



**Arthur Brown, author of *Vegetarian Dining in New York*, with his two daughters at the Visions Vegetarian Food Festival on November 24 at the New York City Coliseum**

## A little can mean a lot —the truth about vitamin B-12

BY MARCELLA M. MODUGNO

*Guest writer Marcella recently worked as an intern with the VivaVegie Society.*

What exactly is vitamin B-12? Known as cobalamin, this vitamin functions mainly as a coenzyme in fat and carbohydrate metabolism. A chemical component of gastric juice called “intrinsic factor” is required for the absorption of this vitamin. Without it, B-12 cannot go through its normal biochemical pathways and pernicious anemia will develop. Vitamin B-12 is also involved in the production of myelin, the sheath that covers our nerves. Thus, the association between B-12 deficiency and impaired nervous-system function is well established.

An impaired nervous system is an extremely serious condition. In adults, the neurological symptoms develop slowly and are not always obvious. By

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# The VIVA VINE

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## McLibel wrapping up Page 6

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Whole veg foods keep you healthy Page 15

## Factory Farming: Industries Intertwined

### How will we ever stop factory farming when industries are entrenched in interdependence?

BY PAMELA RICE

Symbiotic relationships between industries are nothing new—most are innocent enough. When two industries, or even a whole network of industries, join together for their own “win win” situation, all can be great—for the businesses themselves, the economy and the employees. But when the “back-office” victims are innocent animals, many of these stories take on a dark and tragic aspect. The “win win” situation ain’t so winning for our hooved, finned, furred and winged friends.

There seems to be one of these stories out there every day. Some that I have come across lately include:

### One foot-long fish per gallon

• A November 11 *Business Week* “Development to Watch” feature. It tells of new techniques that allow fish farmers to

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