

The Editor's Voice Evolving in Life

You will face almost a culture gap once you adopt the vegan lifestyle, the compassionate lifestyle. You have transformed from a water bug to a dragonfly.

The first realization the dragonfly had was, now that it had become a dragonfly even if it wants it cannot go back from where it had come. The second realization that even if somehow it goes back those water bugs no more recognize it. This is the price you have to pay for going up in life. Somehow your old world cannot relate to you. The friends of Mohandas Karamchand Gandhi rarely continued to be his friends because they could not relate to the changes. Swami Vivekananda so beautifully quoted an ant will never understand the might of a lion. So sometimes instead of getting frustrated that the world around you does not understand you, accept that is the reality. The water bug will not know how to relate to a dragon fly. Anyone of you who keeps growing, keeps becoming, keeps evolving will face this predicament in life that you have been misunderstood by others. The third realization I had, if I had not chosen to give up the comfort of being an insect I would never become a dragonfly. As long as you continue to live your life in the containment and satisfaction of your existing comfort zone, you remain a water bug when you have the potential to be a dragon fly. Even if nobody in the world believes you, but if you believe in yourself you will still make it in life. Even if everybody believes you but you don't believe yourself no one can help you in life. So what is important is not how the world sees you, what is important is how you see yourself. Without you renewing your perception of how you see yourself, you will not be able to architect a new future for yourself.

The responsibility of every vegan person who makes it in life is to be a worthy role-model to those who are not at it. And looking at your life one day they will get inspired and aspire to become a dragonfly. So let me be an inspiration to all of them, their time will come and when they become a dragonfly for the first time they will understand what happened to me.

Dilip Kataria

Vegan Potluck

We will be meeting at 2:30 PM at Rani Park (Lawn across the road from the Chinnaswamy Stadium, behind the Victoria statue, near the MG Road / Kasturba Road junction) and have the picnic spread there.

Date: 28th Sept, 2013.

For further enquiry Call:
Mr. Arun V. Rangasamy
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VEGAN ADVOCACY

Do you love animals and want to help them, but don't know how? Consider a career in advocacy/ awareness! There are many opportunities to get involved with numerous animal rights organizations by receiving a degree in animal welfare, animal law, veterinary care, social work, etc. Additionally, there are numerous animal shelters and sanctuaries always looking for positions to fill that would be fun and rewarding.

Specifically, ARF is looking to fill a position for an outreach coordinator. We'd like to have the opportunity to promote awareness to youth groups about animal abuse and exploitation, educating consumers to make thoughtful, compassionate choices. If you are interested in this position, please call us or send an Email to us. (info@arfindia.org)

ARF Newsletter

Inner Content

- Editor's Voice
- Vegan Potluck
- Homocysteine Levels
- Giving up dairy
- Uses of tulsi
- V for Vegan
- Vegan Recipe



Homocysteine Levels

Ya High homocysteine speeds up oxidation and aging. High blood levels of homocysteine can damage cholesterol that is found in your blood, which can lead to direct damage of the walls of your arteries. High homocysteine causes your immune system to weaken. High homocysteine increases pain and inflammation.

If homocysteine is such a powerful marker for disease, then why is it that we hear so little about it from doctors and in the media?

The answer is simple. Currently, there are no patented drugs that are designed to lower blood levels of homocysteine. With no patented drugs for lowering homocysteine, pharmaceutical companies have no incentive to spend their marketing dollars on educating doctors and increasing public awareness about homocysteine.

What exactly is homocysteine?

Homocysteine is an amino acid that your body makes from another amino acid called methionine.

Normally, homocysteine found in your blood gets converted into two substances called SAME (S-adenosyl methionine) and glutathione. Both SAME and glutathione have health-promoting effects. Specifically, SAME helps to prevent depression, arthritis, and liver damage. Glutathione is a powerful antioxidant and detoxifying agent that helps to slow down aging. Put another way, you want your body to efficiently convert homocysteine into SAME and glutathione.

Conversion of homocysteine to SAME requires the following nutrients:

1. Folate
2. Vitamin B-12 (Increase B-12 supplements may be Methylcobal)
3. Vitamin B-2
4. Zinc
5. TMG (trimethylglycine - from choline)
6. Magnesium

And conversion of homocysteine to glutathione requires the following nutrients:

1. Vitamin B-6
2. Vitamin B-2
3. Zinc

When your body does not efficiently convert homocysteine into SAME and glutathione, the amount of homocysteine in your blood rises.

Anyway, accordingly I suggest you the following:-

1. Increase intake of B-12 per day. You can also take shots of B-12+ Folic Acid after consultation with a good MD.
2. Eat fruits & vegetables like Beet, Lettuce, Spinach, Asparagus, Broccoli, Cauliflower, Lentils, Pinto Beans, Black Beans, Chana, Papaya, Cabbage, Bell peppers, Banana etc having more Vitamin B for Folate. Beets, Beans, Cabbage also contain glutamine which will help body produces glutathione, a key anti oxidant.



3. For Vitamin B-2 include more Crimini Mushrooms, Spinach, romaine lettuce, asparagus, broccoli. Crimini Mushrooms is best. It will help supply of other B Vitamins and support cellular energy production.

4. Zinc: For this, Crimini Mushrooms and Spinach are best vegan sources for Vegans. You may take Zincovit initially to make up if any deficiency. Zinc help balance blood sugar, stabilize metabolic rate and optimize sense of smell and taste.

5. Choline is key. Choline rich foods promote proper cell membrane function, assist nerve-muscle communication and prevent the build-up of homocysteine. Fatigue, Insomnia, Accumulation of fats in the blood, nerve muscle problems, poor ability of the kidneys to concentrate urine indicate need for more choline rich foods. For Vegans- Broccoli, Pinto Beans, Kidney beans, Cauliflower, Asparagus, Spinach, Green peas, Corn, Tofu, Cabbage, Crimini Mushrooms, Cashews, Avocados, Peanuts, Almonds etc.

6. Vitamin B-6 (Pyridoxine)- For this, excellent sources are spinach, bell peppers, garlic, cauliflower, Bananas, Broccoli, Celery, Asparagus, Cabbage, Crimini Mushrooms, Kale, Watermelon etc.

7. Magnesium - For this eat Spinach, Pumpkin Seeds, Broccoli, Sesame Seeds, Cashew etc. It helps muscles and relaxes nerves. It helps in building up of bones and keep your blood circulating smoothly.

8. Eat healthy vegan fats like avocado, olive oil, coconut, vegetables, fruits, seeds. Don't eat deep fried snacks, bakery food. No Alcohol, Beer, Tobacco chewing, Smoking. Reduce Work stress. Sleep, eat on time. No coffee, tea. You can drink herbal tea in the morning.

9. Go easy on salt and salty foods. When you must use some salt, use small amounts of mineral-dense sea salt.

10. Eat variety of legumes.



"The typical slice of cheese is 70% fat — that's one step away from Vaseline. It's one of the unhealthiest foods you can eat. But marketers learned a long time ago that people gravitate toward cheese so they add it to everything."

- Dr. Neal Barnard

facebook.com/BloodyDairy

Why not consider giving up dairy this Paryushan?



Paryushan, the Jain festival of penance and forgiveness will begin in a few weeks. During the festival, followers of the Jain faith traditionally fast, repent, and forgive. For lay members, fasting often entails avoiding activities that are traditionally thought to cause more himsa than others, such as eating root vegetables or eating after sunset.

As someone who has come across the activities of the Jain Vegans Working Group, you will be aware of how our consumption of dairy (organic or conventional) leads to the immense suffering and murder of innocent cows.

- Dairy cows are forcefully impregnated by means of artificial insemination to stimulate milk production.
- Calves are immediately separated from their mothers at birth.
- Male calves are slaughtered soon after birth or sold on to be reared for veal or beef (they are of no other value to a dairy farmer)
- Dairy cows will normally get slaughtered before the age of 7, even though they could live up to 20 years if given the chance. This is because her milk yield drops, and it does not make financial sense for a farmer to keep her alive when he is able to obtain milk from her younger (and more productive) daughters.

In light of this all, it seems reasonable that during Paryushan we as Jains should acknowledge and reflect on the suffering we have imposed on cows as a result of our consumption of dairy products.

Paryushan offers a perfect time to reflect on the actions we undertake in our daily lives and to make changes to our dietary habits. So, in addition to the other activities you undertake, why not consider giving up dairy products this Paryushan?

If you believe giving up dairy products this Paryushan is a good idea, please help spread the word. Kindly forward this email on to friends and family, or spread this weblink via Facebook or Twitter. Please let us know how you get along, and also consider making the following image your Facebook cover picture.



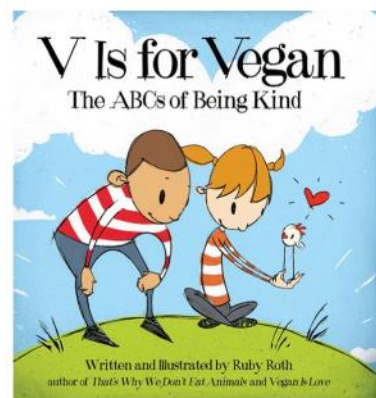
ARF Wants Chairs & Fans Kindly Donate if Possible.
For Donation Call: Usha: 98452 74880

V is for Vegan

Yes! It is called V Is for Vegan: The ABCs of Being Kind. It is veganism for the youngest audience ever! In just 26 rhyming sentences, kids will learn the main food groups, some "non"-food groups, and other concepts about being kind to animals and the environment. It is bright, funny, and I promise your kids will light up with laughter and learning! And I recommend that adults get it, too – keep it on your coffee tables, in your offices, or waiting rooms to share with others who might pick up the book out of sheer curiosity. It's the easiest read yet, for kids ages 0 to 100!

Recent release by Ruby Roth

Please note: All three books by Ruby Roth are available at many of the online bookstores in India.



Hair Care benefits of tulsi



Dry and damaged hair is often a cause of concern for beauties. Further high pollution in cities and several other factors combine to wreak havoc on our crowning glory and damage our hair to the very roots. It is highly important to keep ourselves hydrated and eat a balance diet to ward off hair problems. Always rely on herbal products and homemade remedies for hair problems rather than using over the counter, chemical laden hair care products which do nothing but make the matter worse for us. Tulsi is a wonder herb which helps to achieve lustrous shiny and healthy hair.

1. One of the major causes of hair loss is dandruff and dry scalp. Add a small quantity of Tulsi oil to regular carrier oil like coconut oil and massage well on your scalp. Tulsi helps to improve the blood circulation and keeps your scalp cool reducing itchiness and dandruff and promotes hair growth. You can also apply tulsi paste which keeps the scalp, roots clean and keeps the dandruff at bay.
2. A paste of tulsi, hibiscus and neem leaves can be applied on the hair to keep it healthy and itch free.
32. Regular massage of tulsi oil in your scalp energizes you and your hair.
3. Tulsi has a complex constitution that includes immunity booster, adaptogens and anti-oxidants. Hence, tulsi juice when taken every week keeps our scalp healthy and hydrated. Apart from all these benefits, it has been recently discovered that tulsi has environmental benefits too. Tulsi apparently gives out oxygen for 20 hours and ozone for 4 hours along with the formation of nascent oxygen which absorbs harmful gases like carbon monoxide, carbon dioxide and sulphur dioxide from the environment.

Yummmmy Vegan Recipe Cabbage Fry

Prep time: 10 min

Cooking time: 25 min

Yield: 4

Main Ingredients: cabbage, coconut

Ingredients

- Cabbage - 1 head, shred finely
- Chana Dal - 1/4 cup, soak in water for half an hour
- Turmeric powder - 1/2 tsp
- Salt to taste

Grind coarsely:

- Coriander leaves - 2 tbsps, finely chopped
- Green chillies - 2
- Ginger - 1"
- Fresh coconut - 1/4 cup (grated)

For tempering/poppu/tadka:

- Mustard seeds - 1/2 tsp
- Curry leaves - 1 sprig
- Asafoetida - pinch
- Oil - 1/2 tbsp

Method

1. In a vessel, add 1 1/2 cups of water, shredded cabbage, soaked chana dal, turmeric powder and pinch of salt and cook till cabbage is almost cooked. Drain any left over water and keep aside.
2. Heat oil in a kadai or cooking vessel. Once the oil is hot, add mustard seeds and allow to splutter. Add curry leaves and asafoetida and mix. Add the ground coconut-ginger-coriander leaves-green chili paste and cook for 3 mts.
3. Add the almost cooked cabbage and chana dal and mix. Cook for 9-10 minutes. Adjust salt.
4. Turn off heat, remove onto a serving bowl. Serve warm with rice, rasam and papad.



To my mind, the life of a lamb is no less precious than that of a human being. I should be unwilling to take the life of a lamb for the sake of the human body.

Mahatma Gandhi

Heart-felt Gratitude for your Donations

Mr. Gupta, Bangalore; Nagaraj, Bangalore; Ramesh, Bangalore; Dharam Chand, Bangalore; Lohit Kumar Jain, Bangalore; Pramod Kumar, Bangalore; Yatish, Bangalore; Mukesh, Bangalore; Prema, Bangalore; Sunil, Bangalore; Uma Shankar, Bangalore; Ravi Prakash, Bangalore; Chandrasekhar, Bangalore; Hastimal G Mutha, Chennai.

I Wish to make my gift

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Animal Rights Fund

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