

# Vegvibe

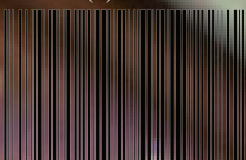
JAN/FEB 2012

## The Curious Case of the Kind Jackpot Aunty

*Also in this issue*

**Titi Eco Farm Resort  
Soulful Soup Recipes  
Hone Your Vegan Radar  
Celebrating Without Shark's Fin  
Is Ayurveda Alternative Medicine?**

MICA (P) 003/06/2011



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FREE

# The Chief Veggie Speaks!

The new year is here in full swing and we would like to wish all our readers and supporters a very fulfilling 2012 and for those celebrating the Lunar New Year, we hop that the Dragon Year will bring you some roaring success!

In this issue, we use a different cover page - to symbolise a fresh perspective. Let us know if you like it - or not, so that we can evaluate the response. Hopefully we can take a new direction in this new year and use a different style of covers!

But the content of course continues to be the same high-quality information that you have become accustomed to - and we don't have any intention of changing that standard we hold ourselves to (unless it is to increase it higher).

For this first issue of 2012, we share some inspiring stories, such as the documentary *Fat, Sick & Nearly Dead* (page 03), which chronicles the remarkable journey of 2 overweight men who juice their way to fitness. Similarly, we feature the lottery aunty who fought for her rightful winnings and then gave away half of it to charity (page 12).

On the eco-living scene, we are proud to share an excerpt our friend Bhavani Prakash's new e-book *50 Ways to Make Your Home Eco-friendly* (page 06), and feature what the organic *Titi Eco Farm* in Malaysia has to offer (page 18).

And to address the upcoming surge in shark's fin soup that will served in so many homes come 22 January, we reproduce *Project: FIN's* wisdom and advice on limiting the use of shark's fin and instead opting for alternatives (page 09). We hope that you will not just practise the kinder option yourself, but also make the effort to tell your friends, family and neighbours that it is perfectly fine to exclude shark's fin soup during the festivities.

With that humble call to help save the sharks from unnecessary brutality, I will leave you to enjoy the read and the long weekend just around the corner. Please feel free to send us your feedback, story ideas, contacts whom we can feature, or recommendations on places, books and movies to review, to [vision@vegville.com](mailto:vision@vegville.com) or [vegville@gmail.com](mailto:vegville@gmail.com).

We wish all our readers a wonderful and prosperous Lunar New Year!



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## Contributors

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*The publishers would like to thank Dr George Jacobs,  
Mr Goh Joo Heng and Ms Choo Hong Heng for their  
invaluable assistance in preparing this issue. Cover  
photo courtesy of [www.casinogamblingrules.com](http://www.casinogamblingrules.com).*

**F**at Sick and Nearly Dead starts out by introducing you to Joe Cross, a likable guy from Australia who has worked hard to become a successful businessman. However, like many of us, he spent much of his life nurturing his wealth and doing nothing for his health, resulting in a Fat Joe is Fat (about 147kg), sick (chronic *urticaria*) and feeling nearly dead.

The early part of the documetnary starts out slow, but as you get to know Joe and start to understand what he is trying to do you find yourself getting sucked in. He does not spend too much time griping about the difficulties of his juicing fast, but instead focuses on the success he is having. Happy to be shedding the weight and slowly lowering his medication doses is motivation enough to get him through the 60 days of nothing but fruit and vegetable juice.

As he travels across the US, Joe interviews people on the street and in restaurants about their diet and health. Everyone he talks to seems to share the common mindset of "I know I'm overweight and I know it's my own fault, but I just want be happy while I'm here".

Joe's story is remarkable and his successful weightloss and disease remission cannot be overlooked, but it is when he gets an unexpected phone call once returning to Australia that an even more compelling chapter begins in the documentary.

A truck driver named Phil Staples (featured briefly earlier in the film) who was even more overweight at 217kg and - by incredible coincidence - has the exact same rare disease as Joe called to accept the help Joe offered when they met - with the voice mail from Phil clearing illustrating the desperation in his voice.

Moved by this, Joe flies back to the US to help out his new friend and takes Phil through a number of medical tests before setting him up on a juice diet and exercise plan to get him started.

**"...its insistence that self-help is the best help allows Mr. Cross - now medication free and messianic - to lay responsibility on ourselves"**

**Jeanette Catsoulis,  
New York Times**

By Randy Lee



This review first appeared on  
*Health Actually* in August 2011

Too many times when people get a chance like this they fall short because the demons that got them into trouble are just too strong, but Phil is determined. He takes time off work and fully commits to Joe's help and the programme. It is incredibly inspirational to watch as Phil juices and exercises his way back to being lean and mean again. In fact, he has so much success that he trades in his driving job for a more active one at the YMCA, starts a juicing support group in his home town, and even converts his older brother who shamelessly proclaims that "I love spam" (spam is processed meat comprising parts such as chopped pork shoulder)!

*Fat Sick And Nearly Dead* is a well produced story that inspires and motivates viewers to better themselves - many have gone on to try the *Reboot Program* offered by Joe Cross and testimonials abound of success stories on the internet.

We dare you to watch it and NOT be tempted.

***Fat, Sick & Nearly Dead* is available on DVD for purchase at US\$23.97 (S\$31) including shipping from Amazon**



A fast-food restaurant has been stirring quite a bit of excitement and anticipation within the vegetarian community for the past year - and rightly so as it has a unique and novel concept!

For those curious to know how *McDonald's* might look like if it decides to have a moral conscience - *VeganBurg* would be it. As the name would suggest, this place is 100% vegan and uses no products that come from animals, located just 5 minutes from Eunos MRT by foot.



alone. First up, we have the *Tangy Tartar Burger Set* (left) at \$9.85. Tartar is a sauce that I really love, so I was pleased that this burger was on the menu. The hero of this dish, however, was the actual burger patty which was flavoured heavily of fish but was not too overpowering.

I visited on the back of rumours from *VeganBurg* that its burgers were huge, but that was not the case - although they are not small either. The fries that were included as part of the set could have been more substantial, taking into consideration the significant price difference between the set and just the burger.

Of course, any establishment needs more than a novel concept to succeed and balancing out price with quality is crucial. Does *VeganBurg* triumph in that regard?

The burger joint offers the choice between a set (fries and drink will be included with the burger) or just the burger

The *Smokey BBQ Burger Set* (below, left) at \$10.85, presented a burger that really had a wonderful smokey flavour to it, which was much more prominent than I was expecting. The patty was derived from mushroom stem mock meat, which always provides a very authentic meat texture. As was the case with all the burgers on offer, the bread was certainly exceptional.



By Luke Otter with photos  
blog author of *The Hungry Ang Mo*



# VeganBurg

44 Jalan Eunus

Tel: 68446868



This review first appeared on  
The Hungry Ang Mo in September 2011

The third and final burger that was sampled was the *Cracked Pepper Mayo Burger* (facing page, top) at \$5.85. The bread in this burger was somewhat unusual, with a strong cinnamon flavour immersed inside, which I could not quite decide if I liked or not. I had no objections with regard to the patty thought, and overall it was another quite fulfilling burger.

One thing perhaps that I would have preferred is for none of these burgers to be sliced in half (*Editor's Note: VeganBurg has since discontinued this practice*). Perhaps I am somewhat of a traditionalist, but a burger cut in half irks me a little, though it is a nice thought.

As you can tell by the number of burgers that I had to order, the portion is not as big as initially reported. But I have no real complaints about the size - it was average

to me. The quality of the burgers is very good, especially when it comes to the quality of the bread and the burger patty itself.

The menu is still not fully complete yet and I am sure there are other teething issues that the staff need to work out. Overall, I love this fast-food restaurant and its concept. It is hard to say how successful will it be, and I suppose only time will tell. But anyone vegan or vegetarian in Singapore should definitely go and pay this place a visit, or they can make use of the delivery service.

*VeganBurg is open daily from 11am to 10pm (last order at 9.45pm) with a new outlet opening at Golden Shoe Carpark (50 Market Street #01-28D) on 1st February 2012.*

**R**enowned local environmentalist Bhavani Prakash recently published a comprehensive e-book listing 50 ideas that those living in an urban environment like Singapore can adopt and incorporate into their lifestyle. Here we offer a sampling of 5.

To read the full e-book comprising over 30 pages, please visit the author's website at [www.ecowalkthetalk.com](http://www.ecowalkthetalk.com).

# Five Ways to Make Your Home Eco-Friendly



## 50 Ways to Make Your Home Eco-Friendly

**Bhavani Prakash**



*Concise and actionable tips to make you and your family go green, save money and make a difference to the planet*

### REDUCE TOXINS

#### Use less but better quality cosmetics

The use of cosmetics has dramatically increased amongst women, men and even young children in the latter half of the 20th century. Most of the cosmetics produced in the world contain toxic ingredients especially petroleum derivatives, sodium lauryl sulphate (SLS) and parabens.

According to the Environment Working Group (EWG), an average person uses about 10 cosmetics a day. Our skin is very porous, and what we apply on ourselves will seep through our skin into our blood stream. A sensible saying is, "Only wear on your skin what you can eat safely."

Reduce the quantity of commercial cosmetics and personal care products in your home, and for the few you need, choose the best quality ones.

### CONSERVE ENERGY

#### Conserve energy with your washing machine

Choose a front loading machine, even though it may be more expensive compared to a top loading machine. Front loading machines are more efficient because their larger capacity, faster spin cycles and the use of gravity translate to less energy and water use.

Here are some ways to use your washing machine efficiently:

- Wash with a cold water setting or if necessary with a warm water setting instead of hot, to wash your clothes. Heating the water in the washing machine takes up the bulk of the electricity use – up to 90%. The rinse cycle can always be in cold water.
- Wash with a full load as far as possible, to save water and electricity.
- Use only as much detergent as is necessary. Using too much will create extra soap suds, which means extra rinsing to remove them.



## BABY CARE

### Raise an eco-baby

Babies are particularly vulnerable to contamination from various products such as infant formula milk, additives and chemicals in baby care products, phthalates and PVCs (poly-vinyl chloride) in plastic toys and teethingers.

- Get toys without PVCs especially teethingers and pacifiers which the baby puts in the mouth repeatedly. The phthalates, lead and chromium may leach and harm the child's nervous and reproductive development.
- Breastfeed your baby as long as you can, till the child is about 8 months to a year old. It is healthier for the baby and saves you a ton of money on formula milk. For more information against aggressive marketing of formula milk, look at [Baby Milk Action.org](http://BabyMilkAction.org)
- • Avoid plastic or polycarbonate feeding bottles and feeding teats with Bisphenol A, a chemical that affects endocrine or hormone secretin glands and is also a suspected carcinogen. Use glass bottles instead, with teats that are Bisphenol A free.

## BUILDING WEALTH

### Invest Green

Where we put our hard earned savings generated from living a green lifestyle is very important for the sustainability of the planet. If you have an entrepreneurial bent, consider starting a green business for an eco-friendly product or service.

If you wish to invest, remember that whatever company or commodity or product you are investing in, is ultimately linked to raw materials that come from the earth. Consider the impact of these activities, and ask if they are furthering the wellbeing of the planet, and of human welfare, both of current and future generations.

This may be called 'Socially Responsible Investing' or SRI. If you are delegating the spadework to a fund manager, dig deep and do your own research on the companies in the portfolios under management. You can check the Environment Working Group (EWG) database on the toxicity ranking of a company's brand or product.

Screen out industries which many not follow ethical and environmental practices – oil, tobacco, arms, mining, timber, seed companies that sell GM products and so on.

## EAT BETTER

### Avoid GM content in food

Genetic modification (GM) is the process by which genes which are unrelated to the species are injected into the DNA to achieve certain characteristics. For example, the gene of the arctic flounder fish which has anti-freeze properties may be injected into a strawberry gene to prevent it from freezing during winter.

GM foods are very controversial, and not enough testing has been done on them to conclusively prove their safety for human consumption, despite industry claims that they are safe. Studies in rats have shown allergic reactions as well as growth of cancer like tumours. The worrying trend is that government regulatory bodies are approving industry funded tests, rather than investigating deeper into the studies of independent scientists who have shown there is cause for concern.

# Celebrate Chinese New Year With No Shark Fin Soup!



Jointly organized by Project: FIN & ScubaSG



*Project: FIN* has been running the campaign entitled '**Painting Facebook Red**' for the past month or so. If you have not joined in the fray yet, then please visit the *Project: FIN* website to get this logo and place it as your profile picture on facebook. With many of us turning our profile pictures to the one shown here, we can remind our friends and family in a non-confrontational way that it is alright to forego shark's fin in favour of viable alternatives. Please do your part and help spread the message far and wide - only the removal of consumer demand can truly save the sharks.

[www.facebook.com/projectfin.sg](http://www.facebook.com/projectfin.sg)



# Exotic Cardamom

Native to India and Bhutan, cardamom is part of the ginger family and comes in two main varieties – green and black.

Cardamom is known to help relieve urinary tract problems and bladder infections as it has excellent diuretic properties.

Cardamom has the ability to reduce the growth and spread of viruses, bacteria and fungi. It is suitable for people with weak immunity or constitution.

The Greeks and Romans considered cardamom as an aphrodisiac and it is also used in Ayurveda to treat impotency.

Due to its highly aromatic nature, cardamom is also used as a breath freshener and an appetite stimulant in food products.

Cardamom is known to be an excellent remedy for digestive ailments as it reduces the air and water elements, increases appetite, expel gas and heartburn caused by indigestion.

Cardamom is known to assist with respiratory illness such as bronchitis and asthma as it improves blood circulation to the organs in the body including the lung area.

Cardamom has anti-inflammatory properties and can be used together with cinnamon to combat sore throat, pharyngitis and other throat infections.

Cardamom is best stored in a cool and dry place. It can be used whole or ground into powder to add to both savoury and sweet treats.



Photo: Wikipedia

# Come Learn From The Expert

- 1) VISIT EMPTY-HANDED
- 2) BAKE WITH THE CHEF
- 3) RETURN WITH  
YOUR OWN CREATION!



*Chef Halimah of Kalavira  
vegan cuisine expert*



The '*best vegan baker in town*' is now sharing her secret right out of her cosy home! Now you too can produce delicious vegan food that satisfies even the most ardent anti-vegetarian!

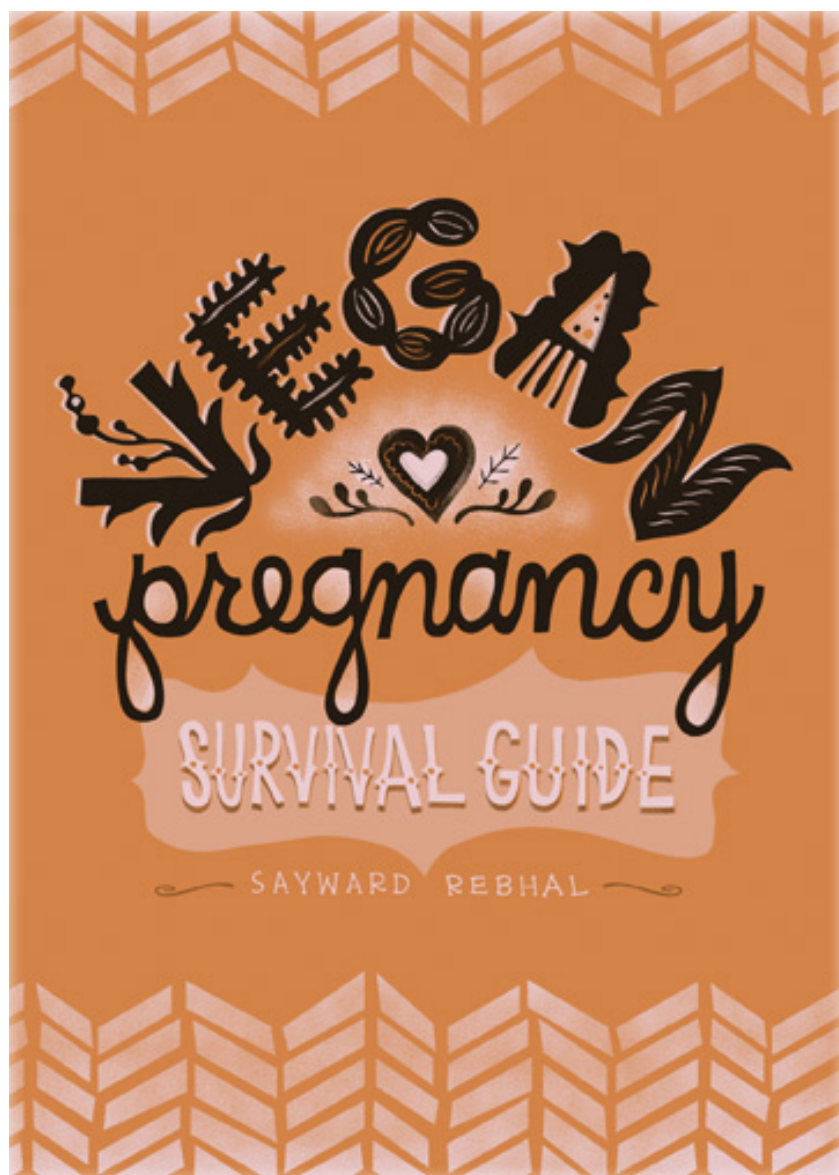


Sessions are fully 'hands on' and will be conducted at Chef Halimah's residence **near Clementi MRT Station**, in class sizes of between 3 and 4 participants each. Participant fee of \$75 onwards includes all ingredients, light refreshments and additional materials.

## Class Schedule & Gallery

[www.facebook.com/Kalavira.Vegan.School](https://www.facebook.com/Kalavira.Vegan.School)  
[kalavira.cakes@gmail.com](mailto:kalavira.cakes@gmail.com)





*Vegan Pregnancy Survival Guide is available for purchase at US\$22.93 (S\$30) from Amazon*

Promising to be “a fun, informative, and totally comprehensive reference manual that provides readers quick answers to their most pressing pregnancy problems”, *Vegan Pregnancy Survival Guide* offers straight-forward nutrition information and strategies for maximising meal plans, as well as tips on choosing cruelty-free antacids (by brand name) and even advice on how to throw a vegan baby shower. Needless to say, vegan moms everywhere will find complete validation for their chosen lifestyle.

Written in an upbeat and casual tone, readers will feel as though they are having a conversation with a close girlfriend who is extremely supportive and very positive - “and who happens to know a ton about vegan nutrition and pregnancy”.

Sayward Rebhal, who started out with a blog called [Bonzai Aphrodite](#) where she shared her own experiences, recreates her sweet, funny and well-researched writing style to provide vegan mums-to-be with invaluable info.

Not just useful for mums-to-be, some parts of the book - such as tips on breastfeeding - can be beneficial to new

mums as well. And with the information whittled down to only those that impact vegan mums in particular, it acts as an essential reference point to further investigate one’s specific needs.

In addition, practical tips on what meals are great to make ahead and freeze before the bundle of joy arrives, and what foods meet certain micronutrient needs, offer strategies that can help you cope with a newborn in the house.

Another aspect of this book to be appreciated is that the remedies to various commonly experienced pregnancy symptoms are assessed from a vegan point of view. Not only are the typical mainstream treatments assessed for their suitability, vegan options are juxtaposed against those found to be not vegan.

Many vegan mums have shared that this book has been a boon which continues to reserve a permanent spot in their bookshelves. And with many local vegan mums despairing over the lack of information or support going into their pregnancy, it might truly be a survival guide for them!

# Choo Hong

By Ngo Kau Wee with photos

You have probably read about her story all over the news these past few months. The story of a hawker's triumph over a casino, her fight for the dues owed to her, and her generosity in donating most of her winnings to charity thereafter. This heroine is Ms Choo Hong Eng, 58, the boss of *Kwan Inn Vegetarian Food* located in Geylang - best known for its *laksa*.

## The Famous Story

If you still have no clue, she was trying her hand at the jackpot machines at *Marina Bay Sands* casino in October when the machine's screen flashed that she had won a 'cash bonus' of \$416,742.11. But the casino refused to pay her, claiming that the machine was faulty, and instead offered to give her \$50,000 in cash and a sports car worth \$258,000.

However, as a matter of principle, Ms Choo rejected the offer, hired a lawyer to fight the case, and complained to the *Casino Regulatory Authority*. Eventually, in November, the casino announced their decision to pay Ms Choo the full amount, most of which she duly donated to various charities such as *Ren Ci Hospital*, the *National Kidney Foundation*, the *Kwong Wai Shiu Hospital* and, yes, the *Vegetarian Society (Singapore)* too.

Ms Choo's story was naturally reported in various media and she became instantly famous with well-wishers and admirers flocking to her stall to congratulate her personally. But she has remained humble, friendly and approachable. When the team from VSS met her, she looked younger than in the news pictures, with her rosy cheeks and radiant smile.

## Consummate Vegetarian

Ms Choo has been a vegetarian since three years old, following the diet of her adoptive parents. About 26 years ago, she started her business in vegetarian food, motivated by the difficulty in finding vegetarian food in Singapore then.

As a self-taught chef, she worked hard and experimented with different ingredients to create her own versions of popular local dishes such as *laksa*, *nasi lemak* and *chicken rice*. She graciously shared that one of the special ingredients in her famous laksa is seaweed, which gives it that 'sea flavour' without using real seafood.



From left:



# Eng jackpot of kindness



When sharing on the benefits of being vegetarian, Ms Choo's passion and knowledge for vegetarianism were evident. She feels that vegetarians have 'cleaner' blood, and illustrated this by using the analogy of placing a cup of vegetable oil and pig oil in the fridge - the former remains as it is but the latter lumps into a solid. Similarly, she believes that the blood of vegetarians flows better throughout the body. She also added that, from personal experience, she finds that cuts to her hands heal faster with lesser instances of scarring.

She also noted one of her meat-eating friends who was beginning to take more vegetarian meals experienced positive changes in his health, such as having greater ease climbing stairs and recording lower cholesterol levels. She also revealed that one of her frequent customers who was a fisherman shared the practice of pouring chemicals to the catch in order to preserve the fish until reaching land. With more polluted seas nowadays, Ms Choo pointed out how consumers end up with more toxins in today's seafood. She observed that even houseflies are no longer buzzing around seafood openly displayed in wet markets (possibly due to the high level of toxins and chemicals).

## Icon for Community

At 58 years, Ms Choo is in an excellent state of health and even quipped that she was game to challenge any meat-eater to a run. About five years ago, she was invited to participate in a TV show where six chefs came together for a comprehensive health test. Being the only vegetarian chef, her health report actually topped the charts among those tested!

While the VSS team was with her, no less than three groups of customers came up to her to specially shake her hands. The wishes were heartfelt and several speculated that she was lucky to have this windfall precisely because of her vegetarian lifestyle. Regardless, Ms Choo's story has catapulted vegetarianism into the limelight and turned her into a fine example of a vegetarian who is healthy, respected in character and blessed with good fortune.

Looks like there are more reasons to go veg now!

Ngo Kau Wee, Ms Choo Hong Eng, Dr George Jacobs & Goh Joo Heng

## Hawker gets full jackpot payment in MBS dispute, will donate winnings

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Nov 10, 2011

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By Tham Yuen-C

Hawker Choo Hong Eng, who was in a dispute with Marina Bay Sands casino over her jackpot winnings, will get her money after all. On Wednesday, she accepted the casino's offer to settle the dispute.



Mdm Choo Hong Eng who won a \$410,000 windfall from a slot machine in MBS. She is finally being paid after MBS initially denied her the winnings as the gaming establishment cited an error in the machine. -- PHOTO: DESMOND LIM

She will be paid the full amount of \$416,742.11. This is the 'cash bonus' which was displayed on the screen of the slot machine she was playing on Oct 18.

The casino had earlier told her that the machine had a cash limit of \$50,000, and only displayed the message due to a glitch. Instead of the sum stated, it had offered to pay her \$50,000 and give her a sports car worth \$258,962 which she could sell back to the casino for cash.

The hawker who runs a vegetarian food stall in Geylang said she will be donating half of her winnings right away to more than 20 charities, including the Ren Ci

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### MBS jackpot winner to finally get her dues

by Channel NewsAsia  
04:45 AM Nov 10, 2011

SINGAPORE - A hawker who got into a dispute with Marina Bay Sands (MBS) after she was denied her full jackpot winnings will be getting the money after all. The MBS said yesterday that it has agreed to pay Madam Choo Hong Eng (picture), 58, the full sum of S\$416,742.11.

An MBS spokesperson said in a statement: "Marina Bay Sands regrets any confusion over the numbers displayed when Madam Choo Hong Eng won the Lotus Evora slot jackpot in our casino ... After carefully reviewing this matter, Marina Bay Sands will pay the patron the amount that was displayed on the slot machine."

The spokesperson added: "We deeply regret the inconveniences caused."

Mdm Choo had visited the casino at MBS on Oct 18. She hit the jackpot but the casino told her that the machine had malfunctioned. She was offered a sports car worth S\$258,962 and S\$50,000 in cash instead. But Mdm Choo refused the offer, in the knowledge that there was CCTV camera footage and witnesses to support her account.



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PHOTO COURTESY CHANNEL NEWSASIA

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If you were given one wish for the world, what would it be?

*My wish is for everyone to practice their compassion starting from their mouths. Every animal will struggle and resist being slaughtered. Every animal has a role to play in the ecosystem. When we catch and kill animals such as the sharks and the whales, we are upsetting the delicate balance of nature.*



# Pro-Teach

[www.pro-teach.com](http://www.pro-teach.com)

Established in 1998, Pro-Teach Student Care & Tuition Centre has expanded dynamically across the island with 29 branches to date. Driven by a team of dynamic and passionate education experts, Pro-Teach is the first and only student care centre to teach using multimedia curriculum and an Australia-based values education programme.



**Some 3,000 children go meat-free at least once a week at our branches! Join Pro-Teach Student Care in this Earth-saving, animal-loving and healthy lifestyle!**

## HEAD OFFICE

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Singapore 659841  
Tel: (65) 6561-0084  
Fax: (65) 6560-2230

## Western Branches

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Fajar	6898-1488
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Pioneer	6898-0418
Pioneer II	6790-8815
Jurong West	6898-4681
Hong Kah	6567-0675
Yuhua	6566-8832
Choa Chu Kang	6560-0828
Yew Tee	6764-2808
	6468-6820

## Central Branches

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Toa Payoh Central	6253-1418
Ang Mo Kio	6458-0580
Hong Wen (school-based)	6297-6377

## Nothern Branches

Yishun	6756-4272
Admiralty	6363-6325
Khatib	6759-5953
Horizon (school-based)	6483-0898
Paya Lebar	6285-9886
Hougang	6385-2297
Rosyth	6481-1426
Rosyth (school-based)	6481-0091
Wellington (school-based)	6561-0084

## Eastern Branches

Bedok North	6444-6227
Pasir Ris	6582-3035
Tampines	6783-9123
East View	6787-4300
Bedok South	6243-1151



# Ayurveda really an alternative medicine?

Photo: The Sounds of Silence

There are many alternative healing and therapy centres sprouting around the world today. Ayurveda is one of these. When I ask around for people's understanding of the term 'alternative medicine', many regard it as something away from the norm (though that is not the dictionary meaning) - for example, treated water is considered 'alternative' water. Given this scenario, shouldn't Ayurveda - which was discovered more than 5,000 years ago - be regarded as the original medicine instead of being 'alternative medicine'?

Ayurveda as its name denotes - *Ayu* refers to all aspects of life while *Veda* refers to knowledge or learning - talks about the 'Science of Life' and perceives a close relationship between man and the universe, where mind, body, emotion and soul (for lack of better word) is discussed within an all-embracing traditional Indian system.

Just as the universe has 5 basic qualities of Ether, Air, Fire, Water and Earth, the human body too has these elements combined into the body constituents (called *Doshas*) of *Vata* (Ether + Air), *Pitta* (Fire + some water) and *Kapha* (Water+ Earth). This highly intricate science is deeply profound and logical yet still applicable to current time. Let me offer a simplified analysis.

## Five Qualities of Universe & Body

At a structural level, *Space* exists in the cavities of our bodies (i.e. mouth, nostrils, respiratory tract, etc.) while *Air* is the force behind all movements in our body

(i.e. pulsation of the heart, movement of the muscles, expansion, contraction of the lungs and so on). Together, they form *Vata* which governs the principle of movement in both body and mind. A person with a balanced *Vata* can be considered to be quick-thinking and effective while aggravated *Vata* can lead to excessive movement resulting in stress and other disorders.

*By Vasanthi Pillay, President and Founder of the Ayurveda Association of Singapore (AAOS)*

The third element of *Fire* is the energy of 'transformation' - the digestive system and its metabolism is a classic example. Transformation of thoughts can also be classified under this category, as well as willpower - as in 'the fire in a person's eye'. A person with a good balance of *Pitta* will be able to absorb information and transform blueprints into successful projects, while an unbalanced *Pitta* can lead to aggression, anger and other 'heat' related diseases.

*Water*, the fourth-important element, is vital for the functioning of the tissues and organs, and manifests in the body as the fluid such as blood and mucous. The fifth element, *Earth*, is represented by body mass and shape or the 'binding force' of muscles, bones, cartilage, etc. A person with balanced *Kapha* is said to be well grounded and empathetic. By the same token, an unbalanced *Kapha* leads to excessive attachment, possessiveness, laziness and other disorders.



Ayurveda is clear that a person's combination of *Vata*, *Pitta* and *Kapha* is determined at birth (*Prakriti*) and when one deviates from his original *Prakriti* (either physically or in thought) it leads to disease. Thus the lifestyle choices we make (which includes food, sleep, daily activity, thoughts, getting in touch with nature, etc.) play a major role in balancing our *doshas*.

### Body Can Handle Itself

Ayurveda and Yoga work on the principle that our body is an intelligent unit with a self-healing mechanism. Our body works perfectly fine when it is in a balanced state and is therefore at ease - only when there is an imbalance can we see 'dis-ease' and the onset of disease.

Ayurveda though, goes a step further to say that the mind, body, emotion and soul are all an integral part of a person and that the imbalance of one aspect can lead to the imbalance of the other two. We can exist in harmony or in disharmony with our body (and the universe) depending on the food and lifestyle we choose - research has shown affirmatively that any form of stress leads to many kinds of diseases.

### Origins or Original

So when and where did Ayurveda originate? It can be traced back to the *Vedas* – ancient texts that date back at least 5,000 years. These texts clearly show that Ayurvedic medicine was extensively developed and practised during

the time, after which they were codified by Ayurvedic Scholars who outlined 8 branches of study.

If these principles and lifestyle were practised 5,000 years ago, why then do we refer to Ayurveda as an alternative medicine? Does it not make sense that we ought to refer to it as original medicine and the original way of healthy living?

### Adapt & Adopt Best Practices

One may ask how a system that was propounded thousands of years ago be applicable to our modern lifestyle? I am not suggesting that we retreat into the jungle and relinquish responsibilities. On the contrary, I am strongly advocating that we learn to balance both our work and family life, and appreciate that we can be productive at work and relaxed at home only if we are healthy (in mind, body and 'soul').

Well, we can start by taking baby steps in learning to understand our body better and be in tune with our real needs - i.e. knowing the difference between the needs that come from the mind and the needs that come from the body's inner intelligence.

Let our voyage towards a healthy lifestyle begin with a deeper self-analysis of our food and lifestyle choices. Let us begin at the mental and emotional level by 'consuming' positive thoughts and 'digesting' positive emotions. Why not this be our New Year Resolution?



Vasanthi Pillay, formerly a part of the highly stressful corporate world, developed a keen interest in the mind-body relationship which prompted her to take up a Yoga Instructor Course in Bangalore, India, in 1995. Since then, she has conducted several Yoga & Stress Management classes for corporate executives in Singapore, Australia, Malaysia, Indonesia, India and Taiwan, and also conducts talks on Ayurveda in Singapore and Asia.



# Titi Eco Farm


Embracing Nature



*Titi Eco Farm Resort Sdn Bhd*  
*Lot 1706, 1708, 1203, 1349, 1916*  
*Sg. Rotan, Mukim Glami Lemi,*  
*Daerah Jelebu, 71650*  
*Negeri Sembilan, Malaysia*  
*Tel: (603)-78748122 | (603)-78769833*  
*[www.titieco.com.my](http://www.titieco.com.my)*

*Photos courtesy of*  
*Loh Yeow Nguan*





**T**iti Eco Farm is an organic farm designed by applying the ecological sustainability principle with a unique management system integrating an organic farm, a resort and an on-site factory.

The organic gardening method used on the farm ensures all fruits and vegetables are grown in a chemical-free environment which provides the best nutritional care for the crops to grow healthily. Composting is employed to produce high quality organic fertiliser for the crops through an in-house composting system. The ongoing improvements to maintain the fertility of the soil are undertaken under the principle of 'ecological and nutritional balance' with the purpose to facilitate ecological harmony and a pollution-free and sustainable farming system.

The passion of the hands behind *Titi Eco Farm* is undoubted, and the focus is clearly towards the healing of the earth and the wish to share knowledge with others. Green lovers and those who appreciate nature's beauty will certainly enjoy the experience and be amazed by the range of produce grown there.

### Fresh as it gets

The farm grows various exotic tropical fruits such as dragonfruit, pomelo, mango, wintermelon, pineapple and even soursop. Meanwhile, plant crops are cultivated without the use of chemical fertilisers, and are grown according to the rhythm of the nature. Visitors to the farm would gain an understanding of how an organic farming system operates, and - some would say more importantly - have the opportunity to sample fresh fruit platters and enjoy food prepared using freshly picked organic vegetables.

Also at the farm is a factory that produces high quality

organic packaged products for the convenience of people who may not have the luxury of living within nature's abundance. Titi Eco Farm prides itself on the fact that its products are processed in such a way that most nutritional value and enzymes in the fresh organic food are preserved as much as possible. The products are designed with the purpose of promoting health food among the busy working professionals conveniently.

### Organic Oasis

The farm being located 1,000 feet above sea level - where the air is cooler, fresher and cleaner - enables the accompanying resort to offer an oasis where one can escape from the hustle and bustle of city life. Guests can pamper themselves and relax in a pristine and scenic location - a green weekend.

Besides enjoying the wonderful greenery and snapping photos of beautiful mountain terrain, meals are entirely comprised of organic cuisine and healthy activities such as herbal baths and healthy cooking classes are included. Unlike the typically wasteful nature of resorts, *Titi Eco Farm* insists its guests adopt a simplistic lifestyle with a recycling philosophy and sustainability in mind.

A day trip (at RM\$55) or an overnight stay (2D1N at RM\$145) is available at affordable prices and chances are, the founder of the farm, Mr Lim, will be around to share his thoughts and motivation for creating and maintaining the organic farm.

A treasured experience for many who have visited this comprehensive organic farm, it offers the right combination of relaxation, knowledge, experience and excitement for the whole family.



# Soulful Soups

*Adapted from Love Soups: A Vegetarian Soup Cookbook Inspired by the Soup Devas by Teja Shankara (pen name, Rita Ann Shankara) - available in print and online. Teja Shankara also writes regularly on her blog at [www.yogini-bliss.com/Teja-Blog.html](http://www.yogini-bliss.com/Teja-Blog.html).*

*Recipes and photos courtesy of Ms Teja Shankara*



## Butternut Squash Soup

1. Cut butternut squash lengthwise into half and remove seeds, before baking the two halves skin-side-up in oiled pan at 350° until tender, then set aside
2. In big soup pot, sauté onions in olive oil, then after a few minutes, add ginger and sauté for another 5 minutes
3. Add 5 cups of water along with salt and pepper and bring to boil, then add squash (with skin removed), chickpeas, sage, oregano, thyme, cinnamon, and cayenne before bringing to boil again

- 1 butternut squash
- 2 medium yellow onions, chopped
- 4 tablespoons extra virgin olive oil
- 1/3 cup ginger root, finely chopped
- 2 teaspoons sea salt
- 2 sprinkles ground black pepper
- 1 can chickpeas (15-ounce) or garbanzo beans (optional)
- 1 teaspoon dried sage
- 1 tablespoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon cinnamon
- 2 small dashes of cayenne pepper
- ¼ cup finely chopped garlic
- ½ cup arame seaweed (soak in water for 20 minutes)

4. Simmer for 15 minutes (covered), then add garlic and arame before simmering for another 5 minutes and removing from heat  
*Optional: blend part or all of this earthy and grounding soup*



6 medium yams cut in small cubes (approx. 6 cups)  
 5 tablespoons extra virgin olive oil  
 1/3 cup ginger root, finely chopped  
 1 tablespoon cumin powder  
 1½ teaspoons turmeric root, finely chopped  
 10-12 shitake mushrooms, sliced  
 1/3 cup garlic, finely chopped  
 ½ teaspoon sea salt  
 ¼ teaspoon ground black pepper  
 1 can coconut milk (14-ounce)  
 1/8 teaspoon green curry paste  
 cilantro, lime and basil for dressing

## Coconut Spiced Yam Soup

1. Sauté yams in olive oil with ginger, cumin powder, and turmeric root for 10 minutes, then add mushrooms
2. When mushrooms are tender, add garlic, salt, pepper, and 1 ½ cups water, then Simmer covered until yams are soft
3. Add coconut milk and green curry paste and simmer for 5 more minutes
4. Top soup with fresh cilantro, fresh lime juice, and fresh basil, then serve

## Root Vegetable Soup

7 small turnips, blanched then sliced  
 1 small-to-medium rutabaga, blanched then sliced  
 1 yellow or sweet onion, chopped finely  
 4 tablespoons walnut oil  
 2 potatoes (preferably Yukon Gold), chopped finely  
 1 small yam, chopped finely  
 4 carrots, cut into small chunks  
 3 parsnips, chopped  
 1 teaspoon sea salt  
 sprinkle of ground black pepper  
 1 tablespoon fresh or dried oregano, finely chopped  
 4 cups plain soymilk  
 4 tablespoons apple cider vinegar  
 chives or green onion for topping

1. Blanch turnips and rutabagas, then scrub clean before boiling with salt for 1 minute
2. Drain and set aside to cool, then cut in half and slice into thin semi-circle slices
3. Sauté onion in walnut oil for a few minutes, then add potatoes and yam before sautéing for another 5 minutes
4. Add carrots and parsnips and sauté for 5 more minutes before adding 2 cups of water along with salt, pepper, and oregano
5. Bring soup to boil, then add turnips and rutabaga before bringing to boil again
6. Reduce heat and simmer for 15 minutes (covered)
7. Add soymilk and apple cider vinegar, then heat slowly on medium-low until all vegetables are tender
8. Garnish with chives or green onion tops before serving





Have you ever heard anyone claim that he had a special acumen for detecting others within a certain culture in society just by viewing or briefly interacting with them? Well, here's a checklist to help you zero in on vegans!

## Analysis

Just tally the number of 'yes' answers, and give yourself a point for every one. And if it's a 'yes' for the bonus question, add five more points.

**1 - 4:** Distinct possibility that this person is a vegan, but it's not absolutely conclusive - more detective work is needed

**5 - 11:** Your vegan radar should be buzzing like mad - you're onto something

**12 - 18:** BINGO, you've struck gold - time to break out the Soy Dream and Tofutti



If this person drinks coffee, is it an organic, shade-grown variety? If anything is added, is it soy milk and unbleached sugar?

If the individual in question is a co-worker, does she often bring a lunch that includes a mysterious springy white substance, often in cube form?

Does this person get way too excited to hear that the convenience store nearby is now stocking Tofutti Cuties?

Has this individual been overheard telling the person behind the counter at the juice bar to hold the yogurt, whey powder and/or bee pollen?

If you are in the grocery store, do you observe this person scrutinizing ingredient lists with the focus of a scholar translating an ancient Babylonian text?

When shoe shopping, can this individual be observed scrutinizing the shoes for a 100% man-made materials stamp?

Announce that you've discovered a new meltable, delicious cheese substitute without casein and observe the reaction. Does the person in question vacillate between wide-eyed hopefulness and wary scepticism?

Has this person ever been overheard in conversation lamenting, "Yeah, she's cute, but she's just a vegetarian?"

Does the individual in question have a copious amount of cat or dog fur sticking to his or her clothes at all times, even though she may not necessarily appear to be otherwise unkempt?

Has this person ever been overheard openly dreading and reflexively gagging at the thought of Thanksgiving dinner with the family?

At a restaurant, does this individual quiz the waitstaff for 10 minutes before placing an order for the steamed vegetable plate?

Does this person consult a small book, likely with a depiction of a rabbit on the cover, whenever purchasing personal hygiene products?

**Bonus Question:**

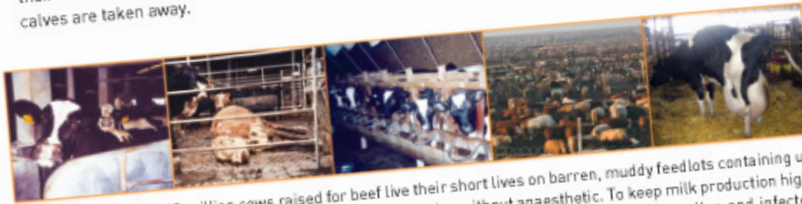
Does a trail of *Meat is Murder* stickers seem to suddenly appear on the glass of the butcher counter at the grocery store when this individual passes by?

Why **LOVE** one but **EAT** the other?



*The highly successful  
Toronto Subway  
Poster Campaign*

- ✓ Just like the animal we call "best friend", cows are loving, sensitive, and full of personality.
- ✓ Cows are incredibly affectionate and protective mothers who frantically bellow and search for their babies for days and even weeks after their calves are taken away.
- ✓ Cows are smart and curious animals who enjoy intellectual challenges and sometimes even jump with excitement upon solving a problem.
- ✓ These gentle giants are deeply loyal to their families and human companions and mourn the death of those they love.



Yet most of Canada's 13 million cows raised for beef live their short lives on barren, muddy feedlots containing up to 40,000 cows and endure branding, castration, and dehorning without anaesthetic. To keep milk production high, the dairy cow is forced into a brutal repeated cycle of pregnancy, intensive confinement, swollen and infected udders (mastitis), and having her newborns taken away from her — only to be made into hamburger meat when she becomes "spent" at 3-4 years of age. Because they are of no value to the dairy industry, many newborn male calves of dairy cows are killed soon after birth or are severely confined for their short lives before becoming veal.

**BE COMPASSIONATE. BE VEGETARIAN.**  
**www.BeVeg.ca**



Funded by concerned Toronto citizens with support from

Toronto Vegetarian Association

In 2009, a modest ad campaign ran on the Toronto subway system in Canada that asked the question 'Why love one but eat the other?' with three different ads that drew attention to the similarities between the animals we call 'family' and the animals we call 'dinner'. In 2011, with the help and passion of a whole community concerned about the treatment of animals raised for food, one thousand ads were placed.

Activists in Singapore are now embarking on a joint project to recreate this campaign in Singapore. To find out more and support this project through donations, please drop us an email at [info@vss.sg](mailto:info@vss.sg). Donations will be accepted by ACRES and will therefore enjoy a 250% tax deduction.

A joint-initiative by







Gain Muscle and Lose Weight with one of the best-tasting protein powders! Sun Warrior Protein is over 85% pure protein, totally Raw, and entirely Vegan. It has an extremely high digestion efficiency rating, allowing a wealth of nutritional benefits to saturate every cell in your body quickly and completely. In fact, it is reportedly being considered by the UN as a potential low-allergen effective option for distribution in countries afflicted by hunger. This protein mix is exceptionally high in Glutamine, Arginine, Lysine, Luecine, and branch chain amino acids, and is suitable as a supplement for general well-being as well as for body-building.

**Retails for \$80 per pack online (including shipping) at [www.sunwarrior.com](http://www.sunwarrior.com)**

**Retails for \$119 per pair online at Getup Merch - for more information, please visit [www.getupmerch.com](http://www.getupmerch.com)**

An official Macbeth product imported from USA, the Winston has a cup sole, with heel to toe internal cushioning, and molded insoles. One of the most comfortable styles Macbeth has to offer, this classic design incorporates a lightly padded tongue, collar, and an extra soft lining so the shoe feels like it naturally moulds to your foot as soon as you slip it on. Uses all-vegan materials and can be worn by both men and women.



This small unisex satchel bag measuring 27cm by 21.5cm, comes in soft brown faux crumpled leather material, giving that chic look - without any guilt. The accompanying soft faux suede strap with magnetic closure completes the fancy feel of this bag and is ideal for storing your iPad or e-book reader.

This model (called Charlie) from the vegan accessory experts of Bourgeois Boheme - whose tagline is "We believe that one should not trade ethics for fashion, nor sacrifice style for conscience", features 1 main compartment, 1 small pocket with zip closure and a mobile phone pocket as well.

**Retails for \$64 online at [www.bboheme.com](http://www.bboheme.com)**

# VegVibe

## Advertising Rates

MICA (P) 003/06/2011 [www.vegville.com](http://www.vegville.com)

VegVibe magazine was first published online in August 2009 as the first magazine in Singapore to address vegetarian and vegan issues. We are a wholly content-driven publication that strives to cover anything and everything that matters to the vegetarian and vegan community, and have positioned ourselves as a uniting platform for those interested in **Health & Nutrition, Animal Welfare** and **Environmentalism**.

### Why Advertise With Us

- Niche readers who follow VegVibe closely
- Regional focus with global reach
- Longer shelf-life due to strength of content
- Established branding and strong ties to the community

VegVibe has been well-received since inception and enjoys a conservative estimate of 4,000 readers per issue, with over 300 direct subscribers, as well as close to 1,800 fans on our *facebook* page – all achieved by word-of-mouth alone. We have also

established ourselves as a reliable news provider and are the Singapore correspondent for the *European Vegetarian and Animals News Alliance* (EVANA) and a registered news source with *Google News*.

**Flat Fee of \$100 per full-page advertisement - inclusive of design and layout!**

*Whilst the rate quoted above is for single insertions, we offer more comprehensive support for long-term commitments. Please contact **Mr Ganga** at 90602206 or **Ms Halimah** at 90057385 to book your advertisement space, or drop us an email at [vision@vegville.com](mailto:vision@vegville.com) or [vegville.com@gmail.com](mailto:vegville.com@gmail.com) to find out how you can reach out to our target audience.*