

V Alaska Vegetarian Society Newsletter

November 2011

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[A Vegan Diet is Part of Our Intentional Lifestyle](#)

Jeff Arndt and Mary Barrett's Vegan Stories

Jeff: I'm now 58 and the vegan diet helps me maintain my abilities and do the things that allow me to be who I am, without the typical losses of aging. I run 30 - 50 miles each week, and when training for races I run 70 - 100 miles per week.

Mary: Jeff and I were both mostly vegetarian our entire adult lives, so we had that in common when we first met. I'd had breast cancer in 2004, so learning about the connection between animal protein, including dairy protein, and cancer was a motivator for me to give up dairy. I feel confident that I'm doing the right thing to prevent a recurrence of cancer.



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A Deeper Look

by Delisa Renideo

[Eating in the Age of Nature](#)

Have you heard of The Age of Nature? Neither had I, until I attended the Bioneer's Conference in Anchorage last week. However, as soon as I heard this term, it resonated within me and I knew I needed to explore it more deeply. I believe one thing we are coming to terms with is that WE are INSIDE of NATURE! We have talked about nature as if it were something "out there." Like the "environment," we think of it as something other than us. But surprise! We don't exist outside nature.

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[Nutrition Nuggets: The Magic of Micronutrients](#) *by Delisa Renideo*

What we don't hear enough about is the importance of micronutrients, and these jewels are the key to optimal health and super-immunity through super-nutrition. Micronutrients include vitamins and minerals, but they also include the hundreds, and probably thousands, of other plant compounds called phytochemicals, (or phytonutrients, if you don't like the word chemical.) Amazingly, these powerhouses have NO CALORIES, so no matter how many of them we consume, they will not make us fat!

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[Healthy Holiday Cooking Classes](#)

Classes starting November 8, 9 & 10 in Anchorage, Wasilla & Eagle River

[Click here for more information](#)

[Thanksgiving Dinner & Program](#)

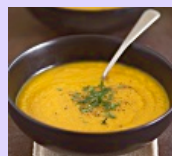
Thanksgiving Day, November 24, 2011, 2-4:30 p.m.

We will have a delicious, purely plant-based, Thanksgiving dinner with all of the trimmings. We'll also have a program, including music and entertainment. *Unlike our monthly potluck dinners this is an organized potluck* to insure that the dinner follows the holiday theme.

Reservations are required. [Click here for more information](#)



[Recipe of the Month: Carrot Soup](#)



[Click here to see the recipe](#)

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