



VIM News

Vegetarians in Motion

VIM Meeting—Tuesday, January 8

6:30 p.m. - Potluck Supper - Please bring a vegetarian dish to pass (*with no meat, poultry, fish, meat broth or gelatin*) that will serve 8-10 people, plus your own table service. Label dishes if they contain eggs and/or dairy products. Recipes are appreciated. Non-vegetarians are always welcome!

Admission: \$2 for members, \$4 for non-members, no charge for children

7:30 p.m. - Larry Sloatman will present “**Choose Health/Wellness for a Lifetime.**” Larry is the fitness and wellness coordinator for the Rockford facilities of Hamilton Sundstrand Corporation.

*Meetings are held in the Social Hall of **Our Savior’s Lutheran Church**, 3300 Rural Street, Rockford. Please use the main entrance on Corbridge Lane, just across the street from the large parking lot.*



Calendar

Tuesday, February 12

VIM meeting - speaker **Dr. Baron Harper**, cardiothoracic surgeon

Tuesday, March 11

VIM meeting - speaker **David C. Olson**, award-winning wildlife photographer, “**Lens of Life**”

Thursday, March 20

Great American Meatout

Tuesday, April 8

VIM meeting

Tuesday, May 13

VIM meeting

Tuesday, June 10

VIM Restaurant Night

January 2008

Rockford, IL

VIM Board

Carol Burmeister

Gerri Elswick

Tyrone Johnsen

Will Laesch

Sunil Nanayakkara

Jody Perrecone

Louis Suit

Holly Swanson

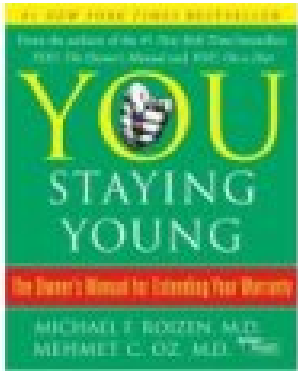
Dean Thomas, M.D.

Keva Walker

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Book Review

Wouldn't you like to know how to prevent your body from aging badly? In *YOU: Staying Young*, Drs. Michael Roizen and Mehmet Oz illuminate the mysterious mechanisms with a lively metaphor—the modern city. What differentiates a vibrant and thriving city that ages gracefully from one that is worn down and rusted out? Despite genetic differences, which are like the geography upon which the city is built, cities age differently because of the way residents treat their education system (stem cells), power plants (mitochondria), electrical grids (brains), transportation routes (blood vessels), and landfills (fat). You—as mayor, resident, and street cleaner—have the power to balance your biological budget to ensure a life that's both long and strong. Thankfully, just as cities can invest in renewal and improving their repair processes, so can you.

Just because you have been dealt a genetic hand that predisposes you to heart disease or diabetes or the wearing of pants as large as a parachute doesn't mean you can't mitigate the effects of those genes. **Drs. Roizen and Oz emphasize that while you can't change your genes, you can change whether they are turned on or off or how you express them.** Just like a city, you can compensate elegantly if you understand your options. They dedicate this book to all who desire longer life so they can serve more. (Free Press, \$26)

Before he became pope, Benedict XVI (then Cardinal Ratzinger) spoke against force-feeding geese to produce foie gras and packing hens so closely "that they became just caricatures of birds."

Evangelizing for the Animals

Stephanie Simon, a *Los Angeles Times* staff writer, reported in a recent article that clergy from 20 faith traditions—including Hindu, Jewish, Muslim, Pentecostal and Roman Catholic— would sign a statement declaring a moral duty to treat animals with respect. They would call on people of faith to stop wearing fur, reduce meat consumption, and buy only from farms with humane practices. Best Friends Animal Society plans to take that message into at least 2,000 congregations.

The Humane Society is also enlisting religious leaders; the group is pushing a ballot measure in California to ban certain confinement systems for farm animals. Ads show photos of hens in crowded cages and ask: "Is this faithful stewardship of God's creatures?"

Some religious traditions have already taken strong stances in support of animal welfare. The Episcopal Church encourages members to work against puppy mills and factory farms. The United Methodist Church advocates supporting farms where animals live as much as possible in their natural environments. (stephanie.simon@latimes.com)

Immunity-Boosting Foods

Nutritionist **Ilyse Simon, RD, CDN** recommends these five fantastic foods for immune support:

- * **Fluids** - Water, vegetable broths, and herbal teas are important. Warm is better than cold.
- * **Miso** - A fermented soybean paste is high in enzymes and supports immunity with its natural probiotics. Serve warm with slivers of ginger and small squares of tofu.
- * **Pumpkin** - Orange veggies are good sources of carotenoids, including beta carotene. A warm bowl of whipped pumpkin sprinkled with cinnamon is a perfect treat.
- * **Dark, leafy greens** - Broccoli and Brussels sprouts are winners for wintertime health.
- * **Garlic** is the mother of antibiotic, antifungal, and antiviral foods. Mince & spread on toast.



Recipe Corner

Guacamole

- 3 avocados
- 1/4 tomato, diced
- 1/4 onion, diced
- 2 tablespoons chopped cilantro (optional)
- 4 drops lime or lemon juice
- Salt to taste

Peel and mash avocados in large bowl. Add the remaining ingredients and mix. Serve immediately.

Ruth Penticoff brought this outstanding guacamole to our December meeting. She received the recipe from Los Portales, 805 E. State St., Rockford. Thanks, Ruth!



Dr. Block's Dietary Strategies

Keith Block, M.D., medical director of the Block Center for Integrative Cancer Treatment in Evanston, recommends the following diet guidelines to his breast cancer patients:

- * Eat a diet lower in fat, ideally no more than 18 percent but no higher than 25 percent of your daily caloric intake. Use "good" fats from olive oil, flaxseed oil, almond oil and canola oil, as well as fats from deep-sea fish.
- * Eat cruciferous vegetables, such as broccoli, bok choy and Brussels sprouts. They contain plant phytochemicals that help the liver break down estrogen into a non-cancer-causing form of the hormone.
- * Eat a diet high in fiber from whole grains, vegetables, fruit and beans, which can reduce levels of harmful circulating estrogen. If you can, stick with plant-based protein sources, including legumes (peas, beans, lentils), soy (tofu, tempeh, edamame), veggie burgers and seitan.

In addition to a healthy diet, Dr. Block emphasizes the need for exercise, mind and body wellness, sufficient sleep, and stress management along with personalized supplement advice.

Cookbook of the Month

From the visionaries behind *Vegan with a Vengeance* and *Vegan Cupcakes Take Over the World*, **Isa Chandra Moskowitz** and **Terry Hope Romero** now offer a collection of 250 recipes, menus, and color photos in *Veganomicon: The Ultimate Vegan Cookbook* (Marlowe & Company, \$27.50).

This new cookbook offers innovative recipes for all occasions, convenience, easy-to-find ingredients, and gluten-free and tofu-free options. Mouth-watering recipes include Southwestern Corn Pudding, a winning casserole rich with coconut milk and a dash of maple syrup, Rustic White Beans and Mushrooms, which get their bite from fresh herbs, and Leek and Bean Cassoulet with Biscuits. For breakfast the authors highlight Blueberry Corn Pancakes and hearty Blue Flannel Hash. There is also a wide selection of terrific desserts.





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A New Year's resolution

suggestion: Start a book club to discuss important books like *Bird-Flu: A Virus of Our Own*, *Hatching*, *The World Peace Diet*, or *Six Arguments for a Greener Diet*.

Time to renew? Please check date on label.

Members receive a 1-year subscription to VIM News and reduced admission fees to meetings. VIM was organized in 1988 to provide education and support for people interested in a vegetarian lifestyle. Meetings are held the 2nd Tuesday of each month (excluding July & August) at Our Savior's Lutheran Church, 3300 Rural Street, Rockford.

Membership Application

Enclosed is my check for annual dues: New Member Renewing Member

\$20 for Individual Membership

\$25 for Family Membership

\$15 for Student or Senior 65 or older

Name (s) _____

Address _____ City _____ State _____ Zip _____

E-mail address _____ Phone _____

Please make check payable to VIM and send to P.O. Box 6943, Rockford, IL 61125.