

“If we exist without trying to make our dreams come true, we are no better than the table and chair lying in front of us, just existing till they are moved out.” - Anonymous



Recently I've heard some perplexing criticisms of veganism like-vegans are extremists, vegans are so preachy, veganism is like some fanatical religion, veganism is a cult, etc. Obviously, there is some misunderstanding. I realize I can't possibly speak for all vegans, but this is how I see it:

Firstly, veganism is clearly not some religion or cult. There is no church, temple and mosque of vegans. Veganism is a philosophy and way of living which excludes all forms of exploitation and cruelty to animals for the benefit of humans, animals and the environment. In dietary terms it denotes the practice of dispensing with all

Editor's Voice - " About Veganism "

products derived wholly or partly from animals.

Vegans are one who have chosen to open their mind and heart to the suffering of animals. They have opened their eyes to the fact that most meat, dairy, and eggs come from factory farms where animals are crammed in spaces so tight they can't turn around, lie day and night in their own feces, have never seen sunlight, their beaks, horns and genitals cut off (without anesthetic) and are horribly abused by farm workers.

Please note that all animals, whether raised in the nastiest of factory farms or grass-fed, free-range, are sent to the same slaughter houses. They meet the same ghastly end.

So when a vegan tells a meat-eater, dairy exploiter about these issues, he or

she is not "preaching", "trying to convert", or any such thing. Since animals can't speak a language humans can understand (though I think the screams and terrified moans that fill slaughterhouses should be pretty much universal) it's upto you tell their stories and inform people of their sufferings. All animals deserve to be free from unnecessary pain, fear, and suffering at the hands of humans. Do I want more people to go vegan, is that why I talk and write about it? Of course, but it has nothing to do with me or the group that I belong to. It has to do with the animals who suffer.

Dilip Bafna

Helpline Activities



This old dog was rescued from the clutches of the rude people who were beating this dog for its skin mange condition with stinkiness. They even poured kerosene on its skin to treat its skin infection. Currently the dog is under treatment. The condition has improved drastically and it is feeling more comfort and relief in ARF. Kindly donate.



This stray dog was abandoned, middle aged dog, found lying on the roads of Banashankari. It was suffering from severe tick infestation with anaemia. It is also suffering from rickets. This dog is now recovering. Please donate for its speedy recovery.

Volunteers Required

To inspect the film shooting as per AWBI guidelines.
Please contact pramod@arfindia.org

Vegan Club



24th July, Sunday
at 12 noon, at ARF Office,
Bangalore. We are going to screen a
movie about animals.

Contact Dilip Bafna at
+91-98451 74630 and Vinay
Narayan Swamy +91-80657 37244

Remember to bring a vegan dish. If
you cannot cook, bring fruits or
juices.

Recipe of the Month

Aloo Gobi

Ingredients:

6 medium red potatoes; 1-2 tablespoons curry powder; 1 teaspoon ground coriander seed; 1 tablespoon water; 2 cups cauliflower florets (1/2 medium head); 2 tablespoons olive oil or vegan margarine; 1 small onion, minced; 1 teaspoon whole brown mustard seed; 1/2 teaspoon whole cumin seeds; 2-3 tablespoons lemon juice (1 lemon); 3 tablespoons fresh cilantro, chopped; 1 jalapeno pepper, deseeded and thinly sliced, optional; 1/2 cup water; salt to taste.

Direction:

1. Bring 2 quarts of water to a boil, then add the red potatoes. Boil as you would for potato salad, reducing heat to a high simmer and cooking until fork tender (but not mushy!), usually about 20 minutes. Drain the pot and rinse the potatoes until they're cool to the touch.
2. While the potatoes are cooking, bring a second smaller pot of water to a boil for the cauliflower. Combine the curry powder and coriander with 1 tablespoon water, let stand for a few minutes. Cook the cauliflower 3 minutes, rinse, and drain.
3. Peel the skin off the potatoes and cube. Heat the margarine or oil over medium-high heat. Add the onion, mustard seed, and cumin seeds. When the seeds start to sizzle and pop, add the curry/water mix, stirring well to evenly coat the onions.
4. Cook 3 minutes, then add the lemon juice, along with the potatoes and cauliflower, stirring well to coat. Add the cilantro and peppers, along with 1/2 cup water, turn the heat down a bit and simmer until the veggies are heated through and the sauce is thick-about 10 minutes. Season, to taste.

Serve over saffron rice! Serves: 4, Preparation time: 45 minutes



Why Choose Veganism

Man is the only mammal that includes milk in its diet beyond the initial gestation period. It is intended by nature purely to give the new born mammal offspring the nutrition, including but not limited to fat, protein and calcium that it needs at THAT STAGE in it's life, particularly because it cannot receive that from solid food before it's mastication and digestion processes develop to a certain level. I'm no scientist, but to me, the arguments against milk are:

1. It is unnatural to consume milk after the initial gestation period. I realized this when after 4-5 months of age, my dogs, while they still loved its taste, couldn't digest milk. And the vet said it was normal.
2. Milk is intended for infants. Infants have very different nutritional needs when compared with those of grown ups. The difference would be more obvious, when you intuitively compare the nutritional needs of infant cattle with those of adult humans. Why are we drinking something which is meant to feed baby cows?
3. Cattle tell no tales. You never know what contaminants, bacteria, chemicals and hormones are entering your body through the cattle's diet. Milk supplied door-to-door by small milkmen is obviously quite dangerous and nearly certainly adulterated. And, most packaged milk in India is supplied to the larger dairy by smaller, unorganized dairies and is a mix of the product from several cattle, making your exposure multiply that much.
4. Pasteurization, some believe, is overrated. Studies have shown how inadequate a method of disinfection it actually is.
5. The developed west and India's affluent (because of their love for milk and milk products) are hosts to way more than their fair share of obesity-related cardiac and other disorders.
6. Milk is NOT vegetarian, as most Indian vegetarians would love to believe. And, it is cruel to the cattle. Imagine how you'd react if someone snatched your child's share of milk away and sold it for profit.

- Sushant Agarwal

" Sun never damages the skin, it's only when your skin is damaged by harsh chemicals in your soaps, body lotions, and sunscreens, the sun can "burn" your skin in such a case. Most sun damage cases have come up in the last few decades after we started applying chemicals that are listed as Hazardous. If the Sun was so bad humans would have got burnt long back. "

-Jairaj Sanand



Vitamin B12 Supplementation: Natural or Unnatural?

Vitamin B12, also called cobalamin, is a water soluble vitamin with a key role in the normal functioning of the brain and nervous system, and for the formation of blood. It is one of the eight B vitamins. It is normally involved in the metabolism of every cell of the human body, especially affecting DNA synthesis and regulation, but also fatty acid synthesis and energy production. It also helps to reduce homocystene which is one of the contributing factor to heart diseases. It is the largest and most structurally complicated vitamin.

How is Vitamin B12 produced?

Neither plants nor animals are independently capable of constructing vitamin B12. Only bacteria (which are not animals) have the enzymes required for its synthesis. The total synthesis of B12 remains one of the classic feats of organic synthesis.

Current state of Vitamin B12 deficiency

A study on diabetic non-Vegans (people who consume dairy, poultry and flesh) found that 22% of the people tested were deficient in Vitamin B12. Overall, it's estimated that 25% of non-Vegans are deficient in Vitamin B12. A randomized test conducted by SHARAN found that 50% of the non-Vegan test subjects were deficient in Vitamin B12. Of those who were not deficient, some were on B-complex supplements, which included Vitamin B12. 60% of Vegans are deficient in Vitamin B12.

Sources and Reliable Sources

The natural Vegan sources of Vitamin B12 are: •Bacteria in our mouth, •Bacteria in our lower gut, •Water, •Organic Fruits and Vegetables, •Poor hygiene, •Fermented foods. It is important to note here, that none of the above sources are reliable into themselves. It was the combined doses from all sources plus a "natural-to-humans" lifestyle that allowed more vitamin absorption in general that provided the recommended Vitamin B12 quota for humans.

The natural non-Vegan sources of Vitamin B12 are: •Meat, •Dairy. Unfortunately, most of these sources of Vitamin B12 are now lost to humans due to the following factors:

- Bacteria in our mouth is destroyed by anti-bacterial substances in modern toothpastes and dental care products.
- Vitamin B12 produced by the bacteria is not properly absorbed by the lower gut due to a lifestyle that impedes vitamin absorption in general.
- Water is chlorinated or contaminated with industrial wastes, herbicides and pesticides. So there is no bacteria left in the water to produce Vitamin B12.
- The skins of organic fruits and vegetables contain Vitamin B12 deposited by the bacteria. Due to herbicides, pesticides, irradiation, washing, peeling and cooking of the skin, the Vitamin B12 becomes inaccessible to humans.
- Since we maintain good hygiene and

wash our hands with germicides on a frequent basis, we loose dirt that contains traces of Vitamin B12.

How to Supplement?

The normal range of Vitamin B12 is 200 to 900 pg/ml. (Please note that your B12 may have been measured by another system - pmol/l so you should see the normal range described in your report.) If your Vitamin B12 is less than 150 it is very low. A good level is around 400. Vitamin B12 can be taken orally. If deficiency is less and absorption of vitamin is not yet affected, one can opt for this. There are many preparations available in India.

Conclusion

A Vegan diet is the most compassionate, healthy and environment friendly diet known to humans. There is no reason why a Vegan should unnecessarily get sick. Its advisable not to fall victim to the naturalistic fallacy and supplement Vitamin B12 as part of a healthy whole food plant based diet.

Credits

Compiled by Manuj Chandra (www.Kranti.org). Special thanks to Dr. Nandita Shah (www.sharan-india.org) and Dr. Michael Greger (www.humanesociety.org) for the medical information. Thanks to Amrita (<http://vegan-india.blogspot.com>) for helping with the article.

Your Voice

I first started substituting Almond milk in cereal and saw an immediate difference. No Bloating. Loved it. I ran out of milk for coffee/tea one day. Decided to use almond milk. I did not get the same kick as when I used milk and taste was foreign (figuratively speaking). Nonetheless my system felt much more tuned and so I continued. When I tried milk again over a week ago, I had to spit it out as it now became very distasteful. Non dairy is an acquired taste and requires one to stick with it. Even if you THINK you do not like it in the end, over time dairy becomes so unpalatable that you wonder how you consumed it in the first place.

- Asha Velamati, New Jersey, USA

"Recognize meat for what it really is: the antibiotic and pesticide-laden corpse of a tortured animal"
-Ingrid Newkirk.

Summary of Work Done

Dogs (Inpatient) - 04 treated;
Dogs (Outpatient) - 25 treated and released;
Pigeons - 08 treated and released;

Monsanto & Cancer Milk: FOX NEWS KILLS STORY & FIRES Reporters

FOX NEWS Reporters (Reporters Steve Wilson & Jane Akre) uncover that most of the Milk in the USA and across some parts of the world is unfit to drink due to Monsanto Corporation's POSILAC®, which has been proven to be a cancer-causing growth hormone (known in short as "BGH" "BST" or "rBGH"), but they were fired for attempting to inform people of the truth. (Important note: After a long court battle, the Court dismissed the whistle blowers protection for the reporters because the Court stated that there was no law to force that the NEWS state the truth. NEWS was/is no different than other TV shows/reality shows). The corrupt FDA has once again turned it's back on the American public and has actually assisted in suppressing the dangers of this issue. If you consumed or fed regular milk to your family today, there is more than a 90% chance that it was from a cow injected with BGH. (Bovine somatotropin developed by using recombinant DNA technology). You could be killing or harming your child every time you pour them a glass of milk, the same as pouring them a glass of slow acting poison. Please take action to ensure our children's safety, for they cannot protect themselves. What first alarmed farmers was the massive amount of PUS in the milk but Monsanto but the FDA still had no concerns, informing farmers that the PUS was not harmful when ingested by consumers after pasteurization.

Vegans Only - Humane Education Co-ordinator

We want a Humane Education Co-ordinator in Bangalore; If your English is excellent and your attitude is compassionate, you can apply; Handsome salary will be paid to deserving candidate;

Please Contact: arfindia@gmail.com

Heart-felt Gratitude for your Donations

Manish Porwal, Mumbai; Ramesh Nahar, Bangalore;
Radhika, Bangalore; Geetha, Bangalore; Madhu Ben,
Bangalore; Sadarmick Ben, Bangalore;



ARF requires bureau for storage,
Please donate.



We need your financial support in order to put a stop to cruelty to animals. Together, we can make the world a better place for all beings. Please donate today.

₹ 1,000 ₹ 3,000 ₹ 5,000 Other ₹ _____

Cheque/DD (Please make payable to Animal Rights Fund at the below address)

Online Transfer to HDFC Bank, A/C No: 03671450000116, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1st Main Road, Seshadripuram, Bangalore - 560 020, Karnataka.

All donations are eligible for tax exemption under Sec 80G of I.T Act. Foreign Contribution Reg. No. 094420994 dt. 12/11/02

Animal Rights Fund

Comfort Manor, 1st Floor, No. 10/4-2, Kumara Krupa Road, Bangalore-560 001

Email: arfindia@gmail.com, Web: www.arfindia.org

Mobile: +91-98451 74630 (Dilip Bafna), +91-98452 74880 (Prمود Uppoor), Office: 080-22 34 28 20

Editor: Dilip Bafna Assistant Editor: Bhavana Bafna Creative Writer: Dilip Bafna

Graphics and design: Pramod Uppoor Production Incharge: Ushalakshi