides cut vertically to make 4 square pieces
- 4 large portobello mushroom caps, gills removed
- 1 or 2 large ripe tomatoes cut into 4 slices about ½-inch thick
- 3 Tablespoons red onion, minced
- 2 plum tomatoes, chopped
- 2 roasted red bell peppers, homemade or store-bought
- 1 teaspoon white miso paste
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- 1¼-inch turmeric, grated (or ¼ teaspoon ground)
- black pepper to taste
- fresh parsley for garnish

### DIRECTIONS

1. Preheat the oven to 425°F.
2. Line two large baking sheets with silicone mats or parchment paper.
3. Arrange eggplant slices in a single layer on one of the prepared baking sheets.
4. Bake eggplant until soft, turning once, about 15 minutes. Remove baking sheet from oven and set aside to cool; then remove eggplant from the pan.
5. Meanwhile, on second prepared baking sheet, arrange onion slices in a single layer and bake 7-8 minutes. Turn over onion slices, place bell pepper pieces on the same baking sheet with onion, and roast until vegetables are tender, about 15 minutes. Set aside to cool.
6. Arrange mushroom caps, gills side up, on baking sheet from which eggplant has been removed. Roast until softened, about 10 minutes.
7. Lower oven temperature to 350°F.
8. Assemble roasted vegetables in stacks: To begin, leave the four mushroom caps, gill side up, on their baking sheet. Top each cap with a slice of eggplant, followed by a slice of onion, then a bell pepper slice, and top with a slice of tomato.
9. Cover the baking sheet and bake until the vegetables are hot, about 20 minutes.

### While vegetables are cooking, make the sauce.

1. In a skillet, heat 3 Tablespoons of water over medium heat and add minced onion. Cover and cook for 4 minutes, or until soft.
2. Stir in plum tomatoes, roasted bell peppers, miso, basil, thyme, turmeric, and black pepper to taste. Cover and cook until the vegetables are very soft, about 5 minutes.
3. Transfer vegetables to a food processor and purée the sauce until smooth. Keep warm over low heat until ready to use.

When the stacks are ready, use a metal spatula to carefully remove them from the baking dish. Place one stack in the center of each of four dinner plates. Top and surround each stack with the sauce and parsley garnish, and serve hot.

### TIPS

- For a more attractive dish, cut the stackable vegetable slices so they are approximately the same size. Reserve the remaining vegetable pieces for another use.

### ABOUT THE CHEFS



**Robin Robertson** is the author of more than 20 cookbooks, including the bestselling *Vegan Planet*, *1,000 Vegan Recipes*, *Veganize It!*, *Vegan on the Cheap*, *Quick-Fix Vegan*, *One-Dish Vegan*, and *Vegan Without Borders*.

She also wrote "The Global Vegan" column for *VegNews Magazine* for 10 years and was a contributing editor and columnist for *Vegetarian Times*. She has also written articles for *Cooking Light*, *Natural Health*, *Better Nutrition*, *Restaurant Business*, and

other magazines.

Robin Robertson has the professional experience in classic, contemporary, and international cuisines to show you how to use plant-based ingredients to make the family favorites you grew up with and learn the secrets of exotic international cuisines, too.

Robin lives in Virginia's Shenandoah Valley with her husband Jon and numerous felines. Robin's latest news, recipes, and her cookbooks can be found at <http://robinrobertson.com/>.



**Michael Greger, MD**, is a physician, a *New York Times* Bestselling Author, and an internationally recognized speaker on nutrition, food safety, and public health issues. A founding member and Fellow of the American College of Lifestyle Medicine, Dr. Greger is licensed as a general practitioner specializing in clinical nutrition. He is a graduate of the Cornell University School of Agriculture and Tufts University School of Medicine. In 2017, Dr. Greger was honored with the ACLM Lifestyle Medicine Trailblazer

Award and became a diplomate of the American Board of Lifestyle Medicine.

Both his latest books, *How Not to Die* and *The How Not to Die Cookbook*, became instant *New York Times* bestsellers. One hundred percent of all proceeds he has ever received from his books, DVDs, and speaking engagements have always been, and will always be, donated to charity. His new book, *How Not to Diet*, was released in December 2019 (<https://nutritionfacts.org/how-not-to-diet/>).

**NutritionFacts.org** is a strictly non-commercial, science-based public service provided by Dr. Michael Greger, providing free updates on the latest in nutrition research via bite-sized videos. There are more than a thousand videos on nearly every aspect of healthy eating, with new videos and articles uploaded every day. NutritionFacts.org was launched with seed money and support by the Jesse & Julie Rasch Foundation. Incorporated as a 501(c)(3) non-profit charity, NutritionFacts.org now relies on individual donors to keep the site alive and thriving.

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