

Boston Veg Food Fest

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2011 Boston Vegetarian Food Festival Speakers

Organized and presented by



All presentations are free! The Speaker Room is on the 2nd floor.

Authors will do book signings just outside the speaker room following their presentations.

Their books will be available for purchase in the exhibitor room throughout the day.

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Saturday Speakers

11:00 The Latest in Human Nutrition 2011: Part I

Michael Greger, MD

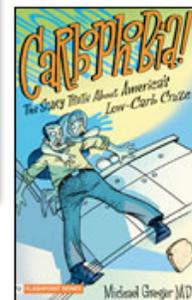
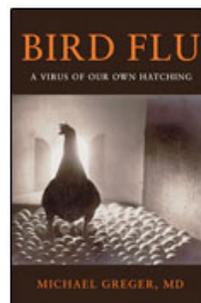


A perennial hit speaker at our Festival, Dr. Greger will use an engaging interactive quiz show format that lets us test our nutrition knowledge with some surprising outcomes. Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this brand-new talk of the latest in cutting-edge research. Focusing on studies published just over the last year in peer-reviewed scientific nutrition journals, Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease.

Known as one of the most entertaining medical speakers of our time, Michael Greger, MD, is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has been published in numerous

esteemed scientific journals, and he has lectured at the Conference on World Affairs, the Bird Flu Summit, the National Institutes of Health, and universities, medical schools, and conferences around the world. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine and is Director of Public Health and Animal Agriculture at The Humane Society of the United States.

Dr. Greger's presentations are described by audiences as "riveting," "spellbinding," and "brilliant," and you can always count on great wit and humor. He is author of the books *BIRD FLU: A Virus of Our Own Hatching*, and *CARBOPHOBIA: The Scary Truth Behind America's Low Carb Craze*. His latest nutrition DVD highlights 99 of the hottest topics in nutrition science. Dr. Greger's current nutrition work can be found at NutritionFacts.org.



Dr. Greger will give Part II of this presentation on Sunday. There is no overlap in his two talks and each part stands on its own.

Following his presentation, Dr. Greger will do a book and DVD signing. All proceeds go to charity.

12:15 Cooking Demo: Going Unprocessed - How to incorporate more fruits and vegetables in your diet in ways that are easy, delicious and fun!

Chef AJ

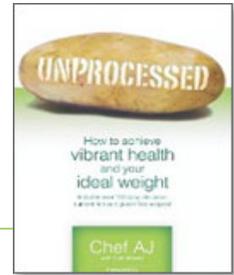
Chef AJ's passion is teaching people how to create healthy foods that taste great, whether the goal is to lower cholesterol, prevent or reverse many common lifestyle diseases, lose weight, or just look and feel great.

Chef AJ comes to us from Los Angeles, where she works as a chef and culinary instructor. Her specialty is teaching people how to prepare plant indulgent food without using processed or refined ingredients. She is the creator and co-producer of [Healthy Taste of LA](#), an annual event in Redondo Beach, California where the finest in plant based cuisine meets the best in nutritional science. She has followed a plant-based diet for over 33 years.

She has produced two cooking DVDs and the cookbook *Unprocessed*, filled with mouth-watering recipes for dishes that nourish.



Tasting samples will be offered of the recipes taught. Following her presentation, Chef AJ will do a book signing, and her book will be on sale in the exhibitor room.



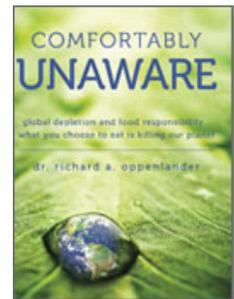
1:15 New Perspectives on Food Choice Relevance Within Conversations About Global Depletion, Sustainability, and Planetary Health
Dr. Richard Oppenlander



Richard Oppenlander is the author of *Comfortably Unaware: Global Depletion and Food Choice Responsibility* (2011). A health and environmental advocate for over 40 years, Dr. Oppenlander has researched on nearly every continent, and will discuss the role of food choices in the devastation of our planet, and why food choice is rarely positioned within the sustainability conversation.

Global depletion - the loss of our primary resources on earth - as well as agricultural land use inefficiencies, world hunger, loss of biodiversity, water scarcity, and the state of our oceans are all topics of discussion.

Dr. Jane Goodall writes, "*Comfortably Unaware* explains, so clearly, how what we choose to eat has a direct impact on the health of Planet Earth: how modern agro-business and our thoughtless appetites are, quite literally, destroying the environment and the future of our children. I urge you to read it, discuss it with your friends, and start to change the world, one bite, one meal, one diet at a time."



Dr. Oppenlander comes to us from Michigan, where he runs a family dental practice, and an organic vegan food production and education business. His family owns an animal sanctuary, and his three children, all highly ranked athletes, were raised on a 100% plant-based diet.

2:15 Eat Vegan and Healthy on \$4 a Day
Ellen Jaffe Jones



Learn how easy and inexpensive it can be to eat healthfully and well. Discover how to take a bite out of your food budget and get the most flavor out of delicious, high-quality nutritious ingredients. Get some tips on financial planning for food shopping, and get a view of the hidden food-industry politics behind grocery store pricing and product placement. Learn the true costs of eating well or not eating well, and get the tools you need for planning nutritious, delicious, yet inexpensive daily and weekly menus.

Ellen Jaffe Jones, author of *Eat Vegan on \$4 a Day: A Game Plan for the Budget-Conscious Cook* (2011), teaches cooking classes for [The Cancer Project](#), promoting ways to eat healthfully for cancer prevention and survival. She is a vegan athlete and Marathon runner, a certified personal trainer and certified running coach, and a volunteer cross country and track team coach for high school girls. She is a columnist on fitness for two publications.

Ellen Jaffe Jones spent eighteen years in TV news as an investigative reporter, anchor, and producer for network affiliates, winning two Emmys, the National Press Club First-Place Award for Consumer Journalism, and UPI's First-Place Award for Investigative Reporting (twice). She was a Smith Barney Financial Consultant dedicated to socially conscious investing. Ellen comes to us from Florida.

After her presentation, Ellen will do a book signing. Her book will be available throughout the weekend in the exhibitor room at The Book Publishing Company table.



3:15 Diet and Health - Part One
Milton Mills, M.D.

In this presentation, Dr. Mills will discuss the impact of diet on health as it relates to cancer, heart disease, osteoporosis, lactose intolerance, auto-immune disease, and diabetes.

Milton R. Mills, M.D., is Associate Director of Preventive Medicine for the Physicians Committee for Responsible Medicine and works as a Critical Care physician with Fairfax Hospital in Virginia and United Medical Center in Washington DC. His experience specializing in Internal Medicine and HIV disease, and in the relationship between nutrition and chronic diseases has made him



extensively knowledgeable about the unique health care needs of minorities, the challenges of practicing medicine in inner cities, and the special medical and nutritional requirements of HIV+ and AIDS patients.

As an African-American physician focusing on preventive medicine, Dr. Mills has delved into some of the environmental and societal influences affecting the health of African Americans and other racial/ethnic minorities. Dr. Mills has lectured and given research seminars across the U.S. and in Mexico and Canada on such topics as the negative impacts of meat and dairy consumption on human health; nutrition and HIV/AIDS; nutrition and cancer; and the dietary needs of various ethnic groups. His papers on race and diet have appeared in the Journal of the National Medical Association.

Dr. Mills graduated from Stanford University School of Medicine, serving as student body president of the medical school and Editor-in-Chief and Managing Editor of the Stanford Medical School newspaper. He did his internship at the University of California-San Francisco, and his residency at Georgetown University Hospital in Washington, D.C.

4:30 Shifting to a Plant Based Diet: Techniques and Tips for Your Walk on the Green Side

Jasmin Singer and Mariann Sullivan of Our Hen House



Join Jasmin Singer and Mariann Sullivan, co-founders of [Our Hen House](#), as they guide you through the exciting journey of making transitions toward a vegan lifestyle. They will cover everything from the social quandaries (like keeping your cool while handling comments from friends and family) – to tips on how to successfully navigate through a not (yet) vegan world, such as how to get a delicious meal at a non-veg restaurant. They will cover some of the nuts and bolts of vegan eating, including ideas about transition foods, thoughts on being a "junk food vegan" versus eating in an optimally-healthy way, and further resources that will aid your process. No matter where you are on your food journey, come and bring your pens, your questions, and your sense of humor. Be prepared to be enlightened and entertained by the hens of Our Hen House.

Jasmin Singer and Mariann Sullivan are the co-founders of [Our Hen House](#), a multimedia hive of opportunities to change the world for animals. They produce a popular weekly podcast, which you can find on iTunes. When they're not squawking at Veg Fests and animal rights conferences throughout the country, Mariann is an adjunct professor of animal law at three law schools, and Jasmin is a contributing writer for *VegNews Magazine*. Jasmin and Mariann are life partners, and reside in NYC along with their perfect pit bull, Rose.



5:30 Nutrition Q & A

Bring your nutrition questions to our esteemed panel of nutrition experts! Bios for our panelists can be found above at their talk descriptions.



Chef AJ



Ellen Jaffe Jones



Dr. Milton Mills

Sunday Speakers

11:00 Cooking Demos:

Calabacitas and Guacamole Plus

Ellen Jaffe Jones

Life by Chocolate

Chef AJ



Learn to make a delicious and nutritious light meal using this Southwestern vegetable and spice medley that is so aromatic while cooking that it draws people into the kitchen! Top it off with a unique guacamole that delights the senses and can be used as a party appetizer -- nobody will know it has a secret ingredient that adds fiber and protein!

Ellen Jaffe Jones, author of *Eat Vegan on \$4 a Day: A Game Plan for the Budget-Conscious Cook* (2011), teaches cooking classes for [The Cancer Project](#), promoting ways to eat delicious, healthy foods for cancer prevention and survival. She is a vegan athlete and marathon runner, a certified personal trainer and certified running coach, and a columnist on fitness topics.

Ellen spent eighteen years as an Emmy award-winning TV news investigative reporter, anchor, and producer for network affiliates. Read Ellen's full bio at [Saturday 2:15](#).

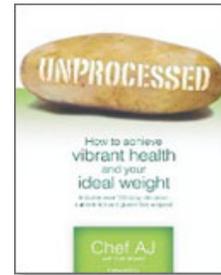


We see many "Death by Chocolate" recipes, but here we offer Life by Chocolate! Chef AJ will teach her recipe for Chocolate FUNdue, a delicious dessert truffle that satisfies the sweet tooth yet is free of refined sugar.

Chef AJ comes to us from Los Angeles, where she works as a chef and culinary instructor. Her specialty is teaching people how to prepare plant indulgent food without using processed or refined ingredients. She is the creator and co-producer of [Healthy Taste of LA](#), and has produced two cooking DVDs and the cookbook *Unprocessed*, filled with mouth-watering

recipes for dishes that nourish. Read Chef AJ's full bio at [Saturday 12:15](#).

Samples will be offered of the recipes demonstrated. Ellen and Chef AJ will do a book signing following their presentations.



12:00 Challenging the Idea of the Conscientious Carnivore

James McWilliams, Ph.D.

In this talk James McWilliams examines some of the assumptions many conscientious consumers rely upon to justify eating meat from local suppliers, or from alternative systems of production -- free-range, grass-fed, cage-free, etc. In choosing more "humane" systems, how do consumers acknowledge the moral worth of sentient, emotionally-aware animals while exploiting and killing them for food we do not need? He challenges locavorism which, by focusing on transportation, overlooks the energy-hogging, greenhouse gas-producing aspects of meat production.



James McWilliams, Ph.D. is an associate professor of history at Texas State University. He was a fellow at Yale University's Agrarian Studies Program and has written four books on food and agriculture, including *Just Food: Where Locavores Get it Wrong and How We Can Truly Eat Responsibly*. His popular writing on the ethical and environmental implications of a meat-based diet has appeared in *the New York Times*, *the Washington Post*, *Slate*, *Forbes*, and elsewhere. He blogs regularly at [TheAtlantic.com](#). Currently, he's writing a book on the intellectual origins of animal factory farming in the U.S.

James McWilliam's has a doctorate from Johns Hopkins University, an M.A. from Harvard and an M.Ed.

from U. Texas at Austin.

1:00 Diet and Health - Part Two

Milton Mills, M.D.



In this presentation, Dr. Mills will discuss the impact of diet on health as it relates to Alzheimers/dementia, mad cow disease, toxin load, attention deficit hyperactivity disorder (ADHT), depression, mood disorders, memory, kidney stones, fiber, diverticulitis, and the benefits of antioxidants.

Milton R. Mills, M.D., is Associate Director of Preventive Medicine for the Physicians Committee for Responsible Medicine and works as a Critical Care physician with Fairfax Hospital in Virginia and United Medical Center in Washington DC. His experience specializing in Internal Medicine and HIV disease, and in the relationship between nutrition and chronic diseases has made him extensively knowledgeable about the unique health care needs of minorities, the challenges of practicing medicine in inner cities, and the special medical and nutritional requirements of HIV+ and AIDS patients.

As an African-American physician focusing on preventive medicine, Dr. Mills has delved into some of the environmental and societal influences affecting the health of African Americans and other racial/ethnic minorities. Dr. Mills has lectured and given research seminars across the U.S. and in Mexico and Canada on such topics as the negative impacts of meat and dairy consumption on human health; nutrition and HIV/AIDS; nutrition and cancer; and the dietary needs of various ethnic groups. His papers on race and diet have appeared in the Journal of the National Medical Association.

Dr. Mills graduated from Stanford University School of Medicine, serving as student body president of the medical school and Editor-in-Chief and Managing Editor of the Stanford Medical School newspaper. He did his internship at the University of California-San Francisco, and his residency at Georgetown University Hospital in Washington, D.C.

2:00 The Bond: Our Kinship with Animals, Our Call to Defend Them

Wayne Pacelle

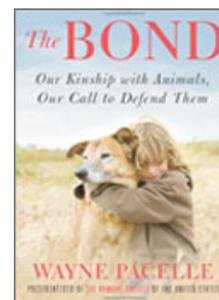


Wayne Pacelle is president and CEO of the Humane Society of the United States ([HSUS](#)), the nation's largest animal protection organization with 11 million members and constituents. During his tenure, Pacelle has nearly doubled the size of the organization and, through corporate combinations with other groups, built unity and greater efficiency within the animal protection cause. He and The HSUS have worked for the passage of more than 500 new state laws since 2005, and he has helped to pass more than 25 federal statutes to protect animals in the last decade. He has expanded HSUS's animal care operations, and worked with dozens of corporations to enact operational changes that benefit animals. Since 1990, Pacelle has played a central role in more than 25 successful statewide ballot measure campaigns on issues including hunting and trapping of wildlife, puppy mills, cockfighting and dog fighting, and anti-factory farming measures.

Pacelle has brought animal issues to light on most of the major network television programs, including 60 Minutes, The Today Show, News Hour with Jim Lehrer, Larry King, Good Morning America, Primetime, and Oprah. He has been profiled in The New York Times, Wall Street Journal, Washington Post and Los Angeles Times, and his animal work has been featured in thousands of newspapers and magazines across the country.

Pacelle is the author of *The Bond: Our Kinship with Animals, Our Call to Defend Them* (2011). He graduated from Yale University in 1987. In this presentation, he will discuss the deep links of the human-animal bond, as well as the contradictory attitudes that have led us to betray this bond.

After his presentation, Wayne will do a book signing. His book will also be on sale on Sunday at the HSUS table in the exhibitor room. Read comments on The Bond [here](#).



3:00 The Latest in Human Nutrition 2011: Part II

Michael Greger, MD



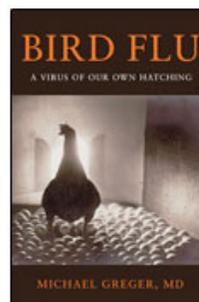
A perennial hit speaker at our Festival, Dr. Greger will use an engaging interactive quiz show format that lets us test our nutrition knowledge with some surprising outcomes. Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this brand-new talk of the latest in cutting-edge research. Focusing on studies published just over the last year in peer-reviewed scientific nutrition journals, Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease.

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2010 Speakers List

This site, the Boston Vegetarian Society, and the Boston Veg Food Fest do not provide medical or nutritional advice and are for information purposes only. Medical and/or nutritional information offered by speakers or exhibitors at the festival or any BVS event, or by any BVS representative or associate, and in any article in any BVS publication or advertisement, or on the BVS website, or in any social media posting, is not intended to be a substitute for professional medical or nutritional advice, diagnosis, or treatment. Always seek the advice of a qualified health provider.

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