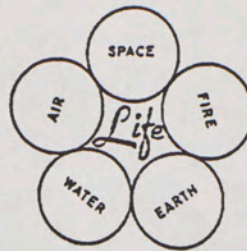


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[REDACTED] Worcester, MA 01607 U.S.A. [REDACTED]



Mr. Brian Lamb, Chairman
C-SPAN
400 North Capital St. NW Suite 650
Washington, DC 20001

November 19, 1993

Dear Mr. Lamb:

I am writing this letter to inquire whether any one of C-SPAN's topic or book reviews discussion programs will be interested in airing the nutrition topics that we have discussed in our book "Wholesome Nutrition for Mind, Body and Microflora: The Goal of Lacto-vegetarianism". My husband and I have devoted years of teaching and in discussing nutrition as a means to maintain health and prevent sickness. We were on Vision of Asia Television Program, Elmhurst, New York. We very much like to participate in your program either to discuss about the book or nutrition in general if we get an opportunity.

The book is published by the non-profit organization, Ecobiology Foundation International. I have enclosed information about the book and some reviews. Please write or call, (508) 757-6688, if you need any more information. I thank you very much and hope to hear from you.

Sincerely,
[REDACTED]

enclosures
copy to Sarah

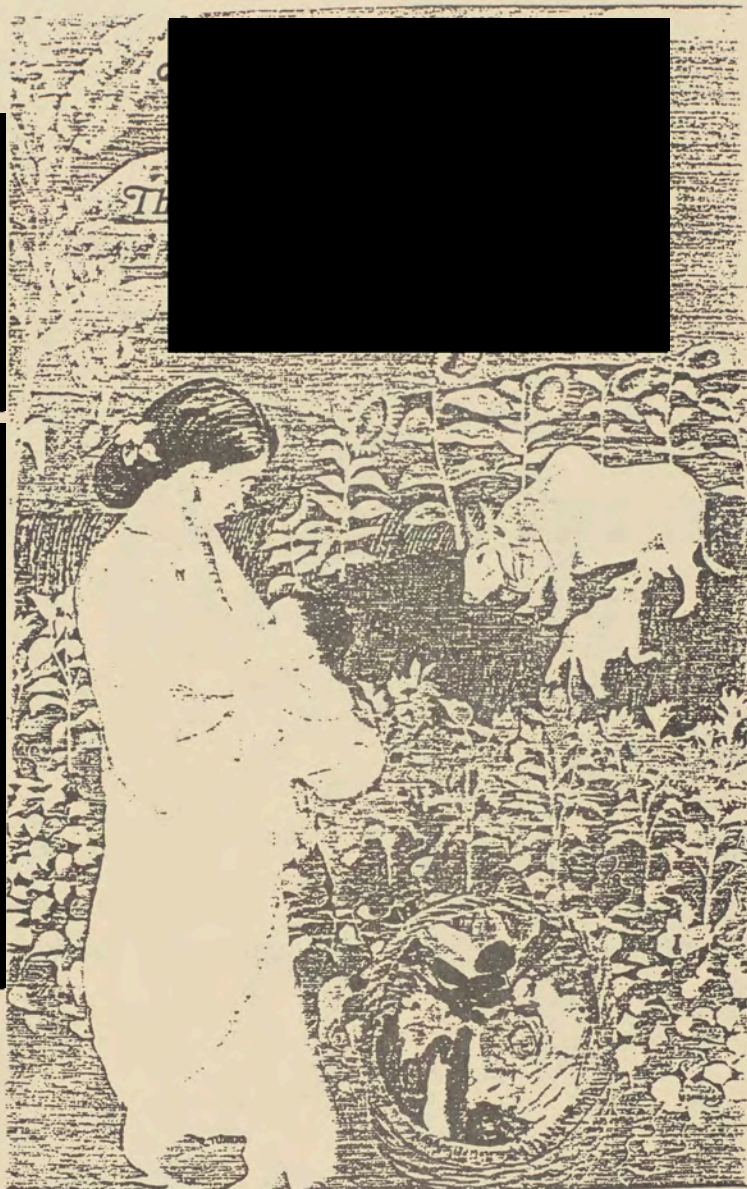
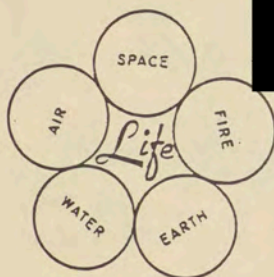
~~Wouldn't~~ no response
needed; sent a copy
to Sarah Trahern

Faculty Notes

██████████, professor of biology, and his wife, ██████████, who also has taught at ██████████ have published a book, ██████████ an interdisciplinary scientific treatise on nutrition. It is a product of the nutrition courses both have taught for many years, including courses taught by ██████████ at ██████████ and ██████████ as well as at ██████████. The book also is used by ██████████ as a text in his popular nutrition course. It is based on scientific information, including the latest Dietary Guidelines for Americans, that urges increased consumption of whole grains, vegetables and fruits. The book proposes a lacto-vegetarian diet as a means to improve personal health, alleviate world hunger and reduce environmental damage. It includes

Published by
ECOBIOLOGY FOUNDATION INTERNATIONAL
 4 McGill Street
 Worcester, Massachusetts 01607
 508 / 757-6688

THE GOAL OF LACTO-VEGETARIANISM



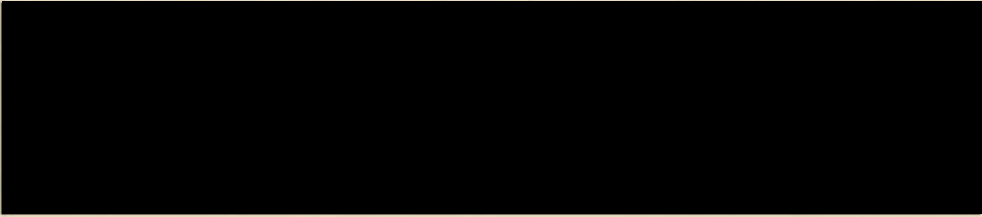
COMMENTS ON THE BOOK:

... Chapters include sources and suggested readings... They outline their belief in a diet based on "environmental ethics" as well as biological principles in this complex but clearly written book. Small Press, Fall, p.63, 1993

... an interdisciplinary scientific treatise on nutrition. ... a product of the nutrition courses both have taught for many years, ... used as a text in his popular nutrition course. Crossroads, p.9, July/August, 1993. College of the Holy Cross

... Theirs is very much an irrigate-the-desert rather than cut-down-the-jungle point of view, and they especially emphasize the importance of not disturbing the intestinal bacteria that actually do the work... The Catholic Worker, NY, p.7, 1993

(Continued on reverse side)



This book interprets a century of scientific work on human nutrition from a novel, holistic, evolutionary perspective. It highlights the nutritional needs of three entities that comprise a human being, the brain, other organs of the body and the intestinal microflora. The authors present a vast amount of original research that justify a conclusion that a diet which emphasizes bulk and variety based on complex carbohydrates, whole grains, vegetables, fruits and some milk or yogurt is a protective diet. It is, therefore, a prudent diet for modern sedentary population. Such a diet allows a healthy development and functioning of the three entities; it will prevent, or speed recovery from, degenerative diseases and establish a foundation for high quality longevity. The authors illuminate a path away from the debacle of overnutrition in industrialized countries (contributing to degenerative diseases) and undernutrition in the developing world (contributing to deficiency diseases). They justify their conclusion based on the existing knowledge about a dietary that can benefit the peoples around the world while maintaining the ecology of the human body.

CONTENTS:

Preface

A. WISDOM OF THE BODY 1. Understanding The Human Body and its Three Entities 2. Homeostasis, Holism and Holistic Nutrition 3. Physiological Economy: Complex Carbohydrates are Special 4. What is Wrong with our Nutrition?

B. THE DIETARY CONSTITUENTS: SUBSATURATION IS OPTIMAL 5. Protein: Essential in Moderation; Harmful in Excess 6. Fats Are Also Essential 7. The Value of Vitamins and Antioxidants 8. The Role of Minerals 9. Complex Carbohydrates Provide Variety and Bulk 10. Dietary Fiber, Sedentary Life and Affluent Diseases

C. OUR INTERNAL ENVIRONMENT 11. Digestion, Absorption and Beyond 12. Elimination Decreases Internal Pollution 13. Our Microbes in Nutrition and Health

D. A DIET TAILORED BY EVOLUTION 14. Human Evolution, Traditional Culture and Diet 15. Protective Foods Prevent Disease 16. Milk: Food Tailored by Evolution 17. Food for Growth and Productive Life 18. Exercise and Weight Control

E. PHILOSOPHY, CULTURE AND NUTRITION 19. Culinary Art: Herbs and Spices 20. Lacto-vegetarianism: Culture and Science.

APPENDIX 1. Key Concepts as they are Introduced in each Chapter

APPENDIX 2 : Sample Recipes of Udipi Cuisine

APPENDIX 3: Answers to Some of your Questions.

GLOSSARY INDEX Illustrated 416 pp., 1992, ISBN 0-9634999-0-4

ORDERS:

ISBN 0-9634999-0-4. \$16 plus \$2 P & H in U.S. from: **Ecobiology Foundation International, 4 McGill Street, Worcester, MA 01607, Tel. (508) 757-6688.** Wholesalers & Distributors enquire.

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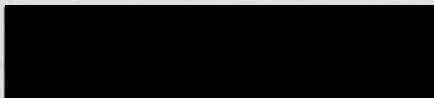
FALL 1993

Vol. 11, No. 4

REVIEWS

CURRENT SMALL PRESS PUBLICATIONS

HEALTH & WELLNESS


Ecobiology Foundation, 4 McGill St.,
Worcester, MA 01607, paper \$16.00,
0-9634999-0-4 (1993)

Two groups will find this ambitious, holistic book interesting: committed lacto-vegetarians and those curious, open-minded souls who see the connection between diet and environment and want to learn more about it.

The authors outline their belief in a diet that will both nourish humanity and maintain food resources, and, in information-packed chapters, they investigate the biological reasons for their diet's success. Complex information about dietary constituents, digestion, and absorption is clearly presented.

They tested their recipes of Udupi cuisine (many included) at their Annapurna restaurant in Massachusetts.

Chapters include sources and suggested readings, and the book is well indexed.

The authors believe that while Third World populations may suffer from malnutrition, the USA and other industrialized nations suffer from dietary excess and the effects of sedentary, stressful lifestyles. They outline their belief in a diet based on "environmental ethics" as well as biological principles in this complex but clearly written book.

Abstracts at the beginning of each chapter help the reader browse. The scientific sections are dense, but interesting; diagrams are occasionally helpful. However, an understanding of digestion and absorption is not necessary to appreciate the authors' faith in an evolutionary diet, or to enjoy the recipes included in the appendix.

—Cortney Davis
Redding, Connecticut

BOOK REVIEWS

RETHINKING AIDS: The Tragic Cost of Premature Consensus. By Robert S. Root-Bernstein. MacMillan Inc., New York, 1993. 512 pages.

STAYING HEALTHY WITH HIV: A Guide to Alternative and Complementary Therapies. By David Baker, RN MSN and Richard Copeland, 13-B Belcher St, San Francisco, CA 94114. 1993. 130 pages.

Ecobiology Foundation International, 4 McGill St, Worcester, MA 06107. 1993. 400 pages. Reviewed by Felton Davis.

In April of 1984, Secretary of Health Margaret Heckler announced at a press conference that the cause of AIDS had been found, and that a massive effort would immediately begin to conquer a new virus, the HIV, or human immunodeficiency virus. Millions of dollars were spent over the next nine years to study the virus as an exclusive mechanism, while alternate and holistic explanations for AIDS were neglected.

Perhaps an analogy can help explain the meaning of this. If you took samples of tissue from a person's nose, gave the poor volunteer a good punch, and then took a second set of tissue samples, dramatic differences would no doubt be evident in the skin, mucous membrane and cartilage of the two sets, and a comprehensive report could be drawn up, "The Microbiology of a Punch in the Nose." If the tissue damage was significant, the person might even develop an infection. But no amount of micro description could explain

what had happened on the macro level. At some point, it would be necessary to put up the microscope, and return to common sense.

Unfortunately, when it comes to AIDS, it is not as simple as this. There is no accepted common sense to which we can return, and, in the absence of common sense, the microbiological explanation threatens to take over. I would like to take a mainstream clinical AIDS researcher and station the person at the front door of Maryhouse or St. Joseph House for a few months, so that they could get a feeling for some macro events. "The effect of poverty and homelessness on the human immune system"—no tissue samples necessary. "The effect of drug use on the human immune system"—no virus required. "The effect of trauma and repeated rape on the immune system of women"—no need to go to Bosnia for this experiment.

While we wait for funding for the above studies to come along, there are several new books out that deserve to be read. Professor Root-Bernstein's book is a very comprehensive survey of the entire range of AIDS research, and he strongly challenges the HIV hypothesis:

A significant number of AIDS patients appear to be completely free of both HIV infection and of antibody to HIV. When tests for HIV were developed, as many as 10 percent of AIDS patients were found to be HIV seronegative, even by Robert Gallo's own laboratory. Even since the adoption of HIV as the preferred diagnostic marker for AIDS, as many as 5 percent of AIDS patients who are tested for HIV infection continue to display no signs



Robert McGovern

goose chase, mistaking an effect for a cause. But it is definitely good news for patients, because it means that infection with HIV need not be considered a death sentence. *Rethinking AIDS* is carefully written and well-documented, and stands a good chance of radically renewing AIDS research in this country.

Staying Healthy with HIV is a practical guide to alternative therapeutic approaches, with sections on lifestyle, stress management, nutrition, and immune system support. While reading it, I was reminded of what C.S. Lewis wrote in *The Abolition of Man* (1946): "The task of the modern educator is not to cut down jungles but to irrigate deserts." For a decade, mainstream AIDS treatment has been characterized by furious,

cut-down-the-jungle attempts to kill the virus at any cost. Only in the last year or so, in full view of the bankruptcy of this approach, have irrigate-the-desert models of bolstering the immune system begun to catch on. These approaches emphasize detoxification from "street" and/or pharmaceutical drugs, the rebuilding of the immune system with proper nutrition and nontoxic supplements, and, most importantly, the self-empowerment of people with AIDS. What a hodgepodge and jumble of decentralized hopefulness is waiting to be born! Welcome to vitamins and vegetables, herbs and amino acids, acupuncture and homeopathy, creative visualization, massage, structured relaxation, not to mention 12-step-based support groups. It is very helpful to read about these things in a book with no particular axe to grind, written by people who clearly understand that different things will be of benefit to different people. I would like to see *Staying Healthy with HIV* on the literature table of every AIDS clinic in the country.

While these two books are addressed specifically to people with HIV or AIDS, *Staying Healthy with HIV* is addressed to all of us, living as we do in an addicted culture, that was destroying itself with harmful foods long before AIDS became recognized. The authors go to great lengths to explain the role of different kinds of foods and their effects on health, and provide a conceptual framework for the importance of moderate vegetarianism, and the elimination of alcohol, tobacco, meat, sugar, and processed foods generally. Theirs is very much an irrigate-the-desert rather than cut-down-the-jungle point of view, and they especially emphasize the importance of not disturbing the intestinal bacteria that actually do the work of metabolism for human beings.

I include *Staying Healthy with HIV* in this review of books about AIDS, because malnutrition is one of the neglected co-factors for the AIDS syndrome, and everyone's immune system depends every day on what is available for them to eat. In the United States, amidst great storehouses of food and the vast grain-producing fields of the midwest, thousands of AIDS patients lie in hospital beds emaciated and weak, unable to maintain their weight or to absorb nutrients. Of course this tragedy has its microbiological aspects, but we need to see it holistically, and these three books can help us to do so. ✦