



2005年素食研討會

Vegetarian Conference

比丘尼近柔 文 BY BHIKSHUNI JIN ROU

孫麗鈺中譯 CHINESE TRANSLATED BY LIYU SUN

研討會於十月十五至十六日於洛杉磯舉行，聚集了許多醫師和營養師，探討該如何「正確地哺餵孩子」；實法師則從心的角度出發，指點如何「適當地滋養心靈」。

儘管眾說紛紜，醫師們倒是一致肯定孩子的膳食以蔬菜為主的重要性：各色全穀類、新鮮蔬果、豆類，以及綠、紫、黃、橘、白，五色紛陳的堅果與種仁。甘藍被大家提到起碼有20次之多。建議別碰糖份高的食品、飲料、乳製品、飽和及多元飽和脂肪、精製麵粉及穀類、過量的鹽和蛋白質。

洛杉磯兒童醫院的法蘭辛·考夫曼醫生談到，對於目前威脅美國人健康的糖尿病肥胖趨勢，以及如何遏止。各學校有人提議做一些改變。

1. 以有營養的點心、瓶裝水和果汁來取代自動販賣機裡的軟性飲料和垃圾食品。
2. 提供以蔬菜為主食的午餐和免費水果。
3. 各足球隊拒吃垃圾食品。

孩子們反應：「喝水，太棒了！」英國一名校護說道：「我原本每天要送出30個人工呼吸補助器，自從學校午餐改成以蔬菜為主之後，現在只需要五個了。」

愛利克斯·詹美森在「往昔嗜糖成癮自白會」上提供一個密訣：「拋棄垃圾食品，學習健康的吃法，一個星期以來頭痛不再，即是這個方法奏效的明證！」

喬爾·富爾曼醫師是「讓孩子百病不侵」一書的作者，他說，當兒童的細胞正在發育的時候，給予健康的食物是相當重要的。我們該給他們需要的、而非想要的食品。切記，人會漸漸喜歡他吃慣了的食物。

The Vegie conference, conducted on October 15-16 in Los Angeles, centered around doctors and nutritionists talking about “feeding kids right” with a spiritual message from Dharma Master Sure about “feeding the mind right.”

Although the doctors used different approaches, they all agreed on the importance of a plant-based diet for children: a variety of whole grains, fresh vegetables and fruit, beans, seeds and nuts—with all colors, green, purple, yellow, orange, white. Kale was mentioned at least 20 times. Fair warning was given to ban sugary foods and drinks, dairy, saturated and polysaturated fats, refined flour & cereal, excess salt and protein.

Dr. Francine Kaufman, from Children’s Hospital in LA, spoke about the obesity-diabetes epidemic that threatens America and what we must do to stop it. These are some of the changes being brought into some schools: (1) Soft drinks and junk food in vending machines have been replaced with nutritious snacks, bottled water, and juices. (2) Vegetable-based lunches and free fruit are being offered. (3) Football teams are giving up junk food.

Kids are saying, “It’s cool to drink water.” A school nurse in England said, “I used to give out 30 inhalers a day. Now after a change to vegetable-based school lunches, I give out only 5 a day.”

Alex Jamieson, who spoke on Confessions of a Former Sugar Addict, left us with this tip. “Throw out the junk food and learn to eat healthy—a week without a headache is proof enough!”



傑·高登醫師是「今日食物好，明日孩兒壯」一書的作者，他說：「沒錯！茹素的兒童和成人確實需要補充維生素B12，但是其他的維生素則不必。因為素食的營養頗為均衡！」又說：「我們既然可以訓練每個人吃多一點，也可以訓練彼此少吃一點！」

至於乳製品對免疫系統以及骨質發育的危害，邁克道格醫師⁹，其實兒童直覺的都會知道什麼食物對他們是好的。有一次，他問某個孩子：「你喝長頸鹿奶嗎？」孩子：「才不呢！那是長頸鹿寶寶喝的！」「那麼，豬奶、猴奶呢？」「都不喝！」「牛奶怎麼樣？」「喔！我懂了！牛奶是小牛喝的，不是給我喝的！」

大豆算是神奇、還是有毒的食品呢？邁克道格醫生提醒大家，富含脂肪和蛋白質的大豆，雖然於人有益，可也不宜多吃。科學界正在研究經過萃取的大豆精，一般認為它會引起老化、先天缺陷和腦受損。其他尚有經過質感處理的大豆和脫脂大豆，通常用來製造以下食品：假肉，大豆漢堡、糖果、點心、安全牌代奶(Ensure)和嬰兒代奶，譬如(Isomil)。邁克道格和高登醫師共同呼籲家長不要餵寶寶這種嬰兒代奶。有人問：「寶寶斷母乳之後，我該給他喝什麼？」高登醫生說：「水和嬰兒食品！」「如果我沒有母乳給寶寶喝怎麼辦？」「去接洽人家捐贈的母乳，或者用買的。杏仁乳或米漿也不錯！」

有人問及癌症和腫瘤，得到的答覆是：腫瘤、胞囊和癌症，全跟高脂、精製白糖、白麵，以及缺少運動脫不了關係。治療的辦法，不外：食綠蔬、少吃、多動。

卡德維爾·艾塞爾思汀醫師說明：膽固醇含量，對於膳食所代表的涵意。穀類、豆類、蔬菜、水果、堅果、種仁，本身皆充分蘊含了個人在理想的健康狀態下所需要的鹽分和脂肪。住在巴爾高原的人，飲食從不另外放油，他們沒有心臟病。市面上各類含有異化脂肪的精煉油，是非常危險的；譬如：玉米油、菜籽油、大豆油、棉籽油、瑪其琳、花生醬、美乃滋。他留給我們兩句話：「智慧，就是知道該做什麼；美德，就是去做去。」

Dr. Joel Fuhrman, author of *Disease Proof Your Child*, said that it's important to give children healthy food when their cells are developing. We should give children what they need, not what they want. And he said to remember that people like the food they grew up on.

Dr. Jay Gordon, author of *Good Food Today, Great Kids Tomorrow*, said, "Yes, vegetarian children and adults need to take Vitamin B12 supplements, but not other vitamins. A well-balanced vegetarian diet is sufficient." He also said, "We train each other to eat more, so we can also train each other to eat less."

In speaking about the dangers of dairy on the immune system and bone development, Dr. McDougall said that children instinctively know what food is good for them. He once asked a child, "Would you drink giraffe milk?" The child said, "No, that's for baby giraffes." "Well, what about pig's milk, monkey's milk?" "No." "What about cow's milk?" "Uh, Now I get it! Cow's milk is for baby calves, not for me!"

Is soy a wonder food or poison? Dr. McDougall warned that soy, rich in fat and protein, can be beneficial but should be eaten in small amounts. Isolated soy concentrate is under investigation and is believed to cause premature aging, birth defects, and brain damage. Other names are textured soy and defatted soy. These soy products are found in such foods as: fake meats, soy burgers, candy, snacks, Ensure and baby formulas, such as Isomil. Both Dr. McDougall and Dr. Gordon urged parents to stop feeding their babies these formulas. The question was asked, "After my baby is weaned from breast milk, what can I give it?" Dr. Gordon said, "Water and baby food." "What if I don't have breast milk?" "Breast milk is donated or sold. Almond or rice milk will do."

A question was asked about cancer and tumors: The answer: Tumors, cysts, and cancer are all related to high-fat, refined sugars and flours, and lack of exercise. The cure is the same: eat green, eat less and be active.

Dr. Caldwell Esselstyn explained what cholesterol levels say about your diet. Grains, legumes, vegetables, fruit, nuts and seeds, in their natural forms, contain all the salt and fats that a person needs for perfect health. People in the Papua Highlands, who not include oils in their diets, are free from heart disease. There is great danger in eating oils that contain trans-fats found in commercial, refined oils such as: corn, canola, soy, cottonseed, margarine, peanut butter, and mayonnaise. He left us with this message: "Wisdom is knowing what to do; virtue is doing it."

